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Cancer Prevention

Name

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Cancer Prevention

1. Cancer prevention
2. I am passionate about cancer prevention because I lost a close cousin to the disease a few years back. I wish I could cure all types of cancer.
3. My topic was chosen based on my lived experience. I saw the disease eat my cousin slowly until it got to the point that all the medical interventions were no longer tenable. The cancer had metastasized, and there is nothing much oncologists could do. So they told us to take my cousin home to spend his last days with loved ones.
4.
 - a) As per the World Health Organization (WHO), cancer is still the prominent cause of mortality worldwide, with 9.9 million persons perishing in 2018, corresponding to one death per six individuals. (World Health Organization (WHO), 2021). The most common forms of cancer include prostate, colorectal, lung, liver, and stomach cancer in men. The most common form of cancer in women is breast. Lung colorectal, thyroid, and cervical cancer. The primary issue is that people are yet to embrace the importance of cancer prevention.
 - b) Cancer started to become a public health problem, especially in developing countries, as aging and expansion began (NATIONAL CANCER INSTITUTE, 2020). As a result, cancer became a burden to many households, communities, and healthcare systems. Unfortunately, many healthcare setups in the low and middle-income nations were least prepared to deal with the disease.
 - c) In 2020, new cancer cases were recorded as follows: 2.26 million breast cancer cases recorded, lung cancer 2.21 million, 1.93 million documented cases of colorectal cancer,

skin cancer (1.20 million), and stomach malignancy (1.09), according to data (World Health Organization (WHO), 2021). However, these figures do not reflect the accurate numbers because most cases go unreported, especially among communities that believe in traditional medicines. According to the WHO, close to 10 million people died in 2020 due to cancer, and the figure is expected to rise to 47% to around 28.4 million annually, according to expert predictions (World Health Organization (WHO), 2021).

- d) According to the National Cancer Institute (2020), cancer affects 442.4 females and males per 100,000 each year. (NATIONAL CANCER INSTITUTE, 2020). Globally, the prevalence rate was 1.7% of the global population that had cancer. Cancer is prevalent in Australia, New Zealand, and Ireland (Sung et al., 2021). In that order with the rates at 468.0, 438.1, and 373.7 in 100,000 people. Countries like Lebanon, Japan, and Singapore, Bulgaria, Malta, and Austria record low cancer cases.
- e) Men have higher mortality and morbidity than women (189.5 deaths per 100,000 in men vs. 135.7 deaths per 100,000 in females), suggesting that the condition is more common in men (NATIONAL CANCER INSTITUTE, 2020).
- f) I will study cancer prevention by studying existing literature, especially research studies done by respected bodies like the WHO and Centers for Disease Control and Prevention (CDC). I also intend to interview cancer survivors, researchers, and oncologists to get insights into how the disease can be prevented. I will also research the importance of early screening and intervention.
- g) I hope to reduce cancer risk by enlightening people regarding the importance of cancer screening and early intervention in early stages.

References

- Sung, H., Ferlay, J., Siegel, R. L., Laversanne, M., Soerjomataram, I., Jemal, A., & Bray, F. (2021). Global cancer statistics 2020: GLOBOCAN estimates of incidence and mortality worldwide for 36 cancers in 185 countries. *CA: a cancer journal for clinicians*, *71*(3), 209-249.
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