

Ameliorated Strategies for Prevention and Diagnosis of Cancer

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Cancer is still a deadly disease and cause of death for millions but approaches has been much evolved in recent years. There are means which can manage situations much better whether it is early detection or improved interventions. In addition preventive efforts are also of much importance. There should be careful elimination or at least reduction to the extent of the potential exposure of carcinogens whether it is a drug or any other natural or synthetic group. Diagnosis of the infectious agents of viral origin is another vital step of eliminating the burden of this deadly disease.

For successful treatment as well as long term survival early diagnosis is crucial. Effective screening tests must be established for every type of cancer for a rewarding later outcome. Recent developing techniques like liquid biopsies and microRNA bio markers can be new revenue of cancer management. National Cancer Institute is striving to develop more improved assays which could potentially and accurately screen cancer.

As per the World Health Organization developing national strategies for controlling cancer countries should consider the primary and secondary prevention of the disease. The goal of primary prevention is to reduce or eliminate exposure to cancer causing factors, which includes environmental carcinogens, lifestyle factors related to nutrition and physical activity. Immunization or treatment against infectious agents that cause certain cancers, use of tobacco control programs, and reduction of excess alcohol consumption, dietary intervention, and pharmacological intervention could be the possible prevention strategies for future. Secondary prevention for certain types of cancer like cervical, colorectal, breast cancer effective methods of early detection and treatment are available. Instead, secondary prevention through population based screening programs is warranted to progress one step further.

The primary ways of cancer treatment are surgery, chemotherapy and radiotherapy and these may be used alone or in combination. There is increasing emphasis worldwide on the development of specialized cancer center that apply evidence based multinational therapies, including rehabilitation and palliative care. The scope of palliative care has been expanded in recent years to reduce the symptoms and treatment during all phases of the disease. Another major concern of Cancer treatment is the cost-effectiveness. Drug trials and their modification should be encouraged to determine the optimal dose and efficiency for improved cost-effectiveness of the current approved agents.

Cancer care has been much improved nowadays and still there is definitely a long way to go to with enriched strategies and approaches through early detection and intervention of the disease.

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