



cancer

THE WAY OF THE HEART: THE PROMOTORA INSTITUTE

The cancer program provides community members with the tools necessary to reduce risk and increase early detection of cancer. Delivered as a talk among friends, technical terms and concepts are explained in ways most people can understand. These modules can be taken separately or as part of an overall training:

Cancer—an Overview covers what cancer is, the different types of tumors and what they mean, risk factors, signs and symptoms and what to do if you suspect you have cancer.

Lung cancer covers how lungs are affected by contaminants in the environment, especially second hand smoke. This session teaches you to recognize the differences in respiratory illnesses such as bronchitis, asthma, emphysema, and lung cancer.

Breast cancer covers how tumors evolve, recommended screenings for early detection, diagnostic tests, treatments, side effects, exercise and prosthesis. Women are taught how to exam their own breasts at the right time of the month.

Cervical cancer covers the stages of the disease as well as how to make this disease 100% preventable by taking the steps covered in this session. The role of certain types of the human papilloma virus (HPV) in the development of cervical cancer is also discussed.

Colon cancer covers the importance of diet and healthy habits for prevention of the disease. Signs and symptoms that may indicate the presence of this type of cancer are also discussed.

Prostate cancer covers the different types of screening examinations, signs and symptoms, and treatment options. The latest information on the effectiveness of some nutritional supplements in reducing risk is also discussed.

Skin cancer covers the dangers of sun exposure, sunscreens, how to identify skin lesions, and the best ways to protect yourself and your family.

Support groups are available for cancer survivors. For more information please call promotora de salud, Blanca Acosta



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