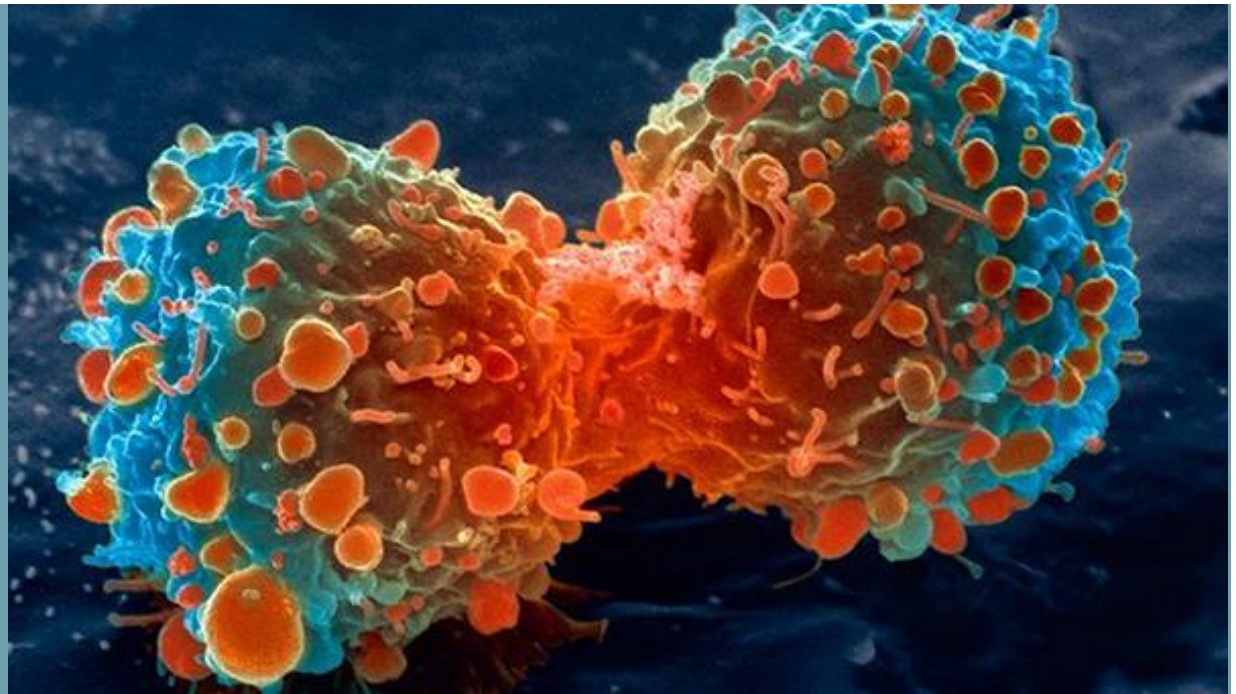




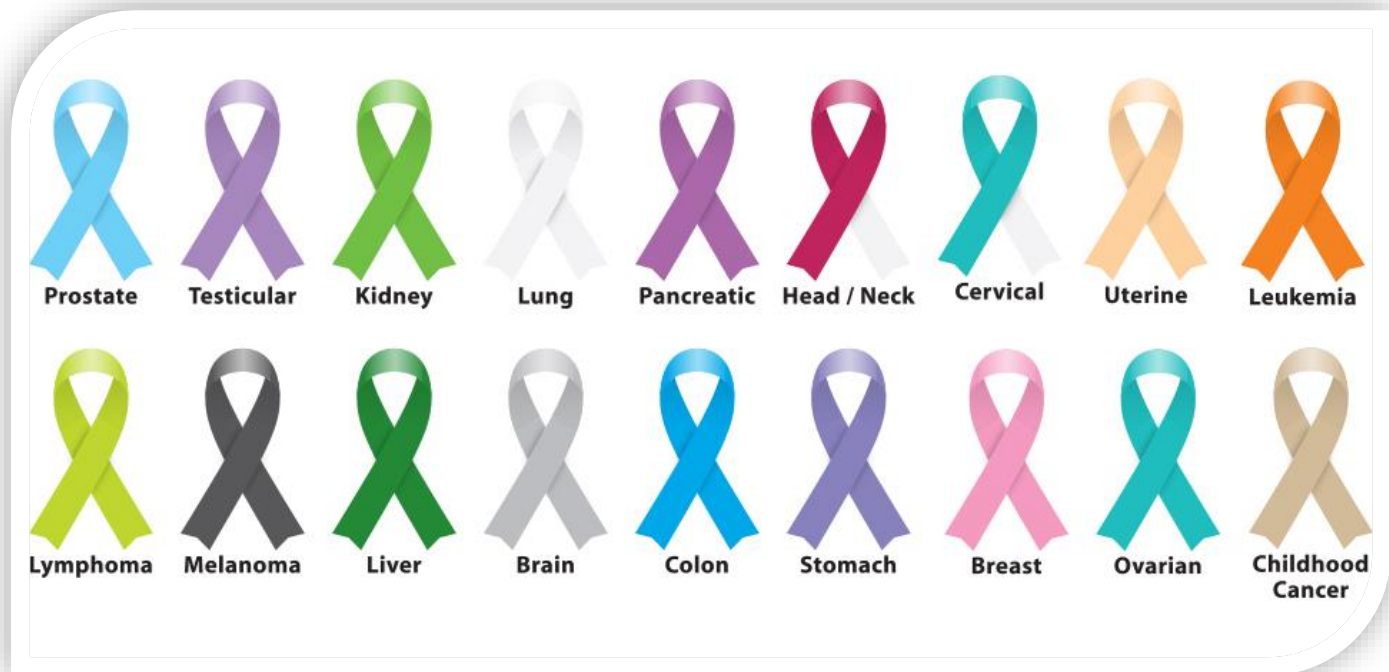
UNDERSTANDING CANCER FROM A TO Z

MEN'S & WOMEN'S RISK, AND SIGNS / SYMPTOMS FOR COMMON
CANCERS



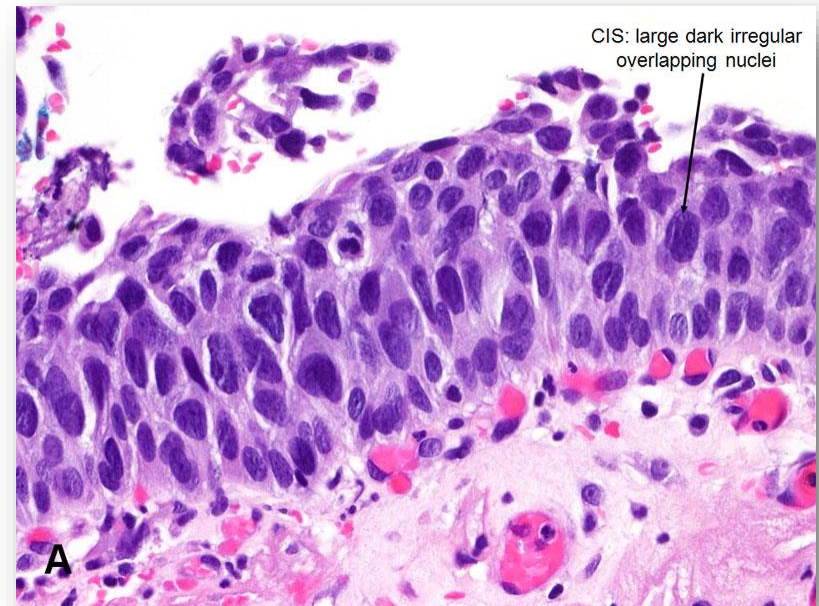
WHAT IS CANCER

Cancer is a renegade system of growth that originates within a patient's body



