**FASTING AS A COMPLEMENTARY APPROACH TO ENHANCE CANCER PREVENTION AND THERAPY**

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**ABSTRACT**

The prevalence of cancer is steadily rising, making it a significant contributor to global mortality rates. Cancer is known as the second leading cause of death worldwide after cardiovascular diseases. The current approach to combating cancer involves using a combination of various chemotherapy agents and radiation. Unfortunately, these treatments have limited effectiveness and can cause significant harm to healthy cells. However, a promising new therapeutic approach to cancer treatment involves combining anti-cancer drugs with fasting. This combination enhances cancer cell susceptibility to cell death. In addition to that fasting before and after chemotherapy can reduce side effects of chemotherapy, including gastrointestinal system-related side effects, weakness, and fatigue. The aim of this small review article is to provide an overview of the current research on the potential relationship between cancer development and fasting, as well as its use as a complementary approach to cancer chemotherapy.

***Keywords:*** *Fasting; Autophagy; Cancer; Therapy*