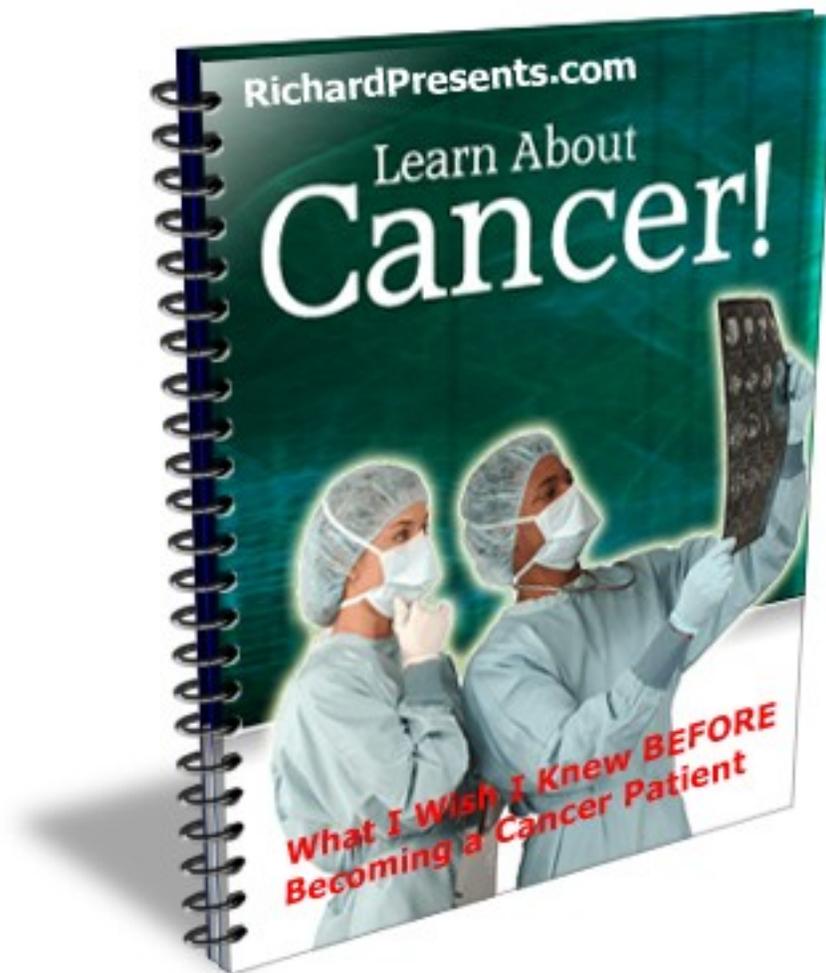


RichardPresents Learn About Cancer!



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Cancer!

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In spite of the many treatments available, cancer remains one of the most lethal medical conditions known today. The best treatment or prevention is to know and recognize the causes of cancer.

*I wish that I had access to the information in this FREE eBook **before** I became a Stage 3 Cancer Patient.*

I'm sure there are things that I would have done differently.

If you are NOT a cancer patient, the fact that you are now reading about it, in this very informative publication, is a major step toward Prevention of Cancer! Congratulations.

Richard Rossbauer

1.

How Many Kinds of Cancer Are There?

There are certainly many different kinds of cancer. Learning about them is one way of helping to prevent cancer. The more you know about cancer, the more likely you are to understand the importance of getting frequent screenings. Knowledge will help you to recognize possible symptoms.

Before you read any further it is worth looking at the definition of cancer. This disease is defined as the rapid and uncontrolled growth of abnormal cells in an organ, gland or another type of body tissue. As these cells grow, they go on to form a larger formation called a tumor. It should be pointed out that cancer usually refers to malignant tumors and not to benign ones.

There are over 100 kinds of cancer that can affect each different part of the body, including organs, tissues and glands. It is worth pointing out that not all tumor cells that grow in a certain organ or gland are the same. For instance, there are a number of lung, liver and pancreatic cancers because the tumor cells can affect different parts of these organs. In these different parts the cells differ. Additionally, the change that goes on in the cell so that it becomes malignant can be different as well. If you take into account these changes to differentiate between the different kinds of cancer, their number can grow to over 200.

Each type of cancer bears the name of the organ or tissue it affects. For this reason, it is worth looking at the different types by looking at the different body systems and organs of the body that this dangerous disease can affect.

Starting from the head, the first kind of cancer in the list is **brain cancer**. Adults can get a condition called adult brain tumor that refers to a malignant growth in the brain. There are six other types of malignant tumors that affect primarily children. These include brain stem glioma and cerebellar astrocytoma.

Many people do not know this, but **eye cancer** also exists. Just like the skin tissue, the upper layer of eye tissue can be harmfully affected by the UV rays of the sun. In turn, intraocular melanoma can be developed. The other type of cancer that can affect the eyes is called retinoblastoma.

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The cancers that can affect the mouth, throat and sinuses are commonly referred to as **oral cancer**. This type includes malignant tumors in the tongue and the lips. Other kinds of the disease that can affect the head and neck area include **metastatic squamous neck cancer** and **salivary gland cancer**.

Thyroid cancer is defined as a malignant tumor growing in this gland, which is situated in the lower part of the front neck. This condition is the most common kind of endocrine system cancer. Other less common conditions include adrenocortical carcinoma and pituitary tumor.

Breast cancer is one of the most common kinds of cancer. It affects over 200,000 women each year in the US alone. There are two main types ductal carcinoma in situ and lobular carcinoma in situ.

Lung cancer is the most common disease of this type. Its main cause is smoking. There are two major types - small cell and non-small cell.

Different types of cancer can affect all parts of the gastrointestinal system. The most common types include **cancer of the esophagus, gallbladder, pancreas, liver, stomach, colon, rectum and anus**.

There are also different kinds of malignant tumors that can affect different parts of the urinary tract. The most common diseases are **kidney cancer** and **bladder cancer**.

Diseases that can affect the male reproductive system include **prostate cancer**, an extremely common type, **penile cancer** and **testicular cancer**.

Almost all parts of the female reproductive system can be affected by this disease. The most common kinds of gynecological cancers include **ovarian cancer, endometrial cancer** and **cervical cancer**.

There are two main types of cancer that affect the blood. These are **leukemia** and **lymphoma**. The former can affect both adults and children while the latter typically occurs in adults.

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Even though bone cancer is very rare, skin cancer is an extremely common condition. **Melanoma** is the most serious and dangerous kind of skin cancer.

It is possible for anyone to get cancer, but optimistic news is that research is massive and continues to produce more and more promising results each year. One thing is for sure, ignoring symptoms will not help you in any way, but seeking treatment as early as possible will.

