

Section Eight: Resources

*Tekiona Waru
Rauemi*



What is cancer?

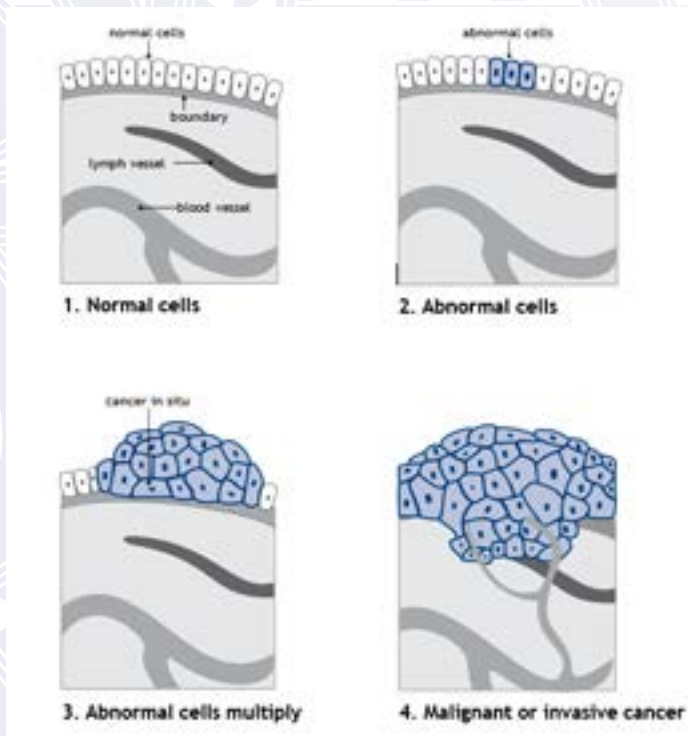
Cancer is a disease of the body's cells. It starts in our genes. Our bodies are constantly making new cells to allow us to grow, replace worn-out cells, or heal damaged cells after injury.

The process of making new cells is controlled by certain genes – the codes that tell our cells how to grow and behave. Cancers are caused by damage to these genes. These changes usually happen during our lifetimes.

In a very small number of families, damaged genes are passed through generations. While these people will have an increased risk of developing cancer, it does not mean they will definitely get cancer.

How cancer starts

Tumours can be benign (not cancerous) or malignant (cancerous). Benign tumours do not spread to other parts of the body.



How cancer spreads

A malignant tumour is made up of cancer cells. When it first develops, a malignant tumour is usually confined to its original site. This is known as the primary site. Some tumours can become quite large within their organs of origin, for example the lung or breast. With growth, the tumour may spread beyond the original organ boundaries and into surrounding tissues. This is called locally advanced cancer.

Sometimes cells move away from the original (primary) cancer through the bloodstream or lymphatic systems and start to grow in other body organs. When these cells reach new sites, they may form more lumps or masses. This is called advanced cancer, secondary cancer, metastatic cancer or stage 4 (IV) cancer. For example, if lung cancer spreads to the bone, it is called lung cancer with bone metastasis.

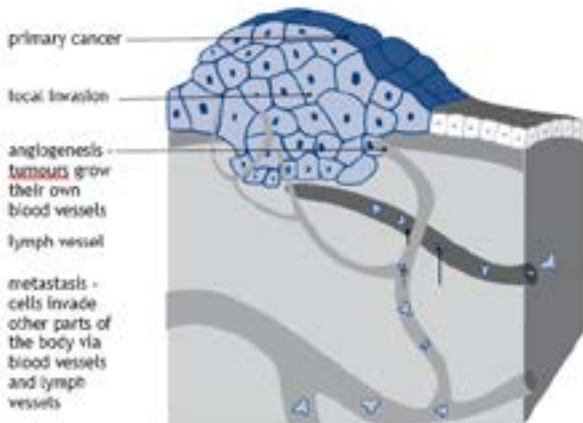
If the only place of spread is nearby lymph nodes, it is called regional nodal spread. Your cancer doctor will still refer to it as lung cancer even though it has spread to another part of your body.

The sort of treatment you are offered for cancer will depend on the type of cancer, where it began, and whether it has spread. Your cancer doctor will also take into account other things about you, such as your age and general health.

Treatment for cancer includes surgery, radiation treatment, chemotherapy, immunotherapy, targeted treatments, hormone treatments and palliative care.

Sometimes only one of these types of treatment is used for a cancer. Sometimes more than one is used.

How cancer spreads



Suggested websites

You may be interested in looking for information about head and neck cancer on the internet. While there are very good websites, be aware that some websites may provide incorrect information.

