

April is

Cancer Control Month

How does cancer develop?

- _ Cancer develops when cells in a part of the body begin to grow out of control. Although there are many kinds of cancer, they all start because of uncontrolled growth of abnormal cells.



- _ Cancer cells develop because of damage to DNA. DNA is in every cell of the body and directs all activities from growth to making protein.



Do all cancers form tumors?

- _ Cancer usually forms as a tumor, but some cancers, like leukemia, do not form tumors. Instead, cancer cells grow in the blood and blood-forming organs, and circulate through other tissues.

How does cancer spread?

- _ Cancer cells can travel to other parts of the body and begin to grow and replace normal tissue. This process, called metastasis, happens when the cancer cells get into the bloodstream or lymph vessels of our body.

Are all tumors cancerous?

- _ Remember, not all tumors are cancerous. Benign or non-cancerous tumors do not spread or metastasize to other parts of the body. Benign tumors are very rarely life-threatening.

Remember early detection is an important step to controlling cancer. So be sure to see your doctor, get regular screenings, and maintain a healthy diet rich in fruits, vegetables and whole grains.