Cancer and You

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Cancer and You

Introduction:
Cancer is the leading cause of death in less developed countries and the second leading cause of death in developed countries. The past 50 years have seen a better understanding of the causes and treatments of cancer. Hence, early detection and technology have improved the prognosis of cancer patients to an unprecedented level, but what is cancer?
Cancer cells are cells that grow without control. Cells normally grow and divide to form new tissues and organs. When cells grow and divide without control, cancer can develop.

Tumors:
The word tumor refers to a mass of cells that forms as a result of abnormal cell growth. These cells can form tumors and spread to other parts of the body. Tumors can be benign (non-cancerous) or malignant (cancerous).

Cancer Statistics:

<table>
<thead>
<tr>
<th>Cancer Type</th>
<th>Incidence Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung</td>
<td>25%</td>
</tr>
<tr>
<td>Breast</td>
<td>25%</td>
</tr>
<tr>
<td>Colon/Rectum</td>
<td>10%</td>
</tr>
<tr>
<td>Prostate</td>
<td>10%</td>
</tr>
<tr>
<td>Melanoma</td>
<td>5%</td>
</tr>
</tbody>
</table>

Major Types of Cancer:

- Lung Cancer
- Breast Cancer
- Colon Cancer
- Prostate Cancer
- Melanoma

What Causes Cancer (Risk Factors):

- Environmental Factors
  - Ultraviolet radiation
  - Tobacco use
- Genetic Factors
  - Family history
  - Age
- Viral Infections
  - Human papillomavirus

Detecting Cancer:

- Early detection is key to successful treatment. Regular exams and screenings can help detect cancer early.
- Some common screening tests include:
  - Mammograms for breast cancer
  - Colonoscopies for colon cancer
  - Skin exams for melanoma

Cancer and Genetics:

- Cancer is often genetic, meaning it runs in families. Genetic alterations can cause cancer.
- Some common genetic mutations include:
  - TP53 mutations
  - BRCA1/2 mutations

Cancer Treatment and Prevention:

- Treatment options include surgery, chemotherapy, radiation therapy, and immunotherapy.
- Prevention includes regular screening, lifestyle changes, and avoiding known risk factors.