

THE LEADING LIGHT

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To commemorate International Women's Day on 17th March 2015, World Health Trust with support of DLF Foundation conducted a camp on Women's Cancers where primary screening methods were used to detect the suspect women having abnormalities in cervix and breast.

A second Cancer Awareness Camp, this month, was conducted on 21st March 2015.



Editor: Dr. P. Cheena Chawla

FOUNDER'S MESSAGE



Dear Readers,

Cancers of cervix and breast are both very common among Indian women. As about 1.4 lakh women succumb to these preventable cancers every year in our country, it is time that early detection of these cancers is made possible through random community screening and creating proper awareness about them in order to motivate women to go for periodic preventive screening. In the West, women detected with these cancers is far lower than the numbers in India as there is a greater public awareness on cancer prevention and regular preventive screening is a common practice in Europe and the US.

As a part of our on-going flagship project on cancer prevention, a cancer screening cum awareness camp was conducted on 17th March 2015 at Amphitheatre, DLF Cyber City, Gurgaon with Financial Support of DLF Foundation, to commemorate the International Women's Day. In another activity this month, an awareness camp on women's cancers was conducted on 21st March at the Recreational Cum Library Centre, Safdarjang Enclave, New Delhi.

In both these camps, the participating women were from a higher socio-economic strata, and most of them were educated, though a majority were not fully aware about women's cancers and how they could be prevented. Sure, they could grasp the scientific information about cancer better than their counterparts in rural, underprivileged areas. Their overwhelming response amply demonstrates that community awareness cum screening of cervical and breast cancers even in the urban areas is much needed as it would greatly benefit many educated women who do not get preventive cancer screening done and are thus exposed to the risk of having advanced cancer that is invariably untreatable.

Dr. P. Cheena Chawla

Story of the Month

Community Sensitization on Women's Cancers and Use of Primary Screening Methods to Detect Suspect Women Having Abnormalities in Cervix and Breast

A Part of Women's Cancer Prevention Programme

(Venue 1: Amphitheatre, DLF Cyber-City, Gurgaon)

(Venue 2: Recreational Cum Library Centre, Safdarjang Enclave, New Delhi)

The cancers that most often affect women are breast, colorectal, endometrial, lung, cervical, skin, and ovarian cancers. Knowing about these diseases and what one can do to help prevent them or find them early may help save many lives. Breast cancer is very common in women both in the developed and the developing world. The incidence of breast cancer is increasing in the developing world due to increase in life expectancy, urbanization and adoption of western lifestyles. Cervical cancer is a common cancer among women in low- and middle-income countries (LMICs), where resources for cancer prevention programmes are often scarce. Rates of cervical cancer in sub-Saharan Africa are among the highest in the world.

Early detection of cancer greatly increases the chances for successful treatment. When detected at its earliest stage, cervical cancer has a five-year relative survival rate of approximately 91% (WHO). There are two major components of early detection of cancer: education to promote early diagnosis and screening. Screening aims to detect precancerous changes, which, if not treated, may lead to cancer. Screening is only effective if there is a well organized system for the follow-up treatment. Women who are found to have abnormalities on screening need a rigorous follow-up, in order to prevent the development of cancer or to treat cancer at an early stage.

World Health Trust has been focusing on the prevention of women's cancers in India since past seven years. To prevent the high occurrence of these cancers among women, several community awareness programmes and screening health camps have been conducted. Two such camps were conducted in March 2015: a screening camp in the Amphitheatre, DLF Cyber-City, Gurgaon and an awareness camp at Recreational Cum Library Centre, Safdarjang Enclave, New Delhi.

