

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

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Abstract

Cancer in the elderly is a major 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 lifestyle modifications, targeted screening programs, and personalized healthcare interventions. Additionally, the role of regular cancer screenings, taking into consideration the unique challenges of the elderly, is discussed. Integrating preventive measures into routine healthcare for the elderly requires collaboration among healthcare professionals, caregivers, and the older individuals themselves [3].

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].

Keywords: epidemiological data; A ; H ; L ; I ;

Introduction: understanding the interplay between aging, lifestyle factors, and cancer risk becomes evident that a tailored and lifestyle modifications, targeted screening programs, and personalized healthcare interventions.

5. Review of screening programs: E

6. In-depth examination of geriatric oncology practices: I

7.

Methods

1. Literature review: C M , ,

2. Data collection: ,

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8. **Synthesis of findings:** I . I , , - .

Results

Lifestyle modifications:

F , , , .
I - - .

Screening programs:

A , , .
 , , .

Immunization strategies:

E , , .

Geriatric oncology practices:

E , , , .
I .

Healthcare collaboration:

E , , .
 , , .

Discussion

, , , .

Understanding the aging process and cancer risk:

A , , .

