

Cancer

Cancer is caused by abnormal cells that grow quickly. It is normal for your body to replace old cells with new ones, but cancer cells grow too fast.

Some cancer cells may form growths called tumors. All tumors increase in size, but some tumors grow quickly, others slowly.

Types of Tumors

- Sometimes tumors are not cancerous. These are called benign tumors. They are made up of cells much like those of healthy tissue. This kind of tumor stays in one area and does not spread to healthy tissues and organs.
- Cancer tumors are also called malignant tumors. Cancer from these tumors spread through the blood and lymph systems to other parts of the body.

When cancer spreads, it is called metastasis. Cancer cells travel through the body from the tumor, called the primary site, to other parts of the body.

Types of Cancer

There are many kinds of cancers.

- Carcinoma is the most common type of cancer. Lung, colon, breast, and ovarian cancers are often this type of cancer.
- Sarcoma is found in bone, cartilage, fat, and muscle.
- Lymphoma begins in the lymph nodes of the body's immune system. They include Hodgkin's and Non-Hodgkin's Lymphomas.
- Leukemia starts in the blood cells that grow in the bone marrow and are found in large numbers in the bloodstream.

Signs of Cancer

Signs of cancer depend on the type and location of the tumor. With some cancers, there may not be any signs until the tumor is large. Common signs include:

Rak

Rak je prouzrokovan brzim širenjem abnormalnih stanica. Za Vaše tijelo je normalno da zamijeni stare sa novim stanicama, ali stanice raka se šire previše brzo.

Neke kancerogene stanice mogu formirati izrasline zvane tumori. Svi tumori se povećavaju po veličini, ali neki tumori rastu brzo a neki sporo.

Vrste tumora

- Nekada tumori nisu kancerogeni. Oni se nazivaju benigni tumori. Oni su načinjeni od stanica koje su veoma slične onima sa zdravog tkiva. Ova vrsta tumora ostaje u jednom području i ne širi se na zdrava tkiva i organe.
- Kancerogeni tumori se nazivaju i maligni tumori. Karcinom iz ovih tumora se širi kroz krvne i limfne sisteme na druge dijelove tijela.

Kada se rak proširi, onda se naziva metastaza. Kancerogene stanice putuju kroz tijelo od tumora, zvanog primarno žarište, na druge dijelove tijela.

Vrste raka

Postoji veliki broj vrsta raka.

- Karcinom je najuobičajenija vrsta raka. Karcinom pluća, debelog crijeva, dojke i jajnika su često ova kategorija raka.
- Sarkom se nalazi u kosti, hrskavici, masnim naslagama i mišiću.
- Limfom nastaje u limfnim čvorovima tjelesnog imunostimula. On obuhvata Hočkinovi i nehočkinovi limfomi.
- Leukemija nastaje u krvnim stanicama koje rastu u koštanoj srži i nalaze se u velikom broju u krvotoku.

Simptomi raka

Simptomi raka zavise od vrste i lokacije tumora. Kod nekih oboljenja od raka mogu izostati bilo kakvi znaci sve dok se tumor ne poveća. Uobičajeni simptomi uključuju:

- Feeling very tired
- Weight loss that occurs without knowing why
- Fever, chills or night sweats
- Lack of hunger
- Physical discomfort or pain
- Coughing, shortness of breath or chest pain
- Diarrhea, constipation or blood in the stool

When a cancer is found, tests will be done to see if the cancer has spread to other parts of your body. Scans, x-rays and blood tests may be needed.

Your Care

Your doctor will decide what care is needed based on:

- The type of cancer
- How fast the cancer is growing
- Whether the cancer has spread to other parts of your body
- Your age and overall health

The most common cancer treatments are:

- Surgery to remove the tumor and nearby tissue
- Radiation in controlled amounts to shrink or destroy the tumor and cancer cells
- Chemotherapy medicine to slow the growth or destroy cancer cells
- Other medicines to treat side effects and help you heal better

- osjećaj velikog umora
- gubitak težine koji se pojavljuje bez znanja uzroka
- groznica, zimica ili noćno znojenje
- nedostatak apetita
- fizička neugodnost ili bol
- kašalj, nedostatak daha ili bol u prsima
- dijareja, konstipacija ili krv u stolici

Kada se otkrije rak, uradiće se pretrage da se utvrdi da li se rak proširio na druge dijelove Vašeg tijela. Mogu biti potrebna ispitivanja, rentgen i nalazi krvi.

Vaša njega

Vaš doktor će odlučiti koja vrsta njege Vam je potrebna utemeljeno na:

- vrsti raka
- brzini rasta raka
- da li se rak proširio na druge dijelove Vašeg tijela
- Vašoj starosti i cjelokupnom zdravlju

Najuobičajeniji tretmani liječenja od raka su:

- operacija radi uklanjanja tumora i okolnog tkiva
- zračenje u kontrolisanim količinama kako bi se smanjio ili uništio tumor i kancerogene stanice
- liječenje hemoterapijom radi usporavanje rasta ili uništavanja kancerogenih stanica
- druge vrste lijekova zbog tretiranja nuspojava i pomoći da se bolje izliječite

Prevention

You can reduce your risk of cancer by:

- Not smoking or using tobacco
- Using sunscreen, hats and clothing to protect your skin when outside
- Limiting the amount of alcohol you drink
- Limiting the amount of high fat foods you eat, especially from animal sources
- Eating plenty of fruits, vegetables and high fiber foods
- Being physically active
- Seeing your doctor each year. Cancer screenings may help find cancers at their early, most treatable stages.

Talk to your doctor or nurse about your cancer risks.

Prevenција

Možete smanjiti rizik od raka sa:

- ne pušenjem ili uzimanjem duhana
- korištenjem zaštitne kreme za sunčanje, šešira i odjeće da zaštitite svoju kožu kad ste napolju
- ograničavanjem količine alkohola
- ograničavanjem količine namirnica sa puno masnoće, naročito životinjskog porijekla
- uzimanjem puno voća, povrća i namirnica bogatih vlaknima
- fizičkom aktivnošću
- posjetama svom doktoru svake godine jer ispitivanje raka može pomoći u njihovim ranim fazama koje su najlakše za izlječivanje

Razgovarajte sa svojim doktorom ili medicinskom sestrom o svom riziku od raka.

8/2007. Developed through a partnership of Mount Carmel Health, Ohio State University Medical Center and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.org.

Cancer. Bosnian