



# The Rising Trend Of Cancer: Why Cases Are Increasing Everywhere

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## Introduction

Cancer is now one of the biggest health problems in the world. According to the World Health Organization (WHO), cancer is the second leading cause of death, killing around 10 million people every year. Even though doctors have better machines, medicines, and treatments today, cancer cases are still going up.

This increase is not happening only because more people are being born. It also has to do with the way people live today, the food they eat, the environment they live in, and even their income level. In this article, we will look at why cancer cases are increasing, how it looks in different parts of the world, and what this means for all of us.

## Cancer Cases Around the World

In 2020, there were about 19.3 million new cancer cases worldwide. Experts say that by 2040, the number could reach almost 30 million. The rise is happening for two main reasons:

1. Populations are getting bigger and older.
2. People are adopting lifestyles that increase cancer risk (like smoking, eating junk food, or drinking alcohol).

Rich countries like the U.S. and those in Europe usually detect cancer earlier and treat it better. Poorer countries often don't have enough hospitals or doctors, so even if fewer people get cancer, more of them die from it.

## Aging and Longer Life Expectancy

Cancer mostly affects older people. As we get older, our cells are more likely to develop mistakes (mutations) that lead to cancer. In the past, many people didn't live long enough to reach that stage. But today, because healthcare is better, people live longer, which also means more cancer cases.

For example, Japan has one of the longest life expectancies, and cancer is a leading cause of death there. In India and China, people are also living longer than before, and that has increased cancer cases too.

## Lifestyle Habits That Increase Cancer Risk

### 1. Tobacco (Smoking)

Smoking is still the number one cause of preventable cancer. It is responsible for about 22% of all cancer deaths, especially lung cancer. Some countries have reduced smoking, but in Asia and Africa, smoking is still rising.

### 2. Unhealthy Diet

More people are eating fast food and processed food instead of traditional diets. This has caused obesity, which is linked to breast, colon, and liver cancer. Eating too much red meat and sugar, and not enough fruits and vegetables, also increases the risk.

### 3. Lack of Exercise

Modern lifestyles involve sitting more and moving less. This makes people gain weight and develop diseases that lead to cancer.

### 4. Alcohol

Drinking alcohol increases the risk of cancers of the liver, esophagus, and breast. Alcohol companies are marketing heavily worldwide, so consumption is growing.

### 5. Reproductive Patterns

In many places, women are having children later in life, breastfeeding less, and having fewer children. These changes increase the risk of breast and ovarian cancer.

## Environment and Work Hazards

It's not just lifestyle our environment matters too.

**Air Pollution:** People living in cities with dirty air have a higher chance of lung cancer.

**Workplace Risks:** Jobs that expose people to asbestos, benzene, or chemicals increase cancer risk.

**Radiation:** Too much radiation, whether from the ground (like radon gas) or from medical tests, can also cause cancer. Even climate change is linked indirectly. For example, ozone depletion increases UV rays, which can cause skin cancer.

## Genes and Infections

Cancer is not only about lifestyle. Some people are born with certain genes that make them more likely to develop cancer. For example, women with BRCA1 or BRCA2 mutations have a higher risk of breast and ovarian cancer.

Infections also play a big role, especially in poorer countries.

**HPV virus causes cervical cancer.**

Hepatitis B and C increase the risk of liver cancer. Vaccines for HPV and hepatitis are reducing these cases, but not everywhere equally.

## Unequal Access to Healthcare

One of the biggest problems is inequality. In rich countries: people get screened (like mammograms for breast cancer or colonoscopies for colon cancer), which helps detect cancer early. In poor countries: most cases are found late, when treatment is less effective. In some areas, more than 70% of cancer patients are diagnosed in advanced stages. On top of that, cancer treatment is very expensive. Many families go into debt trying to save a loved one.

## Regional Patterns

**North America & Europe:** High cancer rates but better survival because of advanced treatment.

**Asia:** Rapid lifestyle changes mean more lung, stomach, and liver cancer. China alone has about a quarter of global cancer deaths.

**Africa:** Infection-related cancers (like cervical and liver cancer) dominate because vaccination is less common. Latin America: A mix of infection-related and lifestyle-related cancers, with big differences between rich and poor areas.

## Progress in Treatment

There is good news too.

Screening programs help detect cancer earlier. Targeted therapy and immunotherapy are giving hope to patients with advanced cancers. Vaccines against HPV and hepatitis are reducing certain cancers. The problem is that these treatments are mostly available in richer countries, not everywhere.

## Impact on Society

The rise of cancer is not just a health issue it affects economies and families.

1. Healthcare Costs: Cancer is one of the most expensive diseases to treat.
2. Workforce Impact: Cancer often affects adults during their working years, causing lost productivity.
3. Emotional Stress: Patients and their families suffer from long-term emotional and financial stress.

## What Can Be Done?

1. Prevention: Avoiding tobacco, eating healthy, exercising, and limiting alcohol could prevent up to 40% of cancers.
2. Vaccination: HPV and hepatitis B vaccines should be made available everywhere.
3. Early Detection: Governments should invest in screening programs.
4. Better Healthcare Access: Affordable treatment should be available for all.
5. Research: More studies on genetics, better drugs, and new technology are needed.
6. Public Education: People need to know what causes cancer and how to reduce their risk.

## Conclusion

The rise of cancer is a big challenge for the whole world. It is increasing because of longer life spans, lifestyle changes, pollution, infections, and unequal healthcare. But the good news is: many cancers can be prevented. With healthier living, vaccines, early detection, and fair access to treatment, millions of lives can be saved. Cancer may never disappear completely, but with joint effort, its impact can be reduced.

