

## Editorial on Cancer

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Cancer is one of the major reasons for death in both men and women worldwide. According to World Health Organization, cancer is known to be the second leading cause of death across the world.

Cancer is uncontrolled cell division. It has the ability to spread to different parts of the body causing destruction of normal body tissue, tumor formation, damage to the immune system, and other impairments that can be fatal. Cancer leads to the transformation of normal cells into tumor cells. It is a multi-stage process ranging from pre-cancerous lesions to malignant tumors. The main causes of cancer are physical carcinogens (ultraviolet and ionization radiation), chemical carcinogens (nicotine, aflatoxin, arsenic, etc.), and biological carcinogens (infection due to bacteria or viruses).

Use of tobacco and alcohol, having an unhealthy diet, air pollution, physical inactivity, and chronic infections are some major risk factors for cancer. Cancer cells or tumors spread to different organs and the bloodstream and cause disruption of organ function. Cancer cells can also destroy healthy cells and organs by cutting off the nutrient and oxygen supply and by accumulating waste products that lead to toxicity and ultimately death. However early detection of cancer and appropriate treatment and care reduce the cancer mortality rate.

The most common cancer treatment strategies are either surgery, radiation therapy, or chemotherapy. These conventional cancer therapies can result in serious and adverse effects. To reduce these side effects chemo preventive method is introduced as a safer and more promising cancer prevention strategy. Many phytochemicals found in edible plants can reduce the risk of cancer by increasing antioxidants, inactivation of carcinogen, and arrest of cell cycle and apoptosis in the body. Phytochemicals can act via regulating molecular pathways and prevent the growth and pro-

gression of cancer. Phytochemicals, especially polyphenols have a direct anti-cancer mechanism. Eating healthy and maintaining a proper lifestyle can fuel our bodies to fight against cancer.

In a world where six million people die due to cancer every year, proper precautionary measures and a healthy lifestyle should be maintained to reduce cancer mortality. "Live long and fight cancer".

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