

Oral and Liver Cancers: Paradigm in Diagnostic Methodologies

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Abstract

Early detection of oral cancer is essential for patient survival, and auxiliary techniques should be considered when conducting an objective clinical examination. Non-invasive techniques such as liquid biopsy and brush biopsy are being used, and downstream molecular approaches require harmonization and standardization. Safety precautions are being revised. Cervical cancer is common in low-income areas due to advanced stages of Human Papilloma Virus (HPV) infection and lack of treatment, poor prognosis, and diagnosis. Control strategies such as Pap smear screening and HPV vaccinations have been used to reduce the exponential increase in new cases. However, the preventative efficacy of HPV vaccines is only advantageous to those who have not been exposed to the virus. Further study is needed to determine how aberrant alternative splicing affects cervical cancer. Pap smear testing is an effective, convenient, affordable, and secure method for identifying precancerous cervical epithelial lesions. Hepatocellular carcinoma (HCC) is the third most prevalent cancer related cause of death worldwide, with sorafenib, chemotherapy, immunotherapy, oncolytic viral therapy, and novel target therapy available treatments. The X-Ray cross-complementing (XRCC) genes are essential elements of the DNA repair pathway and have been investigated in relation to a variety of human malignancies. Studies from Northern and Southern India have reported genetic polymorphisms in the DNA repair genes with respect to a variety of cancer risks, including prostate, breast, oral, and oesophageal cancers. This review provides a insight on various Biomarkers of malignancies with respected to Oral and Liver cancers emphasizing on their diagnosis and the need of non-invasive techniques.

Keywords: Hepatocellular Carcinoma; Malignancies; Biopsy; Biomarkers of Cancer; Hyperplasia.

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INTRODUCTION

Malignancies may regard as a group of diseases characterized by abnormal cells growth caused by multiple changes in gene expression that leads to the dysregulated balance of cell proliferation and ultimate cell death, this may ultimately evolve into a population of cells that can then invade tissues and metastasize to distant sites, causing significant morbidity and, if untreated, results in the death of the host. Malignancies often termed cancer were first described by *Hippocrates*, the Greek physician who lived during 460–370 BC. He coined the term carcinoma. In Greek *karcinos* means “crab”. This is

because tumours often have a central cell mass with extensions radiating outward that mimic the shape of a Crab.¹ The formation and spread of cancer are complex processes that are not fully known. Whether it is triggered by any internal stimuli (e.g., inherited mutations, hormones, or immune conditions) or environmental/acquired factors (e.g., tobacco, diet, radiation, or viral infections), a cancer results from the accumulation of multiple mutations within the malignant cells.¹ The causes of cancer are so diverse, complicated, and only partially understood. Many things are known to increase the risk of cancer, including dietary factors, certain infections, lack of physical activity, obesity, and environmental pollutants.² Cancer often couldn't be detected in the early stage, resulting in late treatment and sometimes death. Genetical changes in genes also contribute to malignancies. These genes are used as a biomarker for the early detection of malignancies, such as - EGFR, KRAS for lung cancer, BRCA1, BRCA2 for breast cancer, TGS p53 for Oral cancer, etc. According to a journal published in the American Cancer Society, Cancer is rising as a leading cause of death partly reflecting marked declines in mortality rates of stroke and coronary heart disease, relative to cancer, in many countries. This claim was done based on estimates from the World Health Organization (WHO) in 2019, in which cancer is deemed as the first or second leading cause of death before the age of 70 years in 112 out of 183 countries and it also ranks third or fourth in a further 23 countries.³ According to the Centres for Disease control prevention [CDC], cancer records the second highest reason for deaths worldwide, with more than 90% of deaths being caused by cancer cell metastasis.⁷ This is mainly because malignant tumours can expel tumour cells that infect nearby tissue and get within the lymphatic and circulatory systems. Circulating tumour cells (CTCs) have a significant role in the development of cancer metastases and have a favourable prognostic value in the early diagnosis of cancer.⁷ A malignant neoplasia that develops on the lip or oral cavity is called oral cancer. The International Agency for Research on Cancer's (IARC) most recent studies show that the annual incidence of oral cancer which includes lips, tongue, gingiva, mouth floor, parotid, and salivary glands, is occurring greatly around the globe.^{11,13} It can be challenging to distinguish potentially malignant oral epithelial lesions (PMOELs) with a higher risk of transformation from those with a lower risk; dysplasia is thought to be the best predictor of potential malignant transformation.^{29,30} The clinical oral examination, which involves

visual inspection and digital probing of the mouth cavity, serves as the starting point for the diagnostic procedure as the most typical clinical symptoms of oral mucosal carcinoma.^{31,32} Adenocarcinoma (AC) and squamous cell carcinoma (SCC) are the two histological kinds of cervical cancer, which are malignant tumors of the cervix.⁵¹ Human papillomavirus (HPV) infection is the most frequent cause of cervical cancer.⁵³ The most common subtypes of human papillomavirus (HPV), which account for 70% of instances of cervical cancer, are HR HPV 16 and 18.^{51,53} In India, a successful human papillomavirus (HPV) HPV 16 and HPV 18 subtypes vaccination program is anticipated to reduce cervical cancer cases by 75%.⁶⁷ Smoking was found to be significantly linked with high-risk human papillomavirus (HR HPV) DNA positive, but not with the viral human papillomavirus (HPV) 16 E7 oncoprotein in human papillomavirus (HPV) induced carcinogenesis.⁶⁸ The chemical components of tobacco, such as benzyl pyrenes, polycyclic aromatics, and tobacco based nitrosamines, as well as tar based vaginal sanitizers, may influence the onset of cancer, including cervical cancer.⁷¹ The goal of cervical cancer diagnosis or screening is to reduce or eradicate the high death rate and the number of new occurrences of cervical cancer brought on by chronic human papillomavirus (HPV) infection. The primary screening test for detecting precancerous cervical intraepithelial neoplasia and the early stage of invasive cervical cancer is the Pap smear test, which can detect early cervical epithelial alterations.¹¹⁶ The E6 and E7 gene products of human papillomavirus (HPV) target several cellular processes, with the inactivation of tumour suppressor proteins pRB and p53 respectively.^{121,122,124} The adiposity and insulin dysregulation has been associated with the progression of nonalcoholic fatty liver disease (NAFLD) to cirrhosis and hepatocellular carcinoma (HCC), indicating a dynamic process influenced by a variety of variables.^{151,152,153} The prevention of cirrhosis development and hepatic decompensation requires early identification and therapy. It is challenging to estimate the prevalence of HCC in patients with AIH, although research has shown that malignancy can develop because of both the underlying liver disease and the prolonged immunosuppression used in treatment.^{155, 157}

Malignancies and Cancers

The malignant cell is an uncontrolled cell growth as shown in Fig. 1. Malignancies may regard as a group of diseases characterized by abnormal

cells growth caused by multiple changes in gene expression that leads to the dysregulated balance of cell proliferation and ultimate cell death, this may ultimately evolve into a population of cells that can then invade tissues and metastasize to distant sites, causing significant morbidity and, if untreated, results in the death of the host. Blood-borne metastasis is initiated by malignant cells that are transported through the circulation from the primary tumour to vital distant organs, and it is directly responsible for most cancer related deaths.⁷

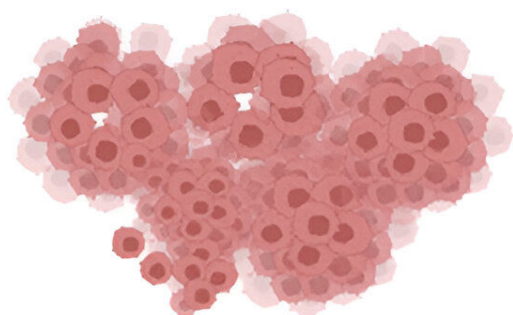


Fig. 1: The Image of a Cluster of Malignant Cells

For the development of primary tumours, blood is needed that is supplied through the process of angiogenesis. The new blood vessels formed due to angiogenesis can also provide an escape route to malignancy cells, by which these cells can leave the tumour and enter the body's blood circulatory systems. These malignancy cells can also enter the blood circulatory system via the lymphatic system. These malignancy cells need to survive in the blood circulatory system until they are arrested in a new organ; here, they might charge from the blood circulatory system to the other surrounding tissue. The likelihood of reducing cancer mortality depends on the early diagnosis of tumours. Blood based screening test for malignancies has recently been investigated through multiple approaches, with a recent outcome forming around the high utility of methylated DNA as a cancer marker.⁸ Pan Seer detects five common types of cancer in 88% (95% CI: 80–93%) of post-diagnosis patients with a specificity of 96% (95% CI: 93–98%). Pan Seer detects cancer in 95% (95% CI: 89–98%) of asymptomatic individuals later diagnosed with malignancies, demonstrating that cancer can be non-invasively detected up to four years before the current standard of care.⁸ Many cancers related to the female genital tract or reproductive system had been detected as the most common malignancy of the female, and its incidence is rising in parallel with the mounting prevalence of obesity. Urine,

