



Koneru Lakshmaiah Education Foundation

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Breast Cancer Awareness Programme

Conducted by

K L E F Women's forum on 05th October 2018

KLEF Women's forum conducted "Breast Cancer Awareness Programme" for the Girl students on 05th October 2018.

Resource Person : Dr. Prashant Yarlagadda,
American Oncology Institute, NRI Hospital

Venue : C 625

Date : 05.10.18

Topic : Awareness on Breast Cancer



K L E F Women's Forum conducted a Guest Lecture on "An awareness program on Breast Cancer" in Room No C 625 of Computer Block on 05.10.18. An eminent Medical Oncologist and specialized in the treatment of cancers, Dr. Prashant Yarlagadda, American Oncology Institute, NRI Hospital has been the Guest of Honour for the event.

Dr. Prashant Yarlagadda was welcomed by Dr M. Sreedevi, Convenor Women Forum she briefed about the expertise of the Guest. The Lecture commenced through power point presentation that gave a pleasant interest towards the lecture. Dr. Dr. Prashant Yarlagadda addressed the gathering about the comprehensive health care practices to maintain and improve health. He told some precautions to girl students in order to be healthy.



He told some precautions to be taken by the girl students in order to be healthy:

- Changing lifestyle or eating habits, such as eating less fat or more fruits and vegetables.
- Avoiding things known to cause cancer.
- Working night shifts, which may change your circadian rhythm (physical, mental,

and behavioural changes that are mainly affected by darkness and light in 24 hour cycles).

Maintain a healthy weight. If your weight is healthy, work to maintain that weight. If you need to lose weight, ask your doctor about healthy strategies to accomplish this. Reduce the number of calories you eat each day and slowly increase the amount of exercise.

Choose a healthy diet. Women who eat a Mediterranean diet supplemented with extra-virgin olive oil and mixed nuts may have a reduced risk of breast cancer. The Mediterranean diet focuses mostly on plant-based foods, such as fruits and vegetables, whole grains, legumes, and nuts. People who follow the Mediterranean diet choose healthy fats, such as olive oil, over butter and fish instead of red meat.



Avoid unnecessary radiation exposure. The Centres for Disease Prevention and Control (CDC) advises women to reduce the use of unnecessary testing with CT scans, PET scans, X-rays. Sometimes radiation therapy is lifesaving, as in the treatment of Hodgkin disease. In that case, the woman should be screened earlier and more frequently for breast cancer.

The Guest Lecture was followed by a question and answer session. Dr. M. Sreedevi facilitated the Guest, Dr. Prashant Yarlagadda with a shawl and memento.



