KARKINOS

INFORMATION ON

COMMON CANCERS

Risk Factors, Signs & Symptoms, Self Examinations and Early Detection Methods

INFORMATION ON COMMON CANCERS

Rising cancer incidence is a major health problem in our country. **Cancer awareness, early diagnosis, access to diagnosis and treatment of cancer at affordable prices ensuring quality** are very important in Cancer Control. Unfortunately, most people with cancer report at an advanced stage, makes the treatment outcome poor.

Karkinos Healthcare is an organisation dedicated in creating cancer awareness among the public and professionals, conducting risk assessment for communities to identify high risk individuals who are likely to develop cancer, facilitating early detection and providing quality cancer care including diagnosis and treatment such as surgery, radiotherapy, chemotherapy, hormonal therapy/ immunotherapy/ targeted therapy at affordable prices closer to patients' homes.

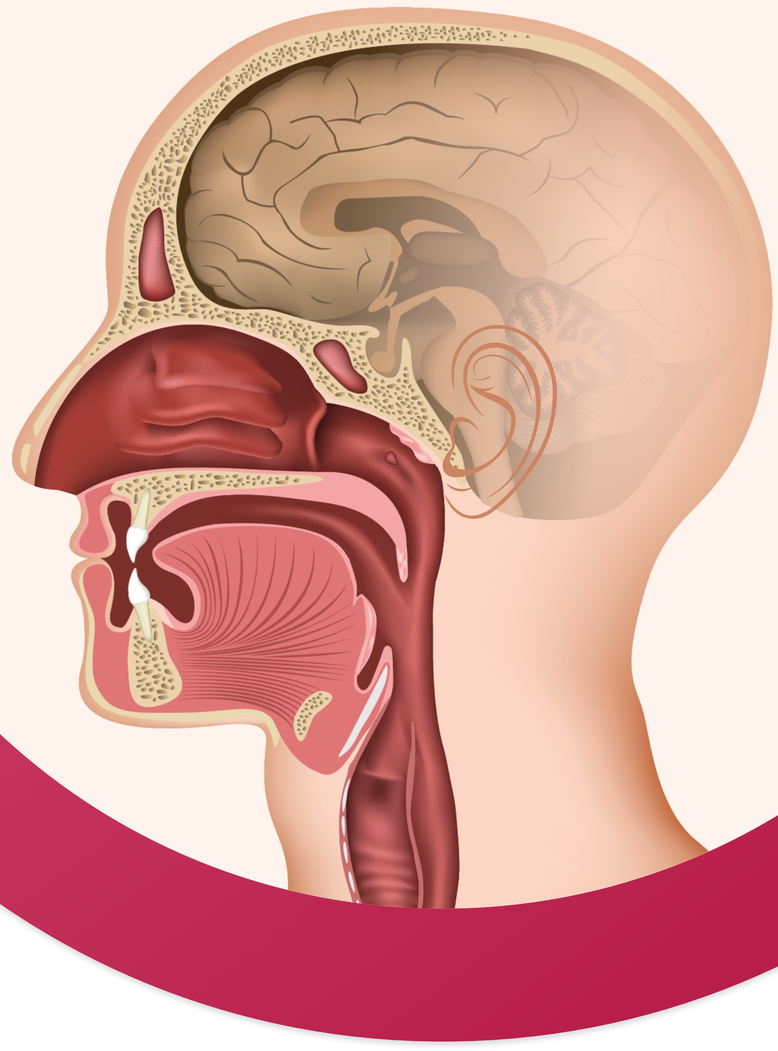
OUR SERVICES

- Cancer awareness
- Risk assessment for Non-Communicable Diseases & common cancers
- Prevention & early detection of common cancers
- Digitally empowered Command Centre services for counselling and patient navigation
- Oncology consultation through community clinics
- Diagnosis using state of the art services
- Hi-tech molecular pathology and gene profiling facility
- Virtual tumour board services for decision making by a team of expert oncologists
- Second opinion services
- Cancer treatment through a network of Institutions across India at affordable costs
- Follow up care
- Pain and palliative care



ORAL CANCER

Oral cancer is preventable and can be cured completely if detected in early stages.



