**UNMASK CANCER**

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**ABSTRACT: -**

Cancer is the leading cause of death worldwide. The term ‘’cancer’’ is generic, which indicate a large group of diseases which may affect any part of body. Malignant tumor converted into cancer. Around one third of death till date from cancer due to tobacco use, excess simple sugar consumption, alcohol consumption and sedentary life style. Cancer can currently be prevented by avoiding risk factors. Healthy life style, nutritious food, regular health checkup all these are helpful for cancer management. Different cancer or malignancies burden are reduced through early detection and chemo therapy. Cancer patient mostly need palliative care, that means good food, proper care, manage spiritual and psychological health. Keto diet plays important role in cancer patients. Obese people who are prone to cancer, if they made a habit of antioxidant rich food consumption they will be benefitted. So, making healthy choice can play vital role in todays life.

*Keywords: - cancer, malignancy, tumor, chemo therapy, Mediterranean diet, ketogenic diet.*

**INTRODUCTION: -**

Cancer is a group of more than 100 different diseases. Cancer begins when genetic changes interfere with this orderly process. Cells start to grow uncontrollably. These cells may form a mass called a tumor. A tumor can be cancerous or benign. A cancerous tumor is malignant, meaning it can grow and spread to other parts of the body. A benign tumor means the tumor can grow but will not spread. Cancer is a serious, ever growing and most powerful disease across all over the universe. It has no definite cure. Many studies are showing a strong relationship between diet and the risk of cancer development. There is no such evidence which shows that any specific food can cause or cure cancer but high saturated fats, refined carbohydrates, low fiber foods increase serum glucose level which are associated with breast, stomach and colon cancer. Food plays an important role during, before and after cancer treatment. Eating too much food is one of the main risk factors for cancer. This can be shown two ways:

(1) by the additional risks of malignancies caused by obesity,

(2) by the protective effect of eating less food. No anti-cancer diet is here for cancer cures but few have shown a potential decrease in cancer incidents.

Good nutrition is important for people with cancer.

Nutrition is a process in which food is taken in and used by the body for growth, to keep the body healthy, and to replace tissue. Good nutrition is important for good health. A healthy diet includes foods and liquids that have important nutrients (vitamins, minerals, proteins, carbohydrates, fats, and water) the body needs. Nutrition goals are set for each person with cancer. Nutrition goals during cancer therapy are based on a person’s cancer type, cancer stage, and other medical conditions. Eating the right amount of protein and calories is important for healing, fighting infection, and having enough energy.Cancer and cancer treatments may cause malnutrition. Cancer and cancer treatments may affect taste, smell, appetite, and the ability to eat enough food or absorb the nutrients from food. This can cause malnutrition, which is a condition caused by a lack of key nutrients. Malnutrition can cause a person to be weak, tired, and unable to fight infection or finish cancer treatment. As a result, malnutrition can decrease the person's quality of life and become life-threatening. Malnutrition may get worse if the cancer grows or spreads. Anorexia and cachexia are common causes of malnutrition in people with cancer. Anorexia is the loss of appetite or desire to eat. It is a common symptom and the most common cause of malnutrition in people with cancer. Anorexia may occur early in the disease or later, if the cancer grows or spreads. Some people already have anorexia when they are diagnosed with cancer. Most people who have advanced cancer will have anorexia. Cachexia is a condition marked by weakness, weight loss, and fat and muscle loss. It is common in people with tumors that affect eating and digestion. It can occur in people with cancer who are eating well, but are not storing fat and muscle because of tumor growth. Some tumors change the way the body uses certain nutrients. The body's use of protein, carbohydrates, and fat may change when tumors are in the stomach, intestines, or head and neck. A person may seem to be eating enough, but the body may not be able to absorb all the nutrients from the food. People with cancer may have cachexia and anorexia at the same time (CAS), causing weight loss and decreased lean body mass. Treating high-risk patients to prevent this condition, rather than treating those already diagnosed with CAS, may lead to better outcomes.

**THE WAY OF CANCER DEVELOPMENT: -**

Cancer is a genetic disease, which means it is caused by changes to genes that control how our cells work, particularly how they grow and divide. Cancer-causing genetic alterations can occur due to the following:

various mistakes that arise during cell division.

DNA damage induced by hazardous compounds in the environment, such as tobacco smoke chemicals and solar UV radiation.