a prototype non-invasive sample, is gaining attention for biomarker discovery for the detection of malignancies in urinary tract cancer as it is easily accessible and can be collected repeatedly and in quantity. Identification of urinary biomarkers for malignancies detection relies on the excretion of systemic biomarkers by the kidneys or urinary contamination by biomarkers shed from the uterus.⁹ X-Ray cross-complementing/XRCC (subtypes: XRCC1, XRCC2, XRCC3) gene deficiency delays the re-joining of SSB (Single strand DNA binding protein) that induces mutations which, as a result, elevated levels of sister chromatid exchanges, i.e., a hallmark of genomic instability and could also influence malignancies rate in the patients.¹⁰ It is also associated with different types of malignancies. The CA125 is elevated in the serum of most women with cancer, but pre-operative serum levels of CA125 are below the conventional cut-off of 35 U/ml in roughly 50% of clinically detected stage I cases and in most of the women with occult cancers identified at prophylactic surgery.^{4,5} B-HCG has also been suggested as a biological marker of prognostic significance in colonic adenocarcinoma.⁶ A biopsy is one of the most common orthodox methods of collecting malignancies samples from the patient. This is a painful procedure as if an entire tumour is collected as a sample rather than a tissue infected by malignancies. This procedure helps in analysing if the sample collected is malignant or not, so based on this observation patient is informed about their health condition.

The appealing designation of liquid biopsy, as well as the promise of a patient friendly, minimally invasive method with implications for cancer detection, monitoring, and treatment, sparked a flurry of excitement in the scientific community, as well as in patient advocacy and the media as this technique minimize the pain a patient suffers when a biopsy sample is collected. As stated earlier, the orthodox method of tissue biopsy is done by collecting damaged malignant tissue through minor surgery, which is a painful procedure. Sometimes, it also advances the spreading of malignancies in surrounding cells. This happens as sometimes after the biopsy the sample collected area becomes highly active in metastasis resulting in the increase of the malignant cell number.

Types of Cancer

- i. **Carcinoma:** This cancer originates from the epithelial tissue lines or skin that cover the internal organs such as the lung, colon,

pancreatic, and ovarian.

- ii. **Sarcoma:** This cancer originates from the mesenchymal tissue that starts in bone, soft tissue cancers, osteosarcoma, cartilage, fat, muscle, blood vessels, or other connective or supportive tissue.
- iii. **Leukemia:** This cancer originates from the blood forming tissue such as bone marrow and it produces many abnormal blood cells that enter the blood/leukemia. lymphoblastic [Acute lymphoblastic leukemia (ALL) and Chronic lymphoblastic leukemia (CLL)] leukemias and myelogenous [Acute myelogenous leukemia (AML) and Chronic myelogenous leukemia (CML)] leukemias are the subtypes of leukemia.
- iv. **Lymphoma:** This cancer originates from the cells of the immune system/lymphoma i.e., T-cell lymphomas, B-cell lymphomas, Hodgkin lymphomas, and non-Hodgkin lymphoma.

Types of Tumours

- i. **Malignant tumour:** A tumour that grows only locally and does not spread by invading/ metastasizing is referred to as a malignant tumour as shown in Fig. 2.
- ii. **Benign tumour:** Tumours that grow by invading the neighboring cells and tissues,

Benign and Malignant Colorectal Cancer

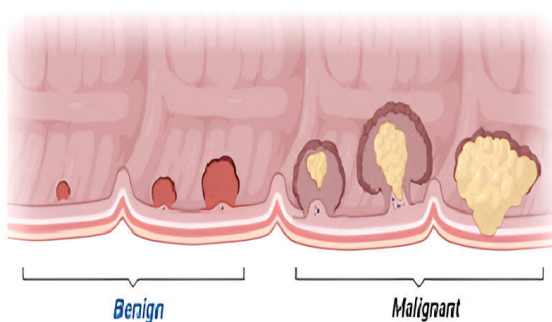


Fig. 2: The Image Showing the Benign and Malignant Tumour

then enter the blood vessels and lastly metastasize in different sites are referred to as benign tumours as shown in Fig. 2.

Normal Cells to Tumour Formation

- i. **Hyperplasia:** The term “hyperplasia” describes tissue growth caused by an

excessive rate of cell division, which results in a higher than usual cell count as shown in Fig. 3 (B). However, the hyperplasia process may be reversible, and cell structure and the regular arrangement of cells inside the tissue continue to be normal. A normal tissue reaction to a grating stimulation can be hyperplasia.

