



## September is Childhood Cancer Awareness Month

September is a time to commit to raising childhood cancer awareness all year. Pledge to bring awareness to your community.

### What are the most common types of childhood cancers?

The types of cancers that occur most often in children are different from those seen in adults. The most common cancers of children are:

-  Leukemia.
-  Brain and other central nervous system tumors.
-  Neuroblastoma.
-  Wilms tumor(found in kidneys).
-  Lymphoma (including both Hodgkin's and non-Hodgkin's).
-  Rhabdomyosarcoma.
-  Retinoblastoma.
-  Bone cancer (including osteosarcoma and Ewing's sarcoma).

### Risk factors:

Familial and genetic factors are identified in 5-15% of childhood cancer cases. In <5-10% of cases, there are known environmental exposures and exogenous factors, such as prenatal exposure to tobacco, X-rays, or certain medications. Aspects that make the risk factors of childhood cancer, which are different from those seen in adult cancers, include:

-  Different, and sometimes unique, exposure to environmental hazards. Children must often rely on adults to protect them from toxic environmental agents.
-  Immature physiological systems to clear or metabolize environmental substances.
-  The growth and development of children in phases known as "developmental windows" result in certain "critical windows of vulnerability".

### Can childhood cancers be prevented?

Unlike many cancers of adults, there are no lifestyle-related risk factors (such as smoking) that are known to influence a child's risk of getting cancer. Very few environmental factors, such as radiation exposure, have been linked with childhood cancer risk. Even then, in many cases exposure to radiation may be unavoidable, such as if the child needs radiation therapy to treat another cancer. If a child does develop cancer, it is important to know that it is extremely unlikely that anything could have been done to prevent it.

Rarely, a child might inherit genetic changes that make him or her very prone to develop a certain kind of cancer. In such cases, doctors may sometimes recommend preventive surgery to remove an organ before cancer has a chance to develop there.

**Reference Links:**

-  <http://www.cancer.org/cancer/cancerinchildren/detailedguide/cancer-in-children-preventing-childhood-cancers>
-  <https://acco.org/AwarenessAdvocacy/Awareness/ChildhoodCancerAwarenessMonth.aspx>
-  [http://en.wikipedia.org/wiki/Childhood\\_cancer](http://en.wikipedia.org/wiki/Childhood_cancer)

**For any enquiry or assistance please contact:** [wellness@medicaretpa.co.in](mailto:wellness@medicaretpa.co.in)

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