

Cancer Fact Sheet

Diagnosis

- According to the American Cancer Society (2022), cancer is defined as, “a group of diseases characterized by the uncontrolled growth and spread of abnormal cells that can result in death if not treated”

Etiology

- Smoking and Tobacco
- Diet and Physical Activity
- Sun and Other Types of Radiation
- Viruses and Other Infections
- Genes/ Family History

Most Diagnosed Cancers

- Breast
- Childhood and Adolescent Cancer
- Colon and Rectum
- Kidney and Renal Pelvis
- Leukemia
- Liver
- Lung and Bronchus
- Lymphoma
- Oral Cavity and Pharynx
- Ovary
- Pancreas
- Prostate
- Skin
- Thyroid
- Uterine Cervix
- Uterine Corpus (Endometrium)

Prevalence

- 16.9 million Americans have history of a cancer diagnosis.
- 1.9 million Americans are expected to be diagnosed in 2022.
- Cancer is the second leading cause of death in the United States
- 80% of all cases are individuals 55 years and older
- 41 out of 100 men will develop cancer in the United States.
- 39 out of 100 women will develop cancer in the United States.
- 26% of cases for men are prostate.
- 30% of cases for women is breast.

Related Disorders/ Diagnosis Related Precautions

- Anxiety, balance problems and falling, blood clots, bowel and bladder problems, decreased cognitive ability, confusion and delirium, constipation, dehydration, depression, diarrhea, distress, diet changes, emotion and behavior changes, fatigue and weakness, fever, hair loss, hiccups, heartburn, hot flashes and sweating, incontinence, infections, infusion and immune reactions, leg cramps, low blood count, lymphedema, mouth sores, nail changes, nausea and vomiting, peripheral neuropathy, prostheses, seizures, shortness of breath, skin problems, sleep problems, urine retention, swelling, ascites, and edema and weight changes (ACS)

Risk Factors

- Advanced age: 55 years and older
- Risky behaviors and modifiable factors: smoking, increased body weight, drinking alcohol, and having unhealthy diet.
- Family history and genetic susceptibility.

Treatment Types

- Surgery
- Chemotherapy
- Radiation Therapy
- Targeted Therapy
- Immunotherapy
- Stem Cell or Bone Marrow Transplant
- Hormone Therapy

Impact on Occupation and Performance Skills

- **Motor skills:** A client undergoing cancer related treatments often experience symptoms of fatigue and pain associated with completing activities of daily living. Motor skills affected include the client's ability to endure and pace through an activity. The client's ability to complete a task specific activity is impacted by the individual's physical fatigue and the need to rest. As a result of these physical limitation experienced by the client, their ability to accurately pace an activity is impacted as well.
- **Process skills:** A client who has received a cancer diagnosis, often demonstrate limited processing skills associated with their illness. The client's ability to adjust to having a life threatening illness is often impaired. Client's often struggle with skills associated with accepting a cancer diagnosis and adapting to their new reality. Furthermore, individuals with a cancer diagnosis may lack the ability to choose and make executive decisions related to treatment. Processing skills are highly impacted as individuals with a cancer diagnosis navigate the healing process of a life-threatening illness.
- **Social Skills:** Social skills often impacted by a cancer diagnosis include the client's ability to express emotions and disclose information. Client's may have reservations displaying and disclosing emotions that stem from having cancer. The client's may reduce their social participation, as a result of maladaptive thoughts and feelings associated with coping with having a terminal illness. Also, individuals often limit expressing their emotions to prevent further distress of caregivers. The client may limit social interaction to distract from emotions being internalized.