

THE LEADING LIGHT

WHT Newsletter Vol.4, No.2, February 2015

Commemorating World Cancer Day on 4th February 2015, World Health Trust conducted a Screening cum Advocacy Camp on Women's Cancers in the Primary Health Centre (PHC), Hayatpur, Gurgaon with financial support of DLF Foundation.



Editor: Dr. P. Cheena Chawla

FOUNDER'S MESSAGE



Dear Readers,

Cervical cancer tops the list of women's cancer in India while breast cancer follows it as being the second most common cancer especially among urban populations. Around 1.4 lakh Indian women die annually from these two cancers. These cancers have been on the rise especially in the developing countries like India due to cultural inhibitions and lack of awareness among women about timely screening and treatment, besides the absence of concerted large-scale screening drives in such countries.

The importance of community screening programmes could be judged from the fact that these cancers are preventable if pre-cancerous abnormalities are identified timely and proper treatment is provided, thus saving scores of lives. In our attempt to operationalize such community screening of cancer for early detection of suspect cases, several camps have been conducted by us with support of various corporate houses and interested individuals.

One such camp was conducted on 4th February 2015 at PHC, Hayatpur, Gurgaon with Financial Support of DLF Foundation, to commemorate the World Cancer Day. The beneficiaries of this camp were the women of this village who were screened for cervical and breast cancers using simple primary methods of screening that do not require any laboratory infrastructure. A follow-up of suspect cases was also done.

Dr. P. Cheena Chawla

Story of the Month

Commemorating World Cancer Day, 4th February 2015

Community Sensitization on Women's Cancers and Primary Screening of Women for Detecting Abnormalities in Cervix and Breast

A Camp Conducted by World Healthal Trust with Financial Support of DLF Foundation

(Venue: Primary Health Centre (PHC), Hayatpur, Gurgaon)

World Healthal Trust's focal area since its inception has been the prevention of women's cancers in India. To prevent the high occurrence of these cancers among rural women, several community awareness programmes and screening health camps have been conducted. One such camp was conducted in the Primary Health Centre (PHC), Hayatpur, Gurgaon on World Cancer Day, 4th February 2015 with financial support of DLF Foundation. WHT team comprising the

Founder-President & CEO, Scientists and Support Staff along with two Gynecologists and a Nurse were present at the camp. The aim was to educate people about the four women's cancers, particularly cervical and breast cancers, and to encourage their prevention, detection, and early treatment. A day prior to the camp, World Healthal Trust had already distributed 2000 pamphlets and several banners were put up in the near-by areas of Hayatpur village to promote maximum participation for the event.

A public awareness/advocacy programme for about 60 women was organized in the Primary Health Centre (PHC), where Dr. Chawla addressed the gathering and sensitized women about the prevalence of the four women's cancers in our country, their risk factors and symptoms associated with each of the cancers and the importance of early screening and timely treatment. Specially designed easy-to-understand leaflets (in Hindi) on all the four women's cancers were also distributed among the audience. All queries of the general public related to the four women's cancers were also addressed by Dr. Chawla along with the gynecologist, Dr. Reeta and Dr. Pinki.

After the advocacy round, the women were requested to register themselves for getting screened for cervical and breast cancers. 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 dignitaries present during the camp included Er Anuj Sinha (Former Director, Vigyan Prasar), Dr. P. K. Goswami (Senior Technical Advisor, Institute for Global Development, IGD) and Mr. Kuldeep Singh (Programme Manager, IGD), Dr Reena Sinha (Gynecologist, Medical Officer, PHC) and Preeti (Pharmacist, PHC). Dr. P. Cheena Chawla, Founder President & CEO, World Healthal Trust extended a warm welcome to all present on the occasion and acknowledged the support of DLF Foundation, Gurgaon for conducting this camp.

While addressing the gathering, Er. Anuj Sinha appreciated the concept of conducting such community camps as proper knowledge about the disease and early detection can save many lives from cancer. He congratulated World Healthal Trust for taking this initiative. Dr. Reena Sinha, Medical Superintendent, PHC shed light on the importance of this camp and requested the participating women to get themselves screened for breast and cervical cancers. Dr.

Goswami expressed his heartfelt appreciation for the efforts of World Health Trust and extended his good wishes for the future progress of this initiative.

