

# Cancer: Stages and Tests Recommended to the Patients in Coimbatore District

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### Abstract

Every region of the body is susceptible to cancer, which is a prevalent condition. The cancer's stage provides information on the location, size, and extent of the disease in surrounding tissues, as well as if it has progressed to nearby lymph nodes or other sections of the body. Most cancers go through four stages. A cancer that is further advanced will have higher numbers. The proper diagnosis of cancer cannot be achieved by a single test. A person needs to undergo a number of tests to find out if they have cancer or if another illness (such as an infection) is acting like cancer. In order to confirm or rule out the existence of an illness, monitor the disease process, and plan for and assess the efficacy of treatment, effective diagnostic testing is used. Cancer can be diagnosed by imaging, laboratory tests (including tests for tumor markers), tumor biopsy, endoscopic examination, surgery, or genetic testing. The study was carried out to learn the Stages and Tests advised to Patients. The information was gathered by interviewing 20 outpatients in Coimbatore. In the study, the stages of cancer patients in the Coimbatore district were examined, along with numerous tests and treatments for cancer diagnosis.

**Keywords:** Cancer, Economic Burden, Stages, Test, and Medicine

### Introduction

Cancer is a term that encompasses a wide range of disorders. It can grow in practically any part of the body. The basic unit that makes up the human body is cells. Cells divide and expand to produce new cells as the body requires them. Cells normally die when they get too old or damaged. Then, in their place, new cells appear. When genetic alterations disrupt this normal mechanism, cancer develops. Cancer cells can spread throughout the body, where they proliferate and produce new tumours. These are referred to as metastases. When cells enter the bloodstream or lymph vessels, this occurs. Cancer, as we all know, can affect any area or organ of the human body like the lungs, blood, pancreas, stomach, skin, and a variety of other organs. Cancer can be classified into five forms biologically: carcinoma, sarcoma, melanoma, lymphoma, and leukaemia.

### Reviews

Ramandeep Singh, et al. (2017): the study described the OOPE incurred by families of children with cancer being treated in India before and during treatment. Descriptive analyses were used to categorize the type (medical and non-medical) and the value of costs. The investigation concluded that families of children with cancer spend large out-of-pocket expenditures before the start

of treatment, with non-medical expenses accounting for a quarter of the total. Akashdeep Singh, et al. (2018): the study has assessed the cost-effectiveness of two radiotherapy modalities, i.e., 2-dimensional radiotherapy (2-DRT) versus intensity-modulated radiotherapy (IMRT) for treating HNC in the context of India. Costing and analytical methods, standard apportioning statistics.

The study suggested that it is necessary to undertake economic evaluations, such as cost-effectiveness analysis, which could give evidence in terms of which technology offers the best value for money spent. Akashdeep Singh Chauhan (2019): has made an effort to estimate the economic burden incurred by households for the treatment of head and neck cancer (HNC) in North India. The study collected primary data via personal interviews to analyse the out-of-pocket expenditure of the patients and suggests the existing public health system should be strengthened to reduce OOP expenditure incurred by patients and enhanced coverage of risk pooling mechanisms should be ensured in addition. Nidhi Gupta, et al. (2020): The study has discussed the incremental cost per quality-adjusted life-year (QALY) gained with the use of adjuvant Trastuzumab, a is a monoclonal antibody used to treat breast cancer and stomach cancer, as compared with chemotherapy alone among patients with non-metastatic breast cancer in India. Markov model is used for analysis. Anupriya Agarwal et al (2021): The study focused on physician-patient communication of costs and financial burden of cancer and its treatment. It provided a summary of existing guidelines about the discussion of costs and management of financial burden in cancer care. The study concludes that the current clinical practice guidelines have little information to guide physician-patient discussions about costs of anticancer treatment and management of financial burden and suggests Future guidelines should include advice on facilitating cost transparency discussions, with the provision of cost information and resources.

### Objectives

- To explore the stage of cancer, and test recommended to the cancer patients of the respondent

**Table 1 Methodologies**

Methodology	
Research field	Health Economics
Target Group	Cancer Patients
Research Area	Coimbatore
Sample Size	20
Sample Design	Non-Random Convenes
Sampling tools	Interview- Schedules
Sample Analysis	Excel sheet with Frequency Table

### Economic Burden of Cancer

Cancer has received a lot of attention as a serious public health hazard. Cancer was the second largest cause of death in the world in 2020, with an estimated 10 million fatalities. Cancer is responsible for about one out of every six deaths worldwide. Furthermore, cancer imposes a significant economic cost on both individuals and society. The expenses of cancer treatment in India are mostly covered by personal funds. The financial burden this has imparted on the households of India should be huge. Another source of worry is wide disparities in cancer care spending between states and between public and private healthcare facilities. Non-medical expenditure associated with cancer care poses a significant threat to the poor in many states as none of the cancer insurances cover such costs. Patients and families sometimes resort to distress (or hardship) finance to pay for ‘catastrophic health expenditures,’ such as borrowing money, pawning jewellery, spending all of their savings, or selling their possessions.

### Stage of Cancer, and Tests Recommended to the Patients

Most cancers have four stages. The specific stage is determined by a few different factors, including the size and location of the tumour. And Early cancer identification often provides the best chance of a cure. Screening tests have been shown in studies to save lives by finding cancer early in a few cancers. Cancer can be screened and tested in a variety of ways, depending on the type of cancer suspected.

**Table 2 Stage of Cancer and Tests Recommended to the Patients**

Stage of Cancer	Frequency	Percentage
2nd	9	45
3rd	5	25
4th	6	30
<b>Total</b>	<b>20</b>	<b>100</b>
Tests	Frequency	Percentage
Blood Test	20	100
Biopsy	11	55
Mammogram	7	35
PAP	3	15

**Source:** Primary Data

The above table presents the test taken by the respondents. 100 per cent of samples have done blood tests, 35 per cent (7 samples) have done Mammograms, 55 per cent have done (11 samples) have done Biopsy and 40 per cent of them have done PAP tests and 45 per cent (9 samples) of samples are in the second stage, 25 per cent (5 samples) in the third stage and 30 per cent (6 samples) are in stage four.

**Conclusion**

The study revealed economic burden, stage of cancer, and tests recommended by cancer patients in Coimbatore. Cancer has received a lot of attention as a serious public health hazard. Cancer was the second largest cause of death in the world in 2020, with an estimated 10 million fatalities. Cancer is responsible for about one out of every six deaths worldwide. It is a chronic illness, and the financial strain placed on the family can occasionally outweigh the physical and emotional toll. In the research study, 100 per cent of participants have taken a blood test and the majority are in stage two. The cost of each test is very high and places a heavy financial burden on the patients and their families because they must undergo a variety of procedures depending on the type of cancer.

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