

Test Your Cancer Knowledge

Circle your answers.

1. Cancer is just one disease that affects many parts of the body. **T F**
2. Which of the following has/have been known to increase risk of cancer?
 - a. Smoking
 - b. Overexposure to the sun
 - c. Dipping smokeless tobacco
 - d. Diet high in fat
 - e. All of the above
3. Smokers are how much more likely to get cancer than non-smokers?
 - a. Twice as likely
 - b. Five times as likely
 - c. Ten times as likely
 - d. No more likely
4. Lung cancer is the leading cause of cancer death among men. What's the second leading cause?
 - a. Skin cancer
 - b. Prostate cancer
 - c. Colon cancer
 - d. Leukemia
5. African-Americans have a higher incidence of cancer than Hispanics and white Americans. **T F**
6. The cancer-causing chemicals found in cigarettes are not present in cigars. **T F**
7. The earliest sign of breast cancer is a lump felt during a self-exam. **T F**
8. About _____ % of skin cancers diagnosed last year could have been prevented.
 - a. 20
 - b. 50
 - c. 75
 - d. 90
9. Skin cancer and lung cancer are the two most prevalent forms of cancer in America. **T F**
10. One of every four deaths in the U.S. is from cancer. **T F**

11. A suntan protects from skin cancer. **T F**
12. Only women over 50 should worry about breast self-examinations. **T F**
13. Weight has no bearing on risk for cancer. **T F**
14. It is normal for a mole to grow but not to change color. **T F**
15. Which of these factors can cause cancer?
 - a. Chemicals
 - b. Viruses
 - c. Hormones
 - d. Immune conditions
 - e. All of the above
16. The most important factor in surviving cancer is early detection. **T F**
17. The procedure for removing a sample of tissue to determine whether it's cancerous is called:
 - a. Chemotherapy
 - b. Biopsy
 - c. Endoscopy
 - d. MRI
18. The five major types of cancer treatment are surgery, radiation, chemotherapy, hormones, and ...
 - a. Biopsy
 - b. Oncology
 - c. Endoscopy
 - d. Immunotherapy
19. Which of the following are cancer warning signs?
 - a. Change in bowel habits
 - b. A lump
 - c. Persistent cough
 - d. Indigestion
 - e. All of the above
20. Which of the following are factors in determining risk for cancer?
 - a. Age
 - b. Family history
 - c. Sexual history
 - d. Ethnicity
 - e. All of these

1. FALSE	There are actually more than 100 different kinds of cancer.
2. E	All of the above are known to increase risk of cancer.
3. C	Smokers are ten times more likely to get cancer than non-smokers.
4. B	Prostate cancer will take more than 41,000 lives this year.
5. TRUE	African-Americans have a greater risk of developing cancer than White Americans and Hispanics.
6. FALSE	The chemicals found in cigars can cause cancer, even though cigar smoke is rarely inhaled.
7. FALSE	A mammogram can detect breast cancer before physical symptoms exist.
8. D	90% of all skin cancers could have been prevented with better protection from the sun.
9. TRUE	Although most cases of these cancers could have been prevented.
10. TRUE	This year, 554,740 will die of cancer. That's more than 1,500 a day.
11. FALSE	The more exposure to the sun, the greater the risk for skin cancer.
12. FALSE	All women age 20 and over should practice monthly breast self-examinations.
13. FALSE	Being overweight increases risk for cancer.
14. FALSE	Moles should never grow or change color.
15. E	All of the above can cause cancer.
16. TRUE	Regular screening exams can detect many cancers before they spread.
17. B	A biopsy is often performed after endoscopy or an MRI has revealed an abnormality. Chemotherapy is a treatment for cancerous cells.
18. D	Immunotherapy, surgery, radiation, chemotherapy, and hormones may be used together or separately to treat cancer.
19. E	All of the above are warning signs. Other warning signs include a sore that does not heal, unusual bleeding or drainage, and a change in a wart or mole.
20. E	All of these are factors.

