

OCTOBER CANCER AWARENESS

Liver Cancer

October 2017

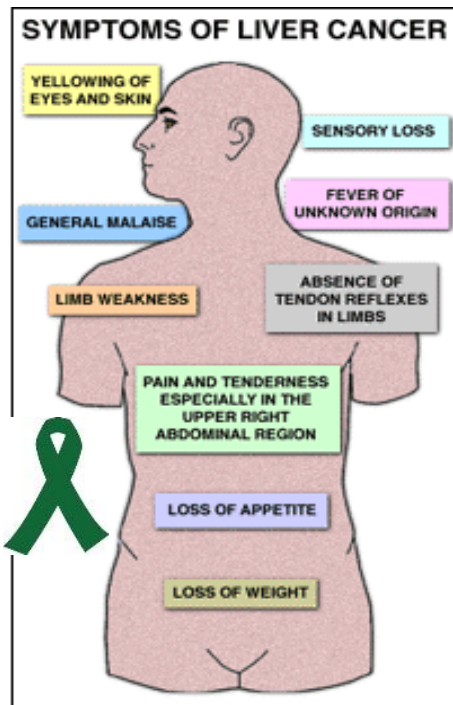
Our liver is very important and plays an essential role in our body:

- It breaks down and stores nutrients that our bodies need
- It makes the clotting factors which keeps you from bleeding too much from something small like a cut
- It filters out waste and toxins from our body

A cancer that starts in the liver is called *primary* liver cancer.

The following are risk factors for adult primary liver cancer:

- Having hepatitis B or C (Having both hepatitis B and hepatitis C increases the risk even more).
- Having cirrhosis, which can be caused by hepatitis (especially hepatitis C).
- Drinking large amounts of alcohol for many years or being an alcoholic.
- Having metabolic syndrome, a set of conditions that occur together, including extra fat around the abdomen, high blood sugar, high blood pressure, high levels of triglycerides and low levels of high-density lipoproteins in the blood.



www.cancer.gov/types/liver/patient/adult-liver-treatment-pdq

Breast Cancer

Breast cancer is the most common cancer in American women, except for skin cancers. The American Cancer Society's estimates for breast cancer in the United States for 2017 are:

- About 252,710 new cases of invasive breast cancer will be diagnosed in women.
- About 63,410 new cases of carcinoma in situ (CIS) will be diagnosed (CIS is non-invasive and is the earliest form of breast cancer).

Knowing how your breasts normally look and feel is an important part of breast health. Finding breast cancer as early as possible gives you a better chance of successful treatment. But knowing what to look for does not take the place of having regular mammograms and other screening tests. The most common symptom of breast cancer is a new lump or mass. A painless, hard mass that has irregular edges is more likely to be cancer, but breast cancers can be tender, soft, or rounded. They can even be painful. For this reason, it is important to have any new breast mass or lump or breast change checked by a health care provider experienced in diagnosing breast diseases.

Other possible symptoms of breast cancer include:

- ✓ Swelling of all or part of a breast (even if no distinct lump is felt)
 - ✓ Skin irritation or dimpling
 - ✓ Breast or nipple pain
 - ✓ Nipple retraction (turning inward)
- ✓ Redness, scaliness, or thickening of the nipple or breast skin
- ✓ Nipple discharge (other than breast milk)

