



PERTUBUHAN ANTI-KANSER MALAYSIA
馬來西亞抗癌協會
MALAYSIAN ANTI-CANCER ASSOCIATION

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About cancer

Cancer is a disease of human cells. Our body is composed of numerous cells. Body will self-propagating new cells, so that we grew up, replace old cells, or repair damaged cells due to injury. This mechanism is composed of some of the genes responsible for controlling. But if those genetic damage control mechanism, the cancer will appear. The damage to the opportunity in our lifetimes, there are a small part of the inherited from their parents to have the damaged gene.

Normal human cells, no matter what age, are in the metabolic changes. Cell growth rate and body are appropriate, there are rules, and controlled. In unusual circumstances, some cells with the physiological needs and does not control, abnormal grow, so they form a "tumor."

Yuan slow growth, not transfer, we called "benign", less harmful to the human body. However, fast growth, erosion of nearby tissue, and metastasis to other organs, we called the "cancer" or "cancer" that is "cancer"

In short, cells divide and multiply very orderly. But once out of control, they will keep breeding, accumulate in the body block, a "tumor." Benign tumors can be divided into (benign) and malignant (malignant) two types of malignant tumors commonly known as cancer. Benign cells stop their position, will not spread to other parts of the body.

Malignant tumors contain cancer cells. It was originally formed, will keep the original parts, the so called "carcinoma in situ." However, if the cancer cells without treatment, it will destroy the surrounding tissue and spread to other organs to become invasive cancer. From the original position when the cancer spread to other parts of the body, this is called secondary cancer (secondary cancer) or metastatic cancer (metastasis).

And non-cancer patients do not rule. Modern medicine flourishing in all cancer patients, around half of the possible cure. For example, skin cancer early, the cure rate of up to one hundred per cent; early stage cervical cancer, up to 90 per cent; early nasopharyngeal carcinoma, up to 80 per cent.

This will promote the Chinese and western medicine, Chinese medicine and Western medicine is a common treatment, especially in patients with advanced, this is the best treatment of cancer. Long-term practice of Chinese medicine that can significantly improve the patient's immune system, reduce the toxic side effects of chemotherapy and radiotherapy, to reduce the proportion of cancer recurrence and metastasis, long-term results were better.

World Cancer Declaration

Cancer has become a major threat to global human health diseases. According to the World Health Organization, 2008, the world suffering from cancer and 7.6 million deaths expected by 2030, more than 11 million deaths caused by cancer. To effectively control cancer incidence, mortality, and ultimately destroy the target cancer, International Union Against Cancer appeal to governments, global professional bodies, social organizations and international governmental organizations together to respond positively to the General Assembly in 2008 adopted by the World Cancer "World Cancer Declaration," calling the world community to take immediate action.

"World Cancer Declaration" is the highest cause of global cancer control guidelines, is the world's people worked for the ultimate goal, the Malaysian Anti-Cancer Association shoulder region in the promotion of

Malaysia's tough anti-cancer cancer control mission. Malaysian Anti-Cancer Association will work closely with the International Union Against Cancer, to further increase the region in Malaysia, "the World Cancer Declaration" activities, and enable community action and actively participate in the global anti-cancer cause, and strive to achieve the international anti-early Cancer Alliance of cancer prevention and treatment goals.

Cancer is how to produce it?

Although the ancient scientists made a lot of research on cancer, but cancer cells have still not fully understood. However, the following are a few factors that may cause cancer:

- (A) Chemical substances: for example, tar cigarettes may cause lung cancer, certain dyes may cause bladder cancer, nitrosamines may cause liver cancer. Potentially carcinogenic chemicals are many, but not eating these chemicals to cancer will certainly be. Usually go through long and extensive exposure to carcinogens will produce cancer. Now, most chemicals are tested, that is not carcinogenic, it can be widely used. So, in general, daily use of chemical raw materials, are very safe.
- (B) radiation: such as X-ray, nuclear explosions and so on. Radiation is to achieve considerable weight, will make changes to the cells of certain organs. But with the equipment and protective 辐射 radiation technology advances, the current X-ray diagnosis is not cause cancer.
- (C) Other: ultraviolet sunlight and high temperatures and long-term exposure to the substance, and some may be skin cancer. Long-term wound ulcer (eg gastric ulcer, skin ulcers, etc.) may be a change in the nearby cells to become cancer.

How will the cancer cells proliferation?

1 partial diffusion

(2) proliferation of lymphoid tissue, such as the nucleus of nasopharyngeal carcinoma spread to the neck, breast cancer spread to axillary lymph nuclear.

3 by the transfer of blood to the liver, lung, bone, brain, etc.

4 by the abdominal or thoracic metastasis to other organs, such as gastric and ovarian metastasis to the abdominal omentum.

How cancer is diagnosed ?

- 1 asked whether the medical records
 - 2 by the doctor for the body check.
 - 3 blood test, size it, etc.
 - 4, such as chest X-ray diagnostic radiation, barium meal, barium enema, angiogram Yang and so on.
 5. Endoscopic tests such as endoscopy, cystoscopy, rectum, colonoscopy, etc.
 - 6 out of some organizations to the affected area of tissue Zuohuo test.
- The above test methods, the majority of cancer diagnosis is sufficient. Further testing methods such as X-ray computer tomography (CTSCANNING), ultrasonic testing (ULTR - SOUNDSTUDY), isotope scanning (Nucleus Medicine), Positron Emission Tomography (PET Scan), are also often applied to.

Cancer are genetic it?

The majority of cancer is genetic will not. However, some cancers such as breast cancer, ovarian cancer, colon cancer, nasopharyngeal cancer, it is possible to have a family history. Once found, other family members should be vigilant.

Cancer, infectious disease will it?

Cancer, infectious disease is not the will.

what cancer treatment method ?

- 1 surgical resection
2. Radioactive treatment
- 3 drug treatment

These three methods of treatment of cancer, can be a single use, can also be combined use. For example, a number of breast cancer, can be

removed with surgery, radiation therapy and then with 嶼, supplemented by drug therapy.

Other methods, such as cancer immunotherapy, is still in the research and test phase, not broad and effective application.

Cancer can prevent it?

