

HEALTHY LIFE STYLE

As we testify various diseases increasing day by day. Cancer, Diabetes, Blood Pressure, Heart Diseases etc have become an inevitable part of people's life. Little fine-tuning in our lifestyle would prove to be wise choice in avoiding all these.

Word of advice for healthy & sound life.

- ✓ Be a morning person & sleep early at night.
- ✓ Regular yoga & exercise wouldn't hurt.
- ✓ Work giving physical & mental stress should be avoided.
- ✓ Control on appetite & timely intake of water.
- ✓ Avoiding junk food & non-veg.
- ✓ Finite use of sugar & salt.
- ✓ Consume more of green leafy vegetables, fruits & fibrous items.
- ✓ Must get minimum of 6 hours of continuous sleep.
- ✓ Obviate addictions like Bidi, Cigarettes, Tobacco, Alcohol etc.
- ✓ Get a full body checkup in timely intervals.



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Medical Camp Co-operation: **Shyam Oncology Foundation** | www.shyamoncologyfoundation.org



Cancer Awareness Campaign AAYUSH



- Preliminary information of Cancer.
- Information of Breast & Uterine Cancer.
- Information about Oral Cancer.
- Effects on body due to addiction.
- Guidance on healthy lifestyle.

IF AWAKEND ON TIME
CANCER
CAN BE **CANCELLED**

Lack of education is the root cause of physical, mental & other excruciation.

- Maharshi Charak

PRELIMINARY INFORMATION ABOUT CANCER

Those who are well versed also understand the graveness of cancer, in ancient times Cancer was taken as a big disease. You are now accessing information which is useful for mass. "Cancer can happen to anyone & everyone & most of can be treated well if detected early." the only difference lies in understanding & information.

If you urge to know more about cancer, do read till end.

What is cancer?

A lump in any part of the body with un-natural growth could be cancer. More than 250 types of cancer can dwell in body & it's been on planet since ages.

Cancer = Cancel, why now?

By the end of 20th century people started believing that cancer can be exterminated. Today because of the technical advancement in medical science & cure of cancer in preliminary stage is possible which was prior missing. Legitimate information & precaution can win over cancer but it is always advisable to be vigilant.

Caution to be taken by Cancer patient

- Retain strong will power & positive attitude.
- Relinquish tobacco & other addictions.
- Regular body checkups & following doctor's advice.
- Be prompt in following doctor's advice on Radio & Chemotherapy.
- Retrench or start an alternative medicine through a certified doctor.

Remember: A timely precaution will save you from cancer.

INFORMATION ABOUT BREAST AND UTERINE CANCER IN WOMEN.

Breast Cancer

Case of breast cancer are up-surgng day by day. Females out of abashment & shyness don't reveal their problems. It's not usual to have lump in breast, so every female has to have knowledge in this topic. 1 out of 20 women suffer from breast cancer & astonishingly India registers 115000 new cases per year.

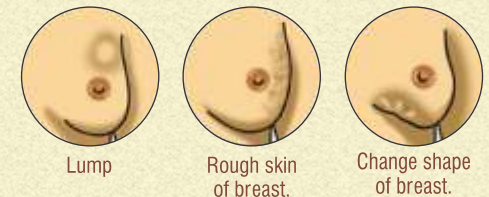
Plausible reason for Breast Cancer

- If anyone from maternal side has the history of breast cancer.
- If one breast has cancer chances for the other one increases.
- If after having a child breast feeding has not been done for a long time.
- If the periods starts in early age or stop in old age.
- Either the body is flabby or excessive fatlike eating habits.
- One who's been mother after old age or have no fertility issues.

Traits of Breast Cancer

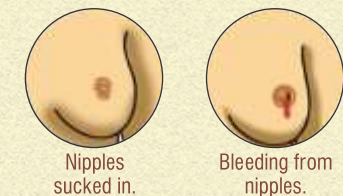
Breast

- Lump in breast.
- Rough skin of breast.
- Change in shape of breast.
- Ulcer on breast.



Nipples :

- Ulcer or eruption on nipples.
- Nipples sucked in.
- Bleeding from nipples.



Armpit:

- Lump in the armpit.



Lump in the armpit

If any of the above symptoms occur, consult the doctor immediately

Self examination of breast

Every women must conduct self examination of her breasts on regular basis, steps for the same are listed below.

1 (During Shower)

During shower, check for the lump; use foam to gently slide fingers on breast.



2 (Sleeping)

Lie straight with an arm under head & place a pillow under ribs, use opposite hand by pressing fingers in circular motion coming in from outside in vertical pattern & to investigate a lump or any abnormality in the shape & size of the breast. Do the same to other breast too.



3 (Nipples)

Gently press nipples to check if any bleeding or pus or any unusual fluid is coming out.



Intervals of self breast examination

Even if there is no complains, monthly self breast examinations is recommended after the age of twenty.

Normal investigation by doctor

- Females between the ages of 40 – 49 must visit doctor once a year for breast examination.
- Mammography test has to be done as per the doctor's advice.

Note:

- One should perform a self check 7-10 days after periods & on the first day of every month after menopause.
- Do not panic if during investigation any lump or abnormality is found. **every lump is not of cancer.**

Cancer of Uterine Cervix :

Alike breast cancer in women, there are high probabilities of Uterine cer vix cancer too.



Symptoms of Uterine Cervix Cancer

- Foul smell from vagina & constant secretion of black blood mixed fluid.
- Recurrent bleeding.
- Bleeding from uterus years after menopause.

Prospects of Uterine Cancer

- Females of age 40 n above.
- Females of bulky body.
- Females who've been treated for Harmons.
- Females who've never had a baby.

Screening of Uterine Cancer

Pep Test: - In this test fluid from vagina goes under exhaustive microscopic examination, which can be done by any Gynecologist.

THE BEST PROTECTION IS EARLY DETECTION

REMEMBER: A TIMELY PRECAUTION WILL SAVE YOU FROM CANCER.

ORAL CANCER

It is very finite to witness patients of oral cancer in most villages in abundance. The obvious reason being stores selling tobacco & its variants in extravagance. Astoundingly people are generously accepting it too.

Ratio of patients with oral cancer is more than any other type. Out of all nearly 40% cancer is caused due to tobacco & its variants. Your addiction is the only gateway of cancer.

Symptoms of Oral Cancer

- Red or white ulcer which is not healing since long.
- Lump in mouth or changes in the internal skin.
- Problems in either opening mouth or swallowing food.
- Loosening of teeth without reason.

Always remember prime reason for cancer is addiction. Out of all, oral & lung cancer are on top notch. Preeminent reason being addiction to tobacco or alcohol which deteriorates every cells & make it vulnerable to cancer. 40% males & 15% females are prone to cancer due to tobacco.



Tobacco



Oral Cancer and Esophagus Cancer



Bidi & Cigarette



Lung Cancer



Alcohol



Liver Cancer

Self Examination of Oral Cancer

If you find any of the symptoms you can self examine your mouth yourself, and if necessary, consult your doctor immediately.



Stand in front of a mirror.



Examine left side, top & right side of tongue.



Examine left side, right side of the cheek & roof of the mouth.



Closely check the lips too.

HEALTHY LIVING FAMILY.. IMMENSE HAPPINESS AND PEACE

LEAVE ADDICTION TODAY.