

A Brief Idea on Cancer

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“Mom when will they release me? I am getting late for my job” the last words of Riaz Mahmud a patient at Palliative care of Bangladesh, BSMMU. He had the dream to fly to Dubai for a new job in a Mobile shop. Before his death he believed that he is now quite fine and are going to Dubai to earn money for his mother and two brothers. But the 19 years old, lower middle class boy had to go so far on 6th February this year, leaving all his dreams. *Osteosarcoma* (Bone Cancer) a deadly disease snatched all his hopes in the very beginning of his life.

Cancer now a day's becoming one of the major challenges to us. The number of death is rising day by day and the situation is getting harder. According to WHO (World Health Organization) a survey on cancer shows approximately 14 million new cases and 8.2 million cancer related deaths on 2012.

Cancer is not a specific disease rather a group of more than 100 of diseases. Though there are many kinds of diseases but the main reason of cancer is the abnormal cell division. The normal process to generate new cells or to replace the death cells is *Mitosis*. *Mitosis* occurs in a certain

rate by taking the information of DNA (*Dioxyriboneucllic acid*). DNA is located in each and every cells of body and directs the actions of a cell. Normally the cells die when the DNA damages, but the cancer cell doesn't. Rather it keeps on growing rapidly with the same copy of damaged DNA and ultimately the beginning of cancer.

The damaged DNA can come from the parents but most of the cases show that the DNA damages due to some normal life activity like cigarette smoking or sun exposure. But it's rare to know exactly reason of any one person's cancer.

The risk factor of cancer is, it doesn't located in one part of the body rather travels to other parts of the body where they can generate the cancer again. These cells travel through blood and lymph and this process is called *metastasis*. But the name of cancer is based on the place where it started first. Like liver cancer may spreader to the colon but in colon it will be known as metastatic liver cancer.

Normally cancer treatment depends on two criteria Type and stage. Which type of cancer is this and in which stage is it now? So different cancer can be treated by different ways, the oldest from of treatment is Surgery. In surgery all the cancer cells with some normal cells are removed from the body. Then comes the chemotherapy where anti-cancer drugs are given through IV (intravenous) route. And comes radiation where high-energy waves, such as X-rays are used to kill the cancer cells.

As cancer patients are raising day by day its getting more important to make awareness to our community. In Bangladesh lung cancer and colon cancer are very common in male cancer patients and breast cancer and the cervix cancer are in female patients. So what can save us from dandily disease is awareness. It's always better to keep in the mind that

"Prevention is always better than the cure".

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