**Priority Areas – Cancer**

Throughout our lives, healthy cells in our bodies divide and replace themselves in a controlled fashion. Cancer starts when a cell is somehow altered so that it multiplies out of control. A tumor is a mass composed of a cluster of such abnormal cells.

- Most cancers form tumors, but not all tumors are cancerous.
- Benign, or noncancerous, tumors do not spread to other parts of the body, and do not create new tumors.
- Malignant, or cancerous, tumors crowd out healthy cells, interfere with body functions, and draw nutrients from body tissues.
- Cancers continue to grow and spread by direct extension or through a process called metastasis, where the malignant cells travel through the lymphatic or blood vessels -- eventually forming new tumors in other parts of the body.
- More than 100 types of cancer - cells multiply out of control, some form tumors and spread

**Resources**

- Florida’s [Cancer Registry page](#) - 100,000 new cases reported each year
- United States Preventive Services Task Force (USPSTF) - screening recommendations
- American Cancer Society (ACS)
- Centers for Disease Control and Prevention (CDC) funds breast, cervical, colorectal research
- National Cancer Institute (NCI) - 1/3rd of most common cancers are due to lifestyles – poor diet, obesity, and lack of physical activity