

In closing, the reader might be reminded that *anxiety about cancer* can be quite as crippling as cancer itself, and altogether unnecessary. The most complete examination is painless, simple, inexpensive (there are free clinics in most communities if you can't afford a trip to your regular physician at the moment) — there's nothing unpleasant about it at all.

And there's nothing more pleasant than to walk away from that clinic or doctor's office confident and carefree about

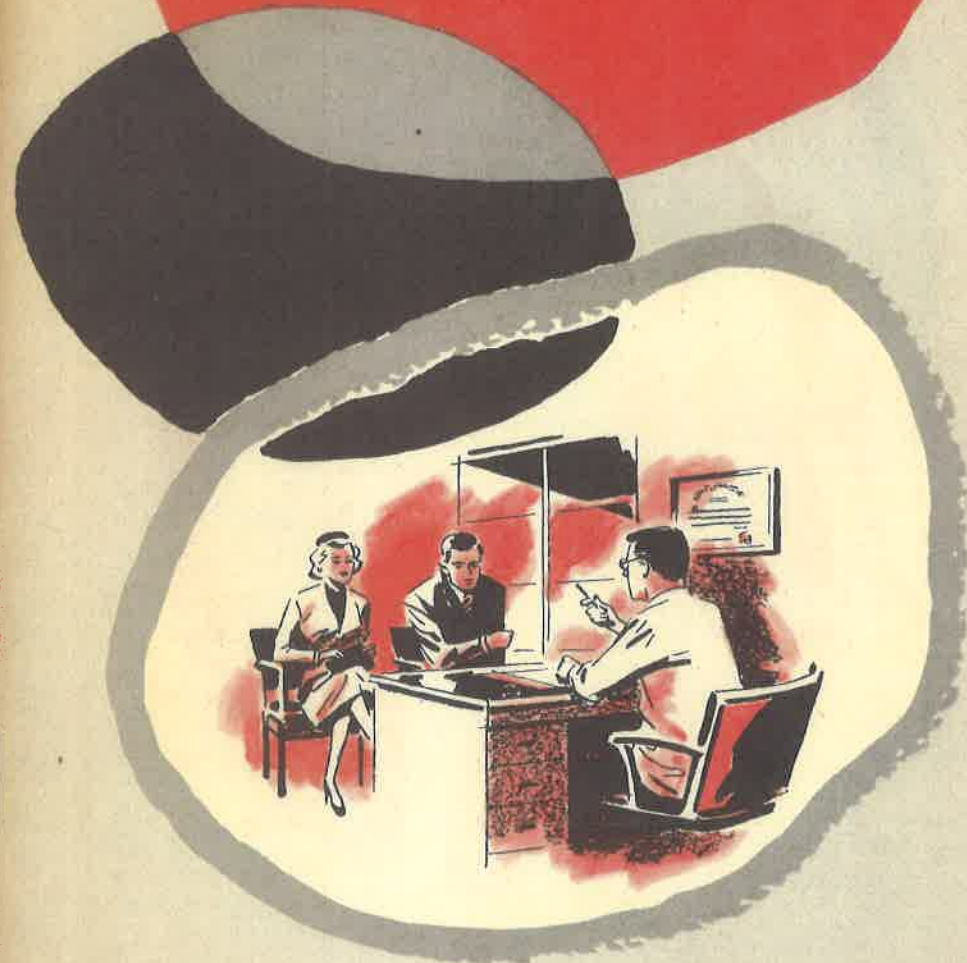
The Silent Enemy,
Cancer . . .

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WHAT YOU SHOULD KNOW ABOUT **CANCER**



*"Most forms of Cancer
can be checked
if caught early enough"*



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WHAT YOU SHOULD KNOW ABOUT **CANCER**

by ARTHUR KING

NEXT TO HEART DISEASE, more people in this country die from cancer than from any other illness.

For this reason fear of cancer has reached terrifying proportions. Some doctors try not to mention the word, but veil the reality in talk of "malignancy" or "unusual growth." Some women who find lumps in their breasts refuse to consult a physician and harbor the fear of cancer until, like a psychological malignancy, it takes its toll in sapped vitality and loss of peace of mind. Men who suspect they might have cancer sometimes in mistaken self-pity gradually withdraw from other people, denying life itself. What is lost through *fear* of cancer, totally without *proof* of cancer, in productive, joyous living is hard to estimate, but the fear of the disease sometimes does more actual harm than the disease itself.

