



**News Letter of Department of Oncology - Published by our Honourable Chairman - Shri M. V. Muthuramalingam**

# Velammal Medical College Hospital & Research Institute

## VMC Speciality Hospital

### Oncology Newsletter Issue 1 Feb 2017

#### Message from The Chairman



Greetings from the Velammal Family.

It gives us great pleasure to bring out the first issue of Oncology Newsletter. This newsletter will aim to bridge the gap between the practicing Oncologists and the Primary Consultants who are always the first and best doctors to any given patient. We understand the importance of this relationship between the Patient and the Primary Consultant and are trying to do all that we can do to empower this relationship. As a first measure we bring out the Oncology Newsletter on 4<sup>th</sup> of February which also is incidentally the world cancer day.

Taking place under the tagline 'We can. I can.', World Cancer Day 2016-2018 will explore how everyone – as a collective or as individuals – can do their part to reduce the global burden of cancer.

Just as cancer affects everyone in different ways, all people have the power to take various actions to reduce the impact that cancer has on individuals, families and communities.

World Cancer Day is a chance to reflect on what you can do, make a pledge and take action. Whatever you choose to do 'We can. I can.' make a difference to the fight against cancer.

**Chairman:**

Shri. M.V.Muthuramalingam

**Dean:**

Dr.R.M.Rajamuthaiah M.S. M.Ch.,

**Medical superintendent:**

Dr.S.Somasundaram M.S.,

**Director of Medical Services :**

Dr.P.Selvakumar M.D.,

**COO:**

Mr.D.Peter Kenedy

**PRO:**

Mrs.Uma Arumugam

**Editor :**

Dr.K.Shivakumar M.S.,M.Ch.,

**Co-Editor:**

Dr.M.J.Murali Kannan M.S.,

**Contact : Departments of Oncology**

Velammal Medical College Hospital & Research Institute & VMC Speciality Hospital

"Velammal Village", Madurai – Tuticorin Ring Road, Near Chinthamani Toll Gate, Anuppanadi, Madurai – 09

Hospital Number : 0452 – 7113468 | 2510000 | Email - [vmconcology@velammalmedicalcollege.edu.in](mailto:vmconcology@velammalmedicalcollege.edu.in)

[www.velammalmedicalcollege.edu.in](http://www.velammalmedicalcollege.edu.in) | [www.vmcsch.com](http://www.vmcsch.com)



## Key messages

### INSPIRE ACTION, TAKE ACTION

The first step in driving progress around cancer is to push for actions that we know will improve survival rates and give cancer patients a better quality of life.

We can all call on governments to step up their response to cancer by pushing for actions that we know will reduce premature deaths, and improve quality of life and increase cancer survival rates.

### PREVENT CANCER

Changes in the way we live means that more and more people around the world are exposed to cancer risk factors like smoking, poor diet, and sedentary lifestyles. Educating and informing individuals and communities about the links between lifestyle and cancer risk is the first step in effective cancer prevention.

Equipping individuals and communities with the latest knowledge of the links between lifestyle and cancer can empower people to adopt healthy choices. Individuals and communities need to be informed that more than a third of cancers are preventable through adopting healthy behaviors.

### CHALLENGE PERCEPTIONS

In many cultures and societies today, cancer remains a taboo subject. People living with cancer are often subject to stigma and discrimination that may stop them admitting they have cancer and from seeking care and support. Even within communities where cancer is discussed openly, people affected by cancer can sometimes be discriminated against and feel isolated from friends and peers.

Governments, communities, schools, employers and media can challenge perceptions about cancer and dispel damaging myths and misconceptions so that all people are empowered to access accurate cancer information and quality cancer prevention and care.

## **IMPROVE ACCESS TO CANCER CARE**

Closing the gap in access to affordable, quality cancer care is an imperative for maximising outcomes and quality of life for all people living with cancer, including children and adolescents. Access to effective, quality cancer care should be embedded within a country's National Cancer Control Plan (NCCP). Of equal importance is to address affordability of care to protect individuals and families from financial hardship as a consequence of out-of-pocket expenses. The provision of universal health coverage (UHC) and other social protection measures can play an important role in closing the unacceptable gaps in access to cancer services that occur in most low-resource settings.

We can advocate for improved access to cancer treatment and services across the care continuum. All people have the right to benefit from these interventions on equal terms, regardless of geography and without suffering economic hardship as a consequence.

## **JOIN FORCES TO MAKE A DIFFERENCE**

Joining forces to create innovative and multisectoral partnerships is a key step in mobilising civil society, strengthening advocacy efforts and making governments accountable. Uniting around common goals will drive action on all fronts – in prevention, early detection, treatment and care – catalysing progress towards achieving the World Cancer Declaration targets.

## **MAKE HEALTHY LIFESTYLE CHOICES**

Everyone can take steps to reduce their risk of cancer by choosing healthy options including quitting smoking, keeping physically active and choosing healthy food and drinks.

Tobacco use is the single largest preventable cause of cancer globally. Quitting smoking will have a major positive impact on an individual's health and that of their families and friends. The good news is that quitting at any age is beneficial, increasing life expectancy and improving quality of life.

Individuals can also reduce their risk of many common cancers by maintaining a healthy weight, and making physical activity part of their everyday lives. Being

overweight or obese increases the risk of ten cancers - bowel, breast, uterine, ovarian, pancreatic, oesophagus, kidney, liver, advanced prostate and gallbladder cancers. Specific changes to a person's diet can also make a difference – for example, individuals can limit their intake of red meat and avoid processed meat.

Alcohol is also strongly linked with an increased risk of several cancers. Reducing alcohol consumption decreases the risk of cancers of the mouth, pharynx, larynx, oesophagus, bowel, liver and breast.

Overall, more than a third of common cancers could be prevented by a healthy diet, being physically active and maintaining a healthy body weight.

Reducing exposure to ultraviolet (UV) radiation from the sun and other sources, such as solariums, is also important to reduce the risk of many skin cancers.

## UNDERSTAND THAT EARLY DETECTION SAVES LIVES

Diagnosing cancer isn't always easy – not all cancers show early signs and symptoms and other warning signs appear quite late when the cancer is advanced. Diagnosing cancer at its early stages and seeking timely care can save lives.

## The seven warning signs of cancer

To remember the seven early warning signs of cancer, think of the word **CAUTION:**

Change in bowel or bladder habits.

A sore that does not heal.

Unusual bleeding or discharge.

Thickening or lump in the breast, testicles, or elsewhere.

Indigestion or difficulty swallowing.

Obvious change in the size, colour, shape, or thickness of a wart, mole, or mouth sore.

Nagging cough or hoarseness.



Dr. K. Shivakumar  
Consultant  
Surgical Oncologist



Dr. R. Rajkumar  
Consultant  
Medical Oncologist



Dr. J. Sugashwaran  
Consultant  
Radiation Oncologist