COMBAT CANCER

Detect early & Treat early!

Cancer Foundation of India
KOLKATA
This moment more than **25,00,000** people are undergoing cancer treatment in India

- Cancer is a disease of the body
- If untreated Cancer spreads in the body
- Early stage cancers can be cured
- Most cancers are due to our habits
- Cancer is not contagious or due to sins (!)

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Cancer is Preventable

- 70% cancers in India are due to lifestyle
- 1/3rd cancers are due to tobacco use
- Improved diagnostic facility detects cancer early
- Most cancers are detected late hence cannot be cured
- Begin treatment & complete treatment
- Reduce risk of getting cancer

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Early signs of Cancer

- Change in Bowel or Bladder habits
- A sore that does not heal
- Unusual bleeding or discharge
- Thickening/Lump in the body
- Indigestion/Difficulty in Swallowing
- Obvious change in Wart or mole
- Nagging cough or hoarseness

Do not Ignore these signs
Report to your local doctor

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<table>
<thead>
<tr>
<th>Smoking</th>
<th>Smokeless</th>
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<tbody>
<tr>
<td>Cigarettes</td>
<td>Gutkha</td>
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<tr>
<td>Bidi</td>
<td>Khaini</td>
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<tr>
<td>Hookah</td>
<td>Zarda</td>
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<tr>
<td>Chutta</td>
<td>Paan+Tobacco</td>
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<tr>
<td>Chillum</td>
<td>Guraku</td>
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<tr>
<td>Cigars</td>
<td>Snuff</td>
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</tbody>
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Tobacco use causes 1 death every 6 seconds

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Tobacco & Cancer

Tobacco causes cancers of

- Lung
- Smoking
- Mouth & Oral cavity
- Smokeless
- Pharynx, Larynx
- both
- Esophagus
- both

Risk factor for several other cancers

Other diseases

- Heart attack
- Asthma, TB
- Lung diseases
- Impotency, Still birth etc.

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Major Cancers of Women

Cancer in Breast & Cervix

- Check breast for lumps etc. once every month
- Report unusual bleeding to doctor or health worker
- Do not have multiple sex partners
- Do not conceive before 18 years of age

Maintain hygiene
Eat balanced diet
Protect yourself

- Do not use Tobacco in any form
- Do not allow anyone to smoke around you
- Do not consume Alcohol
- Exercise regularly. Walking is good exercise
- Keep an eye on unusual lump, bleeding etc.
- Women must take care of own health
- Maintain healthy balanced diet

&

Report anything unusual to your local doctor

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Protect children

- Do not initiate children into tobacco
- Do not smoke around children
- Do not send children to buy tobacco
- Abide by tobacco control laws
- Motivate boys and girls to imbibe cleanliness & healthy habits
- Girls must give childbirth after 18 yrs age
- Children must be given health education

Each day 5500 adolescents begin tobacco use in India

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Be Aware

DETECT early
REPORT early
TREAT early

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