

## Quality of life (QOL) of Patients Suffering with Various Types of Cancers: Assessment of Severity of Anemia

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### Abstract

One of the key factors controlling the Quality of life (QOL) in many diseases is Anemia, which needs addressing, as it leads to co-morbidities and is an important parameter in optimal QOL. In our study we have found about 60-75% of the cancer patients invariably developed anemia most of them were at various stages of the disease. In such cases treatment options become very limited, hence the option remaining for such subjects is mainly palliative care. In the event of disease progression to advanced stages, QOL issues become an integral part of decision-making about various treatment options. Further the need to consider several key factors, such as age, gender, co-morbidities, and quality of supportive care which affects QOL in patients becomes important. Poor diet and fatigue overtakes the form of adverse effects which burdens the patients and impacts on survival and QOL. Looking at a wide range of cancers we found that anemia was most prevalent in hematological malignancies, followed by breast cancer, stomach, head and neck cancers. The challenges faced by the attending clinician were to determine the probable causes that relate to various therapeutic protocols, which had to be dealt-with individually along with management strategies. In conclusion, we have suggested improvement in dietary conditions is of prime importance to build immunity and to counter severity of anemia. This is the first report in cancer patients which correlated anemia as an important factor as it affects QOL and survivability rates.

Personalized medication is “big information” and therefore the data explosion continues. As we have a tendency to unravel the ordination to appear for personal clues, we have a tendency to square measure round-faced not solely with simply over three billion base pairs however conjointly with epigenomic changes, noncoding regions, restrictive sequences, etc, that add layers of complexness. New technologies still be advanced to spot molecular markers of malady at intervals this info. Though tools have created characteristic variants a trendy pursuit, characteristic unjust variants that function biomarkers has the potential to revolutionize the means health care is delivered within the future.

This writing is somewhat divergent from the descriptive approach of outlining exciting new technologies and listing samples of numerous small RNAs that are known as potential biomarkers. The diligent work of the many has created a wealth of information that no single skilled will sustain with.1, 2 we have a tendency to hope rather to debate here this state of biomarker use in numerous forms

and therefore the shortcomings of our current travel models and their potential ways forward.

A biomarker refers to a quantitative biological parameter that's measured associate degreed evaluated as an indicator of traditional biological, pathogenic, or pharmacological responses to a therapeutic intervention, as outlined by the National Institutes of Health.<sup>3</sup> consequently, capillary filtration rate, repeat vital sign readings, hemoprotein A1C, and organic phenomenon identification square measure all samples of “biomarkers.” once utilized in travel analysis discussions, the term itself usually alludes to a marker accustomed accelerate or aid in designation or observation and supply insight into degree. During the last decade “personalized” medication.

Furthermore, a “liquid diagnostic test,” because it is beginning to be known as, might add important clinical worth. This noninvasive, or minimally invasive, biomarker testing might allow speedy, economical, and repeat analysis.<sup>4</sup> this repeat sampling feature would therefore allow the patient with high potential for a selected malady to self-sample piss and secretion or for clinical sampling of serum/plasma or blood. To date, most of the liquid diagnostic test analysis has targeted on the rare current neoplasm cell or CTC; it's projected that nucleic acids and proteins, either free or found in vesicles like exosomes might prove helpful.