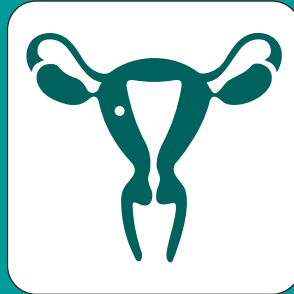


NATIONAL CANCER AWARENESS DAY



LUNGS, ORAL, BREAST & CERVICAL CANCER AWARENESS PROGRAM

Supported by :















D.S.
Research
Centre

LET US SAVE OUR WORLD FROM CANCER

An "ISO 9001:2015" Organization

WARNING SYMPTOMS / SIGNS

| S.N O. | Warning Symptoms / Signs | Type of Cancer | S.N O. | Warning Symptoms / Signs | Type of Cancer |
|--------|--|--|--------|--|---|
| 1. | Lump in the breast / recent nipple / retraction / blood stained discharge | Breast  | 2. | Post - coital bleeding / purulent vaginal discharge / excessive menstrual bleeding / inter-menstrual bleeding, dyspareunia | Uterus / Cervix  |
| 3. | Non-healing Ulcer / bleeding in ulcer in mouth, gum palate / tongue, nodule on tongue | Mouth / Gum / Palate / Tongue  | 4. | Difficulty in Swallowing of short duration / Persistent hoarseness of voice or persistent cough / Hemoptysis | Esophagus / Larynx / Lung  |
| 5. | Persistent Jaundice with lump in abdomen, loss of weight & appetite, itching. | Liver / Gall Bladder  | 6. | Painless blood in the stool / unexplained weight loss / Severe Anemia / Sudden change in bowel habit | Colon Rectum  |
| 7. | Un explained bleeding from any natural orifice / Un explained Fever more than three months | Blood / Lymph Nod  | 8. | Painless Excessive blood in urine / Difficulty in Urination / Frequent nocturnal urination in male of more than years age. | Kidney / Urinary Bladder / Prostate  |
| 9. | Sudden change in size / color of wart / mole or bleeding from wart / mole | Skin  | 10. | Hard Swelling (Lump) of testicle | Testis  |
| 11. | Un explained persistent Headache and Convulsions | Brain  | 12. | Lump anywhere in the body / Non - healing ulcer | Any Organ  |

BREAST CANCER

Incidence of breast cancer in India according to recent statistics last year the rate of breast cancer in India was 11.1 per 1,00,000 population age standardized mortality rate number of deaths were 53,592 incidence no of breast cancer rates in 2001 and 2016 are 89,914 and 1,40,975.

IF BREAST CANCER IS DETECTED IN THE EARLY STAGES, IT CAN BE CURED

- Breast cancer is the second most common cancer in women and second leading cause of cancer deaths in women.
- Breast cancer is also seen in men although is rare (1-2%)
- 80% of breast cancers are seen in women older than 50 years age.

In women of 30 years chance of occurrence of breast cancer is 1 in 233 where as in women aged above 85 risk of getting breast cancer is around 1 in every 8 women.

Of all cases of breast cancers 5-10% are inherited

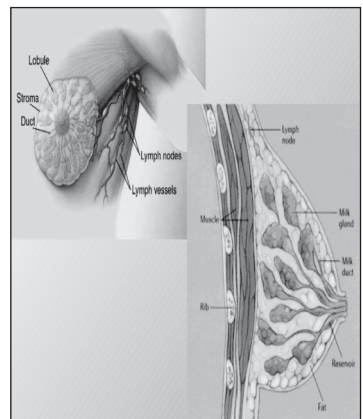
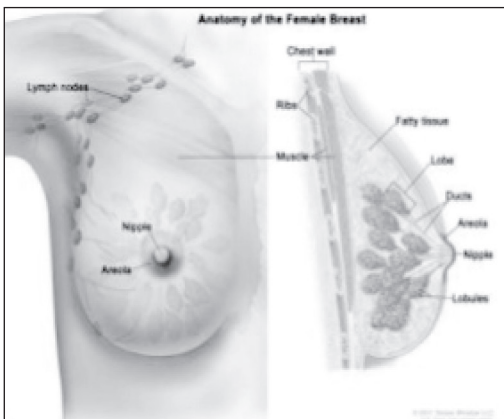
Families who have history of genetic defects in one of BRACA1 or BRACA II genes have increased risk of breast cancer, ovarian cancers, endometrial cancers, colon cancers.

Breast cancer risk increases with increasing age.

ALL WOMEN ARE AT RISK OF GETTING BREAST CANCER AT ANY AGE OF THEIR LIFE

What is Breast Cancer?

