

CMT joins the combat and prevention of cancer

On February 4 we commemorate World Cancer Day

Every year, cancer causes death to millions of people. In the framework of the World Cancer Day, Congregación Mariana Trinitaria (CMT) through the Complementary Medicine Model "Listening to the body", aims to restore integral health and recover full potential.

Unfortunately, we all have heard of cancer. Most of us know people diagnosed with this disease, because every year more than 14 million new cases are diagnosed, and cancer causes death in 9.6 million people in the world. However, do we really know what cancer is?

DATA

On February 4 we commemorate World Cancer Day, which was originated by the World Health Organization, the International Agency for Research on Cancer, and the International Union Against Cancer; with the objective of raising awareness and mobilizing the society to encourage the prevention and control of this disease.

Cancer is a disease that causes abnormal growth in groups of cells in the organism which causes a lump or mass. This happens in all kinds of cancer except for leukemia or blood cancer, and this disease may take place in any part of the body.

How does cancer develop?

Usually human cells grow and split to form new cells as soon as the body needs them. When regular cells get old, have a damage or die; new cells take those positions. However, in cancer cases this controlled process loses control.

- As cells become more abnormal, the old or damaged cells survive when they are supposed to die, and new cells are formed when they are not necessary.
- These additional cells can split without interruption and they may cause masses called tumors.

There are two kinds of tumors: malignant and benign. Benign tumors do not spread to the surrounding tissue, and they do not invade it. Once they are removed, they do not grow again; while malignant tumors spread and invade surrounding tissue. Even some cancer cells can break away and travel to other areas in the body to create new tumors.

Risk factors



- Age or genetic
- Use of alcohol, tobacco or drugs
- Malnutrition or irregular diets
- Infections

- Lack of physical activity or exercise
- Radiations or exposure to carcinogenic substances
- Environmental pollutions

The World health Organization (WHO) mentions that at least a third part of cancer cases may be prevented. Nowadays prevention is the most efficient long-term strategy to control it.

You can reduce the risk of cancer by making healthy decisions like

- Avoid smoking
- Protect your skin from the sun
- Limited alcohol consumption



- Maintain a healthy weight
- Get tested for Hepatitis C
- Exercise regularly



In Mexico, cancer is the third cause of death after cardiovascular diseases and diabetes. Data from the Pan American Health Organization (PAHO) mention that in 2015 in the country, per thousand inhabitants, prostate cancer caused the death of 13 men, while breast cancer caused the death of 11 women.

Most common types of cancer in Mexico

In men:	In women:
<ul style="list-style-type: none"> Prostate Colorectal Testicular Lung Gastric 	<ul style="list-style-type: none"> Breast Thyroid Cervical Uterine corpus Colorectal

On the other hand, according to the counting of deaths by malignant tumors in the country, this disease increased over the last 20 years, mainly due to growing and ageing of population.

CMT actions

Congregación Mariana Trinitaria (CMT), through its Complementary Medicine Model "Listening to the body", joins the combat and prevention of cancer by promoting integral programs to prioritize prevention strategies and opportune detection of this disease.

Through this model of integrative medicine, integral health and full potential are aimed to be restored by means of an innovative therapy. With this system, patients who continued with their allopathic treatments were able to recover, and overcome different kinds of diseases, being cancer between them. Due to its characteristics, it can be used on people of any age with no risks of secondary effects or collateral damage.

CMT actions to ensure health

- An alternative medicine model implemented by Dr. H.C. Catalina Mendoza Arredondo.
- Equipment of areas (surgical supplies, ambulances)
- Specialized treatments (hemodialysis and cataracts)
- Life insurance policies and major medical expenses insurances.



Research

- Since 2008, Congregación Mariana Trinitaria keeps the record of clinical cases that received assistance through this Health Model, as well as the development of projects with public and private universities in Mexico.
- Currently, a Hospital - School - Research Center is being built in the South East of Mexico, which is designed to teach, practice, and spread integrative medicine; specifically, the Health Model "Listening to the body".