RISK FACTORS

Use of tobacco and/ or arecanut in any form

Excessive use of **alcohol**

Persistent injury from sharp/ broken tooth or artificial dentures

Poor oral hygiene

SIGNS & SYMPTOMS

Persistent, white, red or mixed patch in the mouth which cannot be scraped off

Ulcer or growth which keeps growing in size

Progressive pain/ bleeding from the mouth

Difficulty in chewing or swallowing or speech

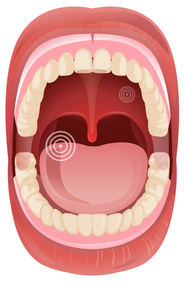
Swelling of gums/ loosening of tooth

Difficulty in opening mouth and protruding tongue

Swelling in the neck

EARLY DETECTION METHODS

- **Mouth self-examination**
- **Oral visual examination** by a healthcare provider



HOW TO DO MOUTH SELF-EXAMINATION



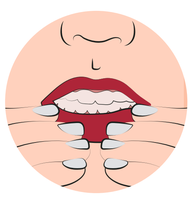
STEP 01

Wash your hands thoroughly



STEP 02

Stand in front of a mirror



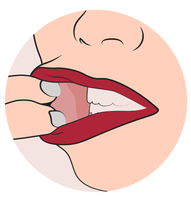
STEP 03

Open your mouth and **explore your mouth with your finger for any growth/ ulcer.**



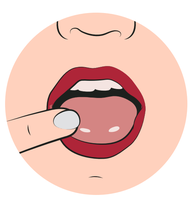
STEP 04

Tilt your head backwards; **examine the roof of your mouth.**



STEP 05

Pull the cheeks on one side at a time, **inspect the inner surface of the cheek and both sides of the gums.**



STEP 06

Pull out your tongue and hold it with your fingers: **inspect surface, sides and under surface of tongue and also floor of mouth by lifting the tongue upwards.**



STEP 07

Feel on both sides of the neck for any lump or enlarged lymph nodes.



STEP 08

If you detect any abnormality which persists > 3 weeks or if it is progressive, **consult a doctor.**

BREAST CANCER

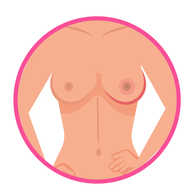
Most common cancer in women, which can be cured if detected in early stages.

RISK FACTORS

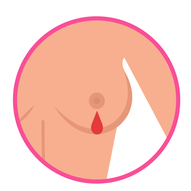
- Age (risk increases with advancing age)
- Early menarche and late menopause
- Lack of breastfeeding
- Obesity/ overweight
- Lack of or inadequate physical activity
- Excessive intake of animal fat
- First pregnancy after 30 years of age
- Hormonal/ birth control pills
- Family history of breast/ ovarian cancer



