ARTICLE ON CANCER AWARENESS

Cancer is a major public health problem both in our country and worldwide because of its disease burden, fatality, and tendency toward increased incidence. Globally, cervical cancer is the second most prevalent cancer among all populations and third most common type of cancer after breast and lung cancers among women. The global burden of cervical cancer is disproportionately high in developing countries, where 85% of the estimated 493,000 new cases and 273,000 deaths occur worldwide. India, which accounts for one sixth of the world's population, also bears one fifth of the world's cervical cancer burden. Over the past 40 years, mortality resulting from carcinoma of the cervix has fallen because of improved treatment and the introduction of national screening programs. The Papanicolaou (Pap) test is the main screening method used for the secondary prevention of cervical cancer. It can detect precancerous cells easily. The Pap test is an effective method of detecting, preventing, and delaying the progress of cervical cancer.

Cervical cancer is the second most common cause of cancer mortality among women in India; however, it is a largely preventable disease. In India, the cervical cancer incidence is one fifth of the world's incidence. Awareness and health-seeking practices have been shown to be poor in many developing countries, necessitating the need for proper awareness programs. With improvement in cancer technology, we have been able to improve quality of life, but improvement in survival is still questionable. In India, late presentation is attributed to many factors, notably a lack of knowledge and awareness of and a lethargic attitude toward safe health practices.

Several studies have shown that the knowledge of cervical cancer and practices for early detection are at a low level among women. Because early detection is one way to reduce morbidity and mortality resulting from cervical cancer, there is work going on, although limited, to increase knowledge, safe practices, and attitudes regarding cervical cancer among schoolteachers in India. The purpose of this study is to measure the level of awareness of cervical cancer risk factors and safe practices among college teachers of different states of India and the impact of awareness programs on changes in the adoption of safe practices for prevention and early detection.

Breast cancer remains a worldwide public health dilemma and is currently the most common tumour in the globe. Awareness of breast cancer, public attentiveness, and advancement in breast imaging has made a positive impact on recognition and screening of breast cancer. Breast cancer is life-threatening disease in females and the leading cause of mortality among

women population. For the previous two decades, studies related to the breast cancer has guided to astonishing advancement in our understanding of the breast cancer, resulting in further proficient treatments. Amongst all the malignant diseases, breast cancer is considered as one of the leading cause of death in post menopausal women accounting for 23% of all cancer deaths. It is a global issue now, but still it is diagnosed in their advanced stages due to the negligence of women regarding the self inspection and clinical examination of the breast. This review addresses anatomy of the breast, risk factors, epidemiology of breast cancer, pathogenesis of breast cancer, stages of breast cancer, diagnostic investigations and treatment including chemotherapy, surgery, targeted therapies, hormone replacement therapy, radiation therapy, complementary therapies, gene therapy and stem-cell therapy etc for breast cancer. Both males and females have breasts . The breast is made up of fatty tissue called adipose tissue . The female's breasts usually contain more glandular tissue than that of the males . Female breasts contain 12–20 lobes which are further divided into smaller lobules . These lobes and lobules are connected via milk ducts. The adipose tissue of the breast is supplied by a network of nerves, blood vessels, lymph vessels, lymph nodes, and is also composed of fibrous connective tissue and ligaments . The female breast is designed to provide optimal nourishment for babies and to provide sexual pleasure for the female herself. The breasts are glandular organs that are very sensitive to hormonal changes in the body . They adopt cyclic changes in synchrony with the menstrual cycle. They are closely associated with the genital system of females. Nipple stimulation enhances secretion of prolactin from the pituitary gland. This hormone also affects the uterus and can cause contractions. Lymph node draining the breast tissues is also found in the armpits. After a female has had a baby and her milk comes in, mother may develop striking swelling under arms from engorgement of the breast tissue in that region. Breasts come in all sizes and shapes, as do nipples. Most female possess one breast that slightly smaller than the other . The epidermis of the areola and nipple is very much pigmented and to some extent wrinkled, and the nipple skin contains several apocrine and sebaceous sweat glands and somewhat small hair. The 15–25 milk ducts go into the base of the nipple, wherever they expand to synthesize the milk sinuses. These milk ducts functions as the carriers of milk towards the nipples . Slightly under the surface of nipple, these sinuses end in cone-shaped ampullae. The spherical areola is present around the nipple and is between 15 and 60 mm in diameter. Sebaceous glands, sweat glands and lanugo hairs are present on its skin, Montgomery's glands, are big, modified sebaceous glands with tiny milk ducts that open into Morgagni's tubercles in the areola epidermis.