CAMP HIGHLIGHTS (Amphitheatre, DLF Cyber-City, Gurgaon):

This advocacy cum screening health camp was held in the Amphitheatre of DLF Cyber City, Gurgaon to commemorate the International Women's Day on 17th March 2015 in collaboration with DLF Foundation. WHT team comprising the Founder-President & CEO, Scientists and Support Staff along with two Gynecologists and Volunteers were present at the camp. The aim

was to educate people about women's cancers, particularly cervical and breast cancers, and to encourage their prevention, detection, and early treatment. Prior to the camp, pamphlets were distributed by the members of DLF Foundation, members of World Health Trust and student volunteers from Law Faculty, Institute of Technology and Management (ITM) in the vicinity of Cyber City to promote maximum participation for the event.

There was a separate section reserved for stalls, which distributed to all visitors over a 1000 pamphlets on cancer awareness. The catch of the event was an actual examination section beside the stalls in a tent enclosure complete with hospital bed, medical facilities and attending gynecologists who screened women for breast and cervical cancers. Qualified medical personnel and oncologists from Sharda hospital, Greater Noida were present to examine women while extensively educating them on the ways and means to recognize the disease and battle it out.

The women present at the camp were requested to register themselves for getting screened for cervical and breast cancers. Specially designed easy-to-understand leaflets on women's cancers were also distributed among these women. All queries of women related to the women's cancers were answered by Dr. P. Cheena Chawla along with the gynecologists, Dr Shehla Jamal and Dr Firdos.

The screening of cervical cancer was done by Visual Inspection with Acetic Acid (VIA) method for the detection of pre-cancerous lesions in the cervix which turn aceto-white by the application of freshly prepared 3-5% acetic acid to the cervix area. For breast cancer detection, the screening method used was breast physical examination (BPE) by expert gynecologists.

The response of camp visitors is of paramount importance for the success of any camp. Women who visited the camp were very happy about this initiative and they actively participated in getting the screening done. All participating women appreciated the scientific information on breast and cervical cancers given by doctors and urged that more camps of this kind must be organized for spreading cancer awareness and its early detection.

From the DLF Foundation, Mr. Ritesh Sinha, Associate Director, Programs, and Ms. Roopee Sahaee, Deputy Manager, CSR were present. Dr. P. Cheena Chawla, Founder President & CEO, World Health Trust extended a warm welcome to all present on the occasion. Speaking on the occasion, Mr Sinha, DLF Foundation said that, "This awareness program aims to provide people with information, resources and assistance to find convenient access to

services and programmes for prevention and early detection of cancer. With the alarming speed at which cancer has spread across the nation, there is a need to educate people about the importance of its early detection to ensure control and treatment at the earliest.” “We believe this venture of DLF Foundation and World Healthal Trust will help in curbing the metastasizing of this disease. Being in the know is always better than being caught blind,” he added.

"It was a very informative session. I will definitely take the vaccination prescribed by the doctor for the prevention of cervical cancer. Awareness campaigns like these should be held more often to sensitize women about this issue," said Fatima Javed, CB&I, Cyber City, one of the participants of the event.

In the Certificate Distribution Ceremony, certificates of appreciation were distributed to all the supporting members of the camp both from World Healthal Trust and DLF Foundation for working relentlessly for this social cause. Mr. Sinha appreciated the concept of conducting such cancer awareness camps and screening for the early detection of cancer in women and congratulated World Healthal Trust for its efforts.

RESULTS OF SCREENING

A total of 55 women were screened during the camp for detecting any signs of both cervical cancer and breast cancer. In this group of screened women, six women showed vaginal infection on their cervix. They were in the age group of 25-50 yrs. Prescriptions were given to them and few of them were also recommended to get the Pap smear test done. Eight women were found to have breast abnormalities and they were recommended for Mammography or USG of breasts depending upon their age and the specific problem. The details of the suspect cases are mentioned below:

S.No	Patient's Name	Diagnosis	Recommendation
1.	S.D. Chaudhary	Asymmetry observed in breast	Medication
2.	Aditi Saraswat	Presence of a lump in breast	Medication and USG of both breasts

