



**A Report on
Seminar conducted by
APARAJITHA- WOMEN EMPOWERMENT CELL,
AND
AYUSH – HEALTH CLUB,
SSMRV COLLEGE**



Conducted Seminar on “Cancer Awareness”

The APARAJITHA - Women Empowerment Cell, SSMRV College
Organized – Inauguration of APARAJITHA -Women Empowerment Cell, SSMRV College,
Investiture Ceremony of office bearers for the period 2021-2022, And
“Cancer Awareness Seminar” With reference to Breast Cancer and Cervical Cancer
On 8th December 2021 in SSMRV College Auditorium- Marking the Occasion of National Cancer Awareness Week.

The Speaker for the day was **Dr. Mohini N. Prasad**, MBBS, DORCP (Dublin), FRCOG(London), Recipient of Vidya Ratan Award. Sr. Consultant Obs. & Gyn., Dr. P. R. Desai Hospital And Apollo Hospital- Bangalore.

Welcome:

The event was Compeered by Ms. Rakshitha, President -Ayush Health Club & Ms. Harini K, President- Aparajitha-WEC, SSMRV College. Followed by Invocation by Meghana and Group.

Distribution of Badges: The badges were distributed to the office bearers of Ayush-Health Club and Aparajith- Women Empowerment Cell.

About the Talk:

Dr. Mohini N. Prasad briefed the gathering on Cancer awareness being the key to early detection and better health-seeking behaviour. Cancer is quite common in both developing as well as developed countries, but awareness is as yet poor among the general population. Poor awareness may lead to poor uptake of screening modalities and delay in diagnosis. One factor that has been consistently shown to be associated with late diagnosis and treatment is a delay in seeking help for cancer-like symptoms.

Cancer is the second leading cause of death globally. Cancer is a large group of diseases that can start in almost any organ or tissue of the body when abnormal cells grow uncontrollably, go beyond their usual boundaries to invade adjoining parts of the body and/or spread to other organs. The latter process is called metastasizing and is a major cause of death from cancer. A neoplasm and malignant tumor are other common names for cancer.

She pointed out that Lung, prostate, colorectal, stomach and liver cancer are the most common types of cancer in men, while breast, colorectal, lung, cervical and thyroid cancer are the most common among women.

She specified that cancer burden continues to grow globally, exerting tremendous physical, emotional and financial strain on individuals, families, communities and health systems. Many health systems in low- and middle-income countries are least prepared to manage this burden, and large numbers of cancer patients globally do not have access to timely quality diagnosis and treatment. She quoted that in countries where health systems are strong, survival rates of many types of cancers are improving thanks to accessible early detection, quality treatment and survivorship care.

she noted that basic information about breast cancer, such as the different types, where they start, There is no sure way to prevent breast cancer. But there are things you can do that might lower your risk, such as changing risk factors that are under your control, Breast Cancer is sometimes found after symptoms appear, but many women with breast cancer have no symptoms. The treatment may include surgery, radiation, or hormone therapy. .

This is why regular breast cancer screening is so important. **Self examination is best way to prevent Breast Cancer and the exact way of self-examination was taught to students.**

She spoke of Cervical Cancer which develops in a woman's cervix (the entrance to the uterus from the vagina). Although most infections with HPV resolve spontaneously and cause no symptoms, persistent infection can cause cervical cancer in women. Cervical cancer is the fourth most common cancer in women.

She said effective primary (HPV vaccination) and secondary prevention approaches (screening for and treating precancerous lesions) will prevent most cervical cancer cases. When diagnosed, cervical cancer is one of the most successfully treatable forms of cancer, as long as it is detected early and managed effectively. Cancers diagnosed in late stages can also be controlled with appropriate treatment and palliative care. She quoted that "With a comprehensive approach to prevent, screen and treat, cervical cancer can be eliminated as a public health problem within a generation".

Two tests help prevent cervical cancer or detect it early- The Pap test (or Pap smear) looks for precancers, which are cell changes on the cervix that might become cervical cancer if they are not treated appropriately. The human papillomavirus (HPV) test looks for the virus that can cause these cell changes.

Later in her talk she emphasized that –

You should get your first Pap test at age 21. If your test result is normal, you can wait three years for your next test. If you're 30 years old or older, you have three options—

- * You can continue getting a Pap test only. If your test result is normal, you can wait three years for your next test.
- * You can get an HPV test only. If your test result is normal, you can wait five years for your next test.
- * You can get both an HPV and Pap test together. If your test results are normal, you can wait five years for your next tests.
- * The HPV vaccine protects against the types of HPV that most often cause cervical cancers. HPV can also cause other kinds of cancer in both men and women.

You should get screened for cervical cancer regularly, even if you received an HPV vaccine.

The session was followed by an interactive question and answer session with the Participants.

Time Duration: The Programme lasted from 2:30 PM to 4:30 PM. Venue: Auditorium, SSMRV College

Attendees/ Presence:

Around 95 Participants including Faculty and Students who are pursuing their Bachelor's and Master's Degree from this Institution, attended and benefited from the programme.
