

# *THE LEADING LIGHT*

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An awareness cum screening camp on Women's Cancers was conducted by World Health Trust on October 6, 2015 at Primary Health Centre (PHC), Nawada Fatehpur, Gurgaon with financial support of DLF Foundation.

*Editor: Dr. P. Cheena Chawla*

# *FOUNDER'S MESSAGE*



The camps conducted by us on Women's Cancers are normally attended by women in the reproductive age group, particularly the married women. Often times, young adolescent girls of neighboring villages and those studying in schools also take part in these camps and while they learn about cancers that only affect women, they also become our ambassadors for taking the message of cancer prevention to their homes and schools. I have seen in many camps that young girls take active part during the interactive sessions. Although most of them initially feel inhibited to speak, they open up when encouraged to say their mind and this makes the session quite lively promoting the healthy flow of information.

The camp held on October 6, 2015 at Primary Health Centre (PHC), Nawada Fatehpur, Gurgaon was attended by many young school-girls besides older women both in the reproductive and menopausal age groups. After the awareness talk, these girls promptly answered questions that showed an appreciable uptake of information effected by personal interaction, using easy-to-understand IEC material that explained all four women's cancers through colourful leaflets, FAQ based pamphlets and posters that were all in Hindi, the language familiar to the village people, particularly the school-going girls.

Sky is the limit for the efforts that are needed to create awareness about cancer among such communities that are lesser privileged than those living in the urban settings. We are doing our due diligence hoping to spread our work, touching and saving lives of more and more women before cancer grips them.

*Dr. P. Cheena Chawla*

# *Story of the Month*

## ***Women's Cancers (Cervical and Breast) Screening cum Awareness Health Camp Using Primary Screening Methods***

***Conducted by World Healthal Trust, with Financial Support of DLF Foundation  
on October 6, 2015***

### **A Part of Women's Cancer Prevention Programme**

(Venue: Primary Health Centre (PHC), Nawada Fatehpur, Gurgaon)

According to the World Health Organization (WHO), most cases of cancer are detected only in the advanced stages, when they are untreatable. This is especially true in developing countries. The fact is that in the case of Cervical cancer and Breast cancer, i.e., the most common women cancers in India, there are proven screening methods to catch the disease at an early stage when it is curable. The problem is that the patient at this stage is totally asymptomatic and will not consult a doctor. Early Detection and Awareness programme was developed from recognition of the need for a patient-friendly, non-invasive screening mechanism that would be effective enough to detect cancer early, yet be non-intimidating so that people would be willing to come in and be tested. Typically, camps follow our awareness lectures. The screening consists of examination by our panel of gynecologists. Cervical cancer in India is a common cancer among women and is the 2<sup>nd</sup> most frequent cancer among women between 15 and 44 years of age. Breast cancer has replaced cervical cancer as the leading cause of cancer deaths among women in India. Women in India are reluctant to discuss problems openly with their family due to the fear of cultural and social stigma attached to Cancer.

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), Nawada Fatehpur, Gurgaon on October 6, 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 cancer, and to encourage their prevention, detection, and early treatment. A few days prior to the camp, World Health Trust had already distributed 2000 pamphlets and several banners were put up in the near-by areas of Nawada Fatehpur village to promote maximum participation of women for the event.

A public awareness/advocacy programme for about 60 participants, including adolescent girls and 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 gynecologists, Dr Namrita Sharma and Dr Sheetal Chandra of Sharda Hospital, Greater Noida.

After the advocacy round, the women were requested to register themselves for getting screened for cervical and breast cancers. A total of 21 women were screened for cervical and Breast abnormalities. 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.

Dr. Reena Sinha (Gynecologist & Medical Superintendent, PHC) and Seema (ANM, PHC) were present during the camp and they appreciated the concept of conducting such community camps as proper knowledge about the disease coupled with early detection can save many lives from cancer. Dr. Sinha shed light on the importance of this camp and requested the participating women to take advantage of the facility provided by World Health Trust and get them screened for breast and cervical cancers. Dr Namrita Sharma and Dr Sheetal Chandra expressed her heartfelt appreciation for the efforts of the organizing team and congratulated World Health Trust for taking this initiative for a noble cause.

Ms Roopee Sahaee (Deputy Manager- CSR, DLF Foundation) was also present during the camp and said that, on the whole, we are achieving our goal successfully. Her emphasis was



on creating health awareness coupled with early diagnosis through on-site screening, at regular intervals, preferably twice a month.

## **RESULTS OF SCREENING**

A total of 21 women were screened during the camp for detecting any signs of cervical cancer and breast cancer. In this group of screened women, four were recommended to get the Pap smear test done due to some abnormalities. In fact, most women had denied the VIA test, for detection of abnormalities in cervix, due to various reasons mentioned in the Table below. Six women were referred for USG (ultrasound) test of abdomen and pelvic region.

Out of the 21 women screened for breast cancer, all were found to be normal, and none was recommended for Mammography. World Health Trust with support of DLF Foundation provides follow-up services with free investigations including the sono-mammography, Pap smear test and ultrasounds of abdomen, to take a suspected patient through to diagnosis. The follow-up of the suspect cases was done on a prefixed day and time. The result of primary screening of breast and cervical cancers, and as well as the results of advanced screening tests are as follows:

## **RESULT OF PRIMARY SCREENING OF BREAST & CERVICAL CANCERS**

S.No.	Name of Patient	Breast Clinical Examination	VIA test for detecting abnormalities in cervix	Recommendation
1.	Santosh Daiya (39 yrs)	Normal	Curdy white thick discharge, VIA not done, medication	Pap Smear
2.	Santosh Devi (47 yrs)	Normal	Bleed on touch, VIA not done	Refer to senior gynaecologist
3.	Sunita Sharma (25 yrs)	Normal	Bleeding, cervix eroded	VIA & PapSmear, consult Sr. gynaecologist
4.	Pinki Yadav (25 yrs)	Normal	Slight acetonitrile area at 5o'clock position	Pap Smear
5.	Vijay (50 yrs)	Normal	VIA Denied	-
6.	Bala Thakur (27 yrs)	Normal	VIA Negative	USG Lower Abdomen and Pelvis
7.	Neha Devi (26 yrs)	Normal	VIA Denied	-
8.	Priyanka Goswami (23 yrs)	Normal	VIA Negative	-
9.	Seema Pandey (28 yrs)	Normal	VIA Negative	-
10.	Asha Maurya (24 yrs)	Normal	VIA Negative, Medication	Pap Smear, USG Pelvis and Lower Abdomen
11.	Rekha Devi (35 yrs)	Normal	VIA Negative, Cervix erosion, Mixed D/S, Medication	USG Lower Abdomen and Pelvis
12.	Sarita Maurya (25 yrs)	Normal	History of taking MTP Pill, bleeding	USG Lower Abdomen and Pelvis
13.	Tara Devi (35 yrs)	Normal	VIA not done, amenorrhoea	Referred to Higher Centre

14.	Anjali Kumar (18 yrs)	Normal	VIA not done, sexually not active	-
15.	Aarti Yadav (20 yrs)	Normal	VIA Negative	USG Lower Abdomen and Pelvis
16.	Suman Devi (22 yrs)	Normal	VIA Denied, Medication	USG Lower Abdomen and Pelvis, Higher Centre
17.	Bimla (47 yrs)	Normal	VIA not done, Urinary Problem, history of hysterectomy	Refer to Higher centre
18.	Aarti (25 yrs)	Normal	VIA Denied, fever, medication	Widal, dengue and malaria test
19.	Urmila (25 yrs)	Lactatating mother	VIA not done, medication	-
20.	Rita Verma (25 yrs)	Normal	VIA not done, Amenorrhea	Widal, malaria, dengue test
21.	Sunita (40 yrs)	Normal	VIA Negative	-

#### SUSPECT WOMEN REQUIRING FOLLOW-UP TESTS:

S. No.	Patient's Name	Pap Smear Test	USG (Abdomen + Pelvic) test	FNAC
1	Mrs. Santosh Dhaiya	✓	-	-
2	Mrs. Sunita Sharma	✓	-	-
3	Mrs. PinkiYadav	✓	-	-
4	Mrs. AshaMaurya	✓	✓	-
5	Mrs. Bala Thakur	-	✓	-
6	Mrs. SaritaMaurya	-	✓	-
7	Mrs. Rekha Devi	-	✓	-
8	Mrs. AartiYadav	-	✓	-
9	Mrs. Suman Devi	-	✓	-
10	Mrs. Savita (Follow-up case of Sep 9, 2015 Hayatpur camp)	-	-	✓

**SUSPECT WOMEN WHO CAME FOR FOLLOW-UP TESTS:**

S. No.	Patient's Name	Came for Further Test	Followup
1	Mrs. Sunita Sharma	✓	USG, Pap Smear: Test Pending.
2	Mrs. Bala Thakur	✓	USG: Normal Study
3	Mrs. Rekha Devi	✓	USG: Normal Study

**OBSERVATION:**

Only three women out of 10 suspect cases came for advanced screening tests and others did not report on the day when called for these tests in a near-by diagnostic centre. We are coordinating to fix the next date for conducting the advanced screening tests for the remaining women, and they all would be informed about the date and time of their visit to the diagnostic centre where these tests would be done and we are expecting them to come this time.

# *Glimpses of the Event*

