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THE PRIORITY CARCINOGENS AND HOW TO PREVENT THE ONCOLOGIC DISEASES

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At first, we have to stress that number of deaths due to the oncologic diseases of all types is constantly increasing all over the world (see the number of death for 100 000 people in the table.

Biography

Valery S. Petrosyan has completed his PhD at the age of 25 years from M.V. Lomonosov Moscow State University and postdoctoral studies from California Institute of Technology. He is the Distinguished Professor of M.V. Lomonosov Moscow State University, the best University in Russian Federation. He has published more than 450 papers in reputed journals and has been serving as an editorial board member of repute.

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Rank	Country	Number of deaths	Rank	Country	Number of deaths
1	Mongolia	198	61	Austria	121
14	Russia	186	69	Canada	118
30	China	139	78	USA	114
34	France	136	79	Japan	113
37	Great Britain	134	86	Australia	111
53	Germany	126	164	India	72
55	Italy	122	183	UAE	46

The detailed analysis shows, that the key factors, influencing the number of deaths due to the oncologic diseases are: 1) the priority carcinogens, both organic (organochlorine pesticides, polynuclear aromatic hydrocarbons and acryl amide) and inorganic (heavy metals), which because of the various reasons contaminate food and drinks; 2) smoking of tobacco (benz(a)pyrene) and electronic cigarettes (formaldehyde); 3) drinking too much alcohol (affecting brain, heart, lever and prostate); 4) in the countries, where many people live at the elevated level, the very high percentage of the oncologic diseases is due to the skin cancer (for example, in Armenia – one third of the whole number of diseases). To decrease the number of deaths due to the oncologic diseases we have to: 1) stop eating of meat, fish, poultry and vegetables, cooked by means of burning timber and coal because of saturation of these products with carcinogenic polynuclear aromatic hydrocarbons; 2) limit the ways of appearance of heavy metals in our food; 3) stop cooking potato, coffee and grains, containing aspartic acid at the temperatures higher than 1200C due to decomposition of this acid into carcinogenic acryl amide at these temperatures; 4) stop smoking tobacco and electronic cigarettes because of carcinogenic benz(a)pyrene and formaldehyde; 5) stop drinking alcohol (more than 20 ml of ethanol per day); 6) limit irradiation of our skin with the strong sunshine.