Wrapped in everyday life, we may be exposed to many carcinogens. Good habits can reduce the body suffered carcinogen, is a viable (prevention) method. Such as not smoking, avoiding excessive alcohol, eat more natural food and fiber. In addition, we also pay attention to health, regular medical check-ups, such as the lung X-rays, female cervix (Pap smear cytology), women's self-breast exams and so on. If it is found sick, see a doctor as soon as possible and must not suffer in silence, delay at the right time. Hepatitis carriers and obvious family of cancer patients, should also be checked regularly to make appropriate.

Contributes to cancer rehabilitation of seven daily habits

Cancer patients and normal daily life is different, in addition to regular treatment, but should be fully and rationally arrange their own lives, living, diet, physical exercise, recreational activities, social contacts and make regulated. Relaxed and fun life, can enhance the body's resistance to cancer.

1. The experience of the patterns of life of cancer rehabilitation

Cancer patients and normal daily life is different, in addition to regular treatment, but should be fully and rationally arrange their own lives, living, diet, physical exercise, recreational activities, social contacts and make regulated. Relaxed and fun life, can enhance the body's resistance to cancer.

2. A happy experience of cancer rehabilitation

Cancer is not incurable disease, before and after treatment are not to despair, should be relaxed mood, self-comforting, positive physical examination with a variety of physician and treatment. Strong will to live is simply the ultimate victory over cancer, and to avoid and reduce negative emotions can cause to participate in various activities or intense work.

3. The experience of rehabilitation science diet cancer

Cancer patient's nutritional consumption of greater than normal, so through good nutrition to maintain, to improve and consolidate the curative effect. According to different conditions, age, physical fitness, hobbies and other comprehensive deployment, taboos should not be too much. Should have a fresh, nutritious, light on flavor, deprivation, and more meals as well.

4 cancer survivors experience a reasonable exercise

Cancer drug therapy alone is not possible to completely solve the problem, a reasonable return to physical exercise not only improve the disability, but more importantly is to make mental sustenance, to eliminate inhibition of pessimism. Self-training in many ways, according to their preferences, physical, environmental selection tai chi, five animals, Ba Duan Jin and so on.

5 cancer rehabilitation experience a degree of intercourse

"Food, color, sex also." "In the recovery period do not affect the health, Personnel rhythm of life sex is allowed and promoted, but not indulgent, sexual intercourse should have degrees. Generally, as the age, body mass, habits vary, 1 or 2 times a month is appropriate . childbearing women with breast-feeding is best not to. "

6. The experience of the periodic review of cancer rehabilitation

Cancer patients should be regularly self-examination or to a cancer specialist or hospital review, must not be blindly optimistic lightly. Although various types of cancer have different recovery period, but in general a clear treatment during the first 3 years once every 3 months, 4

to 5 years once every six months, 5 years and annually thereafter.

7 cancer experience long rehabilitation medicine service

The formation of cancer is caused by an imbalance of yin and yang of human blood. Rehabilitation of cancer patients should be long-term medicine conditioning. In the dialectical therapy under the guidance of physicians to supplement qi and blood, yin and yang, the main tune, accompanied by Quxie negatively. Extracting the container and use glassware, enamel, or casserole.

Five factors of lung cancer induced by

As we all know, cancer is one of the three major killers of humanity, it is a serious threat to human life. About 600 million people worldwide each year die from cancer was. Lung, stomach, colon, liver and breast cancer is the culprit most cancer deaths each year, particularly among the ranks died of lung cancer the most. Tobacco use is the single most important cancer risk factor, but not smoking on lung cancer has not. Although smoking is the main cause of lung cancer the most, but not the only reason. Can lead to lung cancer, there are many reasons:

(1) each person as an independent individual, his physique is not the same.

Frail people are more likely to become cancer target. Poor physical fitness are susceptible to lung cancer, lung is extra dirty, the most vulnerable to evil, delayed healing of inflammatory lesions and lung infection in tuberculosis patients who have lung cancer potential problems. So to enhance physical exercise, infection control is still necessary.

(2) both psychological factors cause cancer, but also cancer.

Spirit of the long period of anxiety, curse mourning, anger, pessimism and other state, make the immune dysfunction, increased risk of lung cancer. On the contrary positive attitude in the prevention of cancer can play a significant carcinogenic effect.

(3) family history is an important factor can not be ignored.

The researchers will have immediate family members with lung cancer and two groups of people without lung cancer patients to compare the proportion of lung cancer, and found that the former risk of illness is twice the latter. This link is even more marked in women, but there are immediate family members of lung cancer in the population, prevalence of non-smokers were more likely than smokers.

(4) environmental factors and dietary factors also caused a major cause of lung cancer.

Some industrial and mining enterprises and cars, motorcycles, scooters emissions, soot, tar, dust and other harmful substances polluting the atmosphere, so that an increase in carcinogens in the air, polluted air contains benzopyrene and other harmful substances, such as Long-term exposure to emissions, waste, waste and other "waste", in particular, exposure to inorganic arsenic, asbestos, cause lung cancer will be greatly increased. In addition, oil fried food, produced by benzopyrene, acrolein and other substances, will also become a cause of cancer inducement. Cooking pot is best to use the refined oil will not smoke, do not torment will be expected to tilt the wok dishes. Less to do with the fried, fried, deep-fried dishes, to reduce fumes against. Dietary factors: If the long-term consumption of smoked, fried, baked and moldy foods can increase the chance of cancer. Cancer of the above factors should be avoided as much as possible to prevent the occurrence of lung cancer. Very few houses with decorative materials will cause lung cancer, harmful exhaust gases and particles. Therefore, those who decorated the room, all windows open for ventilation should always be to reduce the likelihood of lung cancer caused.

(5), but it is no exaggeration to say that smoking caused environmental pollution, is the biggest risk factors for lung cancer

What is noticeable is that the family environment of small and medium air pollution are being increasingly seriously, such as room design is unreasonable, resulting in smoke inverted to the bedroom, long clusters mahjong smoking cause air pollution is to be avoided.

These five factors are the primary cause of lung cancer caused, which requires us to live in a targeted away from these factors, to achieve effective anti-tumor purposes!

17 of the most overlooked early symptoms of cancer

Cancer, many people feel terror, but not totally escape from under its claws. American Cancer Society experts conclude that 17 "men and women most likely to ignore symptoms of cancer," to remind us to seize for signs of cancer. Because the survey shows that after treatment of patients with late stage the 5-year survival rate is only 10% -30% compared to regular treatment of early cancer patients after 5-year survival rate can be as high as 70% -95%.

