

How to Minimize the Risk of Cancer

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Abstract - Cancer refers to any one of a large number of diseases characterized by the development of abnormal cells that divide uncontrollably and have the ability to infiltrate and destroy normal body tissue. Cancer often has the ability to spread throughout your body. Cancer is the second leading cause of death in the world. But survival rates are improving for many types of cancer. Thanks to improvements in cancer screening, treatment and prevention. In last, healthy active lifestyle, healthy diet and ideal weight of an individual minimize the risk of cancer.

Keywords – Antioxidants, Detoxify, Antibiotic. Preservatives, Chemotherapy, Carcinogenic.

Introduction - Cancer cells are different to normal cells in various ways. Cancer cells don't stop growing and dividing. Unlike normal cells, cancer cells don't stop growing and dividing when there are enough of them. So, the cells keep doubling, forming a lump (tumour) that grows in size. A tumour forms, made up of billions of copies of the original cancerous cell. Cancers of blood cells don't form tumours for example leukaemia. But they make many abnormal blood cells that build up in the blood. Cancer cells ignore signals from other cells. Cells send chemical signals to each other all the time. Normal cells obey signals that tell them when they have reached their limit. They will cause damage if they grow any further. But something in cancer cells stops the normal signalling system from working.

It can take many years for a damaged cell to divide and grow and form a tumour big enough to cause symptoms or show up on a scan. How mutations happen? Mutations can happen by chance when a cell is dividing. They can also be caused by the processes of life inside the cell. Or by things coming from outside the body, such as the chemicals in tobacco smoke. And some people can inherit faults in particular genes that make them more likely to develop a cancer. Some genes get damaged every day and cells are very good at repairing them. But over time, the damage may build up. And once cells start growing too fast, they are more likely to pick up further mutations and less likely to be able to repair the damaged genes.

One of the most harmful effects of preservatives on food items is their ability to transform into carcinogen agents, some of the food items consist of nitrosamines, a preservative that has nitrites and nitrates, which mix with the gastric acids and form cancer-causing agents. To ensure that you avoid eating this preservative you need to avoid snacks or meals that are loaded with nitrites and

nitrates.

Objectives – The main objectives are as given below.

1. To clean and detoxify an individuals' body naturally.
2. To save the individuals from this drastic disease.
3. To make the people of the country healthy and wealthy.
4. To make the people of the country useful in the development of our nation.
5. To increase the economic status of the people.
6. To minimize the intake of medicines.
7. To reduce the cost of treatment of an individual at zero level.
8. To save the time of people from unnecessary treatments.
9. To improve the overall health of an individuals.

Methodology – By observing the lifestyle of an individual.

Symptoms – Signs and symptoms caused by cancer will vary depending on what part of the body is affected. Some general signs and symptoms associated with but not specific to, cancer.

1. Fatigue
2. Lump or area of thickening that can be felt under the skin.
3. Weight changes, including unintended loss or gain.
4. Skin changes, such as yellowing, darkening or redness of the skin, sores that won't heal, or changes to existing moles.
5. Changes in bowel or bladder habits
6. Persistent cough or trouble breathing.
7. Difficulty in swallowing
8. Hoarseness.
9. Persistent indigestion or discomfort after eating.
10. Persistent, unexplained muscle or joint pain.
11. Persistent, unexplained fevers or night sweats
12. Unexplained bleeding or bruising.

Risk Factors of Cancer – While doctors have an idea of what may increase your risk of cancer, the majority of cancers occur in people who don't have known risk factors. Factors known to increase your risk of cancer include.

Age – Cancer can take decades to develop. That is why most people diagnosed with cancer are 65 or older. While it is more common in older adults, cancer is not exclusively an adult disease cancer can be diagnosed at any age.

Habits – Certain lifestyle choices are known to increase your risk of cancer. Smoking, drinking more than one drink a day for women and up to two drinks a day for men, excessive exposure to the sun or frequent blistering sunburns, being obese, and having unsafe sex can contribute to cancer. You can change these habits to lower your risk of cancer.

