

## Section Eight: Resources

*Tekiona Waru  
Rauemi*



### What is cancer?

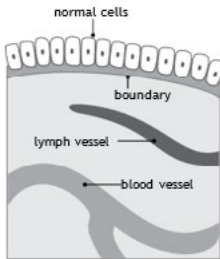
Cancer is a disease of the body's cells. It starts in our genes. Our bodies are constantly making new cells to allow us to grow, replace worn-out cells, or heal damaged cells after injury.

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.

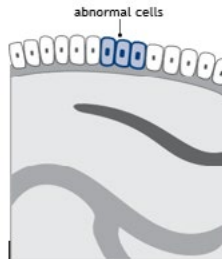
In a very small number of families, damaged genes are passed through generations. While these people will have an increased risk of developing cancer, it does not mean they will definitely get cancer.

# How cancer starts

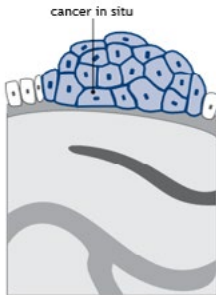
Tumours can be benign (not cancerous) or malignant (cancerous). Benign tumours do not spread to other parts of the body.



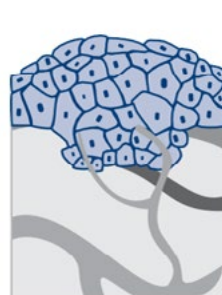
1. Normal cells



2. Abnormal cells



3. Abnormal cells multiply



4. Malignant or invasive cancer

# 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 secondary cancer or metastasis. For example, if lung cancer spreads to the bone, it is called a bone secondary (or metastasis).

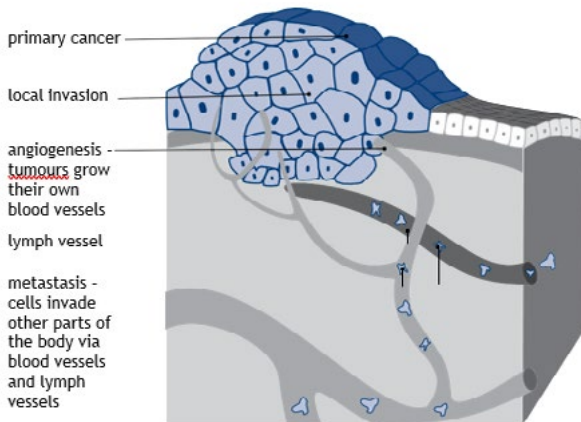
If the only place of spread is nearby lymph nodes, it is called regional nodal spread. Your cancer doctor will still refer to it as lung cancer even though it has spread to another part of your body.

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 and chemotherapy (drug treatment). Immune therapy or targeted treatments, which are now used to treat some cancers, will become more important in the future.

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 pancreatic 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](http://www.cancer.org.nz)) and use our links to other good cancer websites, or visit the following websites:

### **MacMillan Cancer Support**

[www.macmillan.org.uk/cancer-information-and-support/stories-and-media/booklets/understanding-cancer-of-the-pancreas](http://www.macmillan.org.uk/cancer-information-and-support/stories-and-media/booklets/understanding-cancer-of-the-pancreas)

### **Pancreatic Cancer UK**

[www.pancreaticcancer.org.uk](http://www.pancreaticcancer.org.uk)

### **American Cancer Society**

[www.cancer.org/cancer/pancreatic-cancer/if-you-have-pancreatic-cancer.html](http://www.cancer.org/cancer/pancreatic-cancer/if-you-have-pancreatic-cancer.html)

### **Pancare Foundation**

[www.pancare.org.au](http://www.pancare.org.au)

### **Pancreatica**

<https://pancreatica.org>

### **Gut Cancer Foundation (New Zealand)**

[www.gutcancer.org.nz](http://www.gutcancer.org.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](#)

[Cancer Society/Sorted NZ financial and legal guide](#)

[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](#)

[Living Well with Cancer](#)

[Sex and Cancer](#)

[Supporting Someone with Cancer](#)

## Acknowledgements

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- **Dr George Laking** - Cancer Society Medical Director
- **Dr Kate Gregory** - Cancer Society Medical Director

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# 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](tel:0800226237)).

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](mailto:information@akcansoc.org.nz)

[Northland@akcansoc.org.nz](mailto:Northland@akcansoc.org.nz)

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## 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

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## Waikato/Bay of Plenty

### Hamilton

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

### Rotorua

07 349 4556 or 0800 22 77 44  
1235 Ranolf Street  
[rotorua@cancersociety.org.nz](mailto:rotorua@cancersociety.org.nz)

### Tauranga

07 571 2035 or 0800 22 77 44  
111 Cameron Road  
[tauranga@cancersociety.org.nz](mailto: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](mailto:info@cancersoc.org.nz)

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## Canterbury-West Coast

### Christchurch

03 379 5835

97 Fitzgerald Avenue

### 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](mailto:contact@cancercwc.org.nz)

[info@cancercwc.org.nz](mailto:info@cancercwc.org.nz)

## Otago and Southland

### Dunedin

03 477 7447

283 Great King Street

[SupportiveCare@cansoc.org.nz](mailto: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

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## National Office

04 494 7270

39 The Terrace

Wellington

[admin@cancer.org.nz](mailto:admin@cancer.org.nz)