

Chapter 16 Reading guide

There are no questions specific to the required link. Many of these questions can be answered with a combination of the text and the required link. Be sure to read the link in order to get a thorough understanding.

1. Of the 1500 North Americans cancer deaths daily, what proportion could possibly have been prevented? How might they have been prevented?
2. Define cancer, neoplasm and tumor.
3. How do benign tumors differ from malignant tumors? Be sure to define metastasis in your answer.
4. In what ways is poverty/SocioEconomicStatus related to cancer/disease risk?
5. Discuss how carcinogens and oncogenes are related to the development of cancer. Be sure to define each term, too.
6. List and explain the many risk factors that increase/decrease chance of developing cancer. Be sure to include information from table 16.2. (Essentially, this question is saying know everything from pages 487-490).
7. Describe “lifetime risk” and “relative risk.”
8. List the cancers that are associated with tobacco.
9. Is there any evidence to suggest that there is a genetic component to the risk of cancer development? Explain.
10. What recommendations for preventing cancer are the same for preventing CVD?
11. Describe the different classifications of cancers.
12. For each type of cancer covered by the text:
 - a. Describe it generally
 - b. Describe symptoms
 - c. Discuss survival rate with typical detection (and early detection, if addressed)
 - d. Discuss prevention and risk factors
 - e. Discuss ways to maximize early detection, if addressed. Use table 16.3 for help.
13. List common preventive strategies for the cancer types (ie, preventions that show up more than once).
14. Categorize the cancer types based on greater than 50% 5-year survival rate vs. less than 50% 5-year survival rate, with typical detection and treatment.
15. Describe how to perform a breast and testicular self-exam. Do both, not just the one for your gender. You can help your partner or other loved one!
16. Explain the “ABCD” rule for mole analysis. What is this designed to detect?
17. List cancer’s seven warning signs. Keep in mind that often, cancer can be largely asymptomatic for some time.
18. What are several questions to ask your doctor if you are diagnosed with cancer?

No supplemental lectures!