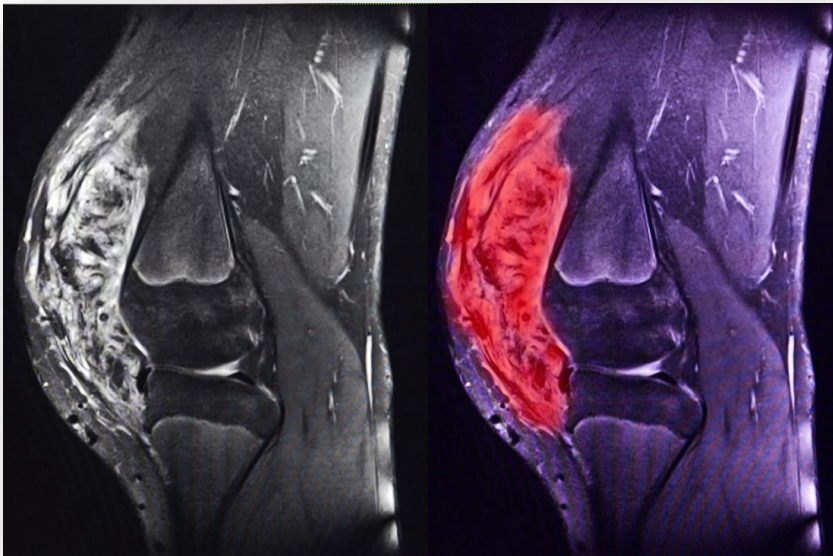
CARCINOMAS

The most common type of cancer, arises from the cells that cover external and internal body surfaces



SARCOMAS

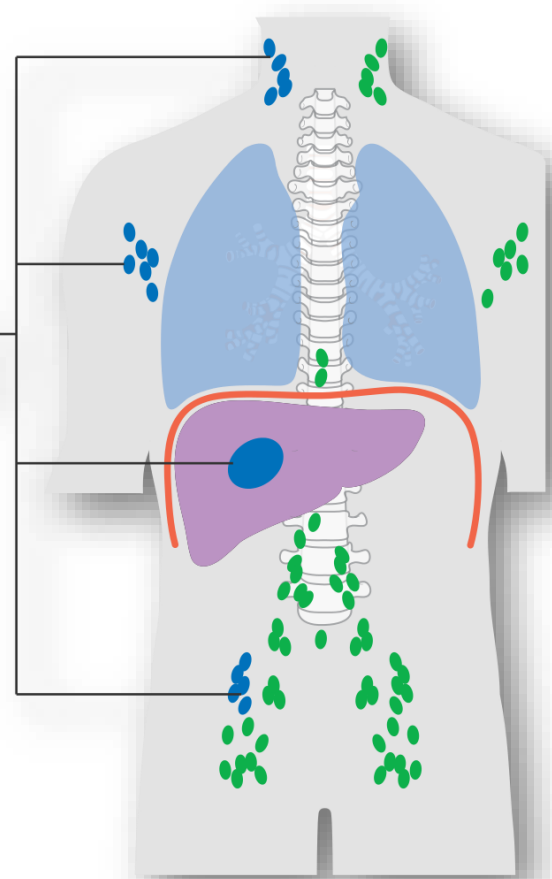
Cancers arising from cells found in the supporting tissues of the body such as bone, cartilage, fat, connective tissue and muscle



