



A, B, C of Cancer

(a book for school children)

written by

Dr. B. K. Mishra

edited by

Dr. Khurshid Mistry



an ICON educational initiative

Imparting knowledge in a manner that is easy to understand, visually pleasing and fun to read is the best way to convey any message. It helps "stick" the learning into long term memory that is easily accessible. Dr BK Mishra has done just that - to spread awareness about cancer among children of school going age. And this work has been ably supported by Dr Khurshid Mistry as well.

The Indian Cooperative Oncology Network proudly brings to you these Cancer Awareness Books in Hindi and English. A soft copy is also available on our website (www.oncologyindia.org) for free download. We know that these books shall convey the message in a format that is familiar to children and therefore will be a communication that is effective and lasting. We hope that the message has a ripples effect by becoming a point of discussion among their peers as well as within their families.

So please use these books (hardcopies and softcopies) to freely spread the message and help fight this war against cancer. Happy Reading to one and all!

Dr Purvish M. Parikh.

MD, DNB, FICP, PHD, ECMO, CPI, MBA.

Medical Oncologist and Hematologist.

Convener, Indian Cooperative Oncology Network.



Cancer matters because:

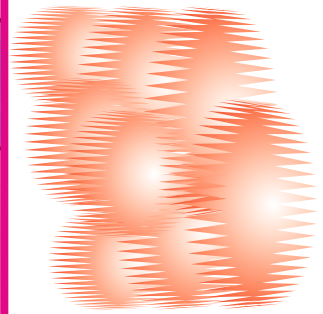
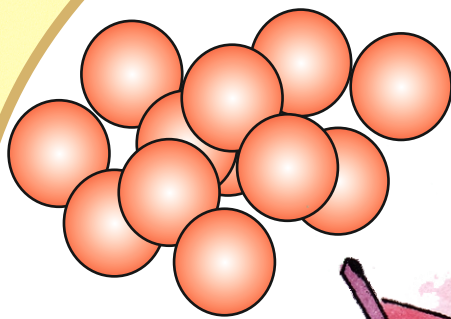
1. Today all over the World, Cancer is a Number One killer disease.
2. It is possible to prevent cancer in more than 50 % of cases.
3. It is possible to cure cancer in more than 80 % of cases if detected early.
4. For Effective Prevention and Early Detection, Each and Every one of us should know a Little Bit about Cancer.



What is Cancer

Cancer is a special disease in which:

1. Cells of any Part of the body start dividing without any control giving rise to abnormal swelling or ulcer.
2. If these Cells are allowed to grow in this uncontrolled manner, they can destroy the Organ or the whole body and can even kill the affected person.



Causes of Cancer

Exact Cause of Cancer is unknown, but some substances such as chemicals, viruses or any unknown substance, also known as Carcinogens, interact with Normal cells which get transformed in to cancer cells. Once the normal cell is converted to a cancer cell, it starts dividing in an uncontrolled manner and produces abnormal swelling or ulcer.



Carcinogens

Cancer Causing substances are known as Carcinogens. Some of the known carcinogens are Tobacco, Alcohol, Air pollutants, Water pollutants etc



Cancer Prevention

We can prevent not all, but many cancers by

- Not Chewing Tobacco
- Not Smoking
- Not consuming Alcohol
- Prevention of Air Pollution
- Prevention of Water pollution
- Higher consumption of Vegetarian Diet
- Lesser consumption of Oily food
- Reduce consumption of Fast Food
- Regular Exercise & weight control
- Hepatitis B Vaccination
- HPV vaccination for all girls aged 10-16 yrs



