

Literary Research on Cancer - Life Style Disorder and its Management

Dr. Mahan Choudhary¹, M.D. (Hom.); Dr. Prerna Tiwari², M.D. (Hom.);
Dr. Kamal Dwivedi³, B.H.M.S., M.D. (SCHOLAR)

¹Assistant Professor, R.K.C.H.M.S., Bhopal, Madhya Pradesh, India

¹Director: Vijayee Homoeopathic Clinic & Research Center, Bhopal, Madhya Pradesh, India

²Assistant Professor, Department of Obs. & Gynae., N.S.H.M.C.&H., Bhopal, Madhya Pradesh, India

²Managing Director: Vijayee Homoeopathic Clinic & Research Center, Bhopal, Madhya Pradesh, India

³Managing Director: Anand Homoeopathic Clinic & Research Centre, Varanasi, Uttar Pradesh, India

³President: Shanti Foundation, Varanasi, Uttar Pradesh, India

ABSTRACT

The primary goal of palliative cancer care is typically to relieve suffering and improve quality of life. Most approaches to diet in this setting have focused only on eating as many calories as possible to avoid cachexia. However, as the concept of palliative care has evolved to include all aspects of cancer survivorship and not just end of life care, there is an increasing need to thoughtfully consider diet and nutrition approaches that can impact not only quality of life but overall health outcomes and perhaps even positively affect cancer recurrence and progression. In this regard, there has been a recent emphasis in the literature on nutrition and cancer as an important factor in both quality of life and in the pathophysiology of cancer. Hence, the primary purpose of this paper is to review the current data on diet and nutrition as it pertains to a wide range of cancer patients in the palliative care setting.

KEYWORDS: Cancer, Carcinoma, Ca, Lifestyle disorder, Homoeopathy, Homeopathy, Diet Management, Cancerous

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INTRODUCTION

Scientists have suspected for decades that nutrition has an important influence on the risk of developing cancer. Epidemiology studies as early as the 1960s showed that cancer rates varied widely between populations and that cancer rates in migrants in migrants moving from low to high risk countries could rise to equal or sometimes exceed the rates in the most population. These observation implied the existence of important environment cause of cancer, and other studies showed strong correlation between many types of cancer and dietary factors, for example, people with high intakes of meat had high rates of colorectal cancer.

Although dietary factors are thoughts to be important in determining the risk of developing cancer,

establishing the exact effects of diet on cancer risk has proved challenging.

Daily habit which enhances the probability of Cancer: -

So many new potential things that can cause cancer pop up all the time, making it hard to know what to believe and what to brush off. Seeing as the National Cancer Institute predicts the number of new cases of cancer per year to rise 23.6 million by 2030. So it is most important to be aware of the things you're doing every day that might be putting you at risk – especially when your health and wellbeing are essential right now.

1. Not managing your stress

According to the National Cancer Institute, while stress doesn't directly lead to cancer, your body's response to that stress—via things like increased blood pressure, rapid heart rate, and elevated blood sugar levels—can inevitably lead to cancer if left untreated.

2. Skipping out on flossing

Are you keeping up with your oral hygiene? Brushing, flossing, and using mouthwash are all essential to staying healthy. In fact, a 2018 study published in the Journal of the National Cancer Institute found that gum disease is associated with a 24 percent increase in both lung and colorectal cancer, meaning you need to start taking care of your mouth.

3. Sitting too much

In a 2014 review published in the Journal of the National Cancer Institute, found that for every two additional hours of sedentary behavior a day, a person's risk of colon cancer, endometrial cancer, and lung cancer increased by 8 percent, 10 percent, and 6 percent respectively.

4. Sleeping with TV on

Even if the sound of your favorite late-night show is the only way you can fall asleep, you might to this bad habit. The artificial light that emanates from your TV screen is linked to both breast and prostate cancer. Light at night is likely to be one of a number of factors that contributed to the increase in breast cancer over the last few decades.

5. Using scented candles

There's something so soothing about scented candles but though they relax you almost immediately in the moment, they can also do a whole lot of damage down the road. Scented candles are full of potentially dangerous chemicals like benzene and toluene and breathing them in regularly could increase your risk of cancer.

"For a person who lights a candle every day for years or just uses them frequently, inhalation of these dangerous pollutants drifting in the air could contribute to the development of health risks like cancer.

6. Burning incense

The smoke created from burning incense could cause cancer too. In the study of more than 60,000 cancer-free individuals between the ages of 45 and 74, researchers discovered that the long-term use of incense was associated with an increased risk of squamous cell carcinoma of the respiratory tract a type of lung cancer. So, while the occasional sandalwood incense stick might be nice every once in

a while, making a daily habit out of this scented ritual could do your body major harm.

7. Using certain laundry detergent

Some laundry detergents contain 1,4-dioxane, a chemical that could potentially be cancerous. In past research, animals exposed to the chemical had higher rates of liver tumors than those who weren't exposed. So be sure to choose your detergent wisely.

8. Going to the dry cleaner

Reports from the Environmental Protection Agency (EPA) have found that perchloroethylene or "perc"—a chemical used by the majority of dry cleaners in the U.S.—could cause leukemia, as well as both liver and kidney cancers. Look for a business that doesn't use harmful chemicals, or skip out on the dry cleaner altogether.

9. Pumping gas

Filling up the car with gas is something most people do on a regular basis. Adding just a little bit more gas in after your nozzle clicks off, however, could be the thing that turns this habit into a cancer-causing one. The Environmental Protection Agency (EPA) notes that the extra fuel could mess with the pump's vapor recovery system, potentially releasing cancer-causing chemicals like benzene into the air you breathe.

