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The scientific miracle of cancer and the proposed strategies to treat the disease and limit its spread

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ABSTRACT:

The aim of the research is to identify the role of the scientific miracle of cancer and the strategies and solutions proposed to treat the disease and limit its spread. The descriptive analytical approach was used because it is appropriate for the study, which falls within the framework of the medical scientific miracle, as it is concerned with recording the degree of the spread and distribution of cancer and referring to environmental factors (Natural and Human) Caused it. The study reached a number of results, the most important of which are: a high incidence of cancer with a lack of services provided to patients and a lack of doctors treating patients. It showed that there is a correlation between dietary and behavioral habits, such as eating red meat and smoking, and infection with the disease. Among the most important recommendations presented by the study is educating citizens about cancer with Designating the Pink Month of October every year for cancer, A comprehensive education campaign is being carried out for all citizens throughout the Gaza Strip in order to try to reduce the risk of contracting the disease, as well as educating cancer patients about the necessity of following up on treatment and periodic and continuous examination, the Health condition of the injured person for fear of complications, Also, educating cancer patients about the need to follow up on treatment and periodic and continuous examination. The health condition of the injured person for fear of complications, as well as attention to the psychological state of cancer patients, with the necessity of psychological treatment for the patient, especially after resection operations and taking chemotherapy doses, with increased attention to health services provided to patients by establishing a special hospital for cancer patients for all age groups.

Keywords: strategy/cancer/scientific medical miracle.



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Introduction:

Cancer is one of the most important causes of disease and death in all parts of the world, and the number of new cases of infection has reached approximately 20 million cases in 2022. It is expected that the number of new cases of cancer will increase by approximately 70% during the next two decades. Cancer is the second leading cause of death in the world and has The lives of 1,460 million people are lost, and approximately 1 out of 6 deaths worldwide is attributed to it.

Low- and middle-income countries account for approximately 70% of cancer deaths. Cancer deaths are caused by the following five behavioral and nutritional risk factors: high body mass index, insufficient intake of fruits and vegetables, lack of physical activity, tobacco and alcohol use, and excessive intake of meat and vegetables, Tobacco use represents the most important risk factor associated with cancer, and is responsible for approximately 22% of cancer deaths.

It is common for cancer symptoms to appear at a late stage and for diagnosis and treatment services to be unavailable. Only 35% of low-income countries provided pathology services and did not have a database available in the public sector, while more than 90% of high-income countries reported that treatment services were available, compared to less than 30% of low-income countries. Which reported this? We note that the impact of cancer on the economy is large and increasing, and estimates indicated that the total annual economic costs incurred from it in 2020 amounted to about 1.38 trillion dollars. Raising the body's immunity and following an intermittent fasting diet is important in preventing its spread, and immunological analyzes of the samples have proven that after five days of following the fasting-simulating diet, and without any chemotherapy or immunotherapy, radical changes occur in the gene expression profile of the tumor. "They are infiltrated by certain immune cells (T lymphocytes) that exhibit tumor-killing capabilities." Therefore, a fasting-mimicking diet must become part of the treatment regimen for cancer patients.

Once randomized clinical trials confirm its effectiveness in parallel with standard treatment, this methodology will be widely accepted in this part of the world, taking into account the importance of Muslim fasting for the holy month of Ramadan. "The fasting-mimicking system is safe and reshapes anti-tumor immunity in cancer patients." While we are fully aware of the countless benefits of fasting on human health, it has been proven that a fasting-mimicking diet actually affects the immune system at the molecular level, and effectively enhances the body's natural response to eliminating tumors.



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The study Problem:

The problem of the study is to answer the following main question:

"How does investing in the scientific miracle of cancer help suggest strategies and solutions to treat the disease and limit its spread?"

The importance of the study:

1. Providing advice and guidance to citizens in their confrontation with cancer and pushing them towards early diagnosis and treatment.
2. Presenting the results to decision-makers for their reference and taking the necessary recommendations to combat the disease.
3. Explaining the importance of scientific miracles in analyzing medical phenomena on a geographical basis.

Terminology of study:

-Cancer: Cancer is a general term that includes a large group of diseases that can affect all parts of the body. These diseases are also referred to as malignant tumors and cysts. One of the hallmarks of cancer is the rapid generation of abnormal cells that can grow beyond their known boundaries and then invade neighboring parts of the body and spread to other organs. Cancer is considered one of the important serious diseases that preoccupy researchers all over the world.

-Strategies: A term that was initially used in military life and its connotations developed until it came to mean military leadership

After that, this term moved to other social, political, economic, and educational fields, it as "the method that an organization chooses to benefit from the resources available to it and achieve the best results."

-Medical scientific miracle: Medical scientific issues were mentioned in the Qur'an but medical science had not reached them.

Limitations of the study: The results of this study can be generalized in light of the following limitations:

-Human limits: This study is determined by the responses of officials, doctors, and patients in the Ministry of Health, and the responses of cancer patients.

Time limits: This study is limited to 2022/2023.



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Previous studies:

- Study by Obaid, Al-Ziyadi, Hadi (2021) The aim of the research is to conduct an objective assessment of the reality of reproductive health in Iraq and give proposals that contribute to improving this health aspect. In order to achieve the goal of the research, reliance was placed on the statistical and analytical approach, using statistical methods. Scientific necessity led to dividing the research into several axes, represented by studying the level of maternal mortality, infant mortality, and causes of death, as well as the level of use of family planning methods. A number of tables, maps, and figures were used. One of the most important results that the research reached is that reproductive health in Iraq is a cumulative outcome due to... The conditions he experienced affected the infrastructure and the weakness of reproductive health services.

Methodology: Scientific necessity necessitated dividing the research into several axes, representing the indicators that the researchers relied on in order to achieve the goal of the research. These indicators are represented by studying the level of maternal mortality, types of cancer, geographical distribution of cancer / factors causing cancer.

This rate represents maternal mortality resulting from pregnancy or childbirth, and is evidence of the lack of safe motherhood. It is calculated by dividing the number of mothers who die as a result of pregnancy and childbirth due to cancer in a given year by the total number of births in that year, multiplied by 100,000 due to the small size of the phenomenon and to achieve this. The goal: The pregnant mother must receive good health care during pregnancy, and the birth must be conducted by specialized and trained hands, such as qualified doctors and midwives, with the need for an integrated system to provide health care to the mother after birth. The maternal mortality rate in developing countries reaches more than (235) deaths per 100,000 births, compared to (12) deaths per 100,000 births in developed countries. This disparity is explained in light of the disparity in health care, as well as the difference in the number of births per woman. (Obaid, & els 2021).

Second: Types of cancer:

There are two types of tumor:

1) Benign: The cell divides all the time, but maintains its function and shape. The tumor is a single mass separate from what is around it, so it can be removed surgically. A benign tumor can sometimes develop into a malignant cancer.



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2) Malignant: Divided cells do not maintain their function, and lose their shape. The tumor is not isolated and can send cancer cells to other places in the body. Here we are not satisfied with surgery, but we need medications, x-rays, and other “harsh” methods.

- Most children recover from the disease (if treated in a timely manner), but the percentage is lower for adults.
- The earlier we discover the disease, the higher the cure rate.
- Just as cancer affects humans, forms of it affect animals and plants alike.