LYMPHOMAS

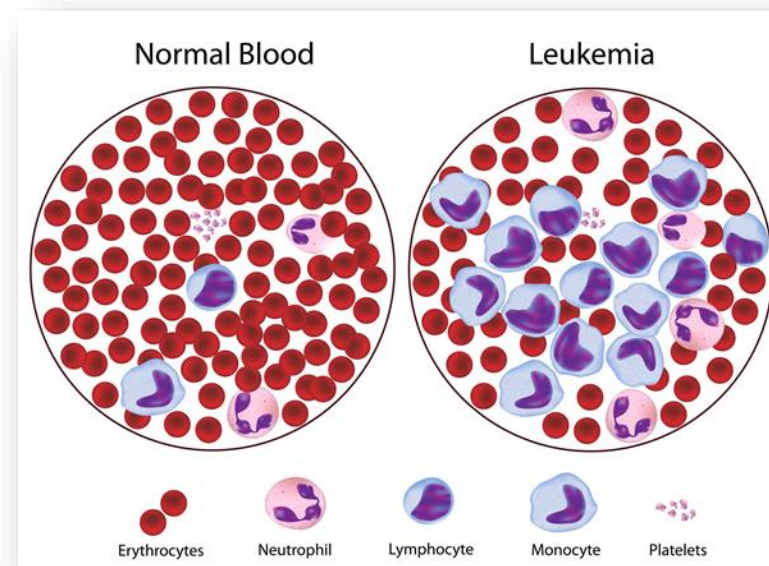
Cancers that arise in the lymph nodes and tissues of the body's immune system

Hodgkin lymphoma in the lymph nodes above and below the diaphragm and has spread to the liver



LEUKEMIAS

Cancers of the immature blood cells that grow in the bone marrow and tend to accumulate in large numbers in the blood stream



DETECTION & DIAGNOSIS

- Detecting early can affect the outcome of the disease from some cancers
- When cancer is found, a doctor will determine what type it is and how fast it is growing
- Early detection sometimes decreases a person's risk of dying from cancer






SCREENINGS

Getting regular cancer screenings as you get older are very important. Screening methods are designed to check for cancer in people with no symptoms



Screen *for* Life

Cancer screening sees what you can't

-  Breast
-  Cervical
-  Colorectal



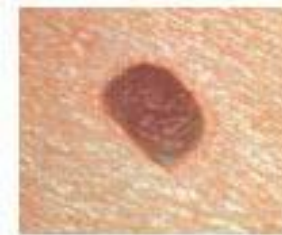
ABCDEs of skin cancer



SKIN CANCER

RISK FACTORS

- Fair complexion
- Anyone who spends or has spent a lot of time in the sun
- Family history of melanoma
- People who have severe sunburns before the age of 18