SIGNS & SYMPTOMS



Change in structure and texture of skin of the breast



Blood-stained discharge from nipple



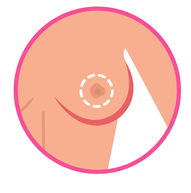
Persistent itching around the nipple



Lump/ thickness in the breast



Lump in axilla

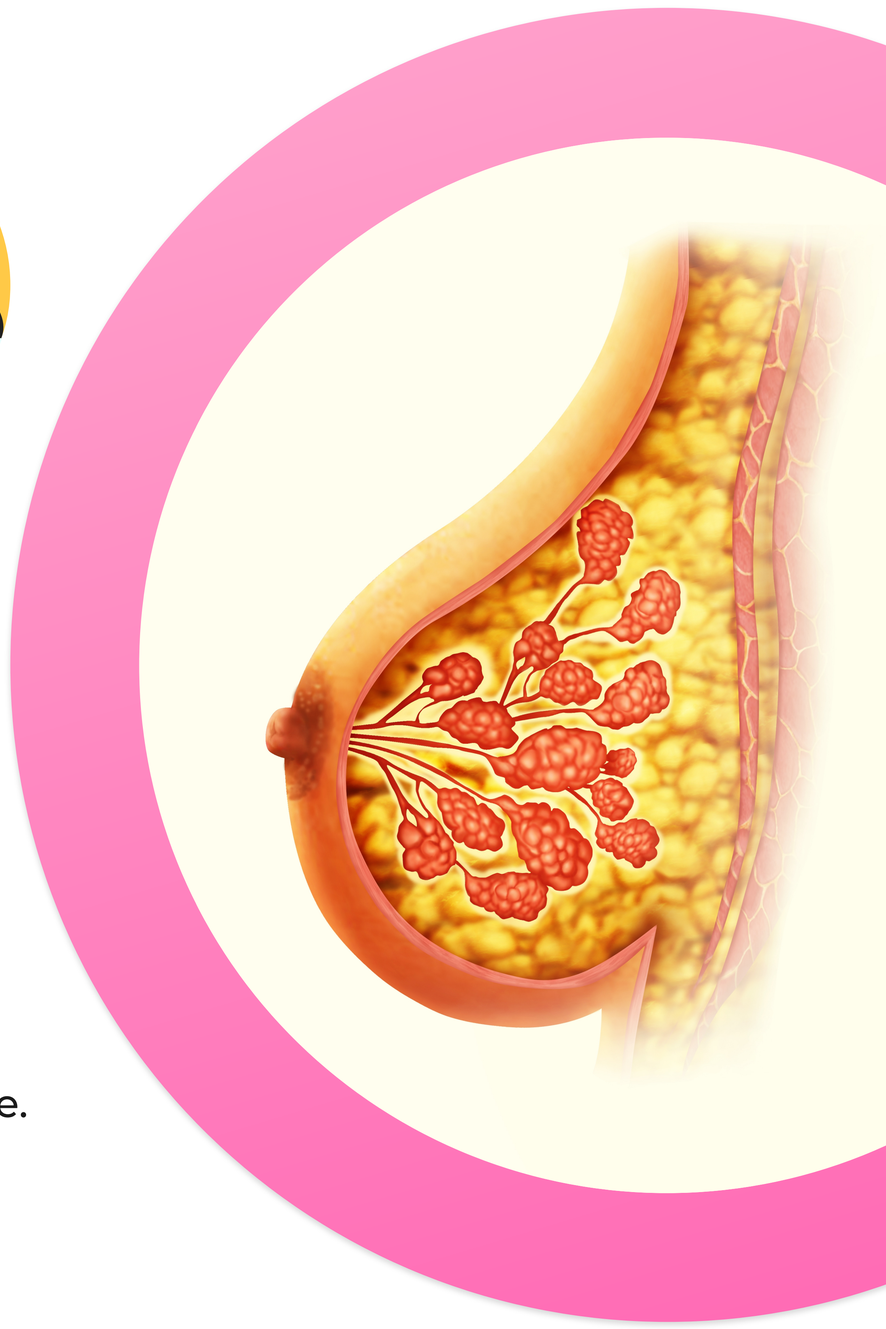


Nipple retraction

EARLY DETECTION METHODS

- Monthly self-examination of breast **from age 20**
- Clinical breast examination by a healthcare worker **(<50 years - once in 2 years, >50 years - yearly)**
- **USG examination** of breast
- Mammography **above 40 years**





BREAST SELF-EXAMINATION



STEP 01

Stand in front of a mirror, undress up to hip. **Look for any change in colour, shape or size in both breast and nipple.**



STEP 02

After raising the hand, **check for any of the changes mentioned above.**



STEP 03

Lie down and check for any lumps or swelling using the palmar aspect of middle three fingers.



