

# Diagnosis of Cancer

Cancer diagnosis can be simple or complex depending on the type, location, and the extent of the disease. Early detection offers the best opportunity for recovery. Early detection requires knowledge of an individual's risk factors for developing cancer, regular cancer screening, and attention to subtle symptoms that might signal cancer. Risk factors for cancer include environmental exposures, lifestyle practices, occupational hazards, and a family history of cancer. Some of the early symptoms of cancer are fatigue, weakness, weight loss, depression, headache, pain, changes in bowel habits, and a persistent cough or hoarseness (American Cancer Society, 2000). Timely screenings, such as breast self-examinations, mammography, prostate screenings, chest X-rays, and colonoscopy, have markedly improved early detection and survival rates from cancer. Physicians may also use evidence from laboratory tests, X-rays, CT scans, ultrasound examinations, bone scans, liver and spleen scans, and biopsy analysis to confirm a diagnosis of cancer.

## **There are more approaches to diagnose cancer:**

- **Physical exam.**
- **Laboratory tests.**
- **Imaging tests.**
- **Biopsy**