



September is Leukemia Awareness Month

As the month of September brings leukemia and lymphoma into focus, it is time to increase public understanding of these diseases, including their prevalence, approaches to screening and prevention, treatment options, and resources that offer updated leukemia and lymphoma information throughout the year.

Leukemia and lymphoma are both hematologic malignancies, meaning that they involve the blood or bone marrow. Staying informed with the latest news on prevention, screening, and treatment is an important step in reducing your risk of developing leukemia or lymphoma or achieving the best possible outcome from treatment. Access to current, in-depth treatment information can help you choose optimal care.

- 🦋 **Definition:** Leukemia is cancer of the body's blood-forming tissues, including the bone marrow and the lymphatic system. Leukemia usually starts in the white blood cells. Your white blood cells are potent infection fighters — they normally grow and divide in an orderly way, as your body needs them. But in people with leukemia, the bone marrow produces abnormal white blood cells, which don't function properly.
- 🦋 **Causes:** Scientists don't understand the exact causes of leukemia. It seems to develop from a combination of genetic and environmental factors.
- 🦋 **How leukemia develops?** In general, leukemia is thought to occur when some blood cells acquire mutations in their DNA — the instructions inside each cell that guide its action. Other changes in the cells that have yet to be fully understood could also contribute to leukemia.

Certain abnormalities cause the cells to grow and divide more rapidly and to continue living when normal cells would die. Over time, these abnormal cells can crowd out healthy blood cells in the bone marrow, leading to fewer healthy blood cells and causing the signs and symptoms of leukemia.

Leukemia – Prevention:

There is no known way to prevent most types of leukemia.

Some types of leukemias may be prevented by avoiding high doses of radiation, exposure to the chemical benzene, smoking and use of other tobacco products, or certain types of chemotherapy used to treat other types of cancer.

Reference Links:

- 🦋 <http://news.cancerconnect.com/september-is-national-leukemia-and-lymphoma-awareness-month-2/>
- 🦋 <http://www.lls.org/waystohelp/awareness/>
- 🦋 <http://www.webmd.com/cancer/tc/leukemia-prevention>
- 🦋 <http://www.mayoclinic.org/diseases-conditions/leukemia/basics/causes/con-20024914>

For any enquiry or assistance please contact: wellness@medicaretpa.co.in

Disclaimer: No information contained here should be relied on in making health decisions. Always check with your doctor or other health care provider.