

"DEPARTMENT OF APPLIED PSYCHOLOGY"

ASSIGNMENT OF:-

"PHYSIOLOGICAL PSYCHOLOGY"

TOPIC:-

"TUMOR"

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TUMOURS:-

A mass of cells whose growth is uncontrolled and that serves no useful functions.



TYPES OF TUMOUR:-

- Malignant tumour
- Benign tumour

BENIGN TUMOUR:-

Benign tumours are noncancerous growths in the body. Unlike cancerous tumor they don't spread to the other parts of the body. Benign tumors can form anywhere. If you discover a lump or mass in your body that can be felt from outside, you might immediately assume it is cancerous. For instance, the women who find lumps in their breasts during self examination are often alarmed. However, most breast growths are benign. In fact, many growths throughout the body are benign.

CAUSES OF BENIGN TUMOURS:-

The exact cause of benign tumor is often unknown. It develops when cells in the body divide and grow at an excessive rate. Typically, the body is able to balance cell growth and division. When old or damaged cells die, they are automatically replaced with new, healthy cells. In the case of tumors, dead cells remain and form a growth known as "*Tumor*".

Cancer cells grow in the same manner. However, unlike the cells in benign tumor, cancerous cells can invade nearby tissue and spread to the other parts of the body.

TYPES OF BENIGN TUMOUR:-

Different types of benign tumor are as follows:

→ **Adenomas** form in the third layer of tissue that covers glands, organs and other internal examples include **polyps** that form in the colon or growth of the liver

→ **Lipomas** grow from fat cells and are the most common type of benign tumor, according to the Cleveland clinic. They are often found on the back, arms or neck. They are usually soft and

round, and can be moved slightly under the skin.

→ **Myomas** grow from muscle or in the walls of blood vessels. They can also grow in smooth muscle, like the kind found inside organs such as uterus or stomach.

→ **Nevi** are also known as moles, these are non cancerous growth on the skin and they are very common.

→ **Fibroids**, or fibromas, can grow in the fibrous tissue found in any organ. They are most common in the uterus where they are known as uterine fibroids.

SYMPTOMS OF BENIGN TUMOUR:-

Depending on the tumor's location, numerous symptoms could affect the function of important organs or the senses. For example, if you have a benign brain tumor, you may experience **headaches, vision trouble** and **fuzzy memory**.

If the tumor is close to the skin or in an area of soft tissue such as the abdomen the mass may be felt by touch.

Symptoms of benign tumour include:

- Chills
- Discomfort or pain
- Fatigue
- Fever
- Loss of appetite
- Night sweats

- Weight loss

Benign tumor may be large enough to detect, particularly if they are close to the skin. However, most are not large enough cause discomfort or pain. They can be removed if they are [Lipomas](#) for example, may be large enough to detect but are generally soft movable and painless.

Some skin discoloration may be evident in case of benign tumors that appear on the skin, such as nevi. Anything that looks abnormal should be evaluated by a doctor.

TREATMENT OF BENIGN TUMOUR:-

Not all benign tumors need treatment. If your tumor is small and isn't causing any symptoms, your doctor may recommend taking a watch and wait approach. In these cases, treatment could be riskier than letting the tumor be. Some tumors will never need treatment. The specific treatment will depend on the location of the tumor. It may be removed from cosmetic reasons if, for example, it's located on the face or neck.

Tumor surgery is often done using endoscopic techniques, meaning the instruments are contained in tube like devices. These techniques require smaller surgical incisions, if any at all, and less healing time. Procedures like upper endoscopies and colonoscopies require almost no recovery time, though patients need someone to take them home and will likely sleep for the rest of the day. Skin tumor biopsies take a few weeks to heal and require basic recovery procedures like changing the bandage and keeping it covered. The more invasive the treatment, the more recovery time will be needed. Recovery from a benign brain tumor

removal,for example can take longer.Even once it's removed,you may need speech therapy, occupational therapy or physiotherapy to address problems the tumor left behind.

If surgery can't safely access your tumor,your doctor may prescribe radiation therapy to help reduce its size or prevent it from going longer.

While maintaining a healthy lifestyle, exercising eating a [balanced diet](#) prevent health problems including some type of Cancers they aren't natural or alternative remedies for benign tumor on their own.

MALIGNANT TUMOUR:-

A cancerous(literally,"harm producing")tumor lacks a distinct border and may metastasize.

Malignant means that the tumor is made of cancer cells,and it can invade nearby tissues.Some cancer cells can move into the bloodstream or lymph nodes,where they can spread to other tissues within the body,this is called metastasis.Cancer can occur anywhere in the body including breast, intestines,lungs,reproductive organs ,blood and skin.

[For example](#),breast cancer begin in the breast tissue and may spread to lymph nodes in the armpit if it's not caught early enough and treated.Once breast cancer has spread to the lymph nodes,the cancer cells can travel to other areas of body,like the liver or bones.The breast cancer cells can then form tumors on those locations.A biopsy of these tumors might show the characteristic of the original breast cancer tumor.

TYPES OF MALIGNANT TUMOUR:-

Types of Malignant tumor are s follow:

(👉 CARCINOMA:

These tumors form from epithelial cells, which are present in the skin and the tissue that covers or lines the body's organs. Carcinomas can occur in the stomach, prostate, pancreas, lungs, liver, colon or breast. They are a common type of malignant tumor.

(👉 SARCOMA:

These tumor start in connective tissue such as cartilage, bones and fat and nerves. They originate in cells outside the bone marrow. Most sarcomas are malignant.

