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The treatment of cancer: A comprehensive therapeutic model entailing a complex of interaction modalities

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Knowledge of the main risk factors for cancer development is essential for establishing a comprehensive and integrated treatment plan. Cancer patients receiving treatment combinations of surgery, radiation therapy and chemotherapy are prone to developing several treatment-related diseases and side-effects. Thus any specific treatment must be integrated within a global therapeutic plan to reduce the risk for comorbidities. It is essential that physicians in the process of planning specific interventions (either actions specifically aimed to the primary disease or supportive therapies) extensively profile patients according to their physical status in order to establish an individual strategy. In fact it has been estimated that up to 30-40% of all malignant cancers could be prevented by interventions on diet, physical activities, and daily lifestyle. Calories intake directly correlates with risk of developing obesity as well as cancer. Obesity plays a critical role in cancer promotion, progression, and therapy resistance. The diet is responsible for approximately 30-35 % of total mortality in the US, with its impact on cancer development depending on histotype and anatomic location. However any diet based on caloric restriction alone would be ineffective as well as potentially dangerous if no caloric intake assessment were to be calculated according to body composition and estimated energy requirements for performing daily physical activity. The aim of a our global therapeutic approach is to rely on a number of basic interventions including: Therapeutic changes of lifestyle, habits and daily diet with specific modalities using natural products; Specific physical exercises and walking prescriptions; Physical therapies coupled with psychophysical techniques, such as ion cyclotron resonance, which probably could be able to restore both a robust immune response in the tumor-bearing host.

Biography

R. Saggini is specialist in Orthopaedics and Traumatology, PRM and Sports Medicine and is a Full professor and Chief of the School of Specialties in PRM and of the Degree Course in Physiotherapy in "D'Annunzio" University of Chieti, Italy.

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