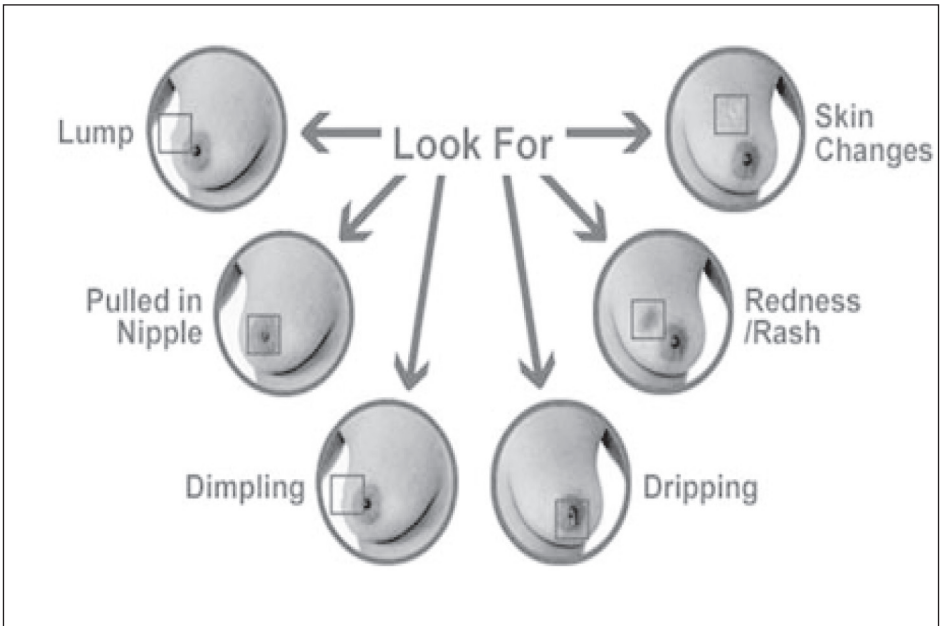
- Breast Cancer is a malignant tumour that starts in the cells of the breast.
- A Malignant tumour is a group of cancer cells that can grow into (invade) surrounding tissues or spread (metastasize) to different areas of the body.
- The disease occurs almost entirely in women, but men can get it too.



PREGNANCY AND BREAST FEEDING LOWERS RISK OF BREAST CANCER

70% PATIENTS DO NOT HAVE RISK FACTORS

Signs and Symptoms of Breast Cancer?



MOST BREAST LUMPS AND SWELLINGS ARE NOT CANCERS

WHEN DISEASE IS DETECTED EARLY, MORE TREATMENT OPTIONS ARE AVAILABLE WITH HIGH CHANCES OF COMPLETE CURE.

Symptoms:

1. Change in size shape /shape/feel of the breast nipple
2. Lump or thickening in the breast
3. Initially the lump may be painless may become painful in advanced cases
4. Nipple discharge watery or bloody discharge in particular
5. Nipple turning inwards
6. Redness of skin over the breast ,heaviness in the breast, scaly itching of the nipple
7. Any swelling in axilla (armpit) / neck

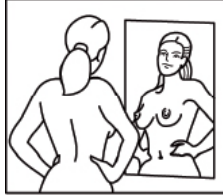
EARLY BREAST CANCER MAY NOT HAVE ANY SYMPTOMS

How Breast Cancer can be diagnosed :

Self-Breast Examination: _____

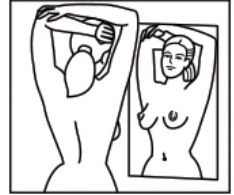
①

Begin by looking at your breasts



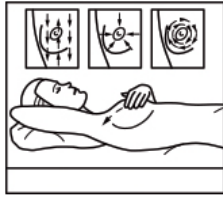
②

Raise your arms and look for any changes



③

Feel your breasts while lying down



④

Feel your breasts while you are standing of sitting



Investigations

Mammogram (X-ray of the breast):-

1. Digital Mammogram
2. Ultrasound of both breast
3. MRI

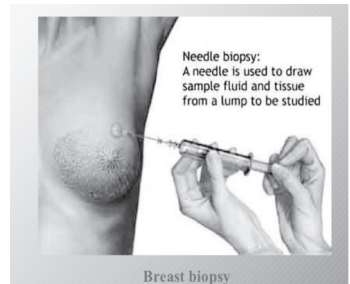
Helps to find breast cancer early. Getting mammograms is recommended as follows:

- After 40 years once in every 2 years
- In 50 years and above once in a year
- If there is a family history of cancer mammogram should be done earlier than 40 years

1. FNAC/ Trucut biopsy for confirmation

Biopsy (viewing of breast tissue under microscope), MRI, Sonography of breast etc. can be done to detect the breast cancer. The doctor will decide the tests are necessary, all of them may not be done

2. Work up on staging X-ray/Ct-chest, USG Abdomen, Bone scan etc.,



How Breast Cancer can be treated :

Treatment:

Various therapies are used for the treatment of breast cancer

1. Surgical :- removal of the tumor by surgery
2. Chemotherapy:- Killing of the tumor by drugs
3. Radiotherapy:- Treating cancer using radiation (X-rays)
4. Hormonal therapy:-
5. Biological methods:-

TREATMENT DEPENDS ON THE STAGE, SIZE AND SPREAD OF THE CANCER. TREATMENT CAN INCLUDE ONE OR ALL MODALITIES.

How can Breast Cancer can be prevented :

Diet :- A healthy diet with a variety of foods that include

♣ Lots of fruits, vegetables ♣ Choosing whole grain foods ♣ Limiting alcohol consumption ♣ Meats that are high in fat, and ♣ Avoiding smoking

LIFE STYLE CHANGES HELP IN THE PREVENTION OF BREAST CANCER.

Weight :- Achieving or maintaining a desirable weight.

Exercise :- Regular Exercise can improve physical and emotional health and play a role in preventing cancer.

