

cigarette smoking and excessive exposure to sunlight. Lung cancer is the leading cause of death from cancer in adults, and malignant melanoma is the leading cause of death from diseases of the skin. In addition, to provide early detection of other types of cancer, males should learn testicular self-examination, and female adolescents should learn breast self-examination and seek periodic health examinations, including a Papanicolaou smear.

Second, health care professionals need to be aware of the cardinal symptoms of childhood cancer (Box 25-1). Unfortunately, fever and pain are manifestations of common childhood disorders and, without a high index of suspicion, may be attributed to minor ailments. The other signs are subtle and easily missed. If parents suspect an abnormality, their concerns must be taken seriously. The greatest weapons against all forms of cancer are early detection and treatment.

Box 25-1

Cardinal Symptoms of Cancer in Children

- Unusual mass or swelling
- Unexplained paleness and loss of energy
- Sudden tendency to bruise
- Persistent, localized pain or limping
- Prolonged, unexplained fever or illness
- Frequent headaches, often with vomiting
- Sudden eye or vision changes
- Excessive, rapid weight loss

Data from American Cancer Society: *How are childhood cancers found?*, 2015, <http://www.cancer.org/cancer/cancerinchildren/detailedguide/cancer-in-children-finding-childhood-cancers-early>.

Diagnostic Evaluation