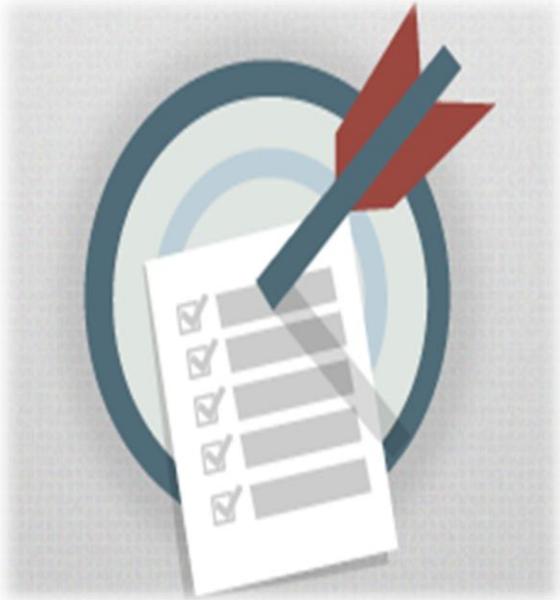


# Cancer



Health Prevention and Education Unit  
Prepared by Licensed Health Educators

# Objectives



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To mention the types of cancer.

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To identify the symptoms associated with some types of malignant cells.

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To offer recommendations to reduce the risk of developing cancer.

# Global Cancer Overview



- Cancer is one of the leading causes of death worldwide.
- In 2022, there were 20 million new cases and 9.7 million deaths from cancer.
- It is estimated that by 2050, the number of new cases per year will increase to 33 million and the number of deaths to 18.2 million.

# Statistics in the United States



- By 2025, it is estimated that more than 2 million new cases will be diagnosed.
- The most common cancers are:
  - Breast cancer
  - Prostate cancer
  - Lung and bronchial cancer
  - Colon and rectal cancer
  - Skin cancer

# What is cancer?

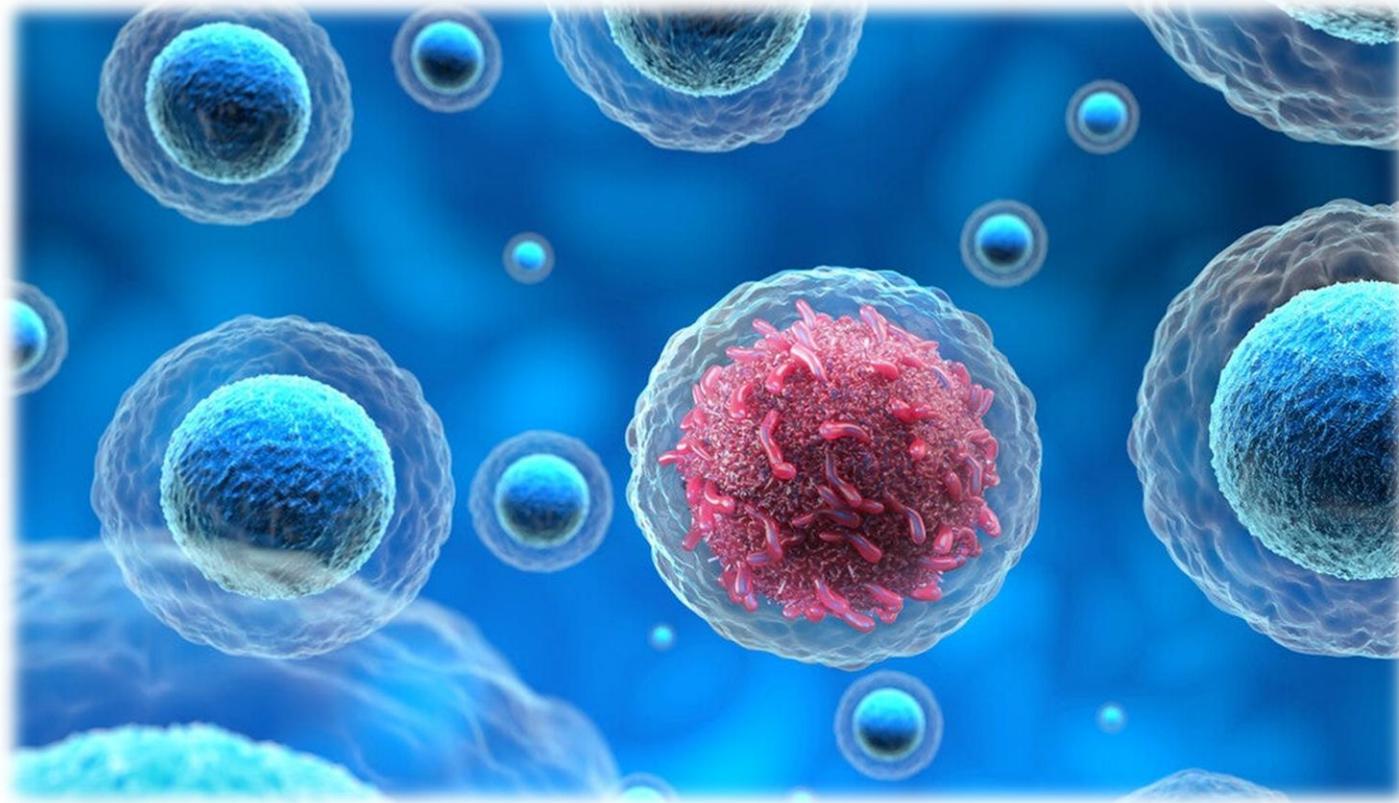
It is the uncontrolled growth of abnormal cells called malignant or abnormal.

