



## Liver Cancer: Prevention and Detection in Early Stage

Tassachew Rawleigh\*

Department of Hepatology, University of California, Irvine, United States of America

### DESCRIPTION

Liver cancer is a type of cancer that starts in the liver, a large organ that helps digest food and remove toxins from the body. Liver cancer can be classified into two main types: primary and secondary. Primary liver cancer originates in the liver cells, while secondary liver cancer spreads to the liver from another part of the body. Primary liver cancer is less common than secondary liver cancer, but it is more difficult to treat. The most common type of primary liver cancer is Hepatocellular Carcinoma (HCC), which accounts for about 75% of all cases. HCC begins in the main type of liver cell, called hepatocyte. Other types of primary liver cancer include Intrahepatic Cholangiocarcinoma (ICC), which starts in the bile ducts inside the liver, and hepatoblastoma, which affects young children.

Secondary liver cancer is more common than primary liver cancer, and it can originate from any organ that can spread cancer cells through the bloodstream or lymphatic system. The most common sources of secondary liver cancer are colorectal, breast, lung, pancreatic, and stomach cancers. The symptoms of liver cancer may not appear until the disease is advanced. The diagnosis of liver cancer involves a combination of blood tests, imaging tests, and biopsy. Blood tests can reveal liver function abnormalities and tumour markers, such as Alpha-Fetoprotein (AFP). Imaging tests, such as ultrasound, Computed Tomography (CT), Magnetic Resonance Imaging (MRI), and Positron Emission Tomography (PET), can show the size, location, and extent of the tumour. Biopsy involves taking a sample of liver tissue for microscopic examination to confirm the presence of cancer cells. The treatment of liver cancer depends on several factors, such as the type, stage, location, and size of the tumour, as well as the patient's age, overall health, and personal preferences. Some of the treatment options include:

- Surgery involves in removing the tumour and some surrounding healthy tissue from the liver. Surgery can be curative for some cases of early-stage primary liver cancer. Surgery for a liver transplant entails replacing the sick liver with a healthy one from a donor. This option is only available

for a small percentage of patients with early-stage primary liver cancer who meet certain criteria.

- Localized treatments target the tumour directly or the area around it. They include Radiofrequency Ablation (RFA), which uses electric current to heat and destroy cancer cells; Microwave Ablation (MWA), which uses microwaves to kill cancer cells; cryoablation, which uses extreme cold to freeze and destroy cancer cells; ethanol injection, which injects alcohol into the tumour to kill cancer cells; chemoembolization, which delivers chemotherapy drugs directly to the tumour through a catheter; radio embolization, which delivers radioactive beads to the tumour through a catheter; and radiation therapy, which uses high-energy rays to damage or kill cancer cells.
- Systemic treatments affect the whole body or travel through the bloodstream to reach the tumor. They include chemotherapy, which uses drugs to kill or stop the growth of cancer cells; targeted therapy, which uses drugs that target specific molecules involved in cancer growth or spread; immunotherapy, which uses drugs that stimulate or enhance the immune system's ability to fight cancer; and hormone therapy, which uses drugs that block or interfere with hormones that fuel some types of cancer.

Liver cancer prevention is the process of taking steps to reduce the risk of developing liver cancer or detect it early. Liver cancer prevention can be achieved by avoiding or reducing exposure to known risk factors, such as chronic hepatitis B and C infections, alcohol consumption, smoking, obesity, and exposure to certain chemicals and toxins. One of the most effective ways to prevent liver cancer is to prevent chronic hepatitis B and C infections, which are the leading causes of liver cancer worldwide. Hepatitis B and C are viruses that can infect the liver and cause inflammation, scarring, and cirrhosis, which can lead to liver cancer. Hepatitis B and C can be transmitted through contact with infected blood or body fluids, such as through sharing needles, having unprotected sex, or receiving contaminated blood transfusions.

**Correspondence to:** Tassachew Rawleigh, Department of Hepatology, University of California, Irvine, United States of America, E-mail: leigh@rin.com

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## CONCLUSION

Liver cancer can be prevented or detected early by following some simple steps, such as avoiding or treating hepatitis infections, limiting alcohol and tobacco, staying healthy and avoiding toxins. People with a high risk of liver cancer should see their doctor regularly. Liver cancer prevention is good for health and well-being. If a person is diagnosed with chronic

hepatitis B or C infection, treatment can help slow down liver damage and reduce the risk of liver cancer. Medicines are available that can suppress or eliminate the virus from the blood and improve liver function. Treatment can also prevent transmission of the virus to others. People with chronic hepatitis B or C should have regular check-ups and screening tests for liver cancer.