



CHANGE THE DIRECTION OF DONATION

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Cancer Care Charitable Society



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World Cancer Care Awareness & Cancer Screening Centers Dedicated to Healthy Humanity



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YOUR GENES ARE NOT YOUR DESTINY

People often believe that their health entirely depends on their genetic factors. Specifically those who are somehow genetically related to the people suffering from diabetes, cancer or autoimmune conditions remain worried about their health lifelong.

Does blaming genes for everything is appropriate ? How much does the risk of a disease in life depends on the genes? Are all diseases genetic ? This article will answer these questions.

The research in this field has reached to a number that around 5-10% of the diseases are caused by the genetic defects. As a matter of fact every person have some bad and some good genes inside them but it is exclusively in the hands of an individual to activate or to switch ON those genes. People easily ignore their own faults and start blaming their genes. The various factors which plays a major role in activating the bad genes are: (i) nutrient deficiency (ii) exposure to toxic chemicals through the environment (iii) stress (iv) poor sleep (v) weakened immune system.

To make it easier to understand, i would like to explain it with the help of analogy.

Let's suppose that your genes are like a DVD and all the above factors are like a DVD player. DVDs can only be listened to or are significant when inserted in a DVD player, otherwise the DVDs alone are unrecognizable. In a similar manner even if some bad genes resides inside a person it can cause no harm unless a person himself provokes them. Thus, it's essential to understand that if health of a person solely depends on the genes then lifestyle (including eating habits, physical activity, quality of sleep, stress) would have no effect on health.

Let me give you one more example to make it more clearer. When a farmer brings a packet of vegetable seeds from the market for sowing, all the seeds in the packet share the same genetic information. This implies that all the seeds have the same DNA. Now if a farmer plant a handful of these seeds in a nutrient rich black soil and throw another handful of those seeds in a poisonous soil then surely they both will not grow in a same manner. Although their genes are similar, seeds planted in nutrient rich soil will grow into a nutrient rich plant. Seeds sown in toxic soil will not be able to germinate and if in any case it grows, they will soon fall off. Even a good quality seed can germinate only if it's sown in nutrient rich soil. The bottom line is that DNA plays a very small role in determining the risk of a particular disease going on in a family history. Most diseases are caused by a combination of multiple genes. Genes can be switched 'ON' or 'OFF' according to the environment inside the body. The bad genes can get 'ON' due to the lack of nutrition or the presence of toxic chemicals inside the body. Thus the environment inside the body largely determines which genes will be "silent" or "off" and which genes will be "active" or "on". For example, suppose there are certain genes in a human body that may be prone to developing cancer but the cells are well protected from all toxic chemicals, good nutrition, getting good quality sleep and avoiding any kind of unhealthy food like sugar, processed food, processed juice etc. then such genes can never gets activated by their own.

In today's modern world where the availability of unhealthy food is high, we believe that everyone should know the importance of nutrition on our health and stop blaming genes for everything. Genes are not your destiny, they determine the areas of your opportunity.

Dr. Jasmeet Kaur



Message by Editor & Declaration

The information presented in this book is for educational and informational purpose only. If you have any question about whether the information and advice present in this book is suitable for you, please be checked with your trusted physician or health care provider. It is your responsibility to discern what information provided is useful for your health and to use this guide in appropriate and common sense ways.

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Manmohan Singh

Member of Parliament
Rajya Sabha

MESSAGE

I am glad to know that the World Cancer Care is engaged in the cause of cancer Awareness and Detection Programme which has gained acceptance even in Rural India. Cancer is a disease which can afflict anyone from any strata of society. We are yet to identify the exact cause of cancer, although there are some risk factors and protective factors associated with it. Risk factors are those conditions the prevalence of which increases the chances of being afflicted by the disease. These may be genetic factors, habits like smoking etc. Protective factors are those conditions the prevalence of which reduce the chances of affliction by the disease. These would include nutritional factors, genetic factors etc. The role of cancer awareness and prevention is to educate the public about these risk factors and protective factors and also to help recognize symptoms. In fact cancer is preventable and curable when diagnosed at an early stage. Hence early detection of cancer is of utmost importance in order to control it. The main problems in India in controlling cancer is lack of knowledge about lifestyles and societal practices that cause majority of the cancers.



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July 26, 2019

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Diabetes is a serious life-long health condition that occurs when the amount of glucose (sugar) in the blood is too high because the body can't use it properly. The insulin released by the pancreas moves glucose into our cells, where it is used as fuel for energy. There are two types of Diabetics.

Types of Diabetes

Type 1 diabetes is caused by the immune system destroying the cells in the pancreas that make insulin. This causes diabetes by leaving the body without enough insulin to function normally. This is called an autoimmune reaction, or autoimmune cause, because the body is attacking itself.

Type 2 diabetes has several causes: genetics and lifestyle are the most important ones. A combination of these factors can cause insulin resistance, when your body doesn't use insulin as well as it should. Insulin resistance is the most common cause of type 2 diabetes. Type 2 diabetes can be hereditary.

Common warnings signs of diabetes include:

- Increased thirst.
- Increased hunger (especially after eating)
- Dry mouth.
- Frequent urination or urine infections.
- Unexplained weight loss Fatigue (weak, tired feeling)
- Headaches

Common symptoms of diabetes:

- Often Urination .
- Feeling thirsty.
- Feeling hungry - even though you are eating.
- Extreme fatigue.
- Blurry vision.
- Weight loss - even though you are eating more (type 1)
- Tingling, pain or numbness in the hands/feet (type 2)



A diabetes diet simply means eating the healthiest food in moderate amount and sticking to regular meal times. A diabetes diet is a healthy-eating plan that's naturally rich in nutrients and low in fat and calories. Key elements are fruits, vegetables and whole grains.

Exercise :

Physical Activity is Important. Regular activity is a key part of managing diabetes along with proper meal planning, taking medications as prescribed, and stress management. So, exercising consistently can lower blood glucose and improve your .





WORLD CANCER CARE

Report Card (2014-2023)

From 2014 to 2023, World Cancer Care demonstrated remarkable dedication and effectiveness in its mission to combat cancer and promote public health. Covering a total of 11,512 villages, the organization orchestrated 2,778 health camps and conducted 528 seminars, reaching a wide audience with vital information and services. Through these efforts, a staggering 874,776 beneficiaries were registered, with a near-equal distribution between males (377,599) and females (497,177).

A cornerstone of World Cancer Care's strategy lies in its comprehensive screening programs. Across various modalities, including mammography, Pap smear, PSA tests, and more, the organization conducted a total of 205,077 screenings. These screenings not only detect cancer but also enable early intervention, potentially saving countless lives.

Beyond cancer-specific initiatives, World Cancer Care extended its impact to address broader health concerns. Notably, 867,149 individuals underwent diabetic testing, with 111,200 cases of high diabetes identified. Similarly, 867,149 individuals were tested for high blood pressure, revealing 132,361 cases of hypertension.

The organization's commitment to holistic healthcare is evident in its provision of follow-up sessions, totaling 15,762, ensuring continuity of care and monitoring for at-risk individuals. Throughout these endeavors, World Cancer Care remained vigilant, detecting 5,573 suspected cancer cases and confirming 873 positive cases.

In summary, World Cancer Care's tireless efforts from 2014 to 2023 have significantly advanced cancer awareness, prevention, and early detection on a global scale. Through its multifaceted approach, the organization has not only identified and treated numerous cancer cases but has also addressed associated health issues, promoting overall well-being within communities worldwide. However, the fight against cancer continues, requiring ongoing dedication, collaboration, and innovation to achieve lasting impact and improve health outcomes for all.



COME LET US SAVE PUNJAB-----

The great philanthropist Dr. Dhaliwal



Dr. Kulwant Singh Dhaliwal
Global Ambassador
World Cancer Care

Starting from First Guru Shri Guru Nanak Dev Ji till Tenth Guru Shri Guru Gobind Singh Ji, forgetting the soulful message regarding living with a very simple lifestyle from its birth till its demise given by all the ten Gurus and Shri Guru Granth Sahib Ji has become the line of danger for the civilization of today. The sacred God grants the life to the mankind for the reason, such that, the person keeping his life active, doing his earnings with hard work through all the ten fingers of his hands, may move forward with his life, there, keeping himself ready for the welfare of the mankind, within the preview of consent of the Great God. The

fact of the matter is that today, forgetting the message of the God, the man has started giving preference to the lifestyle of glamour. That is the only reason, why man is engulfed in different problems including cancer etc. and is cursing God for his own doing, whereas, the original tragedy is this, that, the man has polluted the water granted by the Great God, along with the productive earth of Punjab with its atmosphere by making heavy usage of pesticides and unnecessary pouring of fertilizers on them. It will not be inaccurate to write here that the Punjab due to its own negligence has been renowned as "Capital" of Cancer around the World. The survey of World Health Organization indicates that there is very less awareness about Cancer in Punjab. This is the only reason; the cancer patients are not protected within the time frame. The "World Cancer Care" is energetic to provide Latest Medical Machines in Punjab on the precedence of Western countries, such that, the lives of the poor patients are protected. The Punjabis, under the stress of modernization has forgotten its rich heritage, will have to regain that again and will have to revive the precedence to sit underneath the old Banian Tree and Dharmashalas (community homes) and share their gossips about sorrows and pleasures, such that, each and every Punjabi under stress should get relieved from the same and should enable himself to inhale peacefully and to enable himself to keep illnesses at a distance. The "World Cancer Care" does agree to the fact that if we win to expand the awareness regarding cancer in each and every house of Punjab then it will bea revolutionary direction giving to the goal. Please come, before it is too late, let us unite together to win the war on cancer and to take the Punjab out of mud of illnesses and to take firm decision to fight for the same.