- ii. **Dysplasia:** Loss of normal tissue organization and cell structure is a hallmark of dysplasia, an aberrant kind of uncontrolled cell growth as shown in Fig. 3 (C). Such cells frequently return to their normal behavior, but sometimes they develop cancer over time. Areas of dysplasia should be constantly watched by a medical practitioner because they have the potential to develop into malignant growths. They require therapy on occasion.
- iii. **Carcinoma in situ:** The term “carcinoma in situ” is occasionally used to describe the most severe forms of dysplasia. Carcinoma in situ is a term for an unchecked cell proliferation

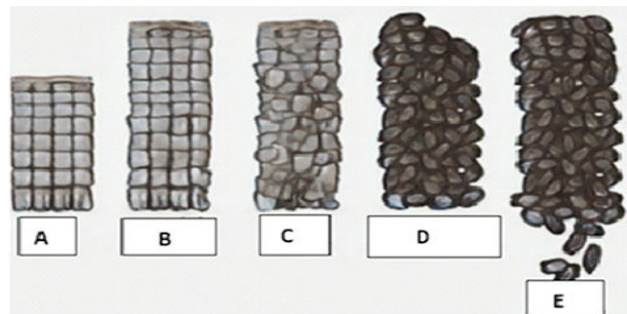


Fig. 3: The Image Represents A: Normal Cells; B: Hyperplasia; C: Mild Dysplasia D: Carcinoma In Situ; E: Cancer

that remains in the original area as shown in Fig. 3 (C). In Latin, in situ means “in place.” However, because carcinoma in situ has the potential to spread and become invasive, it is often surgically removed whenever possible.

Oral Cancer

A malignant neoplasia that develops on the lip or oral cavity is called oral cancer as shown in Fig. 4. It is typically referred to as squamous cell carcinoma (OSCC) since 90% of malignancies in the dental area histologically begins in squamous cells. For dental surgery in particular, oral cancer is a vitally relevant worldwide public health issue. It is among the top 10 cancer incidence rankings.¹¹ In most ethnic groups, men are two to three times



Fig. 4: The Image Represents the Lesion in the Oral Mucosa

more likely to develop oral cancer than women. The International Agency for Research on Cancer's (IARC) most recent studies show that the annual incidence of oral cancer which includes lips, tongue, gingiva, mouth floor, parotid, and salivary glands, is occurring greatly around the globe.¹¹

Malignant Lesions

Clinically questionable oral mucosal lesions such as leukoplakia, erythroplakia, submucosal fibrosis, and lichen planus are examples of potentially malignant oral epithelial lesions (PMOELs), a category of oral illnesses and diseases that can exist prior to the beginning of Oral cancers are squamous cell carcinomas (OSCC). Nonetheless, the majority of PMOELs do not develop into malignancy.¹³

Leukoplakia

Leukoplakia is a white area of oral mucosa that cannot be removed and is recognized clinically or histopathologically as such. Being a clinical term without a connection to histology, leukoplakia does not indicate the presence or absence of any stage of epithelial dysplasia. The alveolar mucosa, buccal mucosa, palate, tongue, and floor of the mouth are the areas where these lesions typically develop most frequently.¹² An idiopathic condition is leukoplakia. Clinically speaking, oral leukoplakias can be divided into two categories: homogeneous lesions and nonhomogeneous lesions.^{14,15} More frequent and mostly benign, homogeneous leukoplakias are flat and uniform in appearance with a few tiny superficial fractures. Nonhomogeneous leukoplakias can have many features, including flat and speckled, white, and red in hue (erythroleukoplakia), nodular, exophytic, or papillary/verrucous.^{14,15}

Erythroplakia

Erythroplakia typically manifests as a crimson, well-defined lesion with a velvety texture that is

far less common. Erythroleukoplakia, speckled erythroplakia, and leukoerythroplakia are terms used to describe lesions with red and white patches. The soft palate, ventral tongue, mouth floor, and tonsillar pillars are the most typical locations for this lesion, and most individuals only have one lesion.¹²

Oral Lichen Planus

Oral Lichen Planus or OLP is a long-term inflammatory condition with an immunological basis that typically affects middle aged individuals, especially women between the ages of 30 and 60. Although it typically affects the skin, it can also involve other mucosal surfaces, such as the oral mucosa. It is primarily a chronic condition.^{17,18} The potential for the development of oral lichen planus progressing into oral squamous cell carcinoma is currently being explored,¹⁶ with reported transformation rates varying from 0% to 12.5%. Clinical or histological traits cannot be used to foretell potential malignant change.¹⁸ The probability of malignant transformation is highest in erosive OLP, followed by atrophic OLP, and lowest in reticular OLP.¹⁷

