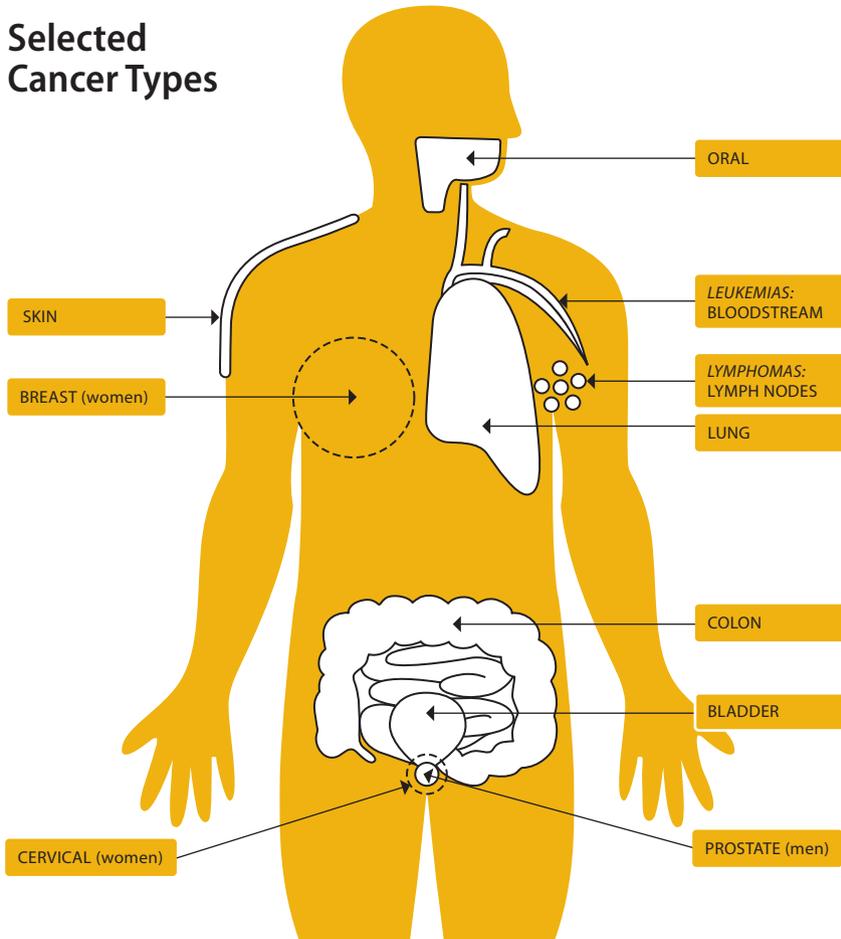


# CANCER PLAN BASICS

## Cancer Basics

- Cancer is the second leading cause of death in Maryland.
- Many cancers are preventable or can be successfully treated, especially if they are detected early.
- Cancer happens when abnormal cells divide and invade other tissues. This uncontrolled growth causes tumors.
- Tumors that cannot spread throughout the body are benign (not cancerous). Tumors that can spread throughout the body are malignant (cancerous).
- There are more than 100 different types of cancer.

## Selected Cancer Types



## What is Comprehensive Cancer Control?

**COMPREHENSIVE CANCER CONTROL IS A METHOD OF** communities working together to control cancer by:

- Reducing risk.
- Detecting cancers early.
- Improving treatment.
- Enhancing survivorship.

The Centers for Disease Control and Prevention (CDC) provides funding to every US state, and some tribes and territories for a Comprehensive Cancer Control Program. One of the roles of the program is to create and promote a Comprehensive Cancer Control Plan.

## What is the purpose of the Maryland Comprehensive Cancer Control Plan?

**THE PLAN IS A RESOURCE FOR ALL MARYLANDERS** (individuals, healthcare providers, and organizations) on cancer control topics. It is also a guide for health professionals who are involved in planning, directing, implementing, evaluating, or performing research on cancer control in Maryland.