10. Working the night shift

Recent reports estimate that as many people work the night shift and though it might not seem like working when it's dark out and sleeping when it's light would do any major bodily harm, a 2013 study published in the British Medical Journal found that the graveyard shift can increase a person's risk of breast cancer, most likely due to melatonin suppression.

11. Not drinking enough water

Drinking plenty of water throughout the day keeps everything in your body working properly. It also dilutes harmful substances in the urine, potentially helping to reduce your risk of bladder cancer. So drink up—not just because it reduces your cancer risk, but also because These Are the Effects of Dehydration on Your Body, according to a Doctor.

12. Using a plastic water bottle

If your go-to water comes from a plastic bottle, you might want to switch to something that's glass, steel, or ceramic. Research suggests that plastic beverage containers can contaminate liquids with potentially harmful chemicals like bisphenol A (BPA), a weak synthetic hormone that can mess with your body's hormonal balance and increase your risk of breast cancer. There are still mixed opinions on whether plastic bottles actually cause cancer or not, but it's best to steer clear.

13. Avoiding fruits and vegetables

Not a fan of fruits and vegetables? Well, according to Harvard's School of Public Health, eating a variety of fruits and vegetables on a daily basis has been shown to lessen your chances of developing cancer. So it may be worth it to find a fruit or veggie or two that you can handle. And for more foods you should stock up on, here are 33 Foods That Fight Aging from the Inside Out.

14. Undergoing hormonal replacement therapy

There's strong evidence showing a link between hormone replacement therapy (HRT)—often used by women during menopause—and an increased risk of a breast cancer diagnosis. So, with that said, be sure to discuss all the risks of HRT with your doctor before heading down that path.

15. Taking too many supplements

Though taking the right dose of daily supplements can prove to be beneficial to your health, a 2015 study from the University of Colorado Cancer Center suggests that consuming more than the daily recommended dose of any supplement could lead to cancer. Specifically, the study discovered that even taking more than the recommended amount of beta carotene supplements increased lung cancer risk by 20 percent.

16. Obesity and Physical Activity

Obesity and lack of physical activity are associated with increased risk at various cancer sites, including breast and endometrial cancer. In India, increases in the rates of obesity, central adiposity, and waist-hip ratio associated with urbanization are seen in every region and are highest among those with the highest levels of education and income. Energy balance, which includes maintaining ideal weight through physical exercise, has been associated with decreased risk of breast cancer. There are few large cross-sectional studies of energy balance in India. Among urban populations, energy intake has increased at the same time that energy expenditures have decreased, due in part to employment in industries reliant on mechanization. No comprehensive study of physical activity in India has been done, but small studies of selected populations suggest that levels of physical activity are inadequate to meet recommendations for prevention of chronic diseases.

17. Using artificial sweeteners

You might want to switch out your artificial sweeteners for something less harmful. As the study points out, though conclusive links haven't been established between the consumption of artificial sweeteners and cancer, studies conducted on animals have found that common substitutes like saccharin, aspartame, sucralose, and cyclamate can lead to

cancer of the bladder and brain, plus lymphoma and leukemia.

18. Drinking diet soda

While it is true that all soda poses a risk to your health, it's diet soda, with its copious amounts of aspartame, that has been shown in multiple studies to lead to blood-related cancers. For the sake of your health, you'd do best to indulge in the occasional full-sugar soda and stick to water as much as possible.

19. Using baby powder

Get ready to toss your baby powder immediately. A 2010 study found that using the product—also called talcum powder—can increase a woman's risk of endometrial cancer by 24 percent when used on the perineal area, or the area surrounding the genitalia.

20. Using makeup that contains parabens

Research published has shown that parabens—chemical compounds used as preservatives in a countless number of makeup and skincare products—are easily absorbed through the skin and can cause a spike in the growth of breast cancer cells.

21. Living in a polluted area

Yes, even the simple act of breathing in a polluted area can increase your cancer risk. According to the World Health Organization, the cancer-causing substances in the air caused 223,000 deaths from lung cancer in 2010 alone. In addition, pollution has also been linked to an increased risk of bladder cancer.

22. Not wearing sunscreen

Most people think they don't need to wear sunscreen unless they're going to the beach. But this misinformation is leading to a whole lot of skin cancer cases. According to the Skin Cancer Foundation, you should slather on Sun Protection Factor (SPF) year-round—no matter the season or the weather—to decrease your risk.

23. Tanning

According to the American Academy of Dermatology, even one trip to the tanning salon can "increase users' risk of developing melanoma by 20 percent, squamous cell carcinoma by 67 percent, and basal cell carcinoma by 29 percent." So, for the sake of your health, it's better to skip this venture altogether.

24. Sleeping with your phone next to your head

Though you might like falling asleep to your favorite podcast, you should make sure to get your phone as far away from your head as possible while you're sleeping. In 2017, the California Department of Public Health came out with guidelines to minimize people's exposure to the radio-frequency energy cell phones release, which has been linked to brain cancer.

Among their suggestions was "keeping the phone away from the bed at night."

DIETARY HABIT WHICH CAUSE AND PROMOTES THE CANCER CHANCES:-

Scientists have studied many foods and dietary component for possible association with increase cancer risk.

Many studies have looked at the possibility that specific dietary components or nutrients are associated with increase cancer risk. Studies of cancer cell in the laboratory and of animal model have sometimes provided evidence that isolated compound may be carcinogenic.

1. White flour

We all know that whole grains are good, if someone says that processed grains are good, be aware, they are misleading you. Processed form of grain, for instance refined white flour is cancerous in nature. During the processing, the white colour comes by a blast of chlorine gas. Besides this, it has an extremely high glycemic index, which spikes the blood glucose and insulin levels along with it.

