Cancer: Understanding the Disease, Its Impact, and Medical Care

Cancer is one of the most serious health problems in the world today. It affects millions of people every year, regardless of age, gender, or nationality. Cancer is not just one disease; it is a group of diseases that happen when abnormal cells grow uncontrollably in the body. These cells can invade nearby tissues and spread to other parts of the body through the blood or lymphatic system. This process is called metastasis.

In a healthy body, cells grow, divide, and die in an organized way. When cells become old or damaged, they die and new cells replace them. In cancer, this process does not work correctly. Cancer cells do not stop growing, and they do not die when they should. As a result, they form tumors or spread through the body. Some cancers form solid tumors, such as breast cancer or lung cancer. Others, like leukemia, affect the blood and do not form tumors.

There are many types of cancer. Some of the most common include breast cancer, lung cancer, prostate cancer, colorectal cancer, and skin cancer. Each type of cancer has different causes, symptoms, and treatments. For example, lung cancer is often related to smoking, while skin cancer is commonly caused by excessive exposure to ultraviolet radiation from the sun.

Cancer can develop due to several risk factors. Some risk factors are related to lifestyle, such as smoking, poor diet, lack of physical activity, and excessive alcohol consumption. Other risk factors are genetic, meaning they are inherited from parents. Environmental factors, such as pollution and exposure to toxic chemicals, also increase the risk of cancer. In some cases, infections like human papillomavirus (HPV) or hepatitis B and C can cause cancer.

The symptoms of cancer vary depending on the type and stage of the disease. Common symptoms include unexplained weight loss, fatigue, pain, changes in the

skin, unusual bleeding, and persistent cough. However, many cancers do not cause symptoms in the early stages. For this reason, early detection is very important. Screening tests such as mammograms, Pap smears, colonoscopies, and blood tests help detect cancer before symptoms appear.

Diagnosis of cancer usually involves several medical tests. Doctors often start with physical examinations and medical history. Imaging tests such as X-rays, CT scans, MRI scans, and ultrasounds help identify tumors. A biopsy is one of the most important diagnostic tools. During a biopsy, a small sample of tissue is removed and examined under a microscope to confirm the presence of cancer cells.

Cancer treatment depends on the type and stage of cancer, as well as the patient's overall health. The main types of treatment include surgery, chemotherapy, radiation therapy, immunotherapy, and targeted therapy. Surgery is often used to remove tumors from the body. Chemotherapy uses drugs to kill cancer cells, but it can also affect healthy cells, causing side effects such as hair loss, nausea, and fatigue. Radiation therapy uses high-energy rays to destroy cancer cells.

In recent years, new treatments have improved cancer survival rates. Immunotherapy helps the immune system recognize and attack cancer cells. Targeted therapy focuses on specific molecules involved in cancer growth, causing less damage to healthy cells. These treatments have changed the way cancer is managed and have given hope to many patients.

Living with cancer affects not only the patient but also their family and caregivers. Emotional support is very important during cancer treatment. Many patients experience anxiety, depression, and fear. Healthcare professionals, including nurses, doctors, psychologists, and social workers, play an important role in providing holistic care. Nurses, in particular, support patients by administering treatments, monitoring symptoms, educating patients, and offering emotional support.

Prevention is another important aspect of cancer control. People can reduce their risk by adopting healthy lifestyles. Eating a balanced diet, exercising regularly,

avoiding tobacco, limiting alcohol consumption, and protecting the skin from the sun are key preventive measures. Vaccines, such as the HPV vaccine, also help prevent certain types of cancer.

Cancer care is a global challenge, especially in low- and middle-income countries. Many people do not have access to early diagnosis or effective treatment. Public health programs focus on education, prevention, and improving healthcare systems. Early detection and timely treatment can save lives.

In conclusion, cancer is a complex disease that affects many aspects of life. Understanding cancer, its causes, symptoms, diagnosis, and treatment is essential for healthcare professionals. Through education, prevention, and compassionate care, it is possible to improve outcomes and quality of life for people living with cancer.

SKIMMING (5 questions)

Read carefully and drag the correct answer.

1. What is the main idea of the text?

2. Which paragraph explains cancer treatment options?

3. Identify the paragraph about cancer prevention.

4. Which section discusses emotional support?

5. What is the general purpose of the reading?

To inform healthcare students about cancer in a clear and educational way.

The paragraph that explains healthy lifestyle habits, vaccines, and risk reduction.

The text explains what cancer is, its causes, symptoms, diagnosis, treatment, prevention, and its impact on patients and healthcare systems.

The paragraph describing emotional impact, family, caregivers, and the role of nurses and healthcare professionals.

Paragraphs describing surgery, chemotherapy, radiation therapy, immunotherapy, and targeted therapy.

SCANNING (5 questions)

Choose the best answer.

1. Name two lifestyle risk factors mentioned.

2. What diagnostic test removes tissue for analysis?

3. Which virus is related to cancer?

4. Mention one symptom of cancer.

5. Name one modern cancer treatment.

PRESENT & PAST CONTINUOUS (5 questions)

Read the sentence, and write the correct answer.

1. Nurses _____ (monitor) patients during chemotherapy.

2. The doctor _____ (explain) the diagnosis when the patient arrived.

3. Patients _____ (not / receive) treatment at night.

4. _____ the nurse _____ (check) vital signs now?

5. The team _____ (prepare) the surgery yesterday morning.

CONCEPT MAPS (5 tasks)

Complete the concept map using key ideas from the text.

CANCER

- Causes: _____ / _____

- Symptoms: _____ / _____

- Diagnosis: _____

- Treatment: _____ / _____

FUTURE (WILL / GOING TO) (5 questions)

Complete the sentences.

1. The doctor _____ explain the results tomorrow.

2. The patient _____ start chemotherapy next week (plan).

3. They _____ not delay the treatment.

4. _____ the nurse monitor side effects?

5. The hospital _____ open a new oncology unit.

TABLE / GRAPH ANALYSIS (5 items)

Complete the table.

Cancer Type	Risk Factor	Common Symptom	Treatment
Lung	_____	_____	_____
Breast	_____	_____	_____

PRESENT & PAST PERFECT (5 questions)

Complete the sentences.

1. Doctors _____ already _____ (diagnose) the disease.

2. The patient _____ not _____ treatment before.

3. _____ nurses _____ (monitor) symptoms recently?

4. She _____ just _____ surgery.

5. They _____ never _____ cancer care before.

MODALS (5 questions)

Select the correct modal.

1. Patients _____ follow medical advice.
   A) can   B) must   C) may   D) could

2. Nurses _____ wash hands before procedures.
   A) should   B) can   C) might   D) would

3. You _____ smoke in the hospital.
   A) must   B) mustn't   C) can   D) should

4. Doctors _____ work long hours.
   A) have to   B) may   C) could   D) might

5. Patients _____ ask questions.
   A) can   B) must   C) have to   D) should

✏️ **PART 10. CLINICAL CASES (6 cases)**

FORMAT TO COMPLETE (for each case)

🧬 CASE 1: CANCER (Oncology)

Mr. López is a 58-year-old man who visits the hospital because he has felt very tired for several months. He has lost weight without trying and reports constant pain in his chest. He has been smoking for more than 30 years. During the medical examination, the doctor orders blood tests and imaging studies. The results show an abnormal mass in his lung. A biopsy confirms the presence of malignant cells. The healthcare team explains that early treatment is important. The patient will start treatment soon and will receive emotional support from nurses and his family.

Name:_____

Age:_____

Condition: _____

Main symptoms: _____

Possible cause / risk factor: _____

Immediate care: _____

Medical treatment: _____

🔥 CASE 2: BURNS

Ana is a 25-year-old woman who arrives at the emergency room after an accident in her kitchen. She was cooking when hot oil spilled on her right arm. She has redness, blisters, and intense pain. The nurse immediately

cools the burned area with water and covers it with a clean dressing. The doctor evaluates the severity of the burn and prescribes pain medication. Ana is advised to keep the wound clean and attend follow-up visits to prevent infection.

Name:_____

Age:_____

Condition: _____

Main symptoms: _____

Possible cause / risk factor: _____

Immediate care: _____

Medical treatment: _____

🫁 CASE 3: PNEUMOTHORAX

Carlos is a 32-year-old man who suddenly feels sharp chest pain and difficulty breathing while at work. He has no history of heart disease, but he recently had a minor accident. At the hospital, the doctor listens to his lungs and notices reduced breath sounds on one side. A chest X-ray confirms air in the pleural space. Carlos receives oxygen and is monitored closely. A chest tube is placed to help his lung expand.

Name:_____

Age:_____

Condition: _____

Main symptoms: _____

Possible cause / risk factor: _____

Immediate care: _____

Medical treatment: _____

🍀 CASE 4: PERITONITIS

Mrs. Gómez is a 60-year-old patient who arrives at the hospital with severe abdominal pain and fever. She feels nausea and cannot eat. During the physical examination, the abdomen is very tender. Blood tests show signs of infection. The doctor suspects inflammation of the abdominal lining. The patient is admitted to the hospital immediately. She receives intravenous fluids and antibiotics, and surgery is considered as part of the treatment.

Name:_____

Age:_____

Condition: _____

Main symptoms: _____

Possible cause / risk factor: _____

Immediate care: _____

Medical treatment: _____

🦠 CASE 5: HYPERGLYCEMIA

Luis is a 45-year-old man with a history of diabetes. He comes to the clinic because he feels very thirsty and needs to urinate frequently. He also reports fatigue and blurred vision. A blood glucose test shows very high sugar levels. The nurse checks his vital signs and monitors his glucose levels. The doctor adjusts his treatment plan and explains the importance of diet, medication, and regular monitoring.

Name:_____

Age:_____

Condition: _____

Main symptoms: _____

Possible cause / risk factor: _____

Immediate care: _____

Medical treatment: _____

✒️ CASE 6: CANCER (Second Scenario)

María is a 50-year-old woman who visits her doctor because she has felt a lump in her breast during self-examination. She has no pain but feels anxious. The doctor orders imaging tests, and later a biopsy is performed. The results confirm early-stage cancer. The medical team explains the diagnosis and discusses treatment options. Surgery is planned, and the patient will receive support from nurses throughout the process.

Name:_____

Age:_____

Condition: _____

Main symptoms: _____

Possible cause / risk factor: _____

Immediate care: _____

Medical treatment: _____

🧩 PART 11. LEXICAL PATTERNS (5 questions)

1. Find an example of a suffix from the text: _____

2. Find an example of a prefix: _____

3. Complete the collocation: cancer _____

4. Match: early – _____

5. medical – _____

T.SUE