These **malignant cells** originate and multiply very rapidly in the body. They can invade and destroy other tissues.

**Normal cells** multiply when the body needs them; they later die when they are damaged or aged.

There are different types of cancer. They can appear in any organ or tissue.





**Most common types of cancer**

# Lung cancer



The lungs are organs located in the chest, and their main function is to control breathing.

This type of cancer is the leading cause of death worldwide.

People who smoke have a higher risk of developing this cancer.

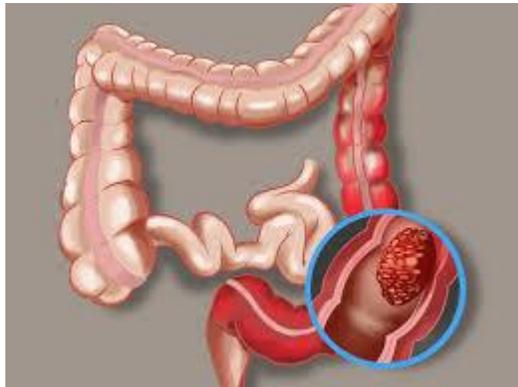
It can also occur in people who have never smoked.

Some of the symptoms that may occur in advanced stages include:

- Persistent cough
- Chest pain
- Coughing up blood
- Hoarseness
- Shortness of breath
- Wheezing

# Colorectal cancer

- It is also known as colon cancer.
- It can begin in the large intestine or the rectum.
- Early diagnosis can increase the chances of survival.



## Symptoms:

Fatigue

Blood in stool

Diarrhea, constipation, or other changes

Thin stools

Unexplained weight loss

With screening, this type of cancer can be detected before symptoms appear.

# Breast cancer

- It is an uncontrolled growth of cells in the breast tissue.
- After skin cancer, breast cancer is the most diagnosed cancer in women in the United States.
- Some of its symptoms include:
  - a receding nipple
  - a change in size
  - a lump



## Self-knowledge



**Know your risk:**  
Has anyone in your family had or have breast cancer?



**Get Screened:**

- *Mammograms*
- *Clinical breast examination*



**Get to know your breasts, both their appearance and their normal shape.**



# Prostate cancer

- Cancer begins in the prostate gland.
- The prostate is part of the male reproductive system, surrounding the urethra and the tube that carries urine out of the body.
- This type of cancer is usually detected early, and most are curable.



## Symptoms:

Difficulty starting urination

Need to urinate more frequently

Blood in urine or semen

# Stomach cancer

- The stomach is in the upper middle part of the abdomen, just below the ribs.
- Its main function is to break down and digest food.
- Cancer can develop in any part of the stomach.



