

Harshil labs. lastly exposure to the virus

[Literature](#), [Russian Literature](#)



Harshil Patel ID- 500145447 Cancer Assignment In general cancer is actually the abnormal production of unwanted cells that are produced due to mutation. Mutation results when there is some change in the overall outcome of the amino acid sequence production in the body than the other normal amino acid sequence. The information for production of amino acid is conveyed by a gene that is part of DNA and RNA. The cancer that is caused due to these mutations passed from ancestors to an individual is known as inherited cancer while cancer caused due to exposure of the body to certain environmental factors is known as sporadic cancer. Talking about the environmental factor that plays an important role in the possibility of causing cancer is exposure of our body to harmful chemicals like radioactive chemicals present in the chemical labs in my college, chemicals found in some cosmetic and body care products, chemicals found in the canned food for preserving them and also the pesticides used in the cultivation of the specific food item, packaging material of the food or water might contain cancer-causing chemicals used in the preparation of the packaging material. Second factor responsible is exposure to harmful radiation or light which includes exposure to UV light in the chemical labs while using UV light to observe some chemical components, UV rays from the sun, also UV rays from the instruments containing special UV transmitting light lamps in the chemical labs in my college. The other factor responsible is exposure to air pollution which includes the smoke from chimneys in industries, smoke from the cigar-rates, and fumes from the chemicals that we experiment in the chemical labs. Lastly exposure to the virus and bacteria causing cancer which includes lack of aseptic technique in clinics using syringes, drinking unfiltered or

untreated water or working with cancer causing bacteria or virus in labs in future. All the environmental factors listed above are the areas from where I can be affected to sporadic cancer. So I have to take some precautions on the areas where I am more prone to get sporadic cancer. First of all, I need to be more cautious while working in the chemical labs and perform my experiment with all the safety measures possible. I have to cut my usage of canned food to minimum as possible and also buy organically grown food and vegetables.

I could wear a full sleeve shirt or tee, wear UV protection sunglasses and apply some cream that protect me from UV rays of sun advised by a doctor. In air polluted environment I can keep a handkerchief over my face covering the nose so as to breathe air and not the harmful particles and stay away from a cigarette smoker. Lastly, only visit a clinic that uses new syringe for medical use, and drink filtered or treated water. For me to practice all the safety measures and precautions listed above is a bit tougher to follow.

But putting it into practice day by day will help me a lot and will turn into a habit eventually. The toughest ones are keeping a handkerchief on face and stopping the use of canned foods and packaged foods. But practicing it and preparing own food or growing them organically in the garden will take time and motivation but practicing it for a while will definitely work and eventually turn into a routine. The motivation for all this started right from this cancer essay assignment and then the consequences on my life, my family, my study, my friends and lastly the financial cost for the treatment of the disease if diagnosed with cancer. According to my knowledge of my

family history of diseases no one in my family had cancer or has been diagnosed with cancer.

Looking into this, only type of cancer that I can have is sporadic cancer that can be caused due to my presence with harmful chemicals and with canned food and the food that has packaging material containing cancer-causing chemicals.