2. Potato chips

They are rich in salt and saturated fat, which is not good for human body. They are also rich in acrylamide, a carcinogenic chemical that occurs in food that are cooked at a high temperature and increases the risk of cancer. This chemical is also found in cigarettes, which makes it dangerous too.

3. Pickled Food

While some experts find pickling a healthy process, health experts consider is another form of toxication the food. It has been found that pickling increases nitrates, salt, and artificial coloring content in food and is directly linked to digestive tract cancer that affects stomach and colon. If you love pickle a lot, it is suggested to prepare them at home to stay safe.

4. Farmed salmon

If you have been consuming farmed salmon and think you are eating healthy, let us tell you that a recent study has proven that farmed salmon increases the risk of developing cancer. Farmed salmon are contaminated with carcinogenic chemicals that expose you to cancer. It is suggested not to eat farmed salmon more than once a month.

5. Eating too much rice

A 2018 research analysis published in the International Journal of Environmental Research and Public Health found that a very credible threat to your overall health exists in your rice: arsenic. Although the levels of arsenic can vary in rices across the

world, any product that contains rice—including cereal—poses a risk of developing cancer.

6. Canned food

When it comes to canned food, cans are dangerous for you. It has been proven that they are lined with dangerous chemical BPA, which is a known hormone disrupter that is directly linked to cancer. This BPA slowly leeches into the food and becomes the key reason for cancer.

7. Processed meats

Processed meat is any type of meat that's been preserved by smoking, salting, curing, or canning. Most processed meats are red meats. Some examples of red meat that's been processed include:

Hot dogs, Salami, Sausage, Ham, Corned beef, Beef jerky.

The methods used to make processed meats can create carcinogens. For example, curing meat with nitrite can form carcinogens called N-nitroso compounds. Smoking meat can also lead to carcinogenic polycyclic aromatic hydrocarbons (PAHs).

Processed meat is a major risk factor for colorectal cancer. It's linked with stomach cancer.

Researchers determined that a high consumption of processed meat was associated with an increased risk of breast cancer.

8. Eating charred meat

When people eat meat, they tend to like it charred. The issue with this, however, is that cooking meat at high temps can form chemicals that cause changes in the DNA—changes that can increase your risk of cancer, says the National Cancer Institute. If you do cook meat, make sure it's not getting over-done or even better, ditch the animal product altogether. A 12-year study published in the journal Nature in 2009 found that the incidence of cancer was much lower with vegetarians compared to meat-eaters.

9. Vegetarian diets

A large percentage of Indians, particularly Hindus, practice vegetarianism and avoid meat and fish products in their diet. Vegetarian diets have been associated with decreased risk for prostate cancer. Case-control studies that compared non-vegetarian and vegetarian diets and alcohol and tobacco use in India have reported that vegetarians have a reduced risk of oral, oesophageal, and breast cancers. Vegetarian diets rely on pulses (e.g., beans, chickpeas, and lentils) as a source of protein, and pulses have been significantly associated with reductions in cancer.

10. Fried foods

When starchy foods are cooked at high temperatures, a compound called acrylamide is formed. This can happen during frying, baking, roasting, and toasting.

Fried starchy foods are especially high in acrylamide. This includes fried potato products, like french fries and potato chips.

Acrylamide was found to be carcinogenic in studies done on rats. Trusted Source considers it “probably carcinogenic to humans.”

According to a 2020 study, acrylamide damages DNA and induces apoptosis, or cell death.

Eating a lot of fried food also increases your risk for type 2 diabetes and obesity. These conditions can promote oxidative stress and inflammation, further increasing your cancer risk.

11. Overcooked foods

Overcooking foods, especially meats, can produce carcinogens. Cooking meat with high heat creates carcinogenic PAHs and heterocyclic amines (HCAs). These substances may increase the risk of cancer by altering the DNA of your cells.

You're more likely to overcook foods when you cook with high temperatures or over an open flame. This includes cooking methods like:

Grilling, Barbecuing, Pan-frying.

The Food and Drug Administration also states that overcooking starchy foods, like potatoes, increases acrylamide formation.

To reduce your risk of carcinogens from high-heat cooking, try using healthier cooking methods such as:

Poaching, Pressure cooking, Baking or roasting at lower temperatures, Slow cooking in a crock pot or slow cooker

12. Dairy Products

There's some evidence that dairy may increase the risk of prostate cancer. Dairy foods include products like:

Milk, cheese, yogurt.

Eating dairy increases levels of an insulin-like growth factor 1 (IGF-1). This is associated with a higher risk of prostate cancer. IGF-1 may increase the proliferation, or production, of prostate cancer cells.

13. Sugar and refined carbohydrates

Sugary foods and refined carbs can indirectly increase your risk for cancer. Some examples of these foods include:

Sugar-sweetened beverages like Baked goods, White pasta, White bread, White rice, Sugary cereals

Eating a high concentration of sugary, starchy foods may put you at an increased risk of developing type 2 diabetes and obesity.

Both conditions promote inflammation and oxidative stress. This may increase your risk for certain types of cancer.

Type 2 diabetes increases the risk for ovarian, breast, and endometrial (uterine) cancer.

A high intake of sugar and refined carbohydrates may also lead to high blood glucose levels, may be a risk factor for colorectal cancer.

To limit the health effects of refined carbohydrates, try to swap these foods with healthier alternatives such as:

Whole grain bread, Whole grain pasta, Brown rice, Oats.

14. Dietary Fats and Fiber

Diets high in saturated fats have been associated with increased risk for cancer. Fat intake, especially saturated fat, is increasing in the middle class in India, although some rural residents traditionally have had a high intake of ghee (clarified butter, high content of saturated fat), as well. Studies have given equivocal results regarding the link between fat intake and the risk of cancer.