## Symptoms:

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Difficulty swallowing

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Abdominal pain

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Bloating

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Feeling of fullness

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Not feeling hungry, even without eating

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Heartburn

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Indigestion

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Nausea and vomiting

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Unintentional weight loss

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Fatigue

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Black stools

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# Brain cancer

Tumors can be benign or malignant.

A malignant tumor, also known as brain cancer, usually grows rapidly.

It often invades or grows into healthy tissue.



## Categories of malignant tumors:

- **Primary:** These originate within the brain and can be benign or malignant.
- **Metastatic:** This occurs when a cell originates anywhere in the body, breaks away, and travels to the brain. These tumors are generally malignant.

# Cervical cancer

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This type of cancer begins in the cervix. Almost all cervical cancers are caused by the human papillomavirus (HPV).

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Cervical cancers begin with the appearance of cells on the surface of the cervix.

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Cell development is slow and manifests as a precancerous condition called **dysplasia**.

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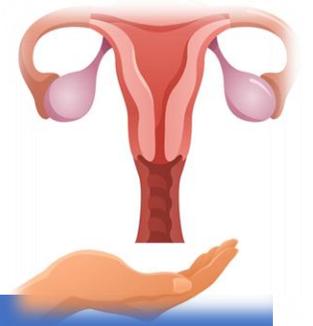
## Symptoms:

Abnormal vaginal bleeding between periods.

Ongoing vaginal discharge that may be pale, watery, pink, brown, or bloody.

Menstrual periods that become heavier and last longer than normal.

HPV is a common virus spread through skin-to-skin contact or sexual intercourse.



# Kidney cancer

It begins in the lining of the small ducts in the kidney.

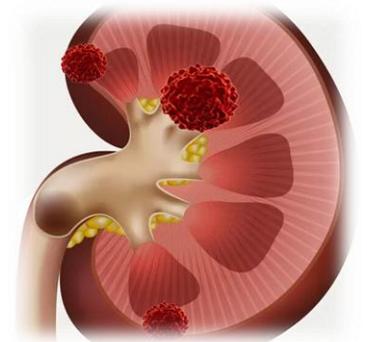
The most common type of cancer is renal cell carcinoma in adults (60 to 70 years of age).

The ducts are responsible for filtering impurities from the blood and have a high probability of malignancy.

The tumor can be palpated when it is very advanced.

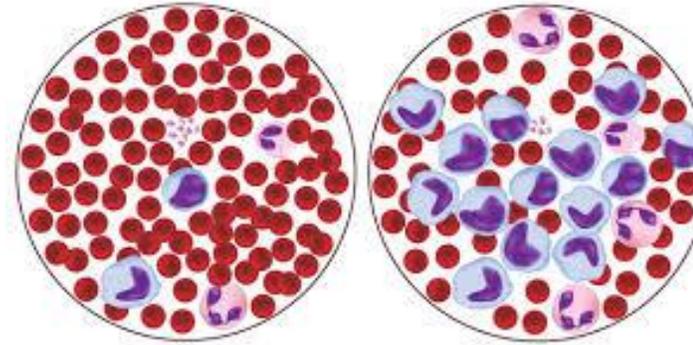
**The most common symptoms are:**

- Bleeding in the urine
- Abdominal or back pain
- Weight loss
- Liver dysfunction
- Fever
- Pale skin
- Vision problems



# Leukemia

- It is a type of blood cancer that begins in the bone marrow.
- This is the soft tissue found in the center of bones, where blood cells are formed.
- It is the uncontrolled increase in white blood cells (leukocytes), which are responsible for fighting infections and other foreign substances.



Normal blood

Leukemia

Leukemia is divided into two main types:

- **Acute**, which progresses more rapidly.
- **Chronic**, which progresses more slowly.

Cancer cells can reach the bloodstream and travel to the brain and other parts of the body.

# Liver cancer

Also known as hepatocellular carcinoma, which begins in the liver.

This type of cancer is more common in men than in women.

It is primarily diagnosed after age 50.

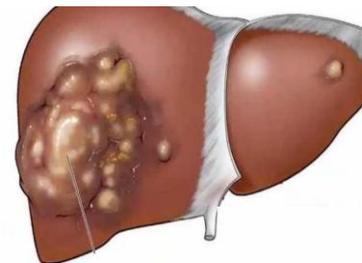
The damage from this type of cancer has been prolonged and can result in liver scarring, better known as **cirrhosis**.

