

CANCER PREVENTION



Lifestyle Risk Factors to Cancer

Tobacco Tobacco is the leading cause of preventable disease and death in America - including many different kinds of cancer - leading to approximately 443,000 deaths annually.

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ENVIRONMENTAL Risk Factors to Cancer

- Lifestyle factors (nutrition, tobacco use, physical activity)
- Natural occurring exposures (ultraviolet light, radon gas, infectious agents)
- Medical treatments (radiation and medicine)
- Workplace and household exposures
- Pollution

CANCER MUTATION PROCESS t THAT LEAD TO METASTASIS

Cancer cells are simply non-functioning cells, or cells with an incorrect switch. Many of the signals control cell growth and death are not listened to anymore. Cancer cells typically come from the tissue and expand much more away from normalcy as they grow and divide.

Cells break through normal tissue boundaries and metastasize to new locations in the body during late cancer phases (spread).

After mutations accumulation in different genes that regulate the proliferation of cells, cells become cancerous.

Like various types of cancers, various types of mutations are also identified.

Scientists are responsible for analyzing each signature of the mutation and deciding which cancer it is.

They assert that this is one of the hardest sections in the job and even state that finding a needle inside a haystack is almost as difficult.

SUGGESTION FOR EALY DETECTION

Self Exams

Everyone should check themselves regularly for signs of skin cancer, such as a mole that's new or changing in size, shape, or color, a new growth or bump, or a sore that bleeds and doesn't heal after a few weeks.

Screening tests for the general public

Screening tests are used to detect certain kinds of cancers when they're small and easier to treat successfully. In some cases they can detect abnormal growths before they become cancerous. Removing such growths can help prevent cancer.

Early action

As a general rule, "if you see something suspicious, say something to your doctor," Rana counsels. Even with the outbreak of COVID-19, people should not delay seeing the doctor or health care practitioner about concerning symptoms. "For people who are at high risk for cancer, if you've fallen behind in your screening, it's important to get back on schedule."

REFERENCE

Sundaram, M., Guernsey, D. L., Rajaraman, M. M., & Rajaraman, R. (2014). Neosis: a novel type of cell division in cancer. *Cancer biology & therapy*, 3(2), 207-218.