

referrals, and pathology. *Pathology* in the diagnostic stage is when a patient is advised to begin cancer treatment after and if cancer is confirmed.

- 3. **Access to treatment:** This pertains to timely cancer treatment. Social and economical barriers should be considered by physicians when it comes to access to cancer treatment services. For example, in 2015 less than 30% of low income countries reported available cancer treatment services compared to higher income in other countries who reported 90% of services available.

These are factors that can contribute to better outcomes of early cancer diagnosis and treatment. A patient can discuss this information with a doctor to have a better idea of what the alternatives can be to get the proper diagnosis within the right time. For more information, visit <http://www.who.int/cancer/en/>.

Health Maintenance Tips

According to [medicinenet.com](http://www.medicinenet.com), you can reduce cancer risks and manage your

health by taking these crucial steps:

- ⇒ Keep away from any form of tobacco.
- ⇒ Maintain a healthy weight.
- ⇒ Engage in regular physical activity.
- ⇒ Eat healthy foods such as fruits and vegetables.
- ⇒ If you drink alcohol, limit the amounts you drink.
- ⇒ Manage skin protection.
- ⇒ Be aware of your family history, your history, and health risks.
- ⇒ Visit your doctor or preferred clinic(s) to get regular cancer screening tests and check-ups.

Cancer Treatment & Outreach

American Cancer Society



<https://www.cancer.org/treatment.html>



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Awareness Month



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Cancer FAQs

▶ What is Cancer?

Cancer is a disease developed by cancer cells. Cancer cells are defined as abnormal cell growth. Unlike normal cells, cancer cells continue to grow without responding to signals in the body. These cells are known as *tumors*.

▶ What Causes Cancer?

According to the National Cancer Institute, cancer is a genetic disease caused by changes in the genes that control how cells function in our bodies. Examples of genetic changes in cells are:

- ⇒ Genetic changes inherited from our parents.
- ⇒ Toxic chemicals in the environment that can damage DNA such as ultraviolet radiation and tobacco smoke.

Genetic changes can vary through the growth of cancer cells and the more they grow, the more cancer spreads throughout the body. This is a process called *metastasis*. (February 2015)

▶ How can Cancer be Prevented?

Cancer can be prevented using many strategies that correspond to health maintenance and most importantly, early cancer detection.

Early Cancer Detection

Early Cancer Prevention is a very crucial step in treating cancer. According to findcancerearly.com, if cancer cells are found at an early stage, they can be easily treated and removed. This is a way of preventing cancer cells from growing throughout the body. The earlier cancer cells are detected, the less risks there will be and there won't be a need to look into getting as many treatments.

In the year 2017, there have been recent discoveries on how cancer can be detected. According to WebMd.com, researchers have found new ways of detecting cancer by using blood, urine, and saliva to restrain from undergoing painful biopsies that need to remove potential cancerous cells for laboratory examinations. In addition, there were previously three successful cancer detection procedures that were in the market and ap-

proved by the FDA. For instance, in 2014, Cologuard, was a screening developed to detect colon cancer. Then Oncimmune and Integrated Diagnostics developed blood tests for lung cancer screenings conducted in federal certified laboratories. (McMillen, 2017)

In order to consider early cancer detection, it is also important to understand the risks involved from avoiding early cancer detection. According to the website of World Health Organization, delays in noticing cancer cells are found mostly when cancer is at its late stages. Early diagnosis can be a process patients can follow to reduce the increase of cancer level risks. They are:

1. **Awareness and Accessing Care:** This is a process of reducing cancer stigma and improving health literacy.
2. **Clinical Evaluation, Diagnosis, and Staging:** This stage involves a process of knowing the mechanisms in identifying cancers. People should take advantage of the resources offered to them such as health care providers,