Men should be noted:

1, testicular changes. Testicular cancer-prone ages of 20-39 years of age. American Cancer Society recommends that men should be a monthly testicular self-examination, including changes in testicular size, apparent swelling or shrinking mass appeared in the scrotum, scrotal pain and other fall, there are problems should seek immediate medical attention. In particular, feel the scrotum bulge, which feel like putting a coal briquettes, and more than a week, to Dr. Ma Shangzhao diagnosis. This is the most typical precursor of testicular cancer, the need for blood tests and scrotal ultrasound.

2, urine problems. With increasing age, male urination problems are becoming more popular, frequent urination, urgency or urine does not net more common. If the symptoms get worse, especially in urine have a strong sense of urgency, should be alert to prostate cancer. Digital rectal examination should be done normally, the doctor will tell you whether prostatic hyperplasia, prostate cancer, which is the main symptom.

Women should be noted:

1, abdominal distension. Many women believe that bloating is very common, no big deal. If, however, continued swelling of the abdomen, had the pressure and pain, stomach discomfort, difficulty eating or feeling of fullness easy, for several weeks, is likely to be a sign of ovarian cancer.

2, irregular bleeding. U.S. oncologist Dr. Dai Li said that the menstrual cycle and abnormal vaginal bleeding between the urine of women bleeding easily be overlooked. They are likely to be common gynecological cancer, endometrial cancer --- a big sign, at least 3 / 4 of women have this symptom after being diagnosed suffering from endometrial cancer. The bowel bleeding may be a sign of colon cancer.

Men and women should be aware of:

1, the breast lumps. Breast cancer than women of the patent, both men and women should be actively prevented. When women find breast skin redness, swelling, will exceptionally careful. "In particular, the breast skin rash, and for several weeks to subside and have to go check." Oncologist Hannah • Dr. Lin Deng said. In addition, she pointed out, non-lactating women, nipple retraction, and often out of the liquid, is a bad signal. For men, if the breast skin, wrinkling, shrinkage or asymmetric nipple, nipple size and shape of changes, breast swelling, lumps appear, are inflammation of the performance of the nipple is breast cancer symptoms. This breast lumps usually hurt, but will gradually become larger.

2, pain. American Cancer Society, said that with increasing age, body pain will increase. But the inexplicable part of the body pain and more than a week, they should identify the cause as soon as possible, because the reason of the pain may be signs of cancer. For example, long-term symptoms of colorectal cancer pain, chest pain may be caused by lung cancer, bone pain may be symptoms of cancer metastasis. Pancreatic cancer will be reflected in the abdominal area, such as umbilical or right upper quadrant dull pain or cramps intractable, can burst, but also showed persistent, usually gradually increased to the back of radiation.

3, lymph node changes. No matter which part of the body, especially the emergence of axillary lymph nodes or Jingbo, must not be taken lightly. If the lymph nodes continues to increase, more than one month, it is likely that the symptoms of breast cancer or brain cancer.

4, fever. Fever generally flu, pneumonia or inflammation caused by other, however, unexplained fever, it could be a dangerous sign. American Cancer Society, said the spread of cancer to other body organs, usually lead to fever. Lymphoma, leukemia and other blood

cancer also have a fever. Chinese Academy of Medical Sciences Cancer Hospital, added Xu Zhijian, director of anti-cancer, lymphoma in the early and mid-performance to be sustained fever, body temperature at 38 degrees Celsius, when the co-infection may be fever. Need to examine include: X-ray chest, CT scan, MRI and so on.

5, inexplicable weight reduction. Indeed gratifying to be able to lose weight without strenuous, but if neither the increase in physical activity within a month, not any reducing diet, body weight decreased by 10% but somehow, it should seek immediate medical attention. Sharp decline in body weight, anorexia, recurrent diarrhea and constipation are the most common lung cancer, stomach cancer, kidney cancer and colorectal cancer symptoms for women may also be hyperthyroidism.

6, sustained abdominal pain and with depression. If continued pain and abdominal symptoms associated with depression, most likely with pancreatic cancer. Because the experts found that the relationship between depression and pancreatic cancer greatly. Other symptoms include: jaundice, abnormal stools or gray.

7, fatigue. In general, the feeling of fatigue is a symptom of cancer have been developed, but for leukemia, colon cancer and gastric cancer, it may be the early onset of fatigue. Cancer fatigue and general fatigue what is the difference? American Cancer Society experts say, ordinary fatigue rest will disappear, no matter how the rest of cancer fatigue, will find it difficult to improve.

8, coughing. Georgetown University School of Medicine La Nite • 米歇里博士 said that if the unexplained cough continued, more than 3-4 weeks, you should see a doctor promptly, it may be a sign of lung cancer or throat cancer.

9, difficulty swallowing. Long-term swallowing difficulties may be laryngeal cancer, esophageal cancer and stomach cancer symptoms, chest X-ray as early as possible, or endoscopy. The so-called dysphagia, generally refers to chest pain when eating, esophageal foreign body sensation, even if some people do not eat, food will feel like a wall of leaves, debris or grain-like material attached, will feel after swallowing food down the food slow, or even stay in the esophagus.

10, skin changes. Philadelphia Fox Chase Cancer Center oncologist

Mary • Dr. Dai Li reminded, mass, or the sudden appearance of skin pigmentation, and changes significantly, may be a sign of skin cancer. Observed after a few weeks should seek medical care immediately. In addition, both old and young, when a sudden hemorrhage, or abnormal skin peeling off, it should see a doctor.

11, abnormal bleeding. Blood in the stool in addition to hemorrhoids, the symptoms of colorectal cancer is likely to be necessary, should receive colorectal cancer screening colonoscopy. Beijing Tongren Hospital, Shan Chen, MD, director of Urology also reminded, in the elderly over the age of 40, in addition to women outside the menstrual period, such as painless hematuria or dysuria, bladder or kidney cancer should be vigilant. In addition to colorectal cancer than blood in the stool, if the tumor growth near the anus, may also occur to small stool, increased frequency of symptoms, or even cause bowel problems.

12, oral changes. American Cancer Society that smokers should pay particular attention to the mouth and tongue, white patches appear on, this may be a precursor to oral cancer - leukoplakia.

