

PHARMA HEALTH CLUB

SAFE USE OF MEDICINES FOR BETTER HEALTH

1ST FEBRUARY, 2015

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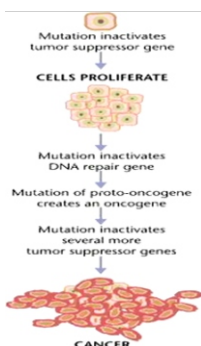
REFERENCE

WORLD CANCER DAY

It was founded by the Union for International Cancer Control (UICC) to support the goals of the World Cancer Declaration, written in 2008 and observed annually on 4th February. This year its going to take place under the tagline 'Not beyond us'. In spite of newer medicines and advanced technology, it continues to be a huge threat to human life. And it can happen to anyone, anytime. [1]

CANCER

A disease involves unregulated cell growth...[2]

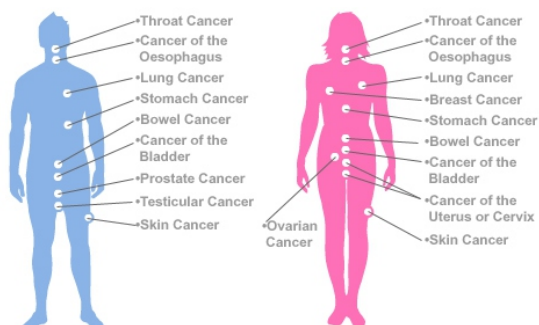


Main two types:

Benign: Do not invade neighboring tissues and do not spread throughout the body.

Malignant: Invading nearby parts of the body & spread to more distant part through lymphatic system or blood.

VARIOUS TYPES OF CANCER



Percentage of patients with cancer types deceased five years after cancer diagnosis: [2]

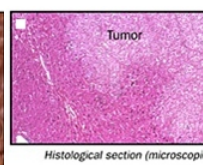
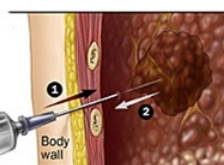
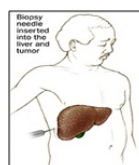
- | | |
|---------------------------|--------------------------|
| • Pancreatic cancer - 97% | • Colon cancer - 43% |
| • Liver cancer - 95% | • Laryngeal cancer - 34% |
| • Esophageal cancer - 92% | • Cervical cancer - 34% |
| • Lung cancer - 87% | • Prostate cancer - 26% |
| • Stomach cancer - 83% | • Breast cancer - 23% |
| • Brain cancer - 75% | • Bladder cancer - 22% |
| • Ovarian cancer - 61% | • Skin cancer - 19% |
| • Oral cancer - 49% | • Uterine cancer - 17% |
| • Kidney cancer - 47% | • Thyroid cancer - 6% |
| • Rectal cancer - 46% | |

DIAGNOSIS OF CANCER:

- **Blood Tests:** Tumor Markers - Prostate specific antigen, Prostatic acid phosphatase (PSA and PAP, respectively for Prostate cancer), carcinoembryonic antigen (CEA - Colorectal cancer), alpha-fetoprotein (AFP - Liver cancer), human chorionic gonadotropin (HCG - Testis cancer), neuron-specific enolase (NSE - Lung cancer) [4]

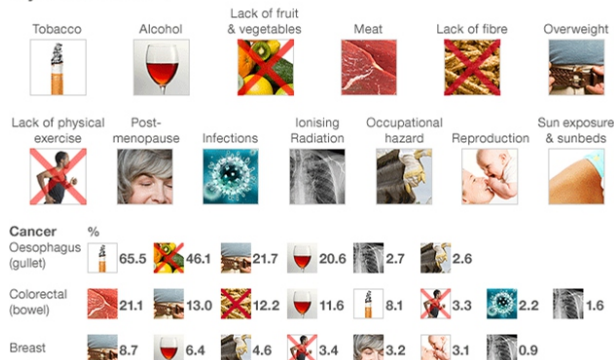
Endoscopic examination: GIT associated Cancer

