

# DREAM FOUNDATION

## CANCER CARE

Development • Research • Education • Medicare

ISO 9001 : 2000 certified NGO



# KNOWLEDGE SPACE

*Ready reference of all you should know about Cancer.*

- Prevention • Occurrence • Risk factors
- Tests for early detection • Awareness message



With a strong support from a long list of well wishers like Mr. Dilip Kumar, Mr. Julio Ribeiro, Mr. Farooq Sheikh, Mr. Satish Sahney, Mr. R. H. Mendonca, Mr. I. M. Kadri and the likes, Dream Foundation is treading prudently to take a Macro-Leap in the field of social cause. This enthusiasm for collaborative linkage with well wishers and funding agencies has always been our thrust. Dream Foundation with its knowledge-based pro-activeness is committed to enrich and sustain the lives and livelihood of poor by establishing a support system for medical relief, counseling and information based data - a help line for cancer afflicted individuals.

The disturbing fact of life that keeps the Trust going is that only about 30% of the patients diagnosed with cancer undergo treatment because of the high costs and many dropout halfway having run out of money as the average cost of cancer treatment is as high as INR 2-10 lakhs.

2005

7th November - National Cancer Awareness Day

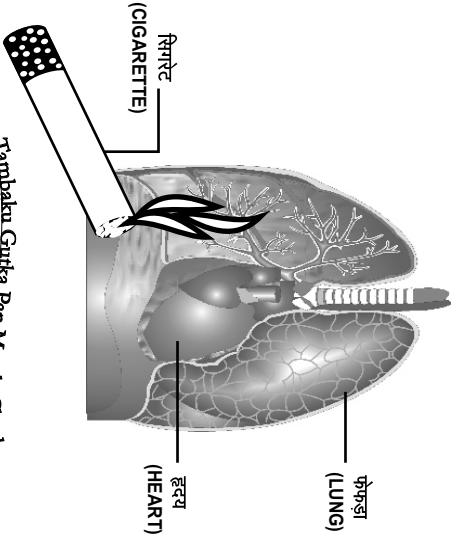
## **PREVENTION**

1. In global cancer map India is shown in GREEN. If the present rapid increase of cancer cases is not checked / controlled it will turn to RED in near future and cancer will become the KILLER No.1. Presently it is No.2 and next to heart diseases.
2. Cancer is a life style disease.
3. 60 % cancer cases are PREVENTABLE.
4. 40 % of cases are TOBACCO related.
5. TOBACCO is the single largest cause of cancer, @ 2 out of 3 cancer cases.
6. India is No.1 in mouth cancer in the world - TOBACCO is the culprit.
7. Lung cancer kills more people than any other cancer- TOBACCO is the culprit.
8. Life of habitual smoker is shortened by 5 minutes per cigarette smoke.
9. In urban India, 1 in about 15 men and 1 in about 12 women may develop cancer in their life time.
10. Most common cancer in India : Men-lung & Oral, Women-Breast & Cervical.

## **OCCURANCE**

1. A sore that does not heal, particularly in the mouth.
2. Unusual and repeated bleeding, specially in women after menopause.
3. A change in the usual bowel or bladder habits.
4. A change in the size and colour of a mole or wart.
5. Persistent indigestion.
6. Difficulty in swallowing.
7. Persistent hoarseness of voice or nagging cough.
8. A lump or thickening in any part of the body, particularly in the women's breast.

