



**J.B.BODA**



**WHealth**

Health - Your Ultimate Wealth

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## AI and Wellness: Transforming the Fight Against Cancer

Cancer remains one of the most significant health challenges worldwide, affecting millions of lives each year. It is a complex disease characterized by uncontrolled cell growth, which can invade nearby tissues and spread throughout the body. While a cancer diagnosis is undoubtedly concerning, advancements in research, treatment, and technology, especially AI are offering new hope. This edition of our Wellness Newsletter delves into key aspects of cancer, including its types, causes, and the essential role of lifestyle in prevention and management.



## Cancer Facts and Figures (2025)

According to the American Cancer Society and the World Health Organization (WHO), here are some crucial statistics for 2025:



### Global Incidence

Over 19 million new cancer cases are expected worldwide this year.



### Cancer Mortality

Approximately 10 million people are projected to die from cancer annually, making it the second leading cause of death after cardiovascular diseases.



### Most Common Cancers

Lung, breast, prostate, and colorectal cancers remain the most frequently diagnosed.



### Survival Rates

Advancements in early detection and treatment have improved survival rates, particularly for breast, prostate, and skin cancers.



### Age Factor

Cancer primarily affects older adults, with most cases occurring in individuals aged 55 and older.



### Geographic Variations

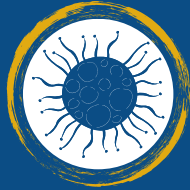
Cancer incidence and survival rates vary significantly across regions due to environmental exposures, lifestyle choices and socio-economic conditions.



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# Understanding Tumors: Benign vs. Malignant

Tumors are abnormal cell growths classified as:



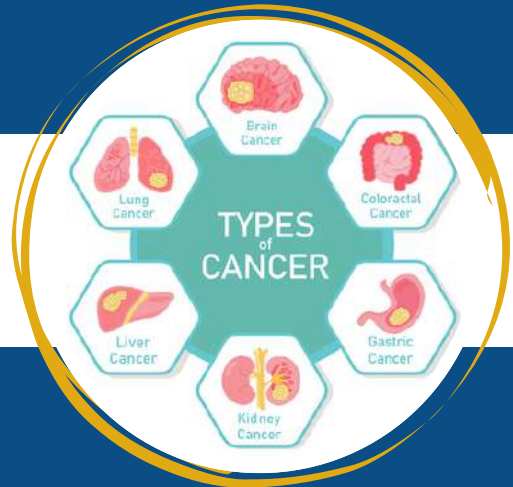
**Benign:** Non-cancerous, do not spread, and are generally harmless.



**Malignant:** Cancerous, can invade tissues and spread (metastasis), posing serious health risks.

## Major Cancer Types

Cancer can develop in various tissues, including:



**Carcinomas:**  
Affect skin or organ linings (e.g., lung, breast, colon)



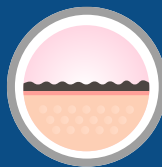
**Sarcomas:**  
Originate in bones, muscles, or connective tissues



**Leukemia:**  
Impacts blood and bone marrow, disrupting blood cell production



**Lymphomas:**  
Cancers of the lymphatic system (Hodgkin's & Non-Hodgkin's)



**Melanomas:**  
Develop in skin pigment cells (melanocytes)



**Brain & Spinal Tumors:**  
Affect the central nervous system, impacting motor and cognitive functions.



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## The Role of AI in Cancer Research and Treatment

Artificial Intelligence (AI) is revolutionizing cancer detection and treatment, enhancing accuracy and efficiency in several ways:

**Early Detection:** Enhances accuracy in identifying cancerous cells through imaging analysis.



**Outcome Prediction:** Assesses patient data to forecast recurrence and treatment response.



**Drug Discovery:** Speeds up new cancer drug development.



**Personalized Treatment:** Tailors therapies based on genetic data for better outcomes.





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## Lifestyle and Cancer Prevention

While genetics influence cancer risk, lifestyle choices play a key role in prevention:



### EAT HEALTHY

A diet rich in fruits, vegetables, and lean proteins lowers cancer risk.



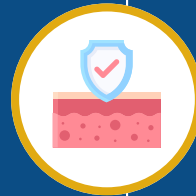
### STAY ACTIVE

At least 150 minutes of exercise weekly boosts immunity and reduces risks.



### AVOID TOBACCO

Quitting smoking significantly reduces cancer risk.



### PROTECT SKIN

Use sunscreen and limit UV exposure to prevent skin cancer.



### GET VACCINATED

HPV and Hepatitis B vaccines help prevent certain cancers.



### SCREEN REGULARLY

Routine tests aid in early detection and better outcomes.

With AI-driven detection, advanced treatments, and greater awareness, cancer care is evolving. Proactive lifestyle choices and screenings can significantly reduce risks and improve health outcomes.



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