



# Spleen Cancer Symptoms and Diagnosis

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### Abstract

Spleen cancer is cancer that develops in your spleen — an organ located within the upper-left side of your belly. It's a part of your lymphatic system.

Spleen cancer is often either primary or secondary. If spleen cancer is primary, it starts within the spleen. If it's secondary, it starts in another organ and spreads to the spleen. Both types are uncommon.

### Introduction

Most of the time, cancer within the spleen may be a lymphoma — a kind of cancer that affects the lymphatic system.

Another blood cancer, leukemia, can affect your spleen. Sometimes, leukemia cells gather and build up during this organ.

### Symptoms:

Cancer that starts in or spreads to the spleen can cause it to enlarge. If this happens, you might:

- feel full after eating
- have pain within the upper-left side of your belly
- develop frequent infections
- bleed easily
- have anemia (low red blood cells)
- experience fatigue

Other symptoms of cancer that affect the spleen may include:

- Large lymph nodes
- Fever
- sweating or chills
- Weight loss
- A swollen belly
- Chest pain or pressure
- Cough or shortness of breath

### Causes:

Cancer within the spleen is typically caused by lymphomas and leukaemia. Other cancers, like carcinoma, melanoma, and carcinoma, can spread to the spleen.

You might be more likely to develop lymphoma if you:

- are a person
- are older in age
- have a condition that affects your system, like HIV
- develop an infection, like Epstein-Barr virus or Helicobacter pylori (H. pylori)

Risk factors for leukemia include:

- Smoking
- A case history of the disease
- Exposure to hazardous chemicals, like benzene
- Certain genetic disorders, like mongolism
- A history of chemotherapy or radiation

### Treatment:

If your doctor finds cancer in your spleen, you would possibly need a splenectomy as a part of your treatment.

There are two types:

- Laparoscopic. With this operation, your surgeon will make four small incisions in your belly and use tiny video cameras to ascertain inside. The spleen is removed through a skinny tube. Because the incisions are smaller, recovery is usually easier with a laparoscopic procedure.
  - Open. An open surgery means your surgeon will make a bigger incision within the middle of your belly to get rid of your spleen. Typically, this sort of procedure requires an extended recovery.
- Other treatments could be necessary counting on the sort of cancer you've got. These may include:
- Chemotherapy
  - Radiation
  - Medications that focus on your tumour (such as biologics or targeted therapies)
  - Stem cell transplant (a procedure to exchange unhealthy bone marrow with healthy bone marrow)

There is no way to completely prevent cancer in your spleen. But you'll be ready to reduce your risk.

Some viruses may cause certain sorts of cancers. Avoid activities which will put you in danger, like having unprotected sex or sharing needles. Also, treating any known infections promptly may help reduce your chances of developing a cancer that affects your spleen.

Try to stand back from harmful chemicals that would raise your risk. Specifically, you would possibly want to avoid benzene, which is usually utilized in making plastics, lubricants, rubbers, dyes, detergents, drugs, and pesticides. It's also found in gasoline and cigarette smoke.

Some studies have suggested that maintaining a traditional weight and eating a healthy diet can lower your risk of cancer. Attempt to eat many fruits and vegetables and exercise daily.

### References:

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