

Improving patient care

Cancer Prevention Screening and Early Detection

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The number of people who develop cancer is on the rise. Some of these cancers can be cured in the early stages, but not when the disease is too advanced. Early detection and treatment are the keys to curing cancer; preventing cancer in the first place is even better.

General Prevention Guidelines

There is much you can do to help prevent cancer. Smoking has been scientifically proven to cause cancer, so if you smoke, stop. What you eat can also have an effect on whether you develop cancer. The following are dietary recommendation for prevention of cancer. Reduce the amount of fat in your diet to 30% of your total daily calorie intake. Limit the amount of meal you eat.

Eat foods high in:

Vitamin A: Apricots, peaches, carrots, spinach, asparagus, and sweet potatoes.

Vitamin C: Oranges, lemons, grapefruit, strawberries, tomatoes, cabbage and vegetable oils.

Vitamin E: lettuce, alfalfa and vegetable oils.

Fiber: Fresh vegetables and fruit, whole grain breads and cereals nuts, beans and peas.

Prevention Screening And Early Detection Guidelines For Common Cancers

Breast Cancer:

Reduce the amount of fat in your diet. Any one or a combination of these signs may be a warning signal for cancer. A lump in your breast, dimpling of the skin, a sinking in of the nipple or discharge from the nipple, swelling in the breast, and a change in the size or shape of the breast. Early detection includes breast self examination once a month, a yearly breast examination by health care provider, a baseline mammogram between the ages of 35 and 39 and a yearly mammogram after age of 40. If you have a family history of breast cancer you should start having mammograms at age 30.

Cervical Cancer:

Avoid sex at an early age and do not have numerous partners. Use condoms, and practice good perennial hygiene. Cancer warning signs include abnormal vaginal bleeding and spotting after having sex. Early detection involves an annual Pap smear over age 18. After at least three normal examination, the test can be done less often.

Colo-Rectal Cancer:

Follow the dietary guidelines listed above. Have colorectal polyps removed. Cancer warning signs include rectal bleeding, a change in stools, pain in the abdomen and pressure on the rectum. Early detection includes an annual digital rectal examination starting at age 40, an annual stool blood test starting at age 50 and an annual inspection of the colon with a special instruments (sigmoidoscopy) starting at age 50.

Endometrial Cancer:

Follow the dietary guidelines listed above; discuss with your doctor the benefits and risks of estrogen therapy if you are past menopause. Cancer warning signs include abnormal

vaginal bleeding and pain or a mass in the abdomen. Early detection includes pelvic examination and endometrial biopsy at menopause and in high-risk women.

Head and Neck Cancer:

Follow the dietary guidelines listed above. Avoid tobacco in all forms. Practice good oral hygiene. Cancer warning signs include difficulty in chewing, persistent sore throat, hoarseness, a color change in the mouth, earache, a lump in the neck, loss of sense of smell and difficulty breathing. Early detection includes monthly oral self-examination and an annual physical examination by a physician.

Lung Cancer:

Do not smoke. Follow guidelines at work to reduce exposure to cancer causing substances. Warning signs include a persistent cough or cold, pain in the chest, wheezing, difficulty in breathing and a change in the volume or odor of phlegm. No tests exist for early detection.

Prostate Cancer:

There are no prevention guidelines for prostate cancer. Warning signs include difficulty urinating, painful and frequent urination and blood in the urine. Early detection includes an annual digital rectal examination starting at age 40 and PSA study on physician recommendation..

Skin Cancer:

Use a sunscreen with a sun protection factor and wear protective clothing when in the sun. Avoid staying in sun too long. Cancer warning signs include a change in a wart or mole, and a sore that does not heal. Early detection includes an annual physical examination; self-examination of the skin and paying particular attention to moles, warts and birthmarks.

Testicular Cancer:

No prevention guidelines exist for testicular cancer. Cancer warning signs include swelling, a lump, or a heavy feeling in the testicle. Early detection includes an annual physical examination and monthly testicular self-exam.

CANCER'S SEVEN WARNING SIGNALS

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

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