

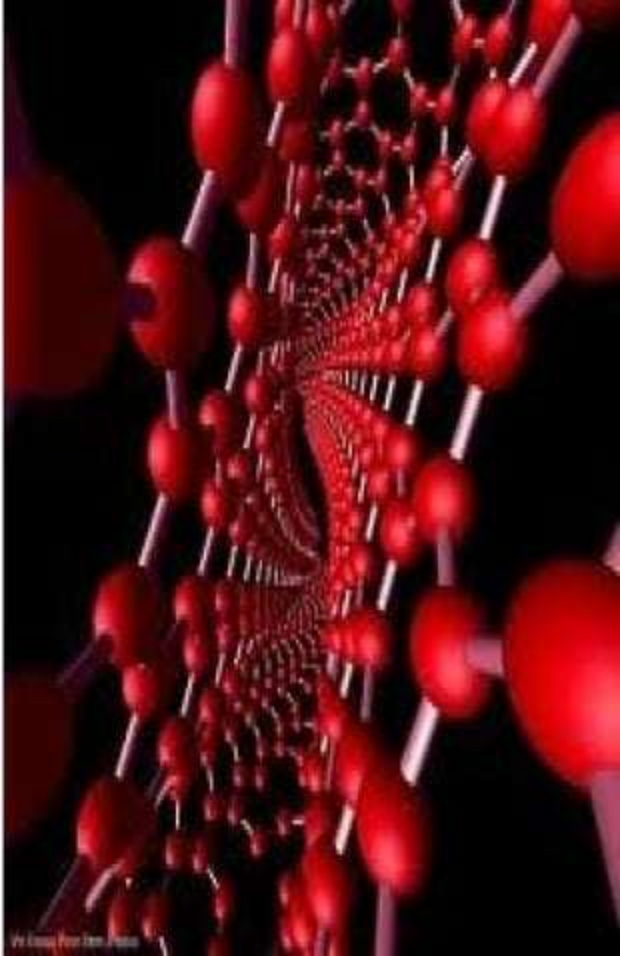


**CANCER**



**WHAT IS THE  
CANCER ?**

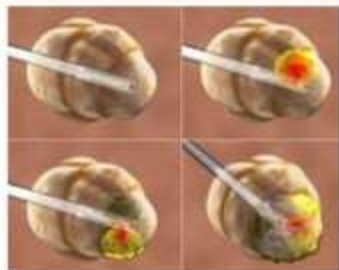
- **Cancer** is disease characterized by cells that
- grow and divide without respect to normal control
- invade and destroy adjacent tissues
- can spread other part of the body



# SYMPTOMS

## Local Symptoms:

- Unusual lumps or tumor
- Hemorrhage (bleeding)
- Pain and ulceration
- Compression of surrounding



## Symptoms of metastasis:

Enlarged lymph nodes



Cough, especially blood in cough



Bone pain, fracture of affected bones



## Systematic Symptoms:

Weight loss



Poor appetite and severe weight loss



Excessive sweating especially at night



Anemia



affects people at all ages

With the risk for most types

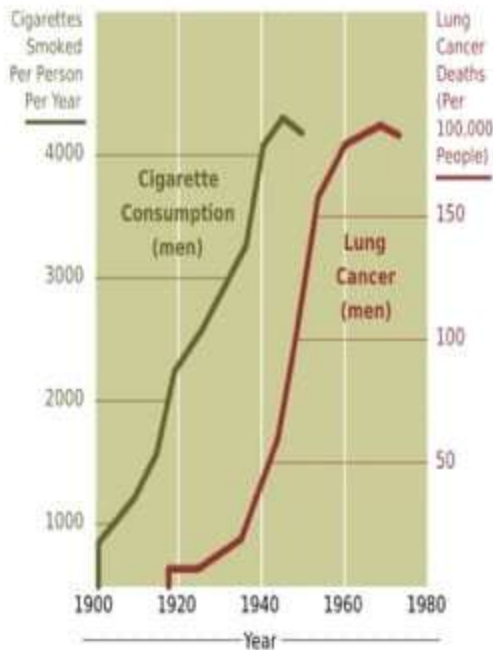
cancer

cancer

# WHAT CAUSES CANCER?

- Chemical Carcinogens
- Substances that cause DNA mutations are known as mutagens
- Tobacco smoking is associated with lung cancer
- Alcohol is associated with stomach liver mouth cancer

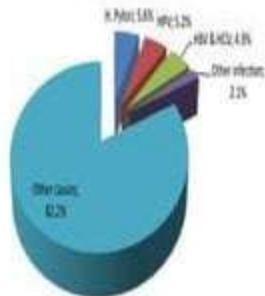
20-Year Lag Time Between Smoking and Lung Cancer



# Causes;

Infections(15-20)

Proportion of global cancers caused by infection



Tobacco(25-30)



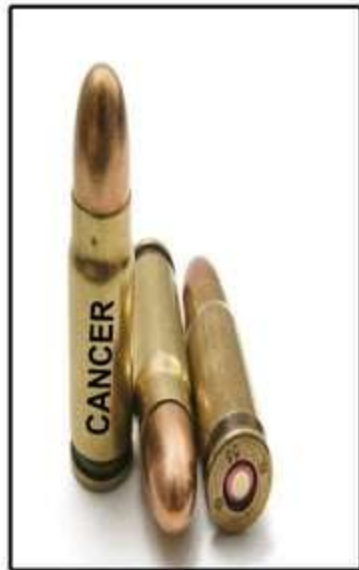
Diet and Obesity(30-35%)



Radiation  
Stress  
Lack of physical activity  
Environmental pollution







**CANCER IT CAUSES ABOUT %13 OF  
ALL HUMON DEATHS**

**CANCERS ARE PRIMARILY AN ENVIRONMENTAL DISEASE WITH 90-95% CASES DUE TO LIFESTYLE AND ENVIRONMENTAL FACTORS AND 5-10% DUE TO GENETICS**



# COMMON CANCER TYPES

## 1. Colorectal Cancer

- family history
- low fiber diet
- history of rectal polyps



## 2. Skin Cancer

- Excessive exposure
- Fair complexion
- Work with coal, tar



## 3. Stomach Cancer

- Family history
- Diet heavy in smoked, pickled or salted foods



#### 4. Esophageal Cancer

- heavy alcohol consumption
- smoking



#### 5. Prostate Cancer

- increasing of age
- family history
- diet high in animal fat



#### 6. Lung Cancer

- cigarette smoking
- asbestos, arsenic and radon exposure
- secondhand smoke



# PREVENTION AND DEFECTION MEASURES

## 1.Promotion Cancer Awareness

**C**hange in bowel of cancer

**A**ny sore that does not heals

**U**nusual bleeding or discgarge

**T**hickening or lump in breast

**I**ndigestion

**O**bvious change in wart mole

**N**agging cough or hoarseness



2. Promoting risk factors awareness
3. Promoting healthy behaviors
4. Limiting alcohol consumption
5. Hepa B virus infant vaccination
6. Changing risk behaviors
7. Teaching skills for early detection programs





**Surgery**

**Chemotherapy**

**Radiation Therapy**

**Clinical Trials**

**Biologic and Targeted Therapy**





THANKS...

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