

Cancer Awareness And Prevention

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Abstract

Cancer includes more than hundred diseases which arise from unlimited replication of mutated cells with the potential to invade to other parts of the body. Current research in this field is mainly focusing on carcinogenesis, early detection and improving therapeutic methods with little attention on cancer prevention. According to American Cancer Society, the lifetime probability of developing cancer in males is 1 in 2 and it is 1 in 3 for females, which are quite alarming. However, about one third of cancers can be prevented. Changing life style and taking a few simple steps like maintaining body weight, regular exercises, eating more vegetables and avoiding salt and sugar, not smoking and avoiding excessive exposure to sun can be very useful in cancer prevention. Breast and stomach cancers have the highest incidence in Iranian women and men, respectively. Unfortunately, we are facing a rise in the incidence of some cancers in Iran, which necessitates more work on cancer prevention and early diagnosis to reduce the burden of this monstrous disease.

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