



cancer.org | 1.800.227.2345

Can injuries cause cancer?

Falls, bruises, broken bones, or other such injuries do not cause cancer. Sometimes a person might visit a health care provider for an injury and cancer is found. But the injury did not cause the cancer; the cancer was already there.

Can I bring cancer on myself?

Your personality and emotions cannot cause cancer and will not affect the outcome of your cancer. Research shows that there is no connection between personality types or attitude and cancer occurrence or outcomes.

Can stress cause cancer?

Researchers have done many studies to see if there's a link between personality, attitude, stress, and cancer. It's known that stress affects the immune system, but so do many other things. At this time, there is no clear evidence that a person's stress level affects their risk of getting cancer.

Does sugar feed cancer?

Sugar intake has not been shown to increase the risk of getting cancer, having cancer spread, or having it get worse. Still, sugars and sugar-sweetened drinks add a lot of calories to the diet and can cause weight gain, which is linked to cancer.

Is cancer contagious?

You can't catch cancer from someone who has it. You won't get cancer by being around or touching someone with cancer. When family and friends stay away, people with cancer may feel isolated and alone. They need your visits and support. To learn more, see [Is Cancer Contagious?](#)¹

Is cancer inherited?

But in some cases the cancer is caused by an abnormal gene that is being passed along from generation to generation. Although this is often referred to as *inherited* cancer, what is inherited is the abnormal gene that can lead to cancer, not the cancer itself. To learn more, see [Genetics and Cancer](#)².

To learn more

If you want to know more about how cancer starts and spreads, see [What Is Cancer?](#)³ If you have questions that aren't answered here, please call one of our Cancer Information Specialists at 1-800-227-2345.

Hyperlinks

1. www.cancer.org/cancer/risk-prevention/understanding-cancer-risk/is-cancer-contagious.html
2. www.cancer.org/cancer/risk-prevention/genetics.html
3. www.cancer.org/cancer/understanding-cancer/what-is-cancer.html

References

Chirac, V, Baban, A & Dumitrascu. Psychological stress and breast cancer incidence: a systematic review. Clujul Medical. 2018; 91(1): 18-26.

Rock CL, Thomson C, Gansler T, et al. American Cancer Society guideline for diet and

Last Revised: November 3, 2020

Written by

The American Cancer Society medical and editorial content team
(<https://www.cancer.org/cancer/acs-medical-content-and-news-staff.html>)

Our team is made up of doctors and oncology certified nurses with deep knowledge of cancer care as well as editors and translators with extensive experience in medical writing.

American Cancer Society medical information is copyrighted material. For reprint requests, please see our Content Usage Policy (www.cancer.org/about-us/policies/content-usage.html).

cancer.org | 1.800.227.2345