Family History – Only a small portion of cancers are due to an inherited condition. If cancer is common in your family. It is possible that mutation is being passed from one generation to the next. You might be a candidate for genetic testing to see whether you have inherited mutations that might increase your risk of certain cancers. Keep in mind that having an inherited genetic mutation does not necessarily mean you will get cancer.

Cancer Cells Do Not Repair Themselves or Die – Normal cells can repair themselves if their genes become damaged. This known as DNA repair. Cells self-destruct if the damage is too bad. Scientists call this process apoptosis. In cancer cells, the molecules that decide whether a cell should repair itself are faulty. For example, a protein called p53 usually checks if the cell can repair its genes, or if the cell should die. But many cancers have faulty version of p53, so they do not repair themselves properly. This lead to more problems. New gene faults or mutations can make cancer cells. Cancer cells can ignore the signals that tell them to self-destruct. So, they do not undergo apoptosis when they should. Scientists call these making cells immortal.

Health Conditions – Some chronic health conditions, such as ulcerative colitis, can markedly increase your risk of developing certain cancers.

Environment – The environment around you may contain harmful chemicals that can increase your risk of cancer. Even if you don't smoke. You might inhale second hand smoke if you go where people are smoking or if you live with someone who smokes. Chemicals in your home or workplace. Such as asbestos and benzene, also are associated with an increased risk of cancer.

Effect of Cancer and Its Treatment –

Pain – Pain can be caused by cancer or by cancer treatment, though not all cancer is painful. Medications and others approaches can effectively treat cancer-related pain.

Fatigue – Fatigue in people with cancer has many causes, but it can often be managed. Fatigue associated with chemotherapy or radiation therapy treatments is common.

Nausea – Certain cancers and cancer treatments can cause nausea.

Diarrhea or Constipation – Cancer and cancer treatment can affect your bowels and cause diarrhea or constipation.

Weight Loss – Cancer and cancer treatment may cause weight loss. Cancer steals food from normal cells and deprives them of nutrients. This is often not affected by how many calories or what kind of food is eaten. It is difficult to treat. In most cases, using artificial nutrition through tubes into the stomach or vein does not help change the weight loss.

Chemical Changes in Your Body – Cancer can upset the normal chemical balance in your body and increase your risk of serious complication. Signs and symptoms of chemical imbalances might include excessive thirst, frequent urination, constipation and confusion.

Brain and Nervous System Problems – Cancer can press on nearby nerves and cause pain and loss of function of one part of your body. Cancer that involves the brain can cause headaches and stroke like signs and symptoms, such as weakness on one side of your body.

Unusual Immune System Reaction to Cancer – In some cases the body's immune system may react to the presence of cancer by attacking healthy cells called paraneoplastic syndromes. These are very rare reactions can lead to a variety of sign and symptoms, such as difficulty walking and seizures.

Discussion – All the lifestyle changes in the world still can't guarantee that you'll never develop cancer or other health issues. Sometimes, nature just runs its course, and genetics can play a role too. While just under half of cancer related deaths are preventable, the reality is that over half of them is not. Dr. Kamath says unfortunately people who lead very healthy lifestyles do still develop cancer, but at the same time we still need to take every opportunity that we can maximize prevention. Importantly, the study shows hard proof that lifestyle changes can go a long way for your overall health. Dr. Kamath adds someone who limits alcohol consumption, maintains a healthy weight, lives a healthy active lifestyle and doesn't smoke is at a much lower overall risk for cancer. If you can develop healthy habits when you are young, you will continue them as your age, which is how you mitigate risk.

Findings:

1. Maintain ideal weight.
2. Eat a healthy diet.
3. Exercise most days of the week.

Suggestion:

1. Avoid junk food and packed food.
2. Stop smoking and drinking.
3. Avoid excess sugar and salt.
4. Use fresh fruits and vegetables.
5. Avoid excessive sun exposure.

Conclusion – It is old says that "Health is Wealth". If health is well then, all things is in our hand. But being author of this paper, I want to aware the people of our country to minimize the risk of cancer by developing healthy active

lifestyle. it is advisable to pay special attention to what you eat. avoid junk as much as possible and minimize intake of medicines for the little reason. Make a healthy routine for long time with consistently will minimize the risk of cancer.

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