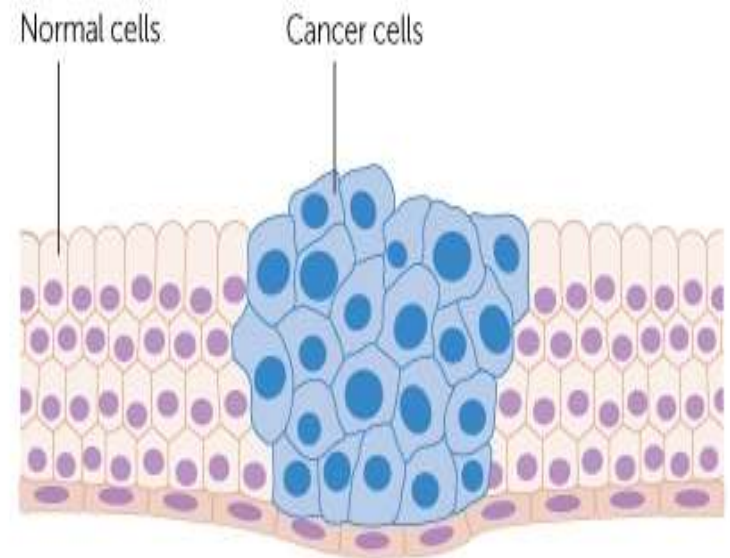


CANCER

**CAUSES, SYMPTOMS, DIAGNOSIS, TREATMENT
AND
PREVENTION**

DEFINITION

- Cancer is a disease that results from the uncontrolled division and growth of cells.
- when the normal regulatory processes of the cell cycle are disrupted, cells can start to divide uncontrollably. This can lead to the formation of a mass or lump of tissue called a tumor.



Causes

- ❑ **Genetic Factors:** Certain genetic mutations or inherited genetic abnormalities can increase the risk of developing cancer.
- ❑ **Environmental Factors:** Exposure to carcinogens, such as tobacco smoke, radiation, and certain chemicals, can contribute to the development of cancer.
- ❑ **Lifestyle Factors:** Unhealthy lifestyle choices, such as a poor diet, lack of physical activity, and excessive alcohol consumption, can increase the risk of cancer.
- ❑ **Infections:** Some infections caused by viruses and bacteria have been linked to an increased risk of certain cancers.

Cancer Symptoms

- Unexplained weight loss
- Chronic tiredness.
- Persistent pain.
- Fever that occurs mostly at night.
- Skin changes, particularly moles that change shape and size or new moles.
- Bruising or bleeding more easily.
- Difficulty breathing.
- Difficulty swallowing.

Diagnosis

- ✓ Medical History and Physical Examination
- ✓ Diagnostic Imaging
- ✓ Biopsy
- ✓ Laboratory Tests
- ✓ Endoscopy

Treatment for cancer

- **Chemotherapy**
- **Radiation therapy**
- **Hormone therapy**
- **Bone marrow transplant**

Prevention from cancer

- Maintain A Healthy Weight.
- Exercise Regularly.
- Don't Smoke Or Use Smokeless Tobacco.
- Eat a Healthy Diet.
- Limit Alcohol – Zero Is Best.
- Protect Yourself from the Sun And Avoid Tanning Beds
- Protect Yourself From Sexually Transmitted Infections
- Get Screening Tests

Thank you