

5 Things to Know About Cancer

Cancer is a disease that happens when cells grow out of control. Learning about cancer can help with prevention, early detection, and treatment. Here's what you should know:

1

What is Cancer?

Cancer happens when cells grow and spread in a way they shouldn't. It can start anywhere in the body. Normally, old or damaged cells die, but with cancer, they keep growing instead of stopping.



2

Common Types & Symptoms

Types: The most common cancers include breast, lung, prostate, colon, and skin cancer.

Symptoms: Lumps, weight changes, extreme tiredness, ongoing coughs, or changes in bathroom habits. Symptoms depend on where the cancer is in the body.



3

Risk Factors

Lifestyle: Smoking, drinking too much alcohol, unhealthy eating, and not exercising.

Genetics: Some people inherit genes that make cancer more likely.

Environment: Chemicals, radiation, and too much sun exposure can increase cancer risk.



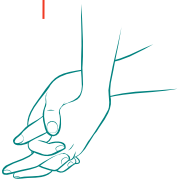
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Prevention & Early Detection

Stay healthy: Eat well, stay active, and avoid smoking and too much alcohol.

Get screened: Tests like mammograms and colonoscopies can help find cancer early when it's easier to treat.

Vaccines: Some vaccines, like HPV and hepatitis B, can help prevent cancers.



5

Cancer Treatments

Common treatments: Surgery, radiation, chemotherapy, and new treatments like immunotherapy.

Research is improving treatments, making them work better with fewer side effects.



Learning about cancer can help you take control of your health. Making healthy choices, recognizing symptoms, and getting regular check-ups can lower your risk. If you or a loved one is facing cancer, remember—you are not alone. There are many resources and support networks to help. Stay strong, stay proactive!