APPLICATION OF FOOD SYSTEM TO PREVENT THE SPREAD OF CANCER CELLS FOR THE PATIENTS OF OVARIAN CANCER

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ABSTRACT
The study aimed to discuss the relation between ovarian cancer & valuing the Estrogen and progesterone hormones level through the implementation of food system to prevent the spread of cancer cells for the patients of ovarian cancer. As it has been gathering samples of serum of (20) of normal women and (20) of women suffering of ovarian cancer. The study has shown a significant high in the Estrogen and progesterone hormones level, as there was significant differences among averages by testing the lowest significant difference (LSD) which is valued (P<0.05)in the women who suffer from ovarian cancer in comparison with the normal women.

KEY WORDS: Ovarian cancer, Estrogen, progesterone, Food System.

INTRODUCTION
Cancer is the disease which makes the cells grow inside the body and its uncontrollable and it is like a lump known as Tumors[4,7].The ovaries are the main source of Female hormones like: Estrogen & progesterone which are important to save the tissues of giving birth, breast, skin & brain[7]. The ovarian cancer is one of women diseases which leads to dead, as it is considered the fifth reason of dead for women and it has advanced levels as a result of repeating tumors through life time, its reason still unknown which is usually appear after the thirty five years old, and especially infects women of fifty years old, The ovarian cancer is considered very common among Iraqi women after breast cancer and it infects those who has one of their family member who has suffered of ovarian cancer, breast cancer and Colon cancer, as they are considered more likely to be infected with ovarian cancer than others, also women who has suffered of breast cancer or colon cancer are more likely to be infected with ovarian cancer. The scientist has found that the following factors increasing the danger of ovarian cancer: starting the first period in early age (Early adulthood), delayed of menopause, using drugs that increase fertility, Not to have children, and conversely, it has been found that the following factors reducing the danger of ovarian cancer: Use of oral contraceptives, pregnancy & giving birth and Breast-feeding[1, 3, 5, 6, 8, 9, 10, 11, 13].
The current study aims to treat the effects of ovarian cancer in the Estrogen and progesterone hormones levels by the implementation of food system.

MATERIALS & METHODS
Samples
The research sample includes two groups of patients & Normal with the age (45-69). The patients group includes (20) Infected women with ovarian cancer which are gathered from tumors teaching hospital.
And the normal group includes (20) normal women, both groups (patients & normal) are in the Climacteric age and don't suffer of women's tumor diseases like breast cancer, Cervical cancer, and also all of them don't suffer of chronic diseases like: Diabetes and Blood pressure and heart disease.
Gathering samples
The blood samples has been gathered immediately and put inside plastic pipes and left for (10-15) minutes under Room temperature then they have been centrifuged for 10 minutes with 3500 rotates per minutes, and the gathered serum has been used in measuring the Estrogen and progesterone hormones level[7].
Detecting hormones
It has been measured the Estrogen and progesterone hormones in the serum by using the Elisays by using the Elisaya Uno Human.
Food system
It has been suggested below the food system for the patients of ovarian cancer which is differs from the normal persons and it stresses on eating fruits and vegetables and Grain products and includes limited quantities of meat and Dairy products with limiting the sugar, salt and fats[2] and this was the food system for the ovarian cancer patients for six months and during this time, we measured the Estrogen and progesterone hormones during one month and three months and six months in the serum of the cancer patients and the normal ones.
The statistical analysis
The statistical program (**statistical analysis system- SAS (2012**) has been used in analyzing the data to study the effects of the different processes in the studied samples and

comparing the significant differences among the averages by testing the lowest significant deference (LSD)[12].

RESULTS & DISCUSSION
Measuring the Estrogen and progesterone hormones:
The results have showed in the table No. (1) Significant differences in the Estrogen and progesterone hormones levels with the value ($P>0.05$) in the patients of ovarian cancer in comparison with the normal women, and this result agree with the studying result made by Ibrahim 2013 [7] and as the table (1) shows that after days passing of food system the hormones level has became better, as there is significant differences among averages, so the results of the study has been achieved. As the good food brings back the health and strength and re build the tissues of the body and might reduced the possibility of disease.

TABLE 1: Representing the relation between the hormones and the days of food system

LSD value	Parameters					Description
	Ovarian cancer Day= 180	Ovarian cancer Day= 90	Ovarian cancer Day= 30	Ovarian cancer Day= 0	Healthy control	
6.039*	9.4$\pm$0.78 D	17.8$\pm$0.92 C	25.6$\pm$1.3 B	36.3$\pm$2.7 A	8.6$\pm$0.69 D	Estrogen Pg/ml
2.257*	2.26$\pm$0.06 C	3.4$\pm$0.08 C	6.2$\pm$0.55 B	8.6$\pm$0.62 A	1.2$\pm$0.07 C	Progesterone Ng/ml
			($P<0.05$)*			

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