What is Cancer?

A disease caused by an uncontrolled division of abnormal cells in a part of the body. A malignant growth or tumor resulting from an uncontrolled division of cells.

Cancer can start almost anywhere in the human body, which is made up of trillions of cells. Normally, human cells grow and divide to form new cells as the body needs them. When cells grow old or become damaged, they die, and new cells take their place.

10 Early signs of Cancer

- New lumps or growths on your skin.
- A sore or bruise that does not heal.
- A mole that changes in shape, size or colour or bleeds in unusual circumstances.
- An ongoing cough or hoarseness that last longer than three weeks.
- Indigestion or difficulty in swallowing.
- A change in bowel or bladder habits for no good reason.
- Shortness of breath.
- Loss of appetite.
- Unexplained weight loss or tiredness.
- Blood anywhere it normally should not be – in urine, bowel motions, or from spitting

Breast Cancer
Breast cancer starts when cells in the breast begin to grow out of control. These cells usually form a tumor that can often be seen on an x-ray or felt as a lump. The tumor is malignant (cancer) if the cells can grow into (invade) surrounding tissues or spread (metastasize) to distant areas of the body. Breast cancer occurs almost entirely in women, but men can get breast cancer, too.

Cells in nearly any part of the body can become cancer and can spread to other areas of the body.

**Breast Cancer looks like:**

- Breast lumps or thickening
- Nipples discharge
- Changes in the size and shape of the breast
- Inverted Nipple
- Peeling, scaling or flaking skin
- Skin rash on the breast
How can one check for Breast Cancer

Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently in small circular motions covering the entire breast area and armpit. Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps.

Symptoms of Breast Cancer

- A lump in a breast
- A pain in the armpits or breast that does not seem to be related to the woman's menstrual period
- Pitting or redness of the skin of the breast; like the skin of an orange
- A rash around (or on) one of the nipples
- A swelling (lump) in one of the armpits
- An area of thickened tissue in a breast
- One of the nipples has a discharge; sometimes it may contain blood
- The nipple changes in appearance; it may become sunken or inverted
- The size or the shape of the breast changes
- The nipple-skin or breast-skin may have started to peel, scale or flake.
Causes of breast cancer

Getting older

The older a woman gets, the higher is her risk of developing breast cancer; age is a risk factor. Over 80% of all female breast cancers occur among women aged 50+ years

Genetics

Women who have a close relative who has/had breast or ovarian cancer are more likely to develop breast cancer. If two close family members develop the disease, it does not necessarily mean they shared the genes that make them more vulnerable, because breast cancer is a relatively common cancer.

A history of breast cancer
Women who have had breast cancer, even non-invasive cancer, are more likely to develop the disease again, compared to women who have no history of the disease.

**Dense breast tissue**

Women with more dense breast tissue have a greater chance of developing breast cancer.

**Estrogen exposure**

Women who started having periods earlier or entered menopause later than usual have a higher risk of developing breast cancer. This is because their bodies have been exposed to estrogen for longer. Estrogen exposure begins when periods start, and drops dramatically during the menopause.

**Obesity**

Post-menopausal obese and overweight women may have a higher risk of developing breast cancer. Experts say that there are higher levels of estrogen in obese menopausal women, which may be the cause of the higher risk.

**Height**

Taller-than-average women have a slightly greater likelihood of developing breast cancer than shorter-than-average women. Experts are not sure why.

**Alcohol consumption**

The more alcohol a woman regularly drinks, the higher her risk of developing breast cancer.

**Radiation exposure**

Undergoing X-rays and **CT scans** may raise a woman's risk of developing breast cancer slightly. Women who had been treated with radiation to the chest for a childhood cancer have a higher risk of developing breast cancer.
HRT (hormone replacement therapy)

Both forms, combined and estrogen-only HRT therapies may increase a woman's risk of developing breast cancer slightly. Combined HRT causes a higher risk.

