

CANCER

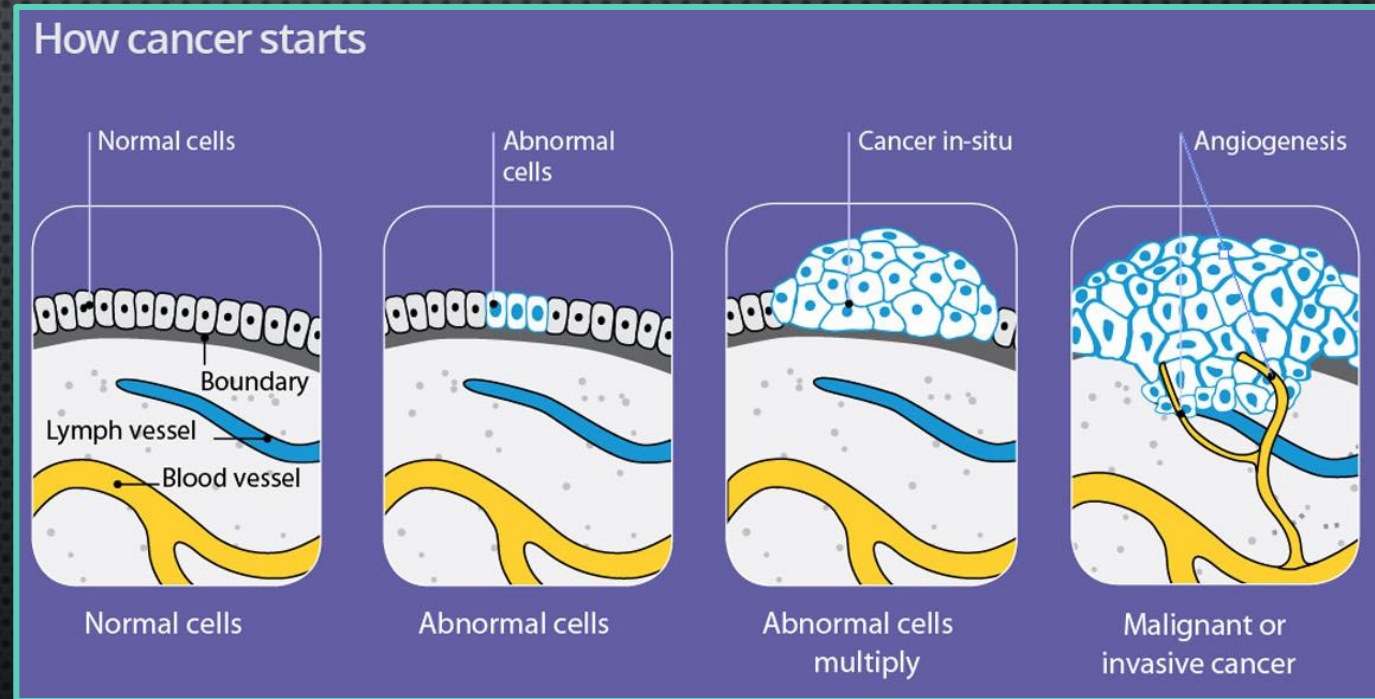
JOHNSON COUNTY HEALTH DEPARTMENT

AMBER TERHUNE, RN, BSN, HEALTH EDUCATOR

MAY 2018

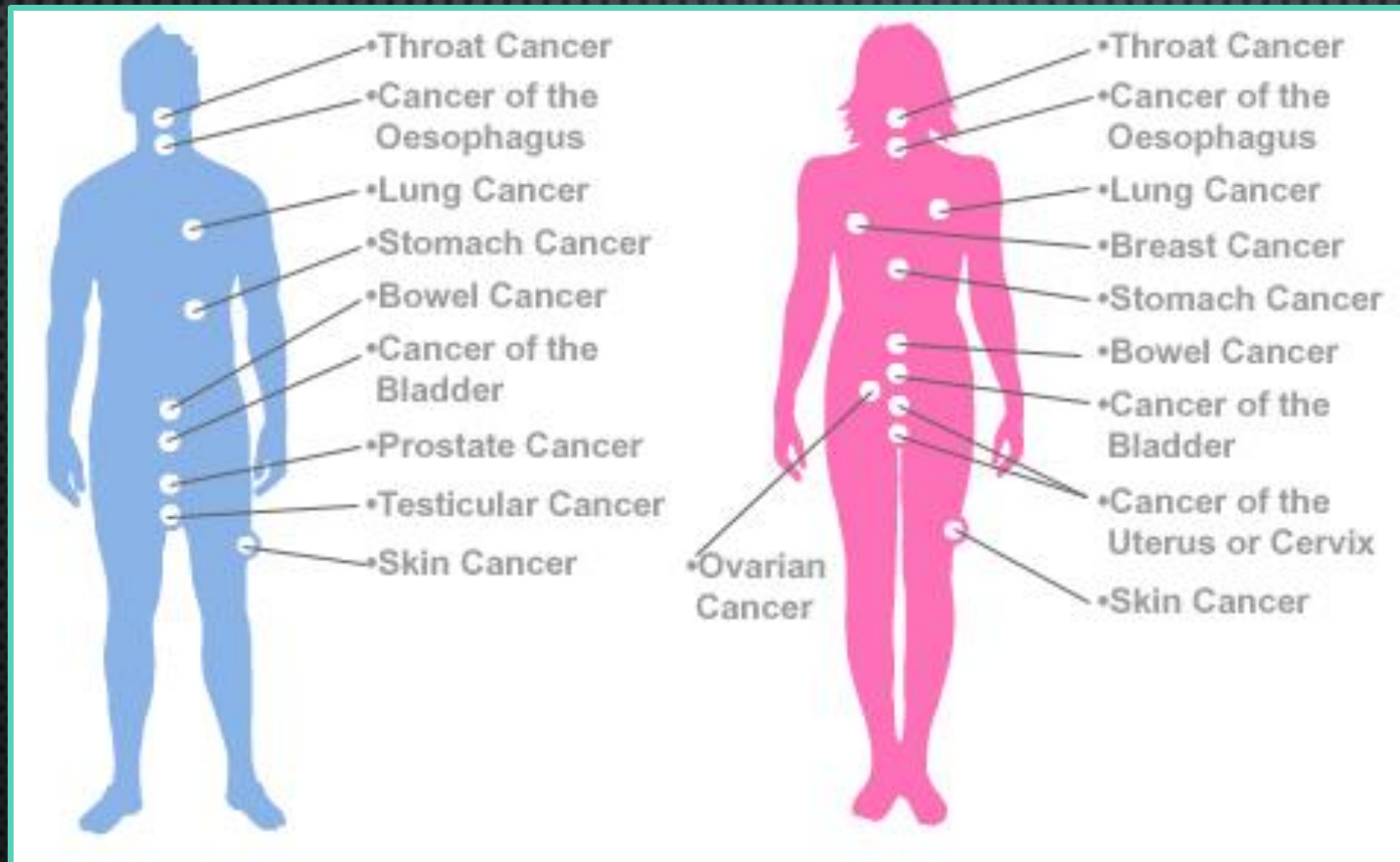
WHAT IT IS

- ❖ Group of diseases with abnormal cell growth
- ❖ More than 100 kinds
- ❖ Most form a lump called a tumor
- ❖ Some cancer cells can hide from immune system



OSCA Swallow Foundation. *What is Cancer*, n.d.
<http://swallowfoundation.com/what-is-cancer/>