BENIGN



MALIGNANT

SIGNS & SYMPTOMS

Asymmetry

- If the moles are odd shaped

Blood

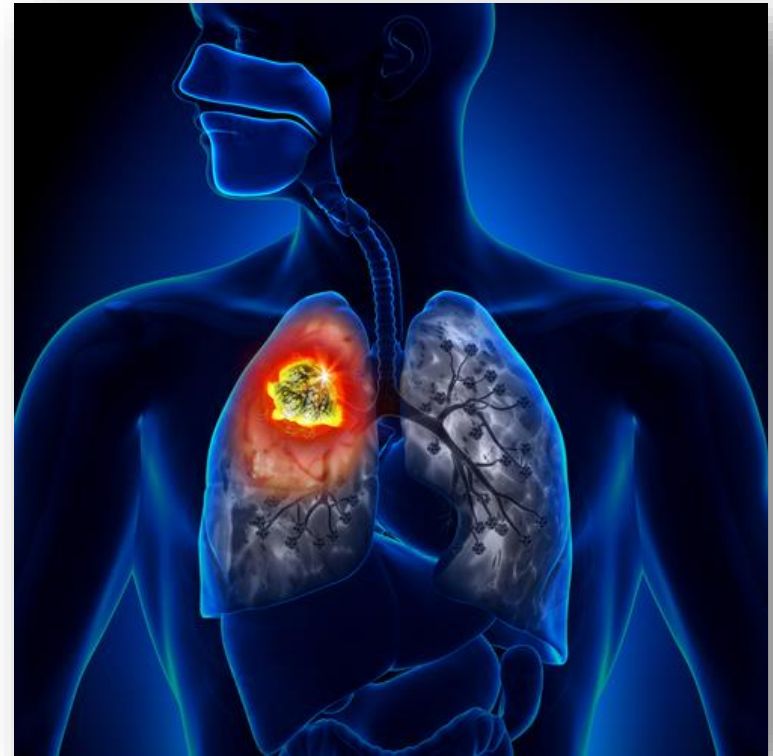
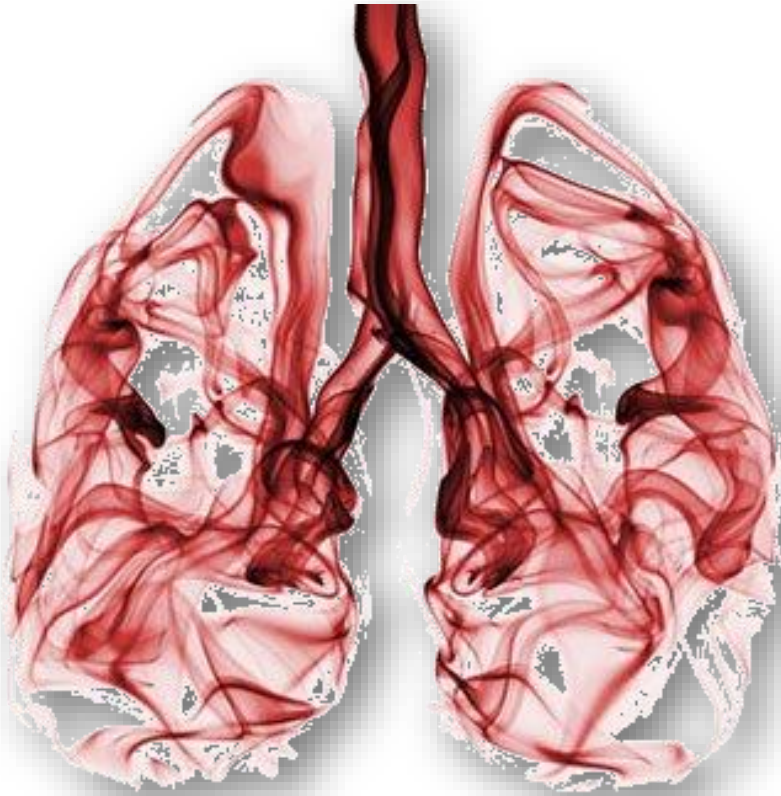
- Skin or moles are bleeding

Color Change

- New or changed discoloration of skin

Diameter

- If your moles change size



LUNG CANCER

RISK FACTORS

- People who smoke or are exposed to second hand smoke
- Exposure to radon and asbestos
- Smoking is responsible for 87% of all lung cancers



