Plums May Be Our Pathway to the Cure for Cancer

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Introduction

Each year, roughly 2 million people are diagnosed with cancer in the United States alone (Common Cancer Sites - Cancer Stat Facts). These high rates of diagnosis, along with the fact that there is no universal cure for all cancers, contribute to the high cancer mortality rates. If we were able to find a universal cure for all cancers, or even something that could slow their growth, these mortality rates could be much lower. This is where plums come into the picture. A recent study has shown that the polyphenols in the plum fruit can trigger cell apoptosis, which is a scientific term for cell suicide. This article will explain how this process works, as well as its significance in today's world and what it could do for medicine as well as science.

Background

To understand how plums could possibly help cure cancer, you would first need to understand what cell apoptosis is. In simple terms, cell apoptosis, or programmed cell death, is when a cell commits suicide. This occurs when a cell has damaged DNA, to prevent the growth or development of cancer. Now that you know the basic reasoning of cell apoptosis, you can understand why plums can induce it. Plums contain a polyphenol known as Quercitrin (Li, Wenfeng, et al.). Polyphenols are found in many foods, but plums specifically are richer in Quercitrin. This specific polyphenol was studied and found to have properties that make it ideal for inhibiting the proliferation of cancerous cells by inducing apoptosis (Li, Wenfeng, et al.). There is obviously

much more detail involved in how this occurs, but to understand the basics of this process, this is all you need to know.

Real-World Impacts

There is good reason to think that this discovery is very important to the cause of limiting cancer, as well as hopefully find a cure for it. As of now, there has only been one study done on this topic, and it had positive results, showing that Quercitrin is very effective in inducing cancer cell apoptosis. There are no controversies or ethical concerns on this topic yet, because it is a harmless way of limiting the proliferation of cancer cells, and is available to almost everyone. The clinical application of this new knowledge is still under investigation, but it is very likely that plums will be recommended to be integrated into the diets of people with cancer to help their body fight the cancerous cells. Overall, this process would be very straightforward and would not raise ethical concerns or controversies.

Conclusion

As more and more research is done on Quercitrin and how effective it can be in slowing the growth of cancer, we get one step closer to possible finding the universal cure for all cancers. Integrating plums into the diets of cancer patients would be an easy step to taking during their treatment, and would likely not raise concerns for health or ethics. It is possible that this polyphenol could be concentrated, and turned into a supplement, so as to be more effective. This could be made possible by doing even more research on Quercitrin. This would also be used as a preventative measure for cancers, and could lower cancer rates. Overall, Quercitrin could be a massive medical and scientific breakthrough in the realm of cancer research and could impact the future of cancer treatment, possibly leading us to a universal cure for all cancers.

References

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