

is based on chemotherapy, surgery and radiotherapy. Recently immunotherapy is also playing an important role in some of the cancers and showing good results.” Blood related cancers are amongst the most curable cancers. Hodgkins Lymphoma has a cure rate in excess of 70 per cent with early stage Hodgkins Lymphoma having a cure rate of more than 90 per cent.

Dr. Jayant Gawande, MD, DM(Medical Oncology) Consultant Medical Oncologist, Aditya Birla Hospital Pune says, “One can take measures to lower the risk of getting cancer. This includes following a healthy lifestyle, avoiding smoking and exposure to smoke, limit your alcohol intake, regular exercise and maintain a healthy weight, take vaccines to prevent cancer, know what you’re being exposed to in your work environment and take protective measures, avoid risky behaviour and get regular medical care.” Knowing your family history of cancer is also important to properly assess your risk factor for certain types of cancer. Cancer screening tests can be useful not only in detecting cancer, but also helping prevent it. Tests like the colonoscopy and Pap smear can detect abnormal changes before they turn cancerous. It is effective when done regularly. Dr. Arun Kumar Goel, Director - Surgical Oncology (Breast DMG), Max Super Speciality Hospital, adds, “Vaccination against hepatitis B and HPV vaccination are helpful interventions in cancer prevention. HPV vaccine is recommended for all girls from the age of nine years to 25 years and gives 75 to 80 per cent protection from cancer of cervix.”

When cancer is diagnosed, timely treatment at centres that have the capability of complete cancer



treatment allows for high cure rates. Cancer treatment is possible by three different approaches: surgery, drug treatment and radiotherapy. The three arms of cancer care are called surgical oncology, medical oncology and radiation oncology.

With celebrities coming to the forefront and discussing their cases, hope remains for others as well. Take the case of actress Manisha Koirala who recently released her book ‘Healed: How Cancer gave Me A New Life’ that chronicles her battle with cancer. She has publically admitted that the disease made her a better person and actor. Likewise cricketer Yuvraj Singh also released his book ‘The Test of My Life: From Cricket to Cancer and Back’ after he successfully survived lung cancer.

In fact today there are many people who are able to beat the disease. Take the case of Anuja Chavan, 47 and mother of two who discovered a lump inside her left breast around 10 years ago. Once it was diagnosed as being cancerous,

her world turned upside down. Initially she lost all hope but underwent surgery, chemotherapy, radiotherapy and hormonal therapy. Fighting against all odds she sprang back to life and attributes her triumph to love, care, sharing and understanding from her family and treatment and counselling from her doctors.

Priya Deshpande, 62, based in Mumbai, admits it was her will that led to her survival. After being diagnosed with breast cancer she was treated in Tata Hospital. “This phase taught me that sometimes survival during and after calamities we face is always gift for future life for others and myself. If our mind is strong, the power of mind is much bigger and better than the power of wind, will not turn us to another other path but to the path which we desire.”

“Understanding what helps to prevent cancer is very important. Preventing cancer is better than cure,” concludes Dr. Nanda Rajaneesh, surgical oncologist, Apollo Spectra Hospitals, Bengaluru.