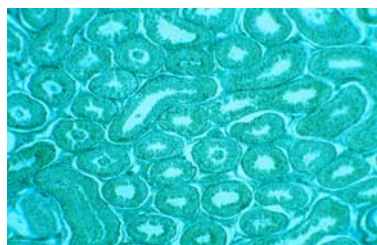


Healthy Living Newsletter

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TAKE CONTROL OF YOUR HEALTH

VOLUME 5, NUMBER 4



Forms of Cancer

There are over 100 different types of cancer, and each is classified by the type of cell that is initially affected. The following are some of the more common forms.

The most common cancers in men in the United States are:

- Prostate cancer
- Lung cancer
- Colon cancer

In women in the U.S., the three most common cancers are:

- Breast cancer
- Colon cancer
- Lung cancer

Some cancers are more common in certain parts of the world. For example, in Japan, there are many cases of gastric cancer, but in the U.S. this type of cancer is pretty rare.

Other types of cancers include:

- Brain cancer
- Cervical cancer
- Hodgkin's lymphoma
- Kidney cancer
- Leukemia
- Liver cancer
- Non-Hodgkin's lymphoma
- Ovarian cancer
- Skin cancer
- Testicular cancer
- Thyroid cancer
- Uterine cancer

Source: Google Health

Forms of Cancer
(continued on page 2)

Knowing the Facts About Cancer

If you think that you, a family member, a friend, or a co-worker may be affected by cancer, encourage them to get it checked out with their healthcare provider. Early detection allows for a better prognosis, a longer life, and a successful cure. Here is some information to help you better understand the effects of cancer.

Overview

Cancer is the uncontrolled growth of abnormal cells in the body. Rather than dying, these abnormal cells clump together to form tumors. If these tumors are cancerous (malignant), they can invade and kill your body's healthy tissues.

Symptoms

Symptoms of cancer depend on the type and location of the tumor. For example, lung cancer can cause coughing, shortness of breath, or chest pain. Some cancers, however, may not have any symptoms at all. The following symptoms can occur with most cancers: chills, fatigue, fever, loss of appetite, night sweats, and weight loss.

Tests and Diagnosis

Like symptoms, the signs of cancer vary based on the type and location of the tumor. Common tests include: biopsy of the tumor, blood chemistries, bone marrow biopsy (for lymphoma or leukemia), chest x-ray, blood count, and CT scan. Most cancers are diagnosed by biopsy. This procedure involves removing a small amount of tissue for testing. Biopsies help doctors determine the severity or stage of a disease and appropriate treatment.

Treatment

Treatment varies based on the type of cancer and its stage. The stage of a cancer refers to how much it has grown and whether the tumor has spread. If the cancer is confined to one location and has not spread, the most common goals for treatment are surgery. If surgery cannot remove all of the cancer, the options for treatment include radiation, chemotherapy, or both. Some cancers require a combination of surgery, radiation, and chemotherapy.

Prognosis

The prognosis for cancer depends on the type. Even among people with one type of cancer, the outcome varies depending on the stage of the tumor when they are diagnosed. While some cancers can be cured, others can be treated well enough to enable a person to live for many years. Other tumors are quickly life-threatening.

Prevention

Many cancers can be prevented by avoiding risk factors such as smoking, excessive exposure to sunlight, and heavy drinking. Cancer screenings, such as mammography and breast examination for breast cancer and colonoscopy for colon cancer, may help catch these cancers at their early stages when they are the most treatable. Some people at high risk for developing certain cancers can take medication to reduce their risk.

Scientists believe that the right combinations in a predominantly plant-based diet may protect you against cancers whose risk is convincingly increased by higher body fat, namely cancers of the colon, pancreas, kidney, and breast. Diets that incorporate the following foods lower your risk of developing cancer: beans, berries, dark green leafy vegetables, flaxseed, grapes and grape juice, soy, tomatoes, and whole grains.

Sources: UPSWELLNESSGUIDE, www.cancer.gov, familydoctor.org, and Google Health

Cervical Cancer

Cancer that forms in the tissues of the cervix. It is usually a slow-growing cancer that may have no symptoms, but can be found with a regular Pap test. Cervical cancer is almost always caused by human papilloma virus (HPV) infection.

Source: www.cancer.gov

Colorectal Cancer

Colorectal cancers begin in the digestive system, also called the GI (gastrointestinal) system. The walls of the colon and rectum have several layers of tissue. This form of cancer starts in the inner layer and can grow through some or all of the layers. The stage (extent of spread) of a cancer depends to a great degree on how deep the cancer goes into these tissues.

In most cases, colorectal cancers develop slowly over many years. These cancers begin as a polyp – a growth of tissue that starts in the lining and grows into the center of the colon or rectum.

Source: www.cancer.org

Prostate Cancer

The prostate is a small male sex gland, which is located below the bladder and produces fluid that becomes semen.

Prostate cancer accounts for over a quarter of all cancers in men. It occurs mostly in older men and the risk increases with age. It is rare before the age of 50.

There has been an increase in the incidence of prostate cancer since the 1980s, most likely due to an increased use of screenings using the prostate-specific antigen (PSA).

Source: UPSWELLNESSGUIDE

Liver Cancer

Most primary liver cancers begin in liver cells. The cancer cells can spread by breaking away from the original tumor. They mainly spread by entering blood vessels, but liver cancers also can be found in lymph nodes. The cancer cells may attach to other tissues and grow to form new tumors that may damage those tissues.

Source: www.cancer.gov

Cancer Prevention Recommendations

The following are some things you can do to stay healthy:

- Be physically active for at least 30 minutes every day.
- Avoid sugary drinks. Limit consumption of energy-dense foods.
- Eat a variety of vegetables, fruits, whole grains, and legumes.
- Limit consumption of red meats and avoid processed meats.
- Limit consumption of salty foods and foods processed with salt.

Sources: UPSWELLNESSGUIDE, www.cancer.gov, and familydoctor.org

What Should I Ask My Doctor About Cancer?

If you are diagnosed with cancer, the following are some questions you should discuss with your doctor:

- What is the stage or extent of my cancer?
- What is my prognosis, as you see it?
- What treatment do you recommend and why?
- What is the goal of treatment?
- What are the possible risks or side effects of treatment?
- What are the pros and cons of my treatment?
- Are there other treatments for me to consider?
- How often will I need to come in for treatment or tests?
- How long will my treatments last?

Source: www.cancer.org



Breast Cancer Risk Factors

A woman who lives to the age of 85 has a one in eight chance of developing breast cancer at some point in her life. The odds of developing cancer depend on such individual risk factor as:

- **Age:** About 77 percent of breast cancers occur in women older than 50 years
- **Family history:** A history of breast cancer in several close relatives suggests a possible hereditary tendency. The more affected relatives a woman has and the younger they were at diagnosis, the greater her risk.
- **Estrogen exposure:** Estrogen levels increase at puberty and decline at menopause, so early menstruation and late menopause contribute to breast cancer risk.
- **Reproductive history:** The risk of breast cancer is higher in women who never have children or who were older than age 30 years at their first pregnancy, possibly because pregnancy “interrupts” menstruation and estrogen exposure.
- **Overweight:** Being overweight, especially after menopause, raises the risk of breast cancer, perhaps because estrogen is stored in fat.
- **Alcohol:** Women who consume three or more alcoholic drinks per day have a two-fold higher risk.
- **Smoking:** Cigarette smoking also has been shown to increase the risk of breast cancer.

Source: UPSWELLNESSGUIDE