JACOBS PUBLISHERS

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Jacobs Journal of Cancer Science and Research

Short article

Cancer and Lifestyle: Keeping Norms and Letting Go Ramifications

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Received: 07-10-2018

Accepted: 07-25-2018

Published: 07-29-2018

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Abstract

This article innovatively discusses lifestyle related problems in contributing to cancer as a major health problem in modern times. Stressful life affairs, unhealthy food regimens, greatly inadequate physical work, caesarean, family development challenges, and exposure to a variety of environmental pollutants are among key factors causing oncogenesis. New lifestyle related interventions, and not futile nonpragmatic overly complex tools, are required to minimize cancer risk.

Keywords: Cancer; Lifestyle; Food Regimen; Exercise; Environmental Quality

Problem Description and Innovative Interventions

Cancer and its related morbidities are among current major health problems that significantly lower life quality worldwide. In addition, family health and public life satisfaction are greatly depressed due to such a life threatening issue. Generally, irregularities in cell function and growth are exacerbated by and fuel oncogenesis. A most recent ideology suggested that breast cancer in modern societies is increasingly connected to suboptimal life affairs [1]. For instance, unhealthy eating behaviour and habits, and static life nature do not allow mammary cells to realize their potential milk-producing capacity and instead do induce malfunctioned biology [1-3]. Science education must be refined for research findings and interventions to work in real world [4]. For instance, adequately intense exercise helps milk-synthesizing mammary cells to optimally grow, differentiate, expand and develop genomic resources that persistently resist against oncogens [1,5-7].

A rising concern in preventing and treating cancer is the overly complicated approaches to overcoming the problem. Searching for nonpragmatic tools to inactivate or weaken causes of cancer can expectedly prove futile [7]. Prevention must be the goal. However, prevention would not be realized in real world scenarios without correcting ill-mannered and malfunctioned lifestyles [8-11]. The main problem of modern humans is that they insist to keep life away from nature and meanwhile to not encounter unavoidable cell irregularities, thus making the body prone to a variety of cancers as well as nervous and cardiometabolic abnormalities [9-12]. Modernity is not to harm the man but to facilitate his use and joy of the surrounding nature. Until unless suboptimal unhealthy eating behaviours and habits, dramatically deficient physical exercise, and exposure to risky and contaminated air and water have the power in human lifestyle, no strategic and workable cancer prevention and treatment strategy can be developed.

The only road to stay away from irregularity passes through regularities. Cancer prevention strategies must thus concentrate on establishing and maintaining regularities in cell physiology and dynamics throughout lifespan [5,13,14]. Prolonged accomplishment of such a regularity establishment may

penetrate into genes and their constructing units. As a result, the ability to eradicate or dismantle temporary environmental irregularities may then be inherited from a generation to another. In a nutshell, working through ramifications such as genes and cell omical properties without global lifestyle foundations will reach nowhere in overcoming health problems like cancer. Cells must be regularly and durably trained to function according to the circadian work/rest phase, metabolically taught to oxidize and not overdeposit substrates, and prepared through healthy lifestyles to develop capacities to downgrade cancer predisposing factors. A simple example will make this understandable. Manipulating genes and cell properties or finding mechanism to alter cell and overall physiology of an obese untrained individual (body mass index > 30-35) to make him/her suddenly a professional athlete of any sport is absurd and vain. Before any advanced specialized training strategy can be conducted on such an obese irregular individual, extra body fats must be entirely burnt. Only after the body achieves an adequately light weight and is prepared enough to move fast and smart, skilled training programs can work towards setting records. This is what education is about in brain-fuelling pragmatic interventions in managing human diseases in the postmodern era [15,16].

Implication

This critical and road-mapping policy article concisely described lifestyle optimization as a merely feasible lifetime strategy to overcome cancer. Optimizing lifestyle involving eating and drinking behaviours and habits, physical training, social life properties, and exposure to environment contaminants will enable cells to transfer such an anti-cancer capability to next generations. However, all generations must regularly practice to establish and maintain regularities in cell physiology.

Acknowledgments

Thanks to the Ministry of Science Research and Technology, National Elite Foundation, and University of Zanjan for supporting the author's global programs of optimizing science edification in the third millennium.

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