2. The Most Common Types of Cancer

There are many things we do not know about cancer, in spite of all the research that has been done over the years. One of the things we do not know is why some types occur more frequently than others. However, learning as much as possible about the most common types can actually help to prevent it, if you recognize symptoms and seek treatment.

Lung cancer is the most common type of cancer. In the United States the estimated number of new cases for 2010 is 222,520. The projected number of deaths from this disease is 157,300. This statistical data is quite frightening for one simple reason - the expected deaths are more than half of the newly diagnosed cases.

The surprising fact is that even though it is the most common type, lung cancer is perhaps the most preventable type of all. Anywhere between 85% and 90% of all cases are due to cigarette smoking. A large percentage of the remaining cases are due to passive smoking. In turn, the best way for prevention is to protect your lungs from the carcinogenic substances in tobacco. Nonsmoking can reduce the risk of getting the condition 25 times. A smoker who quits will experience a reduction in the risk to this level 15 years after quitting. For this reason, if you are a smoker you should do your best to quit right away.

Prostate cancer is the second most common type of cancer. In fact, some researchers believe that almost every man above the age of 80 has some traces of it. The condition is expected to affect around 217,730 men in America in 2010. The number of deaths for this year is estimated to be 32,050.

Prostate cancer develops in the prostate, a small gland that is right under the bladder. It is close to the rectum as well. For this reason, the condition can be easily spotted during a routine rectal exam. Since the causes of this disease are unknown, regular rectal examinations are the optimal method for prevention. Men over 50 years of age are recommended to have them annually. Other factors that can reduce the risk of prostate cancer include a diet that contains little or no animal fats.

Breast cancer is the third most common type of cancer. It has been estimated that the number of newly diagnosed patients for 2010 in the United States will be over 208,000. Of these 207,090 will be women and 1,970 will be men. Around 39,840 female patients are expected to die from the condition. The number of deaths in men is expected to be around 390.

The causes of breast cancer are unknown. For this reason, there are no effective methods for prevention apart from having regular screenings with mammogram testing. Self-examination is also a method for spotting the condition early. There are some breast cancer risk factors that you can work on to eliminate. These include obesity, above average alcohol consumption and smoking.

Colon and rectal cancer, usually referred to as **colorectal cancer** is another one of the most common types of cancer. It is expected to affect around 142,570 men and women in the United States in 2010. The estimated number of deaths is 51,370.

The causes of colorectal cancer are unknown. However, the risk of getting this condition can be reduced significantly. Regular screening is recommended to individuals who have or have a family history of colon polyps. A diet rich in dietary fiber, found in fruits and vegetables, can also reduce your risk to an extent. It is important for you to see a doctor, if you notice a change in your bowel habits or blood in your stools. These symptoms can be associated with much less dangerous conditions, such as hemorrhoids, but it is best to get examined just to be on the safe side.

Other common types of cancer include **bladder cancer**, with 70,530 new cases expected in 2010 in the US, and **melanoma**, the most serious type of skin cancer, with 68,130 new cases estimated for 2010. The list is completed by **Non-Hodgkin's Lymphoma, cancer of the lymphatic system, kidney cancer, also known as renal cell cancer, thyroid cancer, endometrial cancer, pancreatic cancer and leukemia.**

3. What Causes Cancer?

In spite of the many treatments available, cancer remains one of the most lethal medical conditions known today. The best treatment or prevention is to know and recognize the causes of cancer. So what causes this condition?

The causes of most common types of cancer such as breast cancer, prostate cancer and colorectal cancer remain unknown. But thanks to research and medical observation, the main risk factors for developing many different types of cancer have been identified.

It is important to differentiate between causes of cancer and risk factors. If you have the risk factors, you are more likely to develop the condition. However, this does not mean that you will get it. In fact, for some types, such as oral cancer, approximately 25% of all patients have not been at higher risk before being diagnosed with the condition.

Simply put, no one is perfectly safe from getting such a disease. Despite this, provided that you know the risk factors, you can work to eliminate them and reduce your risk of developing cancer. **It should be pointed out that some factors can be eliminated, while others cannot.**

Smoking and cigarette smoking to be exact, is identified as the single most significant factor leading to lung cancer. Statistics show that it is responsible for over 85% of all cases. A large number of the remaining 15% of the cases are due to passive smoking and cigar and tobacco smoking. In fact, over 1,000 passive smokers die of lung cancer each year. Smoking can also increase the risk of other types of cancer, such as kidney, pancreatic, stomach and cervical cancer. For this reason, not smoking is one of the most effective ways for prevention.

Above normal weight and obesity are other serious risk factors. They increase the risk of breast, colon, kidney, endometrial and prostate cancer. The level of risk is not the same for all conditions. Even though obesity cannot be linked directly to other types of cancer other than endometrial cancer, it can reduce your health risk significantly in general. For this reason losing weight through a low calorie diet and exercise is particularly important.

In fact, the diet can also be considered to lead to increased risk of cancer, even though it is certainly not considered to be one of the causes of cancer. According to researchers the diet full of animal fats increases the risk of prostate cancer. Similarly, a diet low in fiber may put you at higher risk of colorectal cancer. That is why a healthy diet rich in fruits and vegetables is essential.

Recent studies show that **alcohol consumption** can also be a risk factor for different types of cancer. It has been discovered that women who consume more than one drink every day are more likely to develop breast cancer. For this reason, avoiding drinking can be beneficial.

Exposure to the sun is the main cause of skin cancer. You can protect yourself by avoiding sun exposure and sunbathing in the afternoon. Wearing sunscreen and protective clothing is a must.

Exposure to radiation is another one of the most significant cancer risk factors. Other factors, such as exposure to asbestos are equally risky. Still, such exposures are rare in general.

Some viruses are directly or indirectly responsible for cancer development. For instance, **some HPV virus infections, considered sexually transmitted diseases, can lead to cervical cancer.** In addition, a person suffering from hepatitis is more likely to develop liver cancer.

Aging is not one of the causes of cancer, but the risk of most types increases with age. This can be explained by the fact that cells become more vulnerable to factors that can cause a change in their DNA structure as the body ages. In turn, they are more likely to become abnormal and to grow into a malignant tumor.

Many types of cancer are known to run in families. Thus, **genetics may be one of the causes of cancer.** For example, a woman's risk of breast cancer increases around two times, if she has a mother, sister or daughter who has or has had the condition. Despite this statistic, individuals in higher risk can have medical screenings more regularly as a form of prevention.

4. Is Cancer Curable?

Many people will want to know if cancer is curable. **Some kinds of cancer are considered curable if they are diagnosed in the early stages and treated properly.** For instance, many skin cancers can be easily found and cut out, thus removing any possibility of it spreading.

The causes of most types of cancer remain unknown. Scientists believe that this condition is caused by changes in the DNA of normal cells, present in a certain part of the human body. In turn, the cells turn into abnormal ones. These cells are characterized by rapid and uncontrolled growth. What this means is that the body does not have adequate mechanisms to regulate their growth. The end result is that the cells form a malignant tumor. It prevents the organ or tissue from working normally and causes complications.

