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Cancer: Uniting Our Voice and Taking Action

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Abstract: Regarded as one of the most notorious diseases in the world, cancer has been known to be one of the leading causes of death across the world. People are often found running away from discussing this disease, therefore it is important that on the 4th of February- ‘World Cancer Day’, everyone needs to unite their voices as well as take action to spread awareness of this disease among people.

Keywords: Cancer awareness, Oncogene, Metastasis, Mutation.

1. Introduction: Earlier in 2018, studies have shown 9.8 million deaths due to cancer across the world. Later the World Health Organization declared cancer to have caused the maximum number of deaths all through the year in most of the countries, statistical records in India are also no better in percent figures which showed 1300 deaths per year. Further increases in death records were observed gradually over time, and on that account, cancer awareness is extremely essential among people.

Before concerning how to prevent cancer or what are the signs and symptoms, all should be acquainted with the term ‘cancer’, and what actually cancer is. Any or all unregulated growth of cells in the body is termed cancer. It is known that there is a definite cycle to be followed by all the cells in our system from generation to death. To be explicit, cancerous cells or cancer itself means the cells are growing in an unregulated manner i.e., there is a checkpoint where the cell cycle is disturbed and got unhinged, therefore

accumulation of cell occurs which eventually lead to a tumor, that in turn may or may not lead to cancer if detected at the early stages [1-3].

2. Public Awareness: If people are all aware of what cancer is, they can further proceed to explore what causes cancer. It cannot be specifically determined which particular reason causes cancer, instead, there are several agents that can cause or trigger cancer among individuals. These are collectively called 'carcinogens' [4-6].

Carcinogens can be of different types depending on various factors such as lifestyle, and physical cause, and biological causes. Physical factors include exposure to UV-rays, X-rays, pollutants, etc., whereas, lifestyle includes addiction to smoking, drinking alcohol, passive smoking, etc., which are known to trigger this disease in a person.

The biological factors include mutated gene transfer or in simple words, hereditary issues as in two mutations from mother to daughter in the case of breast cancer. Cancers of different types are classified on the basis of the

location of occurrence in the body mainly lungs, pancreas, breast, blood, etc. Leukemia causes blood cancer, lymphoma is the cancer in white blood cells, and melanoma is the most dangerous type- which causes cancer in skin pigment melanin, and sarcoma is the cancer of the stomach, pancreas, etc. The treatment includes surgery, chemotherapy, and radiation therapy, which are used in combination with one another,

3. Conclusion: In many countries, cancer discussion is still taboo and this needs to be addressed immediately. Let us all encourage public speaking about cancer awareness from different points of view- starting from the survivors and personal discussions as well. This will give an idea about the symptoms and signs and create awareness among people and in the society so that if needed, people can immediately reach the physician for an early screening, and diagnosis and thereby can be on the right track of treatment for cure. Awareness is necessary and that comes before prevention.

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