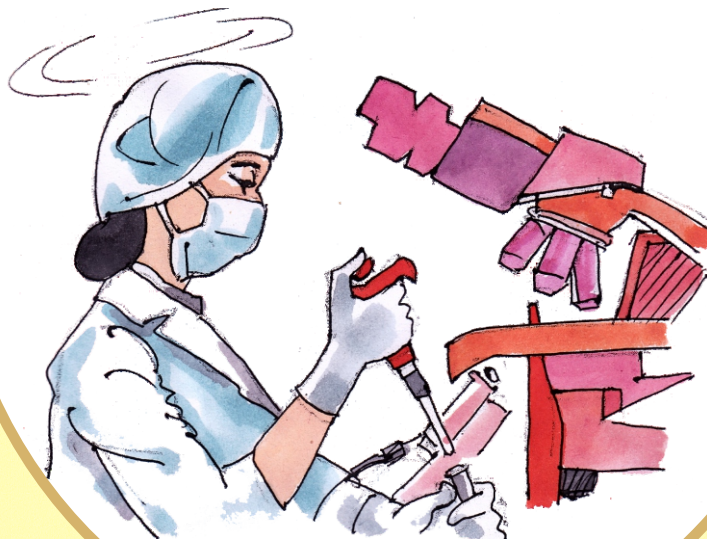
Symptoms of Cancer

- Non healing ulcer of mouth.
- Change in character of voice
- Difficulty in swallowing
- Difficulty in breathing
- Swelling in breast
- Abnormal bleeding from any part of the body
- Abnormal swelling or ulcer in any part of body
- Unexplained weight loss
- Unexplained fever
- Unexplained pain in the body
- Sudden increase in size of mole.

Above symptoms can be seen both in cancerous and non cancerous conditions. The proper diagnosis can be confirmed by a specialist doctor after detailed testing and check ups.

Check-up in Cancer

If any ulcer or swelling is found to be suspicious, then a test is done by fine needle aspiration cytology (FNAC) or a biopsy in which a small part from swelling or ulcer is removed. This excised material is examined by a pathologist under a microscope. Once the diagnosis of cancer is confirmed, only then can the cancer treatment be started.



Staging in Cancer

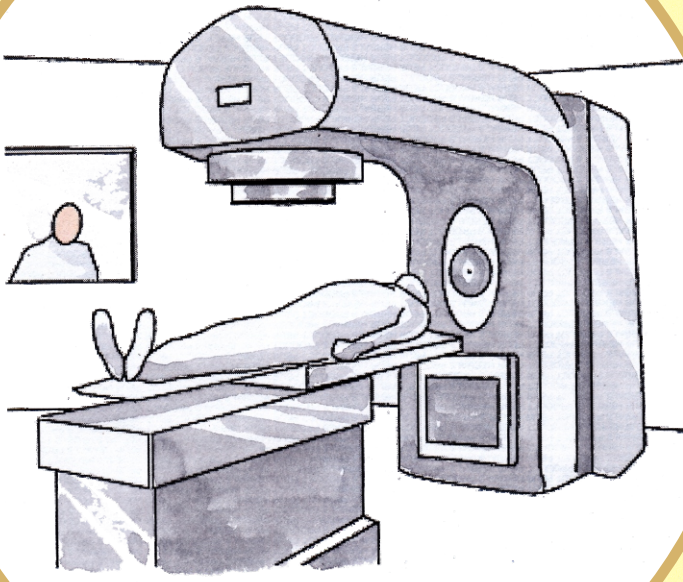
The stage of cancer depends upon the size of primary tumour and its spread to the lymph nodes and distant organs. Depending upon its size and spread it is divided in four stages i.e. I, II, III & IV. Most cancers, when detected in stage I are curable.



Treatment of Cancer

Cancer treatment is mainly done by three methods:

1. **Surgery**: If complete excision of cancer affected part is possible, then surgery is preferred.
2. **Radiotherapy**: Radiation is given to cancer cells in order to kill them. Depending upon the type of cancer, radiotherapy can be given alone or with surgery or chemotherapy. Radiotherapy treatment is delivered by special equipment which is able to produce radiation for the treatment



such as cobalt machines, linear accelerator and brachytherapy machine.



3. Chemotherapy : Chemotherapy are special drugs which are used for cancer treatment. It may be in the form of tablet or injection. Some cancers like leukaemia can be treated by chemotherapy alone. In some cancers chemotherapy is used with radiation or surgery.

