

## Cancer Basics: Intro

In this unit, we're going to give you the foundational information you need so that you can understand cancer. We'll cover: what is DNA, and what are stem cells, what are their functions and what role do they play in cancer, what is the normal function of DNA, and what is the difference between cancerous mutations. This information is key to understanding the difference between standard care and advanced treatments, particularly the role of stem cells. Our peer support team will let you know what their experience was with genetic testing, how exercise nutrition helped them in their journey and what they wish they knew about genetic testing when they were first diagnosed. As always, please watch the peer support videos; they will help you understand how this information, which can sometimes feel abstract, has real world applications and how it can influence or impact your journey or the journey of a loved one. If you have any questions, please drop them into the comment sections below and we'll do our best to answer them.