



# UNDERSTANDING CANCER

ManipalHospitals  
LIFE'S ON 

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# CANCER

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❑ IS THE UNREGULATED GROWTH OF CELLS IN THE BODY LEADING TO A PLETHORA OF SYMPTOMS.

❑ THESE CANCEROUS CELLS INVADE VARIOUS ORGANS.

❑ BY 2020, 70% OF CANCERS WILL BE SEEN IN THE DEVELOPING COUNTRIES AND INDIA WILL BE IN THE 5<sup>TH</sup> POSITION.



# IN OUR COUNTRY

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❑ 75% CANCERS ARE DIAGNOSED IN ADVANCED STAGES LEADING TO VERY POOR OUTCOMES AND VERY HIGH MORTALITY.

❑ ACCORDING TO WHO, 5 LAKH DEATHS ARE ATTRIBUTED TO VARIOUS TYPES OF CANCERS ANNUALLY.

❑ ACCORDING TO MOH, THERE ARE 28 LAKH CASES OF CANCER AT ANY GIVEN POINT OF TIME, AND 10 LAKH NEW CASES ARE REPORTED EVERY YEAR.



# HEAD AND NECK CANCERS

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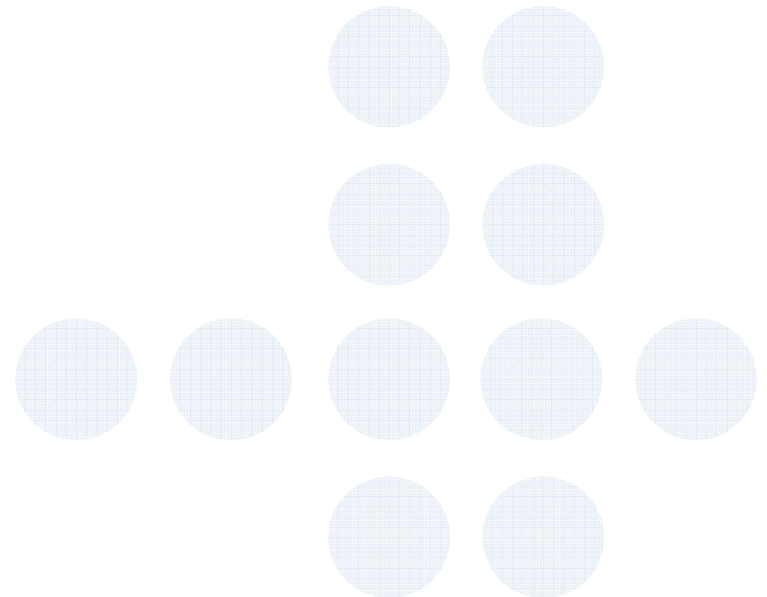
ONE OF THE MOST COMMON CANCERS IN INDIA.

## **RISK FACTORS :**

- ✓ TOBACCO IN ANY FORM
- ✓ CHRONIC ALCOHOL CONSUMPTION
- ✓ ILL FITTING DENTURES, SHARP TEETH
- ✓ VIRAL ( EB VIRUS AND HP VIRUS )

## **SYMPTOMS :**

- ✓ HOARSENESS OF VOICE
- ✓ PERSISTENT SORE THROAT
- ✓ DIFFICULTY IN SWALLOWING
- ✓ SWOLLEN JAW
- ✓ ULCER IN THE ORAL CAVITY



# CERVICAL CANCER

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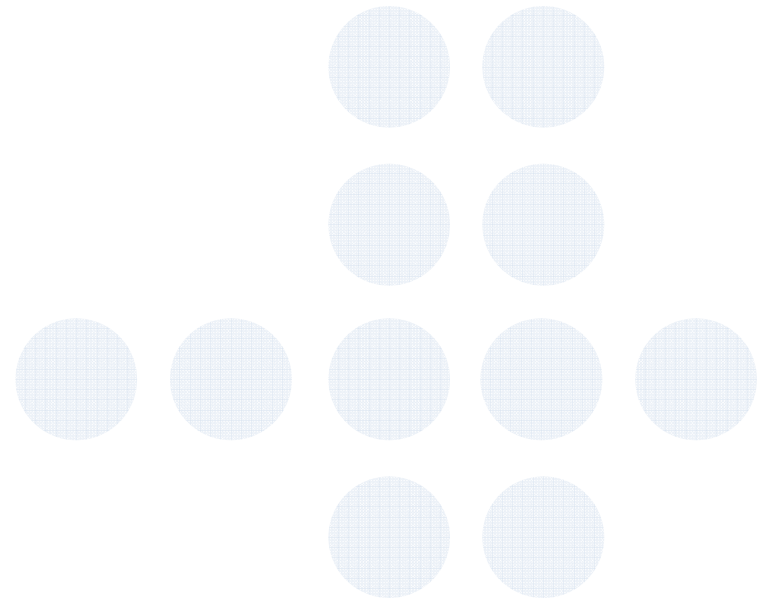
ONE OF THE MOST PREVENTABLE CANCERS THROUGH SCREENING .

## RISK FACTORS :

- ✓ POOR HYGIENE
- ✓ MULTIPLE SEXUAL PARTNERS
- ✓ HUMAN PAILLOMA VIRUS INFECTIONS

## SYMPTOMS :

- ✓ UNUSUAL VAGINAL BLEEDING OR DISCHARGE
- ✓ POST COITAL BLEEDING
- ✓ LOW BACK ACHE OR PAIN ABDOMEN



# BREAST CANCER

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ONE OF THE MOST COMMON CANCERS IN WOMEN ABOVE 50 YEARS OF AGE.