Assessing Your Cancer Risk

Unfortunately, there is no foolproof plan for preventing cancer. But there are several ways to reduce the risk. Start by answering the following questions. Then, make lifestyle changes so “no” is the answer to as many of these questions as possible. This will dramatically improve the chance of avoiding cancer altogether.

	Yes	No
■ Do you smoke?	<input type="checkbox"/>	<input type="checkbox"/>
■ Do you use smokeless tobacco?	<input type="checkbox"/>	<input type="checkbox"/>
■ Are you often around others who smoke?	<input type="checkbox"/>	<input type="checkbox"/>
■ Are you over 40 years of age?	<input type="checkbox"/>	<input type="checkbox"/>
■ Have you ever had cancer?	<input type="checkbox"/>	<input type="checkbox"/>
■ Is there a history of cancer in your family?	<input type="checkbox"/>	<input type="checkbox"/>
■ Are you overweight?	<input type="checkbox"/>	<input type="checkbox"/>
■ Is your diet high in fat?	<input type="checkbox"/>	<input type="checkbox"/>
■ Do you work with hazardous materials, such as asbestos?	<input type="checkbox"/>	<input type="checkbox"/>
■ Are you exposed to X-rays on a regular basis?	<input type="checkbox"/>	<input type="checkbox"/>
■ Do you go to tanning salons, lie in the sun, or work outdoors?	<input type="checkbox"/>	<input type="checkbox"/>
■ Do you have fair skin or burn easily?	<input type="checkbox"/>	<input type="checkbox"/>
■ Do you drink more than two alcoholic beverages a day?	<input type="checkbox"/>	<input type="checkbox"/>
■ (For women) Are you childless, or did you wait until after 30 to have your first child?	<input type="checkbox"/>	<input type="checkbox"/>

Early Detection is Critical to Successful Cancer Treatment

The less chance cancer has to spread, the better the chance of recovery. Saint Luke's Cancer Institute provides convenient access to screenings and state-of-the-art diagnostic services designed to find cancer at a stage when long-term survival is most likely. In fact, Saint Luke's performs more than 20,000 screenings each year, including mammography services, in every corner of the Kansas City area.

Reducing Risk

The risk of cancer can be reduced by actively pursuing a healthy lifestyle. Each “yes” answer below reduces risk for cancer:

	Yes	No
■ Do you eat five servings of fruits and vegetables each day?	<input type="checkbox"/>	<input type="checkbox"/>
■ Does your diet include plenty of grains and fibers?	<input type="checkbox"/>	<input type="checkbox"/>
■ Do you eat foods high in vitamins A and C?	<input type="checkbox"/>	<input type="checkbox"/>
■ Do you use sunscreen when you go outdoors?	<input type="checkbox"/>	<input type="checkbox"/>
■ Do you exercise vigorously for 20 minutes a day, three times a week?	<input type="checkbox"/>	<input type="checkbox"/>

Preventing Skin Cancer

FACT: About 90 percent of all skin cancer diagnosed each year could be prevented.

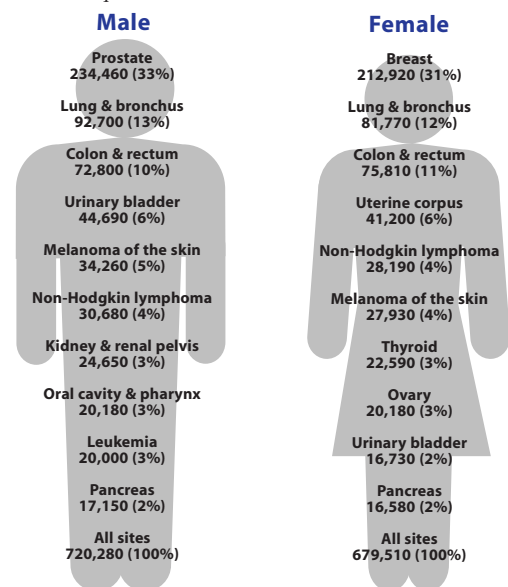
Fair skin and excessive exposure to the sun’s rays can be a deadly combination. Children who are severely sun-burned are at a much greater risk of developing the most serious form of skin cancer, melanoma, later in life. Help prevent skin cancer by following these easy steps:

