# Answers to Questions in the Workbook, Chapter 42, Caring for People With Cancer

Activity A FILL IN THE BLANKS

* 1. The word *cancer* comes from the Greek word *karkinos*, or crab.
  2. A tumor is an abnormal growth of tissue.
  3. Tumors that are not cancerous are called benign.
  4. *Benign* means kind.
  5. Cancerous tumors are called malignant.
  6. *Malignant* means evil.
  7. The process by which cancer cells spread from their original location in the body to a new location is called metastasis.

Activity B SHORT ANSWER

1. A tumor can be described as benign when it is easily treated because it is made of cells that divide slowly and have the tendency to stay together without spreading into surrounding tissues. The only danger associated with benign tumors is that an untreated benign tumor can enlarge and press on vital organs, which can cause serious problems (or even death), depending on the organs that are affected.

2. Malignant tumors usually cause death due to their ability to metastasize, or spread. The cancer simply takes over the body.

3. Common types of cancers include (1) skin cancer, (2) lung cancer, (3) breast cancer, (4) brain cancer, (5) colon cancer, (6) ovarian cancer, (7) prostate cancer, (8) leukemia, and (9) lymphoma.

Activity C CHOOSE THE RIGHT ANSWER

1. X

2. X

3.

4. X

5. X

6.

7. X

* 2. X
  3. X

Activity D CHOOSE THE RIGHT ANSWER

1. Colon cancer

2. Skin cancer

3. Oral cancer

4. Uterine cancer

5. Bladder or kidney cancer

6. Breast cancer

7. Cancers of the digestive system

8. Cancers of the respiratory tract

Activity E SHORT ANSWER

The eight warning signs of cancer are (1) change in bowel or bladder habits; (2) a sore that does not heal; (3) unusual bleeding or discharge; (4) thickenings or lumps; (5) indigestion or difficulty in swallowing; (6) obvious change in a wart or mole; (7) nagging or persistent cough or hoarseness; and (8) sudden weight loss.

Activity F FILL IN THE BLANKS

1. Examples of screening tests include mammograms (used to detect breast cancer) and Pap smears (used to detect cervical cancer).

2. Exploratory surgery is performed when a person is thought to have a significant medical problem but the doctors do not know exactly how bad the problem is or exactly what is causing it.

3. Imaging studies, such as x-rays, computed tomography (CT) scans, and magnetic resonance imaging (MRI) scans, allow the doctor to see the tumor without actually entering the body.

4. Endoscopic studies involve the use of a special lighted instrument to look inside the body and obtain tissue or fluids for analysis.

5. Bronchoscopy involves using a scope that is passed into the lungs through the mouth.

6. Gastroscopy involves the use of a scope that is passed into the stomach through the mouth.

7. Colonoscopy involves passing a scope into the large intestine through the anus.

8. Biopsy is the surgical removal of cells or a small piece of tissue for microscopic examination.

Activity G TRUE OR FALSE

1. F. SURGERY involves cutting away the tumor and surrounding tissue to remove the cancer and stop the spread of the disease.

2. T

3. F. CHEMOTHERAPY involves the use of medications (chemical agents) to destroy the cancer cells.

4. F. RADIATION THERAPY involves the use of powerful x-ray beams or radioactive implants to destroy the cancer.

5. F. CURATIVE surgery is only performed with the goal of curing the person of cancer by completely removing the cancerous cells from the body.

6. F. When the cancer cannot be cured, the goal of treatment is to make the person as comfortable as possible until death occurs. This sort of treatment is referred to as PALLIATIVE.

7. F. ALOPECIA means the loss of hair.

8. T

Activity H SHORT ANSWER

1. There are three main approaches to treating cancer: surgery, radiation therapy, and chemotherapy. The approach used by the doctor depends on the type of cancer and the extent to which the cancer has spread to other tissues and organs. Treatment methods also may be used alone or in combination with each other, depending on the type and extent of the cancer.

2. Radiation therapy involves the use of powerful x-ray beams or radioactive implants to destroy the cancer cells. The beams are directed at the tumor to destroy the cells. Sometimes, tiny pellets that contain radiation are placed inside the tumor so that the cells are destroyed from the inside.

3. Chemotherapy involves the use of medications (chemical agents) to destroy the cancer cells. Chemotherapy works by killing cells that divide rapidly, such as cancer cells.

4. Chemotherapy can cause the hair to fall out; surgery can result in the removal of a body part.

Activity I SHORT ANSWER

1. Pain: Report observations of pain to the nurse immediately; watch for side effects of pain medications, such as constipation

2. Nausea and vomiting: Provide frequent mouth care, offer ice chips, accommodate requests for foods that are appealing whenever possible

3. Skin irritation: Provide gentle, thorough skin care

4. Stomatitis: Offer drinks blended with ice, ice cream, yogurt, and fruit; provide frequent gentle oral care; use special numbing mouthwash

5. Fatigue: Encourage mild exercise in between periods of rest

6. Increased risk for infection: Practice good infection control methods

Activity J SHORT ANSWER

1. The word *cancer* is very frightening to many people, because the disease is so often associated with death. A person who has cancer may fear the side effects of treatment as well. They may worry about how their body will look during treatment or following surgery. The person may be afraid of experiencing a great deal of pain as a result of the cancer or treatment. The person may worry that even if the cancer is treated successfully now, it may return later in life.

2. A nursing assistant provides holistic care when they accept and support a cancer patient’s decisions without judgment, even if what the patient has decided to do is not what the nursing assistant would decide to do, if they were in the same situation.

Activity K JUMBLED WORDS

1. TUMOR

2. BENIGN

3. MALIGNANT

4. METASTASIS

5. STOMATITIS

6. PROGNOSIS

7. BIOPSY