

Editorial Note on Methods of Cancer Diagnosis

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EDITORIAL NOTE

Cancer screening

The best chance of finding a cure is to catch cancer early on. With this in mind, discuss the sorts of cancer screenings that may be appropriate for you with your doctor.

Screening tests have been shown in studies to save lives by finding cancer early in a few cancers. Other cancer screening tests are only approved for persons who are at a higher risk.

A variety of medical societies and patient advocacy groups provide cancer screening recommendations and guidelines. Examine the many options with your doctor, and you and he will determine which is the best option for you based on your unique cancer risk factors.

Cancer diagnosis

- Your doctor may use one or more of the following procedures to diagnose cancer:
- **Physical examination:** Your doctor may examine your body for bumps that could suggest a malignancy. During a physical examination, he or she can search for changes in skin colour or organ enlargement that could indicate the presence of cancer.
- **Laboratory tests:** Urine and blood tests, for example, can help your doctor spot cancer-related irregularities. In persons with leukaemia, a common blood test called a complete blood count, for example, can reveal an unusual amount or kind of white blood cells. In the laboratory, doctors analyse cell samples under a microscope. Normal cells are all the same size and arranged in a logical order. Cancer cells appear chaotic, with varying sizes and no discernible order.

- **Imaging studies:** Your doctor can evaluate your bones and internal organs using noninvasive imaging procedures. Some imaging procedures used to identify cancer include a computed tomography (CT) scan, bone scan, magnetic resonance imaging (MRI), positron emission tomography (PET) scan, ultrasound, and X-ray.
- **Biopsy:** During a biopsy, the doctor collects a sample of cells for testing in the lab. A sample can be taken in a number of different ways. Which biopsy treatment is appropriate for you depends on the sort of cancer you have and where it is located. A biopsy is the only means to confirm a cancer diagnosis in the vast majority of cases.

Stages of cancer

After your cancer has been diagnosed, your doctor will attempt to determine the extent (stage) of your disease. Your doctor will evaluate your medicinal options and chances of a cure based on the stage of your cancer.

Imaging tests, such as bone scans or X-rays, can be performed to determine whether the cancer has spread to other parts of the body as part of the staging procedure.

Cancer phases are denoted by Roman numerals ranging from I to IV, with higher numerals indicating more advanced cancer. Letters or words are frequently used to identify the cancer stage.

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