RESULTS OF SCREENING

A total of 30 women were screened during the camp for detecting any signs of both cervical cancer and breast cancer. In this group of screened women, eight women showed aceto-white lesions that were visually observed on the application of 5% acetic acid on cervix region. They were in the age group of 30-50 years and were recommended to get the Pap smear test done. Eight women having abnormalities were referred for ultrasound test of pelvic region and one was recommended endometrial biopsy. Out of the 30 women screened for breast cancer, one case was observed to be positive for early signs of breast cancer and was recommended for mammography. The follow-up of the suspect cases was done.

S. NO.	Name of Patient	Result of BPE	Recommendation	Result of VIA Test	Recommendation
1.	Mrs. Lalita	Not diagnosed	-	P2L2 with PID	Pap Smear Test and medication
2.	Mrs. Sushila	Not diagnosed	-	Patient refused for VIA	Medicine recommended
3.	Mrs. Usha	Not diagnosed	-	P1L1 With weakness	TSH, FT4, LBL Test recommended
4.	Mrs. Poonam	Not diagnosed	-	P1L1 with Chronic Cervicitis	USG Test (pelvic)
5.	Mrs. Sunita Kumari	Not diagnosed	-	PID	Medicine recommended
6.	Mrs. Laali	Not diagnosed	-	P6L6	USG Test (pelvic)
7.	Mrs. Savita Bharadwaj	Not diagnosed	-	VIA Not done, pain in limbs	Medicine recommended
8.	Mrs. Nirmala	Not diagnosed	-	Pain during menstruation	Medicine recommended
9.	Mrs. Ruby Devi	Not diagnosed	-	P3L3 with PID	Medicine recommended
10.	Mrs. Satto devi	Not diagnosed	-	VIA not done, Pain during menstruation	Medicine recommended
11.	Miss Akanksha	Lumps detected	Referred for mammography	-	-
12.	Mrs. Meera Devi	Not diagnosed	-	No screening (pregnant)	-
13.	Mrs. Sharda	Not diagnosed	-	Refused by patient	-
14.	Mrs. Poonam	Not diagnosed	-	P2L2	Pap Smear test
15.	Mrs. Rajwati	Not diagnosed	-	P3L3	Medicine recommended
16.	Mrs. Usha	Not diagnosed	-	P2L2 with heavy periods during cycle	USG Test(pelvic), RBC count
17.	Mrs. Pista	Not diagnosed	-	P2L2 with PID	Pap Smear Test, USG Test(pelvic), CBL Test, medicine recommended

18.	Mrs. Rajrani	Not diagnosed	-	negative	-
19.	Mrs. Geeta Panchal	Not diagnosed	-	P3L3A2 with PID with polymenorrhagia	USG Test and medicine recommended
20.	Mrs. Sunita Devi	Not diagnosed	-	P1L1A4 with PID	Pap Smear test, USG (pelvic) test, medicine recommended
21.	Mrs. Rajbala	Not diagnosed	-	P2L2 with PID	Pap Smear test
22.	Mrs. Tirupati	Not diagnosed	-	P2L2 with PID	Medicine recommended
23.	Mrs. Jai bala	Not diagnosed	-	P2L2 with cystocele with chronic cervicitis	Pap Smear Test, Medicine recommended
24.	Mrs. Lakshmi	Not diagnosed	-	P2L2 with polymenorrhagia	Endometrial biopsy, Pap Smear test, USG(pelvic) Test
25.	Mrs. Ramrati	Not diagnosed	-	Negative Result, pain after menopause	Medicine recommended
26.	Mrs. Anju Kaushik	Not diagnosed	-	Febrile feeling with hypothyroidism	FT4, TSH, Pap smear test, USG (pelvic) test
27.	Mrs. Saroj Devi	Not diagnosed	-	Negative result, perimenopausal	Medicine recommended
28.	Mrs. Vinay	Not diagnosed	-	Negative result, HbA1c	Refer to physician
29.	Mrs. Kavita	Not diagnosed	-	P2L2, Menstruating at present	USG (pelvic) Test.
30.	Mrs. Saroj	Not diagnosed	-	Post-hyterectomy P4L4	Medicine recommended

Glimpses of the Event:



