



Because your body deserves the same attention you give everyone else.

- ✓ You check in with your family.
- ✓ You check in with work.
- ✓ You check in with your WhatsApp groups.

But when last did you check in with your body?

Younger people are being diagnosed with cancer more often.

Many symptoms are subtle.

Many are easy to dismiss. Especially in younger people (under 50).



This guide is designed to help you check in with the signs your body may be giving you.

✓ BREAST CHECK-IN

Noticing changes. Knowing your normal.

Breast cancer remains the most frequently diagnosed early-onset cancer worldwide. Younger patients often face delayed diagnosis because symptoms are overlooked or attributed to stress, hormones, or breastfeeding.

The best time of the month to check your breasts depends on whether you have a menstrual cycle.

If you have a monthly period

The ideal time is a few days after your period ends, when your breasts are least tender, swollen, or lumpy.

This timing is recommended because hormonal changes during your cycle can make your breasts feel different, which can make it harder to notice real changes.

If you are post menopausal or don't have regular periods

Choose one consistent day each month (e.g., the 1st or the 15th) and check your breasts on that same day every month.

A breast check in means paying attention to:

- A new lump in the breast or underarm.
- Thickening in the breast or underarm.
- Changes in breast shape or size.
- Skin changes: Dimpling Puckering Redness Swelling
- Nipple changes: Inversion Discharge (especially bloody) Crusting
- Pain that feels unusual or persistent.
- Anything that feels "not like your normal".

You know your body best. If something feels different, trust your instinct, especially if the change persists for more than a few weeks.

THYROID CHECK-IN

Recognising fatigue, weight changes, and neck swelling.

Thyroid symptoms are often dismissed as “just stress,” “just hormones,” or “just being tired.” But thyroid cancers are increasingly diagnosed in younger adults, and early detection makes a significant difference in treatment success.

What to look for:

- Persistent tiredness that doesn't improve with rest.
- A visible or palpable swelling in the neck.
- Difficulty swallowing.
- Unexplained weight gain or weight loss.
- Voice changes or persistent hoarseness.
- A feeling of pressure in the neck.

PARATHYROID CHECK-IN

Understanding bone pain, kidney stones, and mood changes.

Parathyroid tumours can cause high calcium levels, which affect the whole body. Symptoms often appear unrelated, making them easy to misinterpret.

What to look for:

- Bone aches or generalised bone pain.
- Low mood, irritability, or anxiety.
- Persistent fatigue.
- Excessive thirst or frequent urination.
- Repeated kidney stones.
- Brain fog or difficulty concentrating.
- Muscle weakness.

COLON CHECK-IN

Noticing bowel changes and knowing when to seek help.

Colon cancer is rising sharply in people under 50. Many younger adults delay seeking help because they believe colon cancer is “an older person's disease.”

What to look for:

- Persistent changes in bowel habits: Diarrhoea Constipation Or both
- Rectal bleeding or blood in the stool.
- Ongoing abdominal discomfort or cramping.
- Unexplained weight loss.
- A feeling that your bowel doesn't empty completely.
- Fatigue caused by low iron levels.



SOFT TISSUE CHECK-IN

Paying attention to lumps and bumps beneath the skin.

Soft tissue tumours can occur anywhere in the body, including the arms, legs, back, abdomen, and under the skin. Most lumps are harmless, but some need medical attention, especially when they grow, change, or feel unusual.

A soft tissue check in helps you notice changes early, rather than dismissing them as “just a gym injury,” “just a cyst,” or “just fat.”

What to look for:

- A lump that is new.
- A lump that feels firm, deep, or fixed (not easily movable).
- A lump that becomes painful, tender, or warm.
- A lump that causes numbness, tingling, or weakness in the area.
- A lump that is growing.
- A lump larger than 2cm (± the size of a grape).
- A lump that returns after being drained or treated.
- A lump that appears after an injury but doesn't go away.



WHEN TO SEEK HELP

A check-in is not a diagnosis; it's a moment of awareness. If you notice a new, persistent, or concerning symptom, contact us.

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