



# GOOD HEALTH MATTERS

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## World Cancer Day - 4th February

World Cancer Day is celebrated on February 4 every year to raise awareness about cancer and work to make it a global health priority. 9.6 million people die from cancer every year. World Cancer Day theme for 2019-21 'I Am and I Will.' It calls for a personal commitment to help reduce the global burden of cancer.



### Key Facts

1. India ranks third in cancer cases after China and the US.
2. Cancer among woman in the country is estimated to be 0.7 million reported cases.
3. Every year India reports more than a million new cancer cases.
4. Among them, half million deaths happen due to the ignorance of the disease.
5. One woman dies of cervical cancer every eight minutes in India.
6. For every two women newly diagnosed with breast cancer, one woman dies of it in the country, accordingly to the National Institute of Cancer Prevention Research (NICPR).
7. Top 5 cancers that affect Indian population are breast, oral, cervical, gastric and lung cancers.

### Foods that fight cancer

#### 1.Cervical Cancer

A diet high in carotenoids, vegetables, and fruits may reduce the risk of cervical, ovarian, and endometrial cancers. High intake of vitamins C and E may reduce the risk of cervical cancer.

#### 2.Breast Cancer

Intake of more saturated fats and obesity have been linked to breast cancer. The nutrition guidelines and the World Cancer Research Fund recommendations advocate that having a diet with a liberal amount of vegetables and fruits, less of saturated fats decreases the risk of breast cancer.

### 3.Oral Cancer

Increased consumption of fish, eggs, raw and cooked vegetables, and fruit is associated with a decreased risk of oral cancer.



### The American Cancer Society recommends the following to help reduce the risk of cancer

1. Maintain your ideal body weight. Cancers of the uterus, gallbladder, kidney, stomach, breast, and colon have been associated with obesity.
2. Vary your daily diet. Eat in moderation with a wide variety of food choices.
3. Eat at least 5 to 9 servings of fruits and vegetables per day. A good rule of thumb is to eat at least three different colors of fruits and vegetables each day. There are different bioactive ingredients in the pigment of fruits and vegetables that may reduce cancer risks.
4. Eat food that is high in dietary fiber.
5. Minimize your daily fat intake.
6. If you smoke, STOP.
7. Limit the amount of alcohol that you drink.
8. Limit your consumption of salt.
9. Take vitamin D supplements (1000 IU-2000 IU daily).

## Busting myths about cancer



- 1. Cancer is contagious.**  
Cancer is not contagious. However, some cancers are caused by viruses and bacteria.
- 2. If no one in your family has had cancer, you will not get cancer.**  
If no one in your family has ever suffered from cancer it does not guarantee that you will not get cancer. Only 5-10 per cent of the cancers are hereditary.
- 3. If you have a family history of cancer, you will surely get cancer.**  
Although having a family history of cancer increases your risk of developing the disease, it is not a definite predictor. Only about 5 to 10 per cent of cancers are caused by harmful mutations that are inherited from a person's parents.
- 4. Older people are not fit for cancer treatment.**  
There is no age limit for cancer treatment. Many elderly patients may respond as well to cancer treatment as younger patients.

- 5. Artificial sweeteners, flavors, colors, and food additives can cause cancer.**  
Researchers have found no evidence that artificial sweeteners, flavors, colors, and food additives cause cancer in humans.

## What is palliative care?



Palliative care seeks to enhance quality of life. Empathetic communication and psychosocial counseling are an integral part of it. It also positively influences the course of an illness and when applied early during the course, may prolong life. It is active total care which works best in conjunction with other therapies such as chemotherapy or radiation therapy which often have distressing side-effects.



“You beat cancer by how you live, why you live and in the manner in which you live.” – [Stuart Scott](#)



Wonders of Wellness

Stories of people who have battled cancer and are now living happy, healthy lives can help fill so many hearts with inspiration.

### Manisha Koirala , Ovarian cancer



The 49-year-old Dil Se actress was diagnosed with ovarian cancer in 2012. Despite being an actor she boldly posted pictures of herself during chemotherapy from the New York hospital. She kept her fans updated about her condition. Post her recovery while addressing a session she expressed how cancer helps to transform a person and how it has helped her to appreciate life and honor the body. During her treatment she went through psychological breakdowns as well. Since she survived the disease, she started supporting various NGOs and organisations that help cancer patients. If we talk about celebrities with cancer, Manisha's name is on the top as a successful cancer survivor.

### Sonali Bendre, Metastatic Cancer



Sonali Bendre has been an inspiration to many cancer patients who are fighting the disease every single day of their life. In year 2018 she was diagnosed with high grade cancer when the doctor in New York said that there was about 30 per cent chance of it all going away, she was shattered." However, the 45-year-old actor says she and her family never lost hope. She thought this was going to be a long struggle, but she never thought "she would die." It was in July 2018 that Sonali decided to go public about her health condition. Through her popular hashtag, #switchonthesunlight, she kept posting about her fight with cancer to motivate other cancer patients and give them hope. With her positive attitude she fought the disease resumed back to work and appeared in her first ad post illness in Feb'2019.

### Yuraj Singh, cancerous tumor

While playing the World Cup in 2011, in which he won the Player of the Tournament award, Yuvraj had bouts of blood vomiting, nausea and breathing issues. After the tournament, he was diagnosed with a cancerous tumour in his left lung (stage 1) and underwent chemotherapy in the USA. In March 2012, he returned to India and was even part of the 2012 T20 World Cup after recovery.



### Lisa Ray, Multiple Myeloma



The famous actor and model was diagnosed with multiple myeloma on June 23, in 2009. It is a cancer of plasma cells in the bone marrow a rare disease. In April 2010, Ray announced she was

cancer-free but not completely cured. The rare disease is treatable but incurable. But that has not affected the beautiful model's outlook towards life.

### Anurag Basu, Blood Cancer

The Barfi! director may have never even gotten close to making the film when doctors told him that he had only 50% chance of survival in 2004. But like his movies, he called the shots on life as well and fought the disease like a champion. He wrote scripts

for Life In A Metro and Gangster during his treatment. He was diagnosed with acute promyelocytic leukaemia which is type of blood cancer, but has soldiered on since.



Many of us have been touched by cancer. Talking openly about cancer and our experiences makes a huge difference in increasing understanding, overcoming stigma and reducing fear.

#### Disclaimer

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"You have to find balance between your work and service. To make a living you work, and for satisfaction you do service."

- Sri Sri Ravi Shankar



Wonders of Wellness