Regular check –ups :- Women who have a family history or relatives with breast cancer are advised to have regular follow-ups with the physician

Hormonal replacement therapy and hormonal contraceptives:- Consult doctor about the risk and benefits before taking HRT or hormonal contraceptives. If one is on HRT, regular checkup is necessary.

| DO's | DON'T's |
|---|--------------------------|
| Being active and exercising | Smoking |
| Eating healthy food consisting of vegetables and fruits | Excessive alcohol intake |
| Getting screened for breast cancer regularly | Being overweight/ obese |

Myths :-

TOUCHING THE BREAST TOO OFTEN WILL CAUSE CANCER

BRUISE ON THE BREAST CAN CAUSE CANCER

BREAST CANCER ONLY EFFECTS OLDER WOMEN

BREAST CANCER DIAGNOSIS IS AN ALTERNATE DEATHS SENTENCE

Fact :-

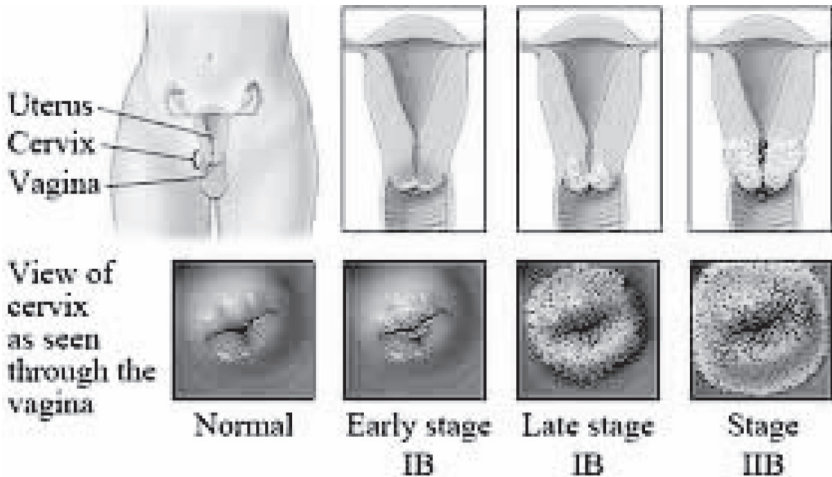
BREAST CANCER IS DETECTABLE, CURABLE AND PREVENTABLE.

CERVIX CANCER

The cervix is part of a woman's reproductive system. It's in the pelvis. The cervix is the lower, narrow part of the uterus (womb).

The cervix is a passageway:

- ◆ The cervix connects the uterus to the vagina. During a menstrual period, blood flows from the uterus through the cervix into the vagina. The vagina leads to the outside of the body.
- ◆ The cervix makes mucus. During sex, mucus helps sperm move from the vagina through the cervix into the uterus.
- ◆ During pregnancy, the cervix is tightly closed to help keep the baby inside the uterus. During childbirth, the cervix opens to allow the baby to pass through the vagina.



Types of Cervical Cancer

There are two main types of cervical cancer: squamous cell carcinoma and adenocarcinoma. These, as well as more rare types of cervical cancer, are classified according to how they look under a microscope.

Squamous cell carcinomas. About 85 percent to 90 percent of cervical cancers are squamous cell carcinomas. They begin in the ectocervix, the part of the cervix next to the vagina.

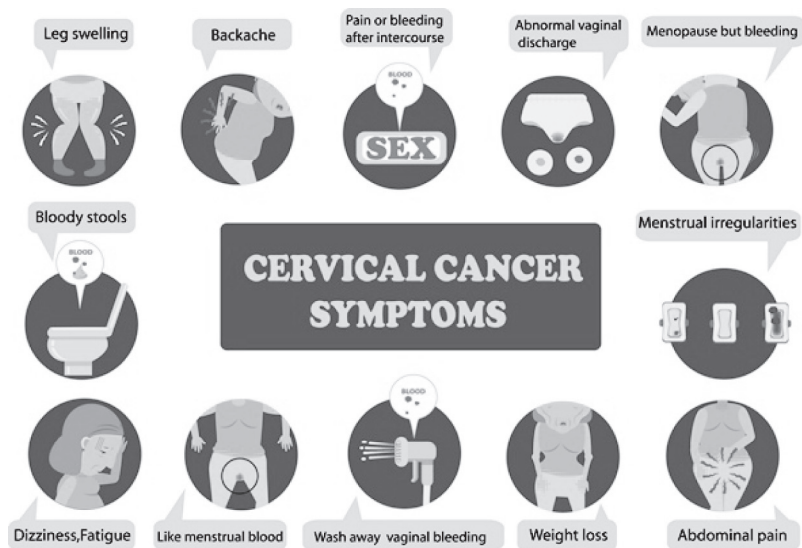
Adenocarcinomas. The remaining 10 percent to 15 percent of cervical cancers are adenocarcinomas, which develop from the mucus-producing gland cells of the endocervix, the part of the cervix next to the body.

Signs and Symptoms of Cervical Cancer

Most women do not have any signs or symptoms of a pre cancer or early-stage cervical cancer. Symptoms usually do not appear until the cancer has spread to other tissues and organs. Also, symptoms may also be caused by a medical condition that is not cancer.