## Possible causes:

Excessive alcohol consumption

Autoimmune liver diseases

Hepatitis B or C infections

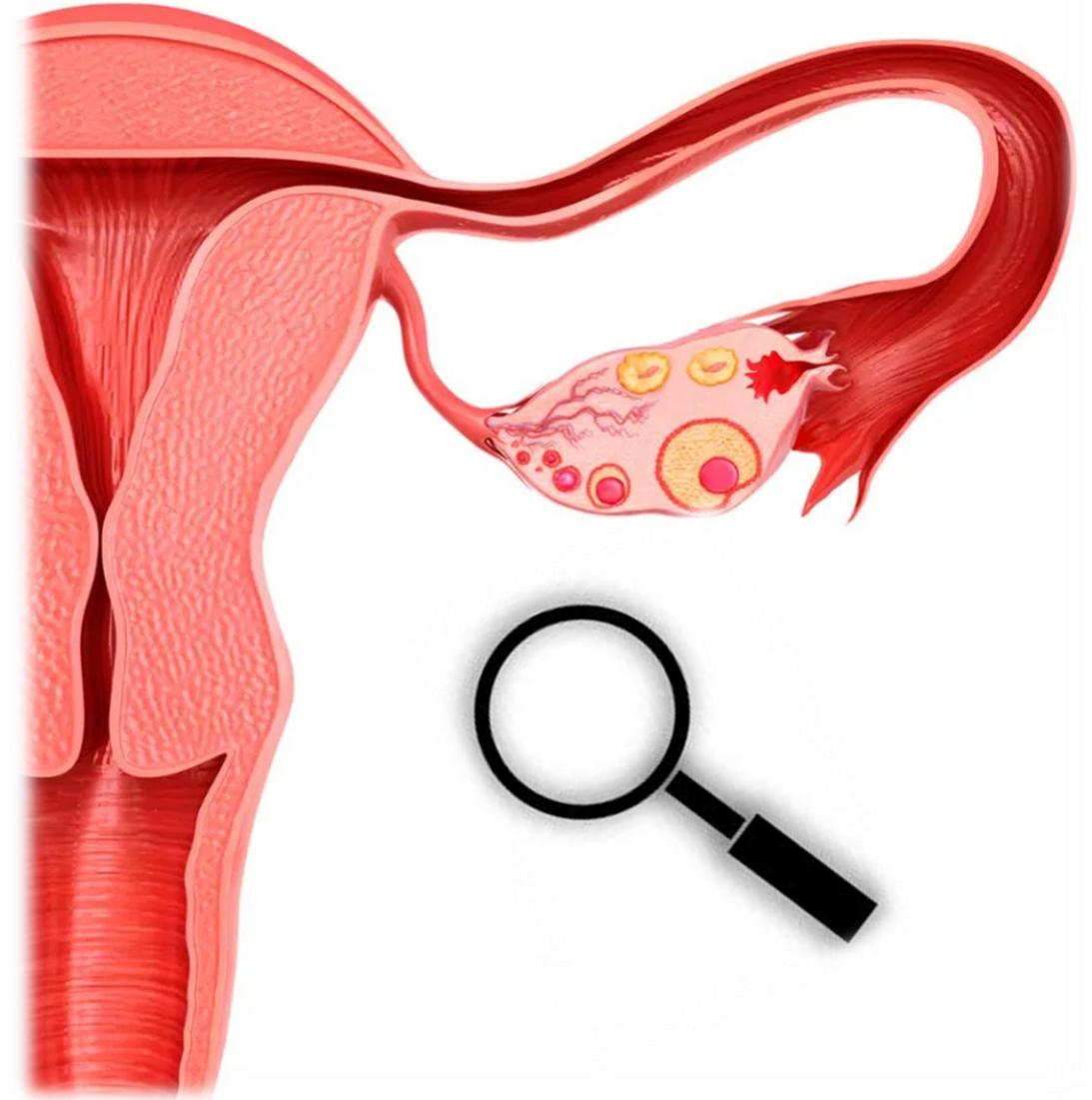


Long-term liver inflammation (chronic hepatitis)

Iron overload (hemochromatosis)

# Ovarian cancer

- Ovarian cancer is a growth of cells produced in the ovaries.
- Some symptoms include pelvic discomfort, back pain, abdominal bloating, fatigue, and more.
- Treatment for this cancer is usually surgery and chemotherapy.



