

CANCERS

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LEARNING OBJECTIVES

01

Enlist the common cancers prevalent in Pakistan

02

Describe the burden and epidemiology of common cancers prevalent globally and in Pakistan

03

Describe the prevention and control of cancers

04

Describe various governmental programs and strategies for the prevention of cancers

The image features a light purple background with a central white horizontal band. Two dark purple curved shapes, resembling segments of a circle, are positioned on the left and right sides, partially overlapping the white band. The word "INTRODUCTION" is written in a bold, dark purple, sans-serif font across the white band.

INTRODUCTION

- An abnormal growth of cells which tend to proliferate in an uncontrolled way and, in some cases, to metastasize (spread).
- **Cancer** is not one disease. It is a group of more than 100 different and distinctive diseases.
- **It** can involve any tissue of the body.

MAIN TYPES OF CANCERS

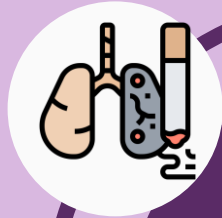
There are five main categories of cancer:

1. **Carcinomas:** begin in the skin or tissues that line the internal organs.
2. **Sarcomas:** develop in the bone, cartilage, fat, muscle or other connective tissues.
3. **Leukemia:** begins in the blood and bone marrow.
4. **Lymphomas:** start in the immune system.
5. Central nervous system cancers: develop in the brain and spinal cord.



COMMON CAUSES OF CANCERS

Smoking and Tobacco



Viruses and Other Infections



Sun and Other Types of Radiation



Diet and Physical Activity



Some types of cancer run in certain families.

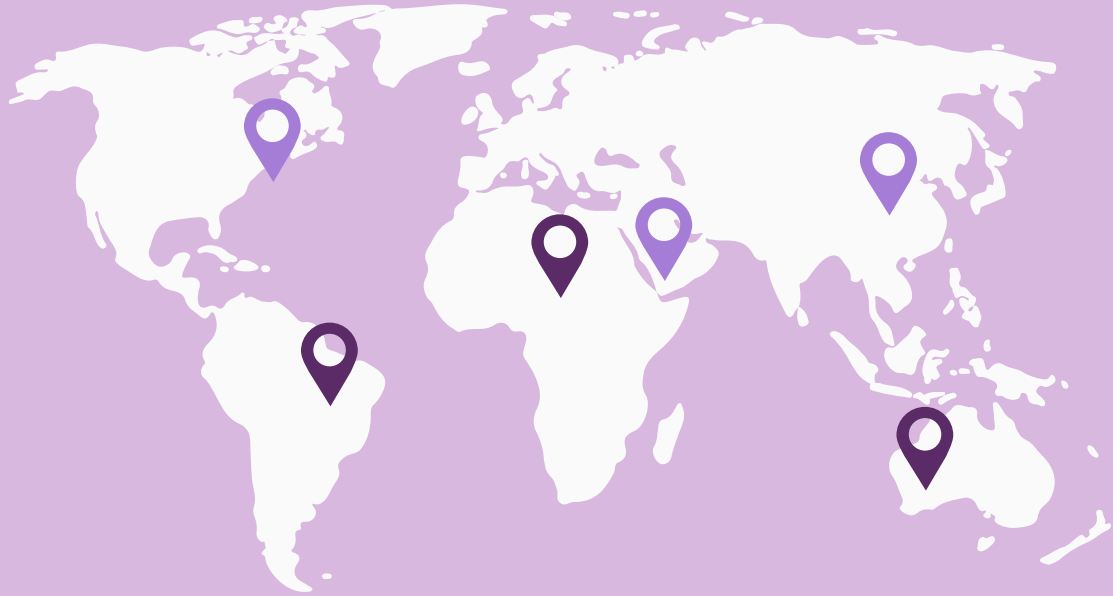
Some known and potential carcinogen



1. Acrylamide
2. Agent Orange
3. Alcohol
4. Antiperspirants
5. Arsenic
6. Asbestos
7. Aspartame
8. Benzene
9. Cellular Phones
10. Cellular Towers
11. Cosmetics
12. Diesel Exhaust
13. Formaldehyde
14. Hair Dyes
15. Medical Treatments
16. Microwaves and Radio Waves
17. Power Lines and Electrical Devices
18. Radon
19. Recombinant Bovine Growth Hormone
20. Smart Meters
21. Talcum Powder
22. Teflon and Perfluorooctanoic Acid (PFOA)
23. UV Radiation (Sun)
24. Water Fluoridation
25. X-rays and Gamma Rays



