

Cancer Is Becoming a Regular Occurrence in Families Today: Why?

Cancer, once considered a rare disease, has now become a frequent reality in modern families. Various scientific, social, and environmental factors explain this concerning trend.

Aging Population

An aging population is a key factor. As people live longer, their risk of developing cancer increases, particularly in those over 60, according to the World Health Organization (WHO). This global phenomenon is driving up cancer diagnoses worldwide.

Environmental Factors and Lifestyle

Modern lifestyles and exposure to harmful environmental factors also contribute. Smoking, poor diet, sedentary behavior, and alcohol consumption account for one-third of cancer deaths, according to the International Agency for Research on Cancer (IARC). These habits are deeply embedded in today's society.

Early Diagnosis and Detection

Medical advancements have enabled earlier cancer diagnoses, which, while positive, have also increased detection rates. The American Cancer Society highlights that tests like mammograms and colonoscopies have identified more cases that previously went undetected.

Genetics and Family History

Genetics also play a crucial role. Between 5% and 10% of all cancers have a strong genetic link, according to *Nature Reviews Cancer*, explaining why multiple generations in a family may be affected.

Pollution and Exposure to Toxic Substances

Environmental pollution is another factor. The European Environment Agency (EEA) reports that air pollution contributes to around 400,000 premature deaths in Europe each year, with lung cancer being a leading cause.

Conclusion

The rise in cancer is the result of multiple factors, from aging to exposure to toxins. This trend reflects both the challenges of modern life and advancements in medical detection that allow for more cases to be identified.

By Ana Laura Berdugo for EuroNews.