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#SBICard ਅਤੇ ਵਰਲਡ ਕੈਂਸਰ ਕੇਅਰ ਦੇ CSR Initiatives ਰਾਹੀਂ ਮੇਰੇ ਦੇ ਬਦਨੀ ਕਲਾਂ ਵਿੱਚ ਵਿਸ਼ਾਲ ਕੈਂਸਰ ਜਾਂਚ ਕੈਂਪ ਲਗਾਇਆ ਗਿਆ ਜਿਸ ਵਿੱਚ ਵੱਖ-ਵੱਖ ਪਿੰਡਾਂ ਤੋਂ ਲੋਕਾਂ ਨੇ ਆਪਣੀ ਜਾਂਚ ਕਰਵਾਈ।



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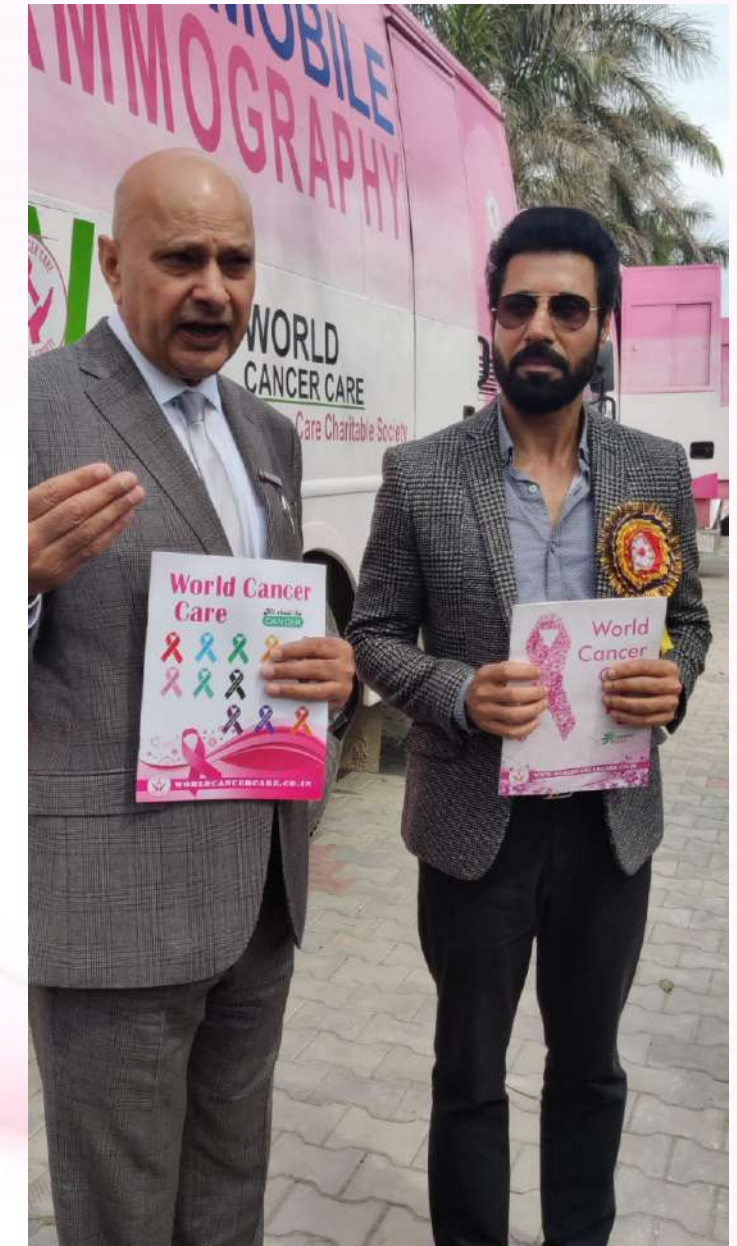
Such as:

- **Mammography** test for breast examination.
- **Pap smear** test for cervical cancer in women
- **PSA test** for Prostate cancer in men.
- **BMD test** for bone examination.
- **Oral screening** for mouth and throat examination.
- **Blood tests** for blood cancer.

Each test takes 15 to 20 minutes and the reports are given after 15 days at the camp site. If the doctor does not find any symptoms of cancer, he will start asking you questions about your general health problems and if there is any general health issues, then you are prescribed with a General Medicines. You can get these medicines at the registration counter completely free of cost. More than 500 patients can be examined in a our camp, a convoy of about 20 medical staff with an ultra modern buses reaches your village at 9 am and works till 4 pm.

Patient with positive test reports are constantly contacted and guided by the world cancer care team on the telephone and referred to the nearest government cancer hospitals where the treatment is to be done under government schemes and guidelines.

Most of the World Cancer Care camps are sponsored by NRIs as it costs a minimum Rs 1 Lakh. All the Camp details reports sent to sponsored via email and make it office record also for future endeavor.





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At the camp site, we need some other necessary arrangements such as 50 chairs, 10 tables, 2 rooms a clean bathroom and electricity connection single phase 10kva.

Our organization provides some leaflets to the camp organizer to advertise the camp to the general public, with information regarding the cancer screening tests, camp place, date, time and venue.

Then, on the scheduled date of the camp, World Cancer Care team arrives at the camp site at 9 am and sets-up the arrangements within half an hour. And after that registration begins. The Patient's name, address and mobile number must be taken during registration. The vital signs such as diabetes and blood pressure are checked at the registration counter. A cancer information leaflet is also given to the patients and sent them to the video theater inside the bus to watch the cancer information video. Then, the patient goes to the doctor's room where the doctor asks him a variety of questions related to cancer and if the doctor finds any symptoms associated with the cancer then patients are advised for cancer screening tests. These tests can be any of the following tests.



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WORLD CANCER CARE: EMPOWERING LIVES, INSPIRING HOPE

World Cancer Care has been working successfully for a long time for the prevention of cancer. World Cancer Care was established in 2014 by the founding chairman of the organization S. Kulwant Singh Dhaliwal with the mission to educate all sections of the society about cancer and to prevent the spread of cancer.



World Cancer Care is an international organization operating as a registered charity in England, Canada and India. A look at the past work of World Cancer Care's valuable contribution shows that the society has so far reached out to over 10,000 villages. During the drive millions of people have been screened and thousands of diagnosed with cancer.

The World Cancer Care organization has 12 state-of-art mobile buses having all the ultramodern facilities for cancer screening. These mobile buses reach different villages with different teams and check people without any discrimination of caste, color and creed. Apart from Punjab, World Cancer Care has reached out to the state of Rajasthan, Himachal Pradesh, Haryana, Delhi, UP, Uttarakhand and provided these facilities to the people absolutely free of any cost.



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World Cancer Care has been honored many times by various governments for its humanitarian services rendered by S.Kulwant Singh Dhaliwal.



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WHAT ARE CANCER CAMPS AND HOW DO THEY WORK ?

We often ask the question of how to set up a cancer camp in our village and how it works and what facilities are available to the people. Let's find how a cancer camp works and how we can set up a cancer camp in our village.

A wide range of ultra-modern mobile buses have been developed by World cancer Care society and are equipped with very expensive of cancer screening machines. Each bus is worth rupees crore.

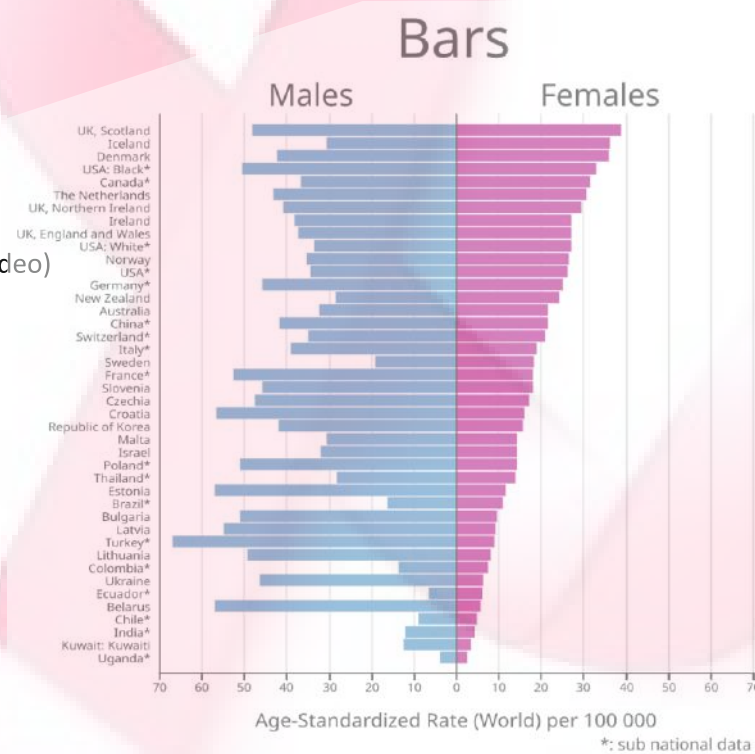
People frequently contact us to set up a cancer camp in their village, we give them a date on which the camp is to be held and informing of all the arrangements for setting up the camp. After that, our team keeps in touch with the organizer on the telephone and repeatedly tells them to make the following arrangements. Such as :

Camping location : It is very important to make sure that the camp is located at a place where our big buses should reach easily and there should be two rooms available at that place (whether a tent rooms) Gurdwara's, schools and Panchayat House or any vacant ground are preferable.



World Cancer Care has Created a new record by Organizing 2379 Camps in Last Five Years.

- Total Village Covered
- Total Population Covered
- Camps
- Seminar
- Beneficiary Registration**
- Male
- Female
- Awareness Session (Audio/video)
- Mammography Test
- 1Pap Smear Test
- PSA Test
- Blood Test CBC
- Oral Screening
- Bone Density
- Low Bone Density
- Clinical Finding
- Diabetic Test
- High Diabetic
- Blood Pressure test
- High BP
- Follow-up



- 11512
- 13897560
- 2778
- 1528
- 874776**
- 377599
- 497177
- 14589
- 3783
- 23155
- 49297
- 30223
- 69469
- 244042
- 98802
- 14857
- 867149
- 867149
- 111200
- 867149
- 132361
- 15762

- Cancer Suspected
- Positive

- 5573
- 873



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activity, memory becomes more consistent and appetite becomes regular. Most adults need at least 7 hours of nightly sleep for optimal health and productivity. Some people need more sleep to feel well-rested. Try to get 7 or more hours of sleep per night. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes and stroke.

Reducing stress

Our body responds to daily stress by releasing hormones that prepare you for the reaction. Although some of the stress is inevitable and necessary, over stress can lead to many health problems. If you don't get rid of this stressful situation in a relaxed way, it can have side effects, which can lead to muscle aches, headaches, sleep disturbances and other symptoms. A stressful lifestyle should be avoided before it progresses to unhealthy condition. Exercise is one of the most important things you can do to combat stress such as body massage, stretching, yoga, dancing and walking so on. On the other hand, when you are feeling stressed take a break to call a friend and talk about your problems. Good relationships with friends and loved ones are important to any healthy lifestyle. In addition to it, sometimes calling a friend is not an option. If this is the case, talking calmly to your self can be next best thing. A Don't worry about seeming crazy-just tell yourself why you are stressed out, what you have to do to complete the task at hand and most importantly, that everything will be okay.

