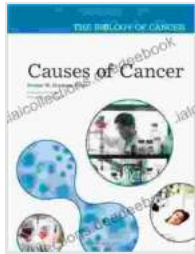


Causes of Cancer: A Comprehensive Guide to the Biology of Cancer



Causes of Cancer (Biology of Cancer) by Donna M. Bozzone

★★★★★ 5 out of 5

Language : English

File size : 2771 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Word Wise : Enabled

Print length : 136 pages



Cancer is a disease that occurs when cells in the body begin to grow out of control. These cells can form tumors that can invade and damage healthy tissue and organs. Cancer is the leading cause of death worldwide, and it is estimated that over 19 million new cases will be diagnosed in 2023.

Genetic Mutations

Genetic mutations are changes in the DNA of a cell. These mutations can be caused by a variety of factors, including exposure to radiation, chemicals, and viruses. Some genetic mutations can be inherited from parents, while others occur spontaneously.

Genetic mutations can lead to cancer by disrupting the normal function of cells. For example, a mutation may cause a cell to grow and divide uncontrollably, or it may prevent a cell from dying when it should. These

mutations can lead to the formation of tumors, which can eventually become cancerous.

Environmental Factors

Environmental factors can also contribute to the development of cancer.

These factors include:

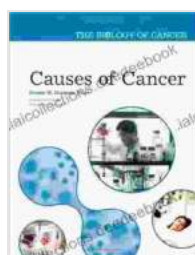
- **Tobacco smoke:** Tobacco smoke contains over 7,000 chemicals, many of which are known carcinogens. Smoking is linked to an increased risk of developing several types of cancer, including lung, mouth, throat, and bladder cancer.
- **Ultraviolet radiation:** Exposure to ultraviolet (UV) radiation from the sun or tanning beds can damage the DNA in skin cells, leading to skin cancer.
- **Radiation:** Exposure to high levels of radiation, such as from X-rays or nuclear power plants, can increase the risk of developing cancer.
- **Chemicals:** Exposure to certain chemicals, such as asbestos, benzene, and formaldehyde, can increase the risk of developing cancer.
- **Air pollution:** Exposure to air pollution, such as particulate matter and ozone, can increase the risk of developing lung cancer.

Lifestyle Choices

Lifestyle choices can also play a role in the development of cancer. These choices include:

- **Diet:** A diet high in processed meats, red meat, and sugary drinks can increase the risk of developing certain types of cancer, such as colorectal, stomach, and pancreatic cancer.
- **Obesity:** Obesity is linked to an increased risk of developing several types of cancer, including breast, colon, and endometrial cancer.
- **Physical activity:** Regular physical activity can help to reduce the risk of developing some types of cancer, such as breast, colon, and lung cancer.
- **Alcohol:** Excessive alcohol consumption can increase the risk of developing several types of cancer, including liver, mouth, throat, and esophageal cancer.

Cancer is a complex and multifaceted disease that can be caused by a variety of factors. Understanding the causes of cancer is crucial for developing effective prevention and treatment strategies. By making healthy lifestyle choices and reducing exposure to risk factors, you can help to reduce your risk of developing cancer.



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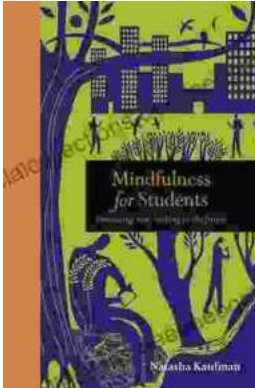
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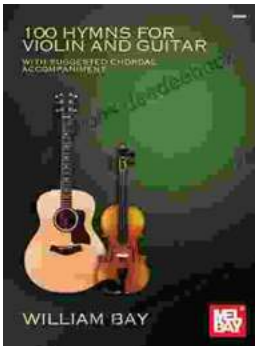
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