

## Cancer Scenario – Indian Perspective

The incidence of the dreaded scourge at the moment is like a moving train which is not likely to stop or even slow down so this may be the best time to get a board.

The plague of our times is altering its stripes in a way that there is a change in frequency for the types of cancer. The recent data from the National Cancer Registry Programme (NCRP) has brought a remarkable change in the incidence of cancers among men and women all across India from North to South and East to West. This pattern of change in the type of cancer has been widely noticeable in our day to day practice. Current perceptions and evidence has shown Breast and Cervical Cancer being the commonest among women is slowly surpassed by the creeping evidence of Lung Cancer which will be the number one killer in women in the near future. Cancer of the Gall Bladder is also seen to have a rising trend. In men while Prostate Cancer has a high incidence rate and has a bearing on consumption of fatty foods, it is the primary liver cancer which the experts are witnessing in their daily practice certainly head and neck and calm cancer follows thereafter. We Indian Council of Medical Research (ICMR), Cancer wing which is called NCRP is working hard to collect data on the incidence of cancer throughout India has also thrown light on a considerable increase in the number of women with Lung Cancer both in rural and urban population. Since Cervical Cancer tops the list as the most common cancer in women in India, followed with Breast and Ovarian Cancer, as a whole and moreover doctors generally assume, symptoms are not easily detected, the actual incidence is higher thereby masking the problem of the present scenario. Such statements can be misleading with most of the Government funds getting diverted to just address one type of cancer.

Health and light style has a reversible bearing on the incidence of cancer in the men also. Recent evidence from oncology department of All India Institute of Medical Science (AIIMS) has suggested that Prostate Cancer can be linked to consumption of fatty foods, and in Delhi, a large increase has been noticed in the number of elderly men being diagnosed with it. More so, there has been increased surge in the diagnosis of their cancer in our clinics because of association of alcohol and primary liver cancer besides chronic liver diseases like Hep B, and Hep C, which are also diagnosed more commonly but most patients cannot afford the exorbitant treatment for otherwise a silent disease (carriers). The other cancers to worry about in men Colon Cancer which is linked to low fibre diet. As 10 million patients are diagnosed with cancer, annually, one third of the cancer is related to tobacco use, one third to diet related, a large percentage to infection and the remaining to pollution and stress in the midst of the dark cloud. So conclude, there is a ray of hope as the NCRP has esophagus and stomach both in men and women in India because of better nutrition, socioeconomic development and better method of preserving foods.