



VYDEHI INSTITUTE OF NEPHROLOGY
WORLD CANCER DAY

**FREE CANCER SCREENING
PROGRAMME**

27TH FEB TO 7TH MARCH

TIME: 10:00AM – 4:00PM

We welcome all of you to utilize our services to the maximum through your participation.

WORLD CANCER DAY

February 4, 2009 is World Cancer Day: World Cancer Day is a global observance that helps raise people's awareness of cancer and how to prevent, detect or treat it. On World Cancer Day, Vydehi Institute of Medical Sciences and Research Centre is work to help the general public learn more about the different types of cancer, how to watch for it, treatments and preventative measures.

Vydehi Schedule for the Cancer Day

1. Free Cancer Screening Camp: 27th Feb to 7th March.
Sent out E-mail and Printed Letters to:
All Deputy Registrars {Yeshawini Scheme} in Karnataka
All BMTc Depots
All Police Stations and Superintendents of Police in Karnataka {Arogya Bhagya scheme}
BBMP offices across Bangalore
30 Banners Printed and distributed in Trust Pharmacy outlets and our sister concerns.
2. Poster/collage Competition for students, keeping cancer as the Subject, on 31st Jan Saturday.
Keeping "Cancer as the subject"
Cash prizes for the winners.
3. Walkathon on 3rd Feb: with participation from the students and staff,
Route: Mahatma Gandhi statue to C.T.O Circle
Time: 8:00am to 9:00am
Invites been given to all Celebrities, {Sportsmen and Movie stars} for their participation
Banners, posters and pamphlets have been printed for display and distribution
4. Cancer Survivors meet on 4th of Feb at the Department of Oncology
Venue: New Auditorium
A talk will be given by Dr Ganesh on "the magnitude of cancer and its management"
Cancer Survivors treated by the hospital will share their experiences.
Commissioner of Police: Shankar Bidari {Confirmed}
Mr.Naik I.A.S. {Yeshaswini, Tentatively Confirmed}
Dr. Shariff {BMTc Medical officer, Tetatively Confirmed}
Empanelled companies Administrators,
Insurance companies Medical officers
5. Inauguration of the Pain Management Clinic on 4th Feb

Location: 2 OPD rooms in the ground floor, opposite to the oncology ward.

Every year Vydehi is raising awareness of the global impact of cancer and improved understanding of prevention.

Know about screening for Cancers

1. What is meant by screening for cancers?

Checking for the signs of early / advanced cancers in totally asymptomatic individuals is termed screening.

2. Is screening necessary? What if one waits for symptoms to appear and then approach a doctor?

Extensive studies and experience for long periods all over the world has proved that the best way to prevent/early detect cancers wherein complete cure is possible is only by enrolling into regular screening programmes. The best example is the difference in the type and stage of cancers seen in the west (very early) and in India (very late) and the difference in cure rates.

3. Does screening help in diagnosing / managing all types of cancers?

Screening tests are carried out to tackle the most common cancers we face in day to day life. To be effective these tests should be simple, painless, cheap and easy to carry out.

4. What are the common cancers against which these tests are carried out?

Breast cancer, uterine cancer, head and neck cancer, colon cancer and prostate cancer are the five common cancers against which the screening tests are carried out.

5. Who should enroll for these screening tests?

Persons above 40 years age, having strong family history of cancer and use of tobacco in any form for long periods are ideal candidates for screening. Past history of cancer in the person is also an indication.

6. How often should these tests be done?

We recommend that once a year screening is necessary for high risk individuals and at least once in two years for others above 40 years of age.

7. Can one avoid a screening test if a general master health check up has been done?

Preferably no, because master health checkups are not generally oriented to screen cancers, though some tests may be common for both. More importantly the physical examination conducted by a non-specialist who is not oriented to look for signs and symptoms of cancers, often misses out on vital information.

8. Are these tests painful?

Definitely not, since most of these tests worldwide are aimed at large community individuals, they have been made simple and easy to carry out.

9. Does one need to get hospitalized for these tests?

No. All these tests are carried out in an outpatient setting. In many areas the primary screening is done in a non hospital community setting and persons visit hospital for simple imaging tests.

Warning Signals of cancer

- 1. Change in bowel or bladder habits.**
- 2. Sore that does not heal.**
- 3. Any unusual vaginal bleeding or discharge.**

- 4. Thickening or lump in the breast or elsewhere.**
- 5. Indigestion or difficulty in swallowing, the major symptoms of cancer of the stomach and esophagus.**
- 6. An obvious change in a wart or mole.**
- 7. Nagging cough or hoarseness.**