IF DIAGNOSED AT AN EARLY STAGE , HAS A GOOD CHANCE OF CURE.

## RISK FACTORS :

✓ NULLIPAROUS, FIRST CHILD AFTER THE AGE OF THIRTY.

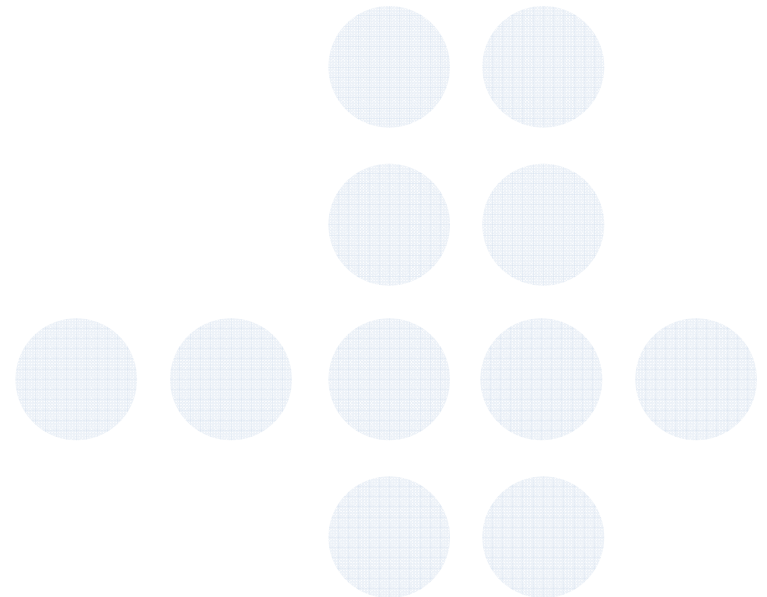
✓ EARLY MENARCHE, LATE MENOPAUSE.

✓ FAMILY HISTORY.

## LIFESTYLE FACTORS :

✓ LITTLE EXERCISE, OBESITY AFTER MENOPAUSE,

✓ EXCESSIVE ALCOHOL CONSUMPTION, SMOKING.

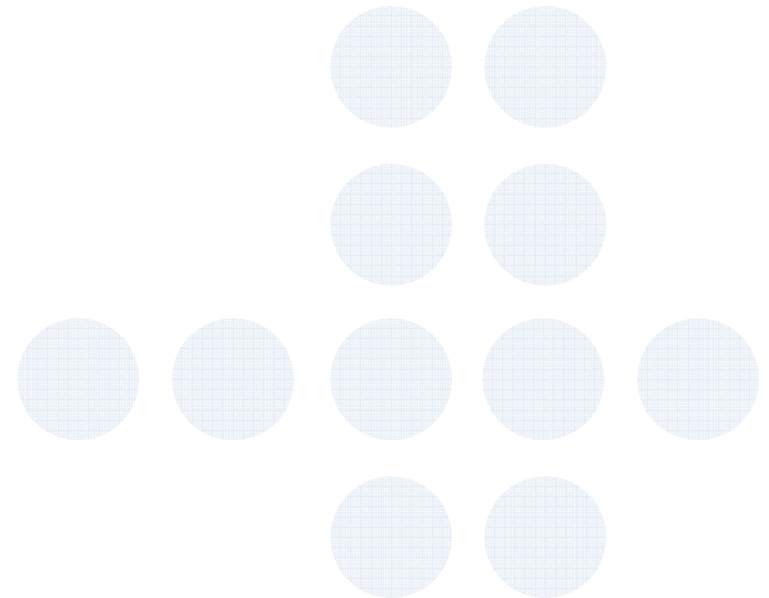


# BREAST CANCER

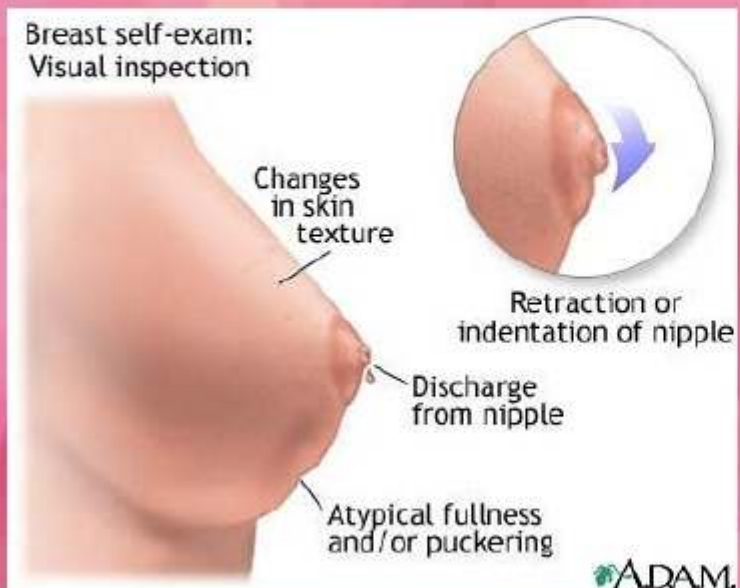
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## SYMPTOMS:

- ✓ LUMP OR THICKENING IN THE BREAST, **USUALLY PAINLESS.**
- ✓ CHANGE IN SIZE, SHAPE OF BREAST OR THE COLOR OF SKIN.
- ✓ DIMPLING OR THICKENING OF THE SKIN ON A PART OF THE BREAST.
- ✓ INVERTED OR RETRACTED NIPPLE.
- ✓ RARELY, BLOOD STAINED DISCHARGE FROM NIPPLE.
- ✓ SWELLING OR DISCOMFORT IN AXILLA.



