

Early Education Can Prevent Early Cancer; Alternate Strategy to Defeat Cancer

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Editorial

Each year the American Cancer Society figures out the numbers of new cancer cases and deaths that estimates to occur in the United States. Currently, it has been reported that a total of 1,658,370 (848,200 male and 810,170 female) new cancer cases and 589,430 (312,150 male and 277,280 female) deaths due to cancer are expected to occur in the United States in 2015 [1]. In spite of research advancements for cancer prevention, diagnosis, and treatment, breast cancer remains the second leading cause of cancer-related deaths in women in the United States. In 2015, it is estimated that total of 234,190 (2,350 male and 231,840 female) new cases of breast cancers are expected to be diagnosed [1].

A conventional method for the treatment of breast cancer begins with the screening of women at age 40. It is true that women have rare chances to develop breast cancer at early puberty age, but the risk increases with the onset of post menopause or at age 60 [2]. However, about 10% of women diagnosed with breast cancer are under 45. At younger age, women are less interested to take early oncology diagnosis and treatment, leading to poor prognosis and clinical outcomes. Also, breast cancer tissue is denser in young women and very difficult to examine by mammograms and MRIs as compared to 60 year old. About 70% of young women diagnosed themselves with breast cancer [3]. Therefore, an early attention is needed to expand early awareness and education about clinical and self-examination in all age population.

The breast cancer education and awareness should be implemented at gross root level and government would fund this program to provide advance facility at door step and educate young women in regards to diagnose and treat breast cancer. Also, the physician should advise the

lifestyle changes and hygienic environment to reduce the development of breast cancer. Balance between energy intake and physical activity is necessary to maintain a healthy life. In line with this, pink and blue ribbons program for breast cancer awareness should be fueled with the knowledge and hope for the treatment. The pink ribbon spent total of \$75 million on the medical research and nearly \$67 million were devoted for the treatment and diagnosis of the cancer patients [4]. This awareness program should be updated on yearly basis. However, few cancer societies and organizations have opposed this program narrating that awareness program might cause unnecessary socio-economic changes regarding treatment of breast cancer. They also advocate that increased self-examination among young women could trigger more false positive results of mammograms, MRIs, and biopsies [5,6]. Like many forms of cancer, early detection is key to successful treatment and survival. Therefore, an education

References

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