



PERSPECTIVE



Overview of Malignant Tumor Prevention and Treatment

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Description

Cancer is a disease that develops when cells divide uncontrolled and spread throughout the body. Changes in DNA are the cause of cancer. The majority of cancer-causing DNA alterations take place in regions of DNA known as genes. These modifications are also known as genetic modifications. Cancer is also known as malignant tumor. Genetics and some environmental or behavioural cues are the primary causes. Some types of cancer are thought to be inherited, which means that the genes you were born with may have a propensity to cancer. They're found in clusters across the body, including the neck, groin area, and under the arms. Cancer can potentially travel to other parts of the body through the bloodstream. Bones, liver, lungs and brain are examples of these parts.

There are various Risk factors for Cancers. They are Tobacco consumption, Use of alcoholic beverages, Dietary factors, such as an insufficient consumption of fruits and vegetables Obesity and being overweight, Inactivity on the physical level, Chronic infections from *helicobacter pylori*, Hepatitis B Virus (HBV), Hepatitis C Virus (HCV) and some types of Human Papilloma Virus (HPV), Ion-izing and non-ionizing radiation are among the hazards that can be found in the workplace and in the environment.

Cancer is the world's largest cause of mortality, accounting for 7.4 million fatalities (about 13% of all deaths). The most common cancers are Lung disease (1.3 million fatalities per year), the stomach (803,000 deaths), Colorectal cancer is a type of cancer that affects the (639,000 deaths), the liver is a part of the human body that (610,000 deaths), Mammary glands (519,000 deaths). Low and middle-income nations accounted for more than 70% of all cancer deaths. Cancer mortality is expected to continue to rise, with an estimated 11.5 million deaths by 2030.

Prevention

More than 30% of cancers is caused by a number of ma-

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...jor behavioural and environmental hazards that can be modified. Tobacco usage is the world's leading preventable cause of cancer today. It is thought to be the cause of up to 1.5 million cancer deaths each year.

Key procedure

Controlling of tobacco, alcohols, drugs and Preventing harmful alcohol use through national alcohol policies aiming at lowering general alcohol consumption; Reducing exposure and promoting protection against infectious agents linked to cancer, such as Hepatitis B Virus and Human Papilloma Virus vaccine, monoclonal antibodies, carbohydrates, antigens, etc.

Treatment

Treatment is a set of measures that includes psychosocial support, surgery, radiotherapy and chemotherapy with the goal of curing the disease or significantly extending the patient's life while enhancing their quality of life. Early detection and treatment of malignancies with high cure rates include breast cancer, cervical cancer, oral cancer and colorectal cancer. Treatment for various malignancies that have a chance of being cured: Even if they are disseminated, some cancers, such as childhood leukaemia's and lymphomas, and testicular seminoma, have high cure rates if treated properly.

Palliative Care is a type of hospice care

Palliative care is a critical humanitarian need for persons with cancer and other chronic terminal diseases globally (adults and children). It's especially important in places where a high percentage of patients are in advanced stages with little possibility of recovery. Palliative care can provide relief from physical, emotional, and spiritual concerns in more than 90% of advanced cancer patients. In low-resource settings, effective public health policies that include community-based, home-based care techniques are critical for providing pain management and palliative care to patients and their families. Oral morphine access must be improved for the treatment of moderate to severe cancer pain, which affects approximately 80% of cancer patients in their final stages.