COMMON TYPES

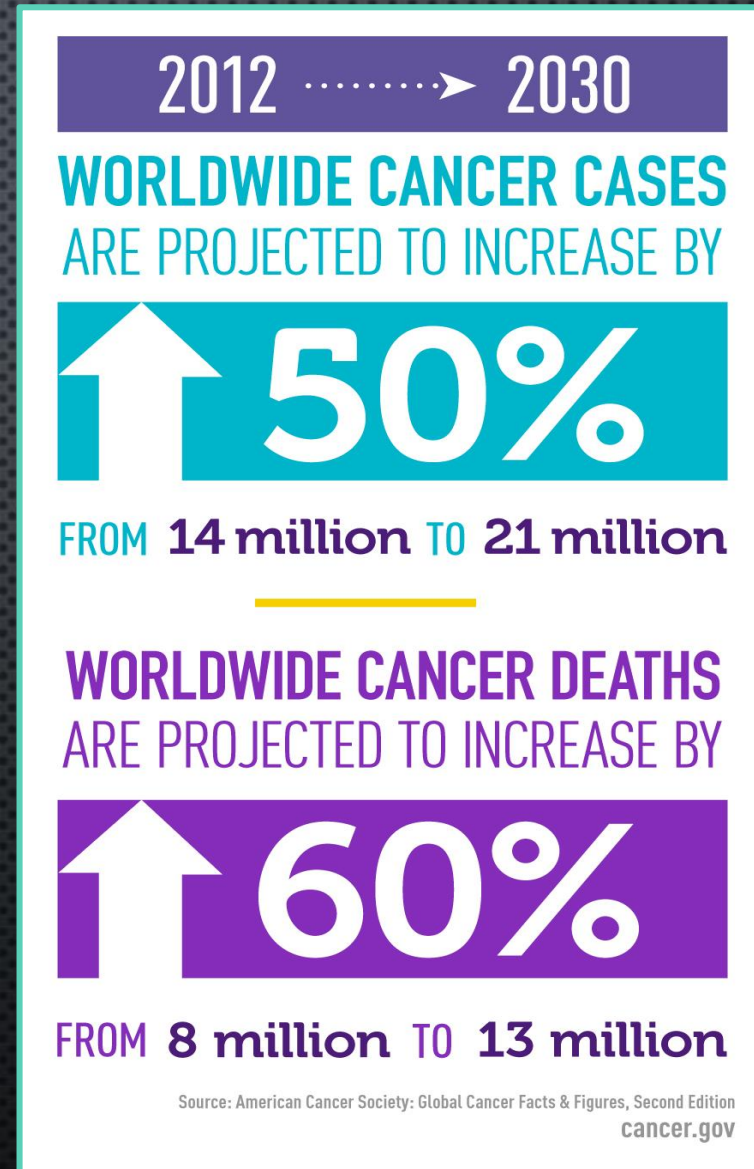


Anas, M. Health Info. *Types of Cancer- Skin Cancer- Stomach Cancer- Blood Cancer*, 19 Apr. 2011.
<http://healthinfopk.blogspot.com/2011/04/types-of-cancer-skin-cancer-stomach.html>

STATISTICS

- ❖ 1/3 of Americans develop cancer
- ❖ More than 1.5 million new cases annually
- ❖ More than 7300 nonsmokers die of lung cancer each year

NIH. *About Cancer: Cancer Statistics*, 27 Apr. 2018.
<https://www.cancer.gov/about-cancer/understanding/statistics>


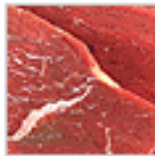


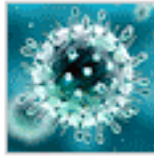





CAUSES/RISK FACTORS

❖ Heredity

❖ Immunosuppression

Key causes of cancer

Tobacco 	Alcohol 	Lack of fruit & vegetables 	Meat 	Lack of fibre 	Overweight 	
Lack of physical exercise 	Post-menopause 	Infections 	Ionising Radiation 	Occupational hazard 	Reproduction 	Sun exposure & sunbeds 

Carla Golden Wellness. *Why I'm 4 Years Late for My First Mammogram*, 26 May 2014.
<http://www.carlagoldenwellness.com/2014/05/26/why-im-4-years-late-for-my-first-mammogram/>

SYMPTOMS

- ❖ Fever
- ❖ Unexplained night sweats
- ❖ Fatigue
- ❖ Skin changes

Cancer Focus Northern Ireland. *Cancer Information: Signs and Symptoms*, n.d.
<http://cancerfocusni.org/cancer-info/signs-symptoms/>

Unexplained, such as

A lump or swelling

Make sure to check your whole body, not just your testicles or breasts.