Epidemiology



- In 2018, 18.1 million new cases of cancer.
- 9.6 million deaths occur globally.
- About 20% of males and 17% of females will get cancer at some point in time.
- 13% of males and 9% of females will die from it



2008


**Approximately
12.7 million
cancers**

2010

**Nearly 7.98 million
people died.**

2018

**Cancers account for
appro16% of deaths.**



**lung cancer (1.76 million
deaths),
colorectal (860,000)
stomach (780,000),
liver (780,000)
breast cancer (620,000).**

The Three Most Common Childhood Cancers

- **Leukemia(34%)**
- **Brain tumors (23%)**
- **Lymphomas (12%)**

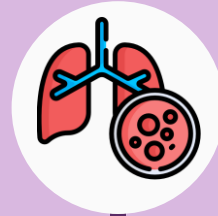


Global Cancer Patterns



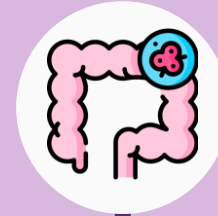
In men, prostate cancer

in 112 countries



lung cancer

in 36 countries



**colorectal cancer and
liver cancer**

**each in 11
countries**

Common cancers in Pakistan



- Cancers like breast, lung, liver, colorectal, prostate, head and neck carcinoma are most commonly diagnosed in Pakistan



Prevention

Ways to reduce your cancer risk



Do not smoke or use any form of tobacco



Avoid too much sun, use **sun protection**

Make your home **smoke-free**



Reduce indoor and outdoor **air pollution**



Enjoy a **healthy diet**



Be **physically active**



Breastfeeding reduces the mother's cancer risk



Limit alcohol intake



Vaccinate your children against **Hepatitis B** and **HPV**



Take part in organized **cancer screening programmes**



Pakistani Government Program & Strategies

Present scenario

There are presently no comprehensive health education initiatives focused on cancer prevention and control

The only effort at the national level has been by the **National Program for Family Planning and Primary Health Care/Health Education Department** involving 100 television spots which drew public attention to the early warning signs of cancer

Cancer associations and societies have also been involved in ad hoc efforts to develop patient information materials in selected hospitals



Developments

National Action Plan For Cancer Control

- The WHO Cancer Coordinator for Pakistan has developed the **National Cancer Control Council**.

The Council's mandate is to:

facilitate the inclusion of all stakeholders in a consultative process, facilitate the development of consensus on technical matters and to uphold ethical values.

- The **national cancer plan** is a new plan which was started in **2002** together with all the other non communicable diseases (NCDs) as National Action Plan for the Prevention and Control of Diseases and Health Promotion in Pakistan.

National Action Plan For Cancer Control

It includes:

1. up-gradation and consolidation of cancer registration,
2. build capacity of health systems,
3. prioritize pain relief and palliative care alongside prevention and control efforts, and
4. build a network of organizations at the national, provincial and local levels.

WHAT ARE THE PRIORITIES IN THE CANCER PLAN?

- Cancer of the breast, cervix, rectal and prostate were selected
- Protocols were developed for screening .
- Public awareness .
- The training of paramedical staff .
- Starting a pilot project to screen either two or four of these cancers at the district level.

FEBRUARY 4

WORLD
CANCER
DAY

WE ARE TOGETHER IN PREVENTION
AND FIGHTING CANCER.



cancer

is not a death sentence,
but rather it is a life sentence;
it pushes one to live.

world cancer day 4 FEB



THANK YOU.

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