



CHECK YOUR LEARNING

Suggested Answers

1. A tumour is a mass of cells that continue to divide without any benefit to the organism.
2. A doctor might suspect that this type of colon cancer is caused by hereditary factors.
3. Pieces of the skin tumour might break off, travel to the lungs, and start new tumours there.
4. **(a)** A carcinogen is an agent that causes cancer.
(b) Sample answer: tobacco, UV radiation, pollution
5. Sample answer: A diet rich in vegetables and other sources of vitamins, fibre, and antioxidants, and low in red meat, saturated fat, and refined sugar, can reduce the risk of developing certain cancers.
6. UV radiation causes mutations in the DNA of skin cells that can lead to cancer.
7. Sample answer: The most important thing you can do to reduce your risk of getting cancer is to not smoke. This includes not being around second-hand smoke. Other things that you can do include wearing sunscreen and hats when outside, avoiding highly polluted areas, and increasing consumption of fruits and vegetables.
8. A benign tumour is less dangerous than a malignant tumour. While a benign tumour remains local, malignant tumours are cancerous and can spread to distant parts of the body.