

## Cancer: An Inevitable Disease

**Ayushi Arora\***

Punjabi University, Patiala, Punjab, India

\*Corresponding Author: Ayushi Arora, Punjabi University, Patiala, Punjab, India.

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Today with the advancement of technologies all over the world the rate of diseases is also increasing incredibly. The diseases can be due to the increasing pollution levels or by biological changes in the body. Some of the deadliest diseases nowadays are Aids, Cancer, Virus outbreaks like Nipah virus, Ebola Virus which till now have no perfect cure against them. The scientists are continuously working on the development of antibodies against them still no great work has been recorded so far.

Cancer nowadays is one of the most deaths causing disease spreading widely among all age groups. More than 200 types of cancers have been discovered till now. It has been seen that out of 2 people in UK 1 gets the cancer in his lifetime. This states that the mortality rate due to cancer is increasing day by day [2]. Cancer also known as malignancy arises from the growing cells of the body. It is the unusual growing of the cells where the cells fail to stop multiply it.

### Formation of cancer cells

Cancer starts with the cells itself. Any modification in one cell can lead to its unusual growth which ultimately forms a mass called tumor. This tumor is of two types: Benign and malignant.

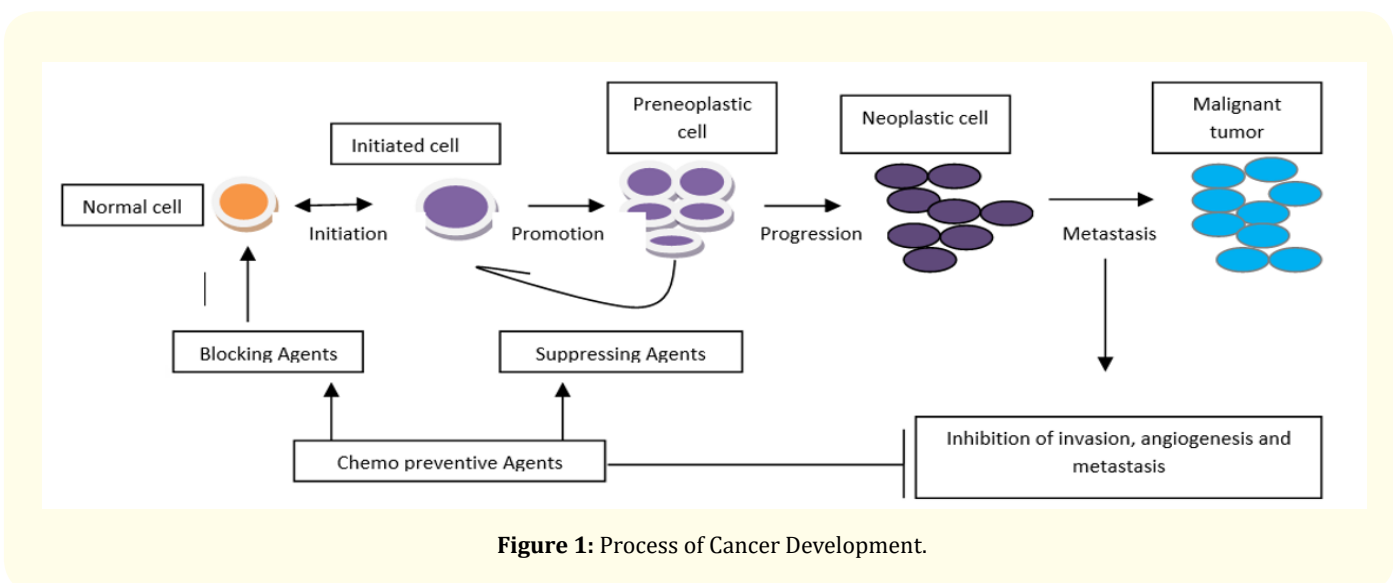
Benign tumor usually does not cause much health issues and can be easily surgically removed. But this tumor when becomes malignant it forms cancer which is very difficult to stop [1]. They can also spread to other tissues and body parts and can cause cancer in other parts as well.

### Types of cancer

Cancers are categorized according to their site of origin [3]. Basically, there are four types of cancer as follows:

1. **Carcinoma:** The origin of cancer in this type is basically the skin and the supporting tissues.
2. **Sarcoma:** In this cancer starts from the connective tissues like muscles, bones and vessels.
3. **Leukemia:** When the cells proliferate abnormally in the bone marrow which is the site of blood formation.
4. **Lymphoma:** When the cancer originates from the immune system it is known as lymphatic cancer.
5. **Myeloma:** When the plasma cells originate abnormally in the body at different sites it is known as myeloma cancer.

The process of cancer development is:



**Figure 1:** Process of Cancer Development.

### Symptoms of cancer

There are several early symptoms of cancer. Some of them are as follows [4,5]:

- o Skin modifications.
- o Breast changes like change in texture of breast skin or size of breast.
- o Cough and soreness for a long period of time.
- o Bowel related problems.
- o Abnormal urinal discharges such blood in urine or stool.
- o Stomach ache.
- o Unusual feeling of fatigue.

### Diagnosis of cancer

Cancer can be diagnosed through the following tests:

- o Lab tests: initial screening of cancer can be done by performing basic tests like urine tests, blood tests or other fluids.
- o Imaging processes: due to advancement in technologies various new imaging techniques have been developed like ct scan, nuclear scan, MRI, X-rays, PET and ultrasound.
- o Biopsy: removal of tissue from the body for testing is known as biopsy. It can be done using a needle, or through endoscopy or surgical removal.

### Treatment of Cancer

Cancer can be treated by following techniques:

- o Surgery
- o Radiotherapy
- o Chemotherapy
- o Hormone therapy
- o Targeted therapy.

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