13, indigestion. Men (especially older men) and women (excluding pregnancy) for a long time unexplained persistent indigestion may be esophageal cancer, laryngeal cancer, stomach cancer symptoms.

How can we detect early colorectal cancer?

Colorectal cancer including colon and rectal cancer. In recent years, the incidence of colorectal cancer showed a rising trend year by year, and be able to get early diagnosis of colorectal cancer patients accounted for only 5% of all patients with this disease. Clinically, the early diagnosis of colorectal cancer is very low, mainly due to early signs of the disease that people do not have enough attention.

In addition, because early colorectal cancer patients had no specific symptoms, when patients with abdominal pain, diarrhea, abdominal, when the symptoms of blood and pus discharge, and doctors can easily be wrongly diagnosed as suffering from hemorrhoids, colitis, dysentery, lower gastrointestinal bleeding and other diseases. So, how does early detection of colorectal cancer?

First, do digital rectal examination of early cancer lesions were confined to patients with normal rectal mucosa, many patients with this disease at this time without any symptoms, but doctors diagnosed by digital rectal examination can be found in the rectal mucosa in patients with slightly elevated on the nodules. With the further development of the disease, the disease can occur in patients with cancer and ulcers secondary infection. When the cancer affecting the intestine smooth, the patient will present with constipation, blood in the stool, tenesmus, abdominal pain before then, and there is thinning mucus stool, sacroiliac Department have unexplained pain and other symptoms.

Clinical observation found that 80% of cancer patients by doing rectal examination revealed lesions. In addition, by rectal examination cancer can be clearly shape, texture and movement and so on. Do the examination the doctor found that mean if put sticky mucus, indicating that the patient's rectum with pus discharge.

Second, do fecal occult blood test, colonoscopy, double contrast barium and air contrast usually occurs after the age of people in 40 risk of colorectal cancer will be significantly increased. According to statistics, about 75% of patients with colorectal cancer are at this age. Therefore, it was the age of 40 should do a fecal occult blood test every year, continuous 3 times.

In general, no clinical symptoms but fecal occult blood test was positive, the risk of colorectal cancer risk of 1% or more. In order to confirm the diagnosis, fecal occult blood test was positive to do colonoscopy, double contrast barium examination and gas. In addition, these patients should be done once every five years, colonoscopy, or every 5 to 10 years to do a double contrast barium contrast examination.

Third, to strengthen the high-risk population screening theory, families of patients with colon polyps, half the children who will suffer from colon polyps, but they also inherited the disease to their offspring. Therefore, susceptible to high risk of colorectal cancer screening should be strengthened, the object of screening are the following categories of people;

- 1, parents, siblings and children of a person with colorectal cancer who started from the age of 40 fecal occult blood testing and colonoscopy.

2, with family adenomatous polyps of the people because of its related genes have defects. Patients with the disease after the age of 40 almost always suffering from colon cancer. Therefore, all members of these families should be from the adolescence regular colonoscopy.

3, hereditary non-polyposis junction (straight) colorectal cancer is an autosomal dominant genetic disease, the disease in the patient's family may have many people suffering from colon or rectal cancer. People who may be suffering from the disease from the age of 20 should be at intervals of 1 to 2 years, or annually from the age of 40 do a colonoscopy.

4, ulcerative colitis patients with a greater risk of colorectal cancer, the risk in patients with onset usually begins after 8 years. Therefore, all patients with colitis should be sick after every eight years, 1-2 years to do a colonoscopy. Left colitis 15 years after the disease should be every 1 to 2 years to do a colonoscopy.

5, in the past has been that patients with polyps of Peutz-Jeghers cancer does not occur. However, recent clinical data indicate that malignant transformation of Peutz-Jeghers disease probability of 20% to 23%. Therefore, the Peutz-Jeghers patients should be regularly checked. Over the age of 10 of the patients should be done once every two years, the whole digestive tract angiography. 20 patients over the age of the disease should be done once every two years colonoscopy.

The etiology of cervical cancer?

About cervical cancer (ie, cervical cancer) of unknown etiology, at home and abroad large amounts of data confirm that early marriage, early childbearing, fertility and sexual disorders in women have a higher prevalence. Currently there that smegma cholesterol by bacterial action in the post can be transformed into carcinogenic substances. Also lead to important causes cervical cancer.

(1) and sexual life, marriage relationship

Sex too early (before the age of 18 means that the sex life) of the women, the incidence of cervical cancer than 18 years after the start of

life to four times higher. Women's sex life started early and with syphilis, gonorrhea and other sexually transmitted diseases, cervical cancer incidence in place six times higher than normal women, has now been confirmed if the number of men, women and sex, the more chance of developing cervical cancer, Virgin will rarely suffer from cervical cancer. Unmarried and not produced very few opportunities for women suffering from cervical cancer, many marriage have a higher incidence of cervical cancer. Multiple births and perinatal and delivery process to keep bad, will increase the incidence of cervical cancer. But many labor Buzhi Yu increased incidence of cervical cancer.

(2) the relationship with spouse

Some people think that the husband his wife prepuce or phimosis place greater relative risk of cervical cancer. With prostate cancer, penile cancer or cervical cancer or ex-wife, and men more than sex objects, his wife the opportunity to increase cervical cancer.

(3) virus or fungal infections

Herpes simplex virus type II, human papillomavirus, human cytomegalovirus and fungal infections may be associated with the occurrence of cervical cancer. But what kind of virus to which the main types of virus-induced or in which, under collaborative and other problems are prone to cervical cancer has not been resolved.

(4) cervical erosion, laceration and eversion

As the cervix on the physiological and anatomical reasons, vulnerable to a variety of physical, chemical and biological factors such as stimulation, including trauma, hormones and viruses.

Six types of people should do periodic medical examinations for cancer prevention

Cancer prevention should control smoking, limiting alcohol consumption, refuse to overweight and obesity, a balanced diet, reasonable exercise, vaccination and other means, under the guidance of science to follow a healthy lifestyle, promote the implementation of norms of the "tertiary prevention." Among them, avoid exposure to tobacco and maintain a healthy lifestyle can prevent two-thirds of cancer.

