

# What You Need to Know About Cancer

## What is Cancer?

- ❖ A group of almost 200 diseases that develop in the cells of the body.
- ❖ Cancer occurs when cells become abnormal and begin to grow and multiply without any control.
- ❖ The cells may also spread to other parts of the body.
- ❖ Cancer is caused by mutations in the genes that control how cells grow.

## What Causes Mutations in the Genes?

- ❖ Carcinogens: Smoke, Ultraviolet Radiation, Viruses, etc.
- ❖ Inherited Cancer-Causing Mutations (increases a person's chance of getting a certain type of cancer)

## Types of Cancer Treatment

- ❖ Surgery – cutting the cancer out of the body
- ❖ Radiation Therapy – using radiation to kill the cancer inside the body
- ❖ Chemotherapy – using drugs to kill the cancer
- ❖ Hormone Therapy – blocking or removing hormones to “starve” the cancer
- ❖ Biological Therapy – boosting the immune system to help it fight cancer

## How You Can Reduce Your Risk of Cancer

- ❖ Avoid cigarettes and other tobacco
- ❖ Limit your exposure to the sun
- ❖ Eat fewer fatty foods. Eat more whole grains and cereals & fruits and vegetables (5 a day).
- ❖ Talk to your doctor about screenings, family history, and any symptoms or health concerns.

## Want to Know More About Cancer?

- ❖ Call the Huntsman Cancer Information Service at 888-424-2100
- ❖ Search the Huntsman Online Patient Education guide at [www.huntsmancancer.org](http://www.huntsmancancer.org)

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