Cancer in Young People
Spotting the signs
Most common cancers in Australia

- **Prostate Cancer**: 15.4% of all cancers
- **Bowel Cancer**: 13.1% of all cancers
- **Breast Cancer**: 12.1% of all cancers
- **Skin Cancer**: 10.4% of all cancers
- **Lung Cancer**: 9.3% of all cancers

Together, these five cancers account for 60% of all diagnosed cancers in Australia.

23,000 young people are impacted each year by either their own, a parent or a sibling’s cancer diagnosis.

Most common cancers in young Australians

1. Skin cancer
2. Blood cancers
3. Testicular cancer
4. Thyroid cancer
The most common signs of cancer in young people aged 15-25 years are unexplained and persistent:

- pain
- lump, bump or swelling
- significant weight loss
- fatigue and/or fever
- changes in a mole

If you spot one or more of these symptoms, discuss them with your GP.
Approximately 1 in 3 cancers are preventable.

Adolescence is a key stage for developing healthy lifestyle habits, the following five tips can reduce the risk of cancer.

Encourage a healthy diet – eating fruit and vegetables every day is linked with lower risk of lung cancer.

Encourage regular exercise – this is linked with lowering the risk of breast cancer.

Ensure young people are well protected in the sun with SPF 50+ sunscreen, especially during the hottest time of the day between 11am and 3pm.

Encourage young people not to smoke – people are 21 times more likely to have lung cancer if they smoke.

Encourage young people to drink responsibly – drinking too much alcohol can increase the risk of breast cancer by 10%.
How to support a young person impacted by cancer

**S**
- Be Supportive
  - Encourage them to chat to a counsellor
  - If you need to, share your feelings with someone else

**T**
- Talk to them
  - Ask about how they are feeling
  - Keep in touch

**A**
- Be Available
  - Be patient
  - Let them know that you are there for them

**R**
- Reach Out
  - Invite them to spend time with you
  - Visit them

How to refer someone to CanTeen

If you know a young person who might want some support to deal with either their own, a sibling or a parents cancer diagnosis, let them know CanTeen gets it.

Please ask them to get in contact by:

- Phone: 1800 226 833
- Website: canteen.org.au
- Email: support@canteen.org.au

They can also join CanTeen’s online community where they can connect with other young people who understand what they’re going through and speak to CanTeen counsellors.