Scientific standard of cancer prevention, including tertiary prevention. Etiology, also known as primary prevention to prevent, eliminate or reduce the factors that may cause cancer, prevent cancer. Such as tobacco control, control of hepatitis B, human papillomavirus (HPV), Helicobacter pylori can cause cancer and other source of infection as well as eating habits, nutrition, occupational hazards of the intervention. Prevention of secondary prevention, also known as pre-clinical or "three early prevention," immediate early detection, early diagnosis, early treatment and other effective means to reduce cancer patient's death. Tertiary prevention, also known as clinical prevention or rehabilitation of prevention, is to prolong survival and improve quality of life for the purpose of active comprehensive treatment, and prevention of cancer recurrence and metastasis, prevent complications and sequelae.

Reduce the incidence of cancer is currently the only way to prevent the cause, that is, primary prevention. The incidence of cancer is mainly affected by population age structure, nutrition, genetic, environmental, lifestyle and economic level, educational level and other effects. 80% of the tumors are caused by the lifestyle and environment. Therefore, a healthy lifestyle, good habits is a personal response to cancer, the most effective weapon. Reduce the risk of cancer by inhalation of tobacco control, heavy drinking restrictions to prevent excessive ultraviolet radiation and the treatment of obesity to achieve. Also should encourage moderate physical exercise and a balanced diet and other healthy behaviors. In addition, cervical cancer, liver cancer, gastric cancer is due to chronic infections and other diseases caused by cancer, people can vaccines, antibiotics, advanced medical measures, control by means of simple interventions to reduce infection, thus preventing the incidence of cancer-related. Human suffering from cancer about 75% occur in the body easy to detect and easy-to-find parts. A variety of tumors can be checked by health, cancer screening and regular follow-up and early detection, early detection, early diagnosis and early treatment is to improve cancer cure rates, key to reducing mortality.

Six human anti-cancer examination should be done on a regular basis:

- 1) high risk of lung cancer: 20 years of age started smoking, smoked more than 20 years who smoked 20 or more at high risk for lung cancer.
- 2) high risk of liver cancer: age 40 years, hepatitis B surface antigen positive, or have chronic hepatitis B, hepatitis C and cirrhosis with a

history of liver cancer at high risk.

3) high risk of gastric cancer: people with chronic gastric ulcer, gastric polyps, chronic atrophic gastritis, gastric cancer and other chronic stomach for high-risk groups.

4) cervical cancer risk groups: women, early marriage, prolific, more sexual partners, cervical cancer cervical erosion mostly high-risk population.

5) breast cancer risk groups: relatives have breast cancer too, I suffer from cystic hyperplasia, not birth and breast-feeding is not at high risk for breast cancer.

6) high risk of colorectal cancer: familial polyposis coli family members, colon adenoma syndrome, chronic ulcerative colitis, granulomatous intestinal schistosomiasis patients were at high risk of colorectal cancer patients.

How to prevent lymphoma?

[Should] 藹

(1) should eat with anti-lymphoma effect of food: pangolins, toads, frogs, taro. 藹

(2) lymph nodes Yichi water chestnuts, taro, walnut, litchi, catfish, snail, Yang Du, cat meat, oysters. 藹

(3) heat Yichi tofu, figs, barley, mung bean, bitter gourd, zucchini, water chestnut, water snakes. 藹

(4) night sweats Yichi pig heart, Yang Du, oats, sorghum, bean curd skin. 藹

(5), hepatosplenomegaly, bleeding, anemia, leukemia, with the content. 藹

[Avoid] 藹

(1) avoid coffee and other beverages excitability. 藹

(2) avoid onions, garlic, ginger, cinnamon and other spicy food.

Lymphoma should be treated?

(A) the principle of treatment

1. Hodgkin's treatment principles

(1) I A, II A phase: the radiation therapy, if a large mediastinal mass, chemotherapy and radiotherapy should be comprehensive; pathological type of lymphocyte reduction, using the whole lymph node radiation.

(2) II B period: generally use the whole lymph node radiation, can also be combined with chemotherapy alone.

(3) III 1A: radiotherapy alone.

(4) III 2A period: comprehensive treatment of radiation and chemotherapy.

(5) III B term: chemotherapy alone or chemotherapy plus radiotherapy.

(6) IV period: chemotherapy alone

2 non-Hodgkin's lymphoma treatment principles

(1) low grade: ① I, II period: they use radiotherapy after chemotherapy can relapse after a few years to solve the problem. ② III, IV period: most of the chemotherapy.

(2) moderate the vicious: I can be alone with radiotherapy of patients. Phase II above using the doxorubicin-based chemotherapy.

(3) high grade: lymphoblastic lymphoma, the use of leukemia-like treatment.

3. Surgical treatment of malignant lymphoma as a very limited indications, but the cure rate is also low, which require radiotherapy or chemotherapy.

(B) surgical treatment

1 malignant lymphoma of the gastrointestinal tract surgery

Primary malignant lymphoma of the gastrointestinal tract surgery should be emphasized. Can clear lesions, removal of diseased tissue and the development of treatment plans, lymphoma cancer resection rate is higher than. Stomach and gastric lymphoma feasible subtotal, total gastrectomy should be used with caution. Intestinal lymphoma, intestinal lesions can be removed and the corresponding local mesentery. For the removal of endless tumor, surgery may be set in the silver clamp for postoperative radiotherapy.

2. Urogenital surgical treatment of malignant lymphoma

Primary in the kidney, bladder, testis, ovary and uterus and other organs of malignant lymphoma were advised early surgery, radiotherapy or chemotherapy after surgery to give.

3. Splenic lymphoma surgery

Primary malignant lymphoma in the spleen are rare. Preoperative

splenic tumors and other difficult to identify, reward can be confirmed pathologically. I ~ II stage cases, surgery alone 5-year survival rate was 40%, if adjuvant chemotherapy or radiotherapy can be increased to 60%.

(C) Chemical treatment

1 Hodgkin's disease chemotherapy:

Hodgkin's disease of the past 20 years has been great progress in drug treatment, mainly due to improved treatment strategies and effective chemotherapy regimens has increased.

(2) Non-Hodgkin's lymphoma chemotherapy

Not yet very mature choice for the treatment of NHL chemotherapy. As the complexity of the histological type of NHL, individual patients vary widely, so the choice of treatment options for malignant tumors, disease site, the patient's general condition. Such as: age, with or without systemic symptoms and the soundness of bone marrow function and other factors should be taken into account.