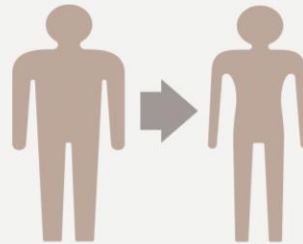


Bleeding that is not normal for you

Coughing up blood or noticing it in your urine or bowel motion is not normal. Neither is bleeding from your vagina between periods, after sex or after the menopause.

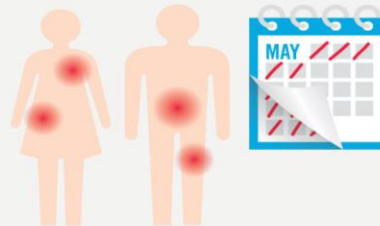
Weight loss

It is normal to see small weight changes over time. But a big weight loss, not related to dieting, may be a sign of something more serious.



Pain that does not go away

If you feel pain for more than four weeks that you cannot explain, talk to your doctor about it.



Persistent, such as

A cough, changes in your voice or feeling short of breath

Speak to your doctor if you have any of these problems for more than three weeks, especially if you are a smoker or ex-smoker.



A sore that does not heal

If a spot, wart or sore does not heal in a few weeks, get it checked by your doctor, even if it is painless.



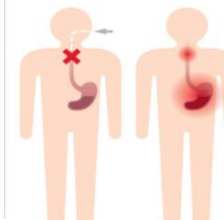
Bloating

If bloating does not go away within a few weeks talk to your doctor about it.



Difficulty swallowing, indigestion or heartburn

It is not normal to have indigestion or heartburn that happens a lot or is very painful. Difficulty swallowing is not normal either. Get it checked by your doctor.



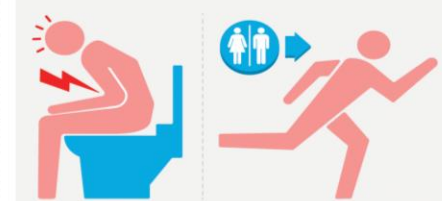
Mouth or tongue ulcer

Having a mouth or tongue ulcer for three weeks or more is not normal and needs to be checked by your doctor or dentist.

Unusual, such as

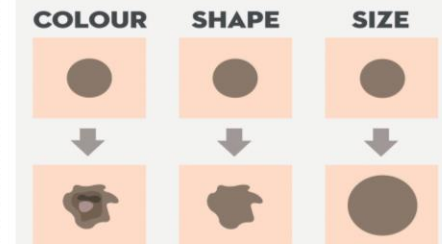
A change in your bowel or bladder habits

If you have constipation, diarrhoea or problems passing urine for more than a few weeks, talk to your doctor.



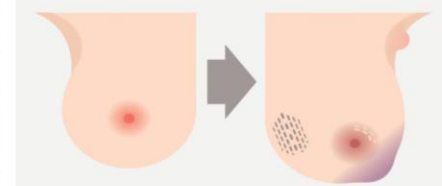
A new mole or change to an existing mole

Get into the habit of checking your skin every month for new moles. Also watch for changes in colour, shape and size of existing moles.



Any change in your breast

Get into the habit of looking at and feeling your breasts for changes in the shape, size, nipples and skin. Also watch for pain in one breast.



