

CANCER IS PREVENTABLE- LET US TRY OUR LEVEL BEST

Cancer is a chronic disease and the prevalence is increasing at a faster rate in recent years. Most of the cancers are incurable, treatment is very expensive and is not affordable even for above middle-class people. A strong correlation is observed between lifestyle factors and cancer incidence or prevention.

Let us know about cancer prevention lifestyle focussing mainly on the role of physical activity and diet. Most of the people leading sedentary life style. There is an overall decline in the level of physical activity. There is strong evidence between adequate physical activity and prevention of colon cancer and breast cancer. Regular and proper physical activity increases the motility of digestive system and decreases the residence time of food carcinogens. Further it will decrease obesity as well as abdominal fat deposition. Moreover regular physical activity is associated with a decrease in the circulating levels of sex hormones, insulin and insulin like growth factor; all are associated with cancer incidence. Let us be active to make world cancer free. Meet you again in the next issue with the role of diet in cancer prevention.

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