

World Cancer Day: Mumbai's 10-15% population under risk of abdomen & stomach cancer

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By : BioVoice News Desk - February 2, 2016



On occasion of World Cancer Day, February 4 to reduce the impact of cancer on individuals, families

and communities, Indus Health Plus launched an Abnormality Report on Cancer. The sample size for the study was 35,662 people who underwent preventive health check-up during January – December 2015.

The report states that cancer is one of the leading causes of deaths in Mumbai. Population between the age group of 35 – 45 years are at risk of developing various cancers. The usg abdomen report stated that 15 – 18% of male between the age group of 40 – 50 years were under the risk of kidney and liver cancer due to frequent consumption of alcohol. 20 % of younger population in the age group of 25-35 years are at higher risk of oral and lung cancer due to smoking. 6.9 % of male are at risk of head and neck cancer. Chewing tobacco has increased the risk of Head, Neck cancer and oral cancer among urban and semi – urban population by 10%. As young as 25 years and above were under the risk of oral cancer. 12 % of male and female are at equal of lung cancer.

**Abnormality Report
Indus Health Plus – Jan – Dec 2015**

Mumbai

	2015			
	Male		Female	
Total no. of people tested	19675		15987	
List of diseases	In Nu	In Perce	In Nu	In Perce
	mbers	ntage	mbers	ntage
Chest X-ray	1180	6.5	862	5.42
CT Brain / neck vessels	1357	6.9	1023	6.48
Diabetes	1170	8.9	1165	7.33
Heart Problem	1495	7.9	1151	7.28
Hypertension	1042	5.3	783	4.91
Obesity	1652	8.4	1055	6.65
Sonommamography			1183	7.41
Spondylosis	1160	5.9	767	4.85
USG Abdomen	1042	5.3	799	5.08

10-15% of population are under the risk of abdomen and stomach cancer because of rising incidences of obesity in city. The abnormality report indicates that most of the cases are a result of negligence towards one’s health & lack of knowledge about the disease. The cases of cancers are on a rise in the city, chemotherapy given to the patients have also given rise of heart ailments, especially amongst urban population from the age group of 45 years and above.

Mr Amol Naikawadi, Preventive Healthcare Specialist and JMD Indus Health Plus said, “Head and Neck cancer, intestinal and lung cancer are common among male. The incidences of breast cancer are high among females from urban region and cervical cancer is rising among rural population. As per WHO statistics 30% of cancer could be prevented if there is early screening. Government and private players should introduce strategies and programmes to educate people about signs, symptoms and early diagnosis which will improve survival from cancer and empowering individual to

7.41 % women are at higher risk of breast cancer. Females between the age group of 38 years and above are at higher risk of cervical cancer. 12-15% of them were working population and 8-10% was from semi urban and rural parts. Ovarian cancer, colon cancers are also increasing in females. With 5.3 % detected with abdomen abnormality amongst men, 20 – 25% of them are under the risk of prostate cancer and most of them were unaware about the symptoms of prostate cancer.

Changing lifestyle, biological cycle, prone to pollution, coming in contact with chemicals has given rise to the cancer cases especially amongst those in their late 40s. Healthy diet, maintaining healthy weight and keeping physically active can help reducing the cancer burden. Preventive check-up and early detection also helps in effective treatment and also increases life expectancy. A high percentage of 30 % were not aware about the silent symptoms of cancer.

In India, cancer is more common in male as compared to females. The male female ratio is 2:1. Close to 12 lakh new cases of cancer are reported every year in India. Unusual weight loss, low hemoglobin, blood in urine, skin changes etc. are the common signs and symptoms of cancer which people should not ignore.