Even though the process of cancer growth is identified, we do not know what triggers the changes in the cells' DNA in the first place. It is true that some of the causes of some types of cancer have been identified. For instance, we know that two types of the human papillomavirus (HPV) cause about 70% of all cases of cervical cancer. However, even if a woman has been affected by these viruses, this does not mean that she will certainly get cervical cancer. Her body might fight the infection or the cells in her cervix might never have cancer cells. In addition, researchers do not know how HPV works to cause the development of a tumor.

All these facts come to illustrate that the precise causes of cancer are unknown. Since they cannot be identified, they cannot be countered. This is the main reason why at this point cancer is not curable. There are also other factors that support this answer. It is important to look into them as well.

As highlighted earlier, the abnormal cells that form the tumor multiply rapidly and uncontrollably. In addition, in most cases these abnormal changes are not characterized by any specific symptoms. This is one of the main reasons why many cancers are not diagnosed until the tumor has grown significantly and/or has spread to other organs and tissues. Furthermore, the cancer symptoms that a sufferer might experience are quite common, such as fatigue, pain in the affected area of the body, indigestion or the appearance of a mole on the skin.

All these factors make the treatment of cancer with the available methods quite challenging. **The primary treatment involves a removal of the tumor with the surrounding tissues. In some cases, the lymph nodes surrounding the tumor are also removed, so that the spreading of the cancer is more effectively prevented.**

Sometimes the entire organ has to be removed. In many cases, such as with lung cancer, this remains impossible, since removal of the organ will result in death. In the cases of the gynecological cancers, the entire reproductive system of the female patient is usually removed.

These factors come to show that even though the existing treatment of cancer can be effective to an extent, patients may remain disabled and/or seriously ill for the rest of their lives. In addition, the patients that undergo traditional treatment might not even live long afterwards. For example, the number of people who live for five years after being diagnosed with the disease is around 15%.

Still, it should be pointed out that with many types of cancer, when the condition is diagnosed in the early stages of the tumor development, the treatment is successful. The patients can still live a normal life after treatment, even though it takes significant time for them to recover.

Despite this, even though cancer can be removed successfully and the remaining abnormal cells can be killed through **chemotherapy** and **radiation therapy**, it can come back. It is not known why cancer may appear again. However, this is common in many types of cancer, including breast cancer and bladder cancer, in particular. Given this, complete curing might not be possible, even though the treatment has been successful.

Overall, much cancer is not fully curable at present. However, research is ongoing and innovative methods for treatment are constantly undergoing trials. One example is the transplantation of stem cells, even though this type of treatment is still experimental. While people who are desperate for a cure may be tempted to try anything, it should be remembered that many so called cures are simply scams.

5. Can a Good Diet Help Prevent Cancer?

Diet plays an incredibly important part in our health. Does this mean that an unhealthy diet can lead to cancer? Is it also true that a healthy diet can prevent cancer? These are important questions to ask since research shows that there might be a direct link between the consumption of certain foods and diseases such as cancer.

It is worth looking at how harmful an unhealthy diet can be and what cancer risk it poses. Researchers have found that the diet rich in animal fats increases the chance of prostate cancer in men significantly. Similarly, above normal weight and obesity put women at higher risk of endometrial (uterus) cancer during menopause. There is strong evidence to suggest that an unhealthy diet full of fats and lower in fiber can increase the risk of colorectal cancer and other types of gastrointestinal cancer.

Given all this, it can be safely said that an unhealthy diet may increase your risk of getting cancer. The main question is whether the opposite is true. Can a healthy diet aid prevention? **The truth is that there is no direct link found between food and cancer.** This means that there are no known foods or food substances that can cause the development of a malignant tumor. Given the example above, not all men having a diet rich in animal fat will develop prostate cancer.

All this comes to show that even if you avoid the unhealthy foods, such as red meat and butter, this will not guarantee that you will not get cancer. This may reduce your chances of getting the condition to an extent. Similarly, some foods and some of the chemical compounds they contain, in particular, are claimed to prevent cancer.

However, there is usually no fool proof evidence that this is possible. For instance, there is no evidence that resveratrol, contained in grapes, can slow the tumor growth in humans like it slows the tumor growth in mice. In addition, the consumption of some fiber-rich foods, for instance, does not guarantee that you will never get cancer.

Another interesting thing to note is that some foods are considered anti-cancer because their consumption has had a positive effect in studies, but they do not know what causes this positive effect. This is the case with tomatoes, for instance. Their consumption may lower your risk of getting cancer, but it is not clear which of their ingredients work and how.

After all the arguments are presented, it is now time to ask - what is the verdict? **The best answer here is that healthy diet can help reduce the cancer risk to an extent.** It should be used for prevention. However, it is not a foolproof method for cancer prevention. Even if you adopt a healthy diet, this does not mean that you reduce your cancer risk to zero. For this reason, other adequate measures for prevention, such as regular screening tests, should be taken as well.

In general, a healthy diet may reduce your risk of cancer significantly or very little. The important thing to keep in mind is that healthy nutrition can bring you a lot of other health benefits. These include general health and heart and gastrointestinal health, in particular. It is worth asking what kind of diet can help in the prevention of cancer to an extent.

The foods that may increase your risk are red meats and sugar. The fat-rich dairy products are also not particularly healthy. Hence, it is worth reducing their consumption.

Additionally, it should be pointed out that **the way you cook meat can also reduce the risk of cancer.** When you fry, grill or broil meat, some chemical compounds in it are transformed and can become dangerous. For this reason, stewing and steaming are recommended.

The beneficial foods to include in your diet are vegetables and fruits. The green leafy vegetables, the ones from the cabbage family, such as cauliflower, tomatoes and asparagus are beneficial and may help prevent cancer. The consumption of beans is highly recommended as well. Strawberries, raspberries and blueberries may also reduce your cancer risk significantly and improve your general health. This is also applicable to the fiber-rich fruits, such as apples and cherries.

So you can see that a healthy diet will certainly help your body to ward off many diseases and who knows but what cancer may be one of them?

6. Traditional Cancer Treatment

No matter what medical condition you have it can be treated to some extent. This includes cancer as well. Being diagnosed with this condition does not mean certain death. With the advancement of medicine traditional cancer treatment becomes more effective. This means that the percentage of people continuing their life normally after treatment is increasing significantly, even for the deadliest forms of cancer.

Surgery is the main type of traditional cancer treatment. In almost all cases, when the condition is treatable, the malignant tumor is surgically removed. Usually, the tissue surrounding it is also removed surgically, so that any remaining cancer cells cannot spread. It is also possible for the surgeons to remove the lymph nodes surrounding the tissue so that the spread of the cancer to other parts of the body is prevented.

