

Mitra Sandesh

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I CAN & I WILL

Research has shown that four healthy lifestyle factors are associated with 80% reduction in the risk of developing deadly chronic diseases. The four healthy lifestyle factors are: Maintaining a healthy weight, Exercising regularly, Following healthy diet, Limiting alcohol and not smoking.

“It's never too late to make your healthy lifestyle changes and lower the risk of getting cancer. The choice is yours.”

Amar Bhaskar



How to Prevent Lung Cancer

Dr. Radheshyam Naik

Senior Medical Oncologist & Advisory Expert, HCG Hospital
Medical Director, Samarada - Rajalakshmi Multi Speciality Hospital

“Prevention is the best cure for this disease”. 70-75% of cancers are preventable. Smoking Tobacco is the main cause of Lung Cancer. He clearly highlighted that it takes 15-20 years for cancer to manifest itself. He explained a simple logic to measure the impact of this habit, Number of packs of cigarettes per day multiplied by number of years. Eg 2 packs per day for 10 years = 20pack years of smoking impact.

Early diagnosis and CT scan screening for lung cancer is important. The eligibility for the person to go through this screening are as follows: age group 50-80, those who had smoked for over 20 pack years, those who are present smokers, and those who have quit smoking less than 15 years ago. After screening people can seek oncologists' consultation and take the appropriate steps. Large number of participants joined the session.

Lung Cancer Awareness month of November



As per Indian Council of Medical Research (ICMR) report, India is likely to witness an over seven fold rise in lung cancer cases by 2025 compared to situation a decade ago. Studies have shown that in 75% of the cases, lung cancer is detected late, leading to

severe challenges for treatability and thus poor outcomes. The best preventive measure is by avoiding risk factors and increasing protective factors which may lower your risk of getting cancer.

The International Agency for Research on Cancer puts Lung Cancer on top of the list of most common cancers along with Breast Cancer.

IF YOU FIND THIS MEANINGFUL, DO SHARE IT WITH YOUR FAMILY AND FRIENDS AND DO INFORM US OF THEIR E-MAIL ID SO THAT WE CAN ADD THEM TO THE MAILING LIST.



Dr Lata's Corner LEARN & KNOW

Q : Have you noticed a change in your voice?

Voice is produced by vibration of the vocal cords situated in the larynx.

Change of voice can be due to pathology near your voice box (larynx or vocal cords) like laryngitis, paralysis of vocal cords or a tumor. Change of voice with cold and cough is due to laryngitis.

Brain Stroke and Parkinson's disease too can change voice. Screaming can cause hoarseness of voice.

When should I get concerned?

Change of voice which is not associated with cold or if it persists more than 3 weeks and is associated with difficulty in swallowing, weight loss or weakness, it may be due to throat cancer.

DO NOT IGNORE. Seek medical consultation.



Note