

Cancer awareness

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DISCLOSURE

- I LIKE TO K.I.S.S !!
- KEEP IT SHORT AND SIMPLE (K.I.S.S)
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WHAT IS CANCER?

- A term for diseases in which abnormal cells divide without control and can invade nearby tissues (ref: NCI)
- Cancer cells can also spread to other parts of the body through the blood and lymph systems.

CANCER PROBLEM IN INDIA

- Estimated Population : 1,048 million
- Estimated New Cancer Case : 9.50 lakhs
4.3 Males 5.2 Females

- Estimated Breast Cancer : 1,15,251
- Estimated Cervix Cancer : 1,34,420
- Estimated TRC : 2,66,000

INDIA



- Largest Democracy
- 17% world population
- 17% world GDP
- 2.9% of land area.

27% of global tumour burden

ESTIMATED TUMOUR BURDEN IN INDIA

- OVER 11,70,000 INCIDENT (NEW) CASES OF CANCER
- ABOUT 2.8 MILLION PREVALENT CANCER CASES
- ABOUT 5,60,000 CANCER DEATHS OCCUR EACH YEAR

COMMON CANCERS IN INDIA

- **MEN:**

CANCERS OF LUNG, ORAL CAVITY, PHARYNX, OESOPHAGUS AND STOMACH

- **WOMEN:**

CANCERS OF CERVIX, BREAST, OVARY, ORAL CAVITY AND OESOPHAGUS

7 Signs of Cancer

- ◎ **CAUTION** is the key word.
- ◎ “**C**”hange in bowel or bladder habits.
- ◎ “**A**” sore that does not heal.
- ◎ “**U**”-nusual bleeding or discharge.

7 Signs of Cancer

- “**T**”hickening or lump in the breast, testicles, or elsewhere.
- “**I**”ndigestion or difficulty swallowing.
- “**O**”bvious change in the size, colour, shape, or thickness of a wart, mole, or mouth sore.
- “**N**”agging cough or hoarseness.

WHO CAN GET CANCER?

✓ YOUNG OLD
MEN WOMEN CHILDREN



Anybody can get CANCER

NO ROOM FOR DIVISION

Risk Factor/ Cancer Type

Cancer Type	Risk Factor
Liver	Hepatitis viruses (HCV.HBV)
Pancreas	Smoking Diabetes Being male Chronic pancreatitis
Kidney	Tobacco smoking High blood pressure Von-Hippel-Lindau syndrome (VHL)
Leukemia	Radiation Chemotherapy Certain disease (Down syndrome) Human T cell leukemia virus Myelodysplatic syndrome

Risk Factor/ Cancer Type

Cancer Type	Risk Factor
Bladder	Occupation Certain infection Tobacco smoking Race Twice as often as Africans Americans Treatment with cyclophosphamide or arsenic
Uterine	Endometrial hyperplasia Race Africans Americans Hormonal replacement therapy Obesity
Melanoma	Dysplastic nevi Fair skin Weakened immune system Severe blistering/Sunburn UV irradiation
	Source: http://fishwaryatechnosolutions.com/cancer.aspx

Risk Factor/ Cancer Type

Cancer Type	Risk Factor
Lung Cancer	Tobacco smoke Radon Asbestos and other substances Air pollution
Breast	Radiation Genetic changes (Inherited mutation)
Colorectal	Cancer polyp Genetic alteration Diet Cigarette smoking Ulcerative colitis or chon's disease
Prostate	Diet Certain prostate changes Race Africans Americans

TOBACCO RELATED CANCERS(TRC)

- TRC Constitute half of all cancers in males and one-third in females.
- Overall about 35-40 percent of cancers are related to the use of tobacco

POOR SURVIVAL

- Over 75 percent of the cases report for diagnostic and treatment services in advanced stages of the disease resulting in poor survival and high mortality rates

CANCER VICTIM



**“ I LOST MY
WIFE &
DAUGHTER
TO CANCER ”**

TREND

- Cancer of Breast is showing significantly rising trend among urban women
- Cervical cancer incidence is gradually declining

BREAST CANCER

- ◉ What is breast cancer?
- ◉ What are some Causes and risks?
- ◉ What are the Symptoms?
- ◉ Are there Early Detection and Treatments?
- ◉ Do I have a check list I can follow?

RISK FACTORS

- ◉ Personal or family history
- ◉ Not having children
- ◉ Having first child after age 30
- ◉ Radiation therapy to chest/upper body
- ◉ Overweight or obese

RISK FACTORS

- ◉ Age
- ◉ Late menopause
- ◉ Diets high in saturated fat
- ◉ Estrogen replacement therapy

- The average woman at age 30 has 1 chance in 280 of developing breast cancer in the next 10 years
- This chance increases to 1 in 70 for a woman aged 40
- By age 50 the chances are 1 in 40
- A 60-year-old woman has a 1 in 30 chance of developing breast cancer in the next 10 years.