In some cases, when the tumor has grown significantly, the entire organ is removed. This is not possible with all types of cancer, however. Still, some types such as bladder cancer, can be treated effectively this way. The bladder is removed and with reconstruction surgery a new one can be made. Additionally, gynecological cancers are usually treated with surgery that is designed to remove the cervix, uterus, fallopian tubes and the ovaries. In this way, the cancer can be cured completely.

Some types of cancer, such as early-stage skin cancer and cervical cancer are treated with **cryosurgery**. This method involves applying extreme cold to the abnormal cells. In turn, the abnormal cells freeze and die.

Sometimes, when the condition cannot be treated, patients undergo palliative surgery. This is not a form of treatment. It does not aid for prolonging their lives either. This surgery is designed to help patients feel better and experience at least minor relief.

Chemotherapy is the traditional cancer treatment with medications. It is usually applied after surgery, but sometimes it can be done without it. The medications are usually in the form of pills that the patient can take at home. Still, it is also possible for the chemotherapy to include the intravenous administration of medications. It should be pointed out that new drugs are constantly being tested to improve the effectiveness of chemotherapy treatment.

The drugs that are given to patients contain strong chemical compounds. These eliminate the cancer cells that are multiplying rapidly and uncontrollably. At the same time, these chemical compounds, carried by the blood stream, affect the entire body. In turn, they affect other types of cells that are normal and rapidly multiplying. **These include the hair follicle cells and some cells in the lining of the stomach. This is what explains the hair loss and digestive problems in patients with cancer.**

Radiation therapy is also among the traditional cancer treatment forms. It is also usually prescribed after surgery, even though some of the most innovative radiation therapy methods can be used separately. The radiation works by destroying the DNA of the abnormal cells. In turn, they cannot grow and multiply. This treatment is effective because the abnormal cells are usually quite susceptible to radiation. It is true that radiation affects nearby normal cells, but they tend to recover after treatment.

Innovative types of radiation therapy include **proton therapy**, which is showing extremely promising results. **Brachytherapy** is another form of treatment that involves the insertion of the sources of radiation into the affected tissue. These are usually in the form of seeds or tiny ribbons. The external beam radiation therapy uses a large machine that emits radiation and points it to the malignant tumor.

Biological therapy is a relatively new form of cancer treatment, but it can also be classified as traditional. It is designed to use the body's immune system to fight cancer. Basically, this type of treatment exploits the fact that the immune system is designed to destroy any life form that is not common to it and can threaten the body.

The substances that this system uses naturally are produced artificially and administered to patients so that they have a stronger immune response to cancer. It should be pointed out that gene therapy is also part of biological therapy.

These are the traditional cancer treatment forms. Bone marrow transplantation, hyperthermia and photodynamic therapy are more innovative treatments that are being developed and remain on the list of possible treatments for the near future.

7. Alternative Cancer Treatment

It is true that traditional cancer treatment is not always effective. In fact, it often does not lead to a complete cure. For this reason, some patients diagnosed with the condition decide to opt for alternative treatment. Older patients sometimes decide to have no treatment at all, since it is so debilitating and they prefer to retain their dignity to the last.

Acupuncture has gained popularity as a helpful alternative cancer treatment. Several clinical trials have been performed to test the effectiveness of this method. The evidence shows that this form of traditional Chinese medicine treatment can provide for the boosting of the immune system. In turn, the body is more capable of fighting the disease.

However, the extent to which acupuncture is effective has not been determined. Additionally, there are medical forms of treatment that are designed to use the immune system for fighting cancer. These show a good level of effectiveness, but they are usually combined with other traditional treatment forms, such as surgery, for instance. Given all this it can be said that acupuncture may aid cancer treatment, but it cannot be used on its own.

The traditional **Indian Ayurveda medicine** and its methods can also be used as alternative cancer treatment. This type of treatment is designed to achieve a perfect balance between mind, body and soul with the use of different techniques. **Even though these techniques have shown positive effects in coping with anxiety and pain, there is no medical evidence that they work to kill abnormal tumor cells.** This is applicable to yoga as well.

Aromatherapy and essential oils are also sometimes used as an alternative form of treatment for cancer. Research results show that this therapy is effective for anxiety and depression relief. The topically applied oils have mild anti-inflammatory and anti-bacterial effects as well. However, these forms of therapy cannot treat cancer in any way.

This is true for **hypnosis** and other mind-body methods. It has been suggested that you can do everything using the power of your mind. This includes making a tumor disappear. The reality is that there is no clinical trial or any other kind of scientific evidence that the mind-body methods work. **It is true however that hypnosis has shown positive results in helping patients cope with traditional medical treatment and with post-treatment side effects.**

It has been suggested that a specific type of diet can treat and cure cancer. One of the most popular types of this form of alternative cancer treatment is **Gerson therapy**. It recommends the use of a detox diet plus nutritional supplements for releasing toxins from the body and curing it from the tumor. There is no scientific evidence of any kind to support the claim that Gerson therapy can treat cancer.

Similarly, the **Gonzalez regimen**, which includes the use of a specific diet as well as the intake of enzymes, dietary supplements and extracts from animal organs, has not been proven to work. Research on it is limited and results are conflicting. The intake of coenzyme Q10 is also sometimes used as an alternative cancer treatment, but there is no evidence of any kind that it can work effectively.

There are different pharmacologic and biological treatments that are used as alternatives to traditional medical forms of treating patients with cancer. These therapies involve the intake of different medications, complex natural substances and hormones. These are not designed to treat cancer, but it is thought that they might. Some of the most notable forms of pharmacological and biological alternative cancer treatment include the intake of antineoplastons, hydrazine sulfate, 714-X, laetrile and amygdalin. Bovine and shark cartilage and the Newcastle disease virus are also used for treating cancer. **The evidence for the effectiveness of all of these substances is inconclusive, if not missing at all.** It is particularly important for patients undergoing traditional medical treatment not to adopt any of these methods without discussing it with their oncologist.

Overall, it can be safely said that the alternative cancer treatment has not been proven to be effective. Some of its forms may be effective as complementary to the traditional treatment. However, it is equally true that some of its forms can be possibly dangerous for patients.

It is particularly important to keep in mind that there are scammers offering alternative forms of curing cancer to ill people and their families in exchange for money. Given all the information presented above, no one can guarantee effective alternative treatment and cure.

8. Common Warning Signs of Cancer

Some people may think that once the symptoms of a malignant tumor have appeared it is far too late to treat the disease. It is true that some cancers do not manifest symptoms until it is well-established and basically untreatable, but **the symptoms of most cancers are quite obvious and easily noticed.** The trouble is that they can easily be mistaken for other health problems that are less serious.

