



Cancer

It is the uncontrolled growth of abnormal cells in the body. Cancer cells are also called malignant cells. It occurs when the growth of cells in the body is out of control and they divide too quickly.

There are many types of cancer. Cancer can occur in various organs or tissues in the body, such as the lungs, colon, breasts, skin, bones, blood, or nerve tissue.

What symptoms can occur?

Symptoms of cancer depend on the type and location of the tumor. Some of the symptoms that may occur are as follows:

- Shaking chills
- Fatigue
- Lack of appetite
- General discomfort
- Weight loss

What increases the risk of Cancer?

The following could increase the risk of cancer.

- Family history
- Obesity
- Overexposure to sunlight
- Exposure to viruses
- Use of tobacco, cigarettes and alcohol
- Exposure to chemicals and environmental contaminants such as fungi

What tests and exams exist?

Recommended screening tests vary depending on the type of cancer and its location. In general, cancer can be detected and diagnosed through biopsies, imaging tests or x-rays, and endoscopy. In case you feel any symptoms, do not hesitate to visit your primary physician.

What treatments exist?

Treatment varies depending on the type of cancer and its stage. The stage of the cancer indicates how much the cancer has grown and whether it has spread to other areas of the body. Treatments could be:

- **Surgery** – involves completely removing an organ, tissue, or diseased part of the body.
- **Radiation therapy** - uses high-energy waves, such as x-rays, to kill or damage cancer cells in specific areas.
- **Chemotherapy** – These are drugs that travel throughout the body and can kill cancer cells that have spread (metastasized) to places other than where the tumor was originally found.
- **Combination therapies** – several options are used (surgery, radiation or chemotherapy).

Prevention

You can reduce your risk of developing a malignant cancerous tumor by doing the following:

- Eating healthy.
- Exercising regularly.
- Reducing alcohol consumption.
- Maintaining a suitable weight.
- Minimizing exposure to radiation and toxic chemicals.



- Avoiding the use of tobacco products.
- Reducing exposure to the sun, especially if your skin is sensitive.
- Talk to your doctor about appropriate preventive tests.
- Discuss your test results with your doctor.

Remember

- Cancer seems to occur when the growth of cells in the body is out of control.
- There are many types of cancer.
- It can appear in almost any organ or tissue.
- Symptoms of cancer depend on the type and location of the tumor
- Treatment varies depending on the type of cancer and its stage.
- It can be prevented by having early screening tests.



Contact your Primary Physician

It can be difficult to face a diagnosis of cancer. However, it is important that you talk with your doctor about the type, size, and location of the cancer, as well as the type of treatment you want to receive.

Important

If you need emergency health services physical or mental, you can dial 9-1-1, or go to the nearest emergency room.

Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY-1-844-347-7804

References:

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