15. Drinking too much alcohol

Having a drink here and there is totally fine, but when you're having more than one or two drinks per day, that's when problems arise. According to the American Cancer Society, overdrinking has been linked to a higher risk of throat, liver, colon, and breast cancer. So when you're out, make sure to pace and limit yourself. And for more ways alcohol can hurt you, read up on new study shows even a small amount of alcohol ages your brain.

16. Making microwave popcorn

Sure, it's quick, easy, and delicious, but microwave popcorn is also dangerous. The snack contains the chemical diacetyl in its butter flavoring, which can actually lead to lung issues. Diacetyl is also one of the chemicals in e-cigarettes that has been causing concern as they pertain to cancer.

Cancer:-

The term “Cancer” is derived from the Greek word “Karkinos” (for crab) which refer to a generic non-communicable disease characterized by growth of malignant (cancerous or neoplasm) abnormal cell in any part of the human body. Cancer is a disease that develops when cell in your body divide at a faster rates than normal. These abnormal cell grow into a lump or tumour.

Stages of Cancer:

Most cancer have four stage is determined by a few different factors, including the size and location of the tumour:

Stage 1: Cancer is localized to a small area and has not spread to lymph nodes and other tissues.

Stage 2: Cancer has grown, but it has not spread.

Stage 3: Cancer has grown larger and has possibly spread to lymph nodes or other tissue.

Stage 4: Cancer has spread to other organs or area of your body. This stage is also referred to as metastatic or advance cancer.

Thought stages 1st to 4th are the most common, there is also stage zero. This earliest phase describes cancer that is still localized to the area in which it started. Cancer that are still in stage zero are usually easily treatable.

Types of Cancer:

There are five main types of cancer. These includes:

Carcinoma: This types of cancer affects organs and glands. Such as lungs, breast, pancreas and skin. Carcinoma is the most common types of cancer.

Sarcoma: This cancer affects soft tissue or connective tissue. Such as muscles, fat, bone, cartilage, or blood vessels.

Melanoma: Sometimes cancer can develop in the cell that pigment your skin. These cancers are called melanoma.

Lymphoma: These cancer affects your lymphocytes or white blood cells

Leukemia: This types of cancer affects blood.

What are the first sign of cancer: -

Cancer symptoms can vary significantly for each person. However, there are a few things that could indicate the early signs of disease.

1. Unexplained weight loss.
2. Chronic tiredness.
3. Persistent pain.
4. Fever that occurs mostly at night.
5. Skin changes.

Statics and effects of cancer disease in India and Indian society: -

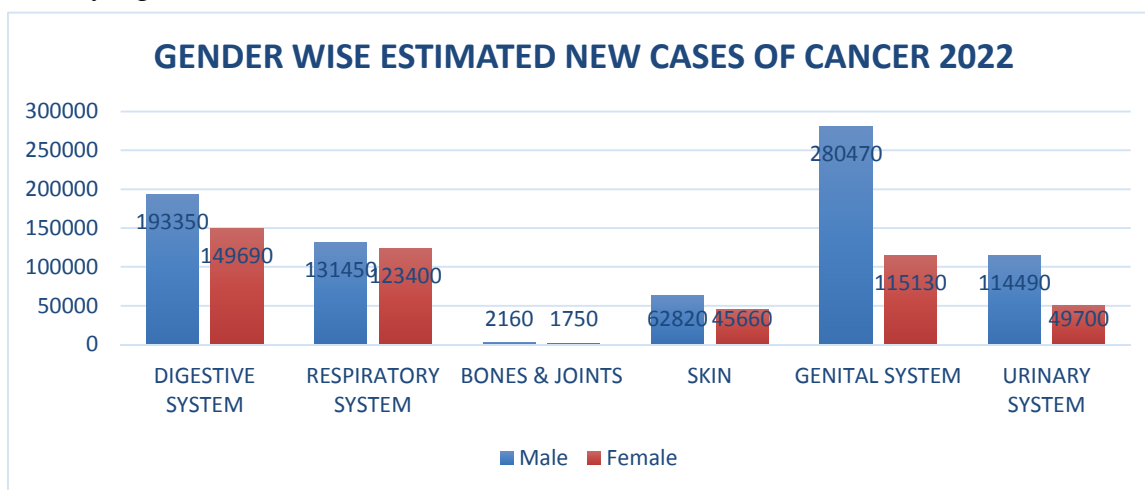
India ranks third among nations in terms of highest number of cancers. Over 13 lakh people in India suffer from cancers every year as per the National Cancer Registry Programme report. Sedentary lifestyles, increase in urban pollution, in addition to rise in obesity, tobacco and alcohol consumption are said to be the reasons behind the rise.

The Indian Council of Medical Research (ICMR) estimates that there will be a 12 percent rise in cancer cases in India by the next five years. The most common forms of cancer affecting the people of India are Breast cancer, Cervical cancer and Oral cancer.