We inherited those from our parents**.**

The body generally destroys cells with damaged DNA before they become malignant. However, the body's ability to do so declines as we age. This is one of the reasons why people are more likely to develop cancer as they get older. Each person's cancer has a unique set of genetic alterations. As the cancer progresses, further alterations will occur. Even within the same tumor, individual cells may exhibit distinct genetic alterations. Tumors form when cells in the body undergo abnormal changes in their genetic material, leading to uncontrolled growth and division. This can occur due to various factors, including genetic mutations, exposure to carcinogens (such as tobacco smoke or ultraviolet radiation), chronic inflammation, or viruses. Tumors can be either benign or malignant. Benign tumors are non-cancerous and typically grow slowly, staying localized to their site of origin. Malignant tumors, on the other hand, are cancerous and have the ability to invade nearby tissues and spread to distant parts of the body through the bloodstream or lymphatic system, a process known as metastasis.

Malignant cells develop through a process called carcinogenesis, which involves multiple genetic and epigenetic changes that lead to uncontrolled cell growth and proliferation. These changes can be caused by various factors, including mutations, environmental factors (such as radiation or chemicals), lifestyle factors (like smoking or diet), and genetic predisposition. Over time, these alterations accumulate, allowing the cells to evade normal regulatory mechanisms and acquire characteristics such as unlimited replicative potential, resistance to cell death, and the ability to invade surrounding tissues and spread to distant sites, ultimately leading to the formation of a malignant tumor.

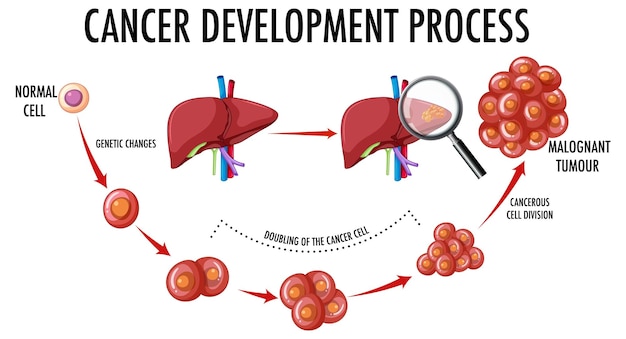
Malignant cancer typically progresses through several stages:

Initiation: This stage involves the initial genetic or epigenetic changes that cause a normal cell to become cancerous. These changes often occur due to exposure to carcinogens or other factors that damage the cell DNA.

Promotion: During this stage, the mutated cells begin to proliferate and form a small cluster of abnormal cells. Factors such as inflammation and hormonal influences can promote the growth of these cells.

Progression: In this stage, the cancer cells acquire additional mutations that enhance their ability to proliferate and survive. They may also gain the ability to invade nearby tissues and spread to distant sites through a process called metastasis.

Metastasis: Metastasis is the spread of cancer cells from the primary tumor to other parts of the body via the bloodstream or lymphatic system. Once cancer cells reach a new site, they can form secondary tumors, further complicating the disease and making treatment more challenging. (11)



**TYPES OF CANCER:-**

Cancer is a life-threatening disorder usually characterized by abnormal cell proliferation by alteration of gene sequences and form tumour and destroying cell in the end. Actually, in the first stage tumours are formed and types of cancer depends on the types of tumours. Tumour can be classified as different types these are as follows- First, classified depending on tissue organ and system. This type of tumour can be additionally categorized as-

**Carcinomas**. A carcinoma begins in the skin or the tissue that covers the surface of internal organs and glands. Carcinomas usually form solid tumors. They are the most common type of cancer. Examples of carcinomas include prostate cancer, breast cancer, lung cancer, and colorectal cancer.

**Sarcomas.** A sarcoma begins in the tissues that support and connect the body. A sarcoma can develop in fat, muscles, nerves, tendons, joints, blood vessels, lymph vessels, cartilage, or bone.

**Leukemia’s.** Leukemia is a cancer of the blood. Leukemia begins when healthy blood cells change and grow uncontrollably. The 4 main types of leukemia are acute lymphocytic leukemia, chronic lymphocytic leukemia, acute myeloid leukemia, and chronic myeloid leukemia.

**Lymphomas.** Lymphoma is a cancer that begins in the lymphatic system. The lymphatic system is a network of vessels and glands that help fight infection. There are 2 main types of lymphomas: Hodgkin lymphoma and non-Hodgkin lymphoma.

Second, depending on WHO classification tumour can be graded as low grade of 1 with highly differentiate mechanism of cells to high grade of 3 where cellular differentiate mechanism is not clear.