**क्या आप दृष्टिगत करते हैं ?**



Tambaki Gufta Pan Masala Chodo  
Zindagi se Apna Rishto Nata Jodo

## RISK FACTORS

Some of the risk factors and the cancers they are apprehended to cause in specific areas of the body :

RISK FACTOR	CANCER
1. Smoking	Kidney-Lung, Blood cancer (Leukemia), Uterus, Throat (Larynx) Nasal Passage (Nasopharynx), Vagina, Mouth, Prostate, Cervix, Bladder, Tonsil, Pancreas
2. Intake of tobacco in any form (Including teeth)	Mouth, Kidney, Bladder, Ovary, Tonsil, Throat (Oesophagus)
3. Excessive alcohol intake	Throat (Oesophagus), Nasal Passage (Nasopharynx), Liver, Pancreas
4. Diet high in fat or protein but low in fibre, fruit and Vitamin A, B and C	Kidney, Bladder, Uterus, Prostate, Stomach, Colon, Gall Bladder, Breast, Rectum, Pancreas
5. Exposure to uncontrolled radiation	Blood Cancer (Leukaemia), Lung, Thyroid
6. Treatment by estrogen	Uterus, Vagina, Breast
7. Neglected urinary infection.	Bladder
8. Infection with human Papilloma virus (HPV).	Cervix, Vagina, Penis
9. Diet high in processed and Preserved meat, smoked and salted food.	Stomach
10. Early menstrual period (Before 11 years of age)	Breast.
11. Late 1st issue (after about 35 years age)	Breast
12. No breast feeding	Breast
13. Unprotected sex from an early age	Cervix

## RISK FACTORS

14. Many issues	Cervix
15. Lack of hygiene during Menstruation period	Cervix
16. Exposure to nickel dust	Nasal passage (Nasopharynx)
17. Late menopause (after about 55 yrs. Age)	Breast, Ovary
18. Obesity	Breast, Ovary, Endometrium
19. Childlessness	Ovary, Endometrium
20. Foreskin (penis) does not retract	Penis
21. Twisting of the testis within the scrotum (causing severe pain), Torion.	Testis
22. Undescended testis into the scrotal sac	Testis
23. Hepatitis B and C infection	Liver
24. Neglected cirrhosis	Liver
25. Use of oral contraceptive by women having history of liver infection	Liver
26. Neglected dental problem as well as ill fitting dentures	Mouth
27. Handling asbestos, certain dyes, arsenic, pitch and tar	Kidney, Bladder, Lung, Nasal Passage (Nasopharynx)
28. Multiple sex partners	Cervix, Aids - Lung Cancer
29. Chronic bladder infection	Bladder
30. Burn scar and/or chronic skin infection	Skin
31. Frequent sunburn and U.V exposure	Skin
32. Pesticide	Stomach, Liver, Gall Bladder

## Test for early detection

Cancer	Warning Signals	Test of early Detection	Test Frequency
Bladder	Blood in urine (Indicated by red, or pink or smoky color), difficulty in urination, dull pain in lower abdomen.	a. Ultrasound. b. Gastroscopy c. Blood test	Once a year after the age 50.  As and when necessary
Breast	Appearance of lump or dimple in the Breast; skin of breast becoming wrinkled or scaly, discharge from nipple, change in shape of size of one of the breasts.	a. Self examination  b. Mammography  c.* Tumour Marker	Once a month (7 days after the menstruation period is over. For women post menopause any one particular day in the month Once in 2 years starting at 35 age  Every year after the age of 20
Cervical	Abnormal bleeding between periods, bleeding after intercourse, prolonged, heavy bleeding during Menstruation	Pap Smear	Once in two years after the age of 20
Colorectal	Blood in stool, sudden change in bowel pattern.	a. *Tumour Marker b. Colonoscopy	Once a year after the age 40 If necessary
Oesophagus	Pain and difficulty in swallowing, vomiting of the food eaten recently	Endoscopy	As and when necessary