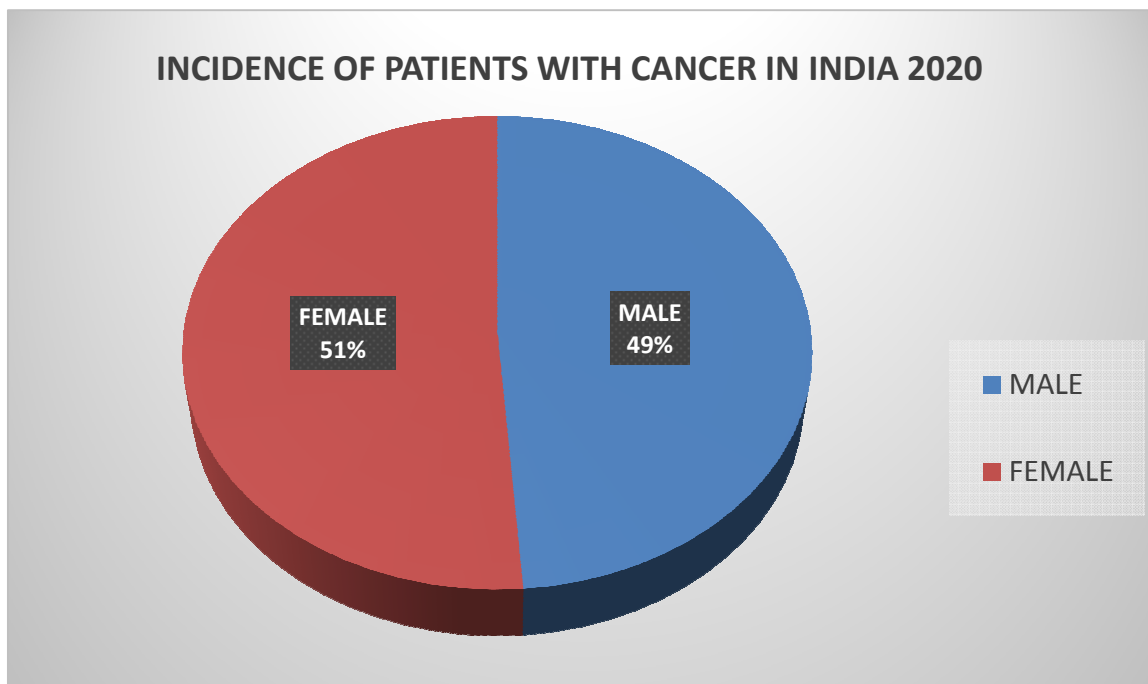
Crude cancer incidence rate was highest in Kerala and Mizoram, followed by Haryana, Delhi, Karnataka, Goa, Himanchal Pradesh, Uttarakhand and Assam.

Based on the cancer registry data it is estimated that there will be about 8,00,000 new cancer cases in India every year. At any given point there is likely to be 3 times this load that about 2,40,000 cases. Cancer sites associated with tobacco form 35 to 50% of all cancers in men and about 17% of cancers in women.

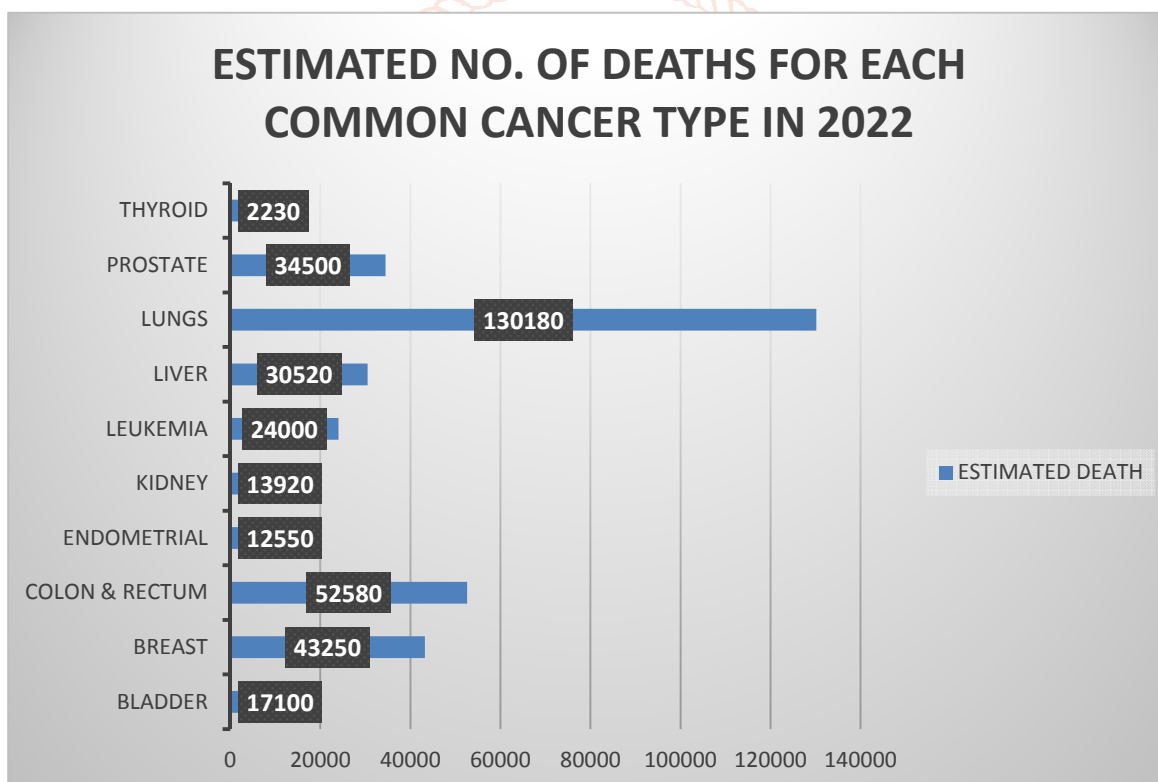
The projected number of patients with cancer in India is 1,392,179 for the year 2020, and the common 5 leading sites are breast, lung, mouth, cervix-uteri, and tongue. The majority of the patients with cancer were diagnosed at the locally advanced stage for breast (57.0%), cervix uteri (60.0%), head and neck (66.6%), and stomach (50.8%) cancer, whereas in lung cancer, distant metastasis was predominant among males (44.0%) and females (47.6%).



