

# HEALTH BEATS

POWERED BY HEALTH WEALTH MANAGEMENT PVT LTD

NOV  
MEN'S DAY  
SPECIAL EDITION

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**1 November– 30 November**

# **STOMACH CANCER AWARENESS MONTH**

Gastric cancer is the fifth most common cancer among males and seventh most common cancer among females in India.

## **What causes stomach cancer in India?**

It is also well known that high consumption of smoked meat and decreased consumption of fresh fruits increases the risk of gastric cancer (8,9). The most common presenting symptoms in our study abdominal pain (61.4%) and weight loss (59.5%), which were similar to other studies (17,24).

## **Stomach Cancer Symptoms**

The following are the typical signs and symptoms:

- Fatigue
- Feeling bloated after eating
- Feeling full even after eating little
- Severe and persistent heartburn
- Severe and unrelenting indigestion
- Persistent and unexplained Nausea and Vomiting
- Unexplained Stomach pain
- Unexplained Weight loss



## **Stomach Cancer Types**

What type of stomach cancer is determined by the cells that form the tumor:

1. Adenocarcinoma or cancer that begins in the glandular cells
2. Lymphoma or cancer that begins in the cells of the immune system
3. Carcinoid cancer or cancer that begins in hormone-producing cells
4. Gastrointestinal stromal tumour (GIST) or Cancer that begins in nervous system tissues

## **Stomach Cancer Diagnosis**

Tests and procedures used to diagnose stomach cancer include:

- Endoscopy
- Imaging tests- CT Scan , positron emission tomography (PET) and a special type of X-ray exam called barium swallow.
- Exploratory surgery- Surgery is recommended after verified evidence that cancer has spread beyond the stomach within the abdomen.

## Risk factors and causes of stomach cancer

The etiology of gastric cancer is multifactorial, more than 80% of cases have been attributed to:

- *Helicobacter pylori* - It is a gram-negative bacterium that lives and multiplies in stomach mucosa and triggers the progressive sequences of gastric lesions (from chronic gastritis, gastric atrophy, intestinal metaplasia, dysplasia, and finally gastric cancer). *H. pylori* infection is considered one of the most important risk factors for non-cardia gastric cancer infection.
- Diet,
- Lifestyle,
- Genetic,
- socioeconomic and
- other factors contribute to gastric carcinogenesis.



## Stomach cancer stages

- Stage I - the tumor is limited to the layer of tissue that lines the inside of the stomach. Cancer cells may also have spread to a limited number of nearby lymph nodes.
- Stage II - the tumor has spread deeper, growing into the muscle layer of the stomach wall. Cancer cells may also have spread to more of the lymph nodes.
- Stage III - the cancer may have grown through all the layers of the stomach, or it may be a smaller cancer that has spread more extensively to the local lymph nodes.
- Stage IV - This stage indicates that the cancer has spread to distant areas of the body.



## Treatment options

- Surgery
- Gastrointestinal endoscopic mucosal resection (EMR)
- Chemotherapy
- Radiation therapy
- Chemo radiation
- Targeted therapy
- Immunotherapy

# World Diabetes Day

14 November

Millions of people with diabetes around the world do not have access to diabetes care.

People with diabetes require ongoing care and support to manage their condition and avoid complications.

The centenary of the discovery of insulin presents a unique opportunity to bring about meaningful change for the more than 530 million people living with diabetes and the millions more at risk.

The rising number of people affected by diabetes is putting added strain on healthcare systems. Healthcare professionals must know how to detect and diagnose the condition early and provide the best possible care; while people living with diabetes need access to ongoing education to understand their condition and carry out the daily self-care essential to staying healthy and avoiding complications.

Education to protect tomorrow is the theme of the second year of the World Diabetes Day 2021-23 campaign. Activities will focus on highlighting the need for better access to quality diabetes education for health professionals and people living with diabetes.

The International Diabetes Federation is committed to facilitating learning opportunities for all people concerned by diabetes.

WDD is the world's largest diabetes awareness campaign reaching a global audience of over 1 billion people in more than 160 countries. The campaign draws attention to issues of paramount importance to the diabetes world and keeps diabetes firmly in the public and political spotlight.

The World Diabetes Day campaign aims to be the: Platform to promote IDF advocacy efforts throughout the year.

Global driver to promote the importance of taking coordinated and concerted actions to confront diabetes as a critical global health issue

The campaign is represented by a blue circle logo that was adopted in 2007 after the passage of the UN Resolution on diabetes. The blue circle is the global symbol for diabetes awareness. It signifies the unity of the global diabetes community in response to the diabetes epidemic. Every year, the World Diabetes Day campaign focuses on a dedicated theme that runs for one or more years. The theme for World Diabetes Day 2021-23 is Access to Diabetes Care.





# 5 WAYS TO PREVENT

Changing your lifestyle could be a big step toward diabetes prevention — and it's never too late to start. Consider these tips.

**1. Lose extra weight:** Losing weight reduces the risk of diabetes. People in one large study reduced their risk of developing diabetes by almost 60% after losing approximately 7% of their body weight with changes in exercise and diