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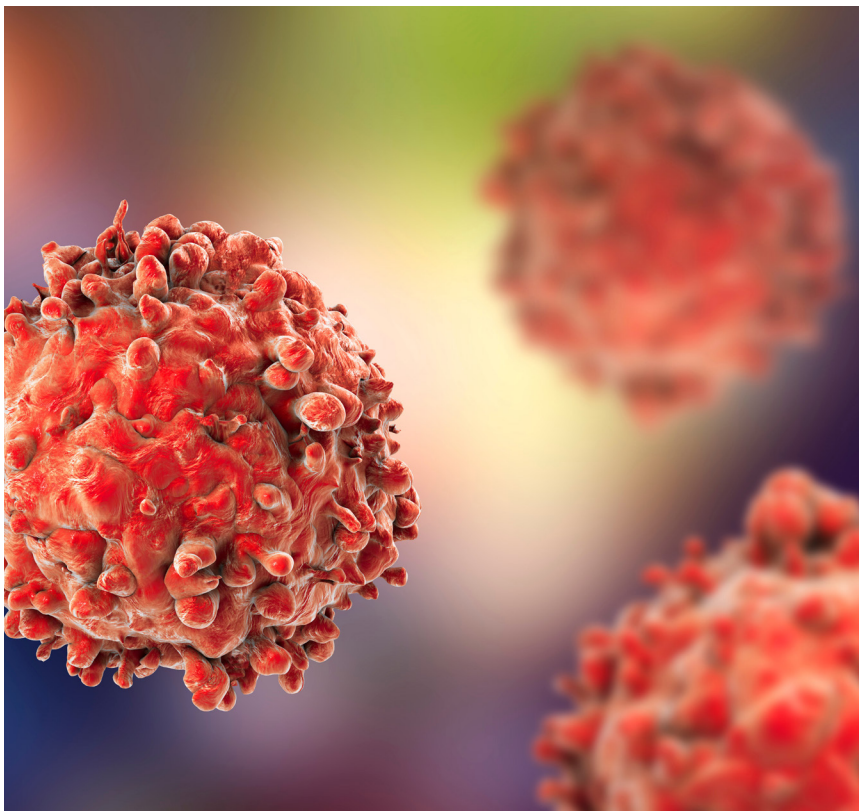
ADULT HEALTH BULLETIN



SEPTEMBER 2021

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THIS MONTH'S TOPIC: BLOOD CANCER



September is Blood Cancer Awareness Month, a time to focus and raise awareness about blood cancers including leukemia, lymphoma, and myeloma. This is important because every 3 minutes, someone in the U.S. is diagnosed with a blood cancer, and currently, more than 1.3 million Americans are living with or in remission from a blood cancer.

What exactly is blood cancer?

Cancer is caused by irregular cellular growth and behavior. Blood cancers occur when abnormal blood cells start growing out of control, interrupting the function of normal blood cells. Typically, blood cancer begins in the bone marrow or in the cells of the immune system.

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accommodated
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Make an appointment with your doctor if you have any persistent signs or symptoms that worry you.

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How many kinds of blood cancer exist?

The three main types of blood and bone marrow cancer are leukemia, lymphoma, and myeloma.

- **Leukemia** consists of all cancers of the blood cells. When people have leukemia, their bone marrow makes abnormal blood cells instead of normal blood cells. These abnormal blood cells grow out of control, get into the blood, and travel around the body. Leukemia prevents white blood cells from fighting infections in your body. Childhood leukemia accounts for about 25% of all cancers in children.
- **Lymphoma** includes any cancer that begins in cells of the lymph system, which is part of the body's immune system. Lymph nodes are located all over your body, including your neck, armpits, groin, chest, and abdomen. Because of this, lymphoma can develop anywhere in your body.
- **Multiple Myeloma** is a type of cancer that begins in plasma cells (white blood cells that produce antibodies). Abnormal plasma cells begin to form cancerous tumors in the bone marrow, eventually crowding out healthy cells, leading to low blood counts, thinning of bones, and risk of fractures.

Who is at risk for blood cancer?

Not everything is known yet about the reasons and risk factors for blood cancer. However, researchers and physicians believe that blood cancers develop from a combination of genetic and environmental factors. Smoking, radiation exposure, and exposure to industrial chemicals like benzene have all been linked to an increased risk for blood cancers.

What are the symptoms of blood cancer?

Each type of blood cancer is different, but they can share some common signs.

- Fever or chills
- Fatigue or weakness
- Headaches



- Bone and joint pain
- Weight loss
- Itchy skin or rash
- Swollen lymph nodes in the neck, underarms, or groin

Blood cancer is treatable when caught early. Be sure to make an appointment with your doctor if you have any persistent signs or symptoms that worry you.

REFERENCES:

- <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/blood-cancer>
- <https://www.yalemedicine.org/conditions/blood-cancers>
- <https://www.cancer.gov/types/leukemia>
- <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/multiple-myeloma>

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