For *most forms of cancer can be checked if caught early enough*. Malignant tissue can be expertly removed under the surgeon's knife, and a person can live a happy normal life for years afterward. A small piece of radium may be placed within a person's body which burns out the malignancy, leaving only scar tissue surrounded by healthy cells. And X-rays, radioactive treatment, and certain inhibitory drugs can now be used to prolong life.



But all the new knowledge we now have about combatting cancer is useless unless the battle is begun *early enough*, and more people made aware of the possible danger signals of cancer. If cancer were a public enemy to be captured, like Dillinger, the gangster of the 30's, the cure would be simple. Everyone would be informed through the press, the television, the radio, of the appearance of the killer, his identifying physical characteristics, his personality peculiarities. The net would be drawn tighter. Everyone would be on the alert, ready to call the police.

We must treat cancer in the same way and see a doctor at the first sign of danger.



All the time, medical men and research scientists labor to find the answer to what causes cancer and how to cure it. Industrial concerns all over the nation are cooperating by endowing private laboratories, buying new equipment for hospitals, setting up foundations for special study of the problem and contributing time and money to cancer drives. Some chemical and pharmaceutical houses screen all their new chemicals in hopes of finding a helpful drug. Individuals give their time and money in the search for a cure. The tight screen of fighters draws nearer. The encirclement has begun.

For cancer is not an enemy to be met face on, in battle. Cancer is a silent, creeping fifth column of the body. It infiltrates quickly, from one small point of beginning, into every part of the body. That is why it is so imperative, once the site of attack is identified, to act quickly to wipe it out. Once the enemy has spread, there is very little that can be done. Those who wait in fear, often die twice.



WARNING SIGNS OF CANCER

CANCER IS ACTUALLY AN AGGRAVATION of normal cellular development. The body is made up of cells which keep dividing and forming new cells until it has reached its full growth. Then the cells stop dividing, except when new ones are needed to keep the various parts in good repair. An example of this new cell growth is when a bone fracture mends or when a wound heals.

Sometimes, however, a cell or a group of cells may begin to run wild, destroying the healthy cells near them by depriving them of their blood and food supplies.

Most cells and tissues have special regulatory systems which keep them at their proper size. A tumor is formed when enough unregulated "wild" cells develop and become a mass of new tissue growth independent of its surrounding structures. Even then, there are two kinds of tumors — the *benign* (mild or harmless) and the *malignant*, or dangerous. The malignant tumor is what we call cancer because it spreads rapidly throughout the body, if unchecked, and can cause death. The benign tumor is usually a harmless growth that does not spread. Occasionally, benign tumors can change into malignant ones. That is why it is usually wise to have all suspect growths removed as soon as they are discovered.

We do not as yet know exactly what causes these cells to misbehave in certain persons and not in others. We know that although cancer is not inherited, there may be more of a tendency to develop it in some families than in others. Excessive exposure to sunlight is thought to be a possible origin of skin cancer. Other irritants, such as cigarette smoke, auto exhaust fumes, city soot and smog may be contributory agents in causing lung cancer.

On the whole, we know very little about the changes within the body cells which cause some cells to become cancerous. Once scientists are able to solve this mystery, they believe they will not only know how to cure cancer, but may also discover how to prevent the occurrence of the disease.

1. Any sore that does not heal, especially about the mouth, lips, or tongue.
2. Unusual bleeding or discharge from any body opening.
3. A lump or thickening anywhere in the body, especially in the mouth or breast areas.
4. Change in normal bowel habits.
5. Change in a mole or wart.
6. Persistent indigestion.
7. Persistent hoarseness, cough, or sore throat, or continued difficulty in swallowing.
8. Sudden loss of weight.



KINDS OF CANCER



THE VARIOUS TYPES OF CANCER may be grouped roughly as follows:

1. Digestive Tract Cancer. Cancer of the digestive tract occurs more frequently in men than in women. This form of cancer includes cancer of the rectum, the intestines, the stomach, and the esophagus. There is no reason to suppose that any kind of food or any way of preparing food can possibly be held responsible for cancer.

Since the early stages of cancer of the digestive tract very often show only slight symptoms of the disease, or none at all, your doctor should always include an examination for cancer in this area when you get your regular annual check-up. When symptoms do appear, very often they resemble those of an ulcer, so that any ulcer which does not respond completely to treatment must be suspected of being cancerous until proven otherwise.

If you have persistent indigestion, do not try to treat it yourself, but consult your doctor at once. Other warning signs are difficulty in swallowing, change in the bowel habits, continued gas or cramp pains, and the appearance of blood in the bowel movement.

The only treatment for cancer of the digestive tract is surgical removal of the affected part, except for cancer of the esophagus, which may respond to X-ray treatment.

