

Mitra Sandesh

November 1, 2023

I CAN & I WILL

Apart from advanced medical technology, willpower is one of the most effective weapons in the battle against cancer. It may not be obvious to someone who has never experienced cancer, it takes enormous willpower to be courageous enough to accept the diagnosis and to brave your body through the storm during treatment. Your love for family and love for others could strengthen your willpower and drive you to combat cancer.

“When life knocks you down, look up to get up and you can bounce back stronger.”

Amar Bhaskar



AWARENESS & PREVENTION OF COMMON CANCER IN WOMEN

Dr. Suneetha

Radiation Oncologist, Aster group of institutions

Awareness and Prevention of Common Cancer in Women, conducted By Dr. Suneetha, Radiation Oncologist. In India, women's health is not an openly discussed topic. Always putting others first, Indian Women tend to always put their families first.

Dr Suneetha shared everything that a common person would like to know about the disease, starting from development of disease, from its common symptoms, how to control / prevent through lifestyle changes and controlling environment or having early tests and vaccinations till what can be the treatment.

She emphasized “**key is the early detection** “. Early mammogram, pap smear and vaccination!!

Lifestyle and environmental factor can cause certain cancers too. So if we can't control genetic related cancer development, we can always limit the probability by opting healthy lifestyle.

Continued...

Dr Suneetha asked to focus on 2 **steps to control the risk**
Step 1- first focus on controllable risk like obesity, control of oral contraceptive, alcohol, tobacco etc which may lead to cancer at the later stages.

Step 2- While we do not know “why this to me?”, we always know “what we can do to detect it at the curable stage”, which is **annual screening to get detected at the early stage.**

She explained the **Mammogram Screening schedule for various age group**- starting from Women of age group 45 to 54 yrs till 80yrs. She talked about early symptoms of cervical cancer, need to get alert whenever there is post menopause or post intercourse bleeding.

She briefed about the **WHO - Cervical Cancer Prevention Vaccination Schedule**, HPV vaccine is recommended at age of 11-12 years.

She also spoke in detail about **Breast Self examination** which should be done after 5th -10th day of period cycle / month and look for changes such as retraction, lump, change in breast shape etc.



Dr Swaroop's Corner

MD radiation oncology, DM medical oncology, MRCP SCE medical oncology

LEARN & KNOW

Liver cancer: Silent yet deadly

Liver cancer silently threatens lives, often evading the spotlight. Today, let's change that. Liver cancer is a significant health concern, and awareness is the first step to prevention and early detection.

Know these warning signs: unexplained weight loss, abdominal pain, jaundice, and fatigue. If you or a loved one experience these symptoms, consult a healthcare professional without delay.

Prevention is key. Embrace a healthy lifestyle by maintaining a balanced diet, reducing alcohol intake, and staying active. Hepatitis B and C vaccinations are essential for prevention. Infact, liver cancer is one of the few vaccine-preventable cancers!

Fatty liver disease is another condition which can sometimes progress to serious conditions including liver cancer. Often caused by poor lifestyle choices, fatty liver disease is on the rise among the urban population. Regular exercise, optimal diet can go a long way in prevention and control of this condition.

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.



Note

The contents of this Newsletter are only for information and has not dealt with any issue in detail. Any action taken or proposed to be taken must be in consultation with professionals and not merely based on the articles / news / views and updates herein. Mitra CanCare Foundation disclaims all liability on action taken without professional and/or medical advice.