GENDER-WISE ESTIMATED NEW CASES OF CANCER 2022



INCIDENCE OF PATIENTS WITH CANCER IN INDIA 2020



Diet and life management in cancer disease: -

Cancer survivors often ask their health care providers if food choices physical activity and dietary supplements could improve their quality of life and survival. Good nutrition is especially important if you have cancer. The nutrition needs of the people with cancer vary from person to person. Eating well while you’ re being treated for cancer might be help you:

- Feel better
- Keep up your strength and energy.
- Maintain your weight and your body’s store of nutrients

- Lower your risk of infection.
- Heal and recover faster.

Eating well means eating a variety of food to get the nutrient your body need to fight cancer. These nutrient include proteins, fat, carbohydrates, water, vitamins and minerals.

Guidelines for a healthy diet during cancer treatment are similar to those recommended for the general population. A balance diet with whole grains, healthy source of protein, fruits, vegetable and micronutrients. Try to include:

Whole grains like whole-wheat, brown rice, quinoa and buckwheat. Two-three cup of vegetable daily. One or two cup of fruits daily. Skinless poultry and cold water ocean fish salmon. Tuna and cod a couple of times per week. Dried beans. Peas. Lentils and legumes for additional protein. Healthy fat like olive oil. Avocado. Nuts and seeds. Low fat dairy or a dairy substitute for calcium. Clean water.

Certain Foods Contain Cancer-Fighting Properties:

There is no single super food that can prevent cancer. Rather, a holistic dietary approach is likely to be most beneficial.

Scientists estimate that eating the optimal diet for cancer may reduce your risk by up to 70% and would likely help recovery from cancer as well. They believe that certain foods can fight cancer by blocking the blood vessels that feed cancer in a process called anti-angiogenesis.

Some of the key anti-cancer food groups include:

1 Vegetables: Observational studies have linked a higher consumption of vegetables with a lower risk of cancer. Many vegetables contain cancer-fighting antioxidants and phytochemicals. For example, cruciferous vegetables, including broccoli, cauliflower and cabbage, contain sulforaphane, a substance that has been shown to reduce tumor size in mice by more than 50%.

Other vegetables, such as tomatoes and carrots, are linked to a decreased risk of prostate, stomach and lung cancer.

2 Fruit: Similar to vegetables, fruits contain antioxidants and other phytochemicals, which may help prevent cancer. One review found that at least three servings of citrus fruits per week reduced stomach cancer risk by 28%.

3 Flaxseeds: Flaxseeds have been associated with protective effects against certain cancers and may even reduce the spread of cancer cells.

4 Spices: Some test-tube and animal studies have found that cinnamon may have anti-cancer properties and prevent cancer cells from spreading.

Additionally, curcumin, which is present in turmeric, may help fight cancer. One 30-day study found that 4 grams of curcumin daily reduced potentially cancerous lesions in the colon by 40% in 44 people not receiving treatment.

5 Beans and Legumes: Beans and legumes are high in fiber, and some studies suggest that higher intake of this nutrient may protect against colorectal cancer.

6 Nuts: Regularly eating nuts may be linked to a lower risk of certain types of cancer.

7 Olive Oil: Many studies show a link between olive oil and reduced cancer risk. One large review of observational studies found that people who consumed the highest amount of olive oil had a 42% lower risk of cancer, compared to the control group.

8 Garlic: Garlic contains allicin, which has been shown to have cancer-fighting properties in test-tube studies.

9 Fish: There's evidence that eating fresh fish can help protect against cancer, possibly due to healthy fats that can reduce inflammation. A large review of 41 studies found that regularly eating fish reduced the risk of colorectal cancer by 12%.

10 Dairy: The majority of evidence suggests that eating certain dairy products may reduce the risk of colorectal cancer.

The type and amount of dairy consumed are important.

For example, moderate consumption of high-quality dairy products, such as raw milk, fermented milk products and milk from grass-fed cows, may have a protective effect.

Food Safety during Treatment: -

It is important to handle food safely during cancer treatment. Cancer and cancer treatment can weaken your immune system and make you more prone to infection. This includes infection from foods. The following tips are helpful ways to keep your food safe.

- Wash your hands before eating.
- Keep surfaces that come into contact with food clean.
- Keep hot foods (above 140°F) and cold foods cold (below 40°F).
- Avoid cross-contaminating raw meats and vegetables. Store raw meat on the lowest shelf to avoid juices contaminating other foods.
- Wash raw fruits and vegetables well before eating.
- Avoid high risk foods like undercooked eggs, meat, poultry, fish, or shellfish and unpasteurized milk or cheese.
- Avoid high risk foods like sushi, ceviche, raw bean and alfalfa sprouts, foods from street vendors, and self-serve buffets.
- Thaw frozen meats in the refrigerator and not on the counter.
- Refrigerate foods promptly after eating.

Manage Side Effects during cancer treatment: -

1. Appetite Changes:

Less Appetite

If you don't feel hungry or feel full too quickly:

- Eat 5-6 small meals throughout the day, instead of 3 big meals.
- Eat with friends or family or watch television while eating to take your mind off your lack of appetite.
- Keep an eating and drinking schedule and set an alarm to remind you to eat.
- Make mealtime as pleasant as possible. One idea is to set the table, use nice plates, and have flowers as a centerpiece.

Overeating or Feeling more hungry Than usual

If you have an increased appetite or feel more hungry than usual:

- Eat small, frequent meals throughout the day instead of 3 big meals.
- Limit high-calorie foods such as pizza, fried foods, foods made with cheese or cream, and desserts.
- Choose lower calorie foods like fresh fruits and vegetables, baked or grilled poultry and fish, and beans.
- Eat higher fiber foods such as whole grains, fruits, vegetables, nuts, and beans to help you feel more full.
- Include small portions of healthy fats from avocado (1/8 slice), nuts (1/4 cup), or nut butters (2 tbsps) to help you feel more full.
- Drink a glass of water before meals to fill up and avoid overeating.

2. Constipation & Diarrhea:

Constipation

Food tips for constipation:

- Increase foods that can help promote a bowel movement.
- Choose high fiber foods, such as whole grains, fruits, vegetables, nuts, and beans.
- Try prunes and other dried fruits and juices, such as prune or apple juice.
- Drink hot beverages, such as herbal tea and decaffeinated coffee.
- Make sure you drink enough fluids.

If you are having gas and bloating, stay away from "gassy" vegetables like cabbage, broccoli, cauliflower, peas, corn, and beans. Avoid drinking through a straw or chewing gum. These can also make gas and bloating worse.

Non-food tips for constipation:

- Move more if you are able — walk, stretch, or do yoga.
- Drink hydrating fluids with electrolytes, such as coconut water, broth, electrolyte drinks, and diluted fruit juices. Carry a water bottle to stay hydrated.

Diarrhea

Foods to AVOID when you have diarrhea:

- Alcohol and caffeinated drinks.
- Dairy foods (other than cultured dairy like yogurt or kefir).
- Foods that are high in sugar, such as juices or sweets.
- Greasy and fried foods.
- High-fiber and bulky foods, such as raw vegetables, nuts, and whole grains.

Foods to EAT when you have diarrhea:

- Apples (without skin) or applesauce.
- Baked chicken, turkey, or fish.
- Bananas.
- Canned fruit (in juice), such as canned peaches or pears.
- Oatmeal, barley, or cream of rice cereal.
- Plain potatoes without skin.
- White rice or pasta.
- Fluids with electrolytes: coconut water, broth, and diluted fruit juices (carry a water bottle to drink often).

3. Feeling Tired (Fatigue):

- Ask family and friends to help make meals and assist with other daily tasks.
- Increase your physical activity as best you can in order to help fight fatigue.
- Take it one day at a time and look at each day as a new day.
- Take breaks throughout the day.
- Try something you did not do yesterday and try not to let your lack of energy discourage you.
- Try not to overdo it on higher energy days, so you can conserve your energy.

4. Mouth & Throat Changes:

Dry Mouth

Food tips for dry mouth:

- Avoid alcohol and limit caffeinated drinks.
- Increase your saliva by.
- Sucking on sugar-free tart candies prior to eating.
- Chewing on sugar-free gum in between meals.
- Moistening foods with sauces and gravies.

- If acidic foods don't irritate your mouth or throat, you can also try.
- Adding lemon or lime to water.
- Using citrus fruits or juices in marinades or dressings.
- Limit dry or hard-to-swallow foods, such as baked potatoes, peanut butter, tough meat, and "doughy" bread.
- Make sure you drink enough fluids to prevent dehydration. Carry a water bottle with you to stay hydrated.

Non-food tips for dry mouth:

- Apply lip balm or petroleum jelly to protect your lips.
- Sleep with a humidifier in your room to help moisten your mouth at night. Be sure to clean the humidifier regularly.
- Use alcohol-free mouthwash daily and/or saliva substitutes.

5. Changes in Taste and Smell:

Foods may taste or smell different every day. You may find it helpful to keep trying different foods to find what appeals to you.

If everything tastes bland or has no taste:

- Add stronger flavors into foods.
- Pickles, condiments, sauces, dressings, vinegar, or citrus juices may help. (You may need to avoid these if you have mouth or throat sores).
- Add spices and seasonings to enhance the flavor of your food.
- Marinate meats for a stronger flavor.
- Suck on sugar-free tart candies before or after a meal.
- Clean your mouth with homemade baking soda rinse.

If everything tastes metallic or bitter:

- Add sweeteners such as honey or pure maple syrup onto foods to offset the bitter taste.
- Choose other protein sources (such as fish, chicken, or beans) if red meat tastes metallic.
- Use plastic utensils instead of silverware.
- Avoid cooking on iron skillets.

If the smell of food makes you not want to eat:

- Avoid being in the kitchen when food is being made.
- Choose cold or room-temperature foods instead of hot foods, which can smell stronger.
- Light a scented candle or essential oil diffuser to remove unpleasant or offensive odors.
- Open a window or turn on a fan to minimize the smells.

6. Mouth Sores and Mouth Pain

Food tips for mouth sores and mouth pain:

Choose foods that help soothe the mouth, including:

- Cold foods, such as popsicles, frozen fruit, and ice cream.
- Soft, mild foods, such as cottage cheese, smoothies, and yogurt.
- Well-cooked, soft meals such as potatoes, macaroni and cheese, casseroles, stews, and ground meats.
- Avoid foods that could irritate the mouth, including:
 - Acidic or spicy foods, such as citrus fruits, tomatoes, peppers, and vinegar.
 - Alcohol and carbonated drinks.
 - Crunchy or hard foods, such as crusty bread, pretzels, and chips.
 - Hot foods; choose room-temperature or cold foods instead.

Non-food tips for mouth sores and mouth pain:

- Drink through a straw to avoid sore spots.
- Suck on ice chips when you have mouth pain.
- Use a baking soda rinse before and after meals.

7. Problems Chewing or Swallowing

Choose foods that are easier to chew and swallow.