So it is worth learning more about these most common symptoms of cancer that can be easily ignored. It is true that the warning signs may signal another medical condition, but this should not stop you from seeing your doctor immediately. In this way, you will have the peace of mind that you are fine. Even if you are diagnosed with a less serious medical condition, it will still need treatment.

Pain is probably the most common of all symptoms of cancer. We are used to the notion that the malignant tumor cannot cause pain. However, this is not true. When it spreads within an organ and particularly when it starts affecting other organs, cancer can become painful. The level of pain and its type may differ from one patient to another, depending on the place of the tumor and its size and spread. **However, all pain caused by malignant tumor development is characterized by persistency. For this reason, if you have continuous pain, you should see your doctor immediately.**

Weight loss is another one of the common cancer symptoms. The human body has natural mechanisms that make weight loss challenging. For this reason, a rapid and unexplained weight loss is certainly a warning sign that there might be something wrong. The reality, however, is that most women are even happy to see such a change. For this reason, it is essential for you to overcome the excitement and see your doctor, when you start losing weight rapidly without reason.

Bleeding is one of the most serious cancer symptoms that should never be ignored. Blood on the stool or on the toilet paper is a common symptom of colorectal cancer. It is natural for this warning sign to be attributed to hemorrhoids, but it is essential for you to see a doctor, if you have it.

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The presence of **blood in the urine is a warning sign of bladder cancer**. It is easily noticeable in men. Women might have it mistaken for vaginal bleeding, however.

Despite this, **vaginal bleeding in women between periods** and in women after menopause can be a serious cancer symptom. It may be a warning sign for cervical and endometrial cancer, in particular. Even though around 85% of all women with menopause bleeding do not have any medical conditions, it is essential to see a doctor.

Coughing up blood is a serious warning sign that should never be ignored. It is usually one of the first symptoms of lung cancer. It is true that the symptom might be caused by a different medical condition, but most of the diseases that can cause the coughing up of blood are particularly serious in general. That is why seeing a doctor immediately is crucial, especially if a specific persistent cough is present as well.

Any changes in the lymph nodes can also be warning signs of cancer and lymphoma, in particular. If you notice that a lump or swelling of the lymph nodes and it is persistent, a medical check is necessary. If these symptoms are not caused by an infection or another illness, you will most likely be tested for cancer.

Skin changes are the most notable skin cancer symptoms. An abnormal mole is relatively easy to notice. It should be examined by a physician right away.

Difficulty swallowing is one of the symptoms of cancer that is extremely easy to notice. It is a signal that you may have a type of gastrointestinal cancer and esophagus cancer, in particular. It might also suggest the present of a tumor in the throat.

Changes in the breast of women, in their texture, skin or temperature may be warning signs of breast cancer. This is true for changes in the nipples as well. Men should be equally worried, if they notice these symptoms and mass building in their breast area, in particular.

Going into denial about possible cancer symptoms will not help the situation in any way. How much better off you would be to have it diagnosed quickly and treated as soon as possible.

9. Melanoma

Basal cell, squamous cell and melanoma are the three main types of skin cancer. The first two are more common, but they are much easier to treat and cure. The latter is the most serious type of all. So it is worth learning more about melanoma, its causes, symptoms, diagnosis, and treatment, and how it can be prevented.

Melanoma is characterized by the rapid and uncontrollable growth of abnormal cells in the skin, the largest organ of the human body. The normal skin pigment-producing cells have a change in their DNA structure, so they become abnormal. They grow to develop a larger formation called melanoma.

Usually, only one formation appears when a person has the condition. The skin growth appears on a previously clear area of the skin that does not have an existing mole or another type of growth, such as a birth mark.

In the beginning the growth can affect only the upper layers of the skin. However, with time it can go deeper and deeper. It is possible for the cancer to affect other tissues of the bones and even other organs in the body.

You can get melanoma if you spend too much time in the sun or in a tanning bed. The UV radiation causes the pigment-producing skin cells to become abnormal. There are other factors that increase the risk of developing the condition as well. A family history of skin cancer and melanoma in particular, increases your chances of developing the condition.

The same is applicable if you or a member of your family has atypical moles. The atypical moles can be flat and fading, scaly and rough or bubbly and soft. These moles do not cause cancer, but they make you more likely to develop the condition.

The most common symptom of melanoma is an abnormal skin growth. These are sometimes hard to recognize because they resemble moles and other skin marks closely. However, provided that you look into a newly grown mole carefully, you can notice the differences that make a melanoma differ from a typical growth. Keep in mind that these growths usually appear in clean areas with no moles or other skin growths. In addition, they are most likely to appear on the back of a person as well as on the legs in women.

The melanoma can have a black, brown or even tan color. In most cases, the color pattern is not even. It can be darker and lighter at different areas. It is also possible for the abnormal mole to have more than one color.

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The cancer growths usually have uneven edges. They are not perfectly round or oval. The asymmetric shape is also typical for them. Simply put, the two halves of the mole do not match one another. These growths are often 6 mm in diameter or larger. The melanoma behaves differently from a typical mole. It may change color over time. It may become rounded or form a lump. It can form a crust. It can ooze or bleed.

If you notice such a skin growth, you should see your doctor immediately. The physician will examine the growth and take a cells sample from the tissue surrounding it. This is called biopsy. Then, the sample will be examined and the condition will be diagnosed or refuted.

In most cases, the treatment of melanoma involves primarily surgery. The growth will be removed and any remaining scars will be removed with a separate surgery. If the cancer has spread to the lymph nodes, patients undergo chemotherapy. They are treated with a drug called interferon. Regular medical checks after treatment are necessary as the cancer may come back.

There are different ways in which you can protect yourself from developing melanoma. It is best to avoid exposure to the sun between 10 am and 4 pm. Every time you go out, you should apply sunscreen. Its SPF should be higher than 15. It is best for the product to offer protection from both UVA and UVB radiation. Wearing protective clothing is equally important. It is also a good idea for you to avoid using the services of tanning salons.

Regular self-examination of your skin should become part of your normal regime, so that any abnormal growths can be recognized in time for removal and treatment. Melanoma may be the least common type of skin cancer, but it is certainly the most dangerous.

10. Non-Melanoma Skin Cancer

Even though not as serious as melanoma, other types of non-melanoma skin cancer should not be ignored. Even though they are more common and more curable, they can be just as serious if quick diagnosis and treatment are not sought.

There are two types of non-melanoma skin cancer. These are **basal cell skin cancer** and **squamous cell skin cancer**. They differ in terms of causes and symptoms. For this reason, each one of them should be looked into individually.

Basal cell skin cancer or basal cell skin carcinoma is the most common type of skin cancer in general. An interesting fact to note is that it affects primarily people with fair skin. Individuals with dark skin are rarely affected.

