



ChallengeME MONTHLY MINUTE



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Monthly topic:

Cancer Awareness



Cancer Basics:

Cancer is a group of more than 100 related diseases that all have to do with cells.

Cancer happens when cells that are not normal grow and spread very fast. Normal body cells grow and divide and know to stop growing. Over time, they also die. Unlike these normal cells, cancer cells just continue to grow and divide out of control and don't die when they're supposed to.

Cancer cells usually group or clump together to form tumors. A growing tumor becomes a lump of cancer cells that can destroy the normal cells around the tumor and damage the body's healthy tissues. This can make someone very sick.

Sometimes cancer cells break away from the original tumor and travel to other areas of the body, where they keep growing and can go on to form new tumors. This is how cancer spreads. The spread of a tumor to a new place in the body is called metastasis.

Cancer is treated with surgery, chemotherapy, or radiation — or sometimes a combination of these treatments. The choice of treatment depends on:

- the type of cancer someone has
- the stage of the tumor

Cancer-Related Terms

These are words that you may hear or read when talking about cancer:

- Benign:** a tumor that's not cancer
- Biopsy:** taking out a piece of tissue to see if cancer cells are in it
- Cancer:** a word used to describe more than 100 diseases in which cells grow out of control; or a tumor with cancer in it
- Chemotherapy:** the use of drugs to treat disease. The word most often refers to drugs used to treat cancer. Sometimes it's just called "chemo."
- Malignant:** having cancer in it
- Metastasis/Metastasized:** the spread of cancer cells to distant parts of the body through the lymph system or bloodstream
- Oncologist:** a doctor who treats people who have cancer
- Radiation therapy:** the use of high-energy rays, like x-rays, to treat cancer
- Remission:** when signs or symptoms of cancer are all or partly gone
- Stage:** a word that tells whether a cancer has spread, and if so, how far

52 Week Money Challenge

The holidays are approaching!
Don't forget to keep saving toward your holiday saving goal!

OCTOBER 2020

S	M	T	W	T	F	S	\$
27	28	29	30	01	02	03	\$40
04	05	06	07	08	09	10	\$41
11	12	13	14	15	16	17	\$42
18	19	20	21	22	23	24	\$43
25	26	27	28	29	30	31	\$44

Monthly Total: \$170
Grand Total: \$990

October is Breast Cancer Awareness Month.

Breast Cancer Awareness Month helps to increase attention and support for the awareness, early detection, and treatment as well as palliative care of this disease.

There are about 1.38 million new cases and 458,000 deaths from breast cancer each year. Breast cancer is by far the most common cancer in women worldwide, but can also occur in men. Uncertainty of the exact cause(s) of breast cancer makes early detection the cornerstone of breast cancer control. When detected early, there is a good chance that breast cancer can be cured. If detected late, however, curative treatment is often no longer an option.

Perform regular self-exams and notify your doctor if you notice any changes in your breast or a lump in your breast or underarm.

Coming Up November: Sleep

Comments, questions, ideas, or submissions?
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