SCREENING AND PREVENTION

ROUTINE SCREENINGS

- ❖ Pap test
- ❖ HPV test with Pap
- ❖ Colonoscopy
- ❖ Sigmoidoscopy
- ❖ Mammogram
- ❖ Low-dose CT scan



Kovalenco, Alexander. Dreamstime. 12 Cancer Prevention Icons, n.d. <https://www.dreamstime.com/stock-illustration-cancer-prevention-icons-healthcare-medical-icon-set-twelve-steps-to-reduce-your-risk-vector-image72125965>

TESTING



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<https://www.shimspine.com/compulsory-medical-examination/>

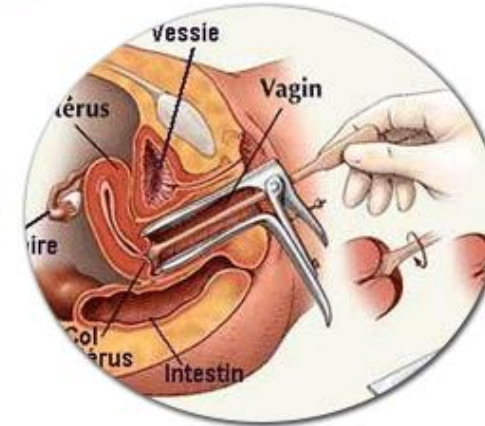
Purzuit. *Ovarian Cancer News*, n.d.
<http://ovarian-cancer.purzuit.com/>