Excessive exposure to the sun can get you this type of non-melanoma skin cancer. It is characterized by skin growths, formed from abnormal skin cells. These growths usually appear on the areas of the skin that are most exposed to the sun. These include the face, neck, chest, shoulders, back and head.

Basal cell skin cancer has a number of different symptoms. The most common warning sign is the appearance of small bump that has flesh color on the skin. The bump is smooth and its surface may resemble the surface of a pearl. Such bumps are characterized by having an indentation in the middle. They are easily noticeable. These bumps may crust and/or bleed. This is often a repetitive process that forms a cycle.

Other symptoms include the appearance of a lesion that closely resembles a skin scar. It is firm when you touch it. A red flat spot on the skin may also signal the condition. Such spots tend to bleed easily. A specific formation of tiny blood vessels forming red lines that look like spider nets is also a symptom of basal cell skin cancer.

These symptoms are easily observable. Additionally, the basal cell skin carcinoma is quite slow to spread. It is highly unlikely to spread to other organs and tissues. For this reason, most cases of this type of non-melanoma skin cancer are diagnosed early.

The basal cell skin cancer treatment usually involves only surgery for the removal of the bump or lesion. Sometimes, topical chemotherapy and/or radiation therapy are applied, but this is rare. The percentage of completely cured patients is quite high, but the carcinoma may come back.

Squamous cell skin cancer (carcinoma) is the second most common type of skin cancer. It is characterized by the growth of abnormal skin cells. Much like basal cell skin carcinoma, this condition affects primarily light-skinned people. Those with darker complexion are less likely to suffer from this disease.

Excessive exposure to the sun is one of the main reasons for getting this type of non-melanoma skin cancer. Because of this, the areas of the skin that are usually affected are the ones with greatest exposure to the sun. These include the nose and ears, lips, and the lower lip in particular, the forehead and hands.

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It is also possible for squamous cell carcinoma to appear in skin areas that have been burned and/or exposed to chemicals. It can develop on skin areas, which have been treated with radiation therapy as well.

This type of non-melanoma skin cancer has several noticeable symptoms. The most common one is the formation of a firm red bump on the skin. The growth or the formation of a skin patch that is scaly and bleeding is also a warning sign. It is not uncommon for such growths and patches to form a crust as well. A persistent sore that does not heal with time is also a symptom of this condition.

Squamous cell skin cancer grows quite quickly to form large masses. In turn, it tends to spread rapidly to nearby lymph nodes. For this reason, a timely visit to the doctor and a timely diagnosis are essential. The treatment involves the removal of the abnormal tumor growth with a surgery. In some cases, chemotherapy and radiation therapy are also used for treatment. The chances of curing are high, provided that the condition is detected at the early stages of development.

Preventing exposure to the sun is one of the best methods for prevention of non-melanoma skin cancer. Use sunscreen with high SPF, wear a long sleeved shirt and hat will help, and making sure to have frequent self-examinations.

11. Breast Cancer

Many people do not realize that breast cancer can develop in men as well as women. Breast cancer is the most common kind of cancer in women. It is the second most lethal type of cancer in women after lung cancer. So what are its characteristics, causes, symptoms, diagnosis, treatment and prevention? And is it always fatal?

The breast consists of milk producing glands. They are connected to the opening of the skin in the nipple by ducts. This gland and duct structure is connected by tissue consisting of fat and fibrous tissue. There are also blood vessels, lymph nodes and nerves in this part of the human body, just like in any other part.

Most commonly breast cancer occurs in the milk ducts and in the milk glands. It is characterized by changes in the cells that make them abnormal. These abnormal cells grow rapidly and uncontrollably to form carcinomas.

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The tumors in the ducts are called ductal carcinomas, while the ones in the glands are called lobular carcinomas.

There are different stages of the development of the cancer in the breast. It starts as a small lump, a confined tumor, or with calcium deposits. If these remain unnoticed, the cancer starts to spread to the rest of the breast. When the tumor reaches the lymph nodes, its abnormal cells can travel to other tissues and organs through the blood stream. In turn, patients with advanced breast cancer can have abnormal growths in the lungs, liver or bones.

The exact causes of breast cancer are unknown. However, researchers have identified the main risk factors that increase a woman's chances of getting the condition. Women who have had benign tumors in the breast are more likely to develop the condition. Those who have first-degree relatives with the condition are at two to three times more likely to develop breast cancer. The presence of the genes BRCA1 and BRCA2 also increases the risk. Recent research shows that women exposed to higher level of estrogen are at greater risk as well. Smoking, alcohol consumption, weight gain and obesity and lack of exercise are also considered risk factors, even though they are less significant.

Most breast cancer symptoms are not present in the early stages of the development of the tumor. The first warning sign is usually a lump that can be felt in the breast or in the underarm area. The lump is not painful, but it is persistent even after menstruation. At later stages, the lump can become painful. Swelling in the armpit is another common symptom. In general, any flattening or denting of the breast is a warning sign. This is also applicable to changes in the texture and skin as well as the temperature of the breast. Any notable changes in the nipple and discharge from the nipple are also common symptoms of this condition.

Breast cancer is diagnosed with mammography. This is a special x-ray designed to identify any changes in the breast tissue and abnormal growths, in particular. Before such a test is done, the physician examines the breast to determine whether mammography is necessary or not.

The first type of breast cancer treatment is surgery. It can be either mastectomy or lumpectomy. The surgeon removes the tumor and any surrounding tissue and lymph nodes that may be affected. The surgery is usually followed by radiation therapy and/or chemotherapy, so that any abnormal cells remaining in the body can be eliminated. Hormonal therapy and biological therapy are also part of traditional breast cancer treatment.

Breast cancer treatment has a high success rate. Every 9 of 10 women, who have undergone treatment for breast cancer, survive at least five years after this. This is considered curing. In addition, 5 of every 10 female patients go on to live for 10 years or longer. Despite this, it is not uncommon for this condition to reoccur.

Early detection is vital for successful treatment. Women are advised to have regular clinical breast exams after the age of 20 and regular mammograms after the age of 40. Frequent self-examination and regular screening are equally important. Having a balanced diet, reducing alcohol consumption, not smoking and making sure you exercise regularly can reduce the risk of getting breast cancer.

12. Bowel Cancer

One of the most common types of cancer is bowel cancer, also known as **colon and rectal cancer or colorectal cancer** for short. It affects around 150,000 people a year in the US alone. Given that it is particularly common but can certainly be treated successfully if caught in the early stages.

Bowel cancer is characterized by the rapid and uncontrollable growth of abnormal cells in this part of the body. It should be pointed out that that the bowel consists of the colon, a long tube connecting the small intestine with the rectum, the rectum itself and the appendix.

