

Over View of Liver Cancer

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EDITORIAL NOTE

Cancer that spreads to the liver is more common than malignant growth that starts in the liver cells. Cancer that starts in another region of the body – like the colon, lung or breast and afterward spreads to the liver is called metastatic cancer rather than liver cancer.. This kind of malignancy is named after the organ in which it started for example, metastatic colon cancer to describe malignant growth that starts in the colon and spreads to the liver.

TYPES

- Hepatocellular carcinoma

Most people don't have signs and symptoms in the beginning phases of primary liver cancer. At the point when signs and symptoms do show up, they may include:

- Losing weight easily
- Loss of hunger
- Upper stomach torment
- Nausea and Vomiting
- General weakness and fatigue
- Abdominal swelling
- Yellow staining of your skin and the whites of your eyes (jaundice)
- White, chalky stools

CAUSES

Liver disease happens when liver cells develop changes (transformations) in their DNA. A cell's DNA is the material that gives directions to each chemical process in your body. DNA transformations cause changes in these guidelines. One result is that cells may begin to grow out of control and eventually form a tumor -a mass of cancerous cells. Some of the time the reason for liver cancer is known, such as, with chronic hepatitis infections. In any case, But sometimes liver cancer happens in people with no underlying diseases and it's not clear what causes it.

RISK FACTORS

Factors that increase the risk of primary liver cancer include

Chronic infection with HBV or HCV: Chronic infection with the hepatitis B virus (HBV) or hepatitis C virus (HCV) increases your risk of liver cancer.

Cirrhosis: This progressive and irreversible condition causes scar tissue to shape in your liver and builds your odds of creating liver malignancy.

Certain inherited liver diseases: Liver diseases that can increase the risk of liver cancer include hemochromatosis and Wilson's disease

Diabetes. Individuals with this blood sugar problem have a more serious danger of liver malignant growth than the individuals who don't have diabetes.

Nonalcoholic fatty liver disease. An accumulation of fat in the liver increases the risk of liver cancer.

Excessive liquor consumption. Devouring in excess of a moderate measure of liquor every day over numerous years can lead irreversible liver harm and increment your danger of liver disease.

TO BE AVOIDED

Drink liquor in moderation: If you choose to drink alcohol, limit the amount you drink. For women, this means no more than one drink a day. For men, this means no more than two drinks a day

Maintain a healthy weight. If your current weight is healthy, work to maintain it by choosing a healthy diet and exercising most days of the week. If you need to lose weight, reduce the number of calories you eat each day and increase the amount of exercise you do. Aim to lose weight slowly – 1 or 2 pounds (0.5 to 1 kilograms) each week

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