Annals of Cardiology and Cardiovascular Medicine

Commentary
Published: 02 Dec, 2019

Early Detection of Cancer in Humans

Narayan Bahadur Basnet*

Children's Medical Diagnosis Center (CMDC), Nepal

Commentary

Cancer (G. karkinos, crab) is an uncontrolled growth of cells of the human body. This is a common medical entity these days like typhoid, Kala-azar and meningitis a few decades ago. Increasing knowledge, understanding, practice and general awareness have brought 'cancer' a common talk of the people, experience and suffering of the patients and economic loss as well as death of humans. One of the major decisions of intervention/cure/prevention of the sufferings due to cancer is to identify early its type, specificity and nature in the human body. The purpose of this communication is to help to detect cancer as early as possible to create a better future of body, mind, socio-economic environment and the 'self' of a human! Based on my own experience, experiences of patients, knowledge and evidences of the researches as well as unknown existent I would like to recommend following factors to be known, understood and practice whenever needed to detect cancer early in life [1].

How?

Early detection largely depends upon how carefully and robustly the patient and the diagnostician act on the scene with trustworthy evidences. Following tools, techniques, tests help a lot in early detection of the problem so that one can direct promptly to an appropriate therapeutic measures [2].

A) History of Difficulties/Complaints/Concerns

- Unexplained weight loss that continues despite good nutrition
- Sudden loss of appetite
- Persistent low-grade fever
- Unexplainable fatigue that doesn't go away with rest
- Non healing chronic ulcer with skin changes
- Long-standing hoarseness or a cough
- Trouble in swallowing
- Recurrent unusual bleeding
- Unexplained pain
- White patches in the mouth
- A lump or thickened area that can be felt through the skin
- Generalized paleness
- Any lump with sudden increase in size, changes in shape, surface, color, margin, firmness
- Recurrent menstrual irregularity in menstruating women
- Recurrent vomiting with headache and visual problem
- History of chronic exposure to tobacco chewing, smoking; exposure to radiation; exposure to certain chemicals, gases; exposure to asbestos, benzene, benzidine, nickel and other chemicals at workplace
- Infectious risk factors e.g. Human Papillomavirus (HPV) infection with cervical cancer; HIV causes AIDS; pylori bacteria may cause stomach ulcers and cancer of stomach
- Hormones, certain types can increase the risk of breast cancer
- Family history of cancer due to mutations in genes, certain cancers and risk factors can

OPEN ACCESS

Correspondence:
Narayan Bahadur Basnet, Children's Medical Diagnosis Center (CMDC), Chabahil, Kathmandu, Nepal, Tel: (977)9851084273; E-mail: nbbasnet777@hotmail.com

Received Date: *16 Nov 2019*
Accepted Date: *26 Nov 2019*
Published Date: *02 Dec 2019*

Citation:
Basnet NB. Early Detection of Cancer in Humans. Ann Cardiol Cardiovasc Med. 2019; 3(3): 1031.

Copyright *© 2019 Narayan Bahadur Basnet. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.*

be passed from parent to child e.g. melanoma and breast cancers may occur in families with similar gene mutations

- Overexposure to sunlight e.g. ultraviolet radiation from the sun, sunlamps and tanning booths leading to early aging of the skin and susceptibility to skin cancer

- Obesity with poor diet and lack of physical activity e.g. people with a diet high in fat content have an increased risk of colon, uterus and prostate cancer

- Any suspicious lesion in the body

B) Meticulous Clinical Examination: General, organ and/or system examination, examination of body openings such as oral cavity, nose, ears, urethral opening, vagina, anus

C) Laboratory

- CBC (WBC, RBC, Platelets): Useful in detecting certain conditions, e.g. leukemia, lymphoma, any other abnormal cells; monitoring of progress of cancer; ascertains effects of cancer treatment

- Tumor Marker Tests: Prostate-Specific Antigen (PSA), prostatic cancer and other conditions; Carcinoembryonic Antigen (CEA), cancer of colon, rectum, pancreas, breast, ovary, lung; Alpha-Fetoprotein (AFP) [present normally in healthy pregnant women, not in men and non-pregnant women], increases in liver, testicular or ovarian cancer; cancer antigen 125 (CA-125), ovarian cancer; cancer antigen 19-9 (CA 19-9), pancreatic cancer; cancer antigen 27-29 (CA 27-29), specific to breast cancer; human Chorionic Gonadotrophin (hCG) [normally present in early pregnancy] increases in germ cell tumor in man and non-pregnant women e.g. testicular and ovarian cancer

- Blood Protein Tests: detects an abnormal immune system protein (immunoglobulin) e.g. multiple myeloma

- Sputum Cytology

- Fecal Occult Blood Test

- HDL Cholesterol: monitoring of good cholesterol

D) Ultrasonography

E) Radiological

- Chest X-Ray

- Mammogram

- X- Rays

- CT/MRI/PET Scan etc

F) Endoscopic Examination: Gastroenteroscopy, Sigmoidoscopy, Colonoscopy, Nasopharyngoscopy

G) Biopsy/Papanicolaou (Pap) test

H) Note any associated acute and/or chronic conditions; also note health conditions during any course of any therapy

I) Awareness on related Research, Studies, and Experiences

There are unlimited sources of information on the topic in print, internet, personal experiences etc. however this comprehensive short communication is an eye-opener to the physicians, healers and general responsible population of this dreadful condition that humans of 21st century is suffering and will suffer further in this continuously increasing adverse natural and man-made environment on earth.

References

1. Soper SA. Cancer: A global concern that demands new detection technologies. Analyst. 2016;141(2):367-70.

2. Kloss K. Health Testing Centers: What blood tests are used to diagnose cancer?