The precise causes of this condition remain unknown. However, we know that most types of colorectal cancer develop from polyps. These are tiny tumors forming in the lining of the colon and rectal tubes. Most polyps are benign. This means that they cannot lead to cancer. However, some of them are precancerous. These are called adenomatous polyps. The larger the polyp is, the more likely the development of cancer is. Despite this, the presence of such polyps does not mean that cancer will develop for sure. For instance, the large adenomatous polyps, which are 2 cm in size or bigger, have only a 40% chance of developing into malignant tumors.

Other bowel cancer risk factors include family history of the condition, other diseases of the colon and rectum, such as Crohn's disease, and history of certain types of surgery, such as the removal of the gallbladder. A diet rich in fats and poor in fiber can also increase your risk of getting this condition.

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Smoking can also pose a higher risk. In general, this type of cancer usually affects people who are over 50 years of age. For this reason, aging can be considered a risk factor.

There are usually no symptoms at the early stages of the development of bowel cancer. However, the condition has some serious warning signs that should not be ignored. A sudden, persistent and inexplicable change in the bowel movements is one of the most common bowel cancer symptoms. These include constipation and diarrhea, but not only. Being unable to empty the bowel completely and feeling an urgency to move the bowel are also warning signs. **Rectal cramping and rectal bleeding are also causes for concern**, even though the latter can be attributed to hemorrhoids.

Changes in the stools are also common bowel cancer symptoms. **The presence of dark patches of blood on the stool is a serious warning sign**. This is also applicable to the presence of long and thin stools called pencil stools.

Bloating and abdominal discomfort are also common symptoms. Sufferers may experience extreme fatigue and sudden and unexplained weight loss. Pelvic pain is a serious symptom that occurs during the later stages of the development of the condition.

There are various tests for bowel cancer diagnosis. The doctor will usually perform a **stool test** first. Through special testing, blood traces inside the stool can be found. These are early signs of the condition. **Colonoscopy is a form of screening**, in which the doctor uses a long thin tube to examine the lining of the colon and rectum. Imaging tests, such as magnetic resonance imaging and virtual colonoscopy are also used for diagnosis.

There are various forms of bowel cancer treatment that can be used separately or in different combinations. Usually a surgery is performed to remove the tumor. Then radiation therapy and/or chemotherapy are used to destroy abnormal cells and prevent them from spreading. Biological therapy is also applied. Treatment is usually successful if the tumor is diagnosed while it is still localized. In fact, 90% of the patients live for five years or more after treatment. It should be pointed out that if a patient is diagnosed with precancerous polyps these can also be surgically removed.

The risk of getting bowel cancer can be reduced by having a healthier diet, rich in vegetables and fruits and not abundant in red meats. The consumption of fiber-rich foods and exercising regularly is quite beneficial. **If you are in a high risk group, perhaps the best method for prevention is to have regular screening that includes testing of the stool and possibly a colonoscopy.**

13. An Overview of Lung Cancer

Since smoking is so prevalent amongst the population, **lung cancer has become one of the most common kinds of cancer.** In fact, it is the most common cancer in the US, with over 220,000 people being diagnosed with it each year. In the US alone the number of deaths caused by this condition is around 150,000 per annum.

Lung cancer is characterized by the transformation of normal lung cells into abnormal cells. These abnormal cells grow rapidly and uncontrollably to form a malignant tumor. This usually happens in walls of the bronchi.

There are over 20 types of lung cancer, but four have been identified as the most commonly occurring. These four have been separated into two groups - non-small cell lung cancer and small cell lung cancer. The most common kind of non-small cell lung cancer is adenocarcinoma. It accounts for around 40% of all cases. The most typical thing for it is that it is formed in the outer edges of the lungs and in the smaller airways, in particular.

Squamous cell carcinoma is another type of non-small cell lung cancer. It is responsible for approximately 30% of all cases. The tumor usually grows in the central bronchi, which are the largest branches of the bronchi tree. This form of the condition is the easiest to detect and to treat successfully.

The large-cell carcinomas affect between 10% and 15% of all lung cancer patients. These tumors usually grown in the outer edges of the lungs and tend to spread quickly to nearby tissues and lymph nodes.

Small cell lung cancer is not particularly common, but it is extremely aggressive. It starts in the central bronchi, but has no noticeable symptoms until the later stages of the tumor development. Furthermore, it tends to spread rapidly to other organs and tissues.

Lung cancer is directly linked to smoking and cigarette smoking, in particular. Roughly 4 out of 5 patients are smokers. It has been estimated that up to 90% of all cases are arising directly from the use of tobacco. All these facts suggest that smokers have the highest risk of developing this condition. Pipe and tobacco smokers as well as passive smokers are also more likely to develop lung cancer. The higher risk is associated with the fact that tobacco contains various cancer-causing and carcinogenic chemical compounds.

Asbestos exposure is also correlated to the development of lung cancer. Thankfully, the use of this material is limited or completely banned in many countries. **The exposure to radiation coming from the decay of radon gas is also a serious risk factor.**

Around 10% of all cases of the condition are estimated to be due to this factor. The presence of specific genes may also increase the risk in some individuals.

Approximately 25% of all people who have lung cancer do not experience any symptoms. Despite this, there are some common warning signs associated with the condition.

Coughing up blood is the most disturbing lung cancer symptom. Smokers and ex-smokers might start having a new cough that is persistent and untypical for them. Chest pain and shortness of breath are other common warning signs. Having repeated respiratory infections might also signal that you have the condition.

Lung cancer is diagnosed after a series of tests. The doctor usually performs an x-ray first, after noticing disturbing symptoms. A CT scan of the chest is also performed. A biopsy is done to confirm the condition. Further tests are necessary to determine the type of lung cancer the patient has.

Lung cancer treatment usually begins with surgery. The surgeons may remove only the tumor, the tumor with part of the lung or the whole lung. Cryosurgery, the killing of the tumor by freezing it, is also an option. The treatment usually continues with chemotherapy and radiation therapy. It should be pointed out that number of patients surviving five years after treatment is around 15%. For this reason, prevention is extremely important.

The best method for lung cancer prevention is not smoking. The good news is that if you smoke but quit now your risk will start decreasing automatically. After 15 years of cessation your risk will be similar to that of a nonsmoker. However you should also try to avoid exposure to cigarette smoke. If you work with dangerous material such as asbestos, protective measures such as wearing the right gear should certainly be taken.

14. Other Kinds of Cancer

While lung cancer, bowel cancer and breast cancer are in the top of the list of the most common types of cancer, **a malignant tumor can formed in almost any part of the body.** It can affect organs and glands as well as different tissues.

Prostate cancer is one of the most common types of cancer. In fact, in some countries, such as the US it is more common even than breast cancer. Still, in many Asian and African countries this condition does not have high incidence. This kind of cancer affects the prostate gland, situated under the bladder in men. Its causes remain unknown, but researchers have found that the high-calorie diet rich in fats contributes greatly to the risk of developing the condition.