SIGNS & SYMPTOMS

Cough that
doesn't go
away

Chest Pain

Weight Loss

Bloody
Sputum

Fever
Without
Reason

Reoccurring
Infection

Wheezing

COLON CANCER – SIGNS & SYMPTOMS



Prolonged abnormal bowel

Rectal bleeding

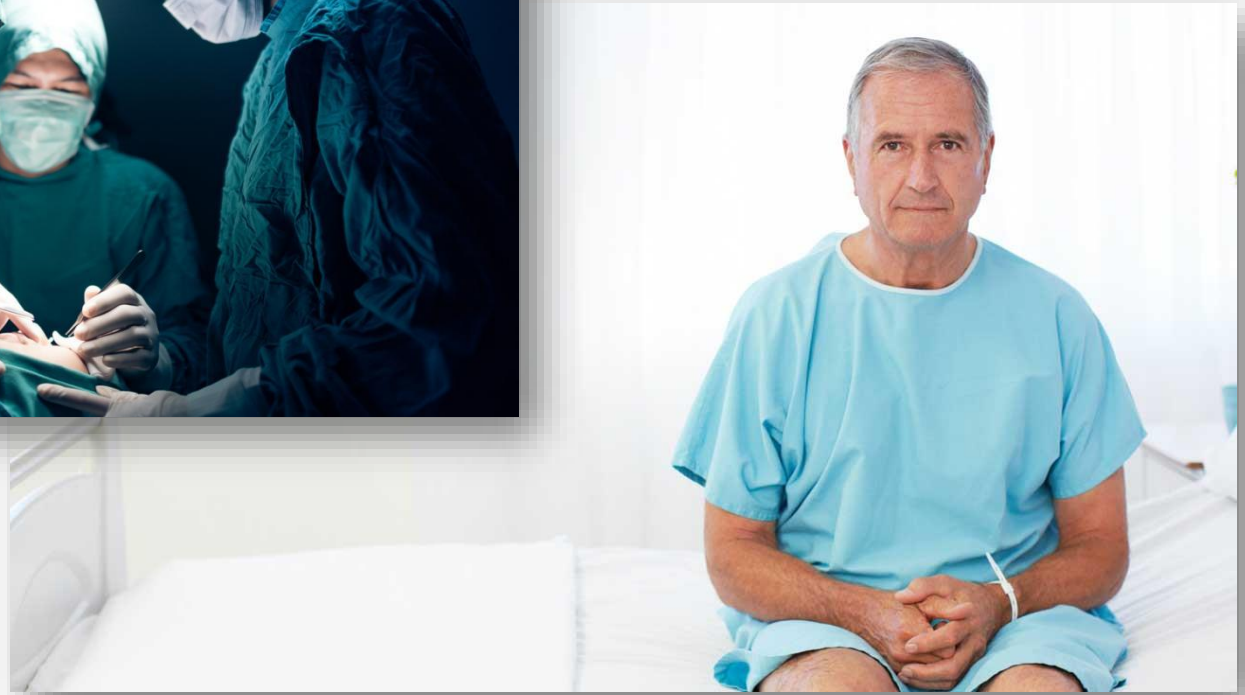
Cramping abdominal pain

Decreased appetite

Jaundice

Weakness and Fatigue

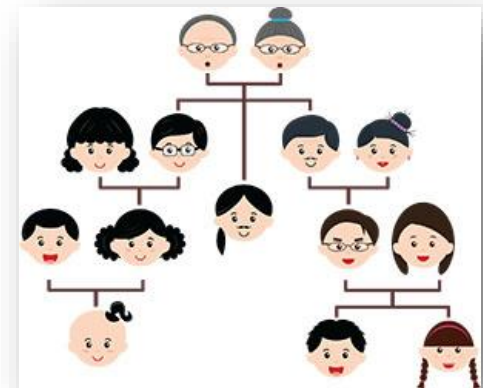
Having the urge for bowel movement



TESTICULAR CANCER

RISK FACTORS

- Age 15-40
- Family history
- Hidden testicle
- HIV infection
- Skin cancer on testicles
- Cancer in other testicle
- Caucasian – 5 times more likely to get testicular cancer