STEP 04

Also, **check for any secretions coming from the nipple.**



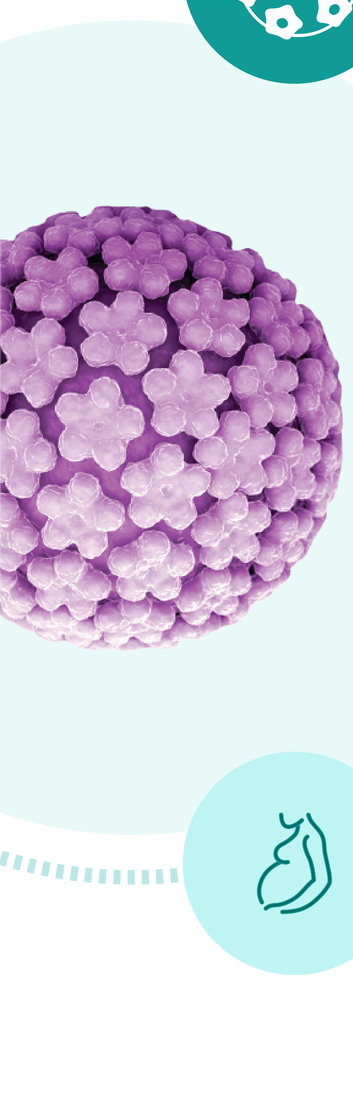
STEP 05

Stand up and repeat same examination in standing position.

CERVICAL CANCER

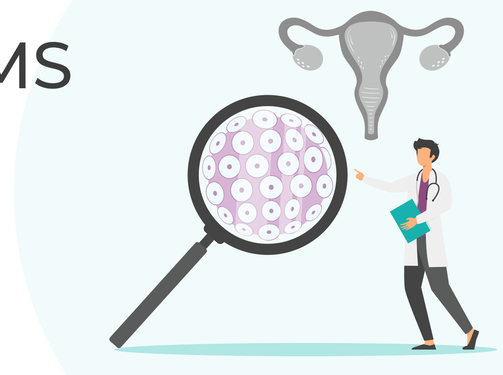
Second most common cancer in women.

RISK FACTORS



- Human Papilloma Virus **(HPV)** infection
- Poor sexual hygiene
- Multiple partners
- Early sexual activity
- Multiple pregnancies or abortions

SIGNS & SYMPTOMS



- Inter menstrual bleeding
- Post menopausal bleeding
- Unusual bleeding
- Bleeding after intercourse
- Blood stained/ foul smelling discharge

EARLY DETECTION THROUGH HPV TEST

Simple and painless procedure
Smear collected from cervix to detect HPV virus

- Age group between **25 and 65**
- Avoid test during pregnancy, menstruation and other instances as informed by your healthcare provider
- Repeat after **5 years**
- **Colposcopy** for HPV positive women and **biopsy**, if required

COLON CANCER

Colon cancer incidence is on the rise, both among males and females.

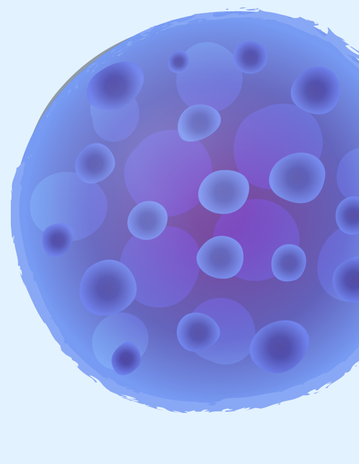
RISK FACTORS

- Excess consumption of red and processed meat
- Lack of or inadequate physical activity
- Family history of cancer
- Obesity/overweight
- Consumption of grilled and barbecued meat
- Other diseases of the large intestine (polyposis, ulcerative colitis, Crohn's disease)