Individuals, communities, and health professionals throughout the state can use the goals, objectives, and strategies in the plan to help guide their cancer control activities. The plan's goal is to encourage collaboration and cohesiveness among these many stakeholders as they work towards reducing the burden of cancer in Maryland.

**For more information on comprehensive cancer control, visit [www.marylandcancerplan.org](http://www.marylandcancerplan.org).**

## What can you do?

### Individuals

- Educate yourself. Read the plan!
- To lower your chances of getting cancer and other diseases:
  - Don't use tobacco. If you do, ask your doctor or nurse about quitting.
  - Get at least 30 minutes of physical activity on five or more days each week.
  - Eat plenty of vegetables, fruits, and whole grains, and only small amounts of red meat and high-fat dairy products.
  - Maintain a healthy weight.
  - Drink less alcohol, if you drink at all.
  - Protect yourself from the sun.
- Talk to your doctor about cancer screenings that are right for you.
- Support cancer-related organizations and efforts in the community.
- Advocate for policies that support cancer control.

### Healthcare Providers

- Be aware of the comprehensive cancer control planning efforts in Maryland.
- Educate patients about preventive behaviors, early detection, clinical trials, and survivorship groups.
- Participate in community cancer control efforts and work toward the elimination of disparities in underserved populations.
- Understand reporting requirements for cancer cases and report properly to the Maryland Cancer Registry.
- Advocate for policies that support cancer control.

### Local Health Departments and Community Organizations

- Use the plan as a guide when selecting and planning cancer control and research efforts.
- Promote wellness initiatives and events that encourage preventive behaviors and offer early detection opportunities.
- Advocate for policies, programs, and funding that support cancer control.

## Terms to Know

**CARCINOGEN** Any substance that causes cancer.

**HEALTHCARE PROVIDER** A health professional who delivers healthcare services. Providers may include doctors (internists, family physicians, pediatricians, surgeons, and specialists), nurse practitioners, physician assistants, dentists, and others.

**INCIDENCE** The rate of newly diagnosed cases during a specific time period. Cancer incidence rates in this plan are the number of cases diagnosed per 100,000 people in the given population.

**IN SITU** In its original place. When cancer is “in situ,” abnormal cells are found only in the place where they first formed. They have not spread. If left untreated, this form of cancer can become invasive.

**MALIGNANT** Cancerous. Malignant tumors can invade and destroy nearby tissue and spread to other parts of the body.

**MORBIDITY** A disease or the incidence of disease within a population. Morbidity also refers to adverse effects caused by a disease or a treatment.

**MORTALITY** The rate of deaths during a specific time period. Cancer mortality rates in this plan are the number of deaths per 100,000 people in the given population.

**PRIMARY PREVENTION** Action taken to decrease the chance of getting a disease or condition. Primary prevention of cancer includes avoiding risk factors

(such as smoking, obesity, lack of exercise, and radiation exposure), increasing protective factors (such as getting regular physical activity, staying at a healthy weight, and having a healthy diet), and having early pre-cancers removed before they become invasive.

**RISK FACTOR** Something that may increase the chance of developing cancer. Examples of risk factors for cancer include age, a family history of certain cancers, use of tobacco products, certain eating habits, obesity, lack of exercise, exposure to the sun or other radiation, exposure to other cancer-causing agents at work or at home, and certain genetic changes.

**SECONDARY PREVENTION** Action taken to find and treat a disease at the earliest possible stage. Secondary prevention of cancer includes screening examinations such as mammograms to screen for breast cancer, fecal occult blood testing to screen for colorectal cancer, and Pap tests to screen for cervical cancer.

**STAGE** The extent of a cancer in the body. Staging is usually based on the size of the tumor, whether lymph nodes contain cancer, and whether the cancer has spread from the original site to other parts of the body.

**TERTIARY PREVENTION** Action taken to treat and support people with an existing disease. Tertiary prevention of cancer includes providing appropriate services to minimize clinical complications, delay the advancement of the disease, reduce the risks of complication, prolong life, and promote quality of life.