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HEALTHLINE

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Time and health are two precious assets that we don't recognize and appreciate until they have been depleted.

- Denis Waitley

World
Cancer
Day

Nutritional
Hacks

Sexual and
Reproductive
Health

FAQs on
Sexual
Health



IMPORTANCE OF EARLY SCREENING

Early screening is extremely essential in preventing the spread of cancerous cells in the body to an impossible stage of treatment. The goal remains to identify the problem at the earliest to provide an individual with the best chance possible for a successful treatment and recovery.

According to a study published in National Library of Medicine, the estimated number of incident cases of cancer in India for the year 2022 was found to be 14,61,427 (crude rate:100.4 per 100,000). In India, one in nine people are likely to develop cancer in his/her lifetime. Lung and breast cancers were the leading sites of cancer in males and females, respectively. Among the childhood (0-14 yr) cancers, lymphoid leukaemia (boys: 29.2% and girls: 24.2%) was the leading site. The incidence of cancer cases is estimated to increase by 12.8 per cent in 2025 as compared to

Key issues when it comes to cancer health:

- Late detection.
- Financial limitations - the treatments can be long and exhausting and can take a toll on financial health as well. Some population cannot afford basic treatment as well.
- Gender indifference - females are often casual towards their health than males.
- Barriers for care for people with disabilities.



Even if with early detection some lives are saved, a follow up on the treatment success and recovery is missing. Especially for those from the limited socio-economic background who cannot afford frequent health check-ups.

In some other positive news:

The HPV vaccine took the world by a delightful surprise! The Human Papillomavirus Vaccine is a vaccine injected to fight against cervical cancer, which is the second most common type of cancer amongst women in India. The vaccine is developed indigenously and it is expected to be a part of the Universal Immunisation Programme. A report by The Hindu mentions that "A one-time catch-up vaccine will be provided for 9 to 14 year-old adolescent girls. The vaccination will be provided primarily through schools because of the high enrolment of girls. Those girls who are unable to attend school on the day that the vaccination campaign is organised will be provided the vaccine at a health facility. Out-of-school girls will be reached through community outreach and mobile teams, according to a statement from the Education Ministry."



NUTRITION hacks for lowering CANCER risk



Since cancer is not just controlled by wrong eating habits (there are several other factors including genetics and environmental factors), there are some changes that we can make in our lifestyle which can lower the risk of the disease. This is not to say it is a sure shot way of preventing cancer, however, a nutrient rich diet will only help further the health and enrichment cause.

Some of the food types that you can include in your meals:

Plant-based foods. These foods contain naturally-occurring substances called phytonutrients. Examples include:



- Carotenoids, or carotenes, found in red, orange, yellow, and some dark-green vegetables
- Polyphenols, found in herbs, spices, vegetables, tea, coffee, chocolate, nuts, apples, onions, berries, and other plants
- Allium compounds, found in chives, garlic, leeks, and onions

Antioxidants. Examples include beta carotene, selenium, and vitamins C and E. Antioxidants protect against oxidants, which are substances that can lead to cell damage. Oxidants can be naturally occurring, created by normal cell processes. Or they can be environmental, such as pollution or cigarette smoke.



Other vitamins and minerals. These include calcium, iodine, vitamins A, D, K, and the B vitamins.

Dietary fiber. Fiber helps add bulk to stool. It moves food more quickly through the digestive system. Fiber helps nourish a healthy community of microbes living in the digestive tract. This community is called a microbiome. A healthy microbiome has been linked with a lower cancer risk.

Foods that have fiber include:

- Whole grains and seeds, including barley, oats, kamut, spelt, bulgur, corn, psyllium, and rye
- Whole grain bread and pasta
- Legumes and pulses, including beans, lentils, and split peas
- All kinds of vegetables and fruits



Protein. These are the major sources of animal protein in most diets:

- Meat
- Fish
- Poultry
- Shellfish
- Dairy products
- Eggs

Of these, red and processed meats raise the most concern in terms of cancer risk. Red meat includes pork, beef, and lamb. Processed meat includes bacon, ham, lunch meats, meat jerky, hot dogs, salami, and other cured meat products. Any amount of processed meat and more than around 510 gms of fresh meat per week are most strongly linked with a higher risk of cancer.



SEXUAL & REPRODUCTIVE HEALTH AWARENESS DAY

A study conducted by Guttmacher Institute on the sexual and reproductive health of adolescents in India revealed some key takeaways like:

2 million

adolescent women in India have an unmet need for modern

52%

of adolescents giving birth make the recommended minimum of four antenatal care visits

78%

of abortions among adolescents are unsafe and thus carry an elevated risk for complications

190,000

adolescents do not receive needed care following an unsafe abortion



If all adolescent women in India wanting to avoid a pregnancy were to use modern contraceptives and were provided the full spectrum of contraceptive options, counseling and information, and if all needs for maternal, newborn and abortion-related health care were met, annually there would be:

- 732,000 fewer unintended pregnancies
- 482,000 fewer unsafe abortions

Sexual health remains a taboo subject in the country till date and this health awareness day is specifically dedicated to create safe spaces where one can talk about sexual health freely and get the appropriate information without feeling threatened by the society.



There are some popular social media accounts which are talking about safe and healthy sexual practices, educating everyone about the need to be open-minded around the subject. Some of these names include:

- Dr. Tanaya (Instagram account - @dr_cuterus)
- Leeza Mangaldas (Instagram account - @leezamangaldas)
- Seema Anand (Instagram account - @seemaanandstorytelling)



on **SEXUAL** and **REPRODUCTIVE** health

As we age, we often forget the basics of certain subjects and when it comes to health, we tend to leave out the biology lesson in school. However, for a healthy sexual and reproductive life, it is important to know some FAQs about the subject. Test your knowledge by answering some of these questions and speak to a friend to initiate a safe conversation around the topic.

Do men go through menopause?

What are STIs (Sexually Transmitted Infections) and their prevention methods?

What are some contraceptives available in the market?

What is menstruation?

Does everyone experience sexuality the same way?

What is vaginal discharge?

These can be some thought provoking questions and can lead to a discussion or a conversation with your partner, friend or a family member. It is important to know more to eradicate the taboo around the subject.

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