

# Cancer Awareness

Early detection is the best defense



# Cancer

Cancer is a complex and devastating disease characterized by the uncontrolled growth and spread of abnormal cells in the body. **It can develop in almost any organ or tissue, such as the lung, breast, skin, bone, or nerve tissue.**



The process of cancer development begins when a cell's DNA is damaged, which can occur due to various factors including genetic predisposition, lifestyle choices, and environmental exposures. This damage leads to mutations that affect normal cell growth and division. When these abnormal cells grow uncontrollably, they can form a mass called a tumor. **Tumors can be benign (non-cancerous) or malignant (cancerous).** Malignant tumors can invade surrounding tissues and spread to other parts of the body through the bloodstream or lymphatic system, a process known as metastasis.

## Types of Cancer

There are over 100 different types of cancers, each classified by the type of cell that is initially affected. Common types of cancer include:



**BREAST  
CANCER**

The most common cancer in women worldwide



**PROSTATE  
CANCER**

The most common cancer in men in many countries



**LUNG  
CANCER**

The leading cause of cancer death for both men and women



**COLON  
CANCER**

Cancer of the colon or rectum, affecting both men and women

## Cancer Risk Factors

Several factors can increase an individual's risk of developing cancer, including:



**Age:**

The risk of cancer increases with age.



**Lifestyle Choices:**

Smoking, excessive alcohol consumption, and poor diet.



**Genetics:**

A family history of cancer can increase risk.



**Environmental Exposures:**

Such as exposure to radiation or harmful chemicals.

## Prevention and Early Detection

While not all cancers can be prevented, many can be through lifestyle changes and regular screenings. Early detection of cancer can significantly improve the chances of successful treatment and survival. Screening methods vary depending on the type of cancer but may include physical examinations, blood tests, imaging tests, and biopsies.



## Treatment

Cancer treatment depends on the type of cancer, its stage, and the overall health of the patient. Common treatments include surgery, radiation therapy, chemotherapy, immunotherapy, and targeted therapy. In many cases, a combination of these treatments is used.



## The Importance of Support



A cancer diagnosis can be overwhelming, not only for the patient but also for their loved ones. Support from healthcare professionals, family, friends, and cancer support groups can be invaluable during treatment and recovery. **MetLife has a unique Cancer Support Program for our insureds.**

Please do send us your feedback at [well-being@metlife.ae](mailto:well-being@metlife.ae). It will help us improve this newsletter if we hear that our content has made a difference in your wellbeing. We are keen to listen to you and to improve for you.

This information is intended to provide general guidance on health and wellness matters and is not medical advice. MetLife is not responsible for the accuracy of this information, which may not apply to your particular circumstances, so you rely on it at your own risk. You should always consult a licensed health care professional for the diagnosis and treatment of any medical condition and before starting or changing your health regimen, including seeking advice regarding what drugs, diet, exercise routines, physical activities or procedures are appropriate for your particular condition and circumstances.