



Let's Beat Cancer Sooner!

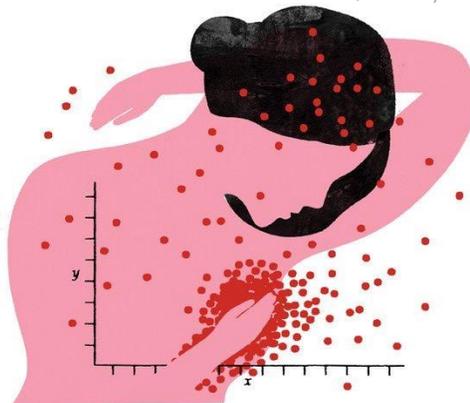
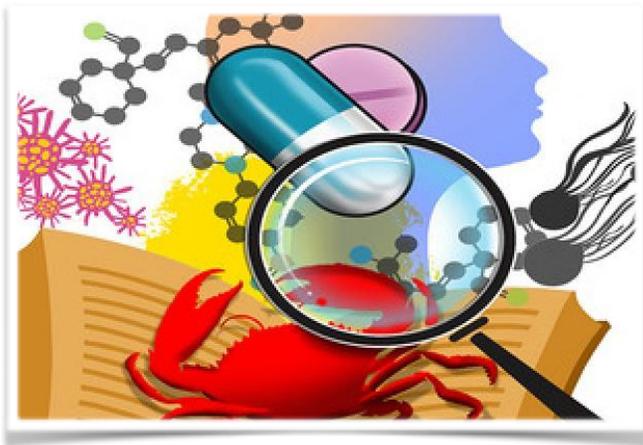
3 Most Common Types of Cancer In India And How to Detect Them Early Enough

Cancer is a leading cause of death globally. Each year, India reports more than a million new cases of cancer. Chances are that there were many more that remained undetected. This is a huge challenge that needs to be addressed because most of the cancers in India are diagnosed when the tumors are big or have spread in the body (metastasis), at which point they become either untreatable or are harder to treat. Again, every year, millions of cancer patients could be saved from premature death and suffering if they had timely access to early detection and treatment.

Breast Cancer

Across the world, breast cancer is the leading cancer amongst women. It accounts for about 14% of new cancer cases detected in India. Breast and cervical cancer are the most common causes of cancer mortality among women worldwide, but actually they are largely preventable diseases. Oral cancer is one of the leading cancers in India today, with more than two-third of the cancer patients are already in an advanced and incurable stage at the time of diagnosis.

The guidelines now suggest that women as young as 30 years should be given the right information about breast cancer. Women between the ages of 40 and 60 years should



be clinically examined by a doctor and should get a mammogram once every year. Oncologists also believe that women should be made aware of the genetic factors that contribute to this cancer so that they can voluntarily follow a regular screening schedule.

A woman should know her body especially her breasts as they are major part of her body and any new changes happen shouldn't be ignored. Monthly Breast Self-Exam should become a monthly routine as most internal lumps are found by the woman herself. The best birthday gift a woman can give to herself is getting a mammogram. However, "Over-testing" is not the answer to the problem of detecting breast cancer and this is why education and accurate information become so critical. Being breast aware, knowing the signs and symptoms and having accurate knowledge of breast cancer is the best for early detection. Also, emphasize on debunking innumerable myths and misconceptions associated with cancer as that can mis-guide you.

What can you do to keep cancer away? There is good evidence that by decreasing 'controllable risk factors' one can keep cancer away. There is no sure way and there is NO guarantee that one can prevent cancer. For example, when driving a car, wearing a seat belt can avoid injuries during an accident, just like that to prevent cancer you can reduce the risk factors.

