

# Want to prevent liver cancer, just do 3 things well

Liver cancer is becoming a common disease that attacks many ages. The detection of the disease is often too late, leading to difficulty in treatment. It is best to remember how to prevent this disease.

Liver cancer is becoming a common disease, worldwide and attacks many people, of all different ages. Early detection and treatment is a difficult problem because this disease is always happening silently, making it very difficult to detect.

If hepatitis is considered to be a common disease in Asian countries, liver cancer is one of the three most infected people in the region.

Liver cancer often develops slowly, so we can effectively prevent it if we soon understand the knowledge related to this disease.

1. Simple tips for liver detoxification, kidney detoxification: Just do 15 minutes every night
2. Signs to identify your liver early

## 1. Status of liver cancer



Experts said that liver cancer is a major disease in many countries, liver cancer comes from people with hepatitis B, liver cancer develops more in the background of cirrhosis.

The proportion of people suffering from liver cancer is increasing worldwide and it has become a serious threat to people's lives and health. Liver cancer is considered a silent killer, so we should not underestimate.

According to statistics in China, the death rate for liver cancer has a difference between men and women of 3: 1. Hepatitis B is a major cause of liver cancer, accounting for 80%, About 5% of hepatitis C, alcoholic hepatitis leads to an increased rate of liver cancer.

## **2. 4 risk factors to avoid: Hepatitis, moldy food, contaminated water, alcohol**



Liver cancer is caused by chronic hepatitis B, which usually has a relatively long incubation period. So when the disease is found, most patients have fallen into too late status and aged 40 to 60 years old.

Experts believe that the cause of increasing liver disease is due to unreasonable diet, dirty food sources, water pollution, abuse of common harmful substances in everyday life.

Besides, due to the increasing human life, people who eat excess food too much lead to fatty liver disease becoming more and more popular, growing rapidly in all ages.

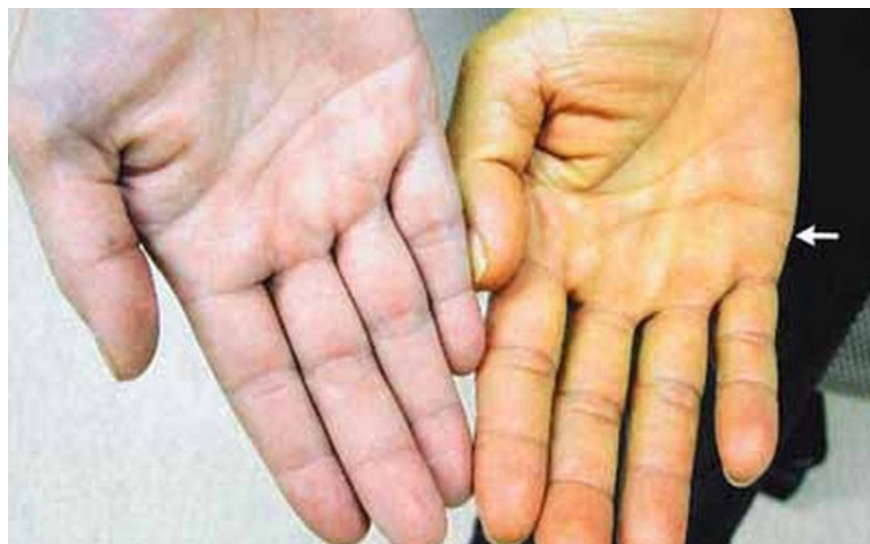
People with non-alcoholic steatohepatitis (NASH) with a probability of 20% can be converted to cirrhosis and liver cancer.



If a person has a history of drinking alcohol for more than 5 years (male drinking alcohol daily ?40ml, female ? 20ml), or having a history of drinking alcohol for two weeks (drinking alcohol daily for about 80ml or more) may be easy easily forming alcoholic liver disease, long time will lead to cirrhosis and liver cancer.

Families with chronic cancer or hepatitis, male members should begin screening regularly from the age of 35, women from 45 years old start screening, screening for early detection.

### **3. Symptoms: Highly alert with simple and repeated symptoms**



Symptoms of liver cancer seem to be atypical and are not clear, making it difficult to detect. And the disease is only detected when it has moved to a dangerous stage. So, every 6 months / 1 health checkup is extremely necessary for each of us.

Experts said that when there are signs such as bloating, feeling tired, lower ribs on the right side, anorexia, weight loss, edema are all symptoms that the body actually has the disease. need an alarm. At this point, you have to start having a medical impact as soon as possible.

#### **4. Diagnosis: Two types of tests needed**



Some people are at high risk of liver cancer such as people who regularly drink alcohol or smoke cigarettes . At least two forms of regular physical checkup should be done.

One should be ultrasound or magnetic resonance imaging (CT). Secondly, a thorough laboratory test, such as alpha-fetoprotein (AFP) test, hepatitis virus test, coagulation function, liver function and other tests.

Besides people with hepatitis should regularly check the level of activity of the virus to be able to prevent and control the disease in the best way.

#### **5. Treatment method: Depending on the individual's condition**

Primary liver cancer can be divided into three main groups, cell division into hepatocellular cancer, bile duct hepatocellular cancer, and mixed cell cancer. Based on the specific morphology of the cancer cell will be divided into types such as small tumors, large tumors and diffuse tumors.



In order to treat effective liver disease, we need to rely on the disease status of each person, through case studies.

Currently for the treatment of liver cancer, experts often treat according to the following methods: surgical treatment (ablation, transplantation or liver replacement); Non-surgical treatment (ablation therapy, chemotherapy, arterial embolization, radiation therapy, molecular targeting therapy and immunotherapy) based on actual status.

## **6. 3 preventive solutions: Remove mold, avoid polluted water, prevent hepatitis**



Most of us want to be healthy, not wanting to get sick, especially cancer diseases. Once you have cancer, any effort will cause consequences. Either it takes a lot of money to heal, or to suffer a lot of pain caused by the disease, but many people have not survived the two challenges.

So, in order to prevent liver cancer, experts recommend that we keep in mind the following:

1. Preventing mold should pay attention to both eating and living routes and living places. Absolutely not eat foods that are moldy, they contain aflatoxin - can cause illness quickly.

2. Preventing dirty, polluted, and clean water sources, including drinking water, daily-life water and residence water sources.
3. Prevention of hepatitis by vaccination, regular checks to prevent sources of hepatitis B infection, regular health checks for timely medical intervention.



In addition to the above precautions, each of us needs to be more aware of health care such as limiting alcohol consumption, increasing the consumption of green vegetables and fresh fruits, having a healthy lifestyle, actively participate in physical training and sports activities, maintain health, be optimistic about life, maintain a happy attitude, learn how to regulate mood, and enhance the body's immune function.

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