(👉 GERM CELL TUMOUR:

These tumors develop in the cells that produce sperm and eggs. They usually occurs in the ovaries and testicals, but they also appear in the brain, chest or abdomen.

(👉 BLASTOMA:

These tumors form from embryonic tissue or developing cells. Blastomas are much more common in childrens than in adults. They can lead to tumor in the brain, eye or nervous system.

MALIGNANT BRAIN TUMORS:

Malignant brain tumor is a fast growing cancer that spread in other areas of brain and spine.

→ Generally, brain tumor are graded 1 to 4 according to their

behaviour, such as how fast they grow and how likely they are to grow back after. Malignant brain tumors are either grade 3 or 4, whereas grade 1 or 2 are usually classed as benign or non-cancerous.

SIGNS AND SYMPTOMS:-

The symptoms of malignant brain tumors depend on how big it is and where it is in the brain.

Common symptoms include:

- Severe persistent headaches
- Seizures (fits)
- Persistent nausea, vomiting and drowsiness
- Mental or behavioural changes, such as memory problems or change in personality
- Progressive weakness or paralysis on the side of the body, vision problems or speech problems

TYPES OF MALIGNANT TUMOUR:-

Most malignant brain tumors develop from glial tissue which supports the brain's nerve cells. These tumors are known as gliomas.

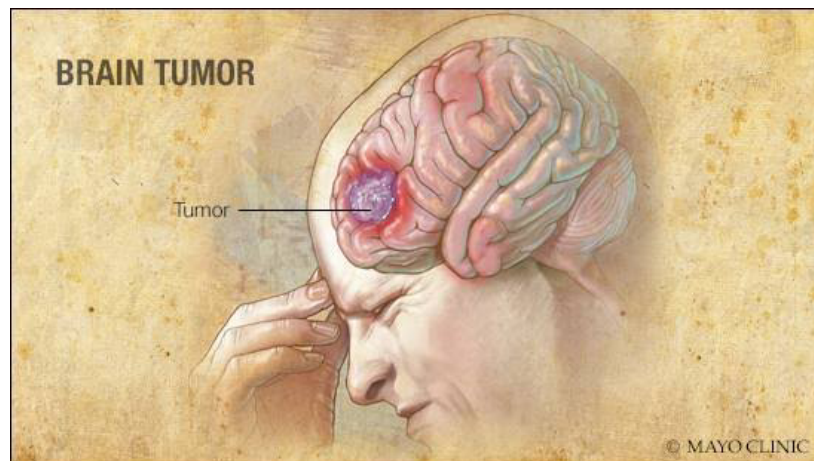
Gliomas can be separated further depending on the cells they developed from. For example:

- An astrocytoma develops from cells thought to provide the brain's framework

→an oligodendroglioma develops from the cells that produce the fatty covering of nerves

→An ependymoma develops from the cells that lines the cavities in the brain

TREATMENT OF MALIGNANT BRAIN TUMOUR:-



A primary malignant brain tumor needs to be treated as soon as possible, because it can spread and damage other parts of the brain and spinal cord.

Surgery will need to be carried out to remove as much of the tumour as possible. This may be followed by radiotherapy and or chemotherapy to kill any cancerous cells left behind and reduce the chances of tumour regrowing.

However, malignant tumours will often eventually return after treatment. If this happens, or if you have a secondary tumour a cure is usually isn't possible and treatment can instead be used to

improve symptoms and prolong life.

MOST SERIOUS TYPES OF TUMOUR:-

Metastasis:

The process by which cells break off of a tumour, travel through the vascular system and grow elsewhere in the body.

Glioma:

A cancerous brain tumour composed of one of several types of glial cells. Gliomas are located in the basal ganglia and the pons.

→ Some tumors are sensitive to radiation and can be destroyed by a beam of radiation focused on them. Usually a neurosurgeon first removes as much of the tumor as possible and then the remaining cells are targeted by radiations.

DIFFERENCE BETWEEN MALIGNANT AND BENIGN TUMOR:-

CHARACTERISTICS OF BENIGN TUMOR:-

- Cells tend not to spread
- Most grow slowly
- Do not invade nearby tissue
- Do not metastasize (spread) to other part of body
- Tend to have clear boundaries
- Under a pathologist's microscope, shapes, chromosomes and DNA of cells appear normal

- Do not secrete hormones or other substances (an exception pheochromocytomas of adrenal gland)
- May not require treatment if not health threatening
- Unlikely to recur if removed or require further treatment such as radiation or chemotherapy

CHARACTERISTICS OF MALIGNANT TUMORS:-

- Cells can spread
- Usually grow fairly rapidly
- Often invade basal membrane that surrounds nearby healthy tissue
- Can spread via bloodstream or lymphatic system, or by sending figures into nearby tissue
- May recur after removal, sometimes in areas other than the original site
- Cells have abnormal chromosomes and DNA characterized by large, dark nuclei; may have abnormal shape
- Can secrete substances that cause fatigue and weight loss (paraneoplastic syndrome)
- May require aggressive treatment including surgery, radiation, chemotherapy and immunotherapy medication.

Reference:-

Neil R. Carlson. (2006). Foundation of physiological psychology: Tumor. (7th ed), university of Massachusetts, Amherst.

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Medically reviewed by Debra Sullivan. Phd, MSN, CNE, Coi on August 4, 2016_ written by healthline Editorial Team and Gotter

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Thank you