Third, it is depended on the stages or the rate of spreading tumour. It is known as TNM system which signifies the diameter of the primary tumour (T), spreading rate of lymph nodes (N) and presence of distant metastases (M).

Cancer is a disease in which our body has faced many difficulties and many problems and there are some common symptoms. By detection and analysis those symptoms we can detect the occurrence of cancer in our body, those symptoms are-

 Fatigue

 Insomnia

 Poor appetite

 Mood swings

 Dry mouth

 Less efficient in activity

 Drowsiness

 Pain

 Anxiety and depression

Apart from these there are a specified type of tumour those imparts specific types of cancer which occurs in a particular area with particular symptoms. Depending on tsymptoms those all are listed in Table 1.

Table 1. Information on different types of cancer and their symptoms

|  |  |  |
| --- | --- | --- |
| **Name of the**  **cancer** | **Place of**  **occurrence** | **Symptoms** |
| Lymphoma | Lymphocyte  s | Night sweat, weight loss, fever, pruritis  severely, alcohol- inducible pain, stiff person syndrome, degeneration of cerebellum, other  neurological problems, bulkiness of stomach  or small intestine due to the presence of  ascites etc. |
| myeloma | Plasma cell of the bone marrow | Pain, constipation, fatigue, impaired  cognitive dysfunction, peripheral neuropathy,  gastrointestinal problem, tingling sensation in  feet/ hands, anxiety, depression and other  psychological problems, sleep disturbances  etc. |
| Brain cancer | Brain | Haemorrhage, oedema, obstruction of  cerebrospinal fluid, problems of vascular  system, hypoxia, nausea, vomiting,  papilledema, headache, neural hyperactivity  etc. |
| Bone cancer | Bone | Skeletal problems like fracture of bone,  problems of spinal cord, pain, anxiety, sleep  problems, fatigue, numbness and tingling  sensation, disability in movements etc. |
| Skin cancer | Skin | Bleeding, pain, spasm, dyspnoea, anaemia,  drowsiness, fatigue, anorexia, paralysis,  bloating delirium etc. |
| Oral cancer | Oral cavity | Presence of lumps, white spot, abscess,  dysphagia, oral mucosal lesion etc. |
| Breast cancer | Breast | Presence of lump, pain due to the lumps,  redness or erythema, oedema presence on the  skin of breast and nipple, problem in nipple  discharge, different sized breast, noticeable  venous pattern in breast etc. |
| Thyroid cancer | Thyroid gland | Hot flushes, leg crumps, feeling chills, joint  pain, muscle pain, fatigue, nausea, weight  loss, dyspnoea, insomnia, tingling sensation  in feet and hands etc. |
| Lung cancer | Lung | Pain, fatigue, dyspnoea, haemoptysis, cough,  loss of appetite, dysphagia, constipation,  peripheral neuropathy, alopecia etc. |
| Stomach cancer or gastric cancer | Stomach | Dysphagia, gastro-intestinal bleeding,  vomiting, presence of blood in vomit, weight  loss, epigastric pain, ascites, abdominal  distension. |
| Liver cancer | Liver | Loss of appetite, feeling full taking small  meal, weight loss, enlarged liver, pain in  abdomen, yellowing of eye, skin and urine,  enlargement of spleen, nausea and vomiting  etc. |
| Appendix cancer | Appendix | Abdominal pain, anorexia, fever, fatigue,  presence of ascites, guarding, vomiting,  gastroesophageal reflux, epigastric  discomfort, indigestion, flatulence, dysuria,  intestinal bleeding, rectal bleeding, diarrhea etc. |
| Pancreatic cancer | Pancreas | Bloating, diarrhoea, dark urine, weight loss,  constipation, heartburn itching, insomnia,  fatigue, belching, jaundice, abdominal pain,  pale stool etc. |
| Uterine cancer | Uterus | Irregular menstruation, abnormal uterine  bleeding, postmenopausal bleeding,  menorrhagia, pelvic pain, confusion,  headache, seizures, abnormalities in vaginal  discharge etc. |
| Ovarian cancer | Ovary | Bloating, constipation, abdominal pain,  urinary symptoms, back pain, increase  abdominal size, gynaecological problems,  lack of appetite, frequent urination, nausea,  vomiting, weight loss, menstrual irregulating,  swelling of legs, bleeding with course etc. |
| Cervical cancer | Cervix | Post-menopausal bleeding, post-cortical  bleeding, abnormal vaginal discharge, weight  loss, fatigue, dysuria, lower abdominal pain  etc. |
| Testicular cancer | testes | Acute pain in testes, dull ache in abdomen,  solid extra testicular mass, firmness in testes,  scrotal heaviness and swelling etc. |
| Prostate cancer | Prostate gland | Bone pain, spinal cord compression, urinary  tract obstruction, anaemia, oedema, bone  fracture, coagulation disorder etc. |
| Colon cancer | Colon | Constipation, bloody stool, abdominal pain,  bloating, nausea, vomiting, anorexia, malaise,  distended abdomen, anaemia etc. |

