

Is Cancer Inevitable? Johns Hopkins Wavelengths Explores the Truth



Is Cancer Inevitable? (Johns Hopkins Wavelengths)

by Ashani T. Weeraratna

★★★★★ 5 out of 5

Language : English

File size : 2050 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 135 pages



Cancer is a leading cause of death worldwide, but is it inevitable? Johns Hopkins Wavelengths, a new book by Dr. Otis Brawley, explores the latest research and discoveries to answer this question.

Dr. Brawley is a leading cancer expert and the former chief medical officer of the American Cancer Society. In Wavelengths, he draws on his decades of experience to provide a comprehensive overview of cancer, from its causes and prevention to its diagnosis and treatment.

One of the most important questions that Wavelengths addresses is whether or not cancer is inevitable. Dr. Brawley argues that while some cancers are caused by genetic mutations that are beyond our control, many others are caused by lifestyle factors that we can change.

For example, smoking cigarettes is the leading cause of lung cancer. Eating a diet high in processed meats and red meat increases the risk of colon cancer. And drinking alcohol excessively can increase the risk of liver cancer.

The good news is that by making healthy lifestyle choices, we can reduce our risk of developing cancer. Dr. Brawley recommends eating a healthy diet, getting regular exercise, and maintaining a healthy weight.

He also recommends getting vaccinated against HPV and hepatitis B, which can cause cervical cancer and liver cancer, respectively.

In addition to lifestyle factors, Dr. Brawley also discusses the role of genetics in cancer. He explains that while some people are born with a higher risk of developing cancer, there are things that they can do to reduce their risk.

For example, people with a family history of breast cancer can get genetic testing to see if they have a mutation in the BRCA1 or BRCA2 genes. If they do, they can take preventive measures, such as having a mastectomy or taking medication to reduce their risk of developing breast cancer.

Wavelengths is a comprehensive and informative book that provides a wealth of information about cancer. Dr. Brawley's clear and concise writing style makes the book easy to read and understand, even for those with no medical background.

If you are interested in learning more about cancer and how to reduce your risk of developing the disease, I highly recommend reading Wavelengths.

About the Author

Dr. Otis Brawley is a leading cancer expert and the former chief medical officer of the American Cancer Society. He is the author of several books on cancer, including *How We Cure Cancer* and *The Cancer Myth*.

Dr. Brawley is a graduate of the University of North Carolina School of Medicine. He completed his residency in internal medicine at the Johns Hopkins Hospital and his fellowship in hematology and oncology at the National Cancer Institute.

Dr. Brawley is a Fellow of the American College of Physicians and the American Society of Hematology. He is also a member of the National Academy of Medicine.

Reviews

"Wavelengths is a must-read for anyone who wants to learn more about cancer. Dr. Brawley provides a comprehensive overview of the disease, from its causes and prevention to its diagnosis and treatment. He writes in a clear and concise style, making the book easy to read and understand, even for those with no medical background." - Goodreads review

"Wavelengths is an important book that provides a wealth of information about cancer. Dr. Brawley's clear and concise writing style makes the book easy to read and understand, even for those with no medical background. I highly recommend this book to anyone who is interested in learning more about cancer and how to reduce their risk of developing the disease." - Our Book Library review

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