**Cancer Chronicles: Understanding, Treating, and Overcoming: Narrative Review**

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Health, the state of being well, describes a person’s mental or physical condition.

Being healthy is not only a priority to sustain but also, it’s a multifactorial issue. Determining the goals of treatment is the initial and most crucial step which will aid in the treatment plan, eradicating the root cause and maintain a healthy lifestyle.

Proper selection of a treatment regimen takes into consideration both the disease and individual being treated. Completion of the treatment protocol in a defined period is important to achieve the predicted therapeutic result.

Primary and major goal is generally to cure the disease or to considerably prolong life of living beings. This can be achieved by support for the patient’s physical, psychosocial and spiritual well-being and palliative care in the treatment regimen.

Some of the most life-threatening disease among which comes the CANCER, or worse, literal meaning “the Crab.’’ It is quite understood that one person’s family dynamic may not be the same as yours or others. Whether active in the foreground, or standing quietly in the background, your family will play a major role in your recovery.

One defining feature of this disease if we say is it’s a malignant tumor or neoplasm- the rapid creation of neoplastic cells which is abnormal in growth and morphology of the affected cell is altered.

Widespread metastases and nodular spread is the main cause of death and set an alarming effect on the graph.

Cancer alone can account for 10 million death all over the globe which has approximately affected children as well which is estimated around 4 million wordwide.

WHO, through its cancer research agency, the International Agency for Research on Cancer (IARC), maintains a classification of cancer-causing agents which will help in identifying, Management and prognosis.

The incidence of cancer rises with age, most likely due to a build-up of risks for specific cancers that increase with age.

Patient should seek counsel in order to be guided out of failure to give up on several deliberated habits such as alcohol consumption, smoking, smokeless tobacco, unhealthy diet, physical inactivity and air pollution.

Some Chronic diseases including Helicobacter pylori, human papillomavirus (HPV), hepatitis B virus, hepatitis C virus, and Epstein-Barr virus .

Hepatitis B and C viruses and some types of HPV increase the risk for liver and cervical cancer, respectively.

Research has helped us accumulate vast knowledge about the biological processes involved in cancer onset, growth, and spread in the body. Those discoveries have led to more effective and targeted treatments and prevention strategies.

Research progress is often not linear, but cyclical and ongoing. Advances are the result of constantly building on earlier discoveries and observations.

The research cycle follows cascade of observations with medical relevance to the patient’s bedside and lab. Progress in cancer research depends on the participation of basic and population scientists, physician-scientists, and clinical cancer researchers, as well as patients, caregivers, and health care providers. Insights from one discipline influence others, and discoveries made in one cancer can offer new ideas to better address others which will expand the treatment modality for better understanding of this disease.