Chances of Cure in Cancer

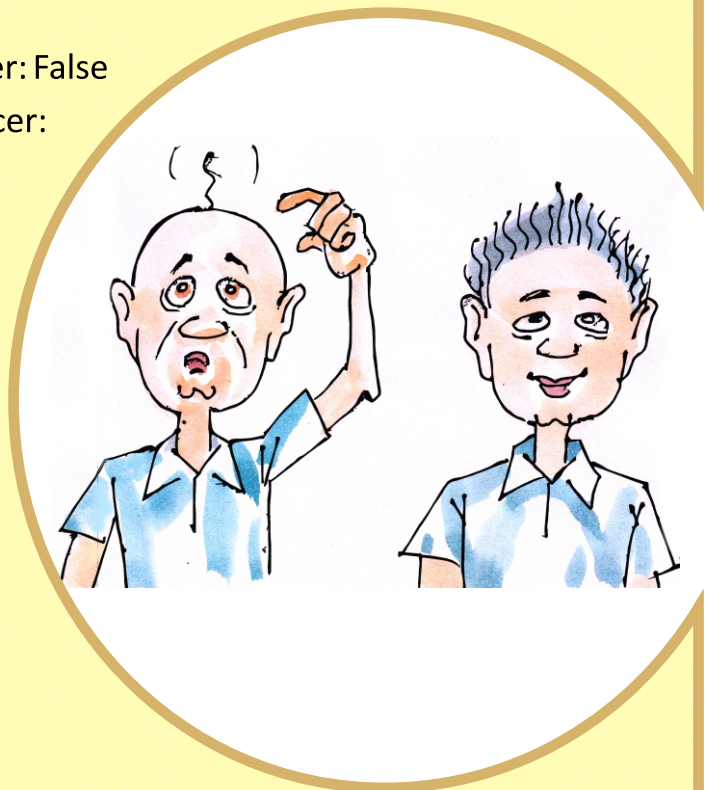
Chance of cure in cancer depends upon its stage. Most patients are curable in stage I. Few patients can still be cured in stage II & III. In stage IV, cure is rarely possible. That is why early detection of Cancer and knowledge of early cancer symptoms are very important.

Recurrence of Cancer

Even after a complete cure of cancer a strict follow up routine is necessary. Many cancers can recur with same symptoms at the same or other site. In stage I disease the risk of recurrence is very low and can be treated and cured in most cases. In advanced stage cancers recurrence is more common and then a cure is not possible.

Myths & Truth about Cancer

1. Biopsy leads to spread of Cancer: False
2. Touch of knife can spread cancer: False
3. Chemotherapy Causes Hair loss: Truth is that some chemotherapy drugs may cause TEMPORARY loss of hair. The hair will grow back after Treatment has been stopped.



4. Chemotherapy causes a lot of side effects: Truth is that if treatment is undertaken by a specialist doctor, then side effects will be minimal.
5. Radiotherapy leads to burning of skin: Truth is that early irradiated areas temporarily become dark. The skin will return to its normal color within 1-2 months.
6. Radiotherapy Causes hair Loss: Only Cranial irradiation causes hair loss. The hair will return after sometime but may be a little less dense.
7. Radiotherapy causes mouth ulcers: Only radiotherapy in the oral cavity causes mouth ulcers. These will heal after about a month after stopping radiation.
8. Cancer is an Infectious Disease: False. Cancer dose not spread by touch. Associated diseases such as HIV or Hepatitis, may spread.