- **Tumor biopsy:** A biopsy is a procedure performed to remove tissue or cells from the body for examination under a microscope. [5]



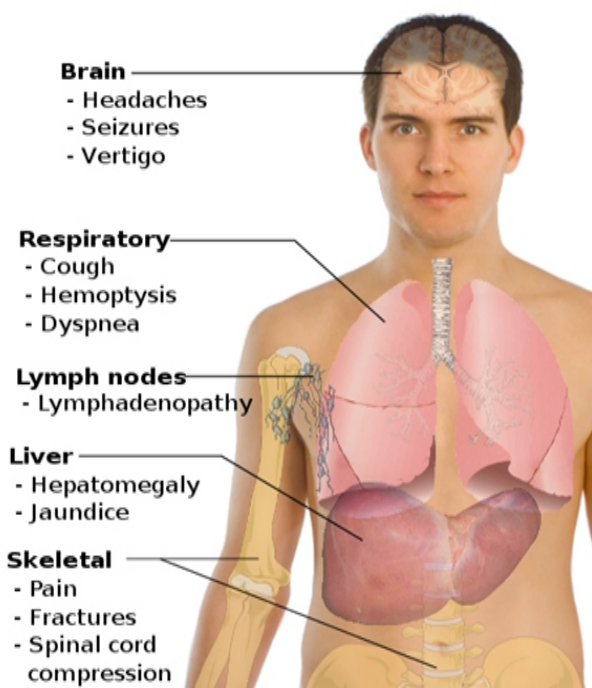
CAUSES OF VARIOUS CANCER

Key causes of cancer



SYMPTOMS OF VARIOUS CANCER

Common sites and symptoms of Cancer metastasis



WARNING SIGNS OF CANCER

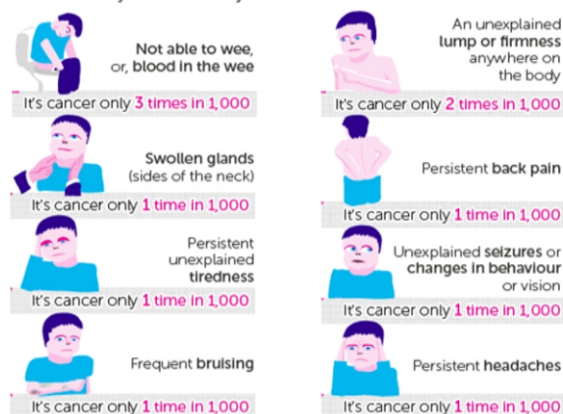
Seven Warning Signals of Cancer

1. A change in bowel or bladder habits
2. A sore that does not heal
3. Unusual bleeding or discharge
4. Thickening or a lump in the breast or elsewhere
5. Indigestion or difficulty in swallowing
6. Obvious change in a wart or mole
7. Nagging cough or hoarseness



FOLLOWING CONDITIONS ARE NOT CANCER:

It's usually not cancer, but **see a doctor** if your child has any of these:



Also see your doctor if you notice:

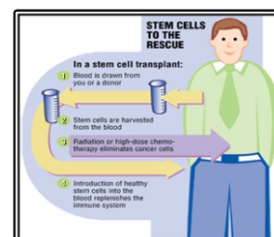
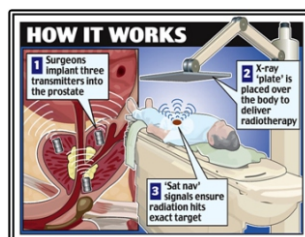


TREATMENT OF CANCER:

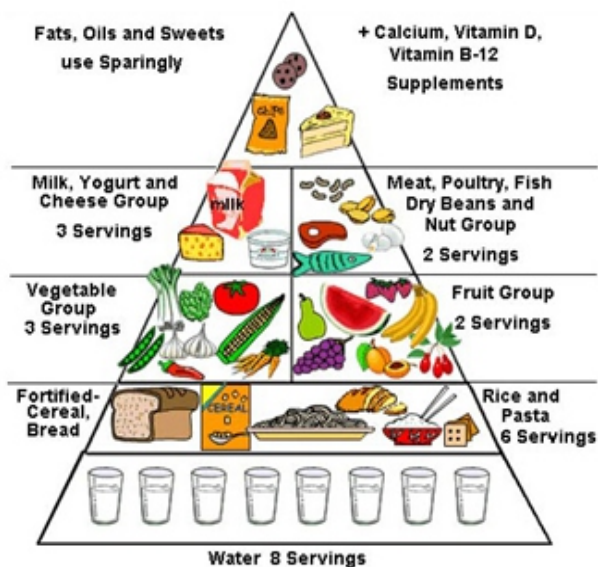
| Conventional therapy | Complementary therapy |
|---------------------------|-------------------------|
| Surgery | Neuropathic medicine |
| Chemotherapy | Nutritional therapy |
| Immunotherapy | Physical rehabilitation |
| Radiation therapy | Spiritual support |
| Stem cell transplantation | Mind - body medicines |

CHEMOTHERAPY

| Cancer type | Drugs |
|------------------------|--|
| Breast cancer | Cyclophosphamide, methotrexate, 5-fluorouracil Doxorubicin, cyclophosphamide |
| Hodgkin's disease | Mustine, vincristine, procarbazine, prednisolone Doxorubicin, bleomycin, vinblastine, dacarbazine |
| Non-Hodgkin's lymphoma | Cyclophosphamide, doxorubicin, vincristine, prednisolone |
| Germ cell tumor | Bleomycin, etoposide, cisplatin |
| Stomach cancer | Epirubicin, cisplatin, 5-fluorouracil Epirubicin, cisplatin, capecitabine |
| Bladder cancer | Methotrexate, vincristine, doxorubicin, cisplatin |
| Lung cancer | Cyclophosphamide, doxorubicin, vincristine |
| Colorectal cancer | 5-fluorouracil, folinic acid, oxaliplatin |



PREVENTION THROUGH DIET



CANCER AND AYURVED

Though it would seem illogical to recommend any home remedy or Ayurvedic medicine for Cancer, please click on the following links to know how Ayurved has worked on Cancer and what the world thinks about it...

- Article published in a journal under National Institute of Health, USA:
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3111701/>
- What Cancer Research, UK, has to say:
<http://www.jiva.com/ayurveda/about-ayurveda/102.html>
- Articles on one of the largest natural health website:
<http://naturalsociety.com/many-anti-cancer-benefits-turmeric/>
<http://naturalsociety.com/ayurvedic-herbs-treat-brain-lung-cancers-90-percent-success-rate/>
<http://naturalsociety.com/7-ayurvedic-herbs-kill-colon-cancers-fast/>
- Description of various cancers in Ayurved and what Ayurved can do:
<http://www.jiva.com/ayurveda/about-ayurveda/102.html>
- What an Indian organization has to offer:
<http://www.ayurveda-cancer.org/study.htm>



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<http://www.worldcancerday.org/about-world-cancer-day-2015> (Accessed on: 28/01/2015)
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<http://www.disabled-world.com/health/cancer/> (Accessed on: 29/01/2015)
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<http://www.whatcanceris.com/tag/cancer-symptoms-in-men> (Accessed on: 29/01/2015)
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http://www.thetahealth.com/wp-content/uploads/2014/04/signs_and_symptoms_of_throat_cancer.jpg (Accessed on: 29/01/2015)
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<http://www.cancercompass.com/cancer-guide/conventional-treatment/stem-cell-transplant.html> (Accessed on: 29/01/2015)
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<http://www.thegracevine.com/uploads/1/1/7/2/11727560/2080196.jpg?900>
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<https://farahzulkifly.files.wordpress.com/2014/02/4-feb-cancer-ribbon.jpg>