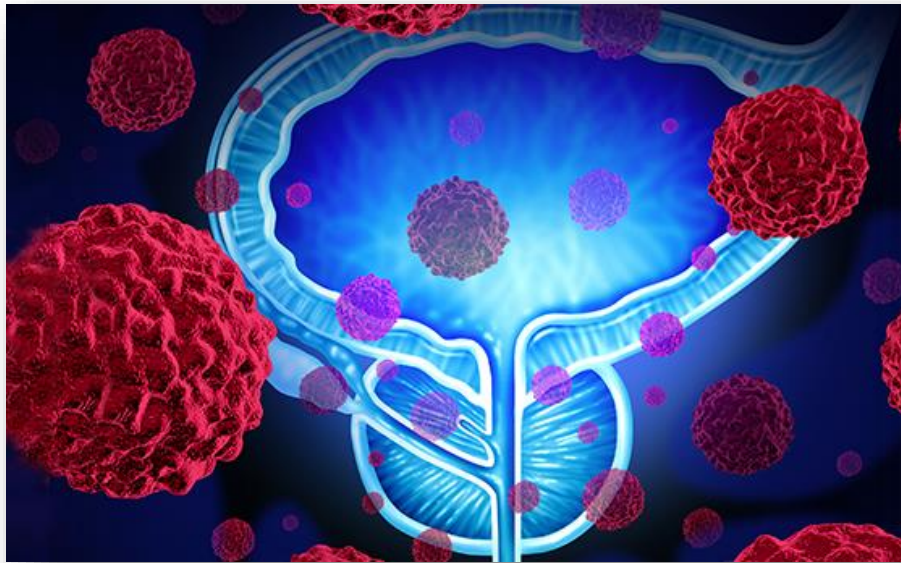
SIGNS & SYMPTOMS

Lump on
testicle, foreskin,
or vasdeferens

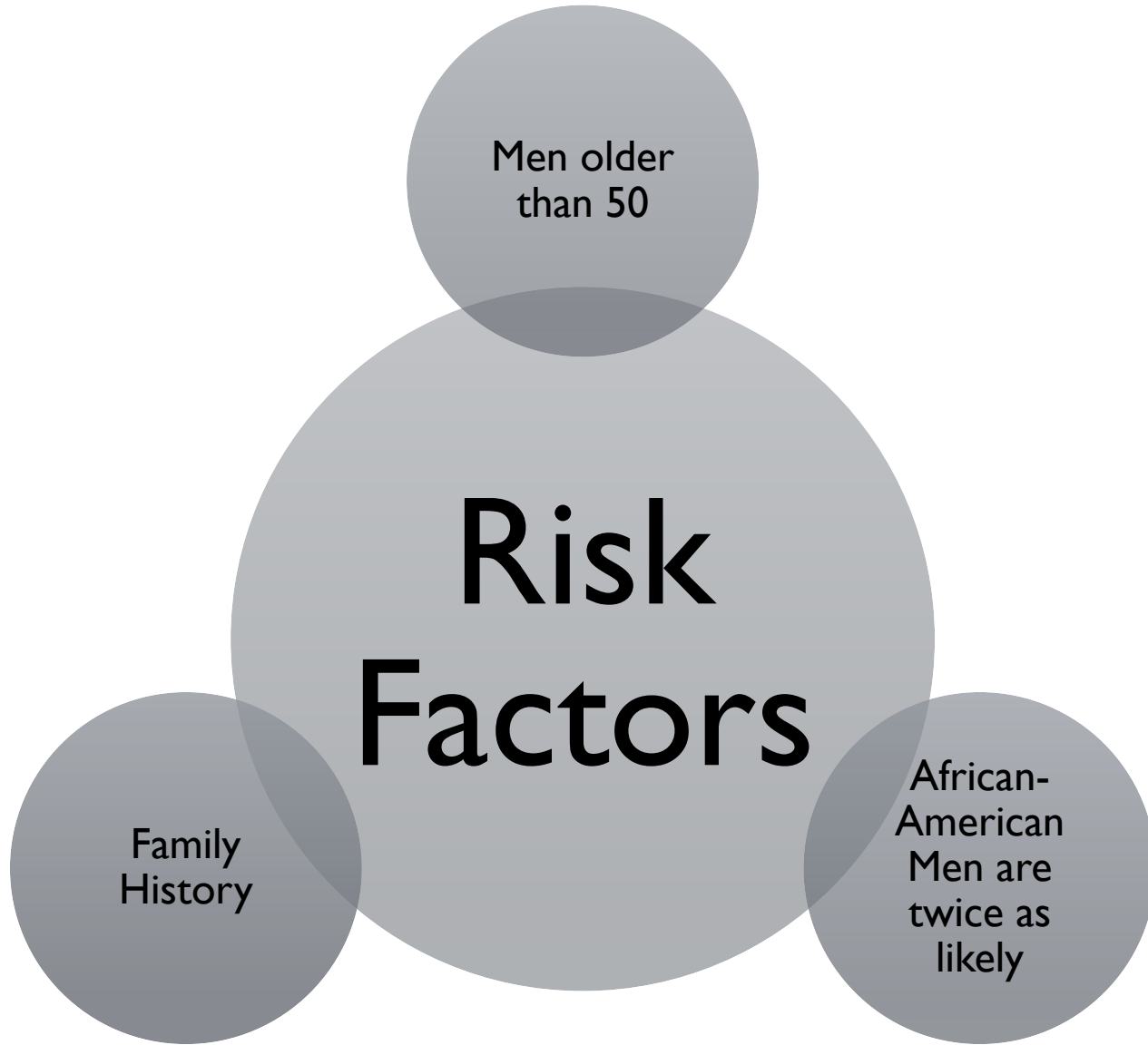
Enlargement of
testicle

Heavy sensation
in groin area

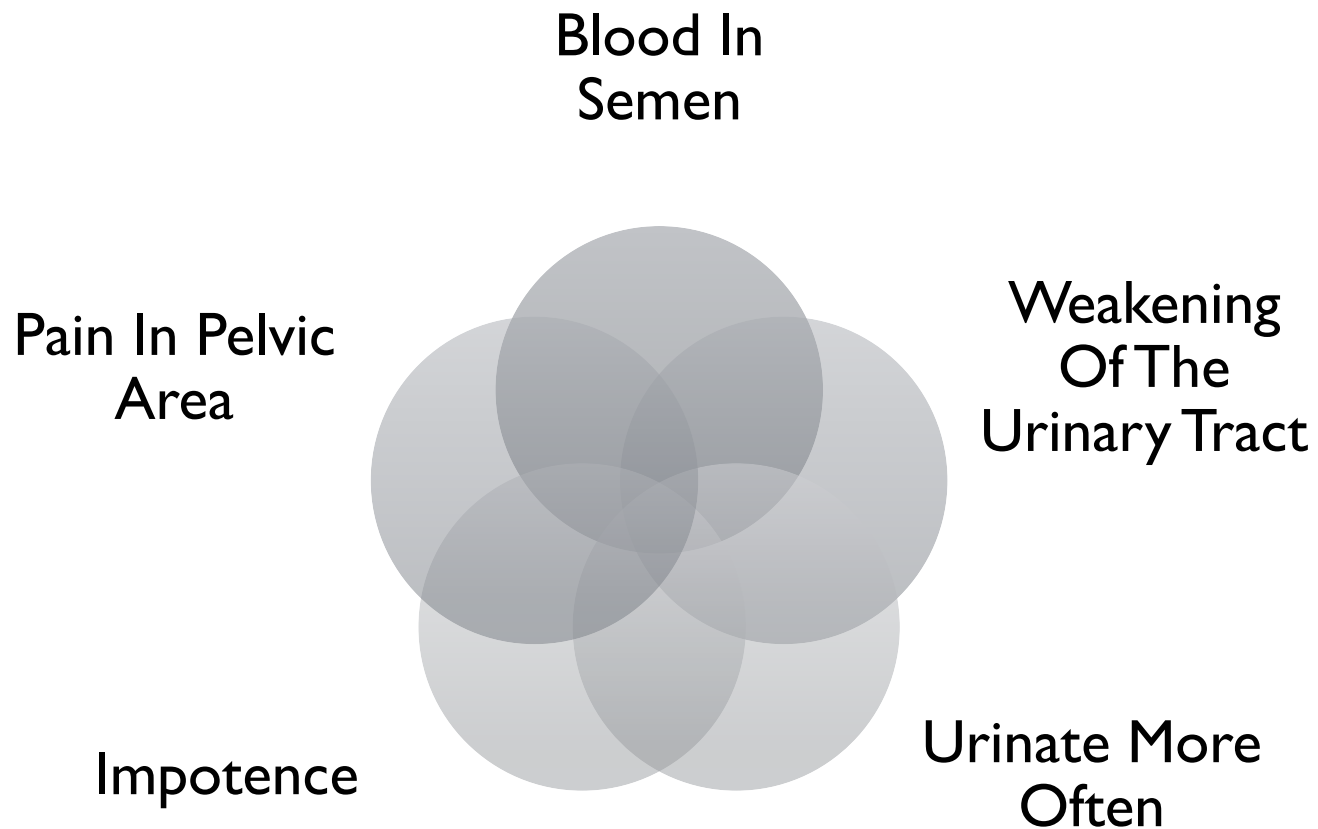
Dull ache in
groin or
abdomen area



PROSTATE CANCER



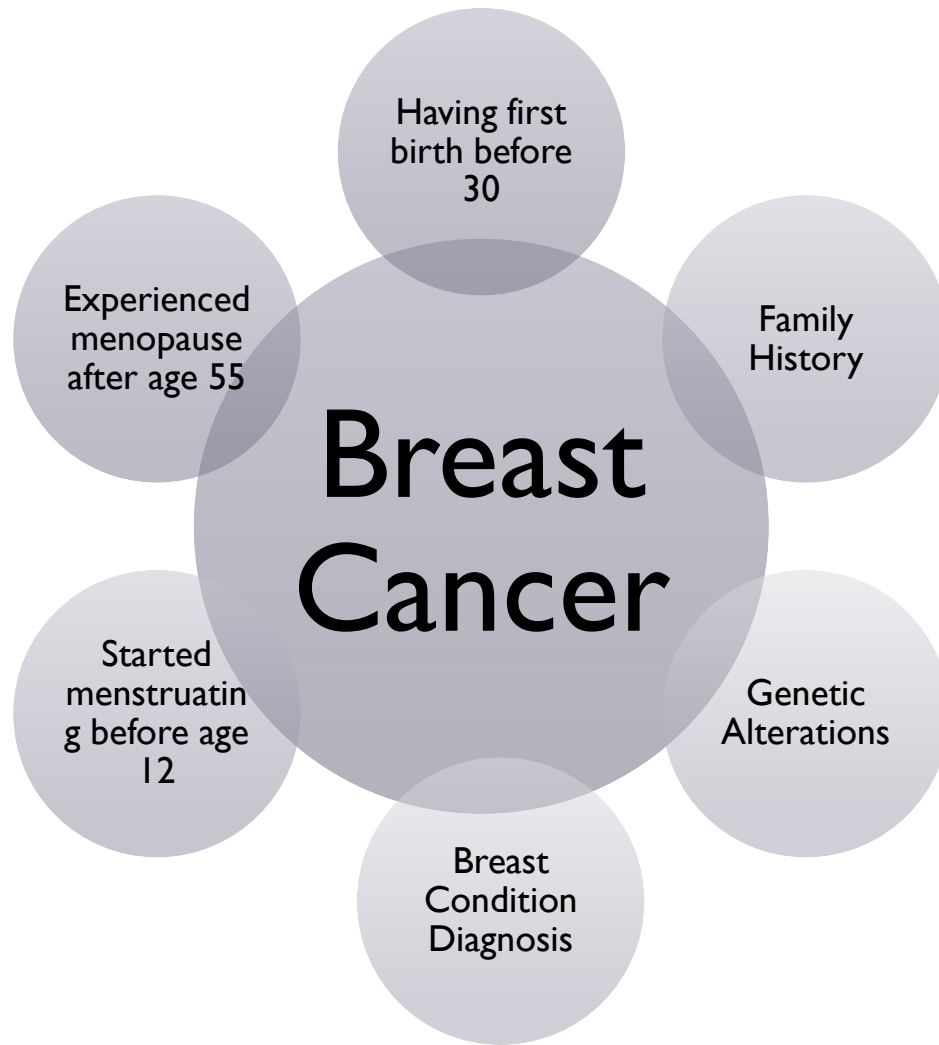
SIGNS & SYMPTOMS





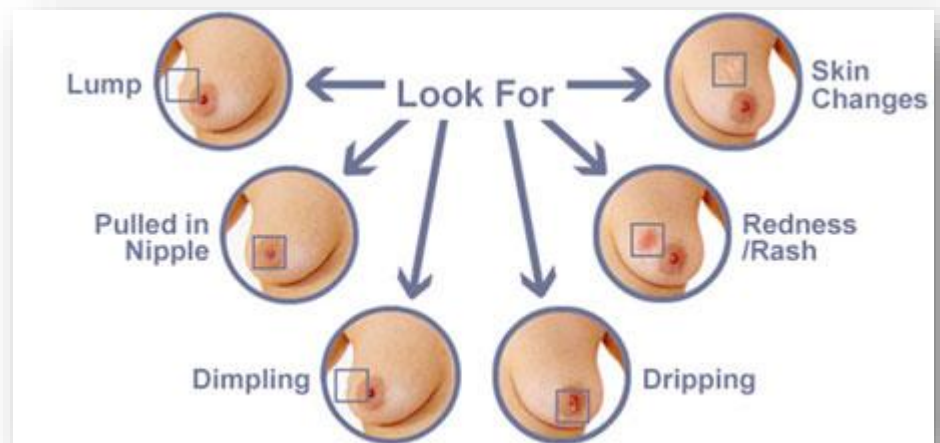
BREAST CANCER

RISK FACTORS



SIGNS & SYMPTOMS

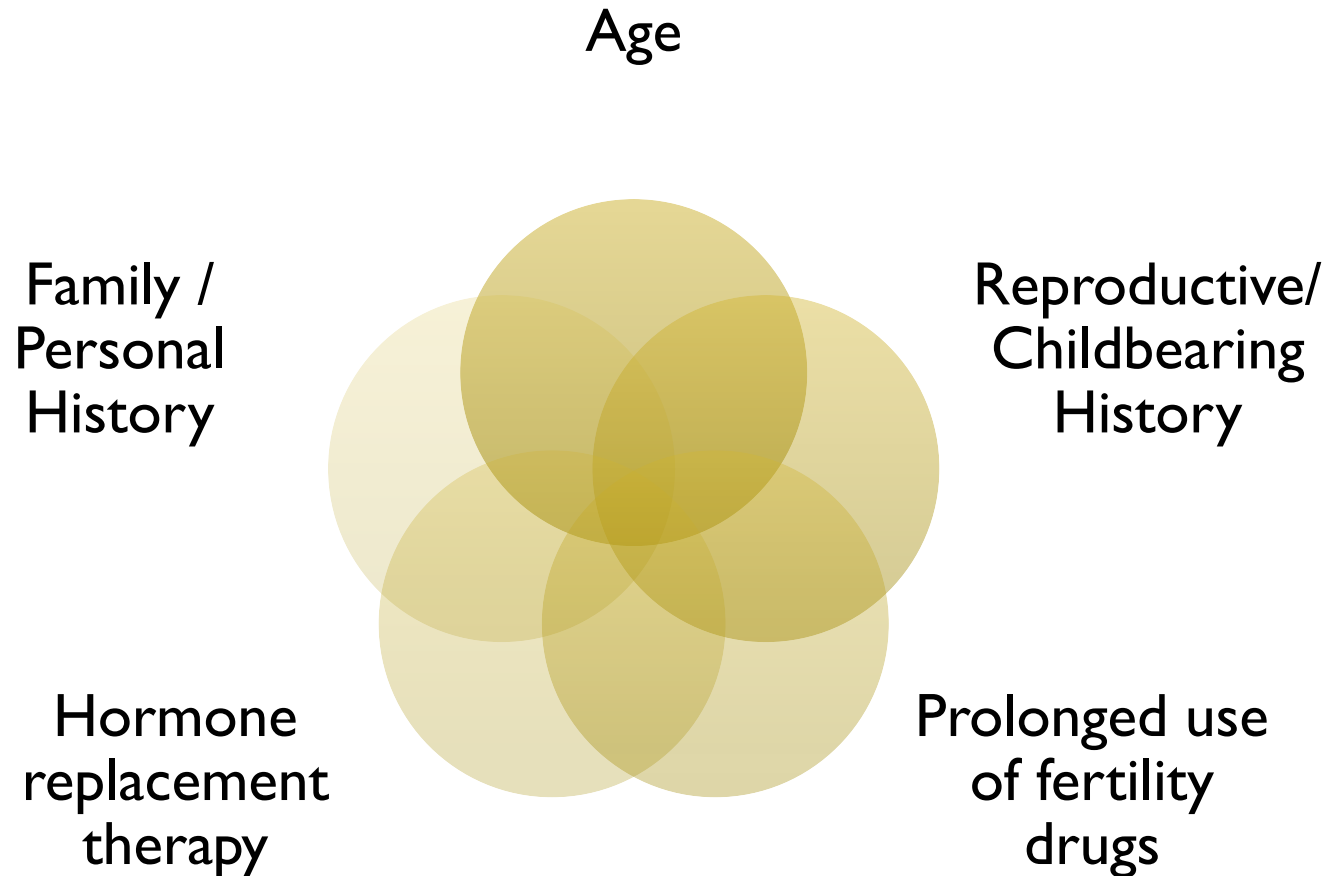
- A generalized swelling of part of a breast (even if no distinct lump is felt)
- Breast skin irritation or dimpling
- Discharge other than breast milk
- Many of these symptoms can also be due to benign breast conditions
