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### Myths

- Myth#1.** **Cancer is contagious and infectious - FALSE.**  
**No.** Cancer is not catching and is not transferred from one person to another.
- Myth#2.** **Cancer can be transmitted by kissing or casual contact between persons**  
**No.** No scientific basis whatsoever.
- Myth#3.** **Mental condition influences the course of cancer - FALSE.**  
**No.** Cancer is a physical and biological, not a mental phenomenon.
- Myth#4.** **Irregular food habits cause cancer of stomach - FALSE.**  
There is no scientific evidence that it will, since cancer of the stomach may occur in people who eat most
- Myth#5.** **All moles will become cancers and should be removed - FALSE.**  
**No.** A flat colorless mole is **bluish black hairless moles**, especially when **Any**

**Myth#6.**

**Cancer cannot be controlled by any means - FALSE.**

Visiting a clinician forthwith on the appearance of a warning sign of cancer could well save your life. After

**Myth#7.**

**Pain is the earliest symptom of cancer - FALSE.**

**No.**

Except in a cancer involving bone or nerve tissue, pain usually is a late symptom.

**Myth#8.**

**Piles often turn into cancer - FALSE**

**No.**

Piles or hemorrhoids are merely enlarged veins in the rectal wall. Cancer is occ

**Myth#9.**

**One should wait before consulting a physician as the symptoms may not b**

The sooner it is found, the lesser is the likelihood of it having spread to other parts of the body. The high

**Myth#10.**

**Cancer is incurable - FALSE.**

Although 'cure' is a very tricky term when applied for cancer, nevertheless, it certainly cannot be called

**Myth#11.**

**Cancer research is difficult and there is not much progress - FALSE.**

Real progress is being [made](#) in cancer research and the emphasis on targeting of the disease by the

Scientists are routinely [conducting](#) out exhaustive

Oncology, the study & management of cancer, is the fastest evolving branch of modern medicine today.

**Myth#12.**

**All breast lumps are cancerous - FALSE.**

**No.**

Only a small percentage of lumps are cancers. But a specialist must rule this out

**Myth#13.**

**Children often do not suffer from cancer - FALSE.**

There is no age exempt from cancer. In fact, certain cancers like those in the blood and in the eyes occ

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### Three Myths about Nausea and Sickness.

**Myth#1. All cancer treatment makes you feel sick. - FALSE.**

In fact, each person reacts differently to cancer therapy. Some people experience nausea, others don't

**Myth#2. There are no medicines for nausea and sickness caused by cancer therapy.**

Medicines are available [antiemetics](#) which can help you feel better. These medicines are called

**Myth#3. Getting sick means the cancer treatment is working. - FALSE.**

Whether treatment makes you sick or nauseous has no bearing on its effectiveness. Each person reacts

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### Four Myths about Pain Medication.

**Myth#1. Only take pain medication when you have severe pain. - FALSE.**

**Facts.**

Do not wait to take medication until the pain becomes bad. Pain is easier to control when it is mild than

If you are in pain, alerting your doctor or nurse right away; and getting help sooner rather than later, often

There are many medicines used to treat cancer pain. Your doctor may prescribe one or more of the following:

- **Non-opioids** (that is, drugs **not** derived from opium or opium derivatives)
- **Opioids** (derived from opium) such as morphine and codeine can be prescribed for pain.
- **Antidepressants and anticonvulsants** for the tingling and burning pains associated with cancer.
- **Steroids** (such as prednisone) are particularly effective for pains caused by swelling.

Most of these medicines are available in pill form. In some cases, however, they may be given in other forms.

There are also some non-medical treatments for relieving pain that you can do yourself. Some relaxation techniques include:

- Slow, rhythmic, breathing.
- Simple touch, massage or warmth (heat packs).
- Focussing on peaceful memories or things you would like to do.
- Listening to music.

These should never be used in place of medications your doctor has prescribed for you, but along with medications.

**Myth#2. Pain medications are addicting. - FALSE.**

**Facts.**

People do not get high on pain medication, and most pain medications are non-addictive. Opioids like morphine

**Myth#3. Over time, the medication will stop working. - FALSE.**

**Facts**

The medication never stops working, but sometimes your body will get used to it and develop what is called tolerance.

Perhaps the most important thing you can do to manage your pain is to take it together, you should take your pain medication on a regular schedule.

To help your pain medication work best, be sure to take it on a regular schedule. If you are having trouble taking your medication, talk to your doctor.

You may want to keep a record of how your pain medication is working, so that you can discuss it more easily with your doctor.

- Constipation.
- Nausea and vomiting.
- Sleepiness.
- Slowed breathing.
- Dizziness.
- Rashes.

If you experience any of these after taking pain medication, you should contact your doctor immediately.

For constipation, you are encouraged to drink lots of liquids and to eat more fruits and vegetables.

Some patients will have [radiation therapy](#) (treatment with medicines) to help control the pain. These medicines can be used to help control the pain.

**Myth#4. It is better to live with pain than to complain too much. - FALSE.**

**Facts.**

Controlling pain is an important part of your care, so you should always tell your doctor or nurse when you are in pain.

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