

An Overview about Cancer Prevention **Mortier JR***

Abstract

Any disease can be cured or get rid of from the severity, when on time treatment is given or proper medication on time is given. Rather than suffering, it is better to take care by preferring screening methods or doctor consult when little changes are seen doubtful. Cancers, probably show the symptoms almost in its middle stage and sometimes at last stage. Therefore, preventive measures are necessary, and those which come under cancer are named as active measures. As we know, most of the cancers are mainly caused due to the environmental risk factors. In the commentary article, a short notes on the different preventive measures for the life threatening disease i.e., cancer are discussed. .

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Introduction

Any disease that can be treated with medicine and recovering from it is okay unless and until it is risk or it does not cure, we consider it as threatening disease. There is a saying “prevention is better than cure”, in real life it is quite applicable and most importantly in case of cancer and its rebellious nature. Cancer is one of such notorious diseases, which do not show its symptoms immediately like other diseases. It probably shows the symptoms almost in its middle stage and sometimes at last stage. Therefore, preventive measures are necessary, and those which come under cancer are named as active measures. As we know, most of the cancers are mainly caused due to the environmental risk factors. These risk factors are caused with lifestyle choices. In general, not all environmental causes are controllable such as cancers caused due to radiation; genetic disorders etc, about 80% of the commonly occurring cancers that are caused with environmental risk factors are preventable. Other 20% of the cancer risk or deaths can be prevented or declined by avoiding certain factors like, tobacco, physical inactivity, pollution, excess weight or obesity, certain infections etc.

Preventive Measure for Cancer

Dietary

Food is the entire source for anything to be with, because what we eat, so it helps the body to function. Many dietary recommendations were proposed with no evidences. If there is not proper diet, there might be risk of obesity and unhealthy habits like alcohol consumption; tobacco smoking though leads to the unknown risks other than cancer. Many studies came into existence, where some studies say; the processed foods intake

led to the risk of certain cancers like breast cancer, pancreatic cancer, colon cancer etc. The phenomenon that is present behind is, processed foods are made or cooked under high temperatures where carcinogens are present, further causes the cancer. Even red meat is one of the reasons for causing cancer. In people whose diet is with fruits and vegetables are shown with lesser risk and those who are taking red meat are in higher risk. Some dietary recommendations that can prevent cancer include; vegetables, fruits, refined carbohydrates, whole grains etc.

Medication

Before a cancer becomes severe, medication intake helps in suppressing the risk when taken on time. Generally, NSAIDs are well known for reducing the risk of cancers, though they have side effects. Some studies shown that, aspirin reduces 5% to 7% of the cancer risk of death. Also, some studies revealed that, vitamin supplementation are not much effective but less vitamin D shows high risk of cancers.

Vaccination

In order to prevent infections by some carcinogenic viruses, vaccines came into existence. Some are Human Papillomavirus Vaccine (HPV-Vaccine) which is used for reducing the risk of cervical cancer. Hepatitis B Vaccine (HB-Vaccine) prevents infection with hepatitis B virus and reduces risk of liver cancer.

Screening

In the world full of virus, unhealthy eating patterns and lifestyles, there are doctors available and many diagnostic centres are open for testing for what we doubt. Screening is better than being neglecting. Therefore, if there are any prompted symptoms or medical signs in the body, it is better to detect cancer rather

knowing when it is severe. Though cancers have screening facility, not everyone can be recommended to get for test. There is universal screening or mass screening involves everyone. Several factors are included by keeping the benefits as well as risks by screening:

- The harmfulness is involved with X-ray, which involves high exposure of the harmful ionizing radiation.
- There is possibility to harm the body during performing procedures for screening.
- Sometimes, it is impossible to identify the treatment even

after screening.

- For rare cancers, screening is not suitable.

Conclusion

Cancer is dangerous and there are chances for lessening our life span. Though we undergo with treatment, no assurance is given. Therefore, before-hand, it is better to start a healthy lifestyle and food intake, not only to be free from cancers, but also several diseases.