



## Thyroid Cancer Facts

Even though cancer rates are going down, thyroid cancer is being seen more often, particularly in women. More than three times as many women as men will get thyroid cancer. Fortunately, this cancer has a low death rate.

The exact cause of thyroid cancer isn't known. In its early stages there are few signs of cancer. But as it grows, you could notice some changes. These signs might be the result of other problems, but be sure to tell your doctor if you have any of these:

- A lump in the neck that can be seen or felt
- Constant hoarseness, or trouble speaking in a normal voice
- Enlarged lymph glands, especially in the neck
- Trouble swallowing or breathing
- Throat or neck pain

Source: Mayo Foundation for Medical Education and Research

Tip of the week brought to you by:

The Prairie View A&M University Office of Human Resources, Blue Cross Blue Shield of Texas, & the PV Pathway to Wellness Initiative, join us on the journey!

Healthy tips

 BlueCross BlueShield of Texas

[www.bcbstx.com](http://www.bcbstx.com)

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association