# SIGNS OF BREAST CANCER



- ❖ Elevation
- ❖ Asymmetry
- ❖ Bleeding
- ❖ “Orange Peel” skin
- ❖ Nipple Retraction



# LUNG CANCER

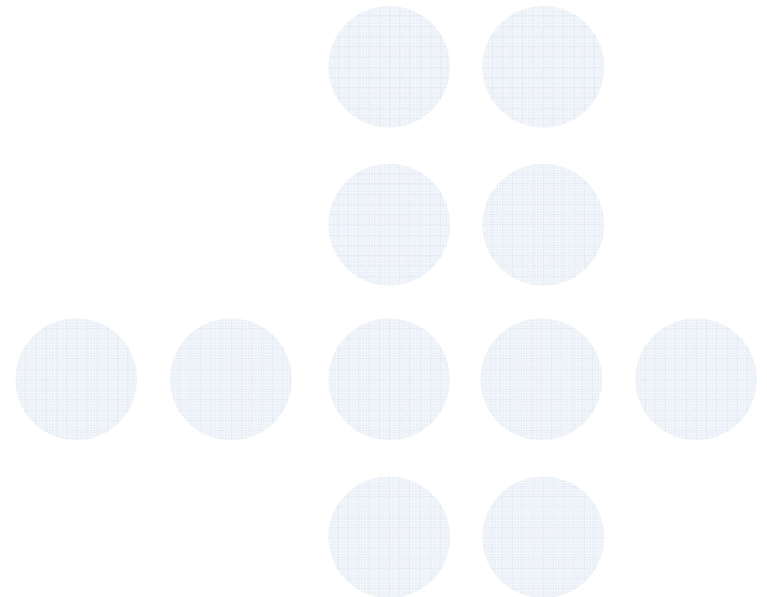
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## RISK FACTORS :

✓ SMOKING, EXPOSURE TO ASBESTOS, DIESEL EXHAUST, SOME CHEMICALS AT WORK PLACE.

## SYMPTOMS :

- PERSISTENT NAGGING COUGH.
- SHORTNESS OF BREATH, INITIALLY ON EXERTION.
- CHEST PAIN DURING COUGHING.
- BLOOD IN SPUTUM.



# PROSTATE CANCER

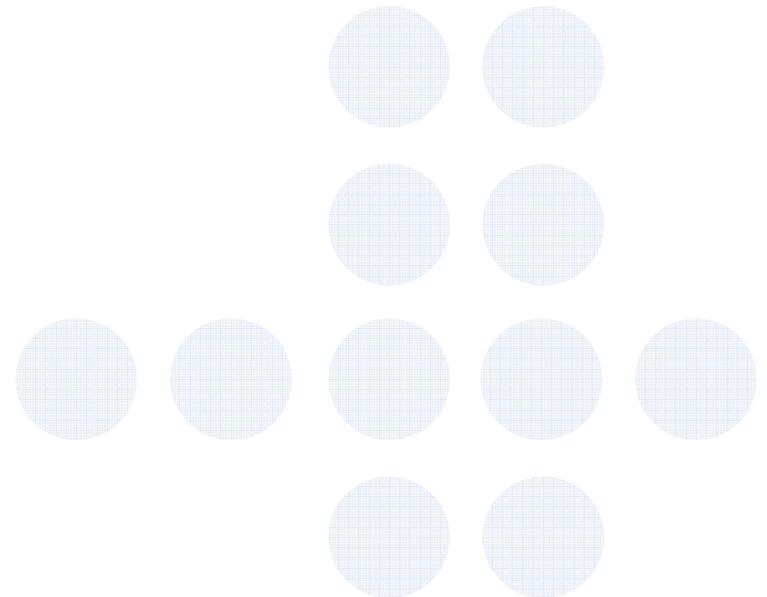
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## RISK FACTORS :

- ✓ NO EXACT KNOWN CAUSE.
- ✓ INCREASING AGE AND HIGH TESTESTERONE LEVELS .
- ✓ HIGH FAT DIET.

## SYMPTOMS :

- FREQUENT URINATION, ESPECIALLY AT NIGHT.
- WEAK OR INTERRUPTED FLOW OF URINE.
- PAINFUL OR BURNING URINATION.
- BLOOD IN URINE OR SEMEN.
- FREQUENT PAIN OR STIFFNESS IN LOWER BACK, HIP OR THIGH.



