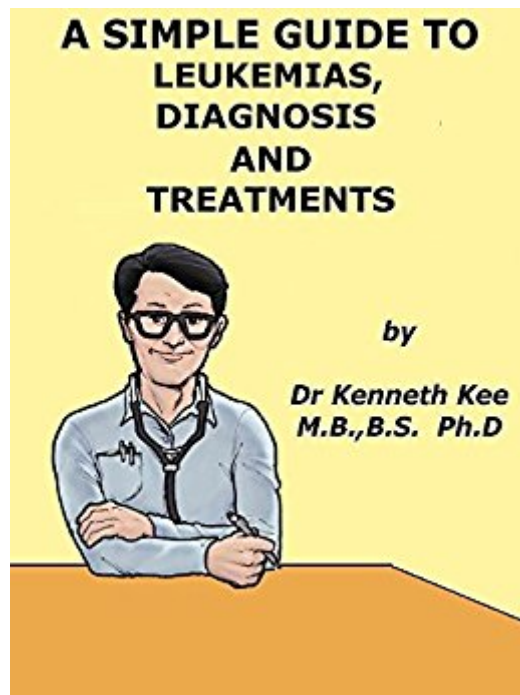




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# A Simple Guide To Leukemia, Diagnosis And Treatment (A Simple Guide To Medical Conditions)



## Synopsis

Introduction  
Ode to Leukemia  
No one wants cancer or his body cell to become mutant  
But when the body mutates and become malignant  
There is nothing much that you can do about it  
All you do is hope the cancer cells can be removed by surgery  
The other treatments in the past is radiation or chemotherapy  
Now there are stem cells, hormone treatment and immunotherapy  
Targeted therapy is focused directly on a particular cluster of cancer cells  
The exact location where the cancer cells dwell  
Avoid smoking if possible; cigarette smoke has 40 types of carcinogens  
Avoid alcohol which can cause cancer of mouth, esophagus and liver conditions  
Avoid chemicals like asbestos, alaphotoxins from nuts and silica  
Avoid sun rays, radiation from phones, viral infections and trauma  
-An original poem by Kenneth Kee  
Interesting Tips about the Leukemia  
A Healthy Lifestyle  
1. Take a well Balanced Diet  
2. As usual the treatment of cancer consists of Surgery, Radiation treatment and chemotherapy. The choice of treatment depends on the size, extent and the type of cancer and the general health of the patient.  
Leukemias can only be treated with:  
a. Radiation therapy using high-energy X-rays to kill leukemia cells in the affected area.  
b. Chemotherapy may be combined with radiation therapy.  
The treatment for acute leukemia is based on the degree of grade of the disease.  
a. Early stage and low-grade (slow-growing) leukemia can be treated with radiation therapy and sometimes just simple observation is enough.  
b. Intermediate-grade leukemia may be treated with chemotherapy.  
The drugs are either injected directly into the bloodstream or swallowed as pills.  
Each course of treatment is given at regulated intervals to kill cancer cells to allow recovery.  
The drugs circulate throughout the body and will reach cancer cells even when they are widespread.  
c. Patients who are suffering from the more advanced stages and high-grade (aggressive) leukemias will require a higher dosage of chemotherapy. However, the high dosage has its own side effects. Too much of it may kill healthy bone marrow that produces white and red blood cells and platelets (cells that prevent bleeding).  
d. Stem cells or bone marrow from the patient or donor are collected before hand.  
After a patient has received the chemotherapy, the stem cells or bone marrow are returned to the patient through a drip in a vein.  
e. Biological therapy is another option for treating leukemias. This procedure uses products such as immunoglobulin that boost the body's own immune system to fight cancer. This therapy may be used alone or combined with chemotherapy.  
3. Keep the bones and body strong  
Bone marrow produces our blood  
Eat foods rich in calcium like yogurt, cheese, milk and dark green vegetables.  
Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk.  
Eat food rich in Vitamins B and C such as green vegetables and fruits  
Zinc and other minerals are important to the body  
4. Get enough rest and Sleep  
Avoid stress and tension  
5. Exercise and stay active.  
It is best to do weight-bearing exercise such as

walking, jogging, stair climbing, dancing, or lifting weights for 2½ hours a week. One way to do this is to be active 30 minutes a day at least 5 days a week. Begin slowly especially if a person has not been active. 6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman. Alcohol can affect the neurons and brain cells. 7. Stop or do not begin smoking. It also interferes with blood supply and healing. Leukemia is a cancer that affects the blood-forming system of the body that includes the bone marrow and the lymphatic system. Leukemia can be classified as either acute or chronic. The acute leukemia tends to affect children while the chronic leukemia is more common in adults.

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