Any of the following could be signs or symptoms of cervical dysplasia or cancer:

- ⊗ Blood spots or light bleeding between or following periods
- ⊗ Menstrual bleeding that is longer and heavier than usual
- ⊗ Bleeding after intercourse, douching, or a pelvic examination
- ⊗ Pain during sexual intercourse
- ⊗ Bleeding after menopause
- ⊗ Increased vaginal discharge



Cervical Cancer Causes

Studies have found that infection with the virus called HPV is the cause of almost all cervical cancers. More than half of women by the age of 50 have been exposed to HPV, but most HPV infections clear up on their own. An HPV infection with a high risk type of HPV that doesn't go away can cause cervical cancer in some women.

How is Cervical Cancer Treatment done?

Treatment for cervical cancer begins with seeking regular medical care throughout your life. Regular medical care allows your health care professional to best evaluate your risks of developing cervical cancer, perform routine Pap smear screening, and promptly order further diagnostic testing as needed. These measures greatly increase the chances of detecting cervical cancer in its earliest, most curable stage. This stage is called cervical dysplasia, a precancerous condition that is 100% treatable.

The goal of cervical cancer treatment is to permanently cure the cancer or to bring about a complete remission of the disease. Remission means that there is no longer any sign of the disease in the body, although it may recur or relapse later. Cervical cancer treatment plans use a multifaceted approach and are individualized to the type of cancer and stage of advancement; your age, medical history, and coexisting diseases or conditions; and other factors.

| Woman's Age | How often should a woman have a Pap test? |
|--------------------|--|
| under 21 years old | No testing needed |
| 21-30 years old | Pap test every 3 years |
| 30-65 years old | Pap test every 3 years or Pap and HPV every 5 years |
| 65 years and older | No testing needed |

Cervical Cancer Prevention

There is no single way to completely prevent cervical cancer, but there are a number of things that can help reduce your risk.

These are described in more detail below.

👉 Get vaccinated against HPV. Vaccination is available for girls and women ages 9 to 26. The vaccine is most effective if given to girls before they become sexually active.

👉 Have routine Pap tests. Pap tests can detect precancerous conditions of the cervix, so they can be monitored or treated in order to prevent cervical cancer. Most medical organizations suggest women begin routine Pap tests at age 21 and repeat them every few years.

👉 Practice safe sex. Using a condom, having fewer sexual partners and delaying intercourse may reduce your risk of cervical cancer.

👉 Don't smoke.

ORAL CANCER

What is Oral Cancer?

Oral cancer is a growth or sore in the mouth that does not go away. It can develop in any part of the oral cavity, this includes

- Tongue
- Cheeks
- Gums
- Hard and soft palate
- Throat
- Pharynx
- Lips

Risk Factors of Oral Cancer?

Biggest risk factor for oral cancer is the use of tobacco, this includes cigarettes smoking, cigars, pipes, or chewing tobacco. People consuming a large amounts of alcohol and tobacco, specifically when both products are used on a regular basis, are at a greater risk. Other risk factors for oral cancer includes:

- HPV infection (a sexually transmitted virus)
- Chronic facial sun exposure
- Previous diagnosis of oral cancer
- Family history of oral or other type of cancer

Signs & Symptoms

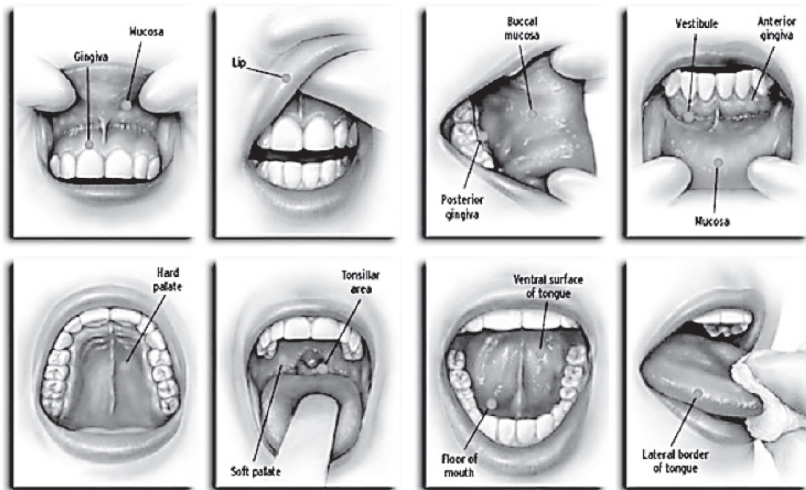
Symptoms of oral cancer are very similar to other types of non-threatening oral problems. Oral cancer can appear in different forms and can affect all parts of the mouth, tongue and lips.

- Non-healing sore on the lip or mouth
- Bleeding from mouth
- Numbness in the lower lip, face, neck or chin
- Pain in face ,mouth, neck
- White or red patches
- Loose teeth
- Difficulty in chewing or swallowing
- Hoarseness
- Chronic sore throat
- Trouble wearing denture
- Ear ache
- Dramatic weight loss

Diagnosis

Diagnosis will be based on the following. If you notice any of the above changes, please talk to a Doctor.

