



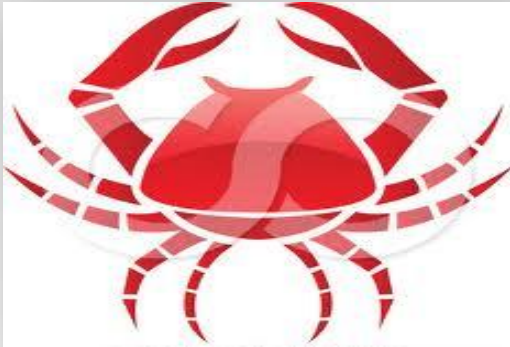
Cancer Foundation of India
KOLKATA

COMBAT CANCER

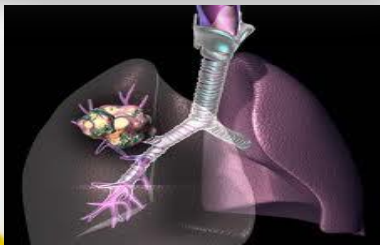
***Detect early
&
Treat early!***



Cancer Kills



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 (!)**

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



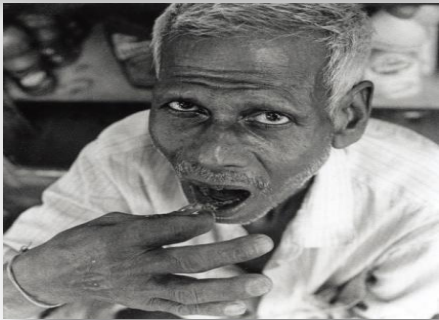
Early signs of Cancer



- ↗ **C**hange in Bowel or Bladder habits
- ↗ **A** sore that does not heal
- ↗ **U**nusual bleeding or discharge
- ↗ **T**hickening/Lump in the body
- ↗ **I**ndigestion/Difficulty in Swallowing
- ↗ **O**bvious change in Wart or mole
- ↗ **N**agging cough or hoarseness

*Do not Ignore these signs
Report to your local doctor*

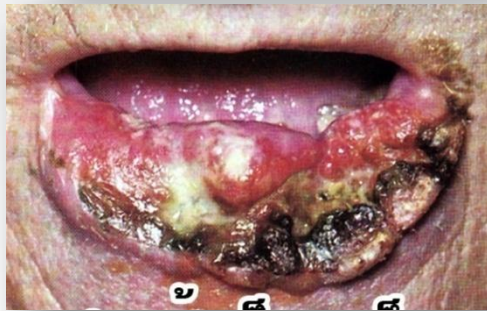
Tobacco



Smoking	Smokeless
Cigarettes	Gutkha
Bidi	Khaini
Hookah	Zarda
Chutta	Paan+Tobacco
Chillum	Guraku
Cigars	Snuff

Tobacco use causes 1 death every 6 seconds

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.

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

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

Be Aware

*DETECT early
REPORT early
TREAT early*



*A public health initiative of
Cancer Foundation of India*