



## Patients around the World Lack Timely to High-Quality Diagnosis and Treatment

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### INTRODUCTION

Cancer is a broad term for a collection of diseases that begin in practically any organ or tissue of the body and spread to other organs when aberrant cells grow out of control, cross their normal boundaries, and invade other regions of the body. The latter is known as metastasizing, and it is one of the leading causes of cancer death. Other frequent terms for cancer include neoplasm and malignant tumour.

### DESCRIPTION

Cancer is the second most common cause of mortality worldwide, accounting for 9.6 million fatalities in 2018, or one in every six deaths. Men are more likely than women to develop lung, prostate, colorectal, stomach, and liver cancers, whereas women are more likely to develop breast, colorectal, lung, cervical, and thyroid cancers.

The global cancer burden is increasing, putting enormous physical, emotional, and financial strain on individuals, families, communities, and health-care systems [1]. Many health systems in low- and middle-income nations are unprepared to handle this burden, and millions of cancer patients around the world lack timely access to high-quality diagnosis and treatment. Because of early detection, quality treatment, and survivorship care, cancer survival rates are improving in countries with robust health systems.

Tobacco use, diet and nutrition, physical activity, obesity/overweight status, infectious agents, and chemical and physical carcinogens were reported to be the leading areas where cancer prevention can be practised through positive lifestyle changes, appropriate regular screening, and vaccination as of 2017 [2]. Such risk factors play a role in the development of many prevalent malignancies. Tobacco and alcohol use, a medical history of genital warts and STDs, immunosuppression, unprotected sex, and early sexual intercourse and pregnancy can all be risk

factors for cervical cancer.

Obesity, red meat or processed meat consumption, cigarette and alcohol use, and a history of inflammatory bowel illness are all risk factors for colon cancer (CRC). Exercise and vegetable consumption, on the other hand, may aid to lower CRC risk. Doll and Peto's seminal 1981 study revealed several preventable causes of cancer, indicating that 75%-80% of malignancies in the US might be avoided by avoiding 11 key factors [3]. Schottenfeld et al. published an overview of contemporary cancer prevention research in 2013. The majority of the preventable factors identified by Doll and Peto are also seen in studies published between 2000 and 2010. Schottenfeld on the other hand, believe that there is a difference between the two.

In comparison to Doll and Peto, they looked at fewer factors in their assessment, such as food, and found that avoiding these fewer factors would prevent 60% of cancer deaths [4]. The table below summarises the proportions of cancer deaths attributed to various factors, and shows the impact of major lifestyle factors on cancer prevention, such as tobacco, an unhealthy diet, obesity, and infections, as well as the findings of Doll and Peto, Shottenfeld et al, and several other authors.

Most cancers can be prevented. This is an important message of illness, which is the main fitness horror of the general public. Unfortunately, most people are uncertain about what important steps they can take to mitigate risk. And that's no longer surprising given the burden of most cancer research and media insurance contracts that we stumble weekly. Even a few experts are enough to confuse. But the latest news is that after combining all this evidence, eight simple clues have emerged at the top.

### CONCLUSION

This includes maintaining a healthy weight, exercising regularly, and fighting tobacco. There are also additional steps in addition

<b>Received:</b>	30-March-2022	<b>Manuscript No:</b>	IPJCEP-22-13256
<b>Editor assigned:</b>	01-April-2022	<b>PreQC No:</b>	IPJCEP-22-13256 (PQ)
<b>Reviewed:</b>	15-April-2022	<b>QC No:</b>	IPJCEP-22-13256
<b>Revised:</b>	22-April-2022	<b>Manuscript No:</b>	IPJCEP-22-13256 (R)
<b>Published:</b>	29-April-2022	<b>DOI:</b>	10.36648/ipjcep.7.2.10

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**Citation** Ando Miyuki (2022). Patients around the World Lack Timely to High-Quality Diagnosis and Treatment. J Cancer Epidemiol Prev. 7:10.

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to those that can reduce the risk of cancer in some individuals (see 12 Preventable Cancers), but these eight actions are the best benefits for most cancers. Provides coronary artery disease, stroke, diabetes and osteoporosis.

## ACKNOWLEDGEMENT

None

## CONFLICTS OF INTERESTS

The authors declare that they have no conflict of interest.

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