

# CANCER

## Facts about Cancer:

1. Cancer can affect any age group, including children, although the risk increases with age.
2. Cancer cells can spread to other parts of the body through the bloodstream or lymphatic system, a process known as metastasis.
3. Certain viruses, such as human papillomavirus (HPV) and hepatitis B and C viruses, can increase the risk of developing specific types of cancer.
4. Cancer can develop in almost any organ or tissue of the body, including the brain, lungs, breasts, colon, prostate, and skin.
5. Some inherited gene mutations, such as BRCA1 and BRCA2, significantly increase the risk of developing certain types of cancers.
6. Environmental factors, such as exposure to asbestos, radon, and certain chemicals, can increase the risk of developing cancer.
7. Regular physical activity has been shown to reduce the risk of developing certain types of cancer, including colon and breast cancer.
8. Cancer treatment approaches are continually evolving, with advancements in targeted therapies, immunotherapies, and precision medicine.
9. Not all tumors are cancerous; benign tumors do not invade nearby tissues or spread to other parts of the body.
10. Cancer survivors may experience long-term physical, emotional, and financial challenges, and supportive care plays a vital role in their well-being.

What is metastasis?

- A. The formation of a tumor
- B. The spreading of cancer cells to other parts of the body
- C. The early stage of cancer development
- D. The shrinking of cancer cells

Which of the following viruses is associated with an increased risk of cervical cancer?

- A. Influenza virus
- B. Human papillomavirus (HPV)
- C. Hepatitis C virus
- D. Herpes simplex virus

Which of the following is a known environmental risk factor for cancer?

- A. Regular exercise
- B. Vitamin D deficiency
- C. Exposure to asbestos
- D. Consumption of organic food

How can regular physical activity influence cancer risk?

- A. It can cure cancer completely.
- B. It can increase the risk of developing cancer.
- C. It can reduce the risk of developing certain types of cancer.
- D. It has no impact on cancer risk.