# OVARIAN CANCER

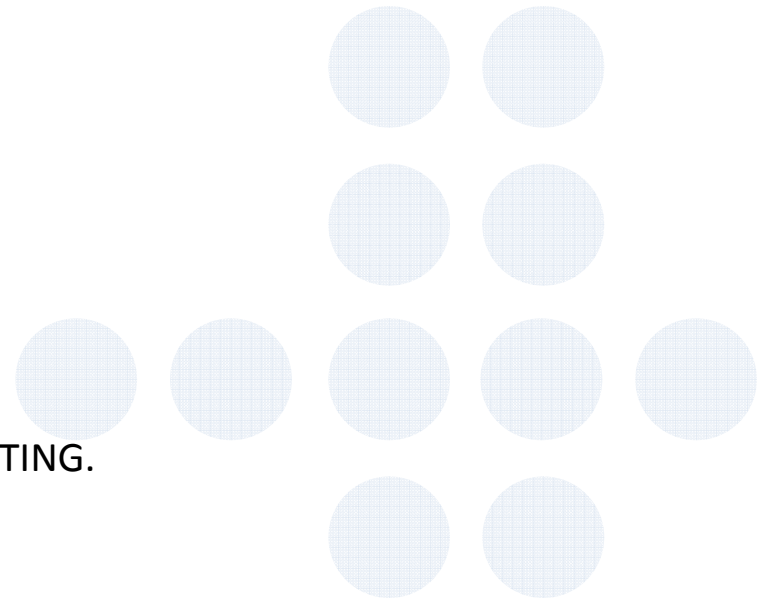
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## RISK FACTORS:

- ✓ OLDER WOMEN, ABOVE 40 YEARS OF AGE.
- ✓ ORAL CONTRACEPTIVES.
- ✓ OBESITY.

## SYMPTOMS:

- ✓ PELVIC PAIN.
- ✓ VAGINAL BLEEDING.
- ✓ CONSTIPATION, FEELING FULL QUICKLY AFTER EATING.
- ✓ INCREASING SIZE OF ABDOMEN.



# BRAIN TUMORS

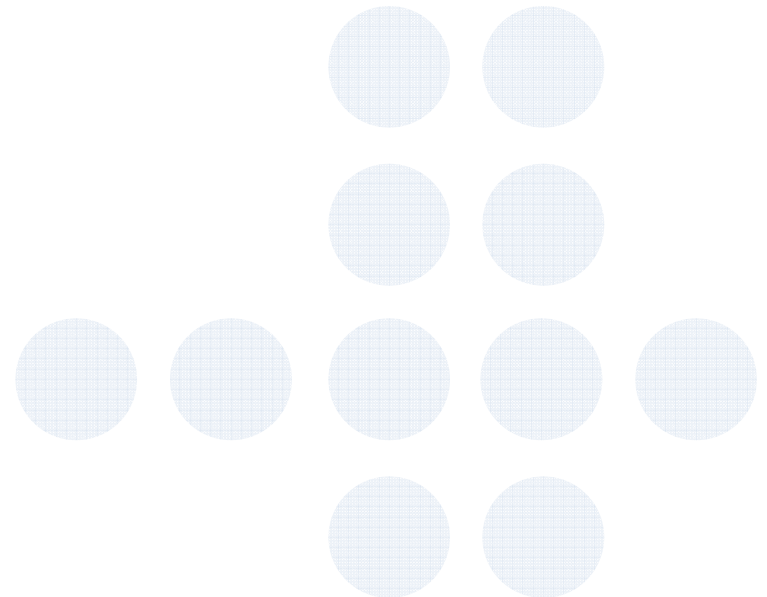
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## RISK FACTORS :

- ✓ IONIZING RADIATIONS.
- ✓ HISTORY OF TRAUMA, EPILEPSY.
- ✓ SMOKING.

## SYMPTOMS :

- ✓ NEW PATTERNS OF HEADCAHE.
- ✓ NAUSEA, VOMITING.
- ✓ BLURRED VISION, DOUBLE VISION.
- ✓ SIEZURES.



# COLORECTAL CANCER

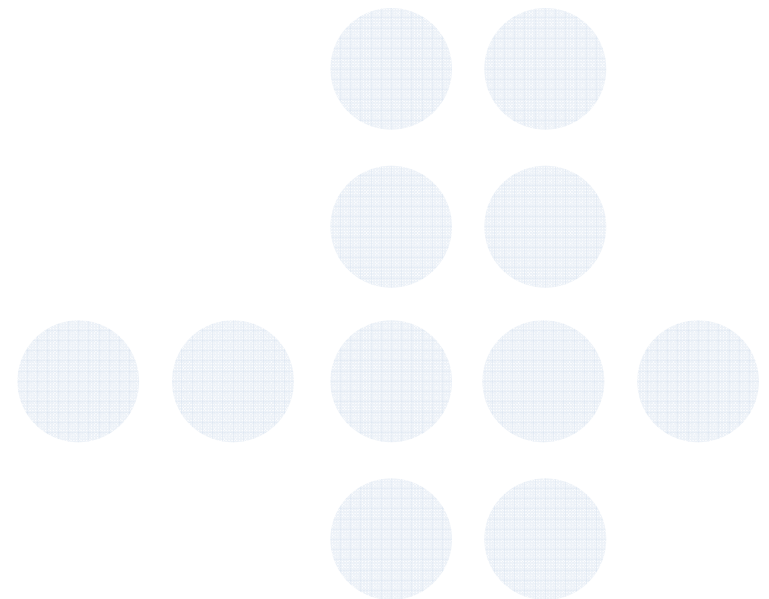
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## RISK FACTORS :

- AGE ABOVE 50 YEARS.
- FAMILY HISTORY.

