

## Chapter 25 Lesson 2: Cancer

### Introduction:

Cancer is one of the most feared diseases in the United States. One thing that makes it so frightening is that its causes are not always clear. Many myths and misunderstandings have arisen about what causes cancer and how people can protect themselves against it. The American Cancer Society has created a Web site discussing some of the persistent myths surrounding the disease, and countering these myths with solid information the disease's causes and prevention.

### Links to Explore:

#### Myths and Half-Truths About Cancer

[http://www.cancer.org/docroot/PED/PED\\_11\\_Cancer\\_Myths.asp](http://www.cancer.org/docroot/PED/PED_11_Cancer_Myths.asp)

### Directions:

- Click on the “Myths and Half-Truths” Link and follow the links to these topics:
  - Early Lifestyle Choices
  - The Cancer Cure
  - Can Injuries Lead to Cancer?
  - Air Pollution Versus Smoking
  - Sunscreen Once a Day
  - Harmful Chemicals in Grilled Meats
  - The Risk of Dying from Cancer Today
- Once you have read this information, answer the following questions:
  1. Why is finding one all-encompassing cure for cancer unlikely?
  2. Are processed luncheon meats more healthful than grilled meat? Why or why not?
  3. If you use a waterproof sunscreen, how often should you need to reapply it during the day?
  4. Smoking a pack of cigarettes per day and living in a city with a lot of air pollution are both risk factors for lung cancer. Which is a greater risk, and by how much?
  5. Name four important early lifestyle choices that affect your risk of developing cancer.

### Answers:

1. Cancer is actually not one disease but many different diseases with different causes.
2. No. Processed meats contain carcinogens that may be even more harmful than the carcinogens in grilled meat.
3. About every 80 minutes, if you are swimming or perspiring
4. Smoking increases the risk of lung cancer by about 100 times as much as air pollution does.
5. The use of tobacco, your diet, the amount of physical activity you get, and your exposure to the sun

**Additional Links to Explore:**

Use the links below to gather additional information on the activity topic. When appropriate, have students extend their research to include important concepts contained in these Web sites.

**The American Cancer Society**

<http://www.cancer.org>

**The National Cancer Institute**

<http://www.cancer.gov/>

**Your Disease Risk: Cancer**

[http://www.yourdiseaserisk.harvard.edu/hccpquiz.pl?lang=english&func=home&page=cancer\\_index](http://www.yourdiseaserisk.harvard.edu/hccpquiz.pl?lang=english&func=home&page=cancer_index)