Submucosal fibrosis

A chronic fibrotic lesion of the oral mucosa is called submucosal fibrosis. It is most likely a sign of an over healing wound reacting to ongoing mechanical or chemical assaults on the mucosal lining. It is generally acknowledged that this lesion has cancerous potential.^{19,21} The loss of fibro-elasticity in the afflicted tissue that results in palpable fibrous bands that can impede tongue motion and restrict mouth opening is a hallmark of submucosal fibrosis.²⁰ The buccal mucosa, followed by the tongue, lip, palate, and gingiva, is the area of this ailment that is most frequently affected; a predominance in males has been seen. Initially thought to be idiopathic, submucosal fibrosis is now thought to have a multifactorial aetiology that includes iron, zinc, and vitamin deficits as well as the capsaicin found in chilies.^{22,23}

Chronic Inflammation

Oral cancer has been linked to chronic mucosal irritation as an etiological component. As a result of the related chronic inflammation, mediators such as cytokines are released, which causes oxidative stress and consequent DNA damage in cells, which results in the carcinogenic process.²⁴ The parts of the oral mucosa that come into touch with teeth

or dental implants are typically impacted, and malignancies associated with chronic inflammation are most frequently found at the lateral edge of the tongue.²⁴ Chronic mucosal trauma is known to both initiate and advance oral cancer since it can result in lesions on healthy mucosa or exacerbate already present lesions.^{24,25}

Oral Bacteria and Cancer

Patients with oral cancer frequently exhibit very poor oral hygiene. Oral cancer development is influenced by biological interactions between *Fusobacterium nucleatum* and *Porphyromonas gingivalis*, two bacteria found in oral biofilms, and epithelial cells.²⁶

Diagnosis

It can be challenging to distinguish PMOELs with a higher risk of transformation from those with a lower risk; dysplasia is thought to be the best predictor of potential malignant transformation.^{29,30} Before taking a biopsy, it is impossible to determine whether dysplastic alterations are present because the presence or absence of dysplasia is not directly correlated with a particular clinical appearance of the lesion.²⁹ A so called carcinoma-in-situ, or intraepithelial carcinoma, is obvious when dysplasia alterations are significant and cover the full thickness and stratum of the epithelium.²⁹ Oropharyngeal and oral cancers associated with HPV (mostly HPV type 16) have been more common in recent years, mostly in younger persons. Many clinical and scientific research have focused more and more on the oncogenic impact of the oral microbiome, mucosal inflammation, and oral mucosal trauma from teeth and prosthetic devices. Actinic ultraviolet radiation (UV), primarily UV-B, also contributes to lip cancer. Moreover, due to a deficiency in DNA repair pathways, hereditary diseases such as xeroderma pigmentosum, Fanconi's anemia, and ataxia telangiectasia indicate elevated risk.¹² The clinical oral examination, which involves visual inspection and digital probing of the mouth cavity, serves as the starting point for the diagnostic procedure as the most typical clinical symptoms of oral mucosal carcinoma.^{31,32} Early on, the tumour may have no symptoms at all, but it may be obvious as a noticeable deviation in (Table 1) from the usual surface and texture of the mucosal lining.

Table 1: Common Signs and Symptoms of Oral Cancer

1	Constant mouth soreness and pain.
2	Modification in the mucosa appearance.

3	Modification in mucosa accordant.
4	Constant white or red or a mixture of both patches in the mouth.
5	Plaque or any kind of raised patch in the oral area.
6	Bump or lump growth in the mucosa.
7	A generalized bleeding region within the mucosa.

Suspecting lesions need to be evaluated further. According to the American Dental Association's most recent evidence based protocol, any mucosal lesion that persists for two weeks or longer after the removal of any potential local irritants (broken teeth, ill fitting dental prosthetic devices, and appliances, dental plaque, etc.) must be biopsied for histological examination. This recommendation was originally made by the World Health Organization and the National Institute of Dental and Craniofacial Research.³³ Although a biopsy is still the gold standard, there are several drawbacks that determine patients from consenting to the treatment. These drawbacks include fear, tension, pain, and the possibility of damaging good tissues, as well as the possibility of infection, discomfort, temporary incapacity, and aesthetic concerns.³⁵

Toluidine Blue Staining

Toluidine blue staining is a simple, inexpensive, and non-invasive technique used as an aid in the diagnosis of malignant and pre-malignant lesions of the oral cavity.³⁷ Its application is very easy and fast: a 1% aqueous solution is applied for 30 s on the area of the suspect lesion and after the application of 1% acetic acid to remove salivary and bacterial pellicle; the staining pattern is then evaluated.³⁶ When toluidine blue staining data are combined with information from a clinical examination, the sensitivity can be increased to 100%,³⁸ notably for malignant lesions, but it remains lower for premalignant lesions.³⁶ However, because mucosal ulcerations of any kind (traumatic, inflammatory, or pre-neoplastic) tend to bind toluidine blue, their specificity is still restricted.³⁸ Additionally, it has been discovered that toluidine blue positivity is associated with a worse prognosis because positive lesions tend to enlarge and lead to cancer more frequently than negative lesions.³⁹