Oral Cancer Screening Steps



Treatment

Treatment options & prognosis of cancer will depend on:

- Stage of the cancer
- Patient's age
- Whether the cancer has just been diagnosed or has recurred (come back)
- Patient has any other health problems
- Expected side effects of the treatment plan

After a definitive diagnosis has been made then the treatment will begin

Treatment of oral cancer is a multidisciplinary approach which requires:

- Surgeon
- Oncologist
- Dentist
- Nutritionist
- Rehabilitation & restorative specialist

Prevention

Prevention plan which may reduce the risk of oral cancer are

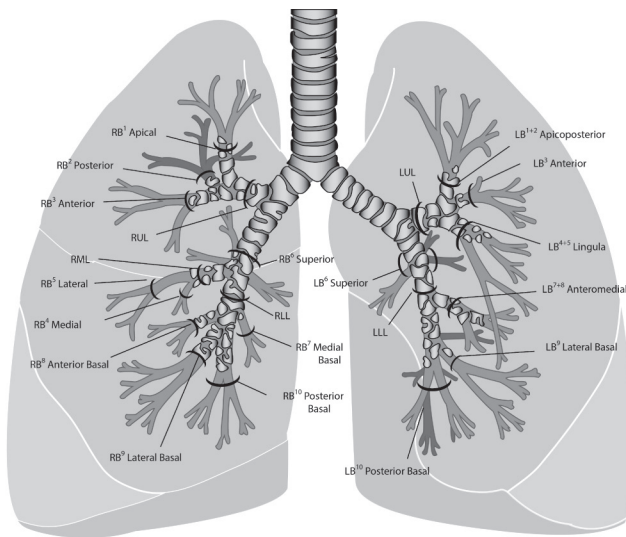
- Quit tobacco (smoking, chewing and snorting)
- Say no to alcohol
- Having a diet rich in fruits, vegetables, fish oil, olive oil
- Cut down on all junk foods, saturated fats and processed meats
- Avoid excessive sun exposure to the lips
- Cut down on caffeine intake

LUNG CANCER

The lungs are two large organs made of spongy tissue, which lie inside the chest under the rib cage. When we breathe in, the lungs absorb oxygen and deliver it to the bloodstream. The oxygenated blood is then pumped throughout the body by the heart. When we exhale, the lungs remove carbon dioxide, a waste gas, from the bloodstream.

Lung cancer is the uncontrolled growth of abnormal cells in the lung. Normal lung tissue is made up of cells that are programmed by nature to create lungs of a certain shape and function. Sometimes the instructions to a cell go haywire these cells then start to reproduce in an uncontrolled manner without regard for the shape and function of a lung. This leads to formation of tumors that clog up the lung and make it stop functioning, as it should.

Lungs are a large sized organs, thereby Lung cancer may grow for many years without getting detected or causing suspicion. In fact, lung cancer can spread outside the lungs without causing any symptoms. Adding to the confusion, the most common symptom of lung cancer, a persistent cough, can often be mistaken for a cold or bronchitis.



Lung Cancer Incidence

Lung Cancer - World scenario

In the beginning of the century, lung cancer was considered to be rare. But now it has reached epidemic proportions. This is the leading cause of cancer death in developed countries and is rising in alarming rates in developing countries.

Lung cancer in India

In India Lung cancer was initially thought to be extremely rare. As per the GLOBOCAN 2008 data Lung cancer is the 4th most common cancer in India. It is the most common cancer in men and also the most common cause of cancer related death in India in men. Even in women the incidence is increasing and is the 9th in the list of cancers in India.

Risk Factors

In India Lung cancer was initially thought to be extremely rare. As per the GLOBOCAN 2008 data Lung cancer is the 4th most common cancer in India. It is the most common cancer in men and also the most common cause of cancer related death in India in men. Even in women the incidence is increasing and is the 9th in the list of cancers in India.

A number of factors may increase risk of lung cancer. Some risk factors can be controlled, for instance, by quitting smoking. And other factors can't be controlled, such as your family history.

Risk factors for lung cancer include:

- ☑ Smoking. Your risk of lung cancer increases with the number of cigarettes you smoke each day and the number of years you have smoked. Quitting at any age can significantly lower your risk of developing lung cancer.
- ☑ Exposure to secondhand smoke. Even if you don't smoke, your risk of lung cancer increases if you're exposed to secondhand smoke.
- ☑ Exposure to radon gas. Radon is produced by the natural breakdown of uranium in soil, rock and water that eventually becomes part of the air you breathe. Unsafe levels of radon can accumulate in any building, including homes.
Radon testing kits, which can be purchased at home improvement stores, can determine whether levels are safe. If unsafe levels are discovered, remedies are available.
- ☑ Exposure to asbestos and other carcinogens. Workplace exposure to asbestos and other substances known to cause cancer — such as arsenic, chromium and nickel — also can increase your risk of developing lung cancer, especially if you're a smoker.
- ☑ Family history of lung cancer. People with a parent, sibling or child with lung cancer have an increased risk of the disease.

