



## CANCER IS A SILENT KILLER

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### Abstract:

*The aim of this study was to provide the information and update the epidemiology of the cancer. Cancer is one of the most serious public health problems worldwide. In the preparation of this article the help was taken from the available literature. In men the lung cancer is common while in female the breast cancer is common. For the control and detection of new cases of cancer the proper management is needed.*

### Key words:

Epidemiology, Cancer, Literature.

### Introduction :

#### Background

Cancer is a major global public health problem. It is one of the most lethal and infectious disease kills million of peoples each year worldwide. The uncontrolled growth of body cell is called cancer. Everyone can develop cancer but mostly it occurred in age groups, 55 years and above. The risk factors associated with cancer are Hepatitis B, Hepatitis C, tobacco smoking, alcohol consumption, sun/UV exposure, heavy metals, genetic mutations and about three hundred ontogenesis cause cancer<sup>(1,2)</sup>. There are many types of cancer, but the carcinoma (cancer of lung, colon breast and ovarian cancer) is the most common cancer, Sarcoma (Cancer of cartilage and bones), Lymphoma (Cancer of lymph nodes) and Leukemia (blood cancer). There is many other kind of cancer which depends on the body parts affected by the cancer<sup>(3)</sup>.

#### Methodology

The aim of this review article is to provide the information about cancer and also update the epidemiology of cancer. In the preparation of this article various published literatures are reviewed from international Journals, national's journals, local newspapers and books. Total 18 literatures were retrieved in which the 5 are irrelevant and were excluded. The relevant literatures were reviewed systematically and analyzed.

#### Global burden of cancer

After cardiovascular disease cancer is ranked as the second cause of death worldwide. World Health Organization (WHO) stated that in males the most prevalent types of cancer are lung cancer, which causes death in 4.2 million men and causing worldwide mortality of 23 %. While in female the breast cancer is common, 3.3 million deaths are occurs in women and worldwide the breast cancer mortality are 14%<sup>(3)</sup>. In

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Asian countries cancer is the most serious threat to public health cause 3 million new cases along with 2 million deaths<sup>(4,5)</sup>.

### Prevalence of cancer in Pakistan

In Pakistan the exact mortality and morbidity number of cancer is not known<sup>(5)</sup>. For determination of prevalence of different cancer types in Pakistan the Karachi Cancer Registry (KCR) was developed during the period 2000-2008<sup>(6)</sup>. This database stated that male cancer is 48.1 % while female cancer is 51.8 %. According to this record the most prevalent type of cancer in male was in male neck and head, which was 32.6 % of the total cancer cases while the second most prevalent cancer was lung cancer, which was 15 % of cancer cases, after that gastrointestinal tract cancer is at third position which is 6.9 %, lymphoma is 6.1 % and the most least prevalent site is soft tissue and bone cancer. This database also stated that in case of female breast cancer is at top which is 38.2 %, while neck & head 15.1 %, cervical 5.5 %, ovarian 4.9 % and GIT cancer 4.9 % respectively<sup>(5)</sup>.

### Conclusions

From this review article it is concluded that the cancer is second leading cause of death after cardiovascular disease worldwide. In male the lung cancer is common while in female the breast cancer is common. Everyone one can get cancer but mostly affected the age group 55 years and above. The government of Pakistan and other health related sectors need to focus on cancer. If the proper management is not done so the disease will be spread more rapidly.

### Competing interest

The author declares that they have no competing interest.

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