



## What I Should Know About Cancer!

### What is Cancer?

- » Cells are the building blocks of our bodies. We make more cells only if our body needs them.
- » Cancer is a disease that causes cells to keep growing and making new cells even when our body doesn't need them. These cells are bad and can grow fast.
- » Sometimes we can feel a bump on our body, but sometimes we can't.

### Who gets cancer?

- » 1 in 2 men will get cancer in his lifetime.
- » 1 in 3 women will get cancer in her lifetime.
- » We are more likely to get cancer as we get older.

### What are the most common cancers?

- » Skin cancer is the most common type of cancer.
- » In women, Breast, Lung, and Colon (Bowels) cancers are the most common.
- » In men, Prostate, Lung, and Colon cancers are the most common.
- » You can have cancer anywhere in your body, even in your blood (this is called Leukemia).
- » Sometimes a tumor can spread from one part of the body to other parts. People can have cancer in different parts of their body at the same time.

Cancer cells don't work properly and can cause other cells to go bad ...



like a bad apple.



A group of bad apples is called a **tumor**.

### Areas in the Body that Can Get Cancer

- |          |  |            |
|----------|--|------------|
| » Blood  |  | » Kidney   |
| » Bone   |  | » Lung     |
| » Brain  |  | » Prostate |
| » Breast |  | » Skin     |
| » Colon  |  | » Throat   |



## How do you know if you have cancer?

- » It is important to have regular check-ups even if you feel fine. Many times people do not know they could have cancer.
- » This helps catch cancer early when it is easier to treat and before it spreads elsewhere.
- » Your doctor can do tests to make sure you don't have cancer, like regular blood tests. Some tests are done as you get older (colonoscopy and mammograms) – your doctor can tell you what tests are right for you depending on your age.
- » Some of these tests may sound scary and embarrassing but they are important for your health.
- » Your doctor can also tell you how to check yourself for any new lumps, or bumps that might be cancer.
- » Always tell your doctor about new bumps, lumps, or areas of redness that you notice.

## How can I avoid cancer?

Anyone can get cancer, but we can lower our risk of getting cancer by taking care of our health.

### *Eat well & exercise.*

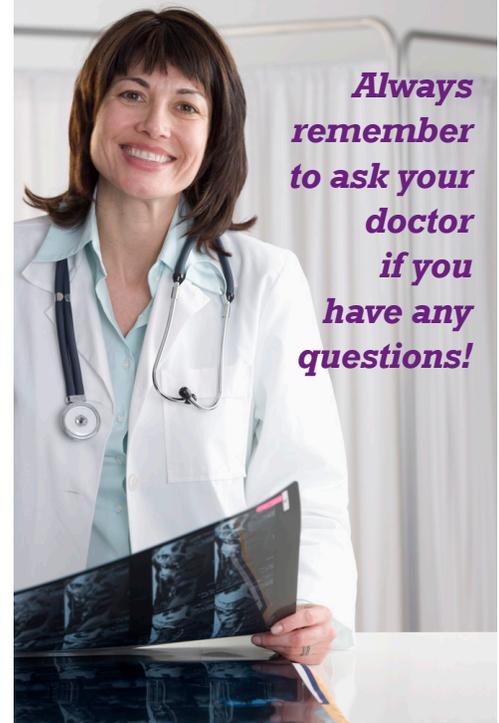
- » Eat a lot of fruits, nuts, vegetables, and drinking lots of water.
- » Eat less fatty and junk foods (e.g. fried chicken), and less red meat.
- » Do not drink a lot of alcohol (like beer).
- » Exercise for 30 minutes a day, 5 days a week. Take breaks and have fun!
- » Manage stress in a healthy way, allow time to relax, and share your worries.

### *Stay away from too much sun!*

- » Use sunscreen, cover up with a hat and lightweight clothing, and wear sunglasses. Try to stay in the shade during the hottest times of the day.

### *Keep away from cigarette smoking!*

- » Cigarette smoke has lots of toxins and chemicals that can hurt your body. Smoke can affect you even if you are not the one smoking.

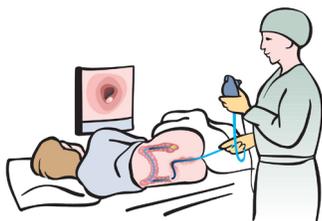


*Always remember to ask your doctor if you have any questions!*

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## Tests to Check for Cancer



*This is a test for colon cancer*

**Colonoscopy:** After giving you medicine to relax and make you sleepy, the doctor puts a thin tube in your bottom. You will not feel anything when this is done. This tube is attached to a video camera so the doctor can look at your bowels.



*This is a test for breast cancer*

**Mammogram:** This is an x-ray that takes pictures of a woman's breasts to look for any changes that may point to cancer.