SIGNS & SYMPTOMS

Blood/ mucus in the stool

Altered bowel habits: intermittent constipation followed by diarrhoea



Unexplained **weight loss**

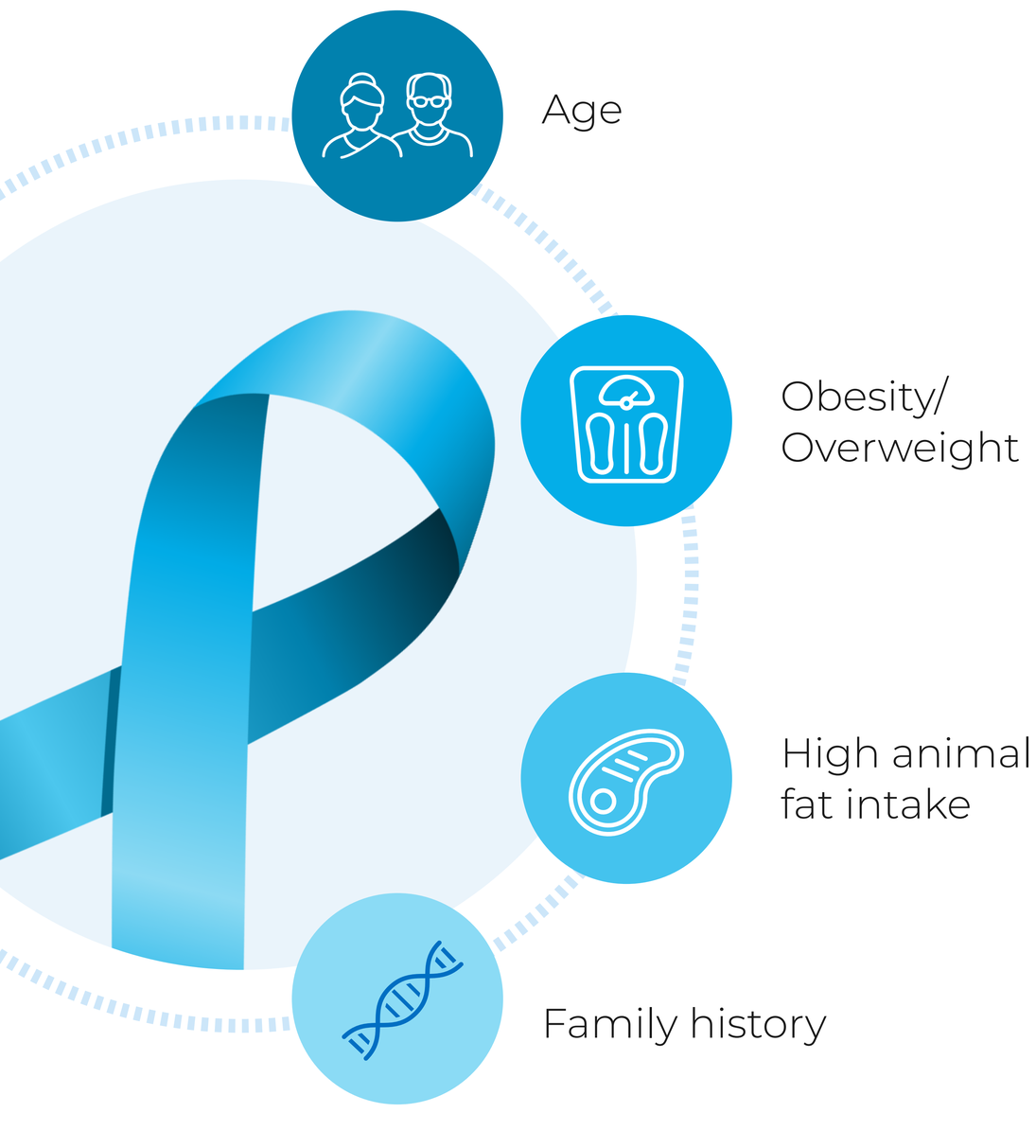
Extreme **tiredness & pallor**

EARLY DETECTION METHODS

- **Faecal Immunochemical Test (FIT) after the age of 45** annually: Simple card test to detect traces of blood in stool
- **Colonoscopy in FIT positive citizens**
- **Colonoscopy (once in 10 years)**

