



**Koneru Lakshmaiah Education Foundation**

(Deemed to be University estd. u/s. 3 of the UGC Act, 1956)

Accredited by NAAC as 'A++' Grade University ♦ Approved by AICTE ♦ ISO 9001-2015 Certified

Campus: Green Fields, Vaddeswaram - 522 502, Guntur District, Andhra Pradesh, INDIA.

Phone No. 0863 - 2399999; www.klef.ac.in; www.klef.edu.in; www.kluniversity.in

Admin Off: 29-36-38, Museum Road, Governorpet, Vijayawada - 520 002. Ph: +91 - 866 -2577715, Fax: +91-866-2577717.

## Report on Cancer Awareness Programme

Conducted by

K L E F Women's forum on 24<sup>th</sup> October 2019

KLEF Women's forum conducted Seminar on “Cancer Awareness ” Programme for Boys and Girl students on 24<sup>th</sup> October 2019.

Resource Person : Dr. Kesava Ram Gopal MD (NIMS), ECMO  
Radiation Oncologist,

Venue : Jasmine Hall

Date : 24.10.19

Time : 09.30 Am to 12.00 Noon

Topic : Seminar on “Cancer Awareness”

The programme started with a welcome note by Dr M.Sreedevi, Coordinator Women's Forum K L E F she introduced the resource person Dr. Kesava Ram Gopal MD (NIMS), ECMO, Radiation Oncologist to the gathering. Dr. Kesava Ram Gopal explained to students that Cancer is deadly disease which is caused due to uncontrolled growth of the cells and forms from the extra mass tissue known as tumour. The loss of apoptotic nature by the cells in their metabolic pathway leads to cancer. Cigarette smoking, tobacco intake, alcohol intake, poor diet and exposure to UV rays lead to cancer. Different organs can be



Women's Forum

*Hearty Welcome*

A Talk on “**CANCER AWARENESS**”



**Dr. Kesava Ramgopal,**  
MD (NIMS), ECMO  
Radiation Oncologist  
American Oncology Institute



effect by cancer cells like lungs, kidney, eyes, heart, brain etc. Cancer cells also spread in blood stream and causes blood cancer. Unfortunately after so many research and so many tests there is no fixed medicine has been invented that can prevent cancer. But

fortunately there have been many medicines invented that can reduce the risk of it and also it will slower down the speed of the disease. In recent times the researchers and scientists from all over the world have done more than millions of researches on the same and invented many medications that will reduce the speed of spreading cancer in anyone's body. He told that Awareness is more important to make people to aware of the disease, its effects, how to prevent it, what are the treatments available and also everything related to cancer.



He explains how many types of cancers are there and what are the treatments should be taken to prevent cancer

### **Major Cancer Types**

There are three major types of cancer. Such as:

- Carcinomas • Lymphomas • Sarcomas

Around 85% carcinoma cases were diagnosed in world wide. Carcinomas develop in epithelial cell and have four sub types, they are:

- Aadenocarcinomas: example Lung Cancer • Squamous cell carcinomas: example Oral Cancer
- Transitional cell carcinoma: example Bladder Cancer • Basal cell carcinomas: example Skin Cancer

## Sources for Occurrences of Cancer

### Chemicals/Environment

Asbestos exposure and cancer risk: Asbestos is the mineral which is occurring naturally in the environment as bundles of fibers that can be separated into thin, durable threads.

### Tobacco

According to the National Cancer Institute, smoking causes 30% of all cancer deaths in the U.S. and is responsible for 87% of cases of lung cancer

### Physical activity

Daily exercise for at least 30 minutes a day will greatly reduce the occurrences of risk of cancer. Exercise like yoga, aerobics, walking and running is great activities to lower your cancer risk factor.

Genetics: Genetics is one of the key factors. It plays a major role in cancer development. If there may be any family history of cancer, such as breast cancer, taking extra precautions is vital. When cancer is genetic, a mutated gene has been passed down.

Environmental factors: The following environment factors play an important role in the cause cancer.

Exposure to asbestos, a group of minerals found in housing and industrial building materials can cause a variety of medical problems, such as mesothelioma.

People who exposing regularly to high amount of benzene are at risk for cancer. Benzene is a chemical found in gasoline, smoking, and pollution.

Sun exposure: Skin cancer is caused by exposure to the UV rays of the sun. Sunburn or a tan is actually the result of cell damage caused by the sun. Skin cancer can be prevented in most cases. Wearing sunscreen when outdoors and staying out of the sun between the hours of 10 a.m. and 2 p.m., when the sun's rays are strongest is your best defense.

### Characteristics of The Cancer

Proto-oncogenes: genes that encourage the growth of a cell

Tumour suppressor genes: genes that stop excessive growth of the cell

Angiogenic genes: genes that control a cell's blood supply

Metastasis genes: controlling the spread of cancer

### Genes Involving in Cancer

1. XRCC1      2. EGFR      3. KRas      4. P53      5. BRCA1

### Treatments

The treatment for all type of cancer is same. The treatment includes surgery, chemotherapy and radiation therapy. Immunotoxins like monoclonal antibodies of bacterial or plant protein toxins is a potential therapy for treating cancer.

1. Surgery      2. Chemotherapy      3. Radiation therapy



## Conclusion

As it discussed cancer is deadly disease and can be cured by surgery, chemotherapy, radiation therapy. Though there are treatments for cancer but also some side effect is there due to these treatments. Sometimes after the Chemotherapy or surgery, again cancer returns back in some other part of the body. Using high dose of anticancer drugs in chemotherapy treatment may cure initially but there will be high risk of cancer again.



The programme is ended with a vote of thanks to the resource person Dr. Kesava Ram Gopal the faculty and convener women's forum felicitated the Guest, with a memento.

\*\*\*\*\*