(1) low-grade lymphoma: This lymphoma symptoms had eased, lingering disease, should use more moderate and chemotherapy for stage III, IV low-grade lymphoma can be used multi-drug joint programs. Especially in early treatment of people must strive to achieve complete remission or partial remission, but also to avoid unnecessary treatment to prevent and reduce long-term toxicity or myelosuppression.

(2) intermediate grade lymphoma: can account for 60% of NHL in Western countries, the majority of B-cell origin, but can be 20% of T-cell origin, these patients are sometimes referred to as "peripheral T-cell lymphoma. " .

(3) high-grade malignant lymphoma: the treatment of this difficult group of patients, chemotherapy patients with good effect on children, efficiency up to 85% to 95%, but many relapse within one year. Immunoblastic lymphoma is a subtype of poor prognosis, occurs in children and young people, with a median age of 24.5 years, male to female ratio of up to 2.5 ~ 5:1. Mediastinal lymphoblastic lymphoma up to 42% violation rate, and finally about 50% to leukemia. Now often used in patients with acute leukemia in a similar program to treat the disease, that is a positive induction therapy, consolidation therapy, central nervous system of early prevention and long-term maintenance therapy.

(D) radiation therapy

1. Hodgkin's radiotherapy

In addition to the principles of radiation therapy may be based on stage, but also consider the site of lesion, pathology, age and other factors. If

the patient I A lesion in the right upper neck, fewer opportunities due to violation of the diaphragm, can be used alone mantle field; such as lesions in the left common carotid, common violation due to diaphragm, so the illuminated area in addition to cloak the field, but also including at least the main abdominal arterial side and the spleen.

(2) Non-Hodgkin's lymphoma Radiotherapy

(1) and tumor cure dose of radiation principles: non-Hodgkin's lymphoma of the optimal dose, not as clear as Hodgkin's disease, many of the dose used in clinical reports also far from uniform. For the diffuse non-Hodgkin's lymphoma, may be given 40 ~ 50Gy / 5 ~ 6 weeks, you can reduce it for the follicular type, especially in primary superficial lymph nodes.

(2) nodal non-Hodgkin's lymphoma type of radiation therapy: According to the histological difference between good prognosis and staging is different from the radiation principles: ① prognosis is good I, II period: most of the use of radiotherapy, advocate the use of involved field radiation, not necessarily the use of extended field irradiation. ② good prognosis, III, IV period: most of the chemotherapy. If the treatment of lesions larger than 7 ~ 10cm before or after chemotherapy in patients with lesions not all consumers can be added with local radiotherapy. ③ poor prognosis, I, II period: the use of strong plus involved field irradiation combined with chemotherapy, radiotherapy plus chemotherapy. ④ poor prognosis, III, IV period: the rapid development of lymphoma, it should be the early use of intensive chemotherapy, the lesions totally disappeared if not easy, you can add local radiotherapy.

(3) Results of non-Hodgkin's lymphoma appearance of radiation therapy: primary in the early cases of Waldeyer's ring can be used to control the radiation therapy, radiation therapy should include the entire Waldeyer's ring and cervical lymph node, tumor volume of 40 to generally give 60Gy, primary lesions in the nasal cavity, nasal cavity and the radiation field, including violations of the paranasal sinuses, nasopharynx to prevent exposure to the main wild wild nose, two ears ago as deputy wild wild, radical tumor dose of 55Gy / 5 ~ 6 weeks preventive dose of 40 ~ 45Gy; primary lesion in the maxillary sinus, located wild with the maxillary sinus cancer, sinus cancer, lead exposure over the previous range of bigger, radical tumor volume 55Gy / 5 ~ 6 weeks after radiotherapy without surgery, the abdominal cavity of the original onset of malignant lymphoma radiotherapy alone less effective, and more in combination with surgery or chemotherapy.

Eight kinds of food to prevent cancer

Lung cancer spinach; spinach contains a variety of antioxidants, help prevent free radical damage caused by cancer. Eat a bowl of spinach can reduce the risk of lung cancer at least half. In addition, tomatoes, carrots, pumpkin, pears and apples can prevent lung cancer. Breast cancer kelp; kelp is not only rich in vitamin E and dietary fiber, also contain trace elements of iodine. The scientists believe that iodine deficiency is one of risk factors for breast cancer, which eat kelp helps prevent breast cancer. Japan's low rate of female breast cancer incidence may be related to regular intake of kelp and other seaweed food. Meanwhile, sweet potatoes, tomatoes, water chestnuts, water chestnuts, soy foods can prevent breast cancer is the food. Colorectal wild rice; wild rice, celery foods rich in fiber, food into the intestine, which can speed up the emptying of food residues, reduce toxic substances in food residence time in the intestine and promote the excretion of bile acids in the prevention of colorectal cancer is extremely effective. In addition, regular consumption of garlic, but also the risk of colon cancer can be reduced by 30%. Meanwhile, sweet potatoes, cabbage, wheat bran is also extremely important to prevent colon cancer food. Pancreatic cancer cauliflower; eat cauliflower, broccoli and other cruciferous foods, can reduce the risk of pancreatic cancer. Research indicates that this may be related to the natural foods contain folic acid related. Meanwhile, the radish contains mustard oil, and radish in the enzyme it can interact with to promote gastrointestinal motility, appetite and help digestion effect. In recent years, the study found, radish and therefore help fight pancreatic cancer. Skin cancer asparagus; asparagus is popular in recent years, one of the world table of vegetables, rich in vitamins, rutin, nucleic acids and other ingredients, lymphoma, bladder cancer, skin cancer have a certain effect. Cervical cancer soybeans; made of tofu with soy beans, soy milk, you can add phytoestrogens, it contains isoflavones, lignin is considered to have antioxidant effects, can inhibit the growth of cervical cancer, reduce cell division, At the same time effectively prevent tumor metastasis. In addition, Plum tomatoes are also good food to prevent cervical cancer. Gastric garlic; people who eat raw garlic, the very low incidence of gastric cancer, because garlic can significantly reduce the nitrite content in the stomach, gastric cancer and this is a very important incentive. And people who regularly eat onions, the incidence of gastric cancer than people who eat or not eat onions, but also 25% lower. In addition,

eating pickled foods, smoked fish and grilled fish is also a good way to prevent gastric cancer. Liver mushrooms; the "first anti-cancer food" in the world, such as vegetables mushroom, mushroom, mushrooms, etc., because it contains polysaccharides class anti-cancer substances that can promote the formation of antibodies, the body's immune ability of the tumor, inhibition of tumor cell growth, can resist, including lymphoma, colon cancer, including cancers, especially for patients with liver cancer, is very good.

