

Prevention

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There is much written on the evidence on the preventable causes of cancer. It is concluded that many cancers could be prevented if people ate sensibly, exercised more and avoided carcinogens such as cigarette smoke. Early identification of premalignant conditions may also prevent certain malignancies developing, e.g. Barrett's oesophagus as a premalignant condition in oesophageal cancer. This advice supplements the preventative measures outlined in Table 12.2. Moritz Kaposi (originally Kohn), 1837–1902, Professor of Dermatology, Vienna, Austria, described pigmented sarcoma of the skin in 1872. Norman Rupert Barrett, 1903–1979, surgeon, St Thomas' Hospital, London, UK.

Associated tumours Strategy for prevention/early diagnosis Avoid unprotected sex Kaposi's sarcoma Lymphomas Germ cell tumours Anal cancer Hepatocellular carcinoma Avoid contaminated injections/ infusions Vaccination Bladder cancer Treatment of infection Stomach cancer Eradication therapy Mesothelioma Protect workers from inhaled dusts and fibres Paranasal sinus cancers Protection of exposed workers; Angiosarcoma (vinyl chloride) avoid chemical discharge and Bladder cancer (aniline dyes, spillages vulcanisation of rubber) Lung, nasal cavity (nickel) Skin (arsenic) Lung (beryllium, cadmium, chromium) All sites (dioxins) Avoid over-treatment; only combine Leukaemia drugs with ionising radiation when Lymphoma absolutely necessary Lung cancer Kaposi's sarcoma As low a dose as possible, for as short a period as possible Endometrial cancer Biopsy if patient on tamoxifen develops uterine bleeding Hepatocellular carcinoma Appropriate food storage, screen for fungal contamination of foodstuffs Maintain ideal body weight, regular Breast exercise Endometrium Kidney Colon Oesophagus

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