

Advances in Evidence-Based Cancer Care

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DESCRIPTION

Cancer is a complex and multifaceted group of diseases characterized by the uncontrolled growth and spread of abnormal cells. Over the years, significant advances have been made in understanding, diagnosing, and treating cancer. One crucial aspect of these advancements is the application of evidence-based medicine in cancer care. Evidence-based cancer care, founded on rigorous scientific research and clinical data, has transformed the way we approach cancer treatment and has led to improved outcomes for patients. Evidence-based cancer care is rooted in the principles of Evidence-Based Medicine (EBM). EBM is a systematic approach to clinical practice that integrates the best available scientific evidence with clinical expertise and patient values. In the context of cancer, this approach involves gathering high-quality data from clinical trials, observational studies, and research to inform treatment decisions. It recognizes that cancer care should be tailored to individual patients based on the best available evidence.

Advances in genomics and molecular biology have propelled the development of personalized cancer treatments. Instead of taking a one-size-fits-all approach, evidence-based cancer care allows oncologists to analyze a patient's genetic profile and the specific molecular characteristics of their tumor. This information helps in identifying targeted therapies that are more likely to be effective and cause fewer side effects. This precision medicine approach has revolutionized cancer care, leading to improved survival rates and quality of life for many patients. Early detection plays a crucial role in improving cancer outcomes. Evidence-based cancer care encourages the development and utilization of screening programs that are based on rigorous scientific evidence. Mammography for breast cancer, colonoscopies for colorectal cancer, and the Pap test for cervical cancer are examples of successful screening programs that have led to the detection of cancer at earlier, more treatable stages.

Immunotherapy, an innovative approach to cancer treatment, harnesses the power of the body's immune system to combat cancer. Evidence-based research has provided the foundation for the development of immunotherapies such as checkpoint inhibitors and CAR-T cell therapy. These treatments have produced remarkable results in various cancer types, offering new hope to patients with previously limited treatment options. Radiation therapy remains a vital component of cancer treatment. Advances in this field have led to more precise and targeted radiation techniques, such as Intensity-Modulated Radiation Therapy (IMRT) and Stereotactic Body Radiation Therapy (SBRT). These approaches minimize radiation exposure to healthy tissues while effectively targeting tumors, reducing side effects, and improving patient outcomes. Cancer treatment can be physically and emotionally taxing. Evidence-based cancer care recognizes the importance of supportive care services such as palliative care, pain management, and psychological support. Integrating these services alongside cancer treatment has improved patients' overall quality of life and well-being. Clinical trials are a cornerstone of evidence-based cancer care. They provide the data and insights needed to develop and refine cancer treatments. Ongoing research ensures that new therapies and interventions are rigorously tested, validated, and incorporated into clinical practice when proven effective. Evidence-based care relies on the continual contribution of data from clinical trials to guide treatment decisions. Cancer survivorship is an essential aspect of evidence-based cancer care. As more patients survive their cancer diagnoses, the focus shifts to post-treatment care and managing the long-term effects of cancer and its treatments.

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