# Pancreatic cancer

- Pancreatic cancer begins in the pancreas.
- This is an organ located behind the stomach and responsible for producing enzymes in the intestines that help digest food and fats.
- It also produces insulin, a hormone that helps control blood sugar levels.

## Symptoms:

Jaundice is a yellowish coloration of the skin, mucous membranes, and eyes.

Weight loss and loss of appetite

Nausea and vomiting

Pain or discomfort in the upper abdomen or stomach



## Types of pancreatic cancer

The most common are:

- Adenocarcinoma (the most common)
- Glucagonoma
- Insulinoma

# Testicular cancer

- The testes are the male reproductive glands located in the scrotum.
- This type of malignant cell is most common in young to middle-aged men.
- There are two main types of testicular cancer:
  - Slow-growing **seminomas**
  - Faster-growing **non-seminomas**

Cancer can present as a painless mass in the testicles.

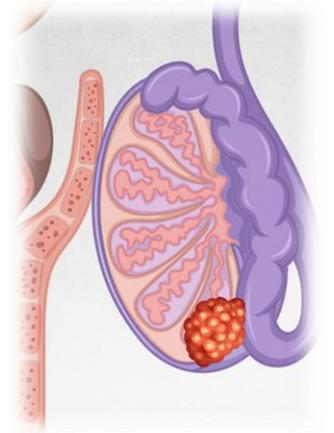
## Symptoms:

Testicular discomfort or pain

Pain in the back or lower abdomen

Enlargement of a testicle

Excessive amount of breast tissue



# Thyroid cancer

- The thyroid is located inside and at the front of the lower neck.
- It can appear at any age.
- Most common types of cancer:
  - **Anaplastic carcinoma:** called giant cell carcinoma, it is the most dangerous and least common.
  - **Follicular carcinoma:** it is more likely to recur.
  - **Medullary carcinoma:** these cells are unable to produce thyroid hormone.
  - **Papillary carcinoma:** This is the most common and generally affects women and tends to develop more slowly.



## Symptoms:

Difficulty swallowing

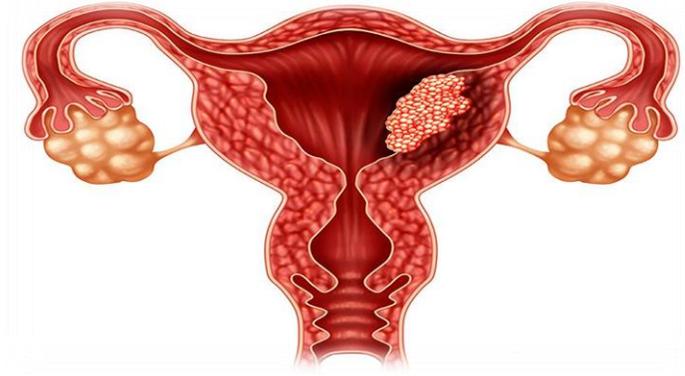
Enlarged thyroid gland

Hoarseness or voice changes

Thyroid tumor or nodules

# Endometrial cancer

- It begins in the endometrium, or more commonly the womb.
- Although the exact cause is unknown, increased estrogen levels appear to be an influential factor.
- Estrogen stimulates the formation of the uterine lining, causing abnormal endometrial growth and cancer.
- It is most common between the ages of 60 and 70.



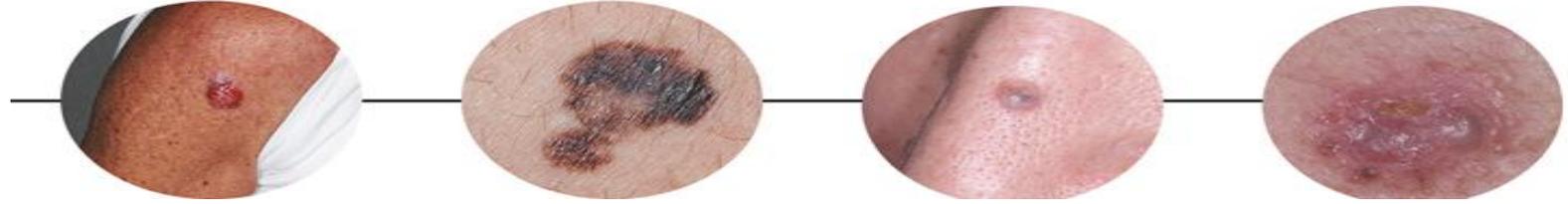
## Symptoms:

Abnormal bleeding between periods or after menopause.

