**Breast Cancer**

**What is breast cancer?**

Breast cancer is a malignant tumour that starts in the cells of the breast.

**Causes**

* Increased exposure to oestrogen
* If overweight/obese
* Being tall
* Drinks alcohol regularly
* Has been exposed to radiation
* Previous diagnosis of breast cancer
* Age
* Family history
* Particular genes (BRCA1 and BRACA2)

**Symptoms**

* Change in nipple appearance
* Lump in armpit
* Rash on/around armpit
* Dimpling of skin on the breast
* Change in colour of breast
* Change in size/shape of breast
* Nipple discharge
* Rash/crusting around nipple
* Pain in breast/armpit

**Treatments**

**Medication –** Radio Therapy, Chemotherapy, Biological Therapy

**Surgery –** Breast Conserving surgery, Mastectomy

**Psychological –** Counsellor or therapist and cancer support groups

**Lifestyle Changes –** Eat better, exercise, cut down on smoking and alcohol

**Impact on Individual**

**Physical –** Pain, Nausea, Fatigue, Anaemia, Lymphedema and fertility and sexual side effects

**Intellectual –** Lack in concentration, more knowledgeable on cancer

**Emotional –** Distress, anxiety, fear, depression and confusion

**Social –** Affect relationship with family or partner, get involved with raising awareness

**Financial –** Patients will go on sick pay.

**Impact on Family**

**Physical –** Feel or look run down, change in family identify and roles

**Intellectual –** Lack in concentration, more educated on cancer

**Emotional –** Feel happy they can give some support, upset their family has cancer, a bit helpless

**Social –** Take part in fundraising to help support family

**Financial –** May need to leave work to support the patient

**Bowel Cancer**

**What is Bowel Cancer?**

Cancer that begins in the large bowel

**Causes**

* Smoking
* Alcohol
* Bad diet
* Obesity
* Risk increases as you get older
* Family history
* Close relative diagnosed with bowl cancer

**Symptoms**

* Abdominal pain and bloating
* Weight loss
* Soreness
* A persistent change in bowel habit
* Blood in their stools
* Soreness and discomfort

**Treatments**

**Medication –** Radiotherapy and Chemotherapy

**Surgery –** Local Resection and Colectomy

**Psychological –** Counselling, Therapist, cancer support groups

**Lifestyle Changes –** Modify your diet, avoid spicy food, and maintain a healthy weight.

**Impact on Individual**

**Physical –** Pain, nausea, fatigue, anaemia and Lymphedema

**Intellectual –** May lack in concertation, but will be more educated in cancer

**Emotional –** Anxiety, fear, shock, anger, depression, upset

**Social –** Isolation from family, lack of contact from work colleagues, meeting new people, getting involved in fund raising

**Financial –** Have to go on sick pay, and rely on benefits

**Impact on family**

**Physical –** Feel or look run down, changes in family identity and roles

**Intellectual –** Lack of concentration, and more educated on cancer

**Emotional –** Feel happy they can give some support, upset their family has cancer, a bit helpless

**Social –** Take part in fundraising to help support family

**Financial –** May need to leave work to support the patient

**Testicular Cancer**

**What is Testicular Cancer?**

It is Cancer of the Testicles

**Causes**

* Infertility
* Smoking
* HIV/AIDS
* Orchitis
* Undescended testicles
* Genetic mutation
* Endocrine hormone disruptors

**Symptoms**

* Dull ache/sharp pain in testicles/scrotum/groin
* Dull ache/pain in stomach/abdomen area
* Feeling of heaviness/pulling sensation in the scrotum/testicles
* Swelling or lump in testicle/scrotum
* Sudden collection of fluid in scrotum
* No symptoms other than exhaustion

**Treatments**

**Medication –** Radiotherapy (External and Internal) and Chemotherapy

**Surgery –** Lymph nodes surgery or Orchiectomy

**Psychological –** Can see counsellor or therapist, or cancer support groups

**Lifestyle Changes –** Cut down on smoking and alcohol and should maintain a healthy diet

**Impact on Individual**

**Physical –** Hormone Imbalance, Lower fertility, Lack of interest in sex

**Intellectual –** May lack in concertation, but will be more educated in cancer

**Emotional –** Feel less of a man, anxiety, sadness, anger and depression

**Social –** Isolation from family, lack of contact from work colleagues, meeting new people, getting involved in fund raising

**Financial –** Have to go on sick pay, and rely on benefits

**Impact on family**

**Physical –** Feel or look run down, changes in family identity and roles

**Intellectual –** Lack of concentration, and more educated on cancer

**Emotional –** Feel happy they can give some support, upset their family has cancer, a bit helpless

**Social –** Take part in fundraising to help support family

**Financial –** May need to leave work to support the patient

**Leukaemia**

**What is Leukaemia?**

Leukaemia is cancer of the white blood cells.

**Causes**

* Pre-existing vulnerability/family history
* Coupled with an environment trigger
* Certain blood disorders
* Certain genetic disorders
* Genetic mutation/mutation to the structure of DNA
* Stem cells produce more white blood
* Number of healthy red blood cells/platelets falls
* Exposure to significant radiation

**Symptoms**

* Excessive sweating
* Frequent unusual bleeding
* Bone and joint pain
* Fits/seizures
* Dizziness
* Blurred vision
* Pale skin
* Easily bruised skin
* Breathlessness
* Tiredness
* Weight loss

**Treatments**

**Medication –** Chemotherapy, blood transfusions, antibiotics, Fludarabine, Cyclophosphamide and Rituximab (FCR)

**Psychological –** Counselling, therapist, support and encouragement.

**Lifestyle Changes –** Treatment may have changed sense of taste, will need lots of rest.

**Impact on Individual**

**Physical –** Pain, Nausea, Fatigue, anaemia, Lymphedema, and fertility and sexual side effects in women

**Intellectual –** Lack in concentration, and more educated on cancer

**Emotional –** Stressed, anxiety, depression, shock, sadness

**Social –** Affect their relationship with partner and family, may go into raising awareness

**Financial –** Patient may have to go on sick pay.

**Impact on family**

**Physical –** Feel or look run down, changes in family identity and roles

**Intellectual –** Lack of concentration, and more educated on cancer

**Emotional –** Feel happy they can give some support, upset their family has cancer, a bit helpless

**Social –** Take part in fundraising to help support family

**Financial –** May need to leave work to support the patient