Modifiable risk factors



Smoking
and passive
smoking



Pulmonary
tuberculosis



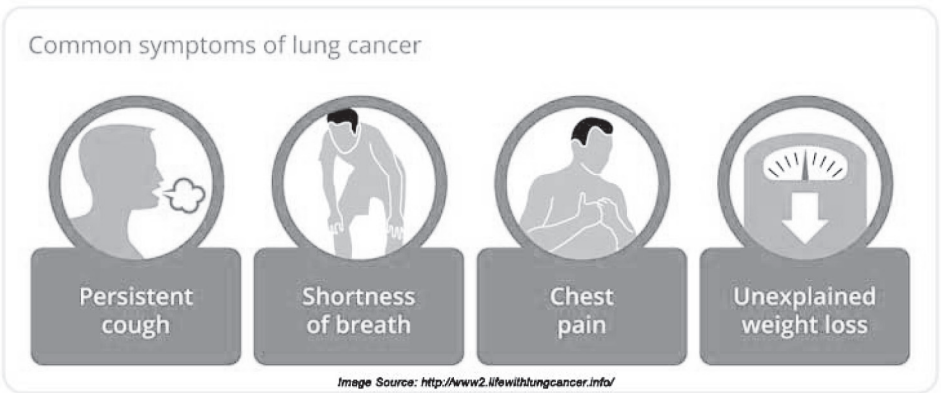
Asbestos, chemicals and
other environmental
exposures

Symptoms

Symptoms include a cough (often with blood), chest pain, wheezing and weight loss. These symptoms often don't appear until the cancer is advanced.

People may experience:

- ✓ Pain areas: in the chest or rib
- ✓ Cough: can be chronic, dry, with phlegm, or with blood
- ✓ Respiratory: frequent respiratory infections, shortness of breath, or wheezing
- ✓ Whole body: fatigue or loss of appetite
- ✓ Also common: chest discomfort, hoarseness, or weight loss .



Types of Lung cancer?

Two major types of lung cancer are non-small cell lung cancer and small cell lung cancer. Causes of lung cancer include smoking, second-hand smoke, exposure to certain toxins and family history.

1-Small cell lung cancers (SCLC)

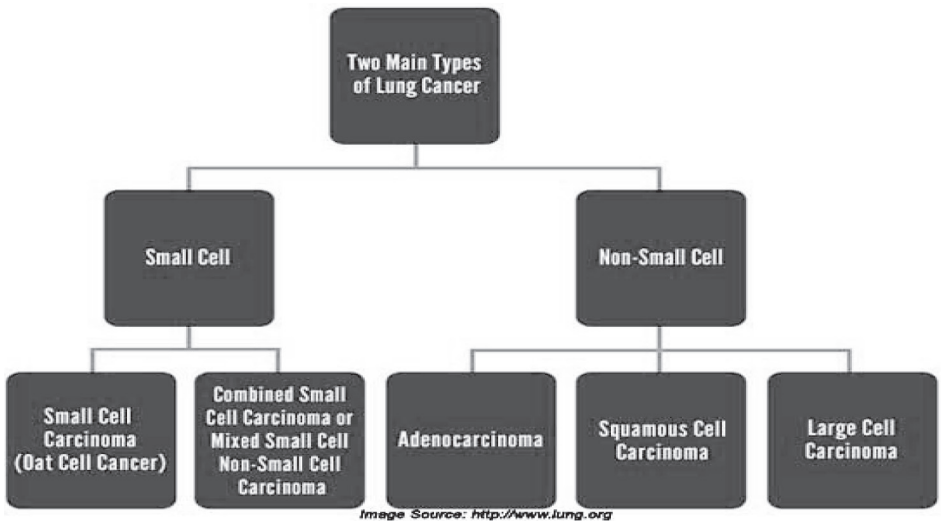
Small cell lung cancer makes up less than 20 percent of lung cancers and is typically caused by tobacco smoking. It often starts in the bronchi, then quickly grows and spreads to other parts of the body, including the lymph nodes. Small cell lung cancer stages are classified in two ways:

- ✓ Limited stage: The cancer is found in one lung, sometimes including nearby lymph nodes.
- ✓ Extensive stage: Cancer has spread to the other lung, the fluid around the lung (the pleura) or to other organs in the body.

2- Non-small cell Lung cancers (NSCLC).

Non-small cell lung cancer staging uses the TNM system:

- ✓ Tumor (T) describes the size of the original tumor.
- ✓ Lymph node (N) indicates whether the cancer is present in the lymph nodes.
- ✓ Metastasis (M) refers to whether cancer has spread to other parts of the body, usually the liver, bones or brain.



Treatment

A number of factors are looked at that help decide the most tailor made approach for lung cancer treatment. These include a wide range of diagnostic procedures and tests to diagnose lung cancer. These include the following:

- The type of lung cancer
- Whether the cancer is within the lung
- General health of the patient
- Whether the cancer has spread (the stage)
- Results of blood tests and scans

Surgery, radiotherapy and chemotherapy are all used to treat lung cancer. They can each be used alone or together.

Prevention

There's no sure way to prevent lung cancer, but you can reduce your risk if you:

- Stop smoking. Stop smoking now. Quitting reduces your risk of lung cancer, even if you've smoked for years. Talk to your doctor about strategies and stop-smoking aids that can help you quit. Options include nicotine replacement products, medications and support groups.
- Avoid secondhand smoke. If you live or work with a smoker, urge him or her to quit. At the very least, ask him or her to smoke outside. Avoid areas where people smoke, such as bars and restaurants, and seek out smoke-free options.

☑ Test your home for radon. Have the radon levels in your home checked, especially if you live in an area where radon is known to be a problem. High radon levels can be remedied to make your home safer. For information on radon testing, contact your local department of public health or a local chapter of the American Lung Association.