- Screenings: monthly self-breast exams and yearly mammogram after age 40





OVARIAN CANCER

RISK FACTORS



SIGNS & SYMPTOMS

General
abdominal
discomfort

Nausea, diarrhea,
constipation or
frequent urination

Loss of appetite

Weight gain or
loss with no
known reason

Unusual vaginal
bleeding

Physical
Activity

Stress
Reduction

Nutrition

Screenings



PREVENTION MEASURES

PHYSICAL ACTIVITY

- Adults should get at least 150 minutes of moderate intensity or exercise each week
- Limit sedentary behavior (sitting, laying down, watching TV)



NUTRITION

- Eat small portions often
- Try more fruits, vegetables, and whole grains
- Avoid eating close to bedtime
- Drink half your body weight in ounces of water



STRESS MANAGEMENT

Don't
Over
Commit

Save time
for
yourself
and family

Breathe
Deeply

Attitude
of
Gratitude

Get
annual
exams

Find Your
Hobby

SLEEP

Get 7-9
hours a
night

Avoid
screens 1
hour before
bed

Create a
sleep
routine

Create a
cool and
comfortable
environment

CARING FOR A LOVED ONE

There are over 15 million adults living with cancer, and for each patient there is a caregiver sharing in the cancer journey.

As a caregiver remember to:

- Acknowledge your feelings
- Balance your roles
- Keep yourself well
- Accept help



SUPPORTING A FRIEND



Notes
and
calls

Visits
and
gifts

Conver
sation

Errands
and
projects



QUESTIONS

