

## Is Cancer Really Dangerous? - A Letter to the Editor

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### Abstract

In the modern-day world, it's unlikely, that we lag behind the raging advancements of technology. And in science, new horizons are being unleashed every passing minute. The today's economy, too, is a major concern in every area of work and expertise. Nutritionists and Doctors when conglomerated, commit themselves in treating many a disease. One such is cancer. Research has been a blessing for patients suffering cancer, with new advancements in treatment coming up, and, almost all types of cancers are cured. We also feel, proper diet which is rich in anti-oxidants and fruits and vegetables will delay death in chronic carcinomas and will ensure acute carcinoma is not spreading into chronic stages.

**Keywords:** Diet; Nutrition; Cancer; Anti-Oxidants

### Introduction

Sir, as Leslie Grimutter, once said, "My own prescription for health is less paperwork and more running barefoot through the grass". To the folk and flora and fauna in the field of sports, this more than just apposite. Diet and Nutrition occupies the best seat in the soft palate of our life's journey and yomping to be fit and fine and healthy. As a child who lost one of my parents due to cancer, I've taken up research as my profession today. I've seen rough passages of time where I could hardly move my body, keep alone carpals and phalanges. There's always one question that baffled and frustrated me to the moon and back. Is cancer really dangerous?

Black D. [1] in his study in the UK said that, Millom Rural District (including Sea scale) had the second highest rate among 152 comparably sized districts in England and Wales, ranked according to leukemia mortality among under 25s during 1968-78. Mortality rates for other diseases in the local population, (children or adults), are not unusual. The overall mortality rate for the under 25s in Millom District is within normal limits. Recommendations are made mainly for further epidemiological studies, but also for studies of health implication of radioactive discharges, and for regulatory mechanisms.

This made my mind in a different way, to come to terms, that when it comes to the matter of cancer, age is just a mere number. In the modern-day world, it's unlikely, that you lag behind the raging advancements of technology. And in science, new horizons are being unleashed every passing minute. The today's economy, too, is a major concern in every area of work and expertise. It's easy to say to someone that pollution and lack of proper diet and exercise will sometime or the other lead to this chronic disease.

Konis., *et al.* [2] in their findings reported that, "The probability of dying between the ages 30 years and 70 years from the four main

NCDs in 2010 ranged from 19% in the region of the Americas to 29% in southeast Asia for men and from 13% in Europe to 21% in southeast Asia for women. If current trends continue, the probability of dying prematurely from the four main NCDs is projected to increase in the African region but decrease in the other five regions. If the risk factor targets are achieved, the 25 × 25 target will be surpassed in Europe in both men and women, and will be achieved in women (and almost achieved in men) in the western Pacific; the regions of the Americas, the eastern Mediterranean, and Southeast Asia will approach the target; and the rising trend in Africa will be reversed. In most regions, a more ambitious approach to tobacco control (50% reduction relative to 2010 instead of the agreed 30%) will contribute the most to reducing premature NCD mortality among men, followed by addressing raised blood pressure and the agreed tobacco target. For women, the highest contributing risk factor towards the premature NCD mortality target will be raised blood pressure in every region except Europe and the Americas, where the ambitious (but not agreed) tobacco reduction would have the largest benefit”.

This made me think a bit deeper in research and in the field of oncology. Does this really mean; cancer will make us mortals? During one of the most riveting moments in life, one gentleman and coach said, “Player’s race, flung his arms, you wonder where your box is, you put on the wrong set of gloves, the sweaty ones for practice, your helmets under the jumper around the corner and you are very disturbed mentally when you are in the middle”. Well, isn’t in life, too, we are players who ply our trade till we become mortals?

As a nutritionist and research scholar, I feel we can delay the death in many a way. Going through a few research articles, I found this valuable information. William J Blot., *et al.* [3] in their study revealed this in their findings. “They indicate that vitamin and mineral supplementation of the diet of Linxian adults, particularly with the combination of beta carotene, vitamin E, and selenium, may affect a reduction in cancer risk in this population”. They also said that, no significant effects on mortality rates from all causes were found for supplementation with retinol and zinc, riboflavin and niacin, or vitamin C and molybdenum. Patterns of cancer incidence, on the basis of 1298 cases, generally resembled those for cancer mortality.

In truth then, such a status of being cancerously active is actually a disguised curse. It’s a life that appears enriched with all the glamour and regality of the boldness of a king that still demands a celibate amidst the vices. It pushes man to the pedestal of supreme mourning and evaluates his detachment there. It confers upon him a robe of divine to lay bare his mortality. Isn’t this correct, ladies and gentlemen?

Michael F Clarke., *et al.* [4] in their study reported that, clearly, there is much excitement and momentum in this important field. Investigation of cancer stem cells offers the possibility of generating novel targets that could overcome issues of drug resistance, improve therapeutic efficacy, and make cancer treatment more successful and perhaps even curative while obviating systemic toxicity. Most succumb to the temptations given that we are humans essentially. But a few stand tall, despite all the million attractive affairs and remain the inspirational ideals to emulate. Cancer survivors, to me, are that eternal sulk of human flesh and gut and gait and posture, and eternalize word of the sentence “Boldness is mightier than the sword”.

I believe staunchly, if not wearily in the sentence “The early bird catches the worm”. Even in the modern-area of competitive addictiveness and bout and prizefight, where no tale is too tall to tell, the emerald stubbornness of human beings fighting cancer shall hold their own and stand testimony to the sustained brilliance of their gutsy, humility in flying above adversity. I believe, pain teaches us to be munificent. I hope and pray, research in cancer, in future, stands tall as a uniquely resilient monument amidst weather-torn ruins.

From food scarcity to producing food in surplus, for nutritional deficiency to, nutritionally adept, or surfeit, we, as a planet and as a conglomerate of nations have come long. Say Green Revolution or White Revolution, my country, India, today, is in a position to export food, but, not on the other side of importing food. This is the significant finding in this research which added a possibility in designing new methodologies and techniques that would eradicate human hunger and changed the way the world thinks about India. This is, in fact, a case with technology. Hasn’t the advance of technology allowed the human being to travel in air and it did give an advantage of cross ocean within a blink of time. Frankness behold, we are now in a situation where everything is at our door step, if not at our finger tips. Isn’t it?

Anthony J Bazzan., *et al.* [5] has this compelling information from their study. “The majority of cancer fighting nutrients should be ob-

tained via a wholesome diet. Nutrient-dense foods contain substantial amounts of key nutrients in relation to the dietary energy they provide. Nutrient dense calories include fruits, vegetables, nuts, and select high quality dairy products and meats. Furthermore, vegetarian diets are associated with lower risk for cancer. The evidence is mounting that diets based upon these foods can be beneficial to patients with cancer in survivorship and possibly for prevention of metastases or recurrences. In addition, a nutrient-dense food diet should be combined with choosing food for freshness, wholesomeness, and a decrease in the degree of processing" [6-8].

### Conclusion

Lastly, we would sum up with these few lines. "Two much cooks spoil the broth". And as Anais Nin said, "There came a time when the risk to remain tight in the bud was more painful than the risk it took to blossom." We hope, with all the support and advancements in science, the mankind will conquer any hostility, a cancer patient can conjure, keep alone a healthy individual.

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