The most common prostate cancer symptoms that occur in the early stages of the tumor development include frequent urgency to urinate and difficulty starting and stopping the urine flow. Burning and pain during urination are also common. Blood in the urine or semen is one of the most serious warning signs.

The condition is diagnosed with different types of tests, including a digital rectal exam and a blood test using the so called prostate-specific antigen (PSA). The prostate cancer treatment may consist of watchful waiting only, but surgery and radiation therapy are more commonly used. **In general, prevention through regular rectal exams and low-fat low-calorie diet is a highly recommended option.**

Bladder cancer is another one of the other kinds of cancer that is common. Its causes remain unknown. However, it is usually detected at an early stage of development and treated effectively. This happens because its main symptom is blood in the urine, which is easy to notice. There are no effective methods for bladder cancer prevention, even though nonsmoking may reduce the risk of the condition. For this reason, it is essential to see a doctor, if blood appears in your urine.

Bladder cancer is diagnosed with the use of cystoscopy and biopsy. The former involves the examination of the bladder from the inside with a tiny tube. The latter involves taking a small cell sample from the bladder for testing. This condition is usually treated with surgery, chemotherapy, radiation therapy and/or immunotherapy. This type of cancer is known to re-occur frequently, even after treatment.

Non-Hodgkin's lymphoma (NHL) is another common condition among the other kinds of cancer. The uncontrollable growth of abnormal cells can occur anywhere in the lymphatic system. Even though there are many different types of NHL discovered, their causes are not yet known. The most common symptoms of the condition include swollen and/or painful lymph nodes, fever that cannot be explained, night sweats and extreme fatigue.

The condition is diagnosed through biopsy. **The most common types of treatment for Non-Hodgkin's lymphoma include radiation therapy and chemotherapy**, even though watchful waiting is sometimes used. Stem cells transplant and monoclonal antibody therapy are more innovative treatments for the condition. There are no effective ways for its prevention available.

Kidney cancer, formally known as renal cancer, also falls in the list of the other kinds of cancer that are common. The malignant tumor usually grows in the tiny tubes of the organ. The causes of the condition remain unknown, but doctors have identified some risk factors. These include smoking, being male and being obese and having high blood pressure. Individuals with other types of kidney disease, those with family history of kidney cancer and those with lymphoma are more likely to develop the condition.

Renal cancer has a variety of symptoms, including blood in the urine and lump on the side. However, they are not usually present in the early stages of the tumor development. Various tests can be performed to diagnose the condition, but only a biopsy can confirm it. Kidney cancer treatment usually involves surgery for removing part or the entire kidney or the entire organ along with the adrenal gland. Cryotherapy, biological therapy and radiofrequency ablation are other forms of treatment. The condition cannot be prevented completely, but you can stop smoking and maintain a healthy diet to reduce your risk.

Endometrial cancer, thyroid cancer, pancreatic cancer and leukemia are other kinds of cancer that are quite common.

15. Life after Cancer

One reason that cancer is so serious is that the treatment is harsh, long lasting and has serious side effects that can affect you in many ways. Many cancer survivors describe their life after cancer as undergoing many significant changes. These brave people continue their lives as best they can and should really be recipients of a bravery award.

The regular medical check-ups are an important part of every survivor's life after cancer. These are usually done every three to four months for two or three years after treatment is over. It is essential for you to keep all appointments. It is equally important to pay special attention to any physical and psychological symptoms you have and to report them to your doctor.

Regrettably, cancer reoccurrence is not something uncommon. For this reason the screening is crucial. According to doctors, it is equally important to maintain a healthy lifestyle. This can reduce the risk of cancer reoccurrence to an extent. In addition, it can help you feel better sooner after treatment. Quitting smoking and reducing your alcohol consumption to a minimum is essential. Having a nutritional diet full of various fruits and vegetables is equally important. Exercising in line with your physical abilities after treatment is also highly recommended.

There are different physical changes that cancer survivors have to live with. Fatigue is one of the most common problems of life after cancer, especially right after treatment. Having more rest and using various relaxation techniques are the best ways for coping with the problem. The use of natural foods and beverages that can boost energy and exercising are important. Pain can be managed with traditional medications as well as with various techniques from ancient Chinese and Indian medicine, aromatherapy and yoga.

Many cancer survivors experience mouth and teeth problems. These can be avoided or at least reduced with proper dental care and detailed daily cleaning of the mouth and teeth. Drinking water and chewing a sugar-free gum will also help. Any problems with your bladder and bowel control should be discussed with your physician. Various medications as well as Kegel exercises may help significantly.

Memory loss and lack of concentration are not uncommon in the survivor's life after cancer. These can be particularly irritating, but there are different ways for dealing with them. You can readily consult your doctor to find out what the cause of these problems might be. There are plenty of exercises for boosting memory and concentration that can be of great help. Keeping notes and voice memos is also a solution.

It is equally important how you feel psychologically as well as physically after treatment. Life after cancer can be quite psychologically challenging. Many cancer survivors experience anxiety due to having fears that the condition might return. It is also normal to feel depressed and/or angry, given that your life and your body have undergone a dramatic change. Feeling alone is also not uncommon, since family and friends are not as much around you after treatment.

There are a lot of ways in which you can cope with these psychological problems. Seeking help from a professional psychologist is a very good solution. **Joining a support group is also highly recommended.** You will be able to share honestly what you are going through and get understanding and advice from people who are feeling or have felt the same way.

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There are also specifically designed programs that help cancer survivors cope with all changes in their life after cancer. In general, **it is extremely important for you to take the initiative and socialize more often, get involved in helping others or simply find a hobby.**

Many people who have undergone successful treatment have difficulties with their sex life after cancer. Some cancer survivors lose interest in it while others find it painful and/or psychologically traumatic to have sex. Erectile problems in men can occur as well. Some women worry about their body image.

Talking to your partner about your sex life is particularly important. Seeing a psychotherapist and/or a sex therapist may also help significantly. If the problems are physical, various medical treatments as well as exercising can be used to improve the situation.



It can readily be seen that life after cancer is a time of change. To cope, cancer survivors must build and plan their lives with their own needs and desires in mind. They need to get plenty of rest, while keeping their minds occupied with pleasant things.

It is vitally important for you to work closely with your Primary Care Physician if you suspect the possibility of developing a cancerous situation. Putting off contact with your Physician, as you have learned from this eBook, will not help you avoid cancer.

If your Doctor is unavailable, you can always visit the **National Cancer Institute** on line at <http://www.cancer.gov/global/contact> for further information.

Thanks for reading this eBook – I sincerely hope that it will lead you to a healthier life. I only wish that this eBook had been available before my Colon Cancer lead to Colon Surgery and Chemotherapy.

However it is here for you, NOW. Please use it in your own best interest.

To your Good Health

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