As of 2021, according to Harvard Women's Health Watch, vaginal dryness is common during and after menopause, and vaginal discharge may be a sign of infection or abnormality, including cancer. A medicine that does not quickly heal. He also asserts that physicians should investigate any breast lump that a woman finds and there is no danger associated with the necessary surgical procedure and use of medicines are useless; delay in operating is deadly. Adams' article provides women in the US during the 1900s with recommendations on early methods of cancer detection.

In the introduction, Adams begins by stating that cancer-related deaths increased during the early 1900s and few physicians understood how to prevent it. He states that prior to the article's publication in 1913, cancer was the most common cause of death. Adams further states that in 1913, cancer was the most common cause of death, diseases as public health and sanitation increased. However, that meant that more people died from non-communicable, or non-infectious, diseases like cancer. Adams states that there is a fundamental ignorance and prejudice among the general public that leads to great variations in cancer death rates among US citizens. He mentions that when asked what caused cancer, physicians unanimously stated they did not know. However, Adams writes that the physicians who gave Adams a list of recommendations about how to detect and treat cancer. He states that those interviews and recommendations demonstrated insufficient knowledge among the medical professionals.

In the next section, titled, Medicines are Useless; Delay in Operating is Deadly, Adams asserts that early recognition of cancer may lead to a significant reduction in mortality. He claims that it was common at the time for a person to believe it pointless to fight cancer when she learned of her diagnosis. However, he also mentions that there is a misunderstanding that this is true. In fact, he argues, early detection and treatment can increase the chances of survival.

Adams builds upon the previous section, which states that irritants can cause cancer on the outside of the body, suggesting internal and external irritants cause cancer on the inside of the body. Therefore, he states that to stop any irritants from further contributing to cancer, a person must undergo surgery to remove the cancer and the surrounding irritated tissue. Adams also informs the reader that many people with stomach cancer lead normal lives after having up to two-thirds of their stomachs removed to ensure complete removal of the cancer and irritated tissue. At the time, up to thirty percent of those with stomach cancer survived following surgery, according to Adams. However, he distinguishes that any statistics hospitals publish about the death rates of such cancers need to be compensated for the large amount of people who receive treatment when it is already too late. He concludes those sections by reaffirming the need for early detection and treatment.

Following those sections, Adams discusses the prevalence of breast cancer as one of the most common types of cancer in women in the section titled, Forms of Cancer Most Common in Women. Adams states that what he calls the initial clinical symptoms of breast cancer are quite aggressive. He states that if a woman notices a lump in her breast that she should not wait for additional symptoms to appear, but should seek medical attention immediately. Adams also discusses the need for vigilance in breast cancer detection and treatment.

In the final section, titled, "When It Affects the Intestines and Other Parts," Adams writes about what he states, are facts about cancer and recognizable symptoms in, "Three General Truths to Remember About Cancer." According to Adams, the first of those facts is that cancer usually develops from previous and continued irritation of the tissues. Those ideas are somewhat similar to later understandings of how cancer develops. Specifically, as of 2021, Stanford Health Care provides that the cause of cancer is quite ambiguous, but repetitive genetic, environmental, and lifestyle factors contribute to one's susceptibility to the disease. Secondly, if a physician removes the cause of irritation in time, then the patient can avoid a cancer diagnosis. According to Stanford Health Care, there are environmental and lifestyle changes that may help avoid a cancer diagnosis, such as avoiding smoking, high-fat diets, and toxic chemicals. However, if a physician detects precancerous or localized cancer in a patient, then treatment is necessary to prevent that person's health. And thirdly, surgical intervention and removal of the tissues is the only method that physicians should use for patients with cancer. As of 2021, physicians use surgery to treat cancer as well as chemotherapy and radiation, depending on the stage and type of cancer. Chemotherapy is a drug treatment that stops the uncontrollable division of cells, and radiation is a type of therapy that uses energy to kill those cells. Adams states that the public should learn about the symptoms of cancer to increase awareness and knowledge as well as mitigate deaths by cancer.

Adams states that in the 1900s, people often believed that cancer was a disease that could be cured by a single treatment. He asserts that this belief is no longer accepted, and that cancer is now recognized as a chronic disease that can be managed but not cured. Adams also discusses the importance of early detection and treatment to improve survival rates.

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Home Journal. Cancer is a disease that is the result of abnormal cell division in different parts of the body, such as the breasts or the cervix. During that time, many women did not discuss or disclose early symptoms of reproductive cancers, such as breast lumps and abnormal vaginal discharge, out of shame or disgust. Thus, people often considered cancer to be a taboo topic. "What Can We Do About Cancer?" provides a representation of what people in the early 1900s thought to be the early warning signs of cancer in women. Although, as of 2021, researchers have made advancements that have increased the scientific understanding of cancer and how it develops, Adams’ provided woman's advice in the US during the 1900s with recommendations on early methods of cancer detection.

In 1913, journalist Samuel Hopkins Adams published "What Can We Do About Cancer? The Most Vital and Insistent Question in the Medical World," hereafter ‘What Can We Do About Cancer,’ in Ladies’ Home Journal. Cancer is a disease that is the result of abnormal cell division in different parts of the body, such as the breasts or the cervix. During that time, many women did not discuss or disclose early symptoms of reproductive cancers, such as breast lumps and abnormal vaginal discharge, out of shame or disgust. Thus, people often considered cancer to be a taboo topic. "What Can We Do About Cancer?" provides a representation of what people in the early 1900s thought to be the early warning signs of cancer in women. Although, as of 2021, researchers have made advancements that have increased the scientific understanding of cancer and how it develops, Adams’ provided woman's advice in the US during the 1900s with recommendations on early methods of cancer detection.

Subject


Topic
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