

The Identification, Prevention, And Treatment Of Cancer

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Cancer

Every year, hundreds and thousands of people are diagnosed with cancer. Hundreds of these are consequently killed by the deadly diagnosis of this fatal disease (Torre et al. 2015). Cancer provokes the growth and uncontrolled multiplication of these unwanted cells at any particular or various parts of the body simultaneously. As per an estimate, despite highly developed healthcare facilities in the United States, an average of 351 people die annually out of one hundred thousand diagnosed individuals. Often, researchers have proved that if caught at an earlier stage, cancer can be cured and eliminated completely by reducing the likelihood of its reoccurrence.

To identify the abnormal activities of cancer at an earlier stage, it is essential to be aware of the initial symptoms, signs, and types of cancers, along with the most probable treatment (Torre et al. 2015). Moreover, the prevention is always better than the cure. Therefore, the emphasis must be on the understanding and identification of the preventive measures and the healthier life style that reduces the risk of cancerous ailments. The respective paper has been formulated to concentrate on the identification, prevention, and treatment of cancer.

Symptoms and Early Detection

It is worth understanding here that the intensity and the category of the apparent symptoms are directly dependent on the type of cancer, its location within the body, the size of the tumor (also determining the stage the cancer is in), and the intensity of the impact and influence it has already laid upon the associative organs or the tissues. In the case of being metastasized, the cancerous symptoms may be visible and observable in various parts of the body instead of concentrating only on a certain part. Some general signs may include continuous spells of chills or fever, the unexceptional change for bowel habits or bladder issues, the continuous occurrence of the sores that may not heal, and the occurrence of the white patches within the mouth.

Screening and Cancer Prevention

However, the biggest dread and the horrifying aspect of the cancer is that it is often asymptomatic (Torre et al. 2015). Asymptomatic means that cancer may not show any symptoms or signs at all during the entire duration of occurrence and progress within the body. The worst case is that no

observable or serious signs are shown until the cancer has already reached a critical stage. This raises the awareness of having a medical screening or regular checkup on a regular basis to identify the probability of asymptomatic cancer, specifically, if an individual is more likely to develop it due to dietary concerns, genetics, environmental factors, etc.

Amidst all the blessings of nature, there exists a fruit that contains a Natural Cancer preventive extract (Torre et al. 2015). This extract is known as Resveratrol, and it is extracted from the Grapes as well as in certain other fruits. It is a phytoalexin and has been proven to have the characteristics of a cancer chemopreventive entity. The respective chemopreventive extract has been observed to show the representation of the three characteristic stages of carcinogenesis. Further experimentation has shown that resveratrol acts as an antioxidant as well as an anti-mutagen. It is also used as an inductive extract for the phase II drug – metabolizing enzyme. The results showed that the induction resulted in the induction of the human promyelocytic leukemia cell differentiation, therefore, proving its nature to be a chemopreventive agent helping human beings to prevent the occurrence of cancer.

A cancer initiator can be defined as a chemical agent or substance that can become the source of irreversible damage to the genotype or the phenotype of human or animal cells. Such damage is most likely to become the source of the occurrence of cancer. This often leads to the stage known as the Tumor Initiator. The initiators may include factors such as stress, environmental exposure to ultraviolet radiations or arsenic.

Cancer Promoters and Preventive Measures

On the other hand, the cancer promoter is also an agent that promotes the further spread of the cancerous tumor at a later stage, pushing it into the next progressive stage. This may include factors such as X-ray radiations, certain pathogens, and unchecked dietary imbalances (Ferlay et al. 2015).

As the preventive measure as well as the curative and degrading process of cancer, the researchers have agreed upon a certain type of dietary care that can help in the control and prevention of cancer. These care factors may include the intake of low carbohydrate diets, the coating of the barbecued meat with sauces, the intake of the prescribed antioxidants, the intake of organic food, and, most importantly, a healthy and regular exercising regime is necessary for leading a cancer-free life.

There are certain factors that make certain individuals more likely to develop cancer as compared to others. These factors can vary, including the genetics as well as the environmental exposures. Dietary concerns are also one of the potential factors in determining the inclination of any individual to develop cancer (Ferlay et al. 2015). Even if there exists no family history of cancer or genetic disorder, unchecked environmental exposure, specifically occupational exposure to chemicals such as chromium, arsenic, and lead, can become the cause of cell alterations or the malfunctioning of the cells, resulting in cancer.

Cancer Risk Factors

In more severe cases, genetic alteration is also observed, such as in the case of being exposed to nukes or nuclear reactants and uranium. The excessive consumption of tobacco and alcohol is also the primary factor. However, through experiments and research, it has been proved that the five diet plans and the high intake of vegetables and fruits can also act as a chemopreventive measure.

During the past few decades, the occurrence and the officially diagnosed records have revealed that certain cancers are more likely to occur as compared to others. The reasons are majorly the unhealthy lifestyle, environmental factors, stress, etc. The statistical record and analysis of these cancers have also helped the healthcare facilitators and the researchers to identify the major risks associated with this diagnosis. Understanding these risks greatly helps individuals the preventive measures before the occurrence.

One of the greatest risks is associated with the excessive usage of tobacco and alcohol. The reports have already shown that mouth cancer is becoming one of the major cancers, having a significant number of diagnoses all around the world. Other mouth cancer-related risks may include reduced intake of fruits and vegetables, poor oral hygiene, anemia, poor quality mouthwashes, high concentrations of alcohol, etc.

Digestive Tract is also highly susceptible to the occurrence of cancer. Colorectal cancers can occur due to genetic disorders or family history. Other risks may include the high intake of fats and low intake of fiber, along with the previously stated risks. Almost similar risk factors are also associated with cancers related to the Pancreas, stomach, liver, esophagus, gall bladder, etc. Poor quality food and artificial flavors and colors are also some of the risk factors.

Nursing Support After Cancer Diagnosis

Once Diagnosed, the patients may undergo several psychological and mental disorders, out of which distress and frustration are the most common spells. During such times, the role of caretakers, nurses being the specific individuals, is very important and significant. To address the cognitive and affective requirements of the distressed patient, the communication methodologies and behavioral attitudes of the nurses are highly appreciated and observed.

Certain studies have shown that the psychological conditions of the patients have been observed to improve if their associative nurses display signs of behavioral affection such as empathy, affectionate touch, comfort, and support. Contrary to this, further research does not support the significance of communicative support and affection for ontological care. As per these researches, the respective relationship is often complicated and open-ended, keeping under consideration the life-threatening associative identity of cancer, therefore creating a communication gap between the nurse and the patient.

References

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