

# CONTROL INFLAMMATION TO PREVENT CANCER

To introduce myself, I am a doctor from India, living in Dubai, UAE. I have been working in oncology in cancer immunotherapy, called 'dendritic cell therapy'. 14 years back we introduced this field of customised treatment in India. For almost three years now, I have shifted my focus to preventive oncology, and I work at raising awareness in cancer and related issues, especially in women. Cancer is the most devastating and debilitating disease of the modern era.

Cancer formation takes anywhere from 10-30 years to develop. It's a slow process. Quite a lot of times there's presence of chronic inflammation, which is linked to cancer formation. Inflammation per se is our body's response to obnoxious agents like injury, infection or irritation. When it is acute it is protective in nature. Here, it is characterised by pain, swelling, heat, redness, and sometimes loss of function. However, inflammation can also be present internally affecting our organs at a very low level. When it gets chronic, i.e. present for a long duration maybe years, that's when it gives rise to a large number of medical ailments including cancer.

So, it is documented that most of the lifestyle diseases have presence of inflammation in the backdrop. To identify the inflammation we need to know what's going on within us. Prolonged inflammation present over a period of months to years, that's not been attended to can eventually lead to cancer.

Certain specific chronic conditions like hepatitis, bronchitis, colitis, cystitis, prostatitis etc., are linked to cancer formation. But that's not always the case. Some conditions are ill defined nonetheless contribute to in-



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flammation resulting in cancer. Interesting to note is that inflammation plays a key role in all stages of tumour development, from initiation to progression to metastasis. The factors that promote inflammation are smoking, obesity, pollution, infections and radiation.

A different perspective to this is that detecting inflammatory mediators in large concentrations in our body, can aid in disease diagnosis. By controlling inflammation we can achieve a lot in terms of reducing suffering and deaths.

Therefore, targeting inflammation can help in both prevention and treatment of cancer. If you have an inflammatory condition it's best you pay attention now, consult your doctor, and get yourself treated. There are specific medicines to reduce it. Surgery could also be an option. Do not ignore or delay it. Chances are you may be reducing your risk for getting cancer.

**FOR MORE DETAILS ON CANCER PREVENTION,  
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