

# CERVICAL CANCER

## PATIENT EDUCATION FOR CERVICAL CANCER

### WHAT IS THE CERVICAL CANCER

It is a cancer of the female reproductive tract.

#### Who Is At Risk

- Women who have never had sex
- Women who have had more than one partner
- Women whose partner(s) has had more than one sexual partner
- Women with other sexually transmitted diseases
- Women who do not have Pap tests
- Immunosuppression
- Women who smoke

#### Symptoms of Cervical Cancer

- Abnormal bleeding
- Between periods
- With intercourse
- After menopause
- Unusual vaginal discharge
- Other symptoms
- Leg pain
- Pelvic pain
- Bleeding from the rectum/bladder

#### Cervical Cancer Screening

Cervical cancer is the easiest female cancer to prevent, with regular screening tests a follow-up. Two screening tests can help prevent cervical cancer or find it early

- The Pap test (or Pap smear)
- The HPV test looks for the virus

The Pap test, which screens for cervical cancer, is one of the most reliable and effective cancer screening tests available. The Pap test is recommended for all women between ages of 21 and 65 years old. When you have a Pap test, the doctor may also perform pelvic examination, checking your uterus, ovaries, and other organs to make sure there are no problems.

#### How is Cervical Cancer Treated?

- Surgery
- Radiation therapy
- Chemotherapy

Cervical cancer is usually treated with a combination of therapies.

# PROSTATE CANCER

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### WHAT IS THE PROSTATE

#### What is the Prostate?

Prostate is a walnut sized gland which is part of the male reproductive system. The prostate is situated in front of the rectum, between the bladder and the penis and encircles the urethra.

**What happens to the Prostate with age:** The prostate usually grows larger as man ages. This is known as Benign Prostatic Hyperplasia or BPH.

**What are the symptoms of BPH:** Since the prostate encircles the urethra, which carries the urine from the urinary bladder to the exterior BPH cause uncomfortable symptoms such as:

- Frequent urination due to incomplete evacuation (emptying)
- Urgency in urinating
- Trouble starting urine stream
- Intermittent or weak urine stream
- Pain or burning during urination
- A sensation of incomplete bladder emptying
- Blood in the urine
- Pain in the back, hips or pelvis

#### Is there any way to control these symptoms?

Yes there are several ways in which these symptoms may be controlled or reduced:

- Don't unnecessarily delay going to the washroom. Try to remember to pass urine every 2 to 3 hours.
- Don't self-medicate. Check with your doctor before taking any medicine as some may cause difficulty in urination.
- Alcohol or drinks containing caffeine (such as coffee or tea) may irritate your bladder.
- Try to avoid drinking any liquids before bedtime so you don't have to wake up to go to the bathroom.
- Try to do some form of exercise, for 30-40 minutes a day.

**Is there any way to treat BPH:** Several medicines are available to treat or control symptoms of BPH. Surgery is also an option in many cases.

**Is BPH the same as Cancer:** No BPH is not the same as prostate cancer?

**If untreated, will BPH lead to cancer:** BPH does not lead to cancer? However, BPH and prostate cancer may have similar symptoms and may occur simultaneously. Hence it is important to undergo screening which can help detect cancer early.



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# GRAMEEN SNEH FOUNDATION



Our National Toll Free Cancer Help line Number

# 1800-3456-265

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# BREAST CANCER

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### WHAT ARE SYMPTOMS OF BREAST CANCER

Early breast cancer usually does not cause pain. In fact, when breast cancer first develops, there may be no symptoms at all. But as the cancer grows, it can cause changes that women should watch for:

- A lump or thickening in or near the breast or in the underarm area.
- A change in the size or shape of a breast.
- Nipple discharge or tenderness, or the nipple pulled back (inverted into the breast).
- Ridges or pitting of the breast (the skin looks like the skin of an orange).
- A change in the way the skin of the breast, areola, or nipple looks or feels (for example warm, swollen, red or scaly).