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X-ray picture of cancer of the stomach

2. Skin Cancer. The most common form of cancer, and the simplest to deal with, is cancer of the skin. Since it is easy to detect, and can, in the main, be effectively treated by surgery, X-rays, or radium, it is curable in the great majority of cases, providing that the patient consults his physician before the disease has a chance to spread too far.

Suspected causes of skin cancer are excessive exposure to sun, to large amounts of X-rays, or to certain forms of chronic irritation. Sun bathers should avoid prolonged tanning; fair-skinned people might be wise to avoid any attempts to tan, for their skins are especially susceptible to cancer. Industrial workers who come into contact with chemicals should be especially careful to protect themselves. Old scar tissue from burns is a frequent site for cancer to start. Any rough or dry, scaly patches on the skin should also be brought to your physician's attention.

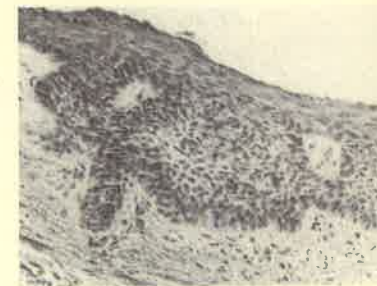
3. Lung Cancer. Although cancer of the lung was once rare, it is now the most common form among men. It has been claimed that such environmental factors as air pollution or heavy cigarette smoking may be responsible.

Anyone with a persistent cough or pain or discomfort in the chest should be examined by a physician at once. Lung cancer may sometimes be detected by means of the chest X-ray. While still localized, lung cancer can usually be checked by surgery or radiation therapy.

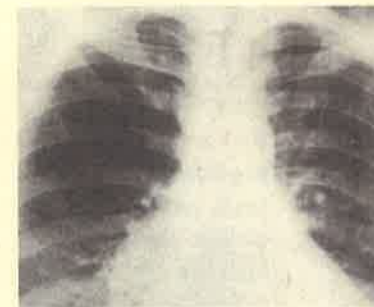
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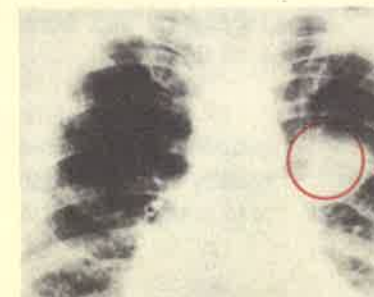
A microscopic section of normal skin



A microscopic section of early skin cancer



Normal lung fields



Actual X-ray of lung cancer





Actual photo of cancer cells.

Question: Which cells in this photomicrographic field are cancer?

Answer: The three lying side by side. The scattered cells are normal.

4. Cancer of the Mouth and Throat. Cancer of the mouth and throat is five times more frequent in men than in women. Since a doctor can detect it easily by an ordinary examination, it is again one of the easiest forms to cure.

People whose lips are cracked and dried from overexposure to the sun seem more susceptible to lip cancer, as are people who smoke pipes and cigars over a long period of time. Chronic sores or dry-feeling white patches in the mouth should be seen by a physician. Persistent hoarseness, difficulty in speaking, or trouble in swallowing are other danger signs. Watch out also for a lump or knot on one side of the neck.

Surgery, X-rays, or radium are all used to treat this type of cancer.

5. Cancer of the Breast. The most common form of cancer in women is cancer of the breast. Like all other types, its causes are, for the most part, unknown. Contrary to legend, a single blow or bruise cannot cause it, and nursing a child seems to decrease rather than increase the mother's susceptibility to breast cancer.

Lumps, variations in symmetry, and rashes or abnormal discharges are symptoms that should be brought to your doctor's attention.

Surgery is the only means by which breast cancer can be destroyed. Irradiation and hormone treatments are often used in conjunction with this.

6. Cancer of the Uterus. Cancer of the reproductive organs is more common among women than among men. When treated early, it is usually curable. Abnormal bleeding can be a cancer symptom in this area, and, if it should occur, you should see your doctor right away.

In any case, all women, especially those over thirty-five, should have a periodic health check-up that includes a thorough examination of the reproductive system. A smear test may even discover cells which, though not cancerous, appear sufficiently abnormal for the physician to be on the watch.

This form of cancer can be effectively treated by surgery, X-rays, radium, or a combination of all of these. Today, because of advanced surgical techniques, it is sometimes possible to cure cancer of the uterus even when it has reached one of its later stages.