Autofluorescence Imaging

Autofluorescence imaging provides details about the lesion's nature, aiding in diagnosis and making it easier to identify lesions that require biopsy.⁴⁰ In recent decades, several gadgets have

been commercialized. Autofluorescence imaging is justified by the idea that changes in the mucosa's fluorescence are brought on by dysplasia and malignancy. Because of the disturbance in the distribution of the components that induce autofluorescence in healthy tissues,⁴² the disease results in a loss of green fluorescence, giving the mucosa an appearance of darkness as opposed to the normal mucosa's light green fluorescence.⁴¹ Since benign conditions like inflammatory diseases can cause changes in tissue autofluorescence that are comparable to those caused by malignant and pre-malignant conditions, the main disadvantage of this technique is its low specificity (estimated 58%). However, the benefits of this technique include its high sensitivity (estimated 91%) and non-invasiveness.⁴³

Salivary Biomarkers

In the past ten years, research has discovered biomarkers in biological fluids,⁴⁴ such as saliva, that may increase early identification and find a premalignant or malignant tumour that is asymptomatic or undetectable. Indicators of pathological processes and carcinogenesis, such as viruses, cytokines (IL-1b, IL-8, TNF-), protein receptors (CD44)⁴⁵⁻⁴⁷ and DNA and RNA markers that are overexpressed in a carcinogenic process,^{45,49} have been found in more than 100 biomarkers in human saliva.^{48,45} Additional study is still needed to determine whether these testing methods are a reliable tool for physicians to assess the possibility and/or presence of malignant transformation of the oral mucosa and raise the sensitivity and specificity of these testing methods.^{45,50}

Tissue Biopsy

A tissue biopsy is a procedure that uses surgery or specialized tools to remove lymph nodes or soft tissues from the mouth cavity. For diagnosing oral cancer, a traditional tissue biopsy is the most reliable method. There are multiple techniques for taking a tissue sample, including surgical biopsy, punch biopsy, lymph node biopsy, brush biopsy, and needle aspiration biopsy. These techniques use a variety of instruments, including a scalpel, circular blade, hollow needle, and other implements.⁷³ For pathological analysis, tissue from the surgical biopsy is cut into frozen sections (FS)^{74,75} and stained with hematoxylin and eosin (H&E).^{76,77} The current gold standard for tumour assessment during surgery is this.

Liquid Biopsy

When liquid biopsies are used as a screening tool, all cells have the potential to be analyzed for markers that match the disease; in oncology, fluid samples are analyzed to find mutations in cancer. A liquid biopsy is a quick, simple method that allows early detection and helps early diagnosis with low risk, minimal pain, a short recovery time, and a low cost.⁷³ Because saliva analysis for oral cancer biopsy can potentially discover biomarkers for oral carcinoma, it can be used as a screening technique for an early diagnosis of oral and oropharyngeal cancer.⁷³

Liver Cancer

The aggressive tumour is known as liver cancer, as shown in Fig. 8, which develops in the liver, and typically takes place alongside cirrhosis and chronic liver disease. Males get liver cancer at a rate that is more than twice as high as females do worldwide. East and Southeast Asia and Middle and Western Africa have the greatest incidence of liver cancer, whereas South-Central and Western Asia and Northern and Eastern Europe have the lowest rates.¹²⁵

Hepatocellular carcinoma (HCC), also known as primary liver cancer, is the third greatest cause of cancer related death globally and is the fifth most prevalent disease in men and the seventh most common cancer in women.^{125,126} The interdisciplinary approach to treating liver cancer today allows for the selection of multiple treatment choices based on the patient's unique medical history, tumour stage, degree of underlying liver disease, and general state of health. The interdisciplinary approach to treating liver cancer today allows for the selection of multiple treatment choices based on the patient's unique medical history, tumour stage, degree of underlying liver

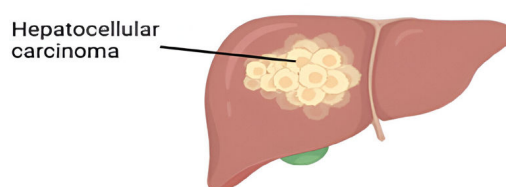


Fig. 8: The Image Represents Liver Cancer

disease, and general state of health.¹²⁷ Sorafenib, chemotherapy, immunotherapy, oncolytic viral therapy, and new target therapy are utilized

to treat hepatocellular carcinoma (HCC). Adjuvant therapy, locoregional therapy, liver transplantation, and surgical resection are used to treat early stage cancer, while TACE is used to treat intermediate stage cancer.¹²⁷

