



The more we know THE HEALTHIER YOU ARE

BONE

Primary bone cancer starts in the bone's cells. A rare disease, it is not the same as secondary bone cancer, or bone metastases, which starts elsewhere in the body and spreads to the bones. Osteosarcoma is the most common type of bone cancer. It starts in new tissue in growing bones, most often in the knee area. Osteosarcoma tends to spread to other parts of the body, especially the lungs.



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BRAIN

Primary brain tumours start in the brain and can be either benign or malignant. Cancerous tumours that begin to grow in other parts of the body and spread to the brain are called secondary or metastatic brain tumours. Elsewhere in the body, benign tumours are generally not considered as dangerous as malignant tumours. In the brain, however, both kinds can be serious and possibly life-threatening.



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BREAST

Breast cancer starts in breast tissue cells, which extend beyond the actual breasts, from the armpits across to the breastbone in the middle of the chest and up to the collarbone. The breasts sit on the chest muscles that cover the ribs. Breast cancer is the second leading cause of death by cancer in women.

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APRIL IS CANCER AWARENESS MONTH

Living with cancer: stress and pain management

Every year more than 150,000 Canadians are diagnosed with cancer. Many of them choose to fight this terrible disease and not let it beat them. But how can their pain, stress, and fear best be managed?

PAIN RELIEF

Fighting cancer doesn't necessarily mean having to live with pain. Several medications are available that relieve the pain caused by chemotherapy and radiotherapy treatments. The care teams that treat cancer patients can support them and help them find the medications that are best suited to their needs.

STRESS MANAGEMENT

Stress is an ever-present part of life for a person suffering from cancer, beginning with the diagnosis, during treatment, and even after recovery. There are, however, many strategies for reducing the impact of these stress factors. Cancer patients should be coached to express their emotions — crying, yelling, or hitting a pillow are all ways to relieve stress. Laughing, getting involved in favourite pastimes, and having fun get patients thinking about something other than their illness and on the road to well-being.

Doctors also encourage cancer patients to stay physically active. Even the simplest exercise, such as walking and swimming, can relieve the side-effects of treatments as well as reduce stress, improve spirits, increase energy, stimulate the appetite, and help patients sleep better.

CERVICAL

Cervical cancer starts in cervix cells. The cervix is the narrow lower part of the uterus and is the passageway that connects the uterus to the vagina.

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COLORECTAL

Most colorectal cancers start in the cells that line the inside of the colon or the rectum, which make up the large intestine (large bowel). The large intestine is the last part of the digestive system. Colorectal cancer usually grows slowly and in a predictable way and is curable when diagnosed at an early stage. Colorectal cancer is the second most fatal cancer in men and the third most fatal cancer in women.



Get the benefit of a 1 hour
workout in just 10 minutes

Knolcrest Centre - 360 Guelph St., Unit 43
Georgetown (2 doors down from Remax)
Tel: 289-891-7874

HODGKIN LYMPHOMA

Hodgkin lymphoma is a cancer that starts in the lymphocytes, the cells of the lymphatic system, which extends across the body. Hodgkin lymphoma usually begins in a group of lymph nodes in one part of the body, most often the neck. It grows in a predictable, orderly way from one lymph node group to the next. Eventually, it can spread to almost any tissue or organ in the body through the lymphatic system or the bloodstream.

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APRIL IS DAFFODIL MONTH

Every year the Canadian Cancer Society organizes a daffodil fundraising campaign across the country. The aim of this activity is to fund cancer research and community support services.

For more information call the Georgetown Unit at 905-608-8411 email at: georgetowndufferinpeel@ontario.cancer.ca

CANCER ASSISTANCE SERVICES OF HALTON HILLS NEEDS VOLUNTEERS FOR MAJOR APRIL FUNDRAISER.

Cancer can strike anyone, anytime; your help will ensure that we can continue good work. Please volunteer to canvass in April. Call Anna Mae 905-702-8886

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