SYMPTOMS

- ◉ Early breast cancer has little or no symptoms. It is not painful.
- ◉ Breast discharge, especially if only from one breast or bloody
- ◉ Sunken nipple
- ◉ Unilateral Redness, changes in texture, and puckering .
- ◉ Other lumps around the under arm or collarbone which don't go away

Risk factors for breast cancer

Direct factors

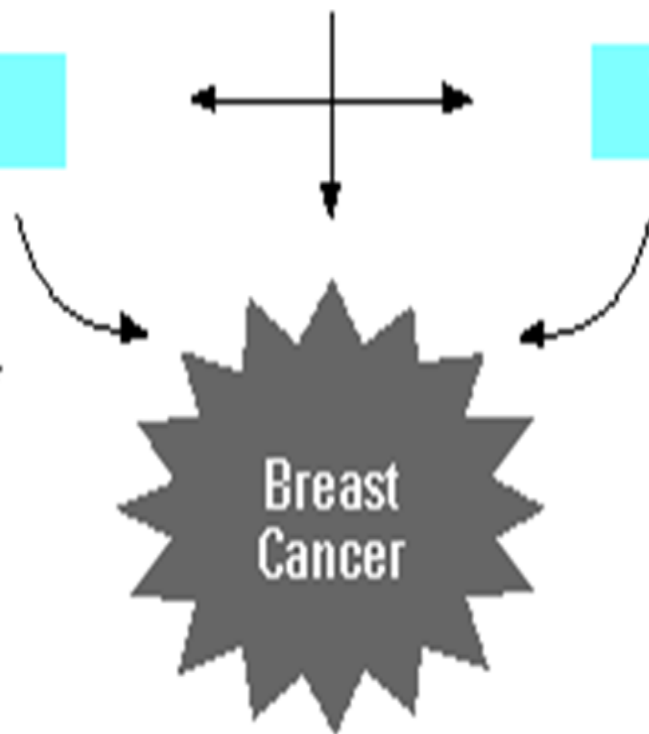
- † Radiation, especially during puberty
- † Inherited mutations

Contributing factors

- † Lack of exercise
- † Excess of alcohol
- † Deficiencies of vitamin D, fiber, melatonin??
- † Harmful xenohormones (some plastics, fuels, pesticides)
- † Increased insulin-like growth factor

Vulnerability factors

- † Early menses
- † Late menopause
- † No pregnancy or lactation



Early detection is the key

- ◉ Self/Doctor examinations
- ◉ Mammography
- ◉ Ultrasound
- ◉ MRI
- ◉ Biopsy

BREAST SELF EXAM

» The American Cancer Society recommends having annual mammograms at age 45, but women who are at least 40 years old should be given the choice of having a yearly mammogram.



**ONCE A MONTH,
2-3 DAYS AFTER PERIODS**



**EXAMINE BREAST AND ARMPIT
WITH RAISED ARM**



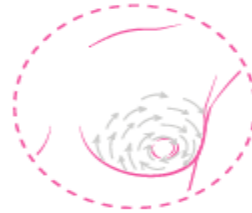
**USE FINGERPADS WITH
MASSAGE OIL OR SHOWER GEL**



UP AND DOWN



WEDGES



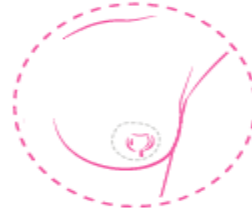
CIRCLES



**EXAMINE BREASTS IN THE MIRROR
FOR LUMPS OR SKIN DIMPLING...**



**...CHANGE IN SKIN COLOR
OR TEXTURE...**



**...NIPPLE DEFORMATION,
COLOR CHANGE OR LEAKS OF ANY FLUID**

wellness360

*If you find a lump or notice any changes, contact your doctor about scheduling an appointment to discuss your concerns.

**Ideally to be
done
monthly after
periods.**

Management

- SURGERY
- CHEMOTHERAPY
- RADIATION
- HORMONAL THERAPY

Surgery

- ◉ Modified Radical Mastectomy
- ◉ Breast Conservation Surgery
- ◉ Breast Reconstruction



← Lumpectomy

Simple Mastectomy →



← Modified Radical

Radical →



VARIOUS OPTIONS

THE CHECKLIST

- Age 20-39
- Monthly self breast exam
- Yearly breast exam by doctor
- Mammogram / MRI for suspicious lesion
- Age 40+
- Monthly self breast exam
- Breast exam by doctor every 6 month
- Mammogram once a year
- Skin exam yearly

Myths & Facts

about

BREAST CANCER



MYTH

VS.

FACT

Breast cancer is a death sentence.



