



Newsletter

CANCER CONSULTANTS OF AMERICA

BRIDGING THE GAP BETWEEN CANCER AND UNDERSTANDING®

Cancer Answers

Inflammation...

🔥 Gasoline to a Cancer Fire 🔥

In the medical community, there are differences between signs and symptoms for medical conditions. Signs are physical characteristics, such as swelling, that are experienced by a patient and can be observed by an onlooker. In contrast, symptoms are experienced only by the patient, such as a headache, and are not necessarily observable. The four basic signs of inflammation can be remembered by describing the physical characteristics of a mosquito bite: swelling, redness, localized heat, and pain (itching). These signs result from the four activities of inflammation: vasodilation, immune cell migration, tissue destruction, and tissue repair. Vasodilation is a physiological mechanism that provides more blood flow to the injured site and subsequently brings more immune cells to begin the repair process. These immune cells destroy the damaged tissue and initiate the growth of new tissue by releasing powerful cellular growth factors to stimulate the production of new cells. Ultimately, these cells will replace the area of damaged tissue.

In a healthy context, inflammation is beneficial to the body because it repairs damaged tissue and replaces it with healthy cells. However, this process can also enable cancer cells to grow at an exceptional rate because inflammation supplies these malignant cells with everything they need to form a tumor. The mechanism of vasodilation provides the cancer cells with nutrient-rich blood that contains cellular growth factors. In response, the cancer cells proliferate and grow uncontrollably to produce even more cancer cells. The growing mass of cancer cells requires more nutrients for its growth, and to keep up with the increasing demand for nutrients, new blood vessels grow to the site of the tumor. At the same time, the growing tumor needs more space for growth within the surrounding tissue. The inflammation activity of tissue destruction destroys the surrounding healthy tissue to create more space for the growing tumor. Thus, the tumor cells and immune cells work together to destroy the healthy tissue surrounding the tumor/inflammation site, leading to the area that was once occupied by healthy cells to be replaced with the newly formed cancer cells of the tumor.

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This is how cancer cells can cause death: by removing healthy cells that the body needs. Healthy tissue is composed of cells that benefit a person. Once healthy cells are destroyed and replaced with cancer cells, the body is robbed of the benefits supplied by the healthy cells. Taken together, inflammation can support cancer growth through the destruction of important healthy cells.

By reducing unnecessary inflammation, we can reduce the risk of cancer development. A major culprit of unnecessary inflammation is obesity. The National Institutes of Health (NIH) reports that approximately 40% of Americans are considered obese. Obesity causes stress on the body which triggers inflammation. For example, excess adipose tissue (fat) increases body mass. This extra mass puts stress on skeletal joints of the body leading to inflammation at these areas. Moreover, the extra fat along the abdomen causes excess pressure on soft tissues, such as the digestive system, leading them to be inflamed. Simply by losing weight, an obese person can significantly reduce the levels of inflammation throughout their body. By reducing inflammation, the risk of cancer can be reduced, resulting in a longer life with fewer health complications.

Submit your **Cancer Answers** topics to info@CancerConsultantsOfAmerica.com

We Are Available to You





Please contact us today if you would like more information about how our services can benefit you and your family.


Services:


- Individual and Family Cancer Education
- Medical Appointment Liaison Services
- Information Seminars and Public Speaking Events


Fun Facts – March


Cancer Awareness Month:


- Colorectal Cancer (Dark Blue) 
- Anal Cancer (Purple/Green) 
- Kidney Cancer (Orange) 
- Myeloma (Burgundy) 


March 1 – National Pig Day 

March 3 – Total Lunar Eclipse 

March 8 – Daylight Saving Time (Spring Forward) 

March 17 – St. Patrick's Day 

March 20 – First Day of Spring (Northern Hemisphere) 

March 31 – National Crayon Day 


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March 2026