

DIETARY APPROACH IN CANCER MANAGEMENT

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Received: 02 Jan 2023

Accepted: 03 Jan 2023

Published: 05 Jan 2023

ABSTRACT

Cancer is known as the incurable disease. Through some therapies and treatments will be given to the patients. Even though a lot of treatments given to the affected people. Diet plays an important role in the human life. But in modern days totally the food habit will be changed. In the Ancient period people used to eat hygiene foods and healthy diets. But in the modern day the youngsters highly using alcohol, tobacco, cocaine, drugs etc., the food factors will be totally changed because of the modern age. This paper majorly comprises of the food habits for the people whom they must follow some diet foods.

KEYWORDS: *Cancer, Diet Food Habits, Modern Traditional*

INTRODUCTION

Cancer is a disorder resulting in the alteration in the genetic or epigenetic somatic cell and has an abnormal cell growth which may be spread to other body parts and form a neoplasm subset. These unregulated cell growth in a group is known as neoplasm or tumor and form a lump or mass. It was predicted by the Global demographic characteristics that about 420 million new cases of cancer by 2025, which means increasing cancer incidence in years. However, the number of cancer cases was about 18 million in 2018 recorded worldwide; about 9.5 million were men and 8.5 million were women. Globally about 9.6 million deaths were estimated due to cancer. The most common cancers (i.e.,) prostate cancer (1.28 million), female breast cancer (2.09 million), colorectal cancer (1.1 million), stomach cancer (1.03 million) and non-melanoma skin malignancies (1.04 million). Moreover, cancer-related deaths are occurring due to lung cancer (1.76 million), colorectal cancer (862,000), stomach cancer (783,000), and liver cancer (782,000) respectively.

The symptoms of cancer are carcinomas starts in the tissue or skin, which covers the glands and internal organs surface. It forms a solid tumor (i.e.,) breast cancer, prostate cancer, colorectal cancer and lung cancer. Sarcomas starts in the tissues which connect and support human body and it can be formed in nerves, tendons, joints, fat, blood vessels, bone, lymph vessels, muscles and cartilage. Leukemia is known as blood cancer and it begins when healthy blood cells grow uncontrollably. It is divided into 4 types (i.e.,) acute myeloid leukemia, acute lymphocytic leukemia, chronic myeloid leukemia, and chronic lymphocytic leukemia. Lymphomas are cancer that begins in the lymphatic system and it is a network of glands and vessels that helps to fight with infection. Central Nervous System Cancer starts in brain tissues and spinal cord called "brain and spinal cord tumors", and others primary CNS lymphomas, vestibular schwannomas, gliomas, pituitary adenomas, primitive neuro-ectodermal tumors, meningiomas, and vestibular schwannomas. Multiple Myeloma is

a cancer that begins in plasma cells and from another type of immune cell. The myeloma cells which are plasma cells build up in bone marrow and make tumors in bones. It is called plasma cell myeloma and Kahler disease. Melanoma starts in cells; that become melanocytes. These cells are specialized cells that make melanin (i.e.,) the pigment that gives the color to the skin. However, commonly melanomas develop on the skin, but it can also develop in other pigmented tissue like an eye.

COMMON CAUSES OF CANCER

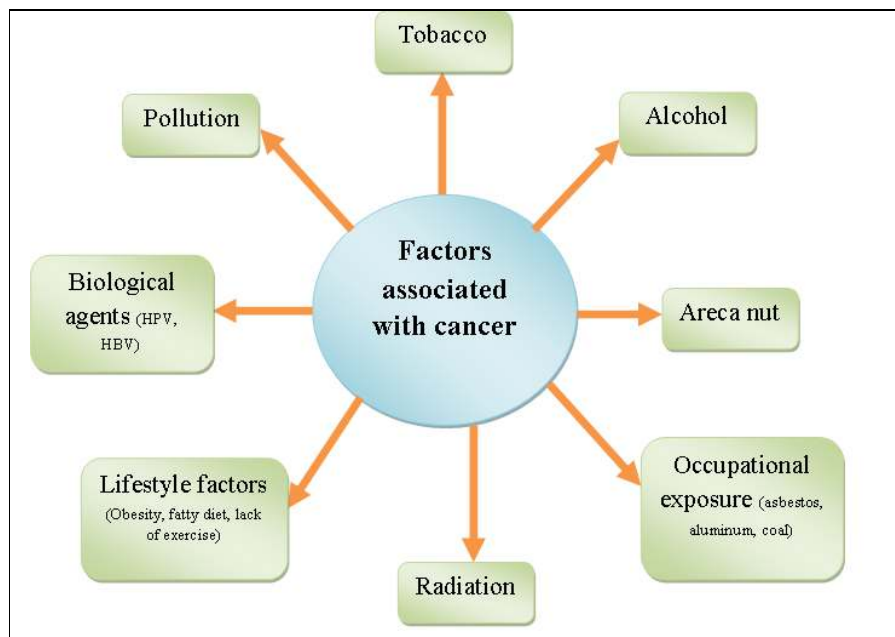


Figure 1.