3.	Kiran Malhotra	H/o Fibroadenosis,	Medication, BSE and Mammography
4.	Sakshi Yadav	Mixed d/c	Medication
5.	Ayesha Javed	Cervicitis, Mixed d/c, Bleed on touch	Medication and Pap Smear
6.	Meenakshi	Mixed d/c, Bleeding	Medication and Pap Smear
7.	Tanshu	Cervicitis	Medication
8.	Kalpana Asrani	Copious Candidal Infection	Medication
9.	Mohini Sharma	Fibroadenoma	Routine Screening of Breast, Pap smear recommended
10.	Parichita Kotnala	Left Retroareolar Skin Discolouration	-
11.	Sushmita Kalra	Cervicitis, Vaginitis	Medication and Pap Smear
12.	Rashmi Vishwakarma	Impetigo	Medication and mammography suggested
13.	Meenakshi Singh	Slight Retraction of right nipple	Medication and Routine Mammography
14.	Shweta Agarwal	Presence of lump in upper quadrant of right breast	USG of both breasts, medication
15.	Khushboo Gupta	Cervicitis	Medication
16.	Payal Pandit	Cervicitis, Vaginitis	VIA test repeat, RBS test, Medication

GLIMPSES OF THE EVENT:





CAMP HIGHLIGHTS (Recreational Cum Library Centre, Safdarjang Enclave, New Delhi):

With the aim of spreading cancer awareness among women, an initiative was taken by World Healthal Trust to conduct Women's Cancer Awareness Camp in Safdarjang Enclave, Delhi. A few days prior to the camp, World Healthal Trust with support of Efforts Group had already distributed 2000 pamphlets in the near-by areas of Safdarjang Enclave to promote maximum participation for the event.

Dr. P. Cheena Chawla, CEO and Founder, World Healthal Trust delivered a talk on Cancer Awareness highlighting the four types of women's cancers: Breast Cancer, Cervical Cancer, Endometrial Cancer and Ovarian Cancer, their causes and symptoms. She spoke about the high prevalence, risk factors and striking symptoms of each of the four cancers. While elaborating about these cancers, one by one, she stressed on early detection and timely treatment

as these cancers are 100% treatable if detected early. In case of cervical cancer that tops the list of cancers that affect Indian women, Pap test is essential for all women above the age 40, at least once in her lifetime but this test requires laboratory infrastructure and specialized manpower.

A simple field test called VIA (Visual Inspection with Acetic Acid) is very effective for community screening that gives instant result as to whether a woman has any abnormality in the cervix (lower part of uterus/womb), indicative of progression into cervical cancer. Dr. Chawla laid emphasis on keeping the genital areas of the body clean and free from infections. As regards breast cancer, monthly self-examination of breasts is important to stay away from this cancer. “Seeking immediate doctor’s help is essential in case any abnormality in the breasts is observed by the woman,” Dr. Chawla added.

The audience applauded the efforts done by World Healthal Trust for this social cause and expressed gratitude to Dr. Chawla for sharing the valuable scientific information on this subject. All the participants actively participated in the question/answer session. The programme concluded with the presentation of a memento to Dr. Chawla by the organizers.

GLIMPSES OF THE EVENT:



The poster is for an awareness camp on women's cancers. It features logos for Efforts Group, Delhi Senior Citizens Welfare Association, AAN, Bhagidari, and a medical symbol. The text reads: 'Residents are requested to Attend Awareness Camp on Women's Cancers (Cervical, Breast, Ovarian & Endometrial) Be Aware, Act and Achieve Victory over Cancer Conducted by: WORLD HEALTHAL TRUST on SATUDDAY 21TH MARCH, 2015 at 11.30 am Venue: RECREATIONAL CUM LIBRARY CENTRE opp. B-4/229 BLOCK, Safdarjung Enclave, New Delhi Tel: 26196800, 26196900 E-mail: effortsgroupprwa@gmail.com, nac.pankaj@gmail.com'.