Why should adopt a healthy lifestyle?

A healthy lifestyle can lead to a happier life in the long run With the growing impact of lifestyle-related diseases in India, one in four people has an increased risk of dying from a variety of non-communicable diseases before the age of seventy. Adopting bad habits such as lack of diet, lack of exercise, excessive sleep, excessive smoking or alcohol consumption makes you one of the 38 million people who are susceptible due to one or more health problems.



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World Cancer Care is providing medical facilities to the people as well as raising awareness about social evils. The perfect examples of this are the drug prevention camps run by the organization. In which the message is given to the youth to abstain from drugs. And the parents are made aware about drugs so that their children do not. Guarding the social consciousness, Mr. Kulwant Singh Dhaliwal ji, always inspires people to seek a simple marriage and live a simple life.



The slogan to change the direction of charity was also given by S. kulwant singh dhaliwal at a conference in Canada in 2016. The effect of which was seen all over the world and people sincerely believed that it is necessary to change the direction of charity in today's time.



World Cancer Care laid the foundation stone of two major hospitals in 2018 to stem the rising tide of cancer, which are almost complete and fully operational, one serving at Jalandhar and the other at Jagraon Nanaksar on Malwa land. These two cancer centers will be the first of their kind in India to raise awareness about health, to the general public in new ways to keep our next generation informed about the latest health research around the world.

While the World cancer care is raising awareness about cancer care, cancer screening and awareness, as well as promoting natural remedies, the organization believes that the general public is at risk of contracting diseases such as cancer. The main reason for this major change is lifestyles of the people like our way of eating and living. The environment has changed in such a way that we have gone far beyond the laws of nature, which has a great



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impact. Today a large part of the world's population is suffering from various diseases. World Cancer Care also made great efforts to promote organic farming, the founder of the organization Sardar Kulwant Singh Dhaliwal Ji, promoted various organizations working on organic farming on social media. He appealed to the people to adopt organic farming as much as possible so that we can give a healthier life to our next generation. World Cancer Care,

an organization dedicated to public service, has never shied away from social work, a living example of which is the organization that has been working hand in hand with the Punjab Government during the recent floods in Punjab. No flood victim in need was left without medicine. These rescue operations lasted for a month, the organization formed five teams and sent to the different villages of districts of Jalandhar, Kapurthala and Moga. In addition to it, a medicines and bandages were also provided

ORGANIZATION STRUCTURE	
Dr. Kulwant Singh Dhaliwal Chairman/global Ambassador	Jass Sangha Ambassador (USA)
S. Jasvir Kandola Trustee UK	Dr. Dharminder Singh Dhillon Managing Director, India
Mr. Guralp Singh Oppal Legal Advisor	S. Ajayvir Singh Lalpura Director India
Dr. Devinder Pal Singh Director	S. Jagmohan Singh Kahlon President
S. Kuldeep Singh Tallewal Director Canada & USA	S. Ranjit Singh Finance Director
Mr. Harbhajan Mann Goodwill Ambassador	S. Onkar Singh Bains Director Maharashtra & Neighbour States
S. Sukhpal Singh Sidhu Director Malwa, Punjab	Dr. Jaswant Singh Grewal Director Punjab
S. Harsimran Singh Hundal Director USA	S. Sikandar Singh Director USA
S. Kuldeep Singh Buttar Director Hongkong	Smt. Gurmeet kaur Atwal Director Canada
MEDICAL PANEL	
Dr. Devinder Singh Sandhu Chief Medical Advisor	Dr. Navjot Kaur Sidhu Medical Advisor
Dr. Jaswinder Singh Dhillon Chief Advisor India	Dr. Ritu Singal Medical Advisor

to the patients, who were trapped on the roofs of houses. On the other hand, many sick, elderly and pregnant women were rescued and rushed to nearby government hospitals. The Chief Minister Capt. Amarinder Singh also lauded the rescue operations of the organization. In the year 2019, the 550th birth anniversary of Guru Nanak Dev Ji was celebrated with great fanfare all over the world. A full month long program was drawn up by the Punjab Government at Sultanpur Lodhi to celebrate this festival. With millions of devotees in attendance, the Punjab Government selected the World Cancer Care Institute to provide medical facilities to such a large gathering and set up a Temporary Tent City Hospital at Sultanpur Lodhi with over 100 medical facilities. Facilities were equipped with emergency wards and general wards to admit



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healthy body weight such as low fat meats like chicken, legumes, eggs and nuts should be used in daily our die because high rich amount of food may cause heart diseases and other diseases.

Exercising

Along with nutrition, food also contains calories. If a person does not exercise then he is more likely to gain weight. Being obesity also increase, the risk of heart disease, type 2 diabetes and cancer. Regular physical activity can improve your muscle strength and boost your endurance. Our lifestyle helps us to remain a healthy lifestyle. It can also help improve cognitive function and helps lower the risk of death from all causes and you can strengthen your muscles by lifting weights by doing aerobic exercise, walking or jogging. In order to improve and maintain the flexibility of the body, the practice of yoga should also be included in our lifestyle.

Sleep

Sleeping well makes us feel better, more alert, energetic, and better able to concentrate and perform our daily tasks. A getting enough sleep each day is one of the most important things you can do for your health and wellbeing and to reduce your risk for ill-health. When a person sleep, there is a continuum of metabolism, regeneration of cellular tissue and self-repair of the body. During this time, with less physical



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HOW TO CHOOSE A HEALTHY LIFESTYLE?

A healthy body is the first step to make your life happier. Life is meaningless if you are not in good health. You cannot enjoy food or worldliness. A healthy person can live a happier and more peaceful life than any rich but unhealthy person. That's why, we can say that the real asset of a man is his good health.

Good health is not only the name of freedom from any disease and weakness, but also the health is a state of complete physical, social and mental well-being and not merely the absence of disease or infirmity.

This means that health is a resource to support an individual's function in wider society, rather than an end in itself. A healthful lifestyle provides the means to lead a full life with meaning and purpose.

Good health is the state of mind, body and soul of a person free from any kind of disease, injury and pain. If you are strong and healthy, then you can be a great example to others and learn to achieve good health.

Even though a sick person is rich, he is still poor in health. Living a disciplined life is essential to maintain good health. People who are healthy but lead un-healthy lifestyles may suffer from high blood pressure, heart disease, obesity, diabetes, cholesterol, kidney problems, liver disease and many other health problems.

A healthy person can earn a lot of money but an unhealthy, sick person cannot do all this due to lack of motivation, interest and strength. Money is very important for living but good health is most important for living a happy life. A person who leads a healthy lifestyle plays a positive role for his family and even for others and it could create a healthy environment for children to grow. Follow these tips to live a healthy life.

t:

Our heart, muscles, bones, immune system and body systems depend on a constant supply of nutrients for the growth and metabolism of cells. We need a variety of diets to get these nutrients. We need it, in the form of proteins, vitamins, carbohydrates, minerals and fats. Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a



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Just now · 🌐



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SBI's Corporate Social Responsibility (CSR) program has teamed up with World Cancer Care to launch a comprehensive initiative aimed at combating cancer in the Malwa region of Punjab. Through a series of 100 camps, this collaborative effort seeks to raise awareness about cancer prevention and the importance of early detection. These camps will provide crucial access to screenings and educational sessions, empowering individuals with the knowledge and resources necessary to detect cancer early and seek timely treatment



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ID proof like Aadhaar and voter card and submitted to your Civil Surgeon's Office. After that, your file move to Chandigarh Cancer Cell and they will sanction this grant to your cancer Hospital for your Treatment, remember that this fund is not given to patient but it provides to hospital where you can get your treatment. For more information you can log on to this link pbhealth.gov.in.

Life insurance plan

The Life Insurance Scheme has been launched by the Government of India for the treatment of any ailment. In this scheme, you can get treatment up to Rs. 5 lakh, which is absolutely free. To make this card you have to visit to nearest Sewa Kender with the necessary documents of your citizenship and address etc. For more information you can log on to this link <https://pmjay.gov.in/form/job-seeker-profile>.



SBI Card Join us a launches the Malwa Drive to champion cancer awareness and care! Through our CSR initiative, we're partnering with World Cancer Care to organize camps and support those affected by cancer. Together, let's make a difference!



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alcohol intake further enhance cardiovascular health

4. Holistic Harmony: The Threefold Connection: Acknowledging the interconnectedness of digestion, blood sugar management, and blood pressure regulation unveils a holistic approach to well-being. A diet mindful of these factors, combined with regular exercise and stress-reduction practices, forms a comprehensive strategy for promoting overall health. By nurturing one aspect, we positively influence the others, creating a ripple effect of well-being throughout the body.

5. Empowering Choices: A Lifestyle Prescription: Optimal digestive health, blood sugar control, and blood pressure management are not solely about restrictions; they are invitations to embrace a lifestyle that empowers and enriches. Small, consistent changes, such as incorporating more plant-based foods, staying active, and prioritizing stress reduction, accumulate to create a foundation for a healthier and more vibrant life.



Vardhman launches cancer campaign in District Hoshiarpur, partnering with World Cancer Care under CSR initiative."



SAVE-A-LIFE





NUTRITION, EXERCISE, AND STRESS MANAGEMENT

In the quest for a fulfilling and vibrant life something super important – staying healthy in our daily lives. It's not about complicated stuff; it's about three simple keys: eating right, moving our bodies, and managing stress. Trust me, it's the recipe for a happy and healthy life!

- 1. Power of Healthy Eating:** Picture this – your body is like a superhero, and the right food is its power-up. Eating healthy means choosing colorful fruits, veggies, and whole grains. These foods give us energy and make our bodies strong. Oh, and don't forget to drink plenty of water – it's like magic for your body!
- 2. Get Moving with Regular Exercise:** Now, let's talk about moving those amazing bodies of ours. It doesn't mean you have to be a fitness guru. Just find something you enjoy – maybe dancing, playing a sport, or going for a walk. When we move, we keep our hearts happy and our muscles strong. It's like a fun adventure for our bodies!
- 3. Stress? No Thanks! Manage it with a Smile:** Life can sometimes be a rollercoaster, right? But here's the secret – stress doesn't have to control us. Take a deep breath, find things that make you smile, and talk to your friends or family when things get tough. Managing stress is like having a shield against life's challenges. You've got this!
- 4. The Happy Trio for a Healthy Life:** Imagine these three things – eating yummy, healthy food, having fun while moving around, and saying bye-bye to stress. That's like the perfect trio for a healthy and happy life. When we balance these things, we become superheroes of our own stories.