If detected and treated early enough, breast cancer need not result in death. Early detection can help save lives and breasts.

If I have bigger breasts, I have a higher chance of getting breast cancer.



This has not been proven by research. Someone who is well endowed has an equal chance of getting breast cancer as one who has smaller breasts.

All breast lumps are cancerous.



9 out of 10 breast lumps are NOT cancer.

EARLY DETECTION SAVES LIVES, SAVES BREASTS

MYTH vs FACT

I am too young to get breast cancer



Many women who are under 40 are diagnosed with breast cancer

Men can't get breast cancer



1 in 1 249 men have a lifetime risk of breast cancer

Alcohol is not linked to breast cancer



Alcohol use increases the risk of breast cancer

Only women with a family history of breast cancer are at risk



All women are at risk, but family history increases the risk

I have never had children, so I can't get breast cancer



Women who have never had children, or only had them after 30, have increased risk of breast cancer

CERVICAL CANCER



CERVICAL
CANCER
A w a r e n e s s

India tops the world in
cervical cancer related deaths.

- India has a population of approximately 365.71 million women above 15 years of age, who are at risk of developing cervical cancer.
- The current estimates indicate approximately 132,000 new cases diagnosed and 74,000 deaths annually in India accounting to nearly 1/3rd of the global cervical cancer deaths.

- **Early stages**

- Vaginal bleeding

- Post coital spotting

- Foul smelling, yellowish discharge

- **Late stages**

- Back pain

- Lethargy

- Nausea/vomiting

- ◉ Indian women face a 2.5% cumulative lifetime risk and 1.4% cumulative death risk from cervical cancer.
- ◉ At any given time, about 6.6% of women in the general population are estimated to harbor cervical HPV infection.
- ◉ HPV serotypes 16 and 18 account for nearly 76.7% of cervical cancer in India

RISK FACTORS

- ◉ Early first age of sexual contact
- ◉ Multiple sexual partners
- ◉ Multiple sexually transmitted diseases
- ◉ Immunocompromised
- ◉ Lower socio-economic class

HPV Infection

- Human papillomavirus (HPV) is the cause of cervical cancer (HPV 16 & 18)
- Estimated that 80% of men and women will have been exposed to the virus by the age of 50

PAP SMEAR

- ◉ During the routine procedure, cells from cervix are gently scraped away and then examined for abnormal growth
- ◉ Opd procedure

Age	Pap smear frequency
<21 years old, not sexually active, no known risk factors	none needed
<21 years old, sexually active	every 3 years
21-29	every 3 years
30-65	every 3-5 years if your Pap smear and HPV test are negative
65 and older	you may no longer need Pap smear tests; talk to your doctor to determine your needs

HPV VACCINES

- The recommended age for initiation of vaccination is 9–12 years.
- Catch-up vaccination is permitted up to the age of 26 years.
- A total of three doses at 0, 2 and 6 months are recommended with **Gardasil™** or 0, 1 and 6 months with **Cervarix™** (minimum interval of 4 weeks between the first and the second dose, 12 weeks between the second and third dose and 24 weeks between the first and third dose).

MANAGEMENT OPTIONS

- ◉ Wartheim's Hysterectomy
- ◉ Definitive ChemoRadiation
- ◉ Pelvic exentration for central only recurrence

SCREENING

- All women should begin cervical cancer testing (screening) at age 21.
- Women aged 21 to 29, should have a Pap test every 3 years. HPV testing should not be used for screening in this age group

- ◉ Beginning at age 30, the preferred way to screen is with a Pap test combined with an HPV test every 5 years till 65.
- ◉ Women over 65 years of age who have had regular screening in the previous 10 years should stop cervical cancer screening as long as they haven't had any serious pre-cancers (like CIN2 or CIN3) found in the last 20 years

Cervical Cancer Myths vs Facts

Myth 1

Cervical Cancer cannot be treated



Fact 1

Cervical Cancer can be treated if detected & diagnosed early

Myth 2

HPV infection is uncommon



Fact 2

HPV infection is common & transmitted via skin-to-skin contact and body fluids

Myth 3

Aged women do not need Pap test



Fact 3

All women aged 25+ need regular Pap test till the age of 70



January is

CERVICAL CANCER

Awareness Month

OCTOBER IS
**BREAST CANCER
AWARENESS MONTH**



RUBY CANCER CENTRE

More Science, Less Fear.

FUNDAMENTALS OF ONCOLOGY

- ◎ **BIOLOGY IS THE KING**
- ◎ **SELECTION IS THE QUEEN**
- ◎ **TECHNICAL MANOUVERS** are the Prince and Princess.



- Occasionally the prince and princess try to overthrow the powerful forces of the king and queen, sometimes with temporary apparent victories, but usually to no long term avail.





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