

# Cancer ?

Rajkot  
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Kundaria Cancer Prevention Foundation  
A Division of  
Rajkot Cancer Society

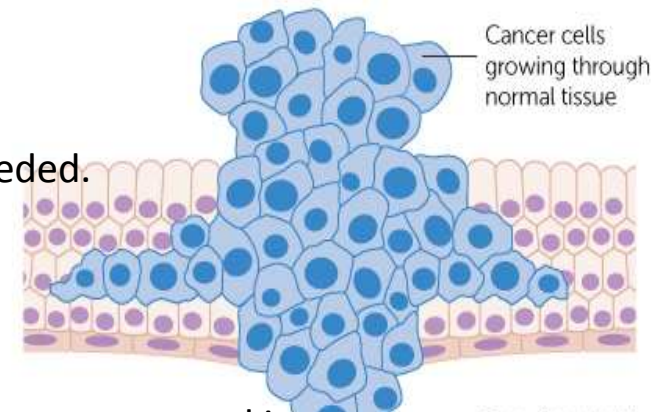


# What is cancer?

- Cancer general **term for a large group of diseases**, whose causes, characteristics and occurrence can vary greatly.
- Cells have coded instructions, called genes, for building new cells and controlling how cells behave. Changes in genes, called mutations, can cause normal cells to become cancer cells.

- Cancer cells share three key traits.

- ✓ grow more quickly and live longer than normal cells.
- ✓ Normal cells
  - grow and then divide to form new cells when needed.
  - die when old or damaged.
- ✓ In contrast, cancer cells
  - make new cells that aren't needed and don't die quickly when old or damaged.
- ✓ Cancer cells replace many normal cells and cause organs to stop working.

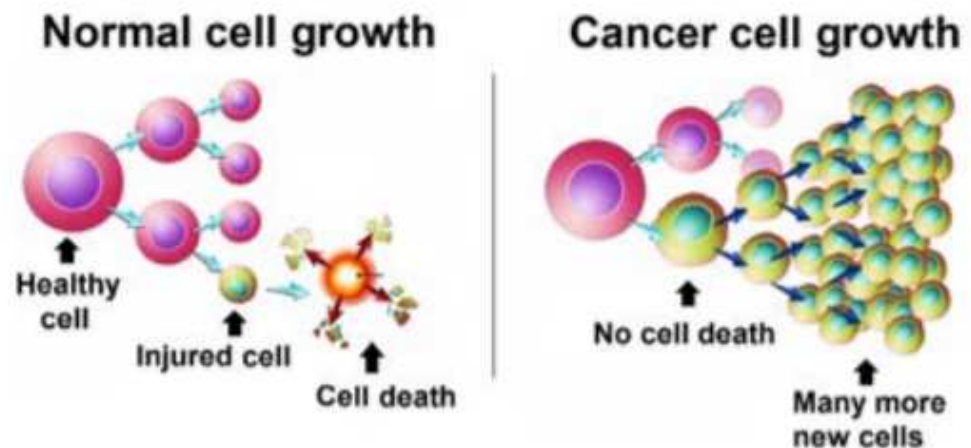


- A benign tumor is localized and grows slowly and usually not fatal.
- Malignant or cancerous tumors develop more rapidly. They are not localized and are often fatal for the patient.

# What Is Cancer?

**Figure 4**  
**Normal cells vs. cancer cells**

Normal cells increase in number when they are needed and die when old or damaged. In contrast, cancer cells quickly make new cells and live longer because of mutations in genes.



Human cell contains a plan called a blueprint of life. It is a plan for how our bodies are made and work

# Causes of Cancer

- Cancer is caused by changes in a cell's DNA – its genetic “blueprint.” Some of these changes may be inherited from our parents and Others caused by outside exposures, (i.e. *environmental factors*).
  - Lifestyle factors (nutrition, tobacco use, physical activity, etc.)
  - Naturally occurring exposures (ultraviolet light, radon gas, infectious agents, etc.)
  - Medical treatments (radiation and medicines including chemotherapy, hormone drugs, drugs that suppress the immune system, etc.)
  - Workplace exposures
  - Household exposures
  - Pollution

# Signs and Symptoms of Cancer

- Depend on where the cancer is, how big it is, and how much it affects the organs or tissues.
  - If a cancer has spread (*metastasized*), signs or symptoms may appear in different parts of the body.
- As a cancer grows, it can begin to push on nearby organs, blood vessels, and nerves.
  - This pressure causes some of the signs and symptoms of cancer.
- But sometimes cancer starts in places where it won't cause any signs or symptoms until it has grown quite large. (i.e. Pancreas)
- A cancer may also cause symptoms like fever, extreme tiredness (*fatigue*), or weight loss.
- Most likely, symptoms are not caused by cancer, but it's important to have them checked out, just in case.
- To help find certain cancers early , it is recommended to have cancer-related check-ups and certain tests.

**Treatment works best when cancer is found early – while it's still small and is less likely to have spread to other parts of the body.**



# Cancer Myths

- Cancer is contagious.
- If no one in your family has had cancer, you will not get cancer.
- If you have a family history of cancer, you will get cancer.
- Positive thinking will cure cancer.
- If you are diagnosed with cancer, will you probably die in a short time.
- Cancer is always very painful.
- Older people are not fit for cancer treatment.
- Cancer treatment is usually worse than the disease.
- People being treated for cancer can't participate in their usual activities.
- Use of cell phones and presence of cell phone towers in your vicinity can cause cancer.
- Herbal products can cure cancer



We Cannot Treat our way  
Out of the Cancer problem



*A Balanced and  
integrated approach to  
prevention and early  
detection and treatment  
is required*



# KNOWLEDGE IS POWER

*A disease must be prevented at its early stage as it  
snatches one's and family's mental peace, harmony  
and causes financial burden*

## PREVENTION IS BETTER THAN CURE



*What  
should  
you do*



# Back Up

# Types of cancer

- Cancer not a single disease but a large group of diseases that include many different cancers.
  - Causes, symptoms and forms of treatment differ from one another.
- In Saurashtra the most common cancer
  - Among women ;
    - ❖ Breast cancer.
    - ❖ Cervical cancer,
    - ❖ lung cancer.
  - Among Men:
    - ORAL Cancer
    - Lung Cancer
    - Prostate Cancer
- The situation of each cancer patient is unique, which is why the symptoms can differ greatly.

# Cancer Statistics

- Per American Cancer Society
  - Lifetime Risk Of Developing or Dying from Cancer (1/4/2018)

	Males	Females
Oral Cancer	1 in 62	1 in 147
Breast cancer	1 in 833	1 in 8
Cervical Cancer		1 in 161
Prostate	1 in 9	

- Per Cancer India org Top 3 are

Oral	Breast
Lung	Oral
Stomach	Cervix

PROMISE OF A  
CURE  
FOR CANCER IS  
TOO  
GOOD TO BE TRUE