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### Lifestyle of cancer patients with special reference to India

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#### Abstract

The global burden of cancer infections is increasing on a daily basis. While some of these cases can be attributed to genetic orientation, there are others which are caused by lifestyle choices such as the consumption of processed foods. There haven't been enough efforts in the world to create awareness about the spread of cancer. Most patient's discovery about their conditions in the advanced stages which are often hard to treat. Research has shown that early detection of the disease increases the chances of quick recovery and also reduces the casualties.

**Keywords:** lifestyle cancer patients of India

#### Introduction

India is one of the global centers for advanced healthcare research and cancer treatment. However, the burden of cancer is increasing on a daily basis. It has been established that the spread among the rural population is higher than that of the urban population. Also, cancer cases are more common among the older generation than the young generation.

#### Literature Review

Warnakulasuriya (2009) [10], cites that the rise of cancer cases in India can be controlled if the proper educational campaigns are conducted.

He goes ahead to state that India has the necessary capability to counter the spread of cancer. The problem lies in the fact that the stakeholders are not keen to use the resources available to them to fight the epidemic.

#### Methods

Most of the data in this project was obtained from secondary sources such as journals, publications, and hospital records. I also interviewed with one of the stakeholders in the healthcare industry.

#### Results

The most common forms of cancer in India today include oral-pharynx cancer (16.15%), breast (15.4%), cervix (13.2%), lung (12.7%), gallbladder (6.5%) stomach cancer (6.4%). Research further shows that most of these cases are lifestyle related. For example, among 134 gallbladder cases that were sampled between the year 2010 and 2012, it was established that 85.1% were alcoholics while 57.4% of them had a history of fatty liver (Gangopadhyay, Nath & Biswas, 2015) [2].

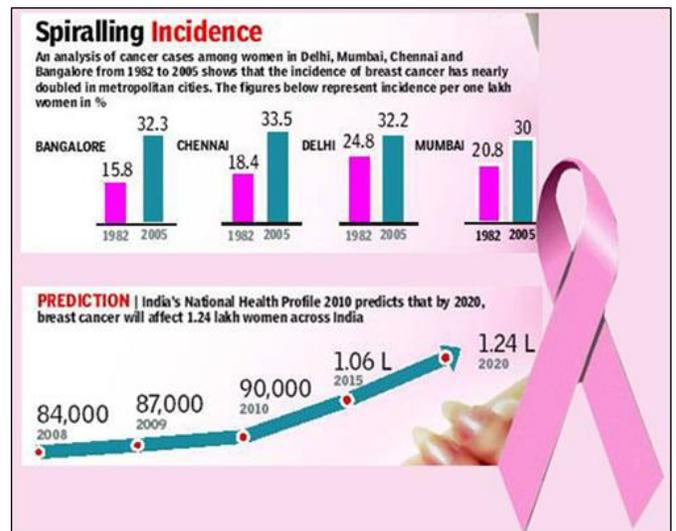


Fig 1

The stakeholder (HOD, Department of Medical Social Work, Kidwai Memorial Institute of Oncology) admitted that there had been a lag in the implementation measures to counter the spread of cancer.

#### Discussion

The spread of cancer in India is currently among the highest in the world. Even though some of the cases are being caused by the genetic composition of previous generations, research shows that there is a higher rate of increase among the lifestyle-related

cancers (Vyas, Jain & Kapoor, 2017) [9]. There a high risk that the prevalence will continue to increase if the necessary measures are not taken.

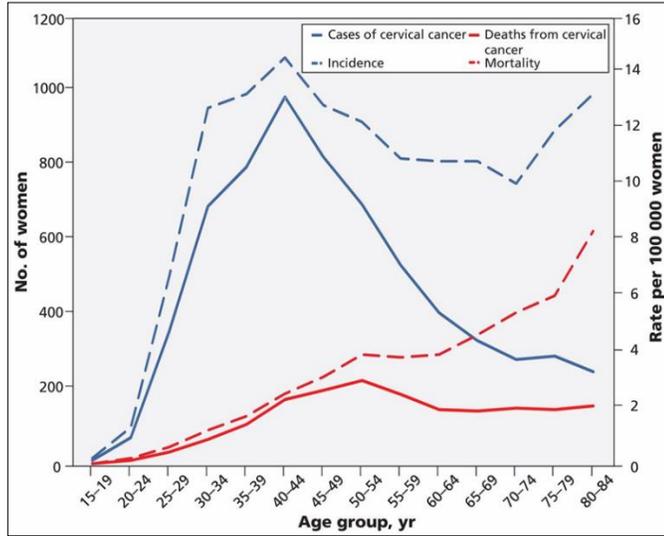


Fig 2

### Findings

There is a need for the Indian government to review its countermeasures for cancer.

People need to change their lifestyles in order to avoid cancer. Stakeholders need to play their role well to reduce the spread of cancer.

### Conclusion

The spread of cancer in India can be regulated if the stakeholders can be willing to discharge their mandate with all their efforts. The citizens need to be educated on the importance of regular screening and adoption of healthy lifestyles to avoid cancer-related illnesses. If India can utilize its capabilities in fighting cancer, there will be a significant reduction in the annual number of casualties.

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