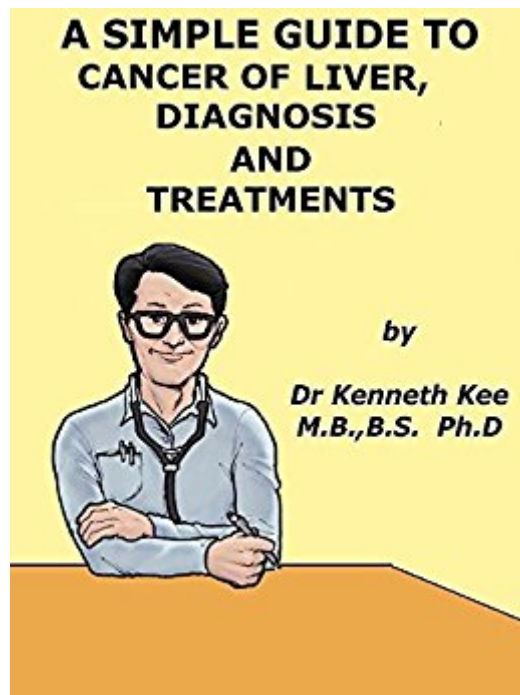




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A Simple Guide To Liver Cancer, Diagnosis And Treatment (A Simple Guide To Medical Conditions)



Synopsis

Introduction
Ode to Liver Cancer
No one wants cancer or his body cell to become mutant
But when the body mutates and become malignant
There is nothing much that you can do about it
All you do is hope the cancer cells can be removed by surgery
The other treatments in the past is radiation or chemotherapy
Now there are stem cells, hormone treatment and immunotherapy
Targeted therapy is focused directly on a particular cluster of cancer cells
The exact location where the cancer cells dwell
Avoid smoking if possible; cigarette smoke has 40 types of carcinogens
Avoid alcohol which can cause cancer of mouth, esophagus and liver conditions
Avoid chemicals like asbestos, aflatoxins from nuts and silica
Avoid sun rays, radiation from phones, viral infections and trauma
An original poem by Kenneth Kee
Interesting Tips about the Liver Cancer
A Healthy Lifestyle
1. Take a well Balanced Diet
2. As usual the treatment of cancer consists of Surgery, Radiotherapy and chemotherapy. The choice of treatment depends on the size, extent and the type of cancer and the general health of the patient. The goal of treatment is complete cure. However where this is not possible, treatment is aimed at preventing the tumor from spreading or growing. Helping to eliminate uncomfortable symptoms is also an important aspect of liver cancer treatment. Surgery may be done if the tumor has not spread. Before surgery, the tumor may be treated with chemotherapy to reduce its size. This is done by delivering the medicine straight into the liver with a tube (catheter). Radiation treatments in the area of the cancer may also be helpful. But many patients have liver cirrhosis or other liver diseases that make these treatments more difficult. Ablation is another method that may be used. (Ablate means to destroy.) Types of ablation include using:
a. Radio waves or microwaves
b. Ethanol (an alcohol) or acetic acid (vinegar)
In Liver cancer, percutaneous ethanol (alcohol) injection is injected directly into the tumor by means of a small needle to kill the cancerous cells.
c. Extreme cold (cryoablation)
A liver transplant may be recommended for certain persons who have both cancer and cirrhosis. Liver transplant can also be carried out in selected cases where the size of the cancer is not too massive but surgery is not feasible due to the patient's limited liver reserve (provided a suitable liver donor can be found).
3. Keep bones and body strong
Bone marrow produces our blood
Eat foods rich in calcium like yogurt, cheese, milk and dark green vegetables.
Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk.
Eat food rich in Vitamins B and C such as green vegetables and fruits
Zinc and other minerals are important to the body
4. Get enough rest and Sleep
Avoid stress and tension
5. Exercise and stay active.
It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2½ hours a week. One way to do this is to be active 30 minutes a day at least 5 days a week. Begin slowly especially if a person has not been active.
6. Do not drink more

than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman. Alcohol can affect the neurons and brain cells. 7. Stop or do not begin smoking. It also interferes with blood supply and healing. Chapter 1 Liver Cancer Liver cancer is one of most dangerous cancer because the liver detoxifies a lot of poisons in the body. Once the liver is damaged the organ can shut down together with the heart and brain. Any liver cancer is dangerous and need to be treated urgently. Liver transplant is still the best treatment for liver cancer if there is no spread. Chemotherapy may be dangerous because it may damage the liver even more. Liver Cancer happens when the cells in the liver undergo abnormal changes to form cancer cells.

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