Cancer Prevention in the Older Individual: Navigating Strategies for Health and Well-being

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Abstract

A• che global pop^{*}lacion concin^{*}e• co age, che preçalence of cancer among older indiçid^{*}al• become• a •igni, canc public health concern. This abstract explores the multifaceted approach to cancer prevention in the elderly, emphasizing the importance of tailored strategies for promoting health and well-being [1]. The aging process brings about physiological changes that can increase susceptibility to cancer, making prevention strategies crucial for maintaining a high quality of life in later years.

This review outlines key components of a comprehensive cancer prevention plan for older individuals, incorporating life*c°le modi, cacion*, *creening program*, and imm*ni:acion *cracegie*. Life*c°le incerçencion* incl*de diecar* adj**cmenc*, ph**ical accicic° promocion, and cobacco ce**acion, aiming co micigace modi, able ri*k faccor* a**ociaced with cancer development. Additionally, the role of regular cancer screenings, taking into consideration the unique challenge* and bene, c* for older ad*ic*, i* e¢plored [2]. Addre*ing che *peci, c need* and concern* of older indicid*al* in che conce¢c of cancer preçencion i* e**encial for opcimi:ing che e ecciçene** of che*e incerçencion*.

F^{*}rchermore, che ab•cracc delçe• inco che emerging ,eld of geriacric oncolog[^], highlighting che importance of personalized care plans that consider the individual's overall health status, comorbidities, and functional abilities. Integrating preventive measures into routine healthcare for the elderly requires collaboration among healthcare professionals, caregivers, and the older individuals themselves [3].

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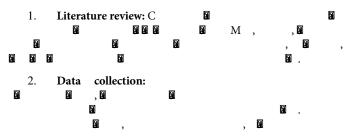
Introduunderstanding the interplay between aging lifestyle factors and cancer risk to becomes evident that a tailored and lifestyle modifications argeted screening programs and personalized

healthcare interventions						
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6. In-depth examination of geriatric oncology practices:						
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Methods

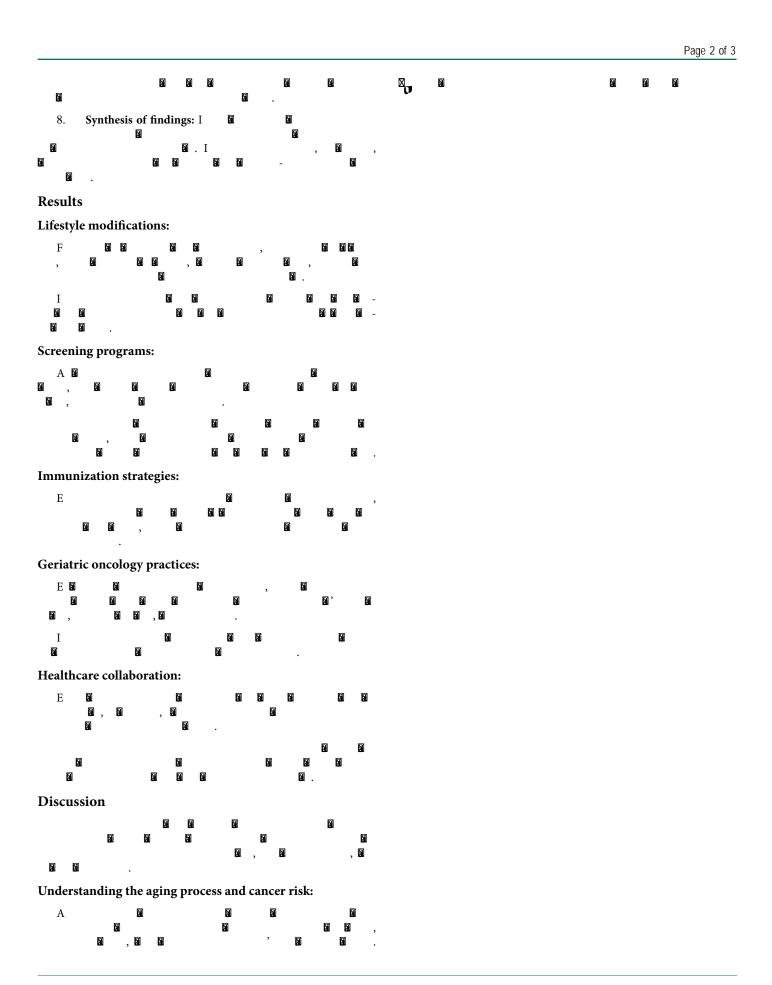


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