Cancer Awareness

More than 1.7 million Americans will be newly diagnosed with cancer this year and, unfortunately, estimates are that by 2025 that rate will rise to about 2.1 million new cancer diagnoses each year, according to the National Cancer Institute. Part of this is because of an aging population. It can also be because better screenings and testing are identifying cancers that were previously missed.

There are more than 100 different types of cancer. The five most commonly diagnosed cancers in the U.S. are:

Breast cancer: About 13% of American women will be diagnosed with breast cancer sometime in their lives. It's the second most common cancer for women after skin cancer. Risk factors include a personal or family history of breast cancer, dense breast tissue and obesity.

Lung cancer: The U.S. government estimates there will be more than 228,000 new cases of lung cancer this year. Smoking causes most lung cancers, but nonsmokers can develop it as too. More people die from lung cancer than any other type of cancer. In addition to smoking, risk factors include exposure to secondhand smoke, a family history of lung cancer and exposure to environmental factors, such as radiation, air pollution and asbestos.

Prostate cancer: This is the most common cancer among men. The government estimates 174,000 men will be newly diagnosed this year. Risk factors for prostate cancer include age, a family history of prostate cancer and ethnicity.

Colorectal cancer: This type of cancer usually begins as a growth, also called a polyp, inside the colon or rectum. Finding and removing polyps can prevent colorectal cancer. Risk factors include age, family history of colorectal cancer, smoking, drinking more than three alcoholic beverages per day, obesity and a personal history of previous colorectal cancer, ovarian cancer or inflammatory bowel disease.

Melanoma: Skin cancer is the most common type of cancer. Melanoma is the type of skin cancer that's most likely to invade nearby tissue and spread to other parts of the body. Risk factors include fair skin, light-colored eyes, red or blond hair, a history of blistering sunburns and several large or many small moles.

Sources: **cancer.gov***

Join us for our next weekly meditation session on your computer or mobile device:
Topic: Self-Love Meditation
Wednesday, Sept. 25, 2019
8 to 8:10 a.m. Eastern time
Register today.

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