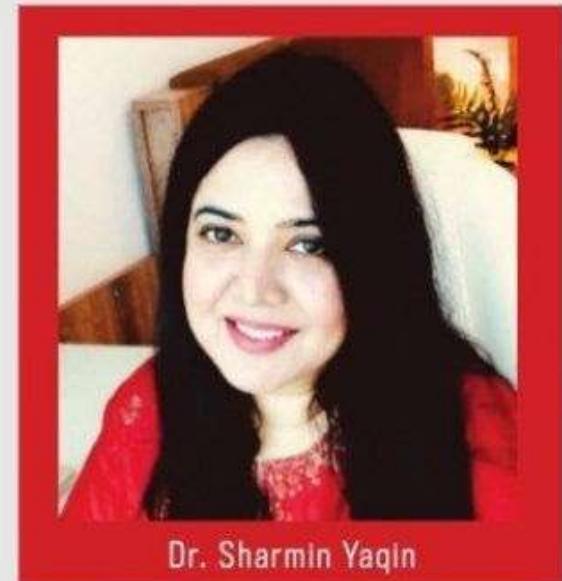


THERE IS MUCH OPTIMISM IN CANCER

A journey of a thousand miles begins with a single step, goes the proverb which fits well in cancer prevention too as a little knowledge, initially, can help prevent the deadly disease. "Awareness is the first step to gain control in cancer," says Dr Sharmin Yaqin, an MBBS and MD in medical biochemistry from Jawaharlal Nehru Medical College, AMU, Aligarh. Having worked in Oncology (cancer immunotherapy) for over 14 years, Dr Yaqin believes that all the sections of society coming forward as one entity can be the victor in cancer cure.

Living in Dubai, Dr Yaqin has treated large number of patients in India and abroad. She had seen how unawareness about cancer amongst population leads to a gloomy and helpless situation for the patient as well as the family members. The statistics with World Health Organisation (WHO) reporting nearly 14 million new cases and close to 8 million deaths every year is making the situation all the more troublesome. Adding to this is the cost which makes the treatment unaffordable for majority of the people.

Dr Yaqin brings into everyone's notice two prime notions where cancer is treatable on one hand and on the other it is preventable. By treatable, it doesn't mean that cancer is curable. It can only be cured when tumours are detected in early stage during their course of development leading to a good quality of life with less pain and suffering later on. It is best treated by using an integrated or multi-disciplinary approach that makes use of conventional as well as complementary treatments which not just



Dr. Sharmin Yaqin

kill cancer cells but alongside treat the pain, anxiety and depression that come along with diagnosis.

Cancer is preventable in many cases by adopting right diet, nutrition, good habits and healthy lifestyle in regime. All the major organisations around the world like WHO, American Cancer Society and National Cancer Institute (NCI) believe in the fact that cancer is preventable and that prevention and early detection is the way forward in bringing about control. So, there is much optimism in cancer. There is much that can be done to defeat the disease that is not just life changing but deadly too. By knowing warning signals, ways to detect cancer early, and making healthy and informed choices, we can help ourselves and our families from getting this fatal disease.

**FOR MORE DETAILS ON CANCER PREVENTION,
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