The National Comprehensive Cancer Network [NCCN] in the United States, the European Association for the Study of the Liver European Organization for Research and Treatment of Cancer [EASLEORTC] in Europe, and the Asian Oncology Summit 2009 [AOS] in Asia all have different management guidelines for liver cancer that are heterogeneous.¹²⁵⁻¹²⁹

Stages in Liver Cancer

There are numeral staging methods that have been developed to determine the prognosis of HCC, including the frequently used tumour node metastasis (TNM), Okuda, and Barcelona Clinic Liver Cancer (BCLC) systems, as well as the Cancer of the Liver Italian Programme (CLIP), score.¹³⁰⁻¹³⁶ The variety of these staging methods reflects the heterogeneity of HCC as well as regional preferences and differences in respectability or transplant eligibility.

TNM

The number of tumours and the presence and degree of vascular invasion within the tumour are the two most significant prognostic markers according to the 2010 revision of the TNM staging system for hepatocellular carcinoma (HCC).¹³⁶ The TNM staging approach embraced the underlying liver fibrosis score as a clinically meaningful prognostic factor rather than using the existence of liver cirrhosis or tumour grade to determine the final tumour stage.¹²⁷

Okuda

The number of ascites, serum albumin levels, and bilirubin levels are used by Okuda and colleagues to determine the severity of cirrhosis, as well as the tumour size.¹³⁰ Patients with Okuda stages I, II, and III who were left untreated had respective survival rates of 8.3, 2.0, and 0.7 mo. The Okuda method's limited utility as a clinical grading system is due to the exclusion of pathologic criteria including vascular invasion and the presence or absence of nodal metastases, as well as the fact that patients staged using this system typically had unresectable hepatocellular carcinoma (HCC).

CLIP

To assess the prognosis of patients with liver cancer, the CLIP score, which ranges from 0 to 6, includes an index of the degree of liver cirrhosis i.e., Child-Pugh. Stage, tumour form and extension, AFP serum levels, and portal vein thrombosis¹³⁷⁻¹³⁹ have demonstrated the value of the CLIP scoring system in stratifying patients with advanced hepatocellular carcinoma (HCC).

BCLC

The BCLC staging method establishes clinical stages based on the size of the primary tumour, the degree of vascular invasion and extrahepatic metastasis caused by the tumour, the performance status of the individual, and the level of baseline liver function (Child-Pugh stage). This technique, which is better grounded in clinical practice, enables the application of the proper treatment approach to each BCLC stage. Stage 0 is the early stage. Stage A is the stage in which patients have tumours that are amenable to potentially curative treatment such as surgical resection, liver transplantation, or local ablation. Stage B or intermediate stage is where patients have multinodular tumours, which are treated by TACE. However, Stage C or advanced stage patients have tumours with vascular invasion and have extra hepatically spread, sorafenib treatment is provided to those patients. Lastly, Stage D patients with the lowest performance status, cirrhosis, are treated with supportive care.^{127,140}

Hepatitis C and Hepatitis B Virus

The most frequent cause of liver infection today is chronic hepatitis C virus (HCV). Hepatic failure can result from chronic hepatitis C virus (HCV) infection, which can worsen liver function¹⁴⁵ as shown in Fig. 9. The progression of liver injury can range from stable liver function to abrupt decompensated hepatic failure, and it is unpredictable.¹⁴⁶ The most important factor that greatly contributes to carcinogenesis is the ongoing inflammation and death of hepatocytes. Poorly

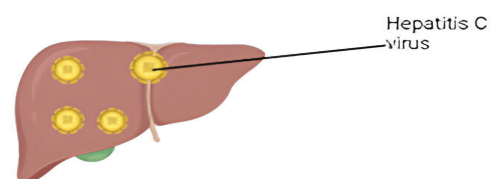


Fig. 9: The image represents HCV action on the Liver

differentiated hepatocytes multiply and transform into dysplastic nodules and hepatocellular carcinoma (HCC) because of cell turnover. Once hepatocellular carcinoma (HCC) is identified, the level of liver inflammation in hepatitis C virus (HCV) patients also predicts their prognosis. Currently, there are 6 main genotypes of hepatitis C virus (HCV) i.e., HCV 1, HCV 2, HCV 3, HCV 4, HCV 5, and HCV 6. According to Morgan *et al.*¹⁴⁷, treating HCV significantly decreased the likelihood of developing HCC.