Third: Causes and factors that cause cancer: Cancer arises from the transformation of normal cells into neoplastic ones in a multi-stage process that generally develops from a precancerous lesion to malignant tumors. These changes result from the interaction between an individual's genetic factors and three categories of external factors, including the following:

- 1- Carcinogenic physical factors: such as ultraviolet radiation and ionizing radiation;
- 2- Carcinogenic chemical agents such as asbestos, components of tobacco smoke, and aflatoxin (a food pollutant and drinking water pollutant).
- 3- Biological carcinogenic factors: such as types of infections caused by some viruses, bacteria, or parasites.
- 4- The chronological age factor: Another basic factor for cancer, whose rates increase significantly with age, and this is likely due to the increased risk of certain types of cancer with age. The accumulation of cancer risks is associated with the tendency of the effectiveness of cell repair mechanisms to decline as a person gets older.
- 5- Risk factors associated with cancer: Tobacco and alcohol use, an unhealthy diet, and lack of physical activity are the main risk factors associated with cancer worldwide, and they are also the four common risk factors associated with other no communicable diseases.
- 6- Chronic infections are risk factors for cancer and are of great importance in low- and middle-income countries. 15% of cancers diagnosed in 2012 were caused by carcinogenic infections, including *Helicobacter pylori*, human papillomavirus, hepatitis B and C viruses, some types of human papillomavirus, Epstein-Barr 3 virus, hepatitis B and C viruses, and some HPV types increase the



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risk of liver and cervical cancer, respectively, while HIV infection greatly increases the risk of cancers such as cervical cancer.

Symptoms of the disease: Scientists point out that there are early signs that raise concern and call for attention and vigilance, and that these signs are how we recognize cancer in its early stage, and their details are as follows:

The appearance of bumps or swelling in the breast - mouth - tongue - lips, and they do not heal or heal , Permanent difficulty in urinating and defecating, Loss of voice for a long time, coughing or difficulty breathing and swallowing, Rapid change in the growth or color of a mole or growth. Changes in the skin/non-healing of wounds in the skin or in the membranes/general symptoms such as – fatigue and general weakness/emaciation/(weight loss)/hair loss/. General body pain/headache/skin changes such as skin discoloration or bleeding.(Stewart BW, Wild,2014).

Factors for the emergence of the disease: The factors for the emergence of the disease are divided into natural factors and geographical factors:

There is a large difference in the type of cancer infection depending on the geographical location and environmental conditions of the population. This is due to the nature of the business carried out in those areas, the quality of food, or the nature of the geographical composition of the place, and it may be the result of a factor present in the air and the surrounding environment:

First: Natural environmental factors:

- 1- Iodine deficiency in the body leads to enlargement of the lymph node in the thyroid gland, which sometimes turns into cancer.
- 2- Exposure to ultraviolet rays for long periods under the sun leads to cancer.
- 3- The climate, as a natural environmental element shared with the elements of the human environment, leads to the spread of alcohol-drinking habits in temperate and cold environments, which is linked to increased rates of infection and death from types of cancer such as cancer of the tongue, oropharynx, esophagus, and liver.

Secondly, human factors:

- 1- Bad eating habits increase the incidence of cancer.



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2- High percentage of fat in meals increases the incidence of colon cancer and breast tumors. The latest laboratory medical studies have recommended that the percentage of fat not exceed 20%.

3- Focusing on eating meat increases the chances of getting cancer.

4- Studies have proven that a lack of fresh vegetables, fruits, and bran-free bread increases the incidence of cancer.

5- Consanguineous marriage and genetic factors increase the incidence of infection. Smoking and passive smoking increase the incidence of the disease.

6- Pesticides and exposure to direct inhalation increase the chance of cancer.

By studying natural and human factors, we can reduce the incidence of cancer. Currently, a rate ranging between 30-50% of cancer cases can be prevented by means of avoiding risk factors associated with the disease and implementing strategies to prevent it. The burden of cancer can also be reduced by detecting it in early stages and managing it, Treatment for patients with it. The chances of being cured from many cancers increase if they are detected in the early stages and treated properly.

Early detection of cancer: Cancer deaths can be reduced if it is detected and treated in the early stages. The following are two elements of early detection:

Early diagnosis: Cancer is more likely to respond to effective treatment if it is detected early, and it increases the probability of survival for those affected, reduces the morbidity rates resulting from it, and treats it at lower costs. Significant improvements can be made to the lives of patients with cancer by detecting it early and avoiding delays in their care.(Palestinian Ministry of Health Cancer,2010).

