

PRESS RELEASE

For Immediate Publication

Fortis Hospital Noida celebrates victory over Tobacco induced Cancer on ‘World No Tobacco Day’

30th May, 2016, NOIDA: Fortis Hospital, Noida presented two patients cured of cancer induced by tobacco chewing on the occasion of World No Tobacco Day. The conference was led by **Dr. Gagan Saini, Senior Consultant, Department of Radiation Oncology, Cancer Therapy Centre, Fortis Hospital, Noida.**

The World No Tobacco Day is observed all over the world every year on 31st May. The day is celebrated to encourage a 24 hour period of abstinence from all forms of tobacco consumption across the globe as Tobacco causes cancer.

Ajab Singh, age 66 years, had been a smoker since many years. A swelling in the right side of the neck brought him to Fortis Hospital, Noida. Tests revealed that he was suffering with throat cancer. The patient underwent surgery followed by radiation therapy with image guided radiotherapy alongwith chemotherapy. Perseverance brought him out victorious out of the disease.

Shailendra Mani, age 45 years, was a chronic *guthka* (tobacco) chewer presented to Dr. Saini with mouth ulcer. He also underwent surgery followed by radiation therapy and image guided radiotherapy. The patient is now cured of the disease over more than two years.

Dr. Gagan Saini, Senior Consultant, Department of Radiation Oncology, Cancer Therapy Centre, Fortis Hospital, Noida said, “Everybody is aware that tobacco causes cancer. Generally tobacco is used as either *bidi* or *guthka* in our country. About one-third of our country’s population older than 15 yeas uses tobacco, and it is no wonder that we see one million deaths each year that are related to tobacco. Both my patients discovered the results due to chronic tobacco usage. While these cases described are head and neck cancers, tobacco are (both smoke and smokeless) causes cancer of lung, food pipe and stomach also. The principle behind treatment of head and neck cancer is addressing the loco-regional cancer aggressively with radiation therapy or surgery (coupled with chemo in selected cases). It has been shown in studies that adequate addressing of local disease leads to better out come.” Dr. Gagan Saini added.

Mr. Gagan Sehgal, Zonal Director, Fortis Hospital, Noida said, “Widespread prevalence and usage of tobacco in India lead to negative health results. It is estimated that tobacco consumption is responsible

for nearly six million deaths each year worldwide. These are figures that not only include primary users but also secondary users or population which is exposed to second hand usage. And that is a shocking fact.”

ICMR revealed that the use of tobacco accounts for about 30% of all cancers in India. Nearly 26% people use smokeless tobacco, including chewing tobacco, according to the Government of India and World Health Organization Global Adult Tobacco Survey. Shockingly, approximately 85% of the oral cancer patients are either smokers or tobacco chewers. This is followed by a high prevalence of lung m only second to oral cancer. In India, tobacco consumption is responsible for half of all the cancers in men and a quarter of all cancers in women, in addition to being a risk factor for cardiovascular diseases and chronic obstructive pulmonary diseases and other severe negative health effects. Excessive gutkha use can eventually lead to loss of appetite; promote unusual sleep patterns, result in loss of concentration and other related problems.

In an initiative to improve health outcomes among the poor in India must include effective interventions to control tobacco use. Failure to do so would most likely result in doubling the burden of diseases—both communicable and non-communicable. The World Health Organization predicts that tobacco deaths in India may exceed 1.5 million annually by 2020.

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