

## **Brief overlook at Colon Cancer:**

**Colorectal cancer**, also known as **bowel cancer**, **colon cancer**, or **rectal cancer**, is any **cancer** that affects the **colon** and the rectum. The American **Cancer** Society estimates that about 1 in 21 men and 1 in 23 women in the United States will develop **colorectal cancer** during their lifetime.

Most **colorectal cancers start** as a growth on the inner lining of the **colon** or rectum. These growths are called polyps. Some types of polyps can change into **cancer** over time (usually many years), but not all polyps become **cancer**. The chance of a polyp changing into **cancer** depends on the type of polyp it is.

### **Requires a medical diagnosis**

Colorectal cancer symptoms depend on the size and location of the cancer. Some commonly experienced symptoms include changes in bowel habits, changes in stool consistency, blood in the stool, and abdominal discomfort.

### **People may experience:**

**Pain areas:** in the abdomen

**Gastrointestinal:** blood in stool, change in bowel habits, constipation, narrow stools, or passing excessive amounts of gas

**Whole body:** anemia or fatigue

**Also common:** abdominal discomfort or weight loss

### **Treatment depends on stage**

Colorectal cancer treatment depends on the size, location, and how far the cancer has spread. Common treatments include surgery to remove the cancer, chemotherapy, and radiation therapy.

#### **Surgery**

##### **Lymph node dissection**

Surgical removal of a lymph node.

##### **Colectomy**

Surgical removal of all or part of the colon.

## **Brief overview of Kidney Cancer Signs and Symptoms:**

Early kidney cancers usually do not cause any signs or symptoms, but larger ones might. Some possible signs and symptoms of kidney cancer include:

- Blood in the urine (hematuria)
- Low back pain on one side (not caused by injury)
- A mass (lump) on the side or lower back
- Fatigue (tiredness)
- Loss of appetite
- Weight loss not caused by dieting
- Fever that is not caused by an infection and that does not go away
- Anemia (low red blood cell counts)

These signs and symptoms can be caused by kidney cancer (or another type of cancer), but more often they are caused by other, benign, diseases. For example, blood in the urine is most often caused by a bladder or urinary tract infection or a kidney stone. Still, if you have any of these symptoms, see a doctor so that the cause can be found and treated, if needed.

**Kidneys** make **urine**, so when **the kidneys are failing, the urine** may change. How? You may urinate less often, or in smaller amounts than usual, with **dark-colored urine**.

There is no **blood test** that **can** diagnose **kidney cancer**. But a complete **blood count** (CBC) and **blood chemistry test can** show signs in the **blood** that are linked with **kidney cancer**.

## **Brief overview of Multiple Myeloma:**

Multiple Myeloma is a type of blood cancer that starts in white blood cells called plasma cells, which help your body fight infections. Mutations occur when the genetic material in plasma cells changes, causing plasma cells to become problematic myeloma cells. As myeloma cells multiply, they crowd out normal blood cells inside bone marrow, and that's when symptoms can appear.

### **Requires a medical diagnosis**

Symptoms may not be present or may be non-specific, such as loss of appetite, bone pain, and fever.

### **People may experience:**

**Pain areas:** in the back or bones

**Whole body:** anemia, fatigue, or loss of appetite

**Also common:** constipation, hypercalcemia, kidney damage, or weight loss

**Your doctor may suspect you have Multiple Myeloma based on medical history and signs and symptoms such as:**

- Pain
- Fatigue
- Infections
- Kidney failure
- Easy bruising or bleeding

**To confirm your diagnosis, doctors may run a variety of blood and/or urine tests, scans, and genetic tests.**

While there is no cure at this time, people may be able to manage their symptoms through treatment and guidance from their healthcare provider.

**Most patients with Multiple Myeloma will receive multiple types of treatment that may include:**

- Stem cell transplant
- Chemotherapy
- Antibody therapy
- Immunomodulators to help your immune system find and fight cancer.
- Proteasome inhibitors that act on specific features of the cell.

These treatments for Multiple Myeloma work in different ways and your doctor may choose to combine some of them.