Here are 3 steps included in early diagnosis that must be integrated and applied at the appropriate time:

1- Awareness and access to care: evaluating cancer from a clinical perspective, diagnosing it, and estimating the stage of its spread

2- Access to treatment: Early diagnosis is important in all situations and for most types of cancer. In the absence of early diagnosis, patients are not diagnosed until late stages, when curative treatment may not be an option for them later. Programs can be developed to reduce delays in obtaining care and remove obstacles to obtaining it, allowing patients to receive timely treatment.



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3- Screening: The purpose of screening is to detect abnormal cases that suggest the presence of certain types of cancer or pre-cancerous cases in individuals who do not show any symptoms of infection and to quickly refer them to facilities concerned with diagnosing and treating their cases. Screening programs can be effective with regard to types of cancer. Cancer is identified when appropriate, quality-assured tests are used, implemented effectively, and linked to other steps in the screening process. In general, screening programs are public health interventions that are much more complex than early diagnosis.

The following are examples of detection methods:

Visual examination: Using acetic acid for cervical cancer screening in low-income settings, human papillomavirus testing for cervical cancer screening, and the Papanicola test for cervical cancer screening in middle- and high-income settings.

Breast imaging: using x-rays to screen for breast cancer in places that have strong or relatively strong health systems.(Obaid,&els 2020).

Prevention and treatment of cancer:

The correct diagnosis of cancer is necessary to treat it properly and effectively, because each type of cancer requires a special treatment regimen that includes one or more treatment methods, such as surgery, radiotherapy, and chemotherapy. Defining the desired goals of treatment and palliative care is one of the first important steps in this regard, and health services should be integrated and provided in a people-centered manner with the overall intention of leading to the recovery of patients or significantly prolonging their lives. Improving their quality of life is an important goal that can be achieved by providing supportive or palliative care and psychosocial support. The chances of recovery from types of cancer that are detected in the early stages and the rates of recovery from some of the most common types of cancer are high, Such as breast cancer, cervical cancer, oral cancer, and colorectal cancer, when detected in early stages and treated based on the best practices followed in this field.

Cure rates for some types of cancer, such as testicular seminiferous duct tumors, , and lymphomas that affect children, increase even if the cancerous cells spread to other parts of the body, if those affected are provided with appropriate treatment.

Psychological care strategies: It is a treatment aimed at alleviating the symptoms caused by cancer rather than curing it and it is care that can help people live more



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comfortably. It is considered one of the urgent humanitarians needs for all those suffering from cancer and other fatal chronic diseases around the world, and it is particularly urgently needed care in places where there are high numbers of patients with advanced cancer in which their chances of recovery are low. Thanks to psychological care, problems can be alleviated. Physical, psychosocial, and spiritual problems in more than 90% of patients with advanced cancer. (Obaid,els,2022).

Strategic planning and strategies to reduce the spread of cancer:

- 1- The need to have a strategic plan on the prevention and control of no communicable diseases for the period “2020-2035”, aiming to reduce premature deaths due to cancer, cardiovascular diseases, diabetes, and chronic respiratory diseases by 25% by 2035.
- 2- Cooperation between organizations and the International Agency for Research on Cancer with other United Nations institutions within the framework of the United Nations Interagency Task Force on the Prevention and Control of No communicable Diseases.
- 3- Increase political commitment to cancer prevention and control.
- 4- Coordinating and conducting research dealing with the causes of cancer in humans and the mechanisms of carcinogenesis
- 5- Monitoring the burden of cancer (within the framework of the Global Cancer Registry Initiative).
- 6- Identifying priority strategies for cancer prevention and control.
- 7- Develop new knowledge and disseminate existing knowledge to facilitate the implementation of evidence-based cancer control policies
- 8- Develop standards and tools to guide the planning and implementation of interventions implemented in the fields of cancer prevention, detection of cancer in early stages, provision of treatment services, and provision of palliative care that keeps them alive.
- 9- Facilitating the establishment of broad networks between partners and experts in the field of cancer control at the global, regional and national levels.
- 10- Providing global leadership as well as technical assistance to support governments and their partners in developing and maintaining programs to provide high-quality services in the field of cervical cancer control.