We recommend that you begin with the Cancer Society's website (www.cancer.org.nz) and use our links to other good cancer websites, or visit the following websites:

Changing Faces

changingfaces.org.uk

Head and Neck Cancer Alliance

headandneck.org

Head and Neck Cancer Australia

headandneckcancer.org.au

Head and Neck Cancer Support Aotearoa

hnca.org.nz

Head and Neck Cancer Support Network

headandneck.org.nz

NZ Relay

nzrelay.co.nz

The suggested websites are not maintained by the Cancer Society of New Zealand. We only suggest sites we believe offer credible and reliable information, but we cannot guarantee that the information on these websites is correct, up-to-date or evidence-based medical information.

Suggested resources

Information sheets

[Applying to work and income](#)

[Benefits and entitlements](#)

[Cancer and insurance, employment and legal issues](#)

[Coping with waiting](#)

[Healthy eating and cancer treatment](#)

[Making decisions about treatment](#)

[Searching the internet](#)

[Sex and cancer](#)

[Spirituality, wairuatanga and cancer](#)

[Supporting young adult children when you have cancer](#)

[Telling others about your diagnosis](#)

[Your cancer treatment team](#)

Booklets

[Cancer in the Family](#)

[Eating Well with Cancer](#)

[Emotions and Cancer](#)

[Sex and Cancer](#)

[Supporting Someone with Cancer](#)

Cancer Society information and support services

The Cancer Information Helpline is a Cancer Society phone line where you can talk about your concerns and needs with trained health professionals. Phone the Cancer Information Helpline (0800 CANCER 226 237).

Your local Cancer Society offers a range of services for people with cancer and their families/whānau. These may include:

- information and support
- volunteer drivers providing transport to treatment
- accommodation while you are having treatment away from home.

The range of services offered differs in each region, contact your local Cancer Society to find out what is available in your area.

Auckland/Northland

Auckland

09 308 0160
Domain Lodge
1 Boyle Crescent
Grafton

Whangarei

09 437 5593
Daffodil House
73 Kamo Road
Kensington

information@akcansoc.org.nz
Northland@akcansoc.org.nz

Central Districts

Palmerston North

06 356 5355
Young House (District office)
127 Ruahine Street

Whanganui

06 348 7402
3 Koromiko Road

New Plymouth

06 757 3006
TSB Cancer Support Centre
71 Lorna Street
Westown

Gisborne

06 867 1795
Morris Adair Building
Gisborne Hospital

Hastings

06 876 7638
310 Orchard Road

Palmerston North

06 356 355
Addis House
135 Ruahine Street

Waikato/Bay of Plenty

Hamilton

07 838 2027 or 0800 22 77 44
Divisional Office (Hamilton)
511 Grey Street
admin@cancersociety.org.nz

Rotorua

07 349 4556 or 0800 22 77 44
1235 Ranolf Street
rotorua@cancersociety.org.nz

Tauranga

07 571 2035 or 0800 22 77 44
111 Cameron Road
tauranga@cancersociety.org.nz

Wellington

Wellington

04 389 8421
52-62 Riddiford Street

Paraparaumu

04 298 8514
27 Kāpiti Road

Masterton

06 378 8039
37 Te Ore Ore Road

Nelson

03 539 1137
102 Hardy Street

Blenheim

03 579 4379
The Forum Building
Market Street

info@cancersoc.org.nz

Canterbury-West Coast

Christchurch

03 379 5835
74 Langdons Road

Greymouth

03 768 9557
98 High Street

Timaru

03 688 0124
32 Memorial Avenue

Rolleston

03 925 9708
6B Kidman Street

Ashburton

03 307 7691
122 Kermode Street

contact@cancercwc.org.nz

info@cancercwc.org.nz

Otago and Southland

Dunedin

03 477 7447
283 Great King Street
SupportiveCare@cansoc.org.nz

Oamaru

03 434 3284 or 027 674 4200
Waitaki District Community House
100 Thames Street

Balclutha

03 418 3916 or 027 277 7632
Arcade 84
5/37 Clyde Street

Alexandra

03 440 0754 or 027 580 0640
Alexandra Community House Office
14-20 Centennial Avenue

Wanaka

Wanaka Community House
40 McDougall Street

Queenstown

03 442 4281 or 027 536 0066
112B Aurum House
1092 Frankton Road

Southland

149 Spey Street

Invercargill

03 218 4108

National Office

04 494 7270
39 The Terrace
Wellington
admin@cancer.org.nz

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