(9)

**CANCER AND CHEMOTHERAPY**: -

Chemotherapy is one method of cancer treatment. Also known as "chemo," it is one of several cancer treatments that employ medicines to combat various types of cancer. Other medication treatments include:

**Hormone therapy**: Drugs that prevent certain tumors from receiving the hormones they require to grow.

**Immunotherapy**: Drugs that assist your immune system in combating cancer.

**Targeted therapy** refers to drugs that alter the way cancer cells proliferate and behave.

One-third of cases can be cured in earlier stages of diagnosis by local strategies like surgery and radiotherapy. In the remaining cases, the need for chemotherapy can be decided by micro metastasis-detecting tests. chemotherapy is used in different number of clinical settings depending on the need.

Most commonly there are mainly three settings which are-

1. **Primary chemotherapy** – This is administered to patients who are diagnosed with advanced-stage cancer and have no other alternative treatment.

2. **Neoadjuvant chemotherapy** – This is administered to patients who have the option of local strategies like surgery but it is less effective. Its purpose is to reduce the size of the primary tumor so that surgery can be more effective. This is done after the surgical process. This stops the cancer from spreading and gives a better survival.

3. **Adjuvant chemotherapy** – This is administered to patient’s post-surgery which aims to lower cancer occurrence and improve patient survival and the quality of life. in these cases, after the tumor is surgically removed, in advanced cases giving chemotherapy in the right amount at the right time can be curative in general.

4. **Palliative therapy:** Chemotherapy decreases tumors and relieves symptoms, but does not cure cancer.

Nutritional status during chemotherapy: cancer and chemotherapy cause loss of appetite, nausea, and vomiting resulting in malnutrition among the patients. Patients with chemotherapy-induced taste disturbance have less energy and nutrient consumption resulting in weight loss. zinc deficiency is seen in taste disorders probably due to zinc-binding drugs that are being used during the treatment.

To solve these nutrition-related problems measures need to be made. Monitoring, detection, education, and referral can be very helpful to address and solve these issues.(4)

**Food and fluids during chemotherapy: -**

People with cancer frequently have to follow diets that differ from what any one consider healthy. A healthy diet often contains the following:

Lots of fruits, veggies, whole grain breads, and cereals. Consume moderate amounts of lean protein and dairy products Small levels of sugar, alcohol, salt, and saturated/trans fats (found in butter, meat, dairy, fast food, and fried meals).

During therapy, patient may have good and terrible days in terms of what one can consume. Here are a few approaches to managing: - Consume enough of protein and calories. This helps to maintain the endurance and repair organs damaged by cancer treatment. Consume when feel most hungry. When patient feel good, he or she might want to eat a larger meal and drink liquid meal replacements when their appetite is low. It's fine if one doesn’t feel like ones can consume a wide variety of meals. Eat items that sound appealing till they can eat more, even if it's the same thing over and over. One could also drink protein smoothies for added nutrients. Drink plenty of fluids. It's even more important to drink plenty of water on the days when patient can't eat. Drinking a lot helps the body to get the necessary fluids. Most adults should drink 8-12 cups of fluid per day. This can be easier if patient keep a water bottle nearby.

Don't eat produce that doesn't easily rub off in water, such as berries and grapes, raw fish or shellfish such as sushi and uncooked oysters, raw nuts. expired food, spices or drinks. Do not Buy food in bulk from containers. Don’t Eat at buffets, salad bars or self-service restaurants. Do not Eat foods that show signs of mold, including moldy cheeses like blue and Roquefort, perishable foods that have been at room temperature for more than 2 hours. don’t Eat leftovers that have been in the fridge for more than 3 days. Leave meat, chicken, turkey or fish outside to thaw. Must not Eat leftover rice or rice product (4).

