

PRESS RELEASE

For Immediate Publication

Fortis Hospital, NOIDA takes initiative to spread awareness on timely detection & prevention of Cancer on World Cancer Day

NOIDA, 3rd February 2016: Doctors at Fortis Hospital, NOIDA emphasized that it is critical to understand cancer, the key symptoms and early warning signs facts and trends and ways to prevent some types of cancer that the public needs to know so that they are equipped with the knowledge to battle it, adopt healthier lifestyle approaches and emerge victorious.

Dr. Gagan Saini, Senior Consultant, Department of Radiation Oncology, Fortis Hospital, Noida said, “Cancer is a malignant growth or tumour in any part of the body, resulting from an uncontrolled division of cells. These genes are activated by mutations that are a result of environment or lifestyle influences such as tobacco, alcohol, radiation, harmful pollutants, etc. In India, the most prevalent forms of cancers among women are breast and cervical cancer; whereas in men, it is lung, head and neck cancers. The early symptoms of cancer can be any uncontrolled growth, difficulty in swallowing, excess coughing, bleeding from the mouth or other parts, excess bloating of the stomach and unexplained weight loss. Any of these may point to cancer and need immediate investigation. However, cancer is preventable to some extent if one adopts healthy lifestyle practices, such as avoiding tobacco use, consuming alcohol only occasionally and maintaining an ideal body weight through regular physical activity. The western countries have been able to provide a high survival to their cancer patients. This is primarily because of their concerted approach to cancer detection in the form of population based screening of common cancers and also preventive measures. ***India has highest rate of oral cancer in the world with more than 50 percent attributable to tobacco use.*** With more than 10 lakh deaths attributed to tobacco related cancers. We too can tackle our cancer burden by simple method of prevention by curtailing use of tobacco.”

What is a Cancer? Cancer is a malignant growth or tumour in any part of the body, resulting from an uncontrolled division of cells. These genes are activated by mutations that are a result of environment or lifestyle influences such as tobacco, alcohol, radiation, harmful pollutants, etc. When this tumour spreads to other parts of the body, it is called a secondary tumour or a metastasis. Cancer may come back some time after its initial treatment. It could be because the original treatment did not get rid of all the cancer cells or that some cancer cells have spread to other parts of the body and gradually grown there to form a tumour. Sometimes cancer can become resistant to cancer drug treatment.

Signs & Symptoms: Key signs and symptoms include breathlessness, unexplained vaginal bleeding, persistent heartburn or indigestion, hoarseness of voice, persistent cough/sore throat, frequent diarrhea, persistent bloating, difficulty in swallowing, a sore that won't heal, a mouth or tongue

ulcer that won't heal, heavy night sweats, unusual breast changes, blood in stools or urine with difficulty in passing urine, unexplained weight loss, new mole or changes to a mole, blood in sputum, unexplained pain, an unusual lump or swelling anywhere in the body.

As per the **World Health Organisation (WHO)**, tobacco use causes many types of cancer, including cancers of the lung, oesophagus, larynx (voice box), mouth, throat, kidney, bladder, pancreas, stomach and cervix. About 70% of the lung cancer burden can be attributed to smoking alone. Second-hand smoke (SHS), also known as environmental tobacco smoke, has been proven to cause lung cancer in non-smoking adults. Smokeless tobacco (also called oral tobacco, chewing tobacco or snuff) causes oral, oesophageal and pancreatic cancer. According to the Global Adult Tobacco Survey (GATS 2010), published by Ministry of health and Family Welfare, 27.5 crore Indians consume tobacco in one form or another.

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