

Lifestyle changes to lower cancer risk: A Report

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Abstract:

World Cancer Day is celebrated all over the world on 4th February. The main motive of this day is to spread an awareness regarding cancer and its prevention by practising various healthy lifestyle practices and maintaining a proper and healthy diet. Thus, following these healthy lifestyle can make our overall biological functioning work properly as it is supposed to and hence can maintain our immune system and overall physiological conditions to sustain in every situation. On this day we hereby discuss over certain topics on prevention of cancer so as to treat it when it is at its weakest phase. Cancer is mostly incurable and there are a very few to none techniques. Henceforth we need to prevent cancer by implementing these healthy lifestyle practices even before it is detected or gets worse as the world known saying goes by Prevention is better than cure.

Introduction:

Cancer is a condition when our biological system starts acting abnormally due to exposure to certain biological, chemical or physical agents which alters the normal state of condition of our biological activity and causes negative fluctuations in the overall activity of present state of health. As a result cells start to proliferate at an abnormally increased rate and resulting in formation of tumours which be detrimental for health and can even be deadly. Cancer is a devastating disease that affects millions

of people worldwide. It is estimated that up to 40% of cancer cases can be prevented through lifestyle changes. Making simple changes to our daily routine can significantly reduce the risk of developing cancer [1,2].

Now talking about certain unhealthy practices which are the lead reasons for cancers. Firstly smoking which is one of the major reasons of lung cancer occurrence nowadays which is mainly caused by inhaling of toxic substances like tobacco and other toxic substances which have

carcinogenic properties which contribute to damage of respiratory tissues and can both eventually lead to cell death or lead to hyperplasia which can lead to formation of tumours and ultimately lead to death of the person. Consumption of alcohol is another reason of cancer occurrences. Alcohol is broken down in the liver into a toxic substance called acetaldehyde, which can damage DNA and cause mutations that may lead to cancer. Alcohol also interferes with the body's ability to absorb certain nutrients, such as folate, that are important for DNA repair and cell growth. Chronic alcohol consumption can also lead to chronic inflammation, which has been linked to an increased risk of cancer. Thus these can lead to liver cancer, breast cancer, mouth cancer etc and it varies between men and women and the amount of consumption of alcohol. Skin cancer is also a worrying cause which occurs through increased exposure to UV rays. Skin cancer occurs when the cells in the skin become damaged and start to grow abnormally. The primary cause of skin cancer is exposure to ultraviolet (UV) radiation from the sun or tanning beds. UV radiation damages the DNA in skin cells, which can cause mutations and lead to the development of cancer [2,3].

3. Impacts on Lifestyle:

Now all these type of cancers can be easily prevented if one implements healthy lifestyle practices and go through a healthy diet which contains all necessary nutrients and components in a balanced manner more popularly known as a balanced diet. Implementing healthy lifestyle practices like proper physical training and exercises keeps our body and muscles in a proper working condition and helps in proper energy utilisation of body. Regular exercise is also an important part of cancer prevention. Exercise can help you maintain a healthy weight, reduce inflammation in the body, and improve your immune system, all of which can lower your risk of cancer. Aim for at least 30 minutes of moderate-intensity exercise, such as brisk walking or cycling, five days a week. Another of the most important lifestyle changes you can make is to maintain a healthy weight. Being overweight or obese is a major risk factor for many types of cancer, including breast, colon, and prostate cancer. Eating a healthy diet that is rich in fruits, vegetables, whole grains, and lean proteins can help you maintain a healthy weight and reduce your risk of cancer. Finally habits and addictions like smoking and consumption of alcohol should be avoided at all costs because they are the prime factors of 90% of cancers presently. Periodical medical tests and diagnosis

should also be maintained so as to stay updated with the health situation and even treating any abnormalities if detected so that medical emergencies never arise. One should protect their skin from open UV exposure by using sun screen creams and sleeves to prevent skin cancers [1-3].

4. Conclusion:

Hence by following these measures cancers can be detected and prevented at an early stage when it is not that deadly . It must always be remembered that Health is Wealth and to keep up with that, healthy practices and a proper diet should always be implemented not only to prevent cancers but also to deal with any kind of medical emergencies which can arise due to any negative fluctuations in overall functioning of health.

References:

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