The most common eating problems during cancer treatment are loss of appetite, changes in taste or smell, constipation, diarrhea, dry mouth, lactose intolerance, nausea, mouth pain, sore throat and difficulty swallowing, vomiting, weight gain. During this condition patient may consume banana milk shake, apple prune sauce, lactose free chocolate loaded pudding, whole milk and apple smoothie, oats with milk, soya milk smoothie, high protein milk shake.

**CANCER CAUSING FOOD: -**

According to the World Health Organization (WHO), there is "convincing evidence" that processed meat causes cancer. Classified as a group 1 carcinogen, it is particularly associated with colon and stomach cancer. Examples of processed meats with carcinogenic properties include: Frankfurter hot dogs, ham, sausages, corned beef, jerky, and canned or lunch meat. Red meat is classified as Group 2A and is believed to be carcinogenic to humans. The strongest link between eating red meat and cancer is colon cancer, but there is also evidence of links with both pancreatic and prostate cancer. Alcohol is classified as a group 1 carcinogen, which means there is sufficient evidence of carcinogenicity in humans. Cancers particularly linked to alcohol consumption are mouth, throat, esophagus, breast, liver, stomach and bowel cancer. Salad is a traditional method of preserving food, especially fish, often used in Southeast Asia and China. Unfortunately, this preservation method causes the production of carcinogenic by-products, which means that it can cause cancer in humans. Chinese-style salted fish is a group 1 carcinogen, as are processed meats. Obesity is a major risk factor for many cancers, and body fat is a cause of many cancers. (1).

Research shows that eating cancer compounds also causes hormonal imbalances in your body. For example - red grilled meat (running changes its composition and makes the meat toxic to the body), farmed fish (edible, but they are raised in water with chemicals and pesticides, which are then absorbed into their scales and flesh), hydrogenated oils ( chemicals are added for unwanted odors) and to remove other additives), HFCS compounds or high fructose corn syrup - they basically have less nutritional value and are extremely harmful to the human immune system, because HFCS absorbs nutrients from food, which weakens the immune system. and makes our bodies susceptible to tumors and cancer. Sugar is not on these lists because it has no direct link to cancer, but the sweetener adds empty calories that can lead to weight gain and possibly obesity. Obesity has been linked to 13 types of cancer, a growing problem in a country where the average American consumes about 89 grams of added sugar a day -- two to three times the recommended amount. Langlois says cutting out added sugar is one of the easiest changes you can make to your diet to improve your waistline while helping to reduce your risk of cancer.

According to the National Cancer Institute, when meat such as beef, poultry or fish is cooked or smoked over a hot open fire or pan at very high temperatures, the fat and juices combine with the burning flame and the harmful chemicals it contains. then cooked into the meat products we eat. But they are not convinced that they cause cancer. In laboratory tests, they show DNA changes in a way that increases the risk of cancer. Even the tobacco industry has tried to hide it, we know there are at least 70 cancer-causing chemicals and pesticides in tobacco smoke. And it's not just smokers who get sick: people who inhale second-hand smoke can also increase their risk of deadly cancers. (2).

Grilled food or barbecue also causes cancer. Heterocyclic amines (HCAs) are produced when food is roasted and smoked. Prolonged grilling or frying at high temperatures is associated with an increased risk of cancer. Heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs) are chemicals produced when meat, including beef, pork, fish or poultry, is cooked at high temperatures, such as in a pan or directly on an open grill. HCAs and PAHs have been found in laboratory studies to be mutagenic, meaning they cause changes in DNA that can increase the risk of cancer. HCAs are formed when amino acids (the building blocks of proteins), sugars, and creatine or creatinine (substances found in muscles) react at high temperatures. PAH compounds form when fat and juices drip from meat grilled directly on a hot surface or over an open fire causing flames and smoke. The smoke contains PAH compounds, which then stick to the surface of the meat. PAH compounds can also be formed in other food preparation processes, such as smoking meat. HCAs are not found in significant amounts in foods other than meat cooked at high temperatures. PAH compounds are found in other smoked foods as well as in cigarette smoke and car exhaust. Many epidemiological studies have used detailed questionnaires to investigate participants' meat consumption and cooking methods. Researchers have found that a high consumption of well-cooked, fried or grilled meats is associated with an increased risk of colon, pancreatic and prostate cancer. However, other studies have found no association with colon or prostate cancer risk. (3).