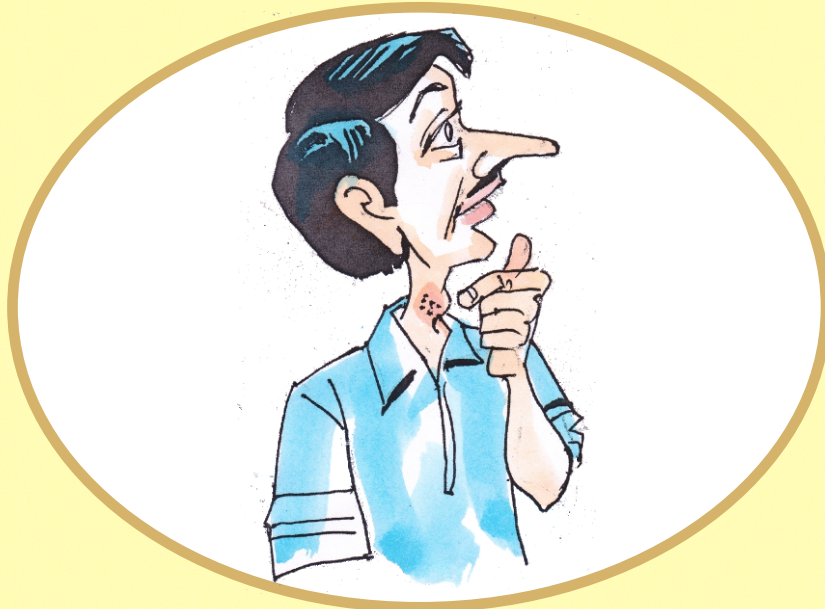
Cancers which can be detected early

1. Oral Cancer: oral cancer can be seen in the form of ulcer in a mirror, while brushing teeth.
2. Breast Cancer: any swelling or ulcer can be detected during a periodical self examination of the breast. This could be an initial symptom of cancer.
3. Cervical Cancer: Any abnormal bleeding seen in females over the age of 20, should be reported as it may be a case of cervical cancer.

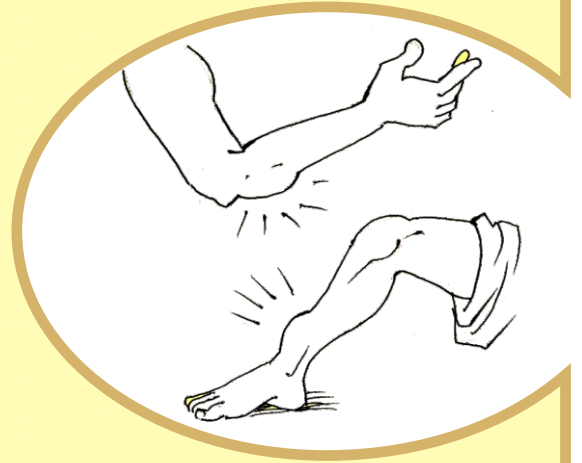
4. Skin Cancer: Any non healing ulcer or any mole which is increasing in size can easily be detected by periodical self examination of the skin. It should be reported as it may be a cancer.



5. Cancer of Lymph Nodes: If any nodular swelling in neck, axilla (arm pit), inguinal (groin) region is detected it may be an early symptom of Lymphoma which is a type of cancer.
6. Cancer in Eye: If pupil becomes white, then it may be sign of retinoblastoma which is a type of cancer.



7. Cancer in Genitalia: If any swelling or ulcer is detected in genitalia it may be an early cancer.
8. Sarcoma: If any muscles in the body suddenly increase in size, it may be a sarcoma which is a type of cancer

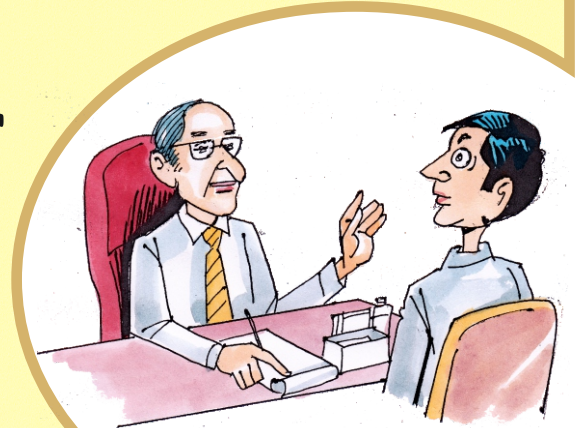


The above mentioned symptoms or any other abnormal symptoms may indicate early cancer. These should be reported to a doctor who would do some tests to confirm or rule out the possibility of cancer.

A, B, C of Cancer

A-

Awareness of Cancer can do a Lot
It can save lives and gives positive thought



B-

Butter and oily food may be good in taste
Excess of it can convert your body to waste



C-

Cancer is a name of danger
Cells start dividing without any fear



D-

Doctor is always your best friend
Follow his advice follow his trend



E-
Encourage always, cancer patients to fight
Share their pain and make them feel light.



F-
Fight against cancer is a must
adequate treatment causes cancer to go bust



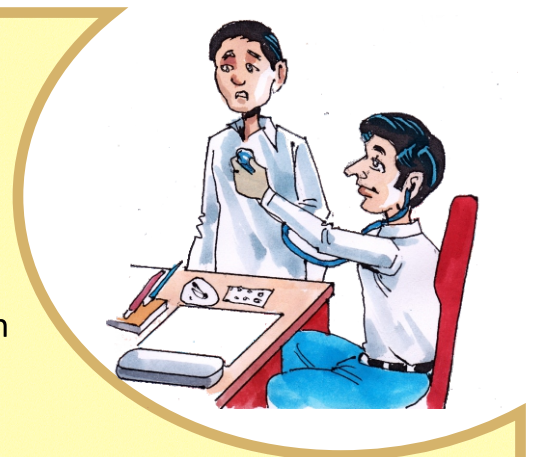
G-
Gland in the body may be a bad sign
It should be investigated to get it fine



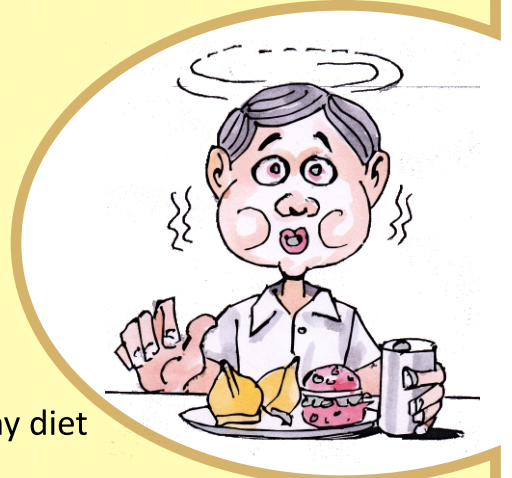
H-
Health is always good if food is clean
Always throw waste in a dustbin



I-
Infection in chest always needs attention
If it does not improve in 2 weeks, get medication



J-
Junkfood, chips and aerated drinks is not a healthy diet
It prevents your body from being fit and light



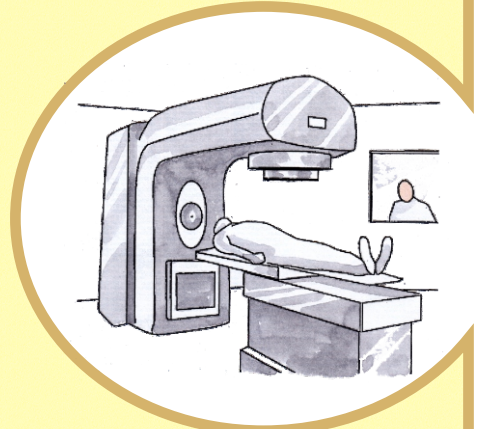
k-
Know your Rights and do what is right
Never go to quacks or you will lose your fight



