

CANCER

- * Cancer is an uncontrollable process of growth and cell dissemination.
- * It can appear almost anywhere in the body.
- * The tumor can invade adjoining parts of the body and metastasize to other organs.

* **DEFINITION**
WHO 2015

- * Cancer is the second leading cause of death in the Americas, after cardiovascular diseases.
- * Nearly 3 million people are diagnosed with cancer each year.

* EPIDEMIOLOGY WHO 2015

*The most common types of cancer in men in the Americas are prostate, lung and colorectal; and among women, breast, lung, colorectal and cervical.

***EPIDEMIOLOGY WHO**
2015

- * Practice a healthy lifestyle:
- * More than a third of cancer deaths can be prevented through healthy lifestyles: no smoking, reducing alcohol consumption, eating more plant-based food, including fruits and vegetables, being physically active and maintaining a healthy body weight.

* **EPIDEMIOLOGY WHO**
2015

* Offer early detection services: Most cancers are less deadly and more treatable if detected in their early stages. For many common types of cancer (breast, cervical and colorectal) there are screening tests to detect cancer early and before signs or symptoms are evident.

* **WHO 2015**

* Washington, DC, February 3, 2012 (PAHO / WHO) - The number of cases of cancer will increase more than two-thirds worldwide over the next 20 years. It is projected to increase from 12.7 million in 2008 to 21.4 million by 2030.

* **EPIDEMIOLGY WHO**
2012

- * Use of tobacco
- * Overweight or obese
- * Low consumption of fruits and vegetables
- * Lack of physical exercise
- * Use of alcohol
- * Infection with HPV (human papilloma virus) by sexual transmission

*** RISK FACTORS**
OMS 2012

- * 1. Myth: It is not necessary to talk about cancer.
- * Reality: Even though cancer can be a difficult issue to deal with, addressing the disease openly can improve progression of the disease at individual, community and political levels.
- * 2. Myth: There are no signs or symptoms of cancer
- * Reality: For many malignant tumors there are warning signs and symptoms, and the benefits of early detection are indisputable.

*WHO 2014

- * 3. Myth: I cannot do anything against cancer
- * Reality: Much can be done at the individual, community and policy and it is possible to prevent one third of the most common malignancies.
- * 4. Myth: I have no right to receive healthcare for cancer.
- * Reality: Everyone has the right to access treatments and care services for cancer, on an equal basis and without suffering financial hardship as a result.

*WHO 2014

- * At least one third of all cancer cases are preventable. Prevention constitutes the long-term cost effective strategy for controlling cancer.

* **EPIDEMIOLGY WHO**
2015

*Smoking is the preventable risk factor that by itself causes more cancer deaths worldwide, and causes approximately 22% of annual deaths from this cause. In 2004 1.6 million of the 7.4 million cancer deaths were attributed to smoking.

***RISK FACTOR**

*Tobacco smoke causes many different cancers, including lung, esophagus, larynx (voice box), mouth, throat, kidney, bladder, pancreas, stomach and cervix. About 70% of the burden of lung cancer can be attributed to smoking as the sole cause.

***RISK FACTOR**

*The smoke free tobacco (in the form of oral tobacco products, chewing or tobacco powder) causes cancer of the mouth, esophagus and pancreas.

***RISK FACTOR**

* Another important way of dealing with the fight against cancer consists in modifying the diet. There is a link between being overweight and obese on the one hand, and many types of cancer such as esophageal, colorectal, breast, endometrial and kidney, on the other. Diets rich in fruits and vegetables may have a protective effect against many cancers.

* **RISK FACTOR**

* In contrast, excessive consumption of red meat and preserved meat may be associated with an increased risk of colorectal cancer.

* **RISK FACTOR**

* Regular physical activity and maintaining a healthy body weight, along with a healthy diet, will considerably reduce the risk of cancer.

* **PREVENTION**

* Alcohol consumption is a risk factor for many cancers, including mouth, pharynx, larynx, esophagus, liver, colon and rectum, and breast. The risk of cancer increases with the amount of alcohol consumed.

* **RISK FACTOR**

* For example, 22% of cases of mouth and oropharynx cancer in men are attributed to alcohol, while in women the burden of attributable disease to this cause is reduced to 9%. In cancer of the esophagus and liver a similar difference based on gender is recorded.

* **RISK FACTOR**

* Infectious agents are responsible for almost 22% of cancer deaths in developing countries and 6% in industrialized countries. Viral hepatitis B and C cause liver cancer and infection by the human papilloma virus can cause cervical cancer. The bacterium *Helicobacter pylori* increase the risk of stomach cancer.

* **RISK FACTOR**

* In some countries, the parasitic schistosomiasis increases the risk of bladder cancer; in others, the liver fluke increases the risk of bile duct cholangiocarcinoma. Preventive measures include vaccination and the prevention of infections and infestations.

* **RISK FACTOR**

* Environmental contamination of air, water and soil caused by carcinogenic chemicals causes between 1% and 4% of all cancer cases (CIIC/OMS, 2003).

* **RISK FACTOR**

*Cancers of occupational origin are concentrated in certain groups of the workforce ... Approximately 20% and 30% of men and between 5% and 20% of women of working age (i.e., 15 to 64) may have been exposed to lung carcinogens during their working life, which represents about 10% of cases of lung cancer worldwide.

***RISK FACTOR**

- * Ionizing radiation is carcinogenic for humans.
- * It is estimated that residential exposure to radon gas that emanates from the soil and construction materials cause between 3% and 14% of all cases of lung cancer, making it the second most important cause of such of cancer after tobacco smoke.

* **RISK FACTOR**

* Ultraviolet radiation, in particular solar, are carcinogenic to humans and cause all the major types of skin cancer such as basal cell carcinoma, squamous cell carcinoma and melanoma

- * Water
- * Rest
- * Exercise
- * Sunlight
- * Air
- * Nutrition
- * Temperance
- * Hope (trust in God)

* The 8 natural remedies

* Practicing the 8 natural therapies will protect us against noncommunicable chronic degenerative diseases, in this case against all types of cancer.

* **The 8 natural
remedies**

* “...and said, “If you diligently heed the voice of the LORD your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I *am* the LORD who heals you.”

* Exodus 15:26

BIBLICAL SUPPORT