

# **Cancer: a brief discussion on risks causing cancer and their relation with today's lifestyle: A Report**

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## **Abstract:**

In this ever-developing and constantly changing world, growth is a constant factor. Be it growth in the technological field or be it growth in the number of diseases uprising every passing day, growth remains a common factor to all. Cancer is one such disease that has become a participant of this growth rapidly in today's world. It has become a matter of concern and an intertwined factor in every household.

## **1. Introduction:**

Even though it is one of the most talked-about topic, not many have a clear understanding of what actually cancer is. Cancer is predominantly an auto-immune disorder which causes abnormal growth or death of cells in the body. It basically alters the normal mitotic cycle of our body cells. This alteration is caused either due to

genetic abnormalities, misinterpretation of particular genes and expression of oncogenes. These phenomenon may occur either by simple genetic passing down from one generation to another or be triggered by external factors such as introduction of carcinogens in the body.

In today's lifestyle, man has become a slave to narcotics. On an average, five out of ten people are found to consume nicotine in some form or the other. Cigarettes have become a status symbol, especially among college going students and people working in the corporate sector. Even the movies and web series which we watch portray the "cool" characters or the characters people look up to as chain-smokers or addicted to nicotine of some other form. A statutory health hazard warning stating that "Tobacco causes cancer" and that "the actors in their roles do not promote the use of narcotics" is not a strong enough message to convince the viewers otherwise.

Some new additions to the already lucrative nicotine industry – the primary carcinogen pumping sector, are e-cigarettes and vapes. They are very tactfully marketed as tobacco-free. However, surveys conducted have shown that people using vapes and e-cigarettes are more susceptible to cancer than normal cigarette smokers. This is

primarily because these devices run on nicotine oil, which is a pure and more concentrated form of nicotine than what is found in actual cigarettes.

## **2. Environmental Aspects:**

Next coming to the environmental factor. With the rise in the number of industries and man becoming a slave to technologies, pollution levels have sky-rocketed. Tendencies of smog development have risen, depositing more carcinogens in the lungs directly. Also, the rising pollution is becoming an endangering threat to the ozone layer. Depletion of ozone from the ozone layer has alarmingly increased due to more and more greenhouse gas emissions. This leads to increase in UV radiation levels which leads to more and more skin cancer cases among people. Natural beauty is out-of-fashion and extremely unappreciated nowadays. The world runs on Instagram filters and high-end makeup routines. Appealing as they maybe, the constant use of these products leave a deep scar – a scar which no amount of foundation can cover

up. Products like eyeshadows, body glitter, etc. contain harmful metals like lead in them which makes them look more appealing but are a bane to the human health. They cause detrimental effects on the skin leading to cancer.

### **3. Conclusion:**

These are just a few of the uncountable aspects of today's lifestyle that make cancer cases rise exponentially. All that we need to stop this abnormal growth is a change in the lifestyle. People need to pause this never-stopping life for a while and take care of themselves. People do not need tobacco to release the stress and tension in life. There are millions of other options to do so. Like indulging in fun activities, developing new hobbies like crocheting, stitching, painting, singing, etc. People need to start adapting a healthier de-toxifying lifestyle. Regular working out and maintaining a healthy diet and living habits is what people need to save themselves from this cancer scare.

Accepting their own natural beauty and living life the way it is meant to be, with embracing arms is what is needed to live not just cancer-free but free from any diseases.

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