Blood tests

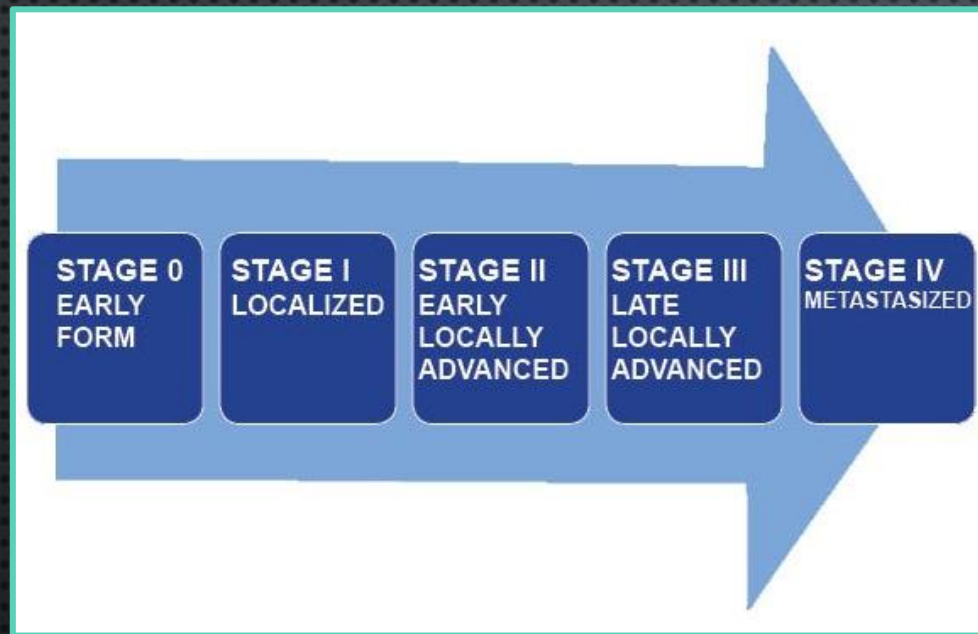


Imaging tests



Biopsy

STAGES

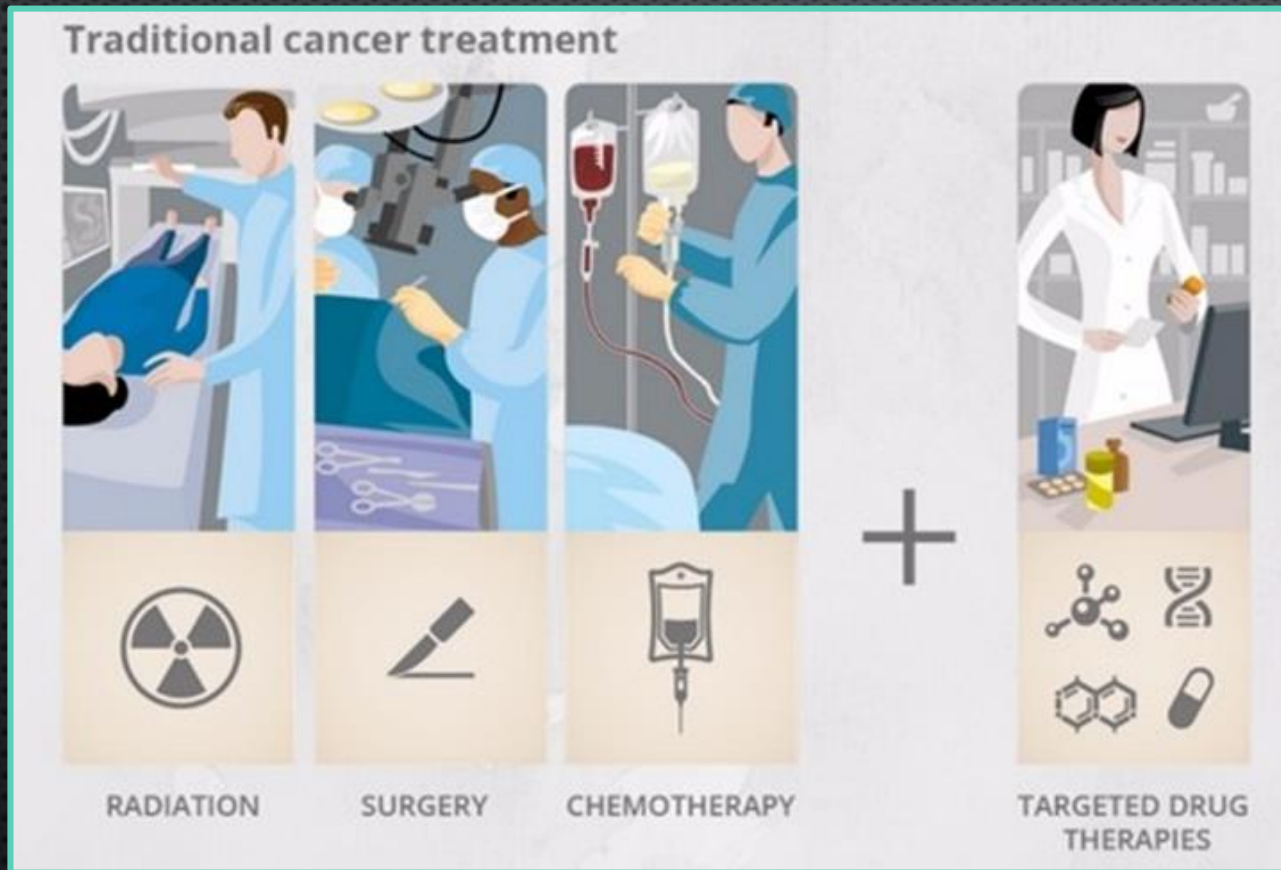


San Diego Radiosurgery. *Spotlight On: The Stages of Cancer*, n.d. <http://www.sdradiosurgery.com/spotlight-on-the-stages-of-cancer/>

Samuda, Carolee. HubPages. *Cancer Stages with Staging Chart*, 11 Sep. 2016. <https://hubpages.com/health/PrognosisCancerWhatStageAreYou>

Cancer Staging Meaning	
Primary Tumor (T)	
TX	The primary tumor cannot be evaluated
T0	Primary tumor cannot be found
Tis	Carcinoma in Situ (CIS; there are abnormal cells but they have not spread to other tissues or organs)
T1, T2, T3, T4	Tells you the size and extent of the tumor
Regional Lymph Nodes (N)	
NX	Regional lymph nodes cannot be evaluated
N0	Regional lymph nodes are not affected
N1, N2, N3	Regional lymph nodes are affected
Distant Metastasis (M)	
MX	Distant metastasis cannot be evaluated
M0	No evidence metastasis
M1	The tumor has metastasized