These can include:

- Soft foods, such as scrambled eggs, oatmeal, soft pasta, potatoes, soups, and stews.
- Softer protein sources such as fish, ground meats, eggs, beans, and creamy nut butters.
- High calorie drinks, such as smoothies, milkshakes, or nutritional supplements.

Stay away from foods that could cause chewing or swallowing pain:

- Hard foods, such as crackers, crusty breads, raw vegetables, and crunchy cereals.
- Tough meats, such as steak, pork chops, turkey, or chicken breast.
- Acidic foods such as tomatoes and citrus fruits.

Make foods easier to chew and swallow by:

- Adding dressing, sauces, or gravy to meats and other dishes.
- Pureeing foods in the blender.
- Thickening foods as needed with cornstarch, baby cereal, potato flakes, gelatin, or commercial thickeners.

8. Nausea & Vomiting

Food tips for nausea or vomiting:

Even though you do not feel like eating, an empty stomach can make nausea worse. Aim to eat a small amount of food every 1-2 hours to prevent nausea.

- Choose bland foods, such as plain pasta or rice. If dry mouth isn't a problem, you can also try dry food such as crackers and pretzels.
- Choose room temperature or cold foods instead of hot entrees.
- Drink ginger tea or chew ginger candies when you feel nauseated.
- Drink hydrating fluids (such as water, 100% juice, coconut water, or chamomile or ginger tea) throughout the day to prevent dehydration.
- Limit your intake of fried, greasy, or "heavy" foods, as these can make nausea worse.

9. Weight Changes

Weight Loss

It is important to prevent weight loss during cancer treatment. To prevent weight loss and add calories to your diet:

- Add healthy high-calorie additives to the foods you eat regularly, such as: Avocado, Olive oil or butter, Nuts and seeds, Cheese, Sauces and gravies, Dried fruit, Peanut butter, almond butter, or other nut butters.
- Aim to eat 5-6 small meals daily, instead of 3 big meals.
- Include high-calorie smoothies or nutritional drinks to your daily routine.
- Include high-protein foods to help your body heal and prevent further muscle mass loss: Nuts, seeds, and nut butters. Beans, Meat, Fish, Poultry, Eggs, Dairy products.

Weight Gain

Some patients experience weight gain during or after cancer treatment. It can be related to many factors. These can include appetite changes, decreased activity, hormonal treatment, steroids, and for women whether or not they've reached menopause. Managing weight gain is all about choosing a healthier lifestyle by eating healthy foods and exercising within your ability.

Choose healthier foods:

- Avoid higher calorie foods made with rich creamy sauces, cheese, oils, and fried foods.
- Fill up more of your plate with lower calorie fruits, non-starchy vegetables, and high-fiber whole grains.
- Choose baked or broiled fish and lean meats like skinless chicken and turkey breast over high-fat meats like hamburgers, steak, pork, and roasts.

Avoid empty calories:

Avoid high-calorie sugar-sweetened beverages, baked goods, and processed foods which offer little or no nutrition benefit.

Choose beverages like water, seltzer, and plain tea. Flavor them with your favorite fruits.

Include more physical activity:

- Aim for at least 150 minutes of moderate physical activity per week.
- Find a friend to stay active with you.
- If you are able, consider including cardio, stretching, and resistance training to help maintain or increase your muscle mass.
- Exercise is a powerful tool that can help you take control of your physical and mental health. An exercise program tailored to your level of energy and ability can help you:
 - Keep or improve your physical abilities.
 - Improve balance and lower risk of falls or broken bones.
 - Improve blood flow and lower risk of blood clots.
 - Improve self-esteem.
 - Improve sexual functioning.
 - Lower risk of anxiety and depression.
 - Reduce impact from side effects such as nausea and fatigue.
 - Lower risk of heart disease and osteoporosis.
 - Improve sleep.
 - Help prevent or improve cognitive symptoms.
 - Help maintain a healthy weight.

Regular exercise can improve your health and quality of life but it is important to develop an exercise program that is right for you. Your energy and fitness may be very different after treatment.

ACE Your Workout

After completing your workout, use this test to decide whether you ached your workout. When you ACE your workout, you will feel:

Alert – mentally

Calm – emotionally

Energized – physically

When you ACE your workout, you feel better after exercise than you did before. That's part of the magic of exercise. Exercise can improve the way you feel, even when you are a little sick, tired, or sad. Be sure to customize your exercise to match how your body is doing on a given day.

If you feel mentally tired, emotionally upset, or physically exhausted, you probably overdid it. If you feel bored or uninspired, you probably didn't do enough. Make changes for next time, and keep moving.

Some important Homoeopathic Medicine which deeply acts on carcinoma:

Arsenicum Bromatum, Arsenicum Iodatum, Aurum Muriaticum, Boswellia Serrata, Condurango, Ceanothus Americanus, Foenugreek, Galium Aparine, Hydrastis, Lapis Alba, Lobelia Erinus, Nitricum Acidum, Ocimum Can, Skookum Chucks, Stillingia Silvatica.

Conclusions:

Developing a healthier diet with the addition of specific supplements designed to reduce oxidative stress and inflammation should be an important part of an overall palliative care plan. The important of this study is that people can truly alter there dietary and nutritional habit when enough motivating factors are present. This is encouraging data that supports the important of modifying diets for palliative care patients as well. Sometimes patients and their families also feel more positively, with a stronger sense of control over their circumstances. This is an era of increasing current and future global cancer burden, coupled with concomitantly shrinking health care budgets and resources. Hopefully this paper serve as stimulus for further research and activity in exploring the concept of dietary intervention in palliative care patients with cancer as a possible treatment.

With the projected global future cancer burden and attendant health care cast, every opportunity should be taken to teach patients and therefore, their close contacts behaviors which could positively influence the health of the population at large.

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