Being overweight is linked to higher risk of BC especially after menopause and extra fat around the waist area. Exercise keeps weight in control. Daily walking of 21 minutes can cut risk of not ONLY cancer, BUT cuts risk of heart disease by 30%, reduces diabetes, lowers BP, cholesterol and keeps you mentally sharp. If you don't want to walk, Practice Yoga and Meditation which is one form of exercise which brings positive energy in you and around you and releases stress and depression. Along with exercise, eating a balanced diet and eating in moderation is important for the body's nutrition intake and control weight gain.

Cervical cancer

Cervical cancer is one of the most common cancers among women worldwide, with highest mortality in India. The incidence and mortality of cervical cancer can be reduced by screening women for precancerous lesion and by administration of human papilloma virus vaccine to adolescent girls. Knowledge of the women about cervical cancer awareness about its prevention are the key factors that determine their utilization of screening services.



It is also recommended that women between the ages of 30 and 49 years should be screened, perhaps every 5–10 years. In time, as it becomes more affordable, the more specific HPV DNA testing could be offered to all women who are over 30 years of age. Even though cancer cervix is the most common cancer affecting rural Indian women, awareness about risk factors, symptoms, early diagnosis, and screening test is very poor. Most of the women are unaware of the risk factors for cancer cervix.

Smoking cigarettes, long term use of oral contraceptive pill, poor genital hygiene, having a sexual partner with multiple partners were considered the major risk factors for cervical cancer. When screening is done correctly, we will be able to detect cancers earlier, giving us a better shot at treating them successfully.

Cervical cancer is a deadly disease once it reaches the invasive stages, but out of all the female genital tract cancers, it is the only preventable cancer if detected at its early stages. Pap smear (Pap test) is an important secondary preventive measure for cervical cancer that leads to a high-cure rate among cervical cancer patients. PAP test is a simple and cost-effective technique for early diagnosis of cervical cancer.

Oral cancer

Oral Cancer is one among the leading causes of mortality and morbidity in India. It has emerged as a major global public health problem. Oral cancer includes cancers of the lip, mouth, palate, inner cheek, and most of the tongue.



This is ascribed to the Indian habit of chewing betel leaf and nut, using smokeless tobacco, cigarettes, bidis and alcohol abuse. With dietary deficiencies, these factors cause more than 90 percent of oral cancers. Preventing tobacco and alcohol use and



increasing the consumption of fruits and vegetables can potentially prevent the vast majority of oral cancers guidelines recommend that those who are at a high risk of these cancers (who use tobacco products or chew pan) should be screened every three years, especially in the age group of 30 and 60 years.



When primary prevention fails, early detection through screening and relatively inexpensive treatment can avert most deaths. However, oral cancer continues to be a major cancer in India. Years of research and clinical experience have given doctors the tools — including advanced software and imaging solutions — to detect cancer early. They also have an array of treatment regimens to tackle it. I hope

that as infrastructure continues to improve, more people will be routinely screened. When screening is done correctly and in time, we will be able to detect cancers earlier, giving us a better shot at treating them successfully.

Facilities for proper screening and management of cancer patients are grossly limited in countries like India, and the awareness regarding cancer signs and symptoms and their screening and treatment methods are also low here. These are the reasons that most of the cancer patients are diagnosed at an advanced and untreatable stage in India.

Eksangh Foundation conducts monthly cancer (Breast, Oral and Cervical) screening camps throughout the areas of Gujarat.

First – Our Eksangh Team of Volunteers organizes a ‘CANCER STREET PLAY’ on cancer awareness and educates the audience about each cancer. Without educating the audience we DO NOT CONDUCT any screening camps in any area!

DONATE FOR:

- 1. Transportation for Eksangh Volunteers for ‘Cancer Street Play’ Ranging from Rs. 2500 to 4,500***
- 2. Support a Cancer Screening Camp – Rs. 10,000***
- 3. MAMMOGRAMS – Rs. 600 Breast Cancer Screening***
- 4. HBA1C Blood Test – Rs. 200 for Diabetic Patients***
- 5. PAP Test – Rs. 300 for Cervical Screening***