## SYMPTOMS :

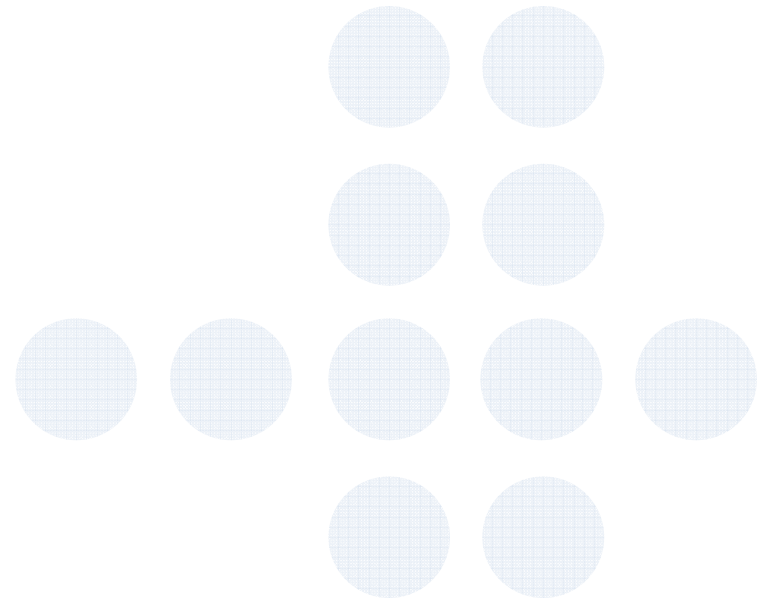
- BLOOD IN STOOLS.
- CHANGE IN BOWEL HABITS.
- WEIGHT LOSS.
- PAIN ABDOMEN.



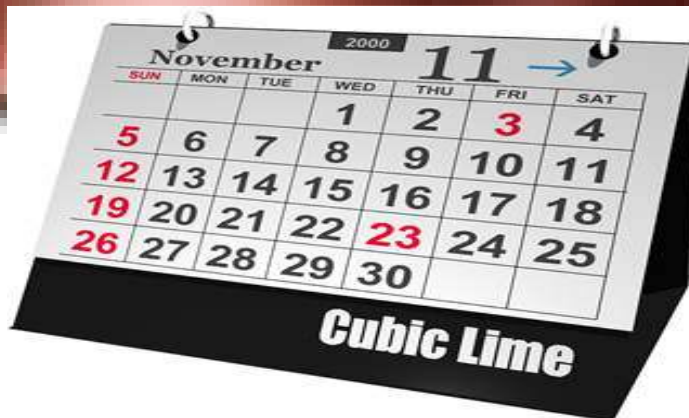
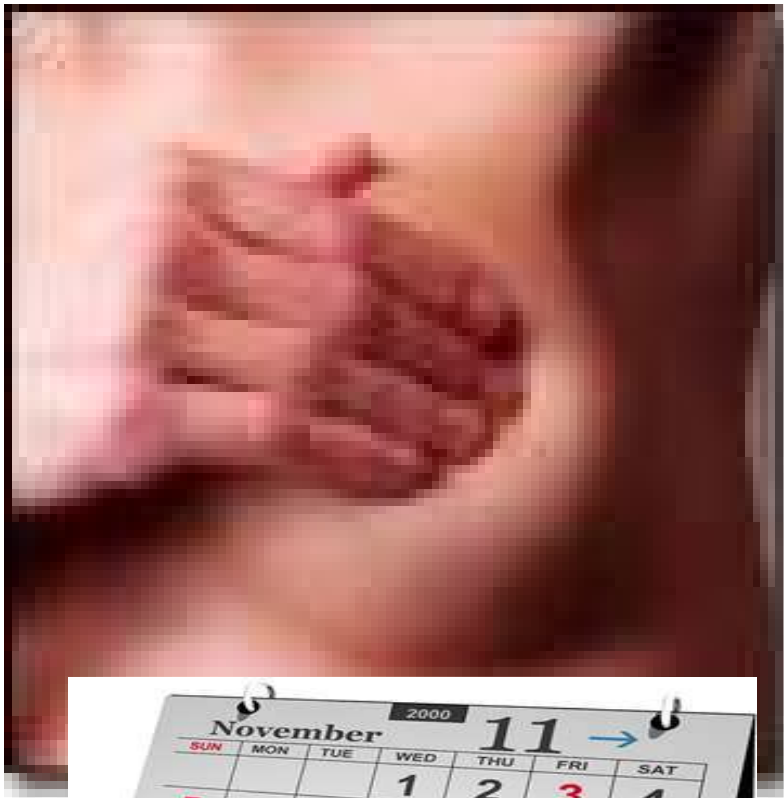
# SCREENING

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- AIMS TO DETECT CANCER BEFORE THE SYMPTOMS APPEAR.
- EARLY DETECTION LEADS TO HIGHER RATES OF SUCCESSFUL TREATMENT AND CURE RATES.
- ✓ MAY INVOLVE BLOOD TESTS, IMAGING AND OTHER TESTS.
- ✓ PAP TEST .
- ✓ BREAST EXAMINATION AND MAMMOGRAPHY .
- ✓ PSA.
- ✓ STOOL FOR OCCULT BLOOD.



# Breast Self Examination



- Why is breast self examination important?
- When should you examine your breast?
- Three ways to examine your breast?