☑ Avoid carcinogens at work. Take precautions to protect yourself from exposure to toxic chemicals at work. Follow your employer's precautions. For instance, if you're given a face mask for protection, always wear it. Ask your doctor what more you can do to protect yourself at work. Your risk of lung damage from workplace carcinogens increases if you smoke.

☑ Eat a diet full of fruits and vegetables. Choose a healthy diet with a variety of fruits and vegetables. Food sources of vitamins and nutrients are best. Avoid taking large doses of vitamins in pill form, as they may be harmful. For instance, researchers hoping to reduce the risk of lung cancer in heavy smokers gave them beta carotene supplements. Results showed the supplements actually increased the risk of cancer in smokers.

☑ Exercise most days of the week. If you don't exercise regularly, start out slowly. Try to exercise most days of the week.

THE FIVE CAUSES OF LUNG CANCER



Smoking, particularly of cigarettes, is by far the main contributor to lung cancer. Cigarette smoke contains over 60 known carcinogens, including radioisotopes from the radon decay sequence, nitrosamine, and benzopyrene.



Radon gas, colorless and odorless gas generated by the breakdown of radioactive radium, which in turn is the decay product of uranium, found in the Earth's crust. The radiation decay products ionize genetic material, causing mutations that sometimes turn cancerous.



Asbestos, causes a variety of lung diseases, including lung cancer. Tobacco smoking and asbestos have a synergistic effect on the formation of lung cancer. Asbestos can also cause cancer of the pleura, called mesothelioma.



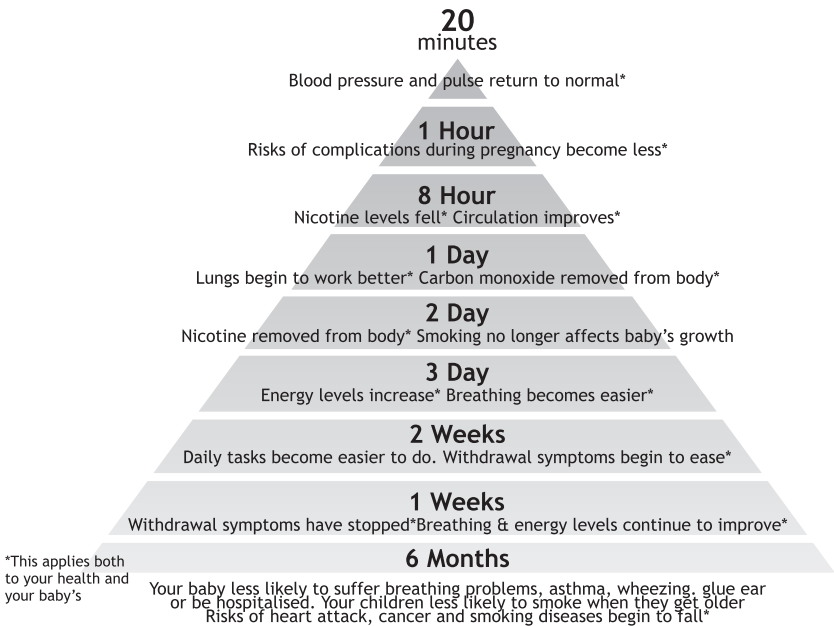
Air Pollution, outdoor air pollution has a small effect on increasing the risk of lung cancer. Fine particulates and sulfate aerosols, which may be released in traffic exhaust fumes, are associated with slightly increased risk.



Genetics, It is estimated that 8 to 14% of lung cancer is due to inherited factors. In relatives of people with lung cancer, the risk is increased 2.4 times. This is likely due to a combination of genes.

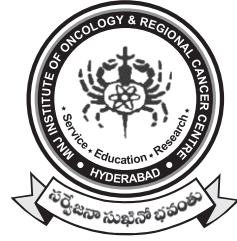
TOBACCO CESSATION CENTRES IN INDIA

Tobacco Cessation Clinic is an initiative by the World Health Organization (WHO) and the Ministry of Health of India. Tobacco cessation activities formally began with the opening of 13 tobacco cessation clinics in Anand, Bhopal, Bangalore, Chandigarh, Chennai, Cuttack, Delhi (2), Goa, Jaipur, Lucknow, Mumbai, and Patna in 2002. Tobacco cessation clinics were renamed to tobacco cessation centers in 2005. Five more tobacco cessation centers were established in Mizoram, Guwahati, Kolkata, Hyderabad and Trivandrum, which makes a total of 18 centers.



The services offered at the clinic include individual intervention in the form of behavioral counseling, medication, and nicotine replacement therapy. The centers also intend to create awareness among the general public about the negative effects of tobacco and about tobacco cessation through awareness programs, exhibitions training programs on tobacco cessation for various professionals, and information booklets & manuals aimed at specific groups of the population.

