

|                           |  |
|---------------------------|--|
| Control of the cell cycle |  |
| Title: LEARNING TARGETS   |  |

What is cancer?

a result of changes in one or more genes that produce enzymes that are involved in controlling the cell cycle - these changes are expressed as cancer when something prompts the damaged genes into action

Cancerous cells form masses of tissue called tumors that deprive normal cells of nutrients

in later stages, cancer cells enter the circulatory system and spread throughout the body, a process called metastasis, forming new tumors

What causes cancer?

difficult to pinpoint b/c both genetic + environmental factors are involved

ex) cigarette smoke, air/water pollution, exposure to UV radiation from sun, viral infections

prevention

→ healthy diet =

- ↓ fat + ↑ fiber
- Carotenoids
- Vitamins A, C, E
- calcium

healthy lifestyle =

- daily exercise
- no tobacco use
- use sunscreen