Fish farming: The fish farming industry requires raising large numbers of fish, including salmon. They are frequently exposed to cancer-causing chemicals, including flame retardants, pesticides, herbicides, and polychlorinated biphenyls. If you want the health benefits of omega-3 fatty acids provided by salmon without the added bacteria, choose wild salmon. French fries and potato chips: These fast foods are high in salt, hydrogenated vegetable oil, trans fats, acrylamide and pesticides. These may increase the risk of high blood pressure, cancer and other diseases. Microwave popcorn: Microwave popcorn is at the centre of the global lung debate due to the drug in its bag and in the product. Oils and nuts can be genetically modified as long as they are not organic. Microwave popcorn contains perfluoro octanoic acid (PFOA), which may be carcinogenic. Breathing vapour made from dangerous chemicals can cause cancer.(7,8)

**ANTI CANCER DIET: -**

Lifestyle and dietary changes alone can prevent 30-40% of all cancer cases. Obesity, nutrient-deficient meals such as concentrated sweets and refined flour products, which contribute to impaired glucose metabolism (which leads to diabetes), poor fiber intake, red meat consumption, and an imbalance of omega 3 and omega 6 fats all contribute to an increased cancer risk. Consuming flax seed, particularly its lignan fraction, as well as eating plenty of fruits and vegetables, will reduce your risk of developing cancer. Allium and cruciferous veggies are particularly useful, with broccoli sprouts being the most concentrated source of sulforophane. Selenium, folic acid, vitamin B-12, vitamin D, chlorophyll, and carotenoids (alpha-carotene, beta-carotene, lycopene, lutein, cryptoxanthin) are all antioxidants that can help prevent cancer.

MEDITERRANEAN DIETS- The high concentrations of antioxidants and anti-inflammatory nutrients found in many MD foods (legumes, fresh fruit or nuts, vegetables, fish, and olive oil, especially extra-virgin olive oil) have a protective effect in preventing cancer cell degeneration and proliferation. This explains the positive relationship (beneficial effects) between the Mediterranean diet and cancer. When considering the correlation between certain foods and cancer, the high concentration of polyphenols found in olive oil, wine, and vegetables can be attributed to the protective effects of the Mediterranean diet. These foods are recognized for their antioxidant and anti-inflammatory properties and are rich in nutrients that can inhibit the growth of cancer cells and shield cell membranes from metastasis.(5)

KETOGENIC DIET- A ketogenic diet causes a physiological increase in the two primary circulating ketone bodies, beta-hydroxybutyrate and acetoacetate, over the reference range, which is generally 0.5 m mol/L for beta-hydroxybutyrate. This mimics the metabolic state of fasting. These diets are low-carb (&lt;50 g/day), high-fat, and sufficiently protein-rich (about 1.5 g/kg body weight). In cancer therapy, a diet high in fat and low in carbohydrates is prescribed to lower blood glucose levels and cause ketosis, depriving cancer cells of energy while normal cells modify their metabolism to utilize ketone bodies and live. Moreover, blood glucose reduction lowers insulin and insulin-like growth factor levels, two key factors that promote the growth of cancer cells. The primary site of fatty acid oxidation is the mitochondria, where effective and well-integrated mitochondrial electron transport chain activity is required. It is believed that the mitochondria in cancer cells exhibit inefficiencies in the activities of the mitochondrial electron transport chain, which results in higher steady-state concentrations of O2/H2O2. In order to make up for the excess H2O2, the mitochondria accelerate glucose metabolism.(6)

CONCLUSION

Antioxidants are substances which scavenge free radicals and protect our body from oxidative damage and prevent the development of cancers. These include vitamin A (beta-carotene), vitamin C, vitamin E, the minerals selenium, manganese, zinc, copper and many phytochemicals like lycopene, anthocyanins etc. More than half of the cancers that occur worldwide are preventable by changing lifestyle and diet routine. There are some foods that help prevent cancer. These include green and leafy vegetables, fibrous food like whole grains, organic foods whole, fruits and vegetables etc. There are also certain food items that expose you to a greater risk of cancer. You must avoid consuming these dangerous food items as they are full of chemicals and toxins that are harmful to health and can induce cancer. Consume whole foods and whole grains for providing your body with ample amount of dietary fiber which also has cancer prevention properties. (2)

Do’s and don’ts: -

* Quite smoking avoid tobacco.
* Limit alcohol consumption
* Avoid sedentary lifestyle do exercise 30 minutes every day.
* Maintain personal hygiene and avoid pollution , unhygienic food.
* Develop positive attitude, avoid over thinking.
* Improve sleep time ,avoid late night screen time.(10)

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