Let's keep it simple. Eating good, moving our bodies, and managing stress – these are the keys to unlocking a healthy life. Remember, you don't need fancy gadgets or complicated plans. Just enjoy the journey of staying healthy, and your body will thank you with smiles and energy every day. Here's to our fantastic and healthy lives.

"Balancing Health: Digestion, Diabetes, Blood Pressure"

In the intricate symphony of our bodies, the roles of digestion, blood sugar management (especially for those with diabetes), and maintaining optimal blood pressure are crucial orchestrations for overall health. This article embarks on a journey to explore the interconnected world of these bodily processes, offering insights and practical tips for achieving harmony within.

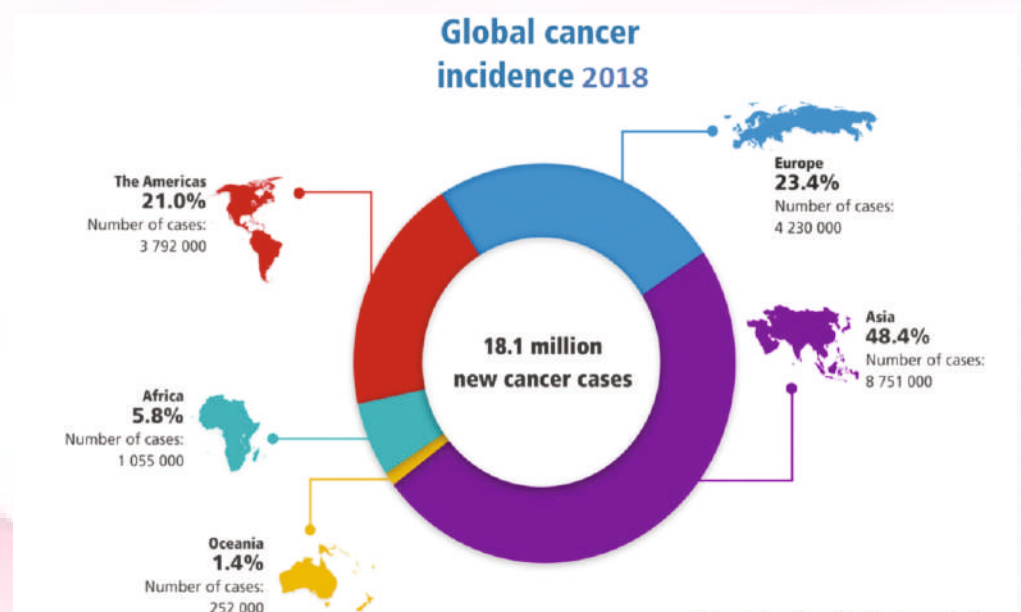
- 1. The Digestive Dance: Understanding the Rhythms:** Digestion is the body's intricate dance of breaking down food into nutrients, ensuring energy for our daily pursuits. To support this process, incorporating fiber-rich foods, staying hydrated, and practicing mindful eating are key. Probiotics, found in yogurt and fermented foods, also play a vital role in maintaining a healthy gut, enhancing digestion, and bolstering the immune system.
- 2. Navigating Diabetes: Balancing Blood Sugar Levels:** For individuals managing diabetes, maintaining stable blood sugar levels is paramount. Choosing complex carbohydrates over simple sugars, embracing a balanced diet rich in vegetables, lean proteins, and whole grains, and monitoring portion sizes are integral components. Regular physical activity serves as a powerful ally in regulating blood sugar, promoting insulin sensitivity, and enhancing overall well-being.
- 3. Blood Pressure: The Symphony of Balance:** Blood pressure, the force of blood against the artery walls, demands careful attention. A diet low in sodium, high in potassium-rich foods (such as bananas and leafy greens), and rich in heart-healthy fats contributes to maintaining optimal blood pressure. Regular exercise, stress management techniques like meditation, and limiting



CANCER IS CURABLE IF DETECTED EARLIER

Today's form of cancer is more dangerous than ever, due to its constant spread, today everyone is directly or indirectly associated with the pain of cancer. Earlier, we used to hear about one or two cancer patients in our villages or far-flung city, but today it has gripped every corner of the world. In the past, cancer patients face many challenges in receiving care, including limited availability of cancer treatments and cancer support providers (oncologists, social workers, mental health care providers, palliative care specialists, etc) transportation barriers, financial issues and limited access to clinical trials. The situation now a day worse than before, although we have enough modern technology treatment and manpower but the number of cases are rising at an alarming rate, which is rapidly changing the equations of cancer. It would not be wrong to assume that the time is ongoing to be terrible and it will be impossible to prevent cancer.

In India, about 1.4 million people are diagnosed with cancer every year, of which 800,000 die from cancer and the main cause of these deaths the rate detection in last stage. Early detection has the potential reduce cancer mortality. The situation is not much better in foreign countries. In a country like the United States, the cancer statistics are more alarming, but the good thing is that their health systems are strong, survival rates of many types of cancer are improving. Thanks to accessible early detection, quality treatment and survivorship care. In developing countries like Asia, have a much higher mortality rate than Western countries due to the economic downturn. As these countries are forced to live below the poverty line, government is unable to provide free check-ups to their citizens. On the other hand, even if private institutions have screening facilities, they are far out of the reach of general public. It can be inferred that where people do not have money for screening, treatment.



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CANCER A to Z

Breast Cancer: A Concise Overview

Breast cancer originates in breast cells, affecting both men and women, though more common in women. Early detection and advancements in treatment have significantly improved outcomes.

Causes and Risk Factors:

1. Genetic mutations (BRCA1, BRCA2).
2. Family history of breast cancer.
3. Hormone replacement therapy.
4. Age (risk increases with age).
5. Gender (more common in women).
6. Radiation exposure.
7. Personal history of breast cancer.

Common Symptoms:

1. Painless lump or thickening in the breast or underarm.
2. Changes in breast size or shape.
3. Skin changes like redness or dimpling.
4. Nipple changes, inversion, tenderness, or discharge.
5. Persistent breast pain or discomfort.
6. Changes in breast texture, resembling peau d'orange.
7. Swelling of the breast, especially on one side.

List of Early Diagnoses:

1. Mammography for early detection.
2. Clinical breast exams by professionals.
3. Regular breast self-exams.
4. Breast ultrasound for further evaluation.
5. MRI for high-risk individuals.



THE SCIENCE OF THE HEALING POWER OF NATURE

Did you know that according to the Environmental Protection Agency, Americans spend 93% of their time indoors? This is concerning because spending time in nature has been shown to have many health benefits. Being in nature can help reduce anxiety, lower blood pressure, enhance immune system function and boost self-esteem and mood.

There are numerous studies that support the healing power of nature. A study of 20,000 people found that those who spend at least 120 minutes per week in nature, whether in a local park or other natural environment, were more likely to report better health and well-being.

The World Health Organization recently released a report called [Green and Blue Spaces and Mental Health](#), which shows that time in nature, including urban areas, improves moods, mindsets and mental health. Furthermore, research suggests that exposure to forests, parks, gardens or coastlines can help mitigate the psychological impact of climate change, promote physical activity and provide opportunities for social interaction.

Ayurveda and Natural Healing: A Simple Journey to Wellness

In the diverse culture of India, there's an ancient way of staying healthy called Ayurveda. It's not about fancy medicine but about balancing your body and mind. Let's take a quick trip into this natural healing world where simple practices bring big benefits.

1. Ayurveda: Keeping it Balanced: Ayurveda is like a guide to keeping everything in balance - your body, mind, and spirit. It looks at things called doshas (Vata, Pitta, Kapha) and suggests using herbs, yoga, and lifestyle tips to stay healthy.
2. Herbs from Mother Earth: India has a treasure of healing herbs like turmeric and ashwagandha. Ayurveda uses them in teas and ointments, making natural remedies that have been trusted for ages.
3. Mind-Body Connection: Yoga Magic: Ever tried yoga? In India, it's more than just exercise – it's like a peaceful adventure for your mind and body. Simple poses and deep breaths can make you feel really good.
4. Ayurvedic Food: Eating Right: Ayurvedic eating is about enjoying tasty and healthy food. Think spices, lentils, and good fats like ghee. It's not just a meal; it's a recipe for feeling happy inside.
5. Relaxing with Ayurvedic Massages: Imagine a soothing massage with herbal oils. In India, it's a common way to relax and refresh. Ayurvedic massages are like a gentle hug for your body.
6. Nature's Healing Touch: Nature in India isn't just pretty; it's healing. From the flowing Ganges to peaceful mountains, spending time outdoors is like a natural remedy, refreshing your mind and body.
7. Easy Ayurvedic Living: Daily Habits: Living the Ayurvedic way is simple. It's about having routines that suit you and going with the flow of each season. Easy habits like this can make a big difference.

Natural Healing is not about complicated ideas. It's a simple way of living that connects with nature. So, next time you think about staying healthy, remember the ancient secrets of Ayurveda - a natural journey to wellness in the heart of India.





FINANCIAL SUPPORT FOR CANCER PATIENTS

Financial support for cancer patients is available through various avenues in both India and worldwide. Here are some sources of financial assistance:

In India:

1. Government Schemes: The Government of India provides financial aid to cancer patients through schemes like the Rashtriya Arogya Nidhi (RAN) and the Health Minister's Cancer Patient Fund (HMCPF).
2. Ayushman Bharat: The Pradhan Mantri Jan Arogya Yojana (PM-JAY) under Ayushman Bharat provides financial protection for health-related needs, including cancer treatment.
3. State-specific Schemes: Some states in India have their own healthcare schemes that offer financial assistance to cancer patients. Examples include the Mukhyamantri Nishulk Dawa Yojana in Delhi.
4. Non-Governmental Organizations (NGOs): Numerous NGOs in India work towards supporting cancer patients by providing financial aid, medications, and other necessary resources. Examples include the Indian Cancer Society and CanSupport.
5. Corporate Social Responsibility (CSR): Some corporations in India contribute to cancer care through their CSR initiatives, supporting hospitals, treatment centers, and patient welfare.

