

## Cancer becoming common among young adults

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While young adults are more likely to survive and cope with the treatment, cancer among youth have a higher rate of acquiring other side effects such as infertility, cardiovascular disease or a possible second cancer at a later age. Young adults are known to be less cancer-aware than older adults.

Some of the most common cancers in young adults are:

**BREAST CANCER:** When cancer cells enter the blood or lymph system, they can spread to other regions of the body. It is most common in women above 40 but can affect any woman of any age. Changes in the size and/or shape of the breast, painless lump, retraction of the nipple, or bloody discharge from the nipple are common indications.

**LUNG CANCER:** Sometimes lung cancer does not show any signs or symptoms but may be detected during a chest x-ray done for another condition. A few major causes are smoking, use of tobacco, family history and being exposed to asbestos, arsenic, chromium, beryllium, nickel, soot, or tar in the workplace.

**CERVICAL CANCER:** Cervical cancer develops in a woman's cervix. Almost 99% cases are linked to infection with high-risk human papilloma viruses (HPV), an extremely common virus transmitted through sexual contact. The main symptom is bleeding after sex, after menopause or after the menstrual cycle is over.

**COLORECTAL CANCER:** A cancer or malignant tumour of the large intestine, this affects the colon or rectum. Factors such as age, personal or family history of colon disease and diet increase the risk of colorectal cancer. Common signs include abdominal pain, cramps or gas, fatigue, changes in bowel movements.

**ORAL CANCER:** Most oral cancers are associated with tobacco use, alcohol use or infection by the human papillomavirus (HPV). If detected early, it is curable with treatments.