The relationship between cancer and tumor

People often confuse the tumor and cancer, that cancer is cancer, cancer is a tumor, in fact, the two are fundamentally different. Two types of tumors, including benign and malignant tumors, the degree of malignancy in between, also known as "borderline tumors", so the tumor does not mean cancer.

There are 1,000 kinds of cancer, is divided into two categories, namely cancer and sarcoma. Nomenclature is based on location and occurrence of tissue origin, in its name followed by "cancer" or the word "sarcoma" words are malignant.

Malignant tumor growth in epithelial tissue is called "cancer." The so-called epithelial tissue, is distributed in the surface of the body and the body of all hollow organs, such as cavity, esophagus, stomach, intestine and other "cells, the growth of malignant tumors of these organs, if any, were known as oral cancer, esophageal cancer, stomach cancer, colon cancer.

All human connective tissue such as fat, muscle, bone, lymph, blood-forming tissue such as occurred in malignant tumors, collectively referred to as "sarcoma," such as liposarcoma, leiomyosarcoma, osteosarcoma, lymphosarcoma, etc.

People often easy to benign and malignant sarcoma of the call to be confused, such as lipoma, leiomyoma, are benign. But once in between their names, plus a "meat" of the word, such as liposarcoma, fibrosarcoma and so is cancer, do not look the word, but Samuel of Trinidad, is a good evil points. Therefore, the sarcoma as a benign tumor on the wrong.

Another composition of a class derived from a variety of malignant tumors, neither said nor called sarcoma cancer, but the word "vicious" word, such as malignant mixed tumors. All embryonic cells or from

immature tissue of malignant tumors, are known as "neuroblastoma", such as hepatoblastoma and medulloblastoma and so on. In addition, there used to name a few are still used in malignant tumors such as Hodgkin's disease, non-Hodgkin's disease, leukemia and melanoma

Early signs of cancer

- 1 unexplained chest pain, hemoptysis, sputum wire.
- 2 inflammation in the lungs of the same parts of the recurring, the active anti-inflammatory treatment ineffective.
- 3 tuberculosis patients in stable condition after a sudden deterioration of recurrence.
- 4 partial lung atelectasis or emphysema, should be vigilant when necessary to do bronchoscopy.
- 5 unexplained visual impairment or visual field defect, even if no obvious fundus changes, should also be routine head CT examination on suspected cases should be further MRI examination.
- 6 For patients with ophthalmoplegia, the exclusion of trauma, diabetes and inflammation and other factors, should head CT examination.
- 7 because of craniopharyngioma occur in children or adolescence, such as children and therefore only a slight visual impairment or visual field defect, but with stagnant growth, mental retardation, should be highly alert to the presence of intracranial tumors.
- 8 sellar tumor in addition to ocular visual changes, there are often accompanied by other symptoms, such as endocrine disorders, headaches and so on. So when these symptoms should be suspected when intracranial tumor.
- 9 swallow stem choking feeling: the most common, can choose the disappearance and recurrence, does not affect the eating. Often occurs in patients with mood swings, it is easily mistaken for functional symptoms.
- 10 retrosternal and epigastric pain: more common. After the sternum when swallowing food or xiphoid pain, burning their properties can be presented, acupuncture or traction like to swallow rough, hot or spicy food as a.
- 11 infection and foreign body sensation of food stuck: when swallowing food or water, some food down and stay slow feeling, and chest tightness or food adhesion to the esophageal wall and feeling, complete disappearance of food.

12 throat dry and tight feeling: swallow food especially dry, rough, this symptom often occurs with the patient's mood swings.

Cancer in the prescription:

As a comprehensive treatment of traditional Chinese medicine and radiotherapy, chemotherapy, integrated applications, generally righting, qi, to eliminate lead-based drugs to relieve common gastrointestinal reactions; when the blood is reduced, often with blood, Qi, Warming yang, etc. based; in surgery, radiotherapy, chemotherapy, and often righting, qi, and other drug-based software firm. Medicine alone, the composition of traditional Chinese medicine prescription, often can be used in the following manner:

Prescription anti-cancer in 1 by the principles of dialectical theory of drug treatment:

TCM treatment of cancer should be the first to identify patients with a deficiency of Chinese medicine theory, empirical or false is mixed, according to different syndrome appropriate choice of drugs.

(1) deficiency syndromes have a common tongue red, contact, dry, no coating or stripping moss, pulse or breakdown, dry mouth, throat, and sometimes a sense of heat or hot hand-foot center, drug treatment applications Yin . Common lung yin deficiency of lung cancer, in addition to the syndrome, there is a dry cough without sputum and the like, Lung drug therapy should be to raise the main, such as aspartame, Adenophorae, littoralis, etc.; of lung cancer may also have kidney syndrome, with both backache, lower extremity numbness, etc., can be combined with yin tonic medicine, such as habitat, yuan and other parameters.

(2) Yang common aversion to cold, pale tongue, pulse delay. Spleen cancer can be seen as virtual, in addition to the syndrome, there are clear thin stool or stool frequency, watery diarrhea, urine clear and long, which can be used warm Spleen of drugs such as Codonopsis, since surgery, and dry by Ling ginger; gastric cancer and can see the performance deficiency, such as backache, fatigue, chills, cold or even the lower abdomen, the drugs can be combined with warming yang, such as cinnamon, fairy cards and the like.

(3) Qi common fatigue, pale white flight, the tongue with teeth marks, should be qi medicine. Such as liver shows lack of temper, in addition to the syndrome, there will be sugar, abdominal discomfort, to eat is comfortable, etc., may be replenishing temper drugs, such as Codonopsis, Atractylodes, night Ling, Baked Licorice and so on.

(4) deficiency anemia can be seen, pale tongue, weak pulse, etc.,

should be blood based. Common deficiency syndromes, such as cervical cancer, and blood loss, may be Huang Ying, angelica, fleece-flower root and so on.