- Use sunscreen with an SPF (sun protection factor) of 15 or higher.
- Limit exposure to the sun between 10 a.m. and 3 p.m. (when the ultraviolet rays are at their strongest).
- Examine your entire body monthly in front of a full-length mirror.
- Remember the ABCDs for detecting melanoma in moles:
 - A** = Asymmetry. One half of the mole does not match the other half.
 - B** = Border Irregularity. The edges are ragged, notched or blurred.
 - C** = Color. The mole is multi-colored.
 - D** = Diameter. Anything larger than the diameter of a pencil eraser or any sudden increase in size should be looked at by a physician.
 - S** = Sensitivity. Is it itchy, painful, or bleeding?

Estimated New Cancer Cases

LEADING SITES BY SEX, UNITED STATES (2006)

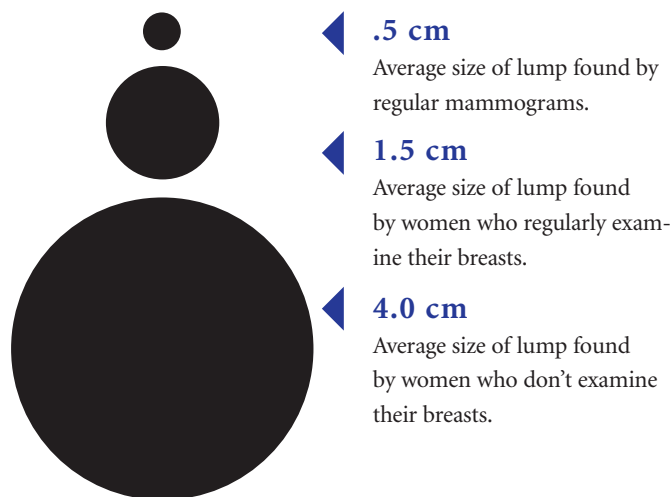
Excludes basal and squamous cell skin cancer and carcinoma in situ except bladder.



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The Value of Early Detection

The earlier cancer is detected, the more likely it is to be cured. Here’s a graphic example of how early detection can make a big difference in limiting the spread of breast cancer.



Adapted from Breast Health Program of New York, *Health After 50*, December 1990, p.2.

Know the Symptoms

Cancer symptoms are not always easy to spot, and they may be confused with other conditions. To be safe, always use CAUTION if any of the following symptoms occur:

- C** = Change in bowel or bladder habits.
- A** = A sore that does not heal.
- U** = Unusual bleeding or discharge.
- T** = Thickening or lump in breast or elsewhere.
- I** = Indigestion or difficulty in swallowing.
- O** = Obvious change in wart or mole.
- N** = Nagging cough or hoarseness.

Alert your doctor of any of these symptoms. Don’t wait to feel pain because early cancer usually does not cause pain.

Cancer isn’t easy to find. Fortunately, we are.

Saint Luke’s Cancer Institute is leading the way to better health, offering several programs to help detect and fight cancer. Another program, CANCER ANSWERS, is a free service for newly diagnosed cancer patients that provides education pamphlets, one-to-one support and much more. And Saint Luke’s Cancer Institute regularly sponsors health fairs and other community education programs. To find out more about these programs and many others, please call NurseLine at (816) 932-6220.

Cancer information can be found on the Web at:
saintlukeshealthsystem.org

Cancer Wise What You Should Know About Cancer

Saint Luke’s Cancer Institute, the only hospital in the Kansas City region licensed specifically for cancer care, is a 45-bed specialty hospital and the largest non-profit provider in the region dedicated to providing comprehensive cancer services.



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