The most common cause of hepatocellular carcinoma (HCC) worldwide, chronic hepatitis B (CHB), is expected to affect 240 million people.¹⁴⁸ Patients with hepatitis B virus (HBV), as shown in Fig. 10, have a 2% to 5% risk of developing hepatocellular carcinoma (HCC), and it can happen even in the absence of cirrhosis. Male sex, getting older, and specific genetic variants are all factors that raise the risk of hepatocellular carcinoma (HCC).¹⁴⁵ Hepatocellular carcinoma (HCC) screening is crucial in these patients because of the link between Hepatitis B Virus (HBV) and hepatocellular carcinoma (HCC). Hepatitis B e antigen and Hepatitis B surface antigen loss are the goals of current antiviral therapy, which also aims to lower viral load and suppress Hepatitis B Virus (HBV) replication. An elevated risk of developing hepatocellular carcinoma (HCC) has been linked to the presence of certain antigens. The conclusion of a 35-study meta-analysis by Lok *et al.*¹⁴⁹ provides more evidence in favor of the treatment of immune-active Chronic Hepatitis B (CHB) for an overall decrease in hepatocellular carcinoma (HCC).^{149,150}

Nonalcoholic Fatty Liver Disease

Nonalcoholic fatty liver (NAFL), as shown in Fig. 11, and nonalcoholic steatohepatitis (NASH) are subtypes of nonalcoholic fatty liver disease (NAFLD). Hepatic steatosis is present in Nonalcoholic fatty liver (NAFL) but there is no indication of inflammation, whereas in nonalcoholic steatohepatitis (NASH), hepatic steatosis is linked to hepatic inflammation that is histologically identical to alcoholic steatohepatitis.¹⁵¹ The purpose of nonalcoholic fatty liver disease (NAFLD) management is to change one's lifestyle to counteract elements that would otherwise cause the condition to advance.¹⁴⁵ In patients with nonalcoholic fatty liver disease (NAFLD), hepatocellular carcinoma can sometimes manifest without cirrhosis, making the condition more challenging. The adiposity and insulin dysregulation has been associated with the progression of nonalcoholic fatty liver disease

(NAFLD) to cirrhosis and hepatocellular carcinoma (HCC), indicating a dynamic process influenced by a variety of variables.^{152,153} Non-alcoholic fatty liver disease (NAFLD) treatment options are scarce.

Autoimmune Hepatitis

Hypergammaglobulinemia, interface hepatitis evident on histology, persistent liver inflammation, and the development of autoantibodies like antinuclear antibodies, anti-smooth muscle antibodies, and liver/kidney microsomal antibodies are the four main characteristics of autoimmune hepatitis.¹⁵⁴⁻¹⁵⁶ The prevention of cirrhosis development and hepatic decompensation requires early identification and therapy. It is challenging to estimate the prevalence of HCC in patients with Autoimmune Hepatitis (AIH), although research has shown that malignancy can develop as a result of both the underlying liver disease and the prolonged immunosuppression used in treatment.^{155,157} The following main risk factors for HCC in Autoimmune Hepatitis (AIH) are immunosuppression for at least three years, male sex, and cirrhosis for at least 10 years with decompensation shown as portal hypertension.¹⁴⁵ A late diagnosis is made in most liver cancer or hepatocellular carcinoma (HCC) patients. The most conventional method for diagnosing and screening hepatocellular carcinoma (HCC) has been a combination of ultrasound imaging (US), computer tomography imaging (CT), magnetic resonance imaging (MRI), and measurement of serum alpha-fetoprotein (AFP) levels.¹⁴¹ Glypican-3 (GPC3), Dickkopf-1 (DKK1), and circulating miRNAs have all recently been proposed as potential biomarkers for early HCC diagnosis.¹⁴²⁻¹⁴⁴

DISCUSSION AND CONCLUSION

The diagnosis of malignancies in the early stage could make the wonder in the field of cancer diagnosis. There are many methods that have suggested that there is a chance of future malignancies in the patient but not many cancers can be detected through this method. The use of biopsy for the detection of malignancies is the most orthodox and most used method for malignancy detection, but it is also seen that this method many times prolonged the cancer growth in the patient and is a very painful procedure. The latest method of liquid biopsy is less painful, and many clinical trials are ongoing on this for the diagnosis. Future systems should have the following qualities: (i) low cost, (ii) portability and compactness, (iii) quicker diagnosis, (iv) comfort (no biopsy), and (v) excellent sensitivity and accuracy.

For precision and high-quality results, it should be investigated how different methodologies might be combined. In order to improve the healthcare related to skin cancer, clinicians, researchers, and practitioners should go forward in developing a standard protocol and knowledge sharing database.

Conflict of Interest: None

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