(5) qi stagnation visible chest, abdominal fullness, abdominal pain, but pain with no fixed place, or exhaust was the solution should be based on reasonable gas. Such as liver cancer in patients with common abdominal fullness after eating even more, or full distention, may be qi medicine. Abdominal distention on the plot to the real, River Park, Divine Comedy, malt and the like; whole abdominal distension, to Tai Fupi, Levin Fujiko, wide wood and so on.

(6) bloodstains showed the pain has given place, the pain refused to press, dark purple tongue or with spots and other marks, blood drugs used method marks. Such as nasopharyngeal carcinoma, a headache can all expose, earthworm, frog clams, etc.; bone metastases, can be used to long, to turtles worms and the like. Liver cancer pain, can be used madder, raw Puhuang, Wulingzhi and so on.

(7) Damp fur can be seen from the tired, chest discomfort, poor digestion, slippery pulse, etc., can be wet-drug official. Such as gastric cancer shows that wet polyethylene, used the herb, Magnolia, Pinellia, Citrus, night-Ling, Lu Yan and so on.

(8) Tanning except greasy tongue coating, the performance may have phlegm, sputum was white or foam shaped like lung cancer, often with Tanning's syndrome, phlegm available drugs, such as Pinellia, Citrus, such as shellfish, barrels of red, River Park, and so on. Sometimes surface palpable mass, although no phlegm is also known as Tanning, which can be used Ruanjian Phlegm drugs, such as sea pumice, Arrowhead Mountain, Fritillaria and so on.

(9) heat-toxin showed red tongue, yellow or yellow greasy tongue coating, slippery pulse. Hot drugs such as lung cancer, the stench of thick yellow sputum, with bloodshot eyes, when the performance of heat-toxin F, when cervical cancer, vaginal discharge fishy; cancer drug, when hot, foul fishy stool mixed with blood services. Treatment to detoxify the main available Houttuynia, Phellodendron, Coptis and other drugs.

(10) Other common in patients with other tumor syndromes have hot and humid, slippery pulse, greasy yellow tongue coating. When heat, such as liver, often yellow disease, mainly to heat dampness, can bacteria Chen, mountain hammer and so on. Cancer fever, high fever, sweating with large, slippery pulse, this is the excessive heat, to heat-based treatment, medication, such as gypsum, calcite, Anemarrhena and so on. In addition to the evidence, deficiency, there are false is

mixed situation in which both the variety of deficiency, and mixed with one or more of the evidence, and treatment when taking into account the actual situation, both the tonic, and diarrhea real.

Cancer in the prescription 2 according to different cancer choose a different anti-cancer drugs:

The second part of anti-cancer prescription anti-cancer drugs. In accordance with Chinese traditions and customs, folklore, and their experience in the TCM drugs, based on the simultaneous combination of some possible anti-cancer herbs. Commonly used anti-cancer herbs, their taste can be divided into the following categories:

(1) antipyretic and antidote as tonkinensis, Fern, barbata, lobelia, diffusa, from Britain, Duchesnea, Lithospermum, tomb back, rubescens, etc.

(2) blood types of marks such as stone see through, Rumex root, earthworm, land turtle worms, song surgery, frog clams, pretty spot, rhubarb, etc.

(3) Endometriosis categories such as Arrowhead Mountain, ice hockey son, Prunella, sea pumice, Shi Yan, kelp and seaweed.

(4) such as shellfish like phlegm, herb, Arisaema, Pinellia and so on.

(5) others such as rolling in August, Strychnos, Clematis, javanica, realgar, looking in addition, Shegan, surgery melon, Wang Jiangnan, Menispermaceae, Atractylodes and so on.

These are only some examples, there are many kinds of drugs. In addition, all doctors are not the same drug habits, but also use their conventional anti-cancer medicine.

Prescription anti-cancer in 3 symptomatic treatment:

Cancer patients often have a variety of symptoms such as cough, nausea, vomiting, yellow disease, ascites, pain and various parts of the bleeding. In medicine, in addition to TCM drugs, anticancer election parties themselves, while also adding some symptomatic medication, so as to alleviate the symptoms. Generally refer to the following drug selection:

(1) cough commonly used ephedra, almond, approved the leaves, bellflower, Pinellia, melon son, River Park, and so on.

(2) loss of appetite common Divine Comedy, fried Guya, fried malt, mte-sik.

(3) nausea common Bergamot, Patchouli, Perrin, the Soviet Union stems, green, plum and other statue.

(4), vomiting common ginger, Pinellia, Citrus, Zhuru and so on.

(5) yellow plague common capillaris, mountain hammer, money grass, field-based and yellow.

(6) ascites used to rely on skin-ling, Plantago, Taifu Pi, Alisma and so on.

(7) pain used health Puhuang, Wulingzhi, Corydalis, Armadillidium and so on.

(8) nosebleed common Imperata flower, Achyranthes charcoal, Agrimony and so on.

(9), hemoptysis common Huadu stone, multiple intersecting, blood over charcoal, Agrimony, self, and, madder, etc.

(10) blood in the stool rustic leather commonly used system, Burnet, SJ, Verbena, etc.

Anti-cancer medicine

- • ZXC - treatment of esophageal cancer, liver cancer, stomach cancer, etc.

- • Qingfei Sanjie pill - special treatment of lung cancer drug

- • deer grass jelly compound particles - special drug treatment of hepatobiliary cancer

- • Cancer flat pill - treatment of digestive system cancer

- • flat casual esophagus - esophageal cancer proliferation control, anti-cancer drug

- • Cidan Capsule - Indications liver and gallbladder, and pancreas cancer

- • Xiaoaping chip - and efficient broad-spectrum anti-cancer drugs

- • West Pill - efficient broad-spectrum anti-cancer drugs

- • Shendan Sanjie capsule - the lungs, gastrointestinal and gynecological cancer

- • Kangxin capsule - efficient broad-spectrum anti-cancer drug

- • Fu-sheng capsule - treatment of liver cancer, stomach cancer, etc.

- • compound cantharidin capsule - treatment of lymphatic cancer, bone cancer, urinary system cancer, gynecological cancer, elimination of tumor metastasis.

- • swollen Pill - treatment of pleural effusion in the abdominal cavity

- • Participation a capsule - inhibitor of vascular cell regeneration

- • ferulic of swelling of the liver paste - pain caused by cancer treatment