Worldwide:

1. Health Insurance: In many countries, health insurance covers cancer treatment costs. However, coverage varies, and patients need to understand the terms of their insurance policies.
2. Government Health Programs: Different countries have healthcare programs that offer financial assistance for cancer treatment. Examples include Medicare and Medicaid in the United States, NHS in the United Kingdom, and similar programs in other nations.
3. Cancer Charities: Global and regional cancer charities, such as the American Cancer Society, Cancer Research UK, and the World Cancer Research Fund, provide financial support, information, and resources.
4. Pharmaceutical Assistance Programs: Some pharmaceutical companies offer assistance programs to help patients access expensive cancer medications at reduced costs.
5. International Organizations: Organizations like the World Health Organization (WHO) and the International Atomic Energy Agency (IAEA) work towards global cancer control and may provide support for cancer-related initiatives.
6. Clinical Trials: Participation in clinical trials may provide access to cutting-edge treatments at reduced or no cost. Many trials include financial assistance for travel and other related expenses.
7. Non-Profit Foundations: Various non-profit foundations worldwide focus on cancer research and patient support. These foundations often collaborate with healthcare institutions to provide financial assistance.

It's important for cancer patients and their families to explore these resources, consult with healthcare professionals, and contact local cancer support organizations to understand the available financial support options tailored to their specific needs and circumstances.



Treatment Options:

1. Surgery: Lumpectomy or mastectomy.
2. Radiation therapy to kill cancer cells.
3. Chemotherapy to kill or slow cancer growth.
4. Hormone therapy for hormone receptor-positive cancers.
5. Targeted therapy to block specific molecules.
6. Immunotherapy to boost the immune system.

Precautions During Treatment:

1. Follow medical advice diligently.
2. Manage and cope with treatment side effects.
3. Attend regular check-ups and screenings.
4. Seek emotional support from friends, family, or support groups.

Dietary Considerations:

1. Maintain a balanced diet rich in fruits, vegetables, whole grains, and lean proteins.
2. Stay well-hydrated, especially during and after treatment.
3. Limit alcohol intake.
4. Consult healthcare providers before taking supplements.
5. Maintain a healthy weight.

Survivor Rates: Varies by stage, type, and treatment. Early detection improves outcomes. Consult healthcare providers for personalized advice based on specific diagnosis and treatment plans. Regular screenings and early detection are pivotal in improving breast cancer outcomes.

Lung Cancer: A Brief Overview

Lung cancer, characterized by abnormal cell growth in the lungs, demands attention for its diverse subtypes and the importance of early detection.



World Cancer Care Team screening the people at a camp





Common Symptoms:

1. Persistent Cough: A lingering cough that may worsen over time.
2. Shortness of Breath: Difficulty breathing or catching breath.
3. Chest Pain: Persistent chest discomfort or pain.
4. Coughing up Blood: Blood in sputum or coughed-up material.
5. Unexplained Weight Loss: Significant weight loss without a clear cause.
6. Fatigue: Persistent tiredness and lack of energy.
7. Hoarseness: Changes in the voice, including hoarseness.
8. Recurring Infections: Frequent respiratory infections.



Early Diagnoses:

1. Imaging Tests: Chest X-rays, CT scans, and PET scans for visualizing lung tumors.
2. Sputum Cytology: Examining coughed-up material for cancer cells.
3. Biopsy: Extracting lung tissue for laboratory analysis.
4. Bronchoscopy: Using a thin tube to examine air passages.
5. Thoracentesis: Removing fluid from the chest for analysis.



Causes and Risk Factors:

1. Smoking: Primary cause, with a higher risk for heavy smokers.
2. Secondhand Smoke: Exposure to others' smoke increases risk.
3. Radon Gas Exposure: Common in some homes and a risk factor.
4. Occupational Exposures: Asbestos, arsenic, and other carcinogens.
5. Family History: Genetic predisposition may contribute.

Treatment Options:

1. Surgery: Removing the tumor and affected lung tissue.
2. Radiation Therapy: Using high-energy rays to target and kill cancer cells.
3. Chemotherapy: Administering drugs to destroy or slow cancer growth.
4. Targeted Therapy: Medications targeting specific cancer-related molecules.
5. Immunotherapy: Boosting the immune system to combat cancer.
6. Palliative Care: Focusing on symptom relief and improved quality of life.

Precautions During Treatment:



PALLIATIVE CARE: OVERVIEW

Palliative care is a specialized approach to medical care that focuses on providing relief from the symptoms and stress of serious illnesses, with the goal of improving the quality of life for both the patient and their family. It is appropriate at any age and at any stage of a serious illness, and it can be provided alongside curative treatment.

Key Aspects of Palliative Care:

1. **Holistic Care:** Palliative care addresses not only physical symptoms but also the emotional, social, and spiritual needs of patients and their families.
2. **Interdisciplinary Approach:** A team of healthcare professionals, including doctors, nurses, social workers, chaplains, and other specialists, collaborates to provide comprehensive care.
3. **Focus on Comfort:** The emphasis is on managing pain, alleviating symptoms, and improving the overall comfort of the patient.
4. **Communication and Planning:** Palliative care involves open and honest communication between healthcare providers, patients, and their families about treatment options, goals of care, and end-of-life preferences.

Why Palliative Care Is Important:

1. **Enhancing Quality of Life:** Palliative care aims to enhance the quality of life for individuals facing serious illnesses by providing relief from symptoms such as pain, shortness of breath, fatigue, and nausea.
2. **Support for Emotional and Spiritual Well-being:** Serious illnesses can take a toll on a person's emotional and spiritual well-being. Palliative care provides counseling and support to address these aspects of the patient's experience.
3. **Patient-Centered Care:** Palliative care is centered around the preferences and values of the patient. It honors their goals and wishes, ensuring that care is aligned with their personal choices.
4. **Support for Families:** Families also receive support and guidance to cope with the challenges of caring for a loved one with a serious illness. This may include counseling, education, and assistance with decision-making.
5. **Coordination of Care:** Palliative care helps coordinate care across different healthcare settings and ensures that all involved healthcare providers are on the same page regarding the patient's goals and preferences.
6. **Transitional Support:** Palliative care can be provided alongside curative treatments, providing a seamless transition between different phases of care. It can also be a bridge to hospice care when appropriate.
7. **Dignified End-of-Life Care:** For individuals approaching the end of life, palliative care ensures that they receive care that respects their dignity, values, and personal wishes.
8. **Improved Communication:** Open and honest communication facilitated by palliative care helps patients and families understand their situation, make informed decisions, and plan for the future.

In summary, palliative care is a crucial component of comprehensive healthcare for individuals facing serious illnesses. It emphasizes compassionate and holistic care, focusing on improving the overall well-being of patients and their families. By addressing physical, emotional, and spiritual needs, palliative care aims to provide comfort, dignity, and support throughout the course of illness.





9. Hygiene Practices:

- Maintain good personal hygiene, including regular handwashing.
- Practice safe sex and adopt preventive measures to reduce the risk of infections.

10. Sun Protection:

- Protect your skin from the sun by using sunscreen, wearing protective clothing, and avoiding excessive sun exposure.

11. Continuous Learning:

- Stimulate your mind through lifelong learning and intellectual pursuits.
- Engage in activities that challenge and expand your cognitive abilities.

12. Cultivate Hobbies:

- Pursue hobbies and activities that bring joy and relaxation.
- Spend time in nature to promote mental and emotional well-being.

13. Financial Well-being:

- Create and stick to a budget to reduce financial stress.
- Plan for the future by saving and investing wisely.

14. Community Engagement:

- Contribute to your community through volunteer work or social initiatives.
- Foster a sense of belonging and connectedness.

15. Positive Mindset:

- Cultivate a positive mindset and practice gratitude.
- Focus on solutions rather than dwelling on problems.

Remember that adopting a healthy lifestyle is a gradual process, and small, sustainable changes can have a significant impact over time. Consult with healthcare professionals for personalized advice based on your individual health needs.



Common Symptoms:

1. Adherence to Treatment: Following the recommended treatment plan diligently.
2. Symptom Management: Collaborating with healthcare providers to address side effects.
3. Supportive Services: Seeking emotional and practical support for coping with the diagnosis.
4. Lifestyle Adjustments: Making necessary lifestyle changes for overall well-being.
5. Regular Monitoring: Attending follow-up appointments as advised by healthcare providers.

Dietary Considerations:

1. Nutrient-Rich Diet: Emphasizing a balanced diet to support overall health.
2. Hydration: Maintaining proper hydration levels, particularly during treatment.
3. Dietary Consultation: Consulting healthcare providers before making significant dietary changes.

Individualized care, early detection, and a holistic approach contribute to better outcomes for individuals diagnosed with lung cancer. Regular follow-ups, support services, and a proactive stance are vital components of effective lung cancer management.

Prostate Cancer: A Brief Overview

Prostate cancer, predominantly affecting men, necessitates awareness and timely intervention for enhanced treatment outcomes.

1. Frequent Urination: Increased frequency, especially at night.
2. Difficulty Initiating or Maintaining Urination: Weak or interrupted urine flow.
3. Blood in Urine or Semen: Presence of blood warrants evaluation.
4. Erectile Dysfunction: Difficulty achieving or maintaining an erection.
5. Pain or Discomfort: Pelvic, lower back, or thigh pain or discomfort.
6. Loss of Bladder or Bowel Control: Advanced cases may cause loss of control.
7. Unexplained Weight Loss: Significant and unexplained weight loss.
8. Fatigue: Generalized fatigue and weakness.
9. Bone Pain: Pain, especially in the hips, spine, and pelvis.
10. Swelling in Legs or Pelvis: Swelling in advanced cases.

Early Diagnoses:

1. Prostate-Specific Antigen (PSA) Test: Measures PSA levels in the blood.
2. Digital Rectal Exam (DRE): A physical examination to detect abnormalities.
3. Multiparametric MRI: Provides detailed images of the prostate for evaluation.

Causes and Risk Factors:

1. Age: Risk increases with advancing age.
2. Family History: Genetic predisposition plays a role.
3. Race/Ethnicity: Higher incidence in certain ethnic groups.
4. Diet: High-fat diets and red meat may contribute.
5. Geography: Variances in incidence based on geographic location.

Treatment Options:

1. Active Surveillance: Monitoring slow-growing tumors closely.
2. Surgery (Prostatectomy): Removal of the prostate gland.
3. Radiation Therapy: High-energy rays target and kill cancer cells.
4. Hormone Therapy: Suppressing or blocking male hormones.
5. Chemotherapy: Drugs to kill or slow cancer growth.





Precautions During Treatment:

1. Follow Medical Advice: Adhering to the recommended treatment plan.
2. Manage Side Effects: Working closely with healthcare providers.
3. Regular Check-ups: Attending follow-up appointments and screenings.
4. Emotional Support: Seeking emotional support to cope with the journey.

