



# CANCER

## Awareness & Prevention

ROCHELLE  
News-Leader

Sunday, May 19, 2024 • Section 3

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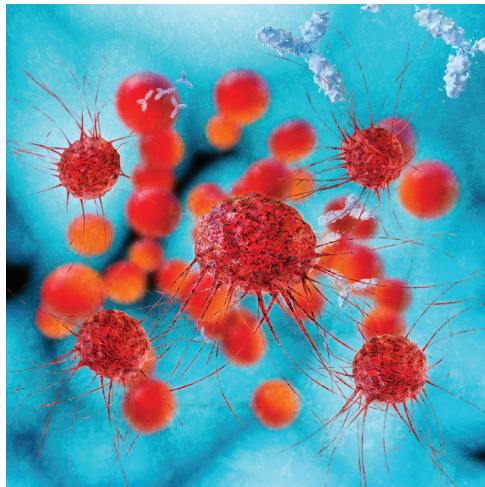


# Did you know?

**C**ANCER can be caused by genes a person inherits at birth or by outside influences that cause genetic mutations to occur in cells.

According to Yale Medicine, inherited cancers that were present from the time of conception make up only a small percentage of the most common cancers, such as breast, colon and prostate cancer, and even less common cancers. In addition, even if inherited genetic mutations are present in the body, that does not mean the development of cancer is inevitable.

According to Verywell Health, only around 5 to 10 percent of cancer cases can be attributed to inherited genetic mutations. More often than not, cancers that seem to "run in the family" are more likely a result of lifestyle or environmental factors that are shared by family members, such as eating the same unhealthy foods or a propensity to overindulge in alcoholic beverages.



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# Four ways to cut cancer risk

**C**ANCER affects lives in every corner of the globe. Whether it's encountered as a patient, caregiver or supporter, cancer will affect the vast majority of individuals at some point in their lives. That prevalence underscores the significance of learning about the disease, including ways to reduce the risk of being diagnosed.

## What is cancer?

According to the National Cancer Institute, cancer is a disease in which cells in the body grow uncontrollably and spread to other parts of the body. Cancer can start just about anywhere, as humans are made up of trillions of cells. When a person has cancer, abnormal or damaged cells grow and multiply when they normally should die and have new, healthy cells take their place.

Cancer cells differ from normal cells in that they don't need signalling to grow, nor do they stop multiplying. They also do not stop growing when encountering other cells and can hide from the immune system. All of these conditions and others combine to make cancer a very serious condition. That means it could be of the utmost

important to do everything possible to reduce your risk of acquiring the disease. Though there's no guaranteed way to avoid cancer, these four strategies are highly effective at reducing risk for the disease.



## 1. Healthy eating

Consuming a healthy diet can go a long way toward reducing cancer risk. The Mayo Clinic says people should eat plenty of fruits and vegetables, and even choose foods from plant sources as the foundation of their diets. Limiting refined sugars and fats from animal sources also is effective.

Eating processed meat also has been linked to an increased risk of certain types of cancer, according to the World Health Organization. Consumption of alcohol also increases cancer risk.

## 2. Quit tobacco

Lung cancer is the leading cause of cancer death, says the Centers for Disease Control and Prevention. Smoking cigarettes is the number one risk factor for lung cancer, with about 80 to 90 percent of lung can-

cer deaths attributed to cigarettes in the United States. Tobacco also causes cancer elsewhere in the body. The single best way to reduce cancer risk is to avoid tobacco to begin with or, for current smokers, to quit smoking immediately.

## 3. Maintain a healthy weight

The CDC says being overweight or obese has been linked to a higher risk of 13 different types of cancer. Diet is important in maintaining a healthy weight, but so is regular physical exercise. People should strive for at least 150 minutes a week of moderate aerobic activity or a minimum of 75 minutes a week of intense aerobic activity.

## 4. Protect skin from the sun

Skin cancer is one of the most common forms of the disease. Covering the skin, avoiding midday sun, using a broad-spectrum sunscreen with an SPF of at least 30 every day, and avoiding sunlamps and tanning beds is essential.

While there is no completely foolproof way to prevent cancer, there are many ways to reduce risk for the disease.