Frequent or prolonged bleeding episodes after age 40.

Lower abdominal pain or pelvic cramps.

# Skin cancer



- The skin is the largest organ in the body and has several layers.
- Skin cancer is the most common cancer in the United States.
- The most preventable cause is exposure to ultraviolet (UV) light, whether from the sun's rays or artificial sources.

The **ABCDEs** of melanoma can help detect it early.

- **A:** Asymmetry, a mole that is not oval.
- **B:** Irregular, jagged borders.
- **C:** Varied, uneven color.
- **D:** Diameter greater than 6 mm.
- **E:** Evolution or change in appearance in size, color, or thickness.

# Hodgkin's lymphoma

- It is a cancer of the lymphatic tissue, found in the lymph nodes, spleen, liver, bone marrow, and other organs.
- Diagnosis can be aided by the enlargement of one or more lymph nodes.
- It is usually asymptomatic, although fever, profuse cold sweats, and unexplained weight loss may occur.



# Tests and exams



**Blood tests**



**Biopsy**

- Tumor
- Bone marrow



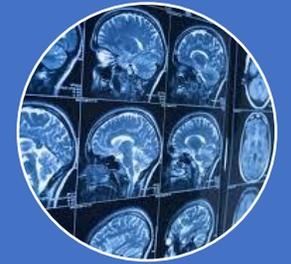
**X-ray**



**CT scan**



**Laboratory tests**



**MRI**

# Treatment

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**It will depend on the type of cancer and its stage.**



In the first stage, the cancer is in a single location and has not spread.

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Another possible stage is that the tumor has spread to local lymph nodes (sometimes these are removed).

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The tumor cannot be completely removed by surgery. It must be combined with other treatments.

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# Treatments

**Surgery**

**Radiotherapy**

**Chemotherapy**

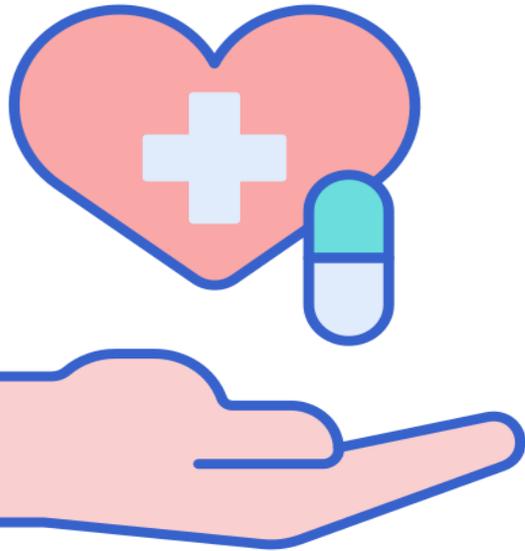
**Immunotherapy**

**Therapies**



# Prevention

You can reduce your risk of developing a malignant tumor.



Eat healthy foods

Exercise regularly

Reduce alcohol consumption

Maintain a healthy weight

Minimize exposure to radiation, toxic chemicals, and ultraviolet rays

Don't smoke

# Additional recommendations



Screening tests can help identify cancer in its early stages.

Every question is important. Don't be afraid to talk to your doctor.



Ask a family member to accompany you to your medical appointments.

# Doubts and questions



# Social and Emotional Aspect



For recommendations, tools, and resources on how you and your family can address the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or call the following numbers:

# Line of Available Services



## **Medical Advice Line**

24 hours a day/7 days a week

1-844-347-7801

**TTY/TDD: 1-844-347-7804**

## **Customer Service**

1-844-347-7800

**TTY/TDD: 1-844-347-7805**

## **APS Health**

787-641-9133

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Thank you!



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