7. Cancer of the Urinary Tract and Male Sex Organs. Cancer of the prostate and the bladder are among the commonest forms of cancer in men. Although the causes for most kinds of these cancers are not known, certain specific cases of bladder cancer have been traced to long exposure to specific dyes, and precautions have been taken against them.

Difficulty in urinating and the appearance of blood in the urine are among the danger signs here, as is pain in the lower part of the back, a sore on the genital organs that does not heal, and a painless enlargement in the testes. Every man over fifty should have an examination of his prostate at least once a year, since cancer of this area is apt to come without warning.

The best chance for cure in cancers of this type lies in surgery. Hormones also, while not providing a cure, have proven valuable for the treatment of advanced cases, especially when they are used together with castration.

8. Cancer of the Blood. Leukemia, Hodgkin's Disease, and lymphosarcoma are forms of cancer which, unlike other types of the disease, most frequently occur among young people and children, even babies. Treatment will only control cancer of the blood and blood-forming tissues; in the present state of medical science it cannot be completely cured.

Lumps in the neck, armpits or groin, especially when they are *not* sore or tender, call for prompt medical examination. Other possible symptoms of blood cancer are a loss of energy or appetite, all-over itching, apparently causeless bruises, persistent indigestion, and bleeding from the gums or body openings.



WHAT TO DO NOW ABOUT CANCER

THE PRINCIPAL THING FOR YOU TO REMEMBER is that the longer cancer is allowed to grow and spread through the body, the harder it is to destroy. That is why you must go to your physician or to a clinic for a careful examination as soon as you suspect that something *may* be wrong. Every day that you wait you lessen your chances for recovery.

This does not mean that, if none of the symptoms cited appear, you should omit your annual physical examination, for your doctor may be able to detect symptoms of which you were not even aware, because he knows where to look and what to look for. Remember that cancer usually does not give advance warning but strikes silently. There are two people who can help you fight it, your doctor and *yourself*. Half the cure lies in early diagnosis.

SUMMARY

HERE, IN QUESTION-AND-ANSWER FORM, are the facts you need to know about cancer and how to deal with it:

1. *What is cancer?*

Cancer is the wild growth of body cells.

2. *What causes cancer?*

Although it has been proven that certain coal tars and dyes cause cancer, the origin of most kinds of cancer is unknown, but medical science and the pharmaceutical industry are bending every effort toward answering this question.

3. *How can a doctor determine whether a growth is cancerous?*

By the excision of a piece of the suspected tissue and examining it under a microscope. This excision is known as a biopsy.

4. *What should you do if you think you have cancer?*

Go to your physician immediately for a complete check-up. Tell him what is disturbing you; don't wait to see if he can guess by himself.

5. *What should a complete cancer check-up include?*

Thorough inspection of the entire surface of the body.

Examination of heart, blood vessels, and lungs.

Sight and touch examination of such accessible organs as nostrils, ears, throat, mouth, chest, breasts, womb, and rectum, along with certain special tests for cancer of these organs that have been developed.

X-ray examination of the lungs.

X-ray examination of intestines and stomach where your physician feels such a procedure is indicated.

Microscopic examination of blood and any suspected tissue.

Urinalysis.

Where indicated, examinations of such other organs as the eyes and the bladder.

6. *Can any hospital diagnose and treat all kinds of cancer?*

Not all hospitals have adequate facilities for this purpose. Adequate facilities would include an operating room, a pathological laboratory for the microscopic diagnosis of tissues and suitable X-ray equipment. In addition, the hospital must have on its staff physicians with the requisite training in the use of this equipment.

7. *Is cancer a contagious or infectious disease?*

Cancer is *not* catching, since it is not due to a germ. There is no record of doctors or nurses catching cancer from their patients.

8. *How is cancer treated?*

By surgery, X-ray, radium, or a combination of these techniques.

Beware of patent medicines which are claimed can cure cancer. While certain new ethical drugs do produce beneficial effects in the treatment of cancer, such drugs should be used only under a doctor's supervision, and usually their effects are only temporary. Hormones and radioactive substances are being used in the treatment of cancer with promising results. New techniques are constantly being evolved which are able to save the lives of people whose illnesses would have proved fatal not so many years ago.

9. *How can deaths from cancer be reduced?*

By the doctor and his patient.

Early diagnosis.

Prompt and adequate treatment.

10. *How can cancer be controlled?*

By having a complete annual physical examination, regardless of whether or not any symptoms have appeared.

By promptly visiting your physician as soon as suspicious symptoms appear.

By your physician's constantly being on the alert for danger signals in all of his patients.

After diagnosis, treatment at the earliest possible moment.