About : MNJ Institute of Oncology & Regional Cancer Centre



The MNJIO&RCC of this state had its origin as the Radium Institute & Cancer Hospital and was inaugurated by Pandit Jawaharlal Nehru as a near 40 bedded cancer hospital in 1955. The Govt. of India accorded the status of Regional Cancer Center on 12/03/1996. In compliance with the requirement of Govt. of India to accord RCC status to our institute, the Govt. of Andhra Pradesh declared MNJIO&RCC as an Autonomous Institute under State Govt. vide G.O.Ms.No.128 M&H, dt.21/3/1996 and the institute is registered as society to be governed by Governing Council headed by the Hon'ble Chief Minister as Chairman. The Govt. has approved the memorandum of association, rules & regulations, general byelaws and financial byelaws vide G.O.Ms.No.382, HM&FW (M2) Dept., dt.05/10/1996.

The MNJ Institute of Oncology & Regional Cancer Center is a 250 bedded comprehensive cancer care center on paper upgrading this institute to 450 bedded cancer center is under active consideration of the Govt. and is the sole tertiary public referral center for entire state of Andhra Pradesh. The institute is not only catering to the needs of the patients of the state of Andhra Pradesh but also to the patients from neighboring border states. Even patients from countries like Nigeria are being treated at this institute. More than 10,000 new cancer patients are registered per year and more than 110,000 patients come for follow-up totaling of 120000 patients per year. 1500 major surgeries and 1000 minor surgeries are performed per year. Every day 300 patients are being given Radiotherapy and about 300 patients are being given Chemotherapy per day. More than 1.5 lakh cancer-related investigations are done every year. It is the only comprehensive tertiary cancer center of the state Government to provide surgery, radiotherapy and medical oncology and palliative care services free of cost to all the patients below the poverty line. The above mentioned statistics are one of the highest in our country.

We have also started 40 bedded Paediatric Medical Oncology ward with support of NATCO trust at an estimated cost of Rs.1.0 crore. Another NGO IMPACT has constructed additional ward to accommodate 35 children all totaling to 75 bedded ward for care of children with cancer and will be the third largest in the country after Tata Memorial Cancer Center, Mumbai and Cancer Institute in Chennai.

The following departments / services are available in MNJ Institute of Oncology & Regional Cancer Centre :

- ✓ Medical Oncology including Paediatric Medical Oncology
- ✓ Radiation Oncology
- ✓ Surgical Oncology
- ✓ Plastic & Reconstructive Surgery
- ✓ Nuclear Medicine
- ✓ Radiology
- ✓ Anesthesia
- ✓ Pathology
- ✓ Biochemistry
- ✓ Dental Surgery
- ✓ Palliative Medicine
- ✓ Gynecological Oncology
- ✓ Preventive Oncology
- ✓ Tobacco Cessation Clinic
- ✓ Molecular Oncology

About : D. S. RESEARCH CENTRE



Wellness is precious than wealth", with this platitude, the journey began in the year 1965. During that year, young and healthy Daya Shankar Tiwari all of a sudden fell ill and within eight days he passed away without the ailment being diagnosed or being given any proper treatment. This incident stirred two visionaries, Dr. Uma Shankar Tiwari and Prof. Shiva Shankar Trivedi (elder brothers of Daya Shankar) and since then they worked relentlessly to find the solution for some of the gravest diseases from the ancient Ayurvedic texts, which the rest of the world thought was incurable. This is how the journey of D. S. Research Centre began.

Forerunner of this institution, Dr. Uma Shankar Tiwari and Prof. Shiva Shankar Trivedi has succeeded in revolutionizing and changing the whole spectrum of traditional treatment. Their effort is characterized by emergence of a new direction in medical science, evolution of a novel principal that is natural human edibles are the only source and reservoirs of preventives and curatives. Research proved that many severe ailments can be treated using this revolutionary way of treatment.

The organization was then a small family, effort, which begins its arduous journey without not much resource, but an enormous dedication and positivity to create an impact in the world of treatment of incurable diseases. The contribution of D. S. Research Centre towards cancer treatment has not only created stir in India but also reached to international countries. D. S. Research Centre has endeavored to bring back several deathbed cancer patients back to normal life. It has stretched the life span as well as the general health of numerous Stage IV cancer afflicted persons, who were gradually succumbing to dismay. It has bestowed many with hope, health and happiness and in the coming days will continue to do so.

From qualified consultants with years of combined experience in Ancient Ayurveda based cancer research, the service of our friendly skilled team of Ayurvedachryas, Dietitians and oncologist reflects great expertise in cancer treatment.

Currently, our clinics throughout India are treating cancer successfully in Varanasi, Kolkata, Guwahati, Mumbai, Bengaluru and Hyderabad. D. S. Research Centre today dedicates all its services to uproot the fatal fear of cancer. It has just one message for all "COME LET US SAVE OUR WORLD FROM CANCER"



BREAST CANCER

WHAT TO LOOK FOR?

TO DETECT
BREAST CANCER



●
**DIMPLING
ANYWHERE ON
THE BREAST**

●
**LUMP OR
THICKENING IN OR
NEAR THE BREAST
OR UNDERARM
AREA**

●
**UNEXPLAINED
SWELLING/SHRINKAGE
OF THE BREAST**

●
**NIPPLE
TENDERNESS**

●
**DISCHARGE
FROM NIPPLE**

●
**SKIN OF THE BREAST, AREOLA, OR NIPPLE
THAT BECOMES SCALY/RED/SWOLLEN**

If any of these symptoms last for more than four weeks,
see your doctor without delay

#togetherwecan | #defeatcancer

An Initiative by:

