

**CENTER FOR INDIA STUDIES KUWAIT**

In Association With

**INDIAN DOCTORS FORUM KUWAIT**

**Presents**

**KNOW  
CANCER  
BETTER**

**A Series of Cancer Awareness Campaign -10 Days**

**Nov 27th to Dec 6th**

“**Cancer - Early Detection Save lives**”

**Awareness Broucher**



# BREAST CANCER



**“What the mind doesn't know the eyes don't see”**

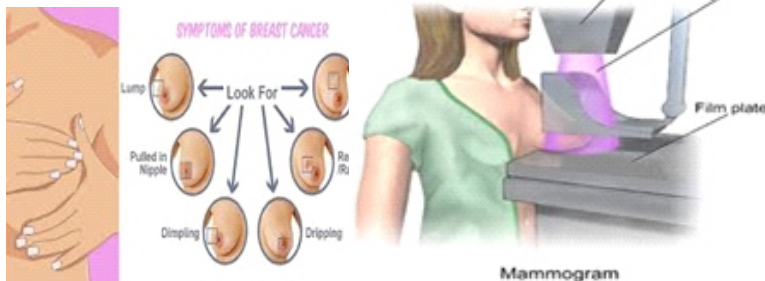
## Who is at risk

Any woman . Rarely can be in men .

## Risk factors

- Nulliparity, early menarche
- Family history of breast cancer
- Radiation/Chemical exposure
- Smoking / Alcohol /Hormonal medication /Obesity

## Symptoms and Signs



- Self examination of the breast (ref to the picture above)
- Any lump in the breast or axilla, skin changes , nipple discharge / nipple retraction.
- All are alarming and warrant consultation with the Doctor

## How it is detected

- Ultrasound breast at 25 years and above and Annual Mammogram upto 54 years and once in two years above 55 Years
- Genetic testing may be needed if family history .

## How I can prevent the breast cancer:

- Life style modification / Healthy diet and Exercise
- Screening Mammogram/ Ultrasound breast
- Early detection saves many lives- Any lump or changes in the breast and axilla should be suspected until proven otherwise

# CERVICAL CANCER AWARENESS



**“Be Aware Don,t Fear”**

## Who is at risk

Any woman who is sexually active

## Cause of Cervical cancer

Main cause is Human Papilloma virus. Multiple partners and smoking are risk factors

## How it is detected

A pap smear can detect the abnormal cells in a women,s cervix that are cancer or have the potential to b

## What are the symptoms

- Early stage cervical cancer has no symptoms
- Bleeding or abnormal discharge are signs of advanced cervical cancer

## How to get tested for cervical cance

\*Cervical cancer is the easiest woman cancer to prevent with regular screening and follow up

\*Women aged 21-65 years should have regular screening

Woman's Age	How often should a woman have a Pap test?
<b>under 21</b> years old	No testing needed
<b>21-30</b> years old	Pap test <b>every 3 years</b>
<b>30-65</b> years old	Pap test <b>every 3 years</b> or Pap and HPV <b>every 5 years</b>
<b>65</b> years old or older	No testing needed

## How can I prevent cervical cancer

\*HPV vaccine for girls 11-12 years ( series of 2-3 shots)

\*Follow the results of your pap smears and get it early treated if its abnormal

***"Cancer is curable if detected and treated early"***

## Who is at risk

First degree relatives of patients of adenoma or colon cancer.

## Cause of Colon cancer

Alcohol, smoking, excessive-red meat, less vegetable, obesity, hereditary, inflammatory bowel disease, colonic polyps

## How it is detected

Colonoscopy : An outpatient procedure to detect abnormalities by long flexible tube equipped with camera

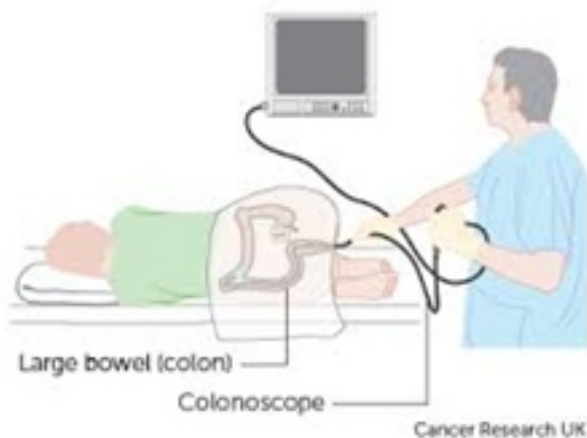
## Symptoms and Signs of colon cancer

Abdominal pain, bleeding per rectum, change in bowel habit, dark stool, weight loss, fatigue.

## How can I prevent Colon Cancer

Healthy diet, avoid smoking and alcohol, limit /avoid red meat consumption, regular exercise, reduce obesity annual colonoscopy for first degree relatives

## Colonoscopy



# LUNG CANCER



*"Cancer is just a chapter in our lives and not the whole story"*

## Who is at risk

There is no strong hereditary predisposition. Smokers and workers at high risk places.

## Causes of oral cancer

Smoking in any form (Cigarettes, bidi, cigar, sheesha), exposure to dust and smoke, living in polluted atmosphere (industrial area), exposure to chemical fumes, wood workers like carpenters and asbestos workers

## Symptoms and Signs

Long standing cough and or blood in the sputum, breathing difficulty, change of voice, swelling of face along with breathing difficulty.

## How it is detected

Sputum examination, chest X ray, bronchoscopy, CT scan/MRI

## How can I prevent oral and throat Cancer

- Quit smoking, follow safety guidelines at high risk working places.
- Annual chest X ray in persons with symptoms and high risk workers.
- See the doctor and investigate if any symptoms.



# OROPHARYNGEAL ( MOUTH & THROAT) CANCER



***“Difficult roads can lead to beautiful destinations”***

## Who is at risk

People with poor oral hygiene are at risk. There is no genetic predisposition.

## Causes of oral cancer

Tobacco chewing, (Different forms- Sadi patti and chuna , Pan with betel nut , Naswar or tobacco · inhalation through nose, Gutkas)

Smoking (Cigarettes, bidi, cigar, sheesha)·

consumption Alcohol·

·Viral infections – Human papilloma virus and Epstein Barr virus infection·

Hot spicy food consumption·

## How it is detected

Examination of oral cavity and throat and biopsy of suspected ulcer or growth

## Symptoms and Signs

Oral Cavity – Burning sensation in mouth, ulcer , red or white patch, painless bleeding from gums .

Throat & food pipe – abnormal sensation in throat, pain and difficulty during swallowing ,

Feeling of change in voice

## How can I prevent oral and throat Cancer

Healthy life style, quitting tobacco and alcohol consumption

If any symptom mentioned above ,earliest possible checkup, diagnosis and treatment



Cancer is one of the world's largest health problems. It is one of the leading causes of death. It can affect any part of the body and dreadful if detected at late stage.

It can be treated easily with complete cure if detected early even before symptoms appear. That is why it is important to know about common cancers and screening tests to detect it at early stage.



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