

General Cancer Information

Most Common Adult Cancer Diagnoses in the United States:

Breast · Lung · Prostate · Colon · Skin · Bladder · Non-Hodgkin Lymphoma
Kidney · Endometrial · Leukemia · Pancreatic · Thyroid · Liver

- ↪ *Breast Cancer is the leading diagnosis among women*
- ↪ *Prostate Cancer is the leading diagnosis among men*

Common Cancer-Related Treatments



→ **Chemotherapy** - works by stopping or slowing the growth of cancer cells, which grow and divide quickly. It can also harm healthy cells which may result in causing side effects.

- ↪ *Chemotherapy can be administered orally, intravenously, or through other forms of catheters.*

→ **Radiation Therapy** - uses high doses of radiation to shrink tumors and to kill DNA in cancer cells, which will stop cell division, then the body will break down and dispose of the cells.

→ **Surgery** - a procedure in which a surgeon removes cancer tumors from the body.

- ↪ *Surgery can be used to either remove the entire tumor, de-bulk the tumor (removing some), or ease cancer symptoms that are causing pain.*

→ **Immunotherapy** - uses different ways to do a better job of killing cancer cells using the immune system.

- ↪ **There are several types of immunotherapy:**

- **Immune Checkpoint Inhibitors** - blocks immune checkpoints which allow immune cells to respond more strongly to cancer.
- **T-Cell Transfer Therapy** - T-cells are removed from the tumor then are changed in a lab to better attack cancer cells, grown in large batches, and then put back into the body intravenously.
- **Nonspecific Immune Stimulation** - used to stimulate the immune system response to cancer in a general way by increasing the overall immune system response.

- ↪ *Most cancer treatment protocols will require at least one or more of the cancer-related treatments listed above.*



More than 1.2 Million
Americans are
diagnosed with
cancer every year



More than 1 In 3 people
will be diagnosed with
cancer in their lifetime

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As of 2019, Cancer is
the second leading
cause of death in the
United States

To learn more:
Text 1.844.934.2519
Call 1.908.658.5400
Email
info@crossroads4hope.org

General Cancer Information (Cont.)

Staging (how it works):



Staging refers to the extent of the cancer, how large the tumor is, location(s) of the tumor, and if it has spread.

↪ *Most types of cancer have four stages, with a few cancer types also having a stage zero.*

Stage 0 Cancer is where it originated and has not spread to nearby tissue.

Stage I An early stage cancer that does not grow deeply in nearby tissue and has not spread to lymph nodes or other parts of body.

Stages II & III Large cancers that have grown deeply in nearby tissue and may have spread to lymph nodes, but not other parts of the body.

Stage IV Advanced cancer that has spread to other parts of body.

Cancer Treatment Phases

1 Initial Diagnostic & Treatment Phase

- The initial encounter with the oncologist:
 - Diagnostic Tests.
 - Bloodwork
 - Biopsies
 - Scans
- Treatment plan is created and started.

2 Maintenance Phase

- Treatment is continued but often on a less intensive schedule.
- Goal is to keep patient's condition stable and under control, while killing any remaining cancer cells.

3 Post-Treatment Phase / Follow-Up Care

- Regular bloodwork and follow up appointments on a 3, 6, or 12 month schedule to monitor condition.
- Goal is to look for any cancer recurrence.

Common Treatment Side Effects

Anemia

Fertility Issues

Lymphedema

Bleeding

Flu-like Symptoms

Memory Loss

Constipation

Hair Loss

Nausea

Dry Mouth

Infection / Neutropenia

Neuropathy

Fatigue

Loss of Appetite

Vomiting

Sources: American Association of Cancer Research. (n.d.). Cancer Health Disparities. American Society of Clinical Oncology. (n.d.). Stages of Cancer. National Cancer Institute. (n.d.). Cancer Disparities. National Cancer Institute. (n.d.). Cancer Statistics. National Cancer Institute. (n.d.). Side Effects of Cancer Treatment. National Cancer Institute. (n.d.). Types of Cancer Treatments.

Cancer Health Disparities

Cancer can impact all population groups in the United States.

Many social structures / obstacles can limit a person's access to health care needed to prevent, treat and survive cancer.

- Racism
- Discrimination
- Poverty
- Lack of access to healthy & affordable foods
- Jobs with inadequate pay or health insurance

Examples of Cancer Health Disparities:



Black / African-American women have double the incidence rate of triple-negative breast cancer compared with white American women.



Hispanic / Latino & Black / African-American women have higher rates of cervical cancer than women of other racial / ethnic groups.



Rates of smoking & alcohol drinking, which increase cancer risk, are higher among the LGBTQ+ community.

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