\* Tumour Markers are a type of blood test

## Test for early detection

Cancer	Warning Signals	Test of early Detection	Test Frequency
Kidney	Painful or frequent urination, blood in urine (indicated by red, pink or smoky colour); pain in the back	Ultrasound	Every 2 years after the age of 50
Laryngeal	Persistent hoarseness, feeling of lump in the throat, difficulty in breathing.	a. Physical Examination b. Laryngoscopie c. Ultrasound	As and when necessary - Do -
Liver & Gall Bladder	Weight loss, pain in upper right side of the abdomen, fever, yellowing of skin and white of eyes	a. *Tumour Marker b. Endoscopy c. Ultrasound	Once a year after the age of 35. As and when necessary - Do -
Lung	Chronic cough, hoarseness of voice any cold that does not heal, coughing up blood, patients of AIDS.	a. X'Ray, b. Bronchoscopy c. CT Scan / MRI	As and when necessary - Do -
Oral	Red or white patches in any portion of the mouth, lump or swelling, burning sensation in the mouth, difficulty in speaking or swallowing	Physical Examination	Every 6 months
Ovarian	Pain in lower abdomen, frequent urination, swelling in abdomen	a. Ultrasound b. *Tumour Marker	Once a year after the age of 50 Every year after the age of 40

\* Tumour Markers are a type of blood test

## Test for early detection

Cancer	Warning Signals	Test of early Detection	Test Frequency
Stomach	Nausea, persistant pain, feeling of fullness	a. Ultrasound b. * Tumour Marker c. Endoscopy	Every year after age of 50 Every year after age of 40 As and when necessary
Pancreatic	Weak or interrupted flow of urine, difficulty in urination, urge to urinate frequently, blood in urine (indicated by red, pink or smoky colour), painful urination continuous pain in lower back, pelvis or upper thighs.	a. Ultrasound b. * Tumour Marker c. Rectal examination	Every year after age of 50 Once a year after age of 40 As and when necessary
Uterine	Irregular bleeding, bleeding after menopause	a. Ultrasound b. Colposcopy c. Study of tissue taken from the lining of the uterus.	Every year after age of 50 As and when necessary As and when necessary
Vaginal	Abnormal bleeding	Pap Smear	Once in 2 years, after the age of 20

## CANCER AWARENESS MESSAGES

1. CANCER IS PREVENTABLE.
2. CANCER IS CURABLE - IF DETECTED AND TREATED EARLY.
3. CANCER IS NOT CONTAGIOUS.
4. THERE IS LIFE AFTER CANCER.
5. DON'T GET SCARED OF CANCER - BUT FIGHT CANCER.

### WHAT CANCER CAN NOT DO

1. Cancer can not cripple love.
2. Cancer can not shatter hope.
3. Cancer can not corrode faith.
4. Cancer can not destroy confidence.
5. Cancer can not kill friendship
6. Cancer can not shut out memories.
7. Cancer can not silence courage.
8. Cancer can not kill the spirit.

\* Tumour Markers are a type of blood test

# **DREAM FOUNDATION**

**CANCER CARE**

## **How to order ?**

You can order your copy of "Knowledge Space - an 8 page ready reference of all you should know about Cancer.

- Prevention
- Occurance
- Risk factor

- Tests for early detection
- Awareness message

By sending Rs. \_\_\_\_\_.

(Whatever you think is reasonable).

This is a thoroughly researched, and authenticate document useful to you, me and everybody !

You may even save your life and life of your friends and near & dear ones, by taking all the precautions indicated.

**Send your Cash / Cheque / Draft in favour of  
'Dream Foundation Cancer Care'**

**At 107, Municipal Industrial Estate,  
Off. Dr. E. Moses Road, Gandhi Nagar, Worli, Mumbai 18.**

**Tel : 2497 3412 • Telefax: 2497 3413**

- Video Phone : 91-22-2495 9963

**E-mail : dfcc@dreamfoundationcancercare.org**

All donations are Tax Deductible under 80 G of the IT Act

**Payment can be made by Credit Card. Please visit  
[www.dreamfoundationcancercare.org](http://www.dreamfoundationcancercare.org)**

- We have permission of the Central Government under foreign contribution (Regulation Act 1976) for acceptance of foreign contribution.

- Wire transfers may be sent to American Express, Mumbai (India) for credit to Dream Foundation Account # 220121504.

Secured credit card transactions have been authenticated by verisign.