**Diagnosing Of Breast Cancer**

- Breast Exam
- XRAY (Mammogram)
- 2D combined with 3D mammogram
- Breast Ultrasound
- Biopsy
- Breast MRI

**Treatments for breast cancer**

The main breast cancer treatment options may include:

- Radiation therapy
- Surgery
- Biological therapy (targeted drug therapy)
- Hormone therapy
- Chemotherapy

**Preventing breast cancer**

- Physical Exercise
- Healthy Diet
- Post menopausal hormone therapy
• Maintaining the Body weight

• Breast feeding

**Diet to prevent Cancer**

What is colon Cancer?

Colon cancer, also known as colorectal cancer, is the second-leading cause of cancer deaths in both men and women. The disease affects slightly more men than women, and risk increases with age.
Colon cancer is a growth in the colon that usually arises from a polyp. Sometimes the polyps look like stalks of cauliflower, sometimes they're flat,"

### Blood in your stool or bleeding from your rectum — Any amount or color of bleeding can be an early sign

- Unexplained weight loss.
- An ongoing bloated feeling, cramping or pain in your abdomen.
- Constant tiredness and weakness.
- A change in bowel habits that lasts for more than a few days, such as diarrhea, constipation or narrow stools.
- A feeling that doesn’t subside that you need to have a bowel movement, even after you’ve gone to the bathroom.
- Jaundice (a yellow or green coloring of the skin and the white part of the eye).

### Symptoms

- A change in your bowel habits, including diarrhea or constipation or a change in the consistency of your stool, that lasts longer than four weeks
- Rectal bleeding or blood in your stool
- Persistent abdominal discomfort, such as cramps, gas or pain
- A feeling that your bowel doesn't empty completely
- Weakness or fatigue
- Unexplained weight loss

Many people with colon cancer experience no symptoms in the early stages of the disease. When symptoms appear, they'll likely vary, depending on the cancer's size and location in your large intestine.

**When to see a doctor**

If you notice any symptoms of colon cancer, such as blood in your stool or a persistent change in bowel habits

When you should begin screening for colon cancer. Guidelines generally recommend that colon cancer screenings begin at age 50. Your doctor may recommend more frequent or earlier screening if you have other risk factors, such as a family history of the disease.

**Causes**

In most cases, it's not clear what causes colon cancer. Doctors know that colon cancer occurs when healthy cells in the colon develop errors in their DNA.

Healthy cells grow and divide in an orderly way to keep your body functioning normally. But when a cell's DNA is damaged and becomes cancerous, cells continue to divide — even when new cells aren't needed. As the cells accumulate, they form a tumor.

With time, the cancer cells can grow to invade and destroy normal tissue nearby. And cancerous cells can travel to other parts of the body.
**Risk factors**

- History of colorectal cancer or polyp
- Inflammatory intestinal conditions
- Inherited syndromes that increase colon cancer risk
- Family history of colon cancer
- Low fiber, high fat diet
- A sedentary lifestyle
- Diabetes
- Obesity
- Smoking
- Alcohol
- Radiation therapy for cancer
- Older age

**Diagnosis of Colon Cancer**

A colonoscopy is a procedure where a long, flexible tube with a camera on one end is inserted into the rectum to inspect the inside of the colon. If polyps are found in the colon, they are removed and sent to a pathologist for biopsy - an examination under a microscope that is used to detect cancerous or precancerous cells.

If a colon cancer diagnosis is made after a biopsy, doctors will often order chest x-rays, ultrasounds, or CT scans of the lungs, liver, and abdomen to see how far the cancer has
spread. It is also not uncommon for a doctor to test blood for CEA (carcinoembryonic antigen) - a substance produced by some cancer cells.

**Treatments for colon cancer**

- Surgery

- Chemotherapy

- Radiation

**Prevention of colon cancer**

5 Tips To Prevent COLORECTAL CANCER

- Improve Physical Activity
- Reduce Red Meat Consumption
- An Apple a Day...
- Consume a Variety of Colorful Berries
- Boost Vegetable Intake

Colorectal cancer is the second most common cancer diagnosis among women and the third most common in men worldwide. 90% of new cases appear in people 50 years or older.