However, diet, nutrition and physical fitness plays an important role in prevention of different types of cancers along with some medications and cancer treatment /therapy.

Types of Cancer

In the modern world, the scientists have been identified 285 types of cancer so far. Cancer can affect in any part of the human body but a few parts can be affected commonly. They are

- Oral Cancer
- Stomach Cancer
- Genital Cancer – Ovary, Cervix, Uterus in female, Prostate, Penis in male organs
- Kidney Cancer
- Bladder Cancer
- Lung Cancer
- Gastric Cancer

- Breast Cancer
- Food – Pipe Cancer
- Nervous Cancer
- Brain Cancer
- Bone Tumors and etc.

Diet and Cancer

Diet plays an important role in everyone's life. But in the modern world we like to consume the fast food which consists of spices, fibers and fat. Most of the cancer has been associated with the foods which we have taken in our day-to-day life. Mostly our food habits have been changed. The reason why cancer is more common in Western than in the Asian and African Countries, they are taking more of vegetables and less of non-vegetarian foods.

The use of coloring for the foods also causes cancer. Another important factor that cause cancer was salt. It indirectly damages the most inner layer of the stomach. It directly damages the mucosa, and also acts as a cancerogenic agents like alcohol, tobaccos etc., In our country, most of the people preferring the pickle for their diets. WHO instructed not to consume more salt preserved food, and also to avoid high salted foods like dry fish and meat, which do not require refrigeration.

Unhealthy dietary habits are considered to be one of the most important factors that cause stomach and Gastric Cancer. Frequently taking the unhealthy foods and the junk foods, commonly consumed beverages like Tea, Coffee, Cappuccinos, Soft drinks etc., these are the main dietary factors which plays an important role in causing cancer.

As per the recommendation of World Health Organisation, recommended salt intake per day is only 5 grams for a healthy human. According to the survey of 2011, 24% of cancer can be associated with the high consumption of Salt.

What to in take?

The individual has to take lots of vegetables, fruits, grains, wheat, and unpolished rice like red, brown or black rice. Also they can add proteins like green beans, grams, lake water fish, 30 grams of fibre. The people whom they were affected by diabetes, heart diseases can avoid the high fibres in their food habits.

The best method of the intake foods is The Rainbow Plate method. The ultimate aim of this method is to take more vegetables and fruits with high fibres, carbohydrate in the quarter part of the foods. This accompanied with the low-fat dairies or unsalted buttermilk. The plate should be filled with the nature-coloured fruits and vegetables. These are the rich source of the phytonutrients and antioxidants in preventing from the cause of cancer.

Healthy balanced diet can avoid and protect from all types of cancer. Even an empty stomach can also cause cancer. So strictly not to skip the foods in the daily routine life.

What to avoid?

- Salted Fish/Meats/ Chickens
- Avoid canned/ preserved foods, vegetables
- Because those preserved foods having a high sodium in the Sodium Meta bisulphite
- Pickles, highly salted pappads, chips, popcorn, snacks, sauces
- Avoid highly used baked products like baking soda. It is known as Sodium Bicarbonate
- Eating red meat will increase the risk factors of cancer
- Avoid puffs, pizza, sandwiches, spicy foods, fast foods etc.,
- Avoid beverages, soft drinks
- Avoid smoking cigarette, drinking Alcohol
- Avoid chewing items like pan and gutka
- High usage of tobaccos can lead to oral cancer
- Avoid half boiled / smoked foods, BBQ's
- Try to avoid tablets for your good health

Traditional Days Vs Modern Days

Healthy diets are always appreciated. In the Ancient period people used to eat hygiene foods and healthy diets. They must include fruits, vegetables, grains, nuts, millets, wheat, fresh fishes, grams etc., these are the main sources of dietary fibres in the traditional days. A few people only used to smoke, drink alcohol, chewing tobaccos.

But in the modern day the youngsters highly using alcohol, tobacco, cocaine, drugs etc., the food factors will be totally changed because of the modern age. They used to eat fast foods, BBQ's, snacks, preserved and refrigerated foods, half cooked foods etc., These are the major causes that will increase the risk for causing cancer in these days.

Reduce HIGH FAT, SALT AND SUGAR (HFSS) in your diets in each and every day of your life. This will protect from the cause of cancer.

CONCLUSIONS

Preserving the life of human was not that much easy. In modern days we try to avoid fast foods and take traditional food items which is good for health. A balance Diet brings a happy life for all. Disease may collapse the whole life of the people whom they were affected. Let's make the change from our family and try to spread the importance of foods. Some people eat to live some may only live to eat. Thus, the food is more important in our life. Without Food no one can survive in this world. Food habit is the major factor to rule everyone's life.

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