

Treatment of Cancer Involves a Combination of Therapies

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Abstract

Cancer is a leading cause of morbidity and mortality worldwide, including in Lithuania. The treatment of cancer is complex and often involves a combination of therapies, including surgery, chemotherapy, and radiation therapy. In this article, we will discuss the therapy of Lithuanian cancer patients, including the current state of cancer treatment, challenges facing cancer patients, and potential future developments in cancer therapy. In Lithuania, cancer is the second leading cause of death, after cardiovascular disease. The incidence of cancer has been increasing in recent years, with over 13,000 new cases diagnosed in 2018. The most common types of cancer in Lithuania are lung, breast, and colorectal cancer.

Keywords: Cancer • Radiation therapy • Chemotherapy • Surgery • Immunotherapies • Treatments

Introduction

The treatment of cancer in Lithuania is primarily provided by the public healthcare system, with a limited number of private clinics offering cancer treatment. The cost of cancer treatment is covered by the National Health Insurance Fund, although patients may be required to pay a small co-payment. Cancer treatment in Lithuania follows international guidelines, with a focus on evidence-based treatments. Surgery, chemotherapy, and radiation therapy are the mainstays of cancer treatment, although newer targeted therapies and immunotherapies are also available. Despite the availability of cancer treatment in Lithuania, cancer patients face several challenges. One of the main challenges is the limited availability of specialized cancer care in certain regions of the country. Cancer patients may need to travel long distances to access cancer treatment, which can be a significant burden, particularly for those living in rural areas [1].

Literature Review

Another challenge facing cancer patients in Lithuania is the stigma associated with cancer. Many cancer patients may face discrimination or social isolation due to their diagnosis, which can have a significant impact on their quality of life. Finally, the cost of cancer treatment can be a significant burden for some patients, particularly those who do not have access to private insurance or who have limited financial resources. While the National Health Insurance Fund covers the cost of cancer treatment, patients may still need to pay for some aspects of their care, such as medications or supportive care.

While the current state of cancer treatment in Lithuania is focused on traditional therapies, there are several potential future developments that could revolutionize cancer therapy. One area of active research is targeted therapy, which involves using drugs or other agents that specifically target cancer cells, while sparing healthy cells. Targeted therapy has been shown to be effective in some types of cancer, such as breast cancer and melanoma, and could be a promising approach for the treatment of other types of cancer. Another area of active research is immunotherapy, which involves using the body's own immune system to fight cancer. Immunotherapy has shown promising results in some

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types of cancer, such as melanoma and lung cancer, and could be a potential future therapy for other types of cancer [2].

Discussion

In addition to new therapies, advances in technology could also improve cancer therapy in Lithuania. For example, the use of precision medicine, which involves tailoring treatment to a patient's specific genetic profile, could improve the effectiveness of cancer therapy and reduce side effects. Cancer treatment in Lithuania is primarily provided by the public healthcare system and follows international guidelines, with a focus on evidence-based treatments. Despite the availability of cancer treatment, cancer patients in Lithuania face several challenges, including limited access to specialized care, stigma associated with cancer, and the cost of treatment. Looking to the future, there are several potential developments in cancer therapy that could revolutionize cancer treatment, including targeted therapy, immunotherapy, and precision medicine. These advances could improve the effectiveness of cancer therapy and reduce the burden of cancer on patients and their families [3].

Cancer is a major public health issue in Lithuania, with approximately 14,000 new cases of cancer diagnosed each year. Cancer therapy in Lithuania is provided through a combination of public and private healthcare providers, with the majority of cancer patients receiving treatment in public hospitals. Cancer therapy in Lithuania typically involves a combination of surgery, radiation therapy, and chemotherapy. The specific treatment options chosen will depend on the type and stage of the cancer, as well as the patient's overall health and other individual factors. Surgery is a common treatment option for many types of cancer, including breast, lung, colon, and prostate cancer. In Lithuania, cancer surgery is typically performed in public hospitals, although some private clinics also offer surgical services.

The quality of cancer surgery in Lithuania is generally considered to be high, with well-trained surgeons and modern surgical facilities. However, there are concerns about long wait times for surgery, particularly for non-urgent cases, due to limited resources and high demand for surgical services [4]. Radiation therapy is a common treatment option for many types of cancer, including breast, lung, and prostate cancer. In Lithuania, radiation therapy is typically provided through public hospitals, although some private clinics also offer radiation therapy services. The quality of radiation therapy in Lithuania is generally considered to be high, with well-trained radiation therapists and modern radiation therapy equipment. However, there are concerns about long wait times for radiation therapy, particularly for non-urgent cases, due to limited resources and high demand for radiation therapy services.

Chemotherapy is a common treatment option for many types of cancer, including breast, lung, colon, and prostate cancer. In Lithuania, chemotherapy is typically provided through public hospitals, although some private clinics also offer chemotherapy services [5]. The quality of chemotherapy in Lithuania is generally considered to be high, with well-trained oncologists and modern chemotherapy drugs. However, there are concerns about the availability and affordability of

some chemotherapy drugs, particularly newer and more expensive drugs, due to limited resources and high demand for chemotherapy services. Access to cancer therapy in Lithuania can be challenging for some patients, particularly those living in rural or remote areas. Long travel distances and limited transportation options can make it difficult for some patients to access cancer therapy services.

In addition, the cost of cancer therapy can be a barrier for some patients, particularly those who do not have health insurance or who have limited financial resources. Although cancer therapy is provided free of charge through the Lithuanian National Health Insurance Fund, some treatments may not be covered or may require co-payments or out-of-pocket expenses. In addition to medical treatment, cancer patients in Lithuania may also have access to a range of support services, including psychological support, social support, and rehabilitation services [6]. Psychological support services, such as counseling and therapy, can help cancer patients cope with the emotional and psychological effects of their diagnosis and treatment. Social support services, such as support groups and financial assistance programs, can help cancer patients and their families manage the practical and financial challenges of cancer treatment.

Conclusion

Rehabilitation services, such as physical therapy and occupational therapy, can help cancer patients recover from the physical effects of their treatment and regain their independence and quality of life. Cancer therapy in Lithuania is provided through a combination of public and private healthcare providers, with the majority of cancer patients receiving treatment in public hospitals. The quality of cancer therapy in Lithuania is generally considered to be high, although there are concerns about long wait times for some services and the availability and affordability of some treatments. Access to cancer therapy in Lithuania can be challenging for some patients, particularly those living in rural or remote areas or those who have limited financial resources. However, cancer patients in Lithuania may also have access to a range of support services, including psychological support.

Acknowledgement

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Conflict of Interest

None.

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