Diet and Lifestyle underestimated aspects in Cancer Treatment

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PET scan followed by biopsy is the standard diagnosis for most types of cancers. In PET Scan, FDG (Fluroscent D Glucose),a glucose analogue is introduced in the body and its uptake location is identified by scanning. Cancer cells consume a lot of glucose and survive solely on it. Cancer has been linked to conditions of excessive energy intake like obesity, metabolic syndrome etc. Cancer has also been linked to lower anti oxidants, Vitamins and minerals in the body along with higher reactive oxygen species production. It has been found that certain foods and diet therapies show anti cancerous properties like anti-angiogenesis, anti proliferation, pro apoptosis. It is also confirmed that interchange of nucleus between normal cell and cancer cells do not have any effect on its cancerous nature. No genes or group of genes or mutations in them have specifically been identified yet to cause cancer of any type. The internal environment of the body including the hormonal status & growth factors like the amount of IGF-1 & VEGF influences the prognosis of the disease. The internal environment of the body can be changed with diet and lifestyle. This paper is aimed at looking at the deep physiology of cancer and impact of diet and lifestyle which is mostly neglected by the patients and the health experts resulting in serious implications. This paper will reflect about the importance and implications of diet and lifestyle on the body of a cancer patient and the disease itself with real life examples.

Abbreviation:

IGF-1 – Insulin Like Growth Factor 1

VEGF – Vascular Endothelial Growth Factor

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