



Let's talk about **WELLBEING**



LET'S STOP YOUR FEAR AND START BEING IMPORTANT TO YOURSELF!

Prevention starts with our heads. A healthy attitude towards a disease is a chance to live a better life despite cancer.

WHO IS A PSYCHO-ONCOLOGIST?

A psycho-oncologist is a psychologist with a psycho-oncology specialization, who works with patients and their relatives struggling with oncological diseases, from the suspicion of the disease to its treatment.

Remember that the psycho-oncologist is also an educator about emotions and medical actions during an illness.

HOW AND WHERE CAN I GET HELP FROM A PSYCHO-ONCOLOGIST?

A psycho-oncologist is a legally regulated and obligatory part of the staff of the oncology ward. You can directly ask your attending physician or nursing staff for a consultation with such a specialist. If a psycho-oncologist is not available on your ward, you should ask patients' associations for assistance in finding such a specialist or look for him/her privately.

WHAT DOES PREVENTION CONSIST OF, WHY DO I NEED TO BE EXAMINED REGULARLY AND WHEN AND HOW CAN I DO IT EASILY AND EFFECTIVELY?

Prevention is the first step towards not only early diagnosis, but also less invasive treatment.

It is incredibly important to be aware of your body and your genetic burden of a disease. Such awareness is the result of monthly self-examination, looking at one's body and knowing one's family history of diseases.

Men should:

- **Regular self-check once a month**
- After the age of 40, start seeing a urologist regularly
- After the age of 60, have cancer marker tests once a year

Women should:

- **Regular self-check once a month**
- In their 20s, have an annual breast USG examination
- Between 50 and 60 years of age, have mammograms once every two years

FIND OUT HOW TO CONDUCT A SELF-EXAMINATION



WHAT SYMPTOMS SHOULD PROMPT US TO MAKE A MEDICAL APPOINTMENT?

Symptoms of potential cancerous changes include:

Breasts: pulling on nipples, nipples and skin, skin ulceration, cellulite, asymmetry

Ovaries: lower abdominal bloating, swollen abdomen, back pain, bleeding in the middle of the menstrual cycle

Testicles: all kinds of thickening and asymmetry

HOW DOES A FAST LIFESTYLE INCREASE THE RISK OF DISEASE?

Our lifestyle significantly affects our risk of developing cancer. A fast lifestyle, which can include eating in a hurry, an unhealthy diet, lack of time and a difficulty to rest, but also drinking alcohol and smoking, significantly increases this risk.

Taking care of yourself is first and foremost about taking care of your health. An organism that is not regularly rested is an organism that is not completely ready to fight a disease.

Want to find out more?
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