Dietary Considerations:

1. Healthy Diet: Emphasizing fruits, vegetables, whole grains, and lean proteins.
2. Hydration: Staying well-hydrated, especially during and after treatment.
3. Limiting Red Meat and Dairy: Some studies suggest moderation.
4. Maintaining a Healthy Weight: Achieving and maintaining a healthy weight.
5. Consulting Healthcare Providers: Before significant dietary changes or supplements.

Individualized care and consultation with healthcare professionals are crucial. Regular screenings and early detection play a pivotal role in managing prostate cancer effectively.

Colon Cancer: A Brief Overview

Common Symptoms:

1. Changes in Bowel Habits: Persistent changes, including diarrhea or constipation.
2. Blood in Stool: Bright red or dark blood in the stool.
3. Abdominal Discomfort: Persistent pain, cramping, or discomfort.
4. Unintended Weight Loss: Significant weight loss without an apparent cause.
5. Fatigue: Generalized weakness and fatigue.
6. Iron Deficiency Anemia: Low red blood cell count due to chronic bleeding.
7. Incomplete Emptying of Bowels: Feeling of incomplete evacuation.
8. Narrow Stools: Thin or pencil-thin stools.

Early Diagnoses:

1. Colonoscopy: Examination of the entire colon and rectum for polyps or cancer.
2. Fecal Occult Blood Test (FOBT): Detects hidden blood in the stool.
3. Flexible Sigmoidoscopy: Examines the lower part of the colon.
4. Double-Contrast Barium Enema: X-ray images of the colon after contrast material.
5. CT Colonography (Virtual Colonoscopy): CT scan to visualize the colon.

Causes and Risk Factors:

1. Age: Incidence increases with age.
2. Family History: Genetic factors contribute to risk.
3. Inflammatory Bowel Diseases: Conditions like Crohn's disease.
4. Lifestyle Factors: Diet high in red/processed meats and low in fiber.
5. Sedentary Lifestyle: Lack of physical activity increases risk.

Treatment Options:

1. Surgery: Removal of the tumor or affected part of the colon.
2. Chemotherapy: Drugs to kill or slow cancer cells.
3. Radiation Therapy: High-energy rays target and kill cancer cells.
4. Targeted Therapy: Medications targeting molecules involved in cancer growth.
5. Immunotherapy: Boosting the immune system to attack cancer cells.



and strength training.

- Aim for at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise per week.

3. Adequate Sleep:

- Ensure you get 7-9 hours of quality sleep each night.
- Maintain a consistent sleep schedule and create a conducive sleep environment.

4. Stress Management:

- Practice stress-reducing techniques such as meditation, deep breathing, yoga, or mindfulness
- Establish a healthy work-life balance and prioritize self-care.

5. Healthy Relationships:

- Cultivate positive relationships with friends, family, and community.
 - Foster open communication and emotional support in relationships.

6. Avoid Harmful Substances:

- Limit alcohol consumption and avoid smoking or using recreational drugs.
- Be cautious with prescription and over-the-counter medications.

7. Regular Health Check-ups:

- Schedule routine health check-ups and screenings to detect potential health issues early.
- Discuss vaccinations and preventive measures with healthcare professionals.

8. Mental Health Awareness:

- Prioritize mental health and seek help if you experience stress, anxiety, or depression.
- Break the stigma surrounding mental health issues and encourage open conversations.





ASIAN COUNTRIES VS. WESTERN COUNTRIES: CANCER BURDEN

1. **Diet:**
 - Asian diets often include more plant-based foods, fish, and rice, while Western diets may have higher meat and processed food consumption.
 - High red and processed meat intake is associated with an increased risk of colorectal cancer.
2. **Tobacco Use:**
 - Smoking rates can vary between Asian countries and Western nations.
 - Tobacco smoking is a significant risk factor for various cancers, particularly lung cancer.
3. **Physical Activity:**
 - Traditional Asian lifestyles often involve more physical activity, such as walking and manual labor.
 - Sedentary lifestyles in Western countries are associated with increased cancer risks.
4. **Alcohol Consumption:**
 - Alcohol consumption patterns vary, but some Western countries may have higher per capita alcohol consumption.
 - Alcohol is a known risk factor for several cancers.
5. **Obesity:**
 - Western countries often face higher rates of obesity, which is linked to increased cancer risk.
 - Traditional Asian diets and lifestyles may contribute to lower obesity rates.
6. **Screening and Healthcare Access:**
 - Access to healthcare and cancer screening programs can differ between Asian and Western countries, affecting early detection and outcomes.
7. **Genetic Factors:**
 - Genetic factors play a role in cancer susceptibility, and the prevalence of certain genetic markers may vary among populations.

It's important to note that these are general trends, and there is significant diversity within both Asian and Western populations. Lifestyle factors, genetics, and healthcare infrastructure all contribute to cancer patterns. For the most accurate and current information, refer to the latest reports and studies from reputable health organizations and research institutions.

Living a healthy life involves adopting a holistic approach that encompasses physical, mental, and emotional well-being. Here are some guidelines to help you lead a healthier life:

1. **Balanced Nutrition:**
 - Consume a well-balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats.
 - Limit processed foods, added sugars, and excessive salt intake.
 - Stay hydrated by drinking an adequate amount of water.
2. **Regular Physical Activity:**
 - Engage in regular exercise, including both aerobic activities (e.g., walking, running, swimming)



Precautions During Treatment:

1. Follow Medical Advice: Adhering to the treatment plan recommended.
2. Manage Side Effects: Working closely with healthcare providers.
3. Nutritional Support: Addressing changes in appetite or weight loss.
4. Regular Check-ups: Attending follow-up appointments and screenings.

Dietary Considerations:

1. High-Fiber Diet: Emphasizing fruits, vegetables, and whole grains.
2. Adequate Hydration: Especially important during and after treatment.
3. Limit Red and Processed Meats: Association with increased risk.
4. Calcium and Vitamin D: Important for overall colon health.
5. Consulting Healthcare Providers: Before significant dietary changes or supplements. Regular screenings, lifestyle modifications, and a comprehensive approach contribute to better outcomes for individuals diagnosed with colon cancer.



Cervix Cancer: A Brief Overview

Cervical cancer, primarily caused by persistent human papillomavirus (HPV) infection, emphasizes the importance of preventive measures and early detection.

Common Symptoms:

1. Abnormal Vaginal Bleeding: Between periods, after sex, or post-menopause.
2. Pelvic Pain: Pain during intercourse or at other times.
3. Unusual Vaginal Discharge: Watery, bloody, or with a foul odor.
4. Painful Urination: Advanced cases may cause discomfort.
5. Weight Loss and Fatigue: Generalized weakness and unexplained weight loss.

Early Diagnoses:

1. Pap Smear: Screening for abnormal cells in the cervix.
2. HPV Test: Detecting high-risk HPV strains.
3. Colposcopy: Detailed examination of the cervix with a lighted magnifying instrument.
4. Biopsy: Removal of a small tissue sample for laboratory examination.

Causes and Risk Factors:

1. HPV Infection: Main cause, especially persistent infection.
2. Smoking: Increases the risk of cervical cancer.
3. Weakened Immune System: HIV/AIDS or





WORLD CANCER CARE



Treatment Options:

1. Surgery: Removal of the cancerous tissue or tumor.
2. Radiation Therapy: High-energy rays target and kill cancer cells.
3. Chemotherapy: Drugs to kill or slow cancer growth.
4. Targeted Therapy: Medications targeting specific cancer-related molecules.

Precautions During Treatment:

1. Follow Medical Advice: Adhering to the recommended treatment plan.
2. Manage Side Effects: Working closely with healthcare providers to address side effects.
3. Supportive Care: Seeking emotional and practical support throughout treatment.
4. Regular Monitoring: Attending follow-up appointments and necessary screenings.

Dietary Considerations:

1. Nutrient-Rich Diet: Emphasizing a balanced diet for overall health.
2. Hydration: Staying well-hydrated, especially during and after treatment.
3. Dietary Consultation: Consulting healthcare providers for personalized dietary advice.

Individualized care, early detection, and comprehensive support contribute to better outcomes for individuals diagnosed with oral cancer. Regular follow-ups and adherence to the treatment plan are essential for effective management. immunosuppressant medications.

4. Long-Term Use of Oral Contraceptives: Linked to a higher risk.
5. Multiple Full-Term Pregnancies: Associated with an increased risk.

Treatment Options:

1. Surgery: Removal of the cancerous tissue or hysterectomy.
2. Radiation Therapy: High-energy rays to kill cancer cells.
3. Chemotherapy: Drugs to destroy or slow cancer growth.
4. Targeted Therapy: Medications targeting specific cancer-related molecules.
5. Immunotherapy: Boosting the immune system to combat cancer.

Precautions During Treatment:

1. Follow Medical Advice: Strict adherence to the treatment plan.
2. Manage Side Effects: Collaboration with healthcare providers for side effect management.
3. Emotional Support: Seeking support from friends, family, or support groups.
4. Regular Check-ups: Attending follow-up appointments and screenings.

Dietary Considerations:

1. Balanced Diet: Emphasizing fruits, vegetables, whole grains, and lean proteins.
2. Hydration: Ensuring proper hydration during and after treatment.
3. Nutritional Support: Especially if there are changes in appetite or weight loss.
4. Limiting Alcohol: Moderation in alcohol consumption.

Individualized care and consultation with healthcare professionals are essential. Regular screenings and early detection are pivotal in managing cervical cancer effectively.



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Oral Cancer: A Brief Overview

Oral cancer, affecting the mouth and throat, requires attention to symptoms and risk factors for early detection and effective intervention.

Common Symptoms:

1. Persistent Mouth Sore: Sore in the mouth that doesn't heal.
2. Red or White Patches: Abnormal patches in the mouth.
3. Persistent Sore Throat: Soreness that lasts for an extended period.
4. Difficulty Swallowing: Painful or challenging swallowing.
5. Changes in Voice: Persistent hoarseness or changes in voice.
6. Unexplained Weight Loss: Significant weight loss without a clear cause.
7. Swelling: Lump or thickening in the mouth or neck.
8. Pain: Persistent pain in the mouth or throat.

Early Diagnoses:

1. Visual Examination: Inspection of the mouth and throat for abnormalities.
2. Biopsy: Removal of a tissue sample for laboratory analysis.
3. Imaging Tests: CT scans, MRI, or PET scans for assessing the extent of cancer.