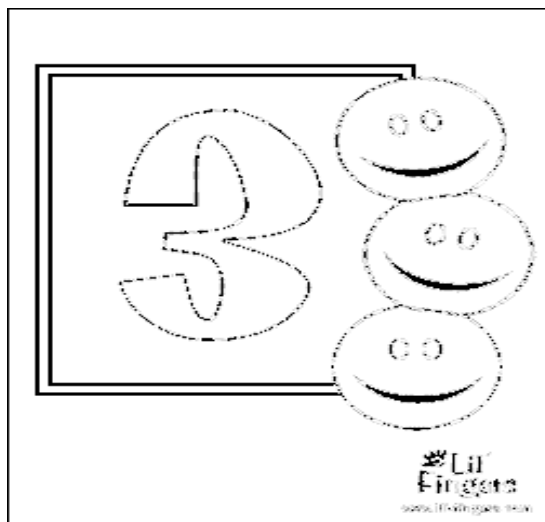
# Three Ways to Examine Your Breast

- While standing in front of a mirror
- While lying down
- While taking a shower



Breast self-exam:  
Manual inspection  
(reclining)

With fingertips close together, gently probe each breast in one of these three patterns





# While Standing in Front of a Mirror

- Step 1: Begin by looking at your breast in the mirror
- Step 2: Raise the arms
- Step 3: Examine each
- Step 4: lymph nodes

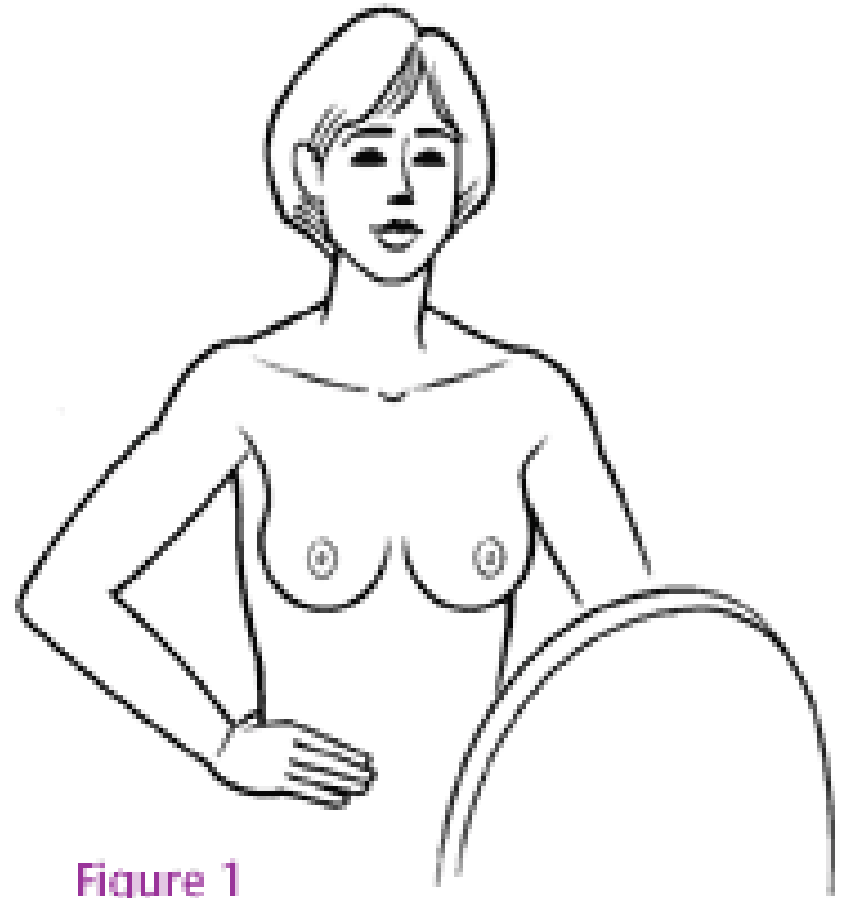
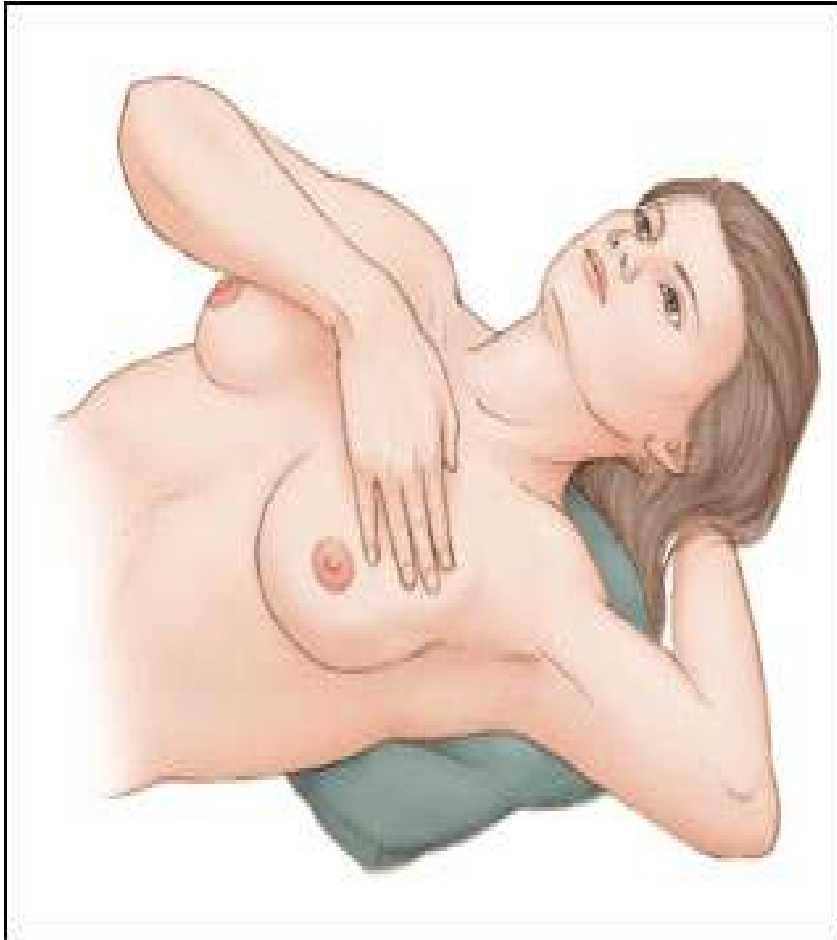