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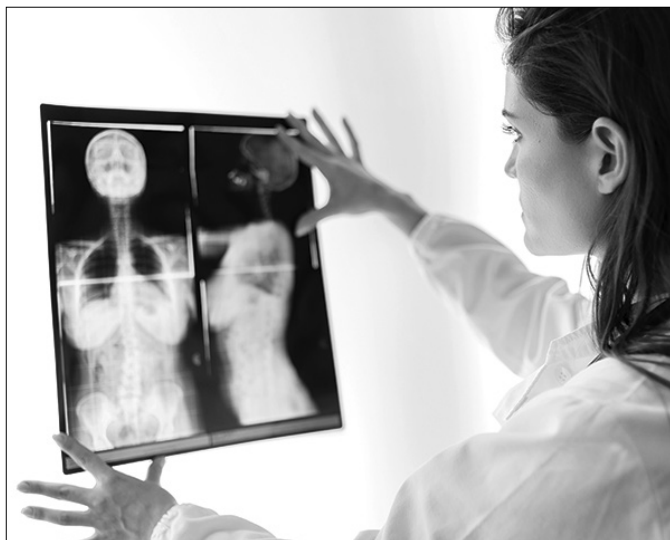
# What distinguishes the different types of breast cancer?

**I**NDIVIDUALS can experience a whirlwind of emotion upon being diagnosed with cancer. No one ever expects to receive such a diagnosis, so the moment a physician delivers such news can be emotional and compromise a person's ability to focus. Once those emotions settle down and individuals resolve to overcome the disease, they typically have a lot of questions.

One of the questions doctors will attempt to answer is which subtype of cancer a person has. For example, when doctors initially deliver a breast cancer diagnosis, they may explain that further testing will be necessary to determine precisely which type of breast cancer an individual has. Identifying the subtype of breast cancer helps doctors choose the most effective course of treatment, but it's understandable if patients and their families become confused during the process. The following rundown can help breast cancer patients understand this crucial next step after diagnosis.

## How is breast cancer type determined?

The American Cancer Society notes that breast cancer type is determined by the specific cells in the breast that become cancer. The Mayo Clinic reports that a medical team will



use a tissue sample from a patient's breast biopsy or, for patients who have already undergone surgery, the tumor to identify the cancer type.

## What are the types of breast cancer I might be diagnosed with?

There are many types of breast cancer, but some are more common than others. Invasive and non-invasive (also referred to as "carcinoma in situ") are the two main subtypes of

breast cancer.

According to the University of Pittsburgh Medical Center, the most common types of invasive breast cancer are invasive ductal carcinoma, which affects the inner lining of the milk ducts, and invasive lobular carcinoma, which originates from the glands that produce milk.

The UPMC reports that the most common in situ types are ductal carcinoma in situ, which is cancer that remains within the milk ducts, and lobular carcinoma in situ, which does not often develop into breast cancer though it is considered a risk factor for an invasive form of the disease.

The ACS notes that triple-negative breast cancer is an aggressive form of breast cancer that accounts for roughly 15 percent of all breast cancers. Triple-negative breast cancer can be difficult to treat.

Less common types of breast cancer, each of which account for between 1 and 3 percent of diagnoses in a given year, include Paget disease of the breast, angiosarcoma and phyllodes tumor.

A breast cancer diagnosis marks the beginning of a sometimes lengthy but often successful journey that has ended in full recovery for millions of women across the globe. More information about the various types of breast cancer can be found at [cancer.org](http://cancer.org).

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## 5 fruits and vegetables associated with reducing cancer risk

**T**HE prevalence of cancer is widely known. Affecting people of every ethnicity and across the socioeconomic spectrum, cancer poses a threat to people in all corners of the globe. And that threat could be more significant in the immediate future. Estimates from the International Agency for Research on Cancer indicate that the global population boom and the growth of the world's aging population could result in more than 16 million cancer deaths each year by 2040.

The statistics surrounding global incidence rates for cancer are startling, which can give the impression that cancer is an inevitability for hundreds of millions of people across the globe. However, there's much individuals can do to reduce their cancer risk.

According to the MD Anderson Cancer Center, a healthy diet can help reduce cancer risk. A diet that focuses on plants and emphasizes healthy choices may not eliminate the threat of cancer, but it can be an integral component of a preventive health care regimen. With that in mind, the following are five fruits and vegetables associated with reducing cancer risk, courtesy of the MDACC.

**1. Berries:** Berries contain antioxidants, which protect the body from cell damage that can contribute to various cancers, including skin cancer, lung cancer and breast cancer, among others. Blueberries, raspberries and strawberries make wonderful additions to anyone's diet.

**2. Cruciferous vegetables:** Cruciferous vegetables

include broccoli, bok choy, cabbage, and brussel sprouts, among others. The MDACC notes that studies have indicated that special plant compounds in cruciferous vegetables may protect the body from stomach cancer and cancers of the mouth, pharynx, larynx, and esophagus.

**3. Garlic:** The experts at Mount Sinai note that garlic is often linked with reduced risk for heart disease, notably the prevention of atherosclerosis, which affects the arteries through the deposition of plaques of fatty acids along the arterial walls. However, antioxidant-rich garlic also helps the body fight off harmful free radicals that can contribute to cancer.

**4. Spinach:** The Centers of Disease Control and Prevention notes that colorectal cancer is one of the leading causes of cancer deaths in the United States. Studies have found that spinach inhibits the growth of colon polyps that can develop into colorectal cancer.