Causes and Risk Factors:

1. Tobacco Use: Smoking or smokeless tobacco increases the risk.
2. Alcohol Consumption: Excessive and prolonged alcohol use.
3. HPV Infection: Certain strains of HPV increase oral cancer risk.
4. Sun Exposure: UV radiation increases lip cancer risk.
5. Poor Oral Hygiene: Lack of proper oral care may contribute.

Blood Cancer: A Brief Overview

Blood cancer, encompassing leukemia, lymphoma, and myeloma, requires tailored approaches due to its varied nature affecting the blood, bone marrow, and lymphatic system.

Common Symptoms:

1. Fatigue: Persistent tiredness and lack of energy.
2. Shortness of Breath: Difficulty breathing and reduced exercise tolerance.
3. Unexplained Weight Loss: Significant weight loss without an apparent cause.
4. Frequent Infections: Weakened immune system leading to recurring infections.
5. Easy Bruising and Bleeding: Abnormal bleeding and bruising tendencies.
6. Bone Pain: Pain and tenderness in bones.
7. Swollen Lymph Nodes: Enlarged lymph nodes, often painless.

Early Diagnoses:

1. Blood Tests: Complete blood count (CBC) to assess blood cell levels.
2. Bone Marrow Aspiration and Biopsy: Analyzing bone marrow for cancer cells.
3. Imaging Tests: X-rays, CT scans, and PET scans for evaluating lymph nodes and organs.

Causes and Risk Factors:

1. Genetic Factors: Inherited genetic mutations may increase the risk.
2. Age: Incidence increases with age.
3. Previous Cancer Treatment: Some treatments may increase the risk.
4. Exposure to Certain Chemicals: Benzene and certain pesticides.
5. Viral Infections: Epstein-Barr virus and human T-cell lymphotropic virus (HTLV-1).





Treatment Options:

1. Chemotherapy: Drugs to kill cancer cells or impede their growth.
2. Immunotherapy: Boosting the immune system to combat cancer.
3. Targeted Therapy: Medications targeting specific molecules involved in cancer growth.
4. Stem Cell Transplant: Replacing diseased bone marrow with healthy stem cells.
5. Radiation Therapy: High-energy rays to target and kill cancer cells.

Precautions During Treatment:

1. Follow Medical Advice: Adhering to the recommended treatment plan.
2. Manage Side Effects: Working closely with healthcare providers for symptom management.
3. Supportive Care: Addressing emotional and practical needs throughout treatment.
4. Regular Monitoring: Attending follow-up appointments and necessary screenings.

Dietary Considerations:

1. Nutrient-Rich Diet: Emphasizing a balanced diet for overall health.
2. Hydration: Staying well-hydrated to support the body during treatment.
3. Dietary Consultation: Consulting healthcare providers for personalized dietary advice.

Individualized care, early detection, and ongoing support contribute to better outcomes for individuals diagnosed with blood cancer. Regular follow-ups and adherence to the treatment plan are crucial elements of effective management.

Bone Cancer: A Brief Overview

Bone cancer, though rare, requires careful attention to symptoms and prompt diagnosis for effective treatment and improved outcomes.

Common Symptoms:

1. Bone Pain: Persistent pain in the bones, often increasing over time.
2. Swelling: Swelling around the bones or joints.
3. Fractures: Increased susceptibility to bone fractures.
4. Fatigue: Generalized weakness and lack of energy.

Early Diagnoses:

1. Imaging Tests: X-rays, CT scans, and MRI for visualizing bone abnormalities.
2. Biopsy: Removal of a small tissue sample for laboratory analysis.

Causes and Risk Factors:

1. Paget's Disease: A pre-existing condition that increases risk.
2. Radiation Therapy: Previous radiation treatment may raise the risk.
3. Genetic Factors: Certain inherited conditions may predispose individuals.
4. Bone Marrow Diseases: Certain conditions affecting the bone marrow.

Treatment Options:

1. Surgery: Removal of the cancerous bone tissue.
2. Chemotherapy: Drugs to kill cancer cells or slow their growth.
3. Radiation Therapy: High-energy rays to target and kill cancer cells.
4. Targeted Therapy: Medications targeting specific cancer-related molecules.

Precautions During Treatment:

1. Follow Medical Advice: Adhering to the recommended treatment plan.





"BALANCING HEALTH: DIGESTION, DIABETES, BLOOD PRESSURE"

In the intricate symphony of our bodies, the roles of digestion, blood sugar management (especially for those with diabetes), and maintaining optimal blood pressure are crucial orchestrations for overall health. This article embarks on a journey to explore the interconnected world of these bodily processes, offering insights and practical tips for achieving harmony within.

1. **The Digestive Dance: Understanding the Rhythms:** Digestion is the body's intricate dance of breaking down food into nutrients, ensuring energy for our daily pursuits. To support this process, incorporating fiber-rich foods, staying hydrated, and practicing mindful eating are key. Probiotics, found in yogurt and fermented foods, also play a vital role in maintaining a healthy gut, enhancing digestion, and bolstering the immune system.
2. **Navigating Diabetes: Balancing Blood Sugar Levels:** For individuals managing diabetes, maintaining stable blood sugar levels is paramount. Choosing complex carbohydrates over simple sugars, embracing a balanced diet rich in vegetables, lean proteins, and whole grains, and monitoring portion sizes are integral components. Regular physical activity serves as a powerful ally in regulating blood sugar, promoting insulin sensitivity, and enhancing overall well-being.
3. **Blood Pressure: The Symphony of Balance:** Blood pressure, the force of blood against the artery walls, demands careful attention. A diet low in sodium, high in potassium-rich foods (such as bananas and leafy greens), and rich in heart-healthy fats contributes to maintaining optimal blood pressure. Regular exercise, stress management techniques like meditation, and limiting alcohol intake further enhance cardiovascular health.
4. **Holistic Harmony: The Threefold Connection:** Acknowledging the interconnectedness of digestion, blood sugar management, and blood pressure regulation unveils a holistic approach to well-being. A diet mindful of these factors, combined with regular exercise and stress-reduction practices, forms a comprehensive strategy for promoting overall health. By nurturing one aspect, we positively influence the others, creating a ripple effect of well-being throughout the body.
5. **Empowering Choices: A Lifestyle Prescription:** Optimal digestive health, blood sugar control, and blood pressure management are not solely about restrictions; they are invitations to embrace a lifestyle that empowers and enriches. Small, consistent changes, such as incorporating more plant-based foods, staying active, and prioritizing stress reduction, accumulate to create a foundation for a healthier and more vibrant life.



2. **Manage Side Effects:** Working closely with healthcare providers for symptom management.
3. **Supportive Care:** Addressing emotional and practical needs throughout treatment.
4. **Regular Monitoring:** Attending follow-up appointments and necessary screenings.

Dietary Considerations:

1. **Nutrient-Rich Diet:** Emphasizing a balanced diet for overall health.
2. **Hydration:** Staying well-hydrated to support the body during treatment.
3. **Dietary Consultation:** Consulting healthcare providers for personalized dietary advice.

Liver Cancer: A Brief Overview

Liver cancer, characterized by abnormal cell growth in the liver, demands attention for its potential complications and impact on overall health.

Common Symptoms:

1. **Abdominal Pain:** Persistent pain or discomfort in the abdomen.
2. **Jaundice:** Yellowing of the skin and eyes.
3. **Unexplained Weight Loss:** Significant weight loss without a clear cause.
4. **Fatigue:** Persistent tiredness and lack of energy.
5. **Loss of Appetite:** Reduced desire for food.
6. **Swelling:** Swelling in the abdomen or legs.
7. **Nausea and Vomiting:** Persistent nausea and vomiting.

Early Diagnoses:

1. **Imaging Tests:** CT scans, MRI, and ultrasound for visualizing liver abnormalities.
2. **Blood Tests:** Assessing liver function and checking for tumor markers.
3. **Biopsy:** Removal of a small liver tissue sample for laboratory analysis.

Causes and Risk Factors:

1. **Chronic Viral Hepatitis:** Especially hepatitis B or C.
2. **Cirrhosis:** Scarring of the liver tissue.
3. **Alcohol Consumption:** Excessive and prolonged alcohol use.
4. **Nonalcoholic Fatty Liver Disease (NAFLD):** Accumulation of fat in the liver.
5. **Obesity:** Being overweight increases the risk.

Treatment Options:

1. **Surgery:** Surgical removal of the tumor or liver transplantation.
2. **Ablation Therapy:** Using heat or cold to destroy cancer cells.
3. **Embolization:** Blocking blood supply to the tumor.
4. **Radiation Therapy:** High-energy rays to target and kill cancer cells.
5. **Chemotherapy:** Drugs to kill or slow cancer growth.





6. Targeted Therapy: Medications targeting specific cancer-related molecules.

Precautions During Treatment:

1. Follow Medical Advice: Adhering to the recommended treatment plan.
2. Manage Side Effects: Working closely with healthcare providers for symptom management.
3. Supportive Care: Addressing emotional and practical needs throughout treatment.
4. Regular Monitoring: Attending follow-up appointments and necessary screenings.

Dietary Considerations:

1. Nutrient-Rich Diet: Emphasizing a balanced diet for overall health.
2. Hydration: Staying well-hydrated, especially during and after treatment.
3. Dietary Consultation: Consulting healthcare providers for personalized dietary advice.

Esophageal Cancer: A Brief Overview

Esophageal cancer, affecting the esophagus connecting the throat to the stomach, requires attention for its impact on swallowing and overall health.

Common Symptoms:

1. Difficulty Swallowing: Painful or challenging swallowing.
2. Unexplained Weight Loss: Significant weight loss without an apparent cause.
3. Chest Pain or Pressure: Discomfort or pressure in the chest.
4. Indigestion or Heartburn: Chronic indigestion or heartburn.
5. Chronic Cough: Persistent coughing.
6. Hoarseness: Changes in the voice.
7. Coughing up Blood: Blood in coughed-up material.

Early Diagnoses:

1. Upper Endoscopy: Visual examination of the esophagus using a flexible tube.
2. Biopsy: Removal of a small tissue sample for laboratory analysis.
3. Imaging Tests: CT scans, PET scans, and barium swallow for evaluating the extent of cancer.

Causes and Risk Factors:

1. Smoking: Major risk factor for esophageal cancer.
2. Alcohol Consumption: Excessive and prolonged alcohol use.
3. Gastroesophageal Reflux Disease (GERD): Chronic acid reflux.
4. Barrett's Esophagus: A condition where the lining of the esophagus changes.
5. Obesity: Being overweight increases the risk.