TREATMENT



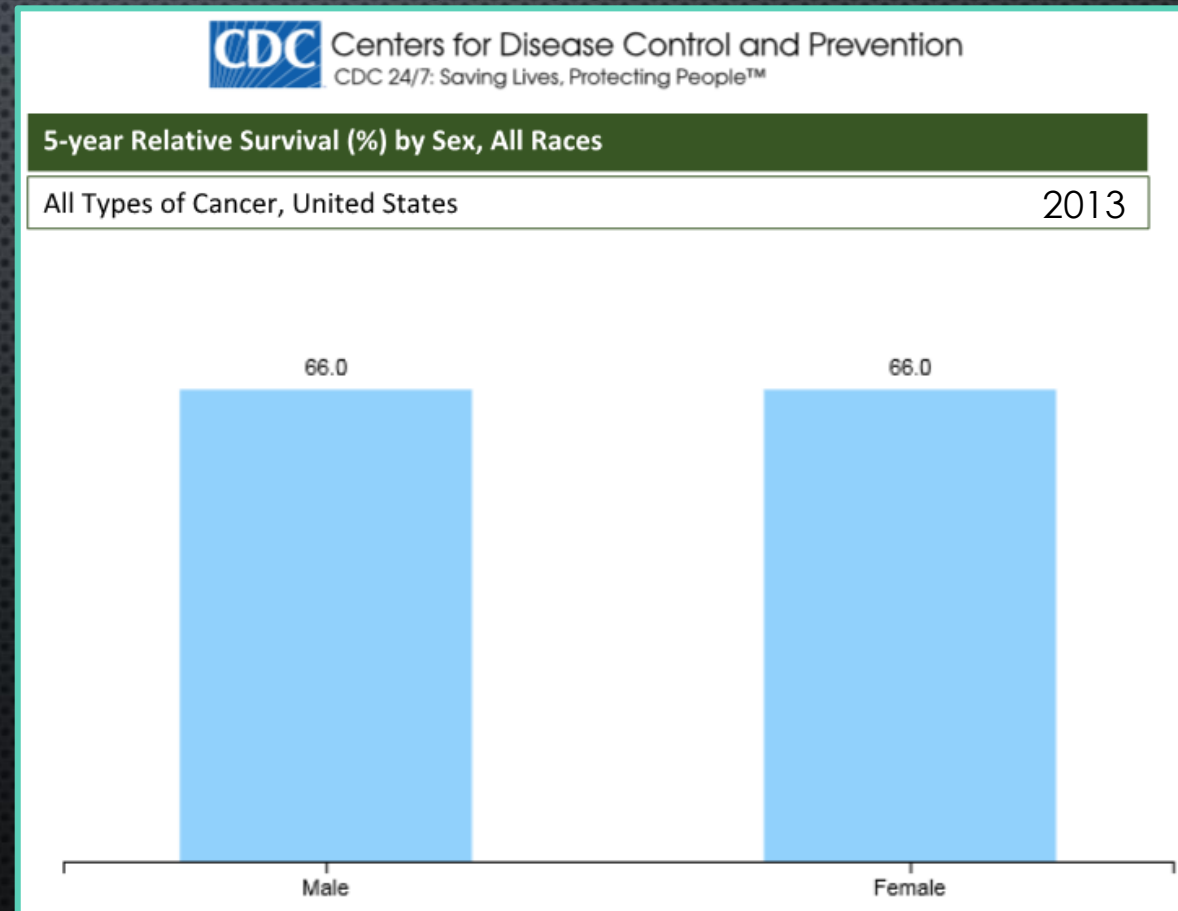
- ❖ Stem cell transplant
- ❖ Bone marrow transplant

Duel, Diana. Diets USA. *Cancer Treatments and Heart Health*, n.d. <https://diets-usa.com/cancer-treatments-heart-health/>

LIFE AFTER DIAGNOSIS

- ❖ Prognosis varies
- ❖ Higher survival rates
- ❖ Remission possible
- ❖ Find a new normal
- ❖ Stay active
- ❖ Nutrition therapy
- ❖ Support groups
- ❖ Routine check-ups

CDC. *Survival: 5-Year Relative Survival (Percent)*, 2013. <https://gis.cdc.gov/grasp/USCS/DataViz.html>



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