Figure 1

# While lying down



- Step 1: Lie down with a pillow
- Step 2: Using your right hand to feel your left breast
- Step 3: Check
- Step 4: Repeat exam

# While taking a shower

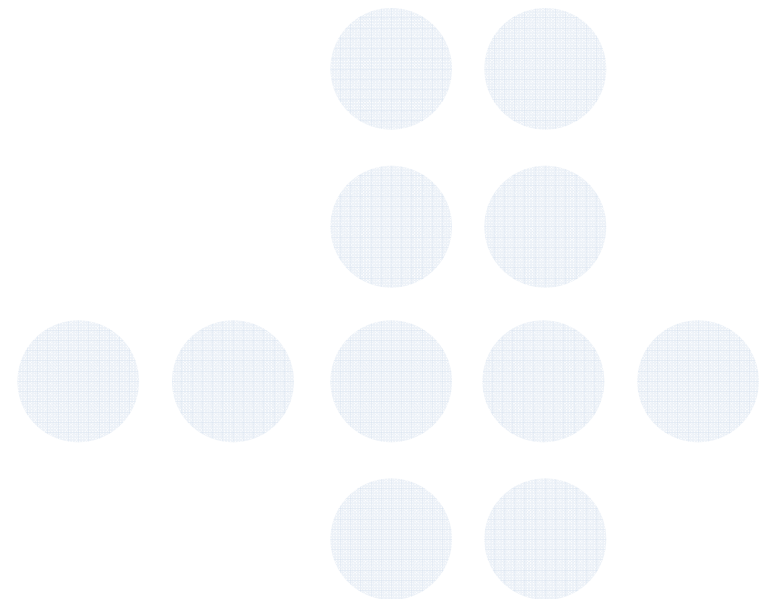


- Step 1: Raise the right arm then place it
- Step 2: Using the left hand; examine the right breast
- Step 3: Feel the breast
- Step 4: Repeat the exam

# DIAGNOSIS OF CANCER

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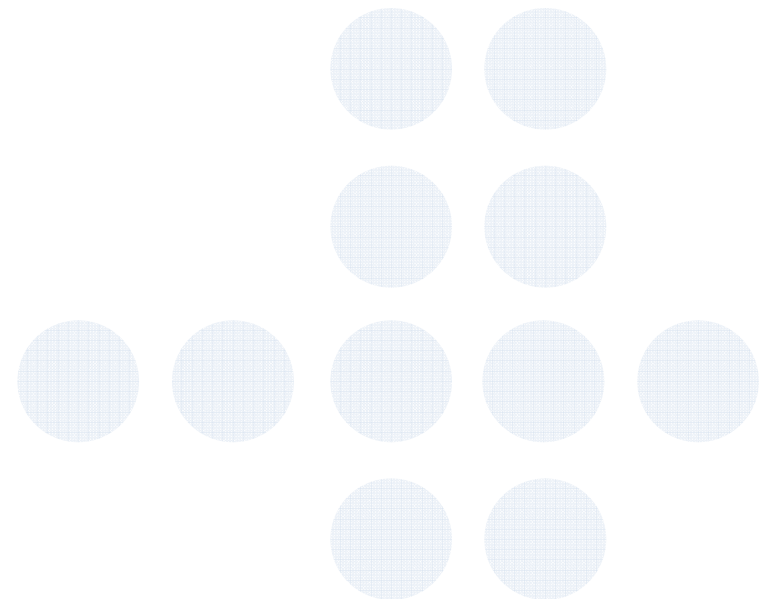
- PHYSICAL EXAMINATION.
- FNAC, BIOPSY, HISTOPATHOLOGY.
- IMAGING MODALITIES.
- TUMOR SPECIFIC INVESTIGATIONS.



# TREATMENT MODALITIES

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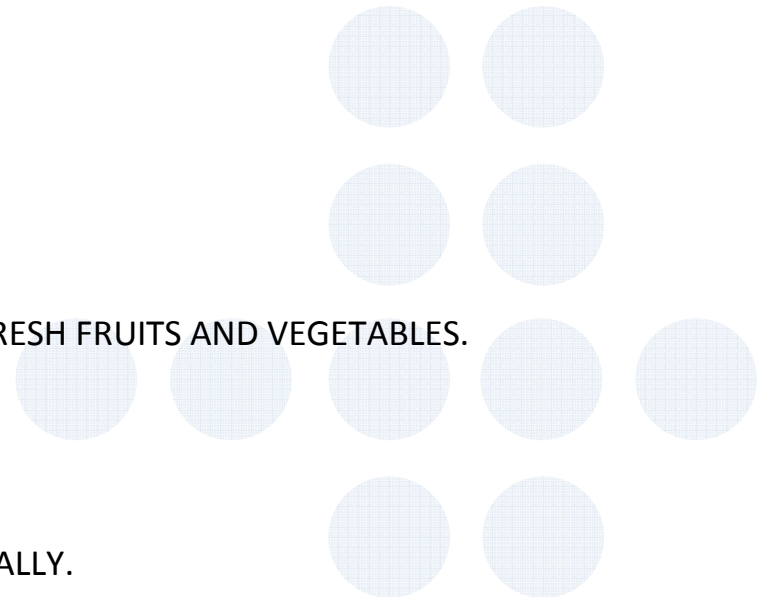
1. SURGERY
2. RADIATION THERAPY
3. CHEMOTHERAPY.
4. HORMONE THERAPY.