**5. Tomatoes:** Lycopene is an antioxidant that gives tomatoes their bright red color. According to the National Cancer Institute, though human studies have produced inconsistent results, various in vitro and animal studies have indicated that lycopene may have chemopreventive effects for cancers of the prostate, skin, breast, lung, and liver.

Eating these five fruits and vegetables is not the only way to use diet in the fight against cancer. Individuals are urged to speak with their physicians to learn about the many ways to utilize food in cancer prevention.

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# A guide to prostate and testicular cancers

**E**ACH November, men embrace a popular and fun yet serious phenomenon known as Movember®, an annual effort to raise awareness about health issues that affect men. The prostate and the testes are exclusive to the male reproductive system. Prostate cancer and testicular cancer are two issues that garner much attention thanks to Movember®, so now is an ideal time for men to learn about these conditions.



it spreads.

## Prostate cancer

Unlike testicular cancer, which affects a relatively small amount of men each year, prostate cancer is one of the most common types of cancer, indicates the Mayo Clinic. Oftentimes prostate cancers grow slowly and are confined to the prostate gland. Still, some types of prostate cancer are aggressive and can spread quickly.

Catching prostate cancer in its early stages when it is localized greatly improves the odds that treatment will prove successful. The American Urological Association says ethnicity plays a role in prostate cancer, with African American men having a higher risk of the disease than men from other demographics. Men over the age of 55 as well as those who have a grandfather, father or brother with prostate cancer face a higher risk as well.

Sometimes prostate cancer shows no symptoms. In other cases, dull pain in the lower pelvis, frequent urination, trouble passing urine, blood in urine, and painful ejaculation may be associated with prostate cancer. These symptoms also can be related to a condition called benign hyperplasia, so it's best to speak to a doctor. Doctors will use prostate-specific antigen (PSA) tests and other information to check for prostate cancer. Some men never need to have any treatment other than active surveillance or watchful waiting, particularly if they are at advanced ages when a slow-growing prostate cancer is detected.

As with any health abnormalities, individuals should know their bodies and what is normal for them. Anything that seems out of the ordinary, particularly lumps, bumps, pain, blood, or issues around the groin, should be brought to the attention of a physician.

## Testicular cancer

The testes are small, egg-shaped glands responsible for making and releasing male sex hormones for growth of muscle, body hair and bone. They also make and move semen and sperm for reproduction.

According to the Urology Care Foundation, testicular cancer occurs when cells in the testicles grow to form a tumor, which is rare. More than 90 percent of testicular cancers begin in germ cells that are responsible for producing sperm. The Mayo Clinic says it can happen at any age, but testicular cancer occurs the most between the ages of 15 and 45 and is first noticed as a bump or lump on a testicle.

Testicular cancer can quickly spread outside of the testicle, but it is highly treatable even if



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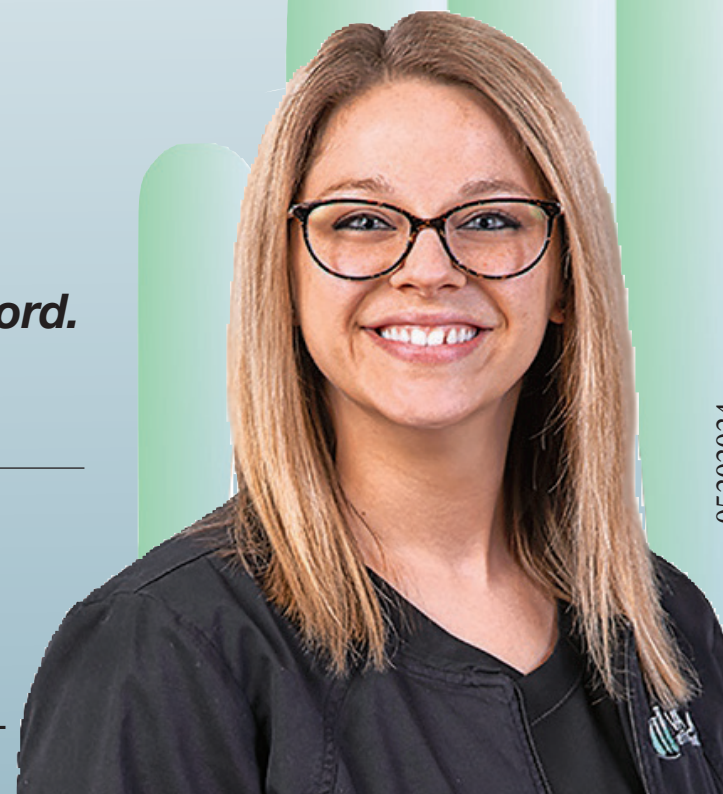
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