L-
Love your life not a cigarette
Quit today, it is never too late



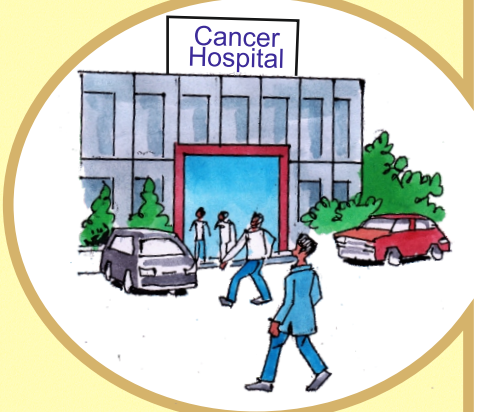
M-
Machine and man can together do wonders
Radiation can cure many types of cancers



N-
Nothing is impossible in this world
Willpower can help to fight against all evil



O-
Oncologist are required to kill the Cancer
Meet them always without any fear



P-
Prevention is better than cure
Never avoid any swelling or sore



Q-
Quit tobacco and be safe from cancer
Let the people know that it can make your life better



R-
Rumors are the worst for cancer
Speak to specialist to ward off any fear



S-
Smoking leads to destruction of your lungs
Quit now or your life will be hung



T-
Tobacco in any form is our worst enemy
Quit immediately to change & improve your destiny



U-
Ulcer in the body may be a cancer
We should immediately get it checked by a doctor



V-
Victory over cancer by getting over tobacco addiction
It may give some pleasure but benefits there are none



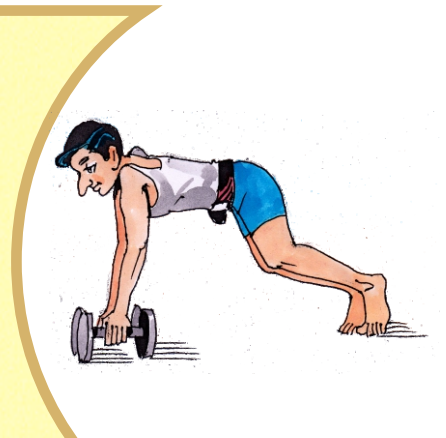
W
Will to live will help you succeed in life
Right treatment is yours by right



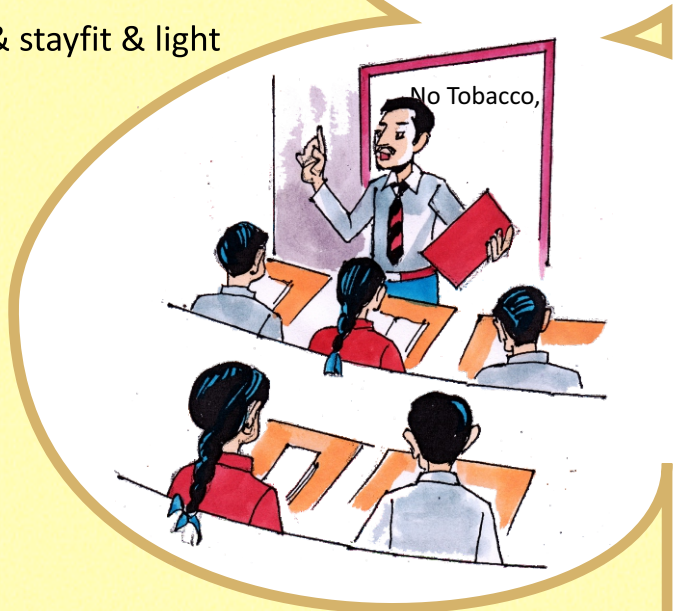
X-
X-ray, CT scan, Ultrasound can see inside the body
screening helps in early detection and should be
done by everybody



Y-
Yummy & tummy always go together
Avoid excess fat & spice to keep you healthier



Z-
Zoom you vision towards a healthy life
Stay Away from tobacco & excess fat & stayfit & light





an ICON educational initiative

Correspondence Address: c/o Indian cancer Society
1st Floor, 74 Jerbai Wadia Road, Bhoiwada,
Parel, Mumbai 400 012.

Telefax: +91 22 24176980, Mobile: +91 98207 39584

Website: www.oncologyindia.org

Email: khurshid.mistry@oncologyindia.org / kjmicon@gmail.com