# IMPORTANT TIPS FOR CANCER SURVIVORS

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- ❖ MOVE ON AFTER TREATMENT.
- ❖ LIVE A COMFORTABLE LIFE BY FOLLOWING YOUR DOCTORS ADVISE AND REGULAR FOLLOW-UPS.
- ❖ CONNECT AND CONSOLE OTHER CANCER PATIENTS .
- ❖ BE CONFIDENT AND FIGHT THE DISEASE TO SURVIVE.
- ❖ LIVE LIFE WITH CONFIDENCE AND HOPE.
- ❖ RELAX YOUR MIND WITH SPIRITUALITY. READ BOOKS.
- ❖ MODIFY YOUR LIFE STYLE WITH A HEALTHY DIET OF FRESH FRUITS AND VEGETABLES.
- ❖ REGULAR EXERCISE .
- ❖ BE ACTIVE PHYSICALLY, SOCIALLY AND PSYCHOLOGICALLY.



# LIVE LIFE KING SIZE

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# World Cancer Day –Special Package

**ManipalHospitals**  
LIFE'S ON 

## Be one step ahead of Cancer!

This World Cancer Day, Manipal Hospital invites you to do something positive - pledge against cancer. All you have to do is get yourself screened today and get ahead in the fight against cancer.

<b>Cancer Health Check (for Women) ₹ 3000</b>	<b>Cancer Health Check (for Men) ₹ 3000</b>
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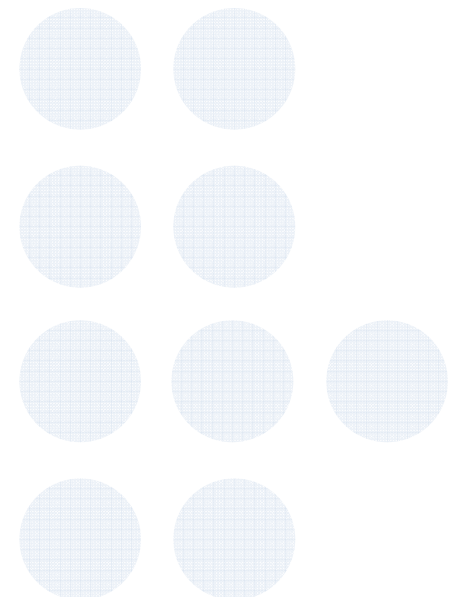
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**PLEDGE AGAINST CANCER**



**Our Network**  
Bangalore | Goa | Mangalore | Salem | Tumkur | Vijayawada | Visakhapatnam



[www.manipalhospitals.com](http://www.manipalhospitals.com)



## Cancer health check (for women) ₹ 3,000

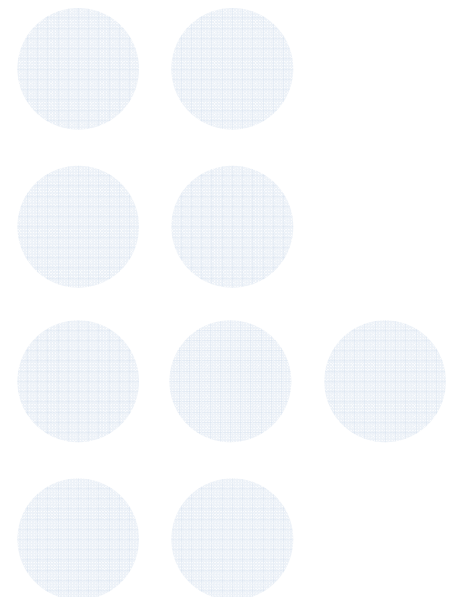
- Blood Routine (Hb, TC, DC, ESR, Platelet Count, MCH, RBC)
- Fasting and Post Prandial blood sugar
- Kidney Profile (Urea & Creatinine, Urine soft)
- Urine Routine (Microscopy & Protein Sugar)
- Blood Microscopy & Coagulation
- Chest X-Ray
- ~~Mammography Scan (Bilateral)~~
- ~~Ultrasonography Scan (Multiple Abdomen)~~
- ~~Colonoscopy (Screening)~~
- ~~Prostate Specific Antigen (PSA)~~
- Gynaecologist Consultation
- Oncologist Consultation

## Cancer health check (for men) ₹ 3,000

- Blood Routine (Hb, TC, DC, ESR, Platelet Count, MCH, RBC)
- Fasting and Post Prandial blood sugar
- Kidney Profile (Urea & Creatinine, Urine soft)
- PSA
- Urine Routine (Microscopy & Protein Sugar)
- Blood Microscopy & Coagulation
- Chest X-Ray
- Ultrasonography Scan (Prostate & Pelvis)
- PPI - Proctoscopy - on Jackson anovoid
- Oncologist Consultation
- Urological Surgeon Consultation

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**THANK YOU**