A woman should see her doctor about any symptoms like these. Most often, they are not cancer, but it is important to check with the doctor so that any problem can be diagnosed and treated as early as possible.

#### HOW IS BREAST CANCER DETECTED

From age 20 onwards, monthly breast self-examination (BSE) is recommended 7 to 10 days after a woman's period begins. After menopause, BSE should be performed on the first day the month. BSE only takes a few minutes, costs nothing, and helps find tumors at a smaller size. To help find the cause of any signs or symptoms, your doctor does a careful physical examination and asks about personal and family medical history. In addition, your doctor may recommend one or more of the following breast examinations.

**Clinical breast examination:** The doctor can tell a lot about a lump by carefully feeling it and the tissue around it. Benign lumps often feel different from cancerous ones. The doctor can examine the size and texture of the lump and determine whether the lump moves easily. A clinical breast examination should be performed by a trained health care professional annually beginning at age 20 as a part of an annual wellness examination.

#### Breast Cancer Screening recommendations

Recommended Breast Screening - Ages 20 to 40

- Monthly breast examination
- Examination by a trained professional every year Recommended Breast Cancer Screening - Ages 40 and over
- Monthly breast self-examination
- Examination by a trained professional every year
- Mammograms every year after age 45

Screening recommendations are for women who do not have signs or symptoms of breast cancer. Those women who are at high risk for breast cancer or who have breast abnormalities should ask their physician for specific guidelines.

# ORAL CANCER

## PATIENT EDUCATION FOR ORAL CANCER

### WHAT IS THE ORAL CANCER?

Oral cancer refers to abnormal growth anywhere in the mouth, including the lip, tongue, inside surface of the cheeks, hard palate (the front of the roof of the mouth) or gums.

#### Who are at Risk for Developing Oral Cancer?

- People who
- Smoke or chew tobacco
  - Indulge in excessive alcohol drinking
  - Take both tobacco, in any form, with drinking, the risk is higher
  - Are exposed to excessive sun
  - Are above the age of 40, have higher risk
  - Take a diet low in fruits and vegetables, as these provide protection against oral cancer

#### What are the symptoms of Oral Cancer

Symptoms may indicate screening for oral cancer if they last for long time minimum two we

- A mouth sore not healing
- Discolouration of an area in mouth stays that
- A lump or thickening in your cheek
- A sore throat that is prolonged
- Changes in the voice
- Chewing or swallowing difficulties
- Trouble moving jaw or tongue
- Numbness in tongue or any part of your mouth
- Unexplained weight loss
- Lump or mass in neck
- Prolonged feeling of something is caught in your throat

#### Is there any way to prevent Oral Cancer?

- Lifestyle choices may prevent control or reduce these symptoms:
- Not taking or giving up all forms of tobacco like smoking, or chewing tobacco (pan masala, gutaka) and excessive alcohol drinking, as all three are big risk factor. If you do the three smokes, chew tobacco and drink alcohol, your risk is even higher.
- Avoid excessive exposure to sun. Cancer of the lip is linked to too much time in the sun. Also protect yourself by avoiding exposure during the midday hours, as sun is strongest, cover your face by a scarf or wide-brimmed hat or apply sunscreen and balm that protects against ultraviolet light.
- HPV 16 is being linked to Oral Cancer which is transmitted sexually. Avoid risky sex behaviour;
- Eating a healthy diet with fruits and vegetables

# ORAL CANCER

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### SCREENING FOR ORAL CANCER

- Early diagnosis, aided by thorough screenings during regular dental check-ups, is on the best screening against oral cancer.
- Screening includes a visual assessment of your lips, tongue, and the inside of your mouth including a check for red or white patches or unusual sores.
- To palpate (pressed with fingers) to detect the presence of lumps and swellings, tongue may be gently pulled aside for an even better view.
- A special light, dye, or other procedure may also be used to help check any suspect area
- To accurately diagnose oral cancer is only through a laboratory test and investigations.
- If anything appears to be out of the ordinary, a biopsy can be easily performed.
- Remember, the only way to accurately diagnose oral cancer is through a laboratory report