(1) Eating a healthy and balanced diet

The primary dietary factors that raise risk are obesity and excessive alcohol consumption. Coffee is associated with a reduced risk of liver cancer (Larsson and Wolk, 2007). Digesting plenty of fiber helps reduce the risk of bowel cancer (Anon., n.d.-i). Though there are signs regarding which food can potentially increase the risk of cancer and which can help reduce it, the supporting evidence is not definitive. No single food or supplement, however, can prevent cancer completely. Overall, studies have linked consuming healthy groups of foods to a reduction in cancer risk.

Typical healthy diet recommendations for cancer prevention include an emphasis on various fruits and vegetables, wholegrain bread, rice, potatoes, pasta, and other foods with carbohydrates and especially those with fiber, an avoidance of processed meat (bacon, sausages, and ham), red meat (beef, pork, lamb), animal fats, and refined carbohydrates (Anand et al., 2008).

(2) Preventing prolonged exposure of bare skin to the sun

Research shows that skin cancers are quite common among people who are exposed to the sun's ultraviolet rays for long durations of time. Effective preventions include spending time in shade between 11 am and 3 pm, using sunscreen lotions with a high sun protection factor, covering up exposed parts of the body with cloths, and wearing hats and sunglasses (Anon., n.d.-j).

(3) Medications for prevention of cancer

Medications might be useful to prevent cancer in some circumstances. Aspirin has been found to reduce the risk of death from cancer by about 7% (Biad, 2016). Daily use of tamoxifen or raloxifene reduces the risk of breast cancer by 50% in high-risk women (Nazarali and Narod, 2014). Recent studies have shown that an osteoporosis drug raloxifene is as effective as tamoxifen in preventing estrogen-receptor-positive, invasive breast cancer with fewer side effects than tamoxifen (Anand et al., 2008). Another medication for clinical use was finasteride, which was found to reduce the risk by 25% in men at high risk of prostate cancer (Anand et al., 2008). The recognized side effects of this agent include erectile dysfunction, lowered sexual desire, impotence, and gynecomastia (Anand et al., 2008).

(4) Vaccination

Vaccines have been developed to prevent infection by some carcinogenic viruses. Human papillomavirus vaccine (HPV) (Gardasil and Cervarix) protects against cervical cancer (Jit et al., 2011). The hepatitis B vaccine prevents infection with hepatitis B virus and thus decreases the risk of liver cancer (Chang, 2011). The administration of human papillomavirus and hepatitis B vaccinations is recommended when resources allow.

10.2 HOW TO DESTROY CANCER (TREATMENTS)

This section presents an overview of current treatments for various types of cancer. A variety of cancer treatments are currently available. The chosen treatment