

# Cancer in Argentina, 2018

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## Introduction

One in five Argentines will have throughout his life, some kind of cancer. The World Health Organization (WHO) warns that 10 million people will be in the world this year by the disease. Why are there more and more cases? In Argentina, as in the whole world, cancer advances. Some increase their incidence, others go down. Among the most common causes are the greatest expectation of life, the main risk factor is age, and certain modern habits.

In this subject, women and men go to the pair. The positive: Improve diagnostics and treatments, but it must be controlled. 20 percent of men and women will develop some type of cancer during their life in Argentina, while one in eight men and one of each eleven women will die for this disease in the world, according to the 2016 Globocan report presented on September 12 by the International Cancer Research Center (IARC), which depends on the World Health Organization (WHO).

The same report ensures that this year there will be 18 million new cases in the world, and that almost ten million people will die. Lung cancer is the most aggressive, with 1.8 million of expected deaths this year in the world (18.4% of the total), ahead of colorectal cancer (881,000 deaths, 9.2% of the total), of the stomach (783,000) and from the liver (782,000).

“These new figures show that there is much to be done to respond to the alarming increase in the world’s cancer of the cancer and that prevention must play a key role - he was in a communist Christopher Wild, director of IARC. It is urgent to launch effective policies of prevention and early detection to complete the treatments”.

Almost half of the new cases and more than half of deaths for cancer in the world in 2018 will be in Asia, mainly in China, partly because this region concentrates almost 60% of the world’s population.

Among men, the lung is the most diagnosed and constitutes the main cause of death for cancer, with one in five in cases. The IARC speaks of a “worrying increase” of this cancer among women: for them it is the main cause of death by tumors in 28 countries.

Breast cancer remains the one that more deaths causes: 627,000 a year, and also represents around a quarter of the new cases diagnosed. The second is the colorectal in developed and neck-in-demine countries in developing countries.

The increase in cancer is due to demographic growth, aging the population and the evolution of the frequency of risk factors such as smoking, obesity, lack of exercise and unbalanced food, ensures the report. Among “one third and two fifths” of the new cases could be avoided by eliminating or reducing the exposure of known risk factors, related to the way of life and the environment.

The Argentine Republic is not much too much of the world average. It has an incidence rate of 217 cases per 100,000 inhabitants, a figure that positions it within the countries with incidence of medium-high cancer.

The 2016 Globocan already talks about an incidence of 230 thousand cases. Breast cancer is still the most of new cases. The colorectal also increases in the two sexes, and among the men the inhapsits are still the prostate and lung. Breast cancer and colorectal are more common in developed countries. And in this Argentina has figures more similar to Europe than the rest of Latin America and Asia, will it be because Argentina has a lot of middle class? These cancers are related to new habits of more sedentary and food.

Although there is no anticantious diet, we know that obesity is a risk factor. The same thing knows about the cigarette, directly related to lung cancer, but harmful to all other organs and tissues of our body. Absolute numbers grow, but at the pace of the population. What is rising in women is lung cancer and colorectal and have to do with habits.

Women have not stopped smoking, tend to sedentarism, do not consume so many vegetables and fruits. In any case, breast cancer remains the most incidence, as in the first world, and is related to obesity, smoking, the least number of children and periods of lactation.

The growth of these three types of cancer are also related to their greatest diagnosis because now there are Screening, which deems more early disease.

## Conclusion

Simple, obvious, but effective!

Leaving cigarette and not abused alcohol, eat many fruits and vegetables, perform physical activity and undergo controls, especially women to the breast exam and women and men after the 45 years not fleeing from the colonoscopes. In cancer, genetic and hereditary issues are important. There are genetic tests that can help with early diagnostics.

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**Received:** September 14, 2018; **Accepted:** September 21, 2018; **Published:** September 24, 2018