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11- Providing the necessary technical assistance to transfer best practices followed in the field of implementing cancer control interventions quickly and effectively.

Results and Recommendations:

1- The results of the study showed that breast cancer and prostate cancer are the most common.

2- The results of the study showed that there is a correlation between place of residence, a healthy diet, and infection with the disease, meaning that urban residents are more susceptible to infection than urban residents. The results of the study showed that there is a correlation between infection with the disease, the stage at which it was diagnosed, and the rate of recovery from the disease.

Study Recommendations:

1- Taking all measures to combat the risk factors that lead to or contribute to cancer, such as: combating tobacco in all its forms and uses, promoting regular physical activity, vaccination against infections that may cause cancer, and combating carcinogenic environmental sources.

2- Educating people and making them aware to help them recognize the first signs of cancer, such as small lumps and ulcers, persistent indigestion, and persistent coughs, participating in international conferences, workshops, operations and developing programs in the field of cancer, activating the role of the media of all kinds, and carrying out comprehensive health awareness of this disease and its causes.

3- Increasing the number of doctors for cancer patients, expanding the oncology department, and increasing the number of beds and staff, the need to increase attention to health services and the population, with a focus on comprehensive awareness of women about the necessity of performing menstrual examination, clinical examination, and radiological examination, In general, and educating cancer patients about the necessity of continuing treatment after resection operations in particular.

4- Paying attention to the psychological aspect of cancer patients by conducting psychological preparation programs on how to deal with this disease and documenting statistically the cases that have been cured in order to establish a center for monitoring tumor data and giving it the necessary priority and paying attention to an integrated database for each patient and recording everything



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related to spatial dimensions and social, economic and health characteristics. To monitor tumors through a program

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ملخص البحث:

هدف البحث التعرف الى دور الإعجاز العلمي لمرض السرطان والاستراتيجيات والحلول المقترحة لمعالجة المرض والحد من انتشاره ، وتم استخدام المنهج الوصفي التحليلي لأنه يتناسب مع الدراسة والتي تقع ضمن إطار الإعجاز العلمي الطبي إذ أنها تهتم بتسجيل درجة انتشار مرض السرطان وتوزيعه والإشارة إلى العوامل البيئية (الطبيعية والبشرية) المسببة له. وتوصلت الدراسة الى مجموعة من النتائج اهمها: ارتفاع نسبة الإصابة بالسرطان مع قلة الخدمات المقدمة للمرضى وقلة الأطباء المعالجين للمرضى، وبيئت وجود علاقة ارتباطية بين العادات الغذائية والسلوكية مثل أكل اللحوم الحمراء والتدخين، والإصابة بالمرض، ومن أهم التوصيات التي عرضتها الدراسة توعية المواطنين بمرض السرطان مع

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تخصيص شهر اكتوبر الوردي الخاص بمرض السرطان من كل عام يتم فيه حملة تثقيف شاملة لكافة المواطنين في جميع أنحاء ومحافظات القطاع من أجل محاولة الحد من خطر الإصابة بالمرض، كذلك توعية مرضى السرطان بضرورة متابعة العلاج والفحص الدوري والمستمر. للحالة الصحية للمصاب خوفاً من حدوث مضاعفات ، كذلك الاهتمام بالحالة النفسية لمرضى السرطان مع ضرورة المعالجة النفسية للمريض لا سيما بعد عمليات الاستئصال وأخذ جرعات الكيماوي مع زيادة الاهتمام بالخدمات الصحية المقدمة للمرضى وذلك بإنشاء مستشفى خاص بمرضى السرطان لجميع الفئات العمرية.

الكلمات المفتاحية : الاستراتيجية / مرض السرطان/ الإعجاز العلمي الطبي.