Treatment Options:

1. Surgery: Removal of the tumor or affected part of the esophagus.
2. Radiation Therapy: High-energy rays to target and kill cancer cells.
3. Chemotherapy: Drugs to kill or slow cancer growth.



A TRUE STORY OF A CANCER GIRL

Cancer camp was inaugurated today at Village Kalyan, District Bathinda by 14 year old girl Ravneet Kaur. Ravneet was battling blood cancer two years ago. Today and now she is undergoing treatment at PGI Hospital and has almost fully recovered.

Talking to Ravneet and his father, we revealed so many reasons by which Ravneet became a victim of cancer.

It was two years ago when Ravneet started getting sick and started visiting hospitals. During this time she was studying in class 10th and her schooling had stopped. Ravneet's blood cancer was almost diagnosed.

Going through the reason, it is being told that Ravneet owes Rs.1500/- to the school canteen. Being repeatedly called to pay the dues, Ravneet's father demanded a list of everything that the girl has eaten from this canteen while assuring the school authorities to pay Rs.1500/- as soon as possible. During the investigation, it is revealed that Ravneet spent Rs.1500/- for KURKURE and CHIPS, during the last three months. due to which She had lost her appetite , and her immunity was badly affected. She became weaker and sicker day by day. Finally An unwanted disease like blood cancer took hold upon her.

So here begins the story of Ravneet's cancer. A story that inspires us in two ways, one is that CANCER CAN BE CURED only if IT IS DETECTED EARLIER and the other is AWARENESS that is to know it yourself.

Ravneet's father did not give up. He worked day and night to save Ravneet. And finally the expert doctors of PGI cured Ravneet's cancer. Ravneet then started living a normal and healthy life, but even today he has to undergo a PGI cycle after three months to prevent the disease from reoccurring.

Now, friends, two things can be learned from this story. First of all, I have already told that cancer can be defeated if it is detected & treated in time, which Ravneet's father did. He worked day and night to save his daughter and finally won. The other is our constantly deterioration of food and drink, due to which we often fall under the grip of major diseases.

It is not necessary that this food will give us cancer. Apart from cancer, there are hundreds of other diseases also which destroy the health of the human body by affecting the immunity. The increasing consumption of these substances, among today's children, is taking them to the mouth of diseases while also affecting their physical structure. Now the question arises that how to stop the children, first of all the parents themselves have to be aware about not only their education but also their food's nutrition. On the other hand it is the responsibility of the school administration too to have a check on schools canteens. The school canteen stops the child's tiffin, and draws the students attention to other substances. It is needed to be corrected on a large scale.

Dr. Dharmendr Dhillon
world Cancer Care.



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3. Biopsy: Removal of a small pancreatic tissue sample for laboratory analysis.

Causes and Risk Factors:

- 1. Smoking: Cigarette smoking increases the risk.
- 2. Age: Incidence increases with age.
- 3. Chronic Pancreatitis: Long-term inflammation of the pancreas.
- 4. Family History: A family history of pancreatic cancer may contribute.
- 5. Diabetes: Some studies suggest a link between diabetes and pancreatic cancer.

Treatment Options:

- 1. Surgery: Removal of the tumor or affected part of the pancreas.
- 2. Radiation Therapy: High-energy rays to target and kill cancer cells.
- 3. Chemotherapy: Drugs to kill or slow cancer growth.
- 4. Targeted Therapy: Medications targeting specific cancer-related molecules.

Precautions During Treatment:

- 1. Follow Medical Advice: Adhering to the recommended treatment plan.
- 2. Manage Side Effects: Working closely with healthcare providers for symptom management.
- 3. Supportive Care: Addressing emotional and practical needs throughout treatment.
- 4. Regular Monitoring: Attending follow-up appointments and necessary screenings.

Dietary Considerations:

- 1. Nutrient-Rich Diet: Emphasizing a balanced diet for overall health.
- 2. Hydration: Staying well-hydrated, especially during and after treatment.
- 3. Dietary Consultation: Consulting healthcare providers for personalized dietary advice

Individualized care, early detection, and ongoing support contribute to better outcomes for individuals diagnosed with bone cancer. Regular follow-ups and adherence to the treatment plan are crucial elements of effective management.

Please note that these overviews provide general information, and individual cases may vary. Consulting healthcare providers for personalized advice based on specific diagnoses and treatment plans is essential. Regular screenings and early detection play a crucial role in managing these cancers effectively.



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4. Targeted Therapy: Medications targeting specific cancer-related molecules.

Precautions During Treatment:

- 1. Follow Medical Advice: Adhering to the recommended treatment plan.
- 2. Manage Side Effects: Working closely with healthcare providers for symptom management.
- 3. Supportive Care: Addressing emotional and practical needs throughout treatment.
- 4. Regular Monitoring: Attending follow-up appointments and necessary screenings.

Dietary Considerations:

- 1. Nutrient-Rich Diet: Emphasizing a balanced diet for overall health.
- 2. Hydration: Staying well-hydrated, especially during and after treatment.
- 3. Dietary Consultation: Consulting healthcare providers for personalized dietary advice.

Brain Cancer: A Brief Overview

Brain cancer, with its complex nature and impact on neurological functions, requires careful consideration for effective intervention and management.

Common Symptoms:

- 1. Headaches: Persistent and often worsening headaches.
- 2. Seizures: Sudden, uncontrolled electrical disturbances in the brain.
- 3. Nausea and Vomiting: Especially in the morning.
- 4. Changes in Vision: Blurred or double vision.
- 5. Difficulty Balancing: Lack of coordination and imbalance.
- 6. Personality or Behavioral Changes: Altered mood, personality, or behavior.
- 7. Weakness or Numbness: Often on one side of the body.

Early Diagnoses:

- 1. Imaging Tests: MRI and CT scans for visualizing brain abnormalities.
- 2. Biopsy: Removal of a small tissue sample for laboratory analysis.

Causes and Risk Factors:

- 1. Genetic Factors: Certain genetic conditions may increase the risk.
- 2. Exposure to Radiation: Previous radiation treatment to the head.
- 3. Immune System Disorders: Conditions affecting the immune system.
- 4. Family History: A family history of brain tumors may contribute.
- 5. Age: Incidence increases with age.

Treatment Options:

- 1. Surgery: Removal of the tumor or as much as possible.
- 2. Radiation Therapy: High-energy rays to target and kill cancer cells.
- 3. Chemotherapy: Drugs to kill or slow cancer growth.
- 4. Targeted Therapy: Medications targeting specific cancer-related molecules.

Precautions During Treatment:

- 1. Follow Medical Advice: Adhering to the recommended treatment plan.





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2. Manage Side Effects: Working closely with healthcare providers for symptom management.
3. Supportive Care: Addressing emotional and practical needs throughout treatment.
4. Regular Monitoring: Attending follow-up appointments and necessary screenings.

Dietary Considerations:

1. Nutrient-Rich Diet: Emphasizing a balanced diet for overall health.
2. Hydration: Staying well-hydrated, especially during and after treatment.
3. Dietary Consultation: Consulting healthcare providers for personalized dietary advice.

Kidney Cancer: A Brief Overview

Kidney cancer, marked by the abnormal growth of cells in the kidneys, demands attention for its potential complications and impact on renal function.

Common Symptoms:

1. Blood in Urine: Visible blood in the urine.
2. Flank Pain: Persistent pain in the side or lower back.
3. Unexplained Weight Loss: Significant weight loss without a clear cause.
4. Fatigue: Persistent tiredness and lack of energy.
5. Fever: Elevated body temperature.
6. Anemia: Low red blood cell count, leading to fatigue.
7. Swelling: Swelling or lump in the abdomen.

Early Diagnoses:

1. Imaging Tests: CT scans, MRI, and ultrasound for visualizing kidney abnormalities.
2. Blood and Urine Tests: Assessing kidney function and checking for tumor markers.
3. Biopsy: Removal of a small kidney tissue sample for laboratory analysis.

Causes and Risk Factors:

1. Smoking: Cigarette smoking increases the risk.
2. Obesity: Being overweight or obese.
3. Hypertension: Chronic high blood pressure.
4. Genetic Factors: Certain genetic conditions may predispose individuals.
5. Gender: Men are at a higher risk than women.



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Treatment Options:

1. Surgery: Removal of the tumor or the entire kidney.
2. Ablation Therapy: Using heat or cold to destroy cancer cells.
3. Radiation Therapy: High-energy rays to target and kill cancer cells.
4. Targeted Therapy: Medications targeting specific cancer-related molecules.
5. Immuno therapy: Boosting the body's immune system to fight cancer.

Precautions During Treatment:

1. Follow Medical Advice: Adhering to the recommended treatment plan.
2. Manage Side Effects: Working closely with healthcare providers for symptom management.
3. Supportive Care: Addressing emotional and practical needs throughout treatment.
4. Regular Monitoring: Attending follow-up appointments and necessary screenings.

Dietary Considerations:

1. Nutrient-Rich Diet: Emphasizing a balanced diet for overall health.
 2. Hydration: Staying well-hydrated, especially during and after treatment.
 3. Dietary Consultation: Consulting healthcare providers for personalized dietary advice.
- Individualized care, early detection, and comprehensive support contribute to better outcomes for individuals diagnosed with kidney cancer. Regular follow-ups and adherence to the treatment plan are crucial elements of effective management.

1. Follow Medical Advice: Adhering to the recommended treatment plan.
2. Manage Side Effects: Working closely with healthcare providers for symptom management.
3. Supportive Care: Addressing emotional and practical needs throughout treatment.
4. Regular Monitoring: Attending follow-up appointments and necessary screenings.

Pancreatic Cancer: A Brief Overview

Pancreatic cancer, characterized by the abnormal growth of cells in the pancreas, poses challenges due to its aggressive nature and limited early detection methods.

Common Symptoms:

1. Abdominal Pain: Persistent pain or discomfort in the abdomen.
2. Jaundice: Yellowing of the skin and eyes.
3. Unexplained Weight Loss: Significant weight loss without a clear cause.
4. Fatigue: Persistent tiredness and lack of energy.
5. Digestive Issues: Changes in digestion and bowel habits.
6. Loss of Appetite: Reduced desire for food.

Early Diagnoses:

1. Imaging Tests: CT scans, MRI, and ultrasound for visualizing pancreatic abnormalities.
2. Blood Tests: Assessing pancreatic function and checking for tumor markers.



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