PROSTATE CANCER

RISK FACTORS



Age

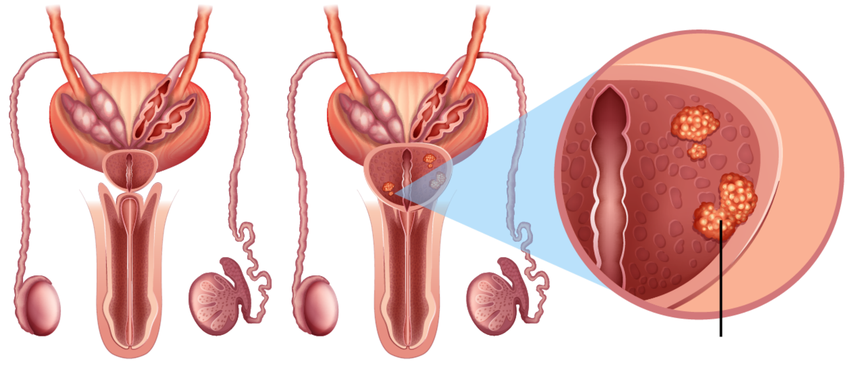
Obesity/
Overweight

High animal
fat intake

Family history

SIGNS & SYMPTOMS

- Difficulty in passing urine/ obstruction
- Blood in the urine
- Bone pain



Healthy Prostate | Enlarged Prostate (with tumours) | Malignant tumours

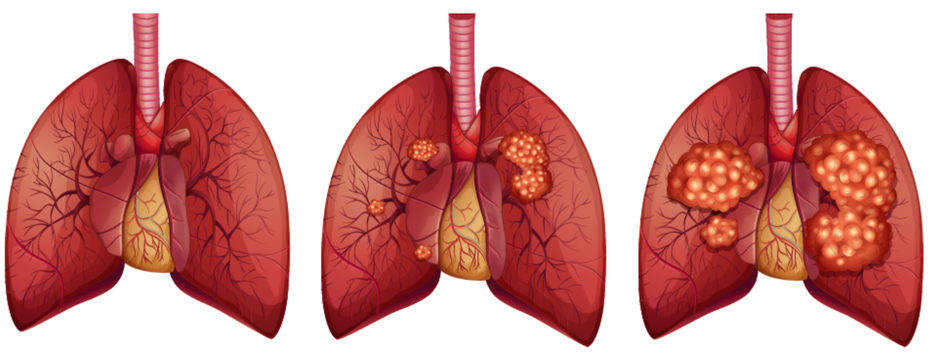
EARLY DETECTION THROUGH SCREENING

PSA test **after 50 years**

LUNG CANCER

RISK FACTORS

- Smoking/ passive smoking
- Exposure to asbestos, arsenic, etc.
- Radiation



Healthy Lungs | Early Stage Cancer | Late Stage Cancer

EARLY DETECTION THROUGH SCREENING

Low Dose CT scan for heavy smokers

SIGNS & SYMPTOMS

Persistent cough/ blood
in the sputum

Breathlessness

Chest pain

Weight loss



WARNING SIGNALS OF CANCER



Lump/ thickness in the breast

White and red patches or growth in the mouth

Excessive bleeding from any organs

Progressively increasing swelling in the body

Changes in bowel and bladder habits

Persistent cough and change in voice

Difficulty in swallowing/ loss of appetite

Changes in pre-existing moles

Unexplained weight loss



If any of these symptoms lasts for more than 3 weeks, consult a doctor or **CALL 82684 82684**

TIPS FOR CANCER PREVENTION

Watch for warning signals and reach out to your nearest Karkinos personnel by **calling +91 82684 82684** or **WhatsApp on +91 82682 82682**

Avoid or stop all forms of tobacco use and alcohol consumption

Minimise consumption of animal fat

Include fruits and green and leafy vegetables in your regular diet

Minimise consumption of red/ processed meat/ fish & pickled, salted meat/ fish

Minimise consumption of sweetened beverages

Minimise consumption of grilled and barbecued food

Engage in regular physical activity

Minimise excess salt intake

Prevent obesity/ getting overweight

SCAN TO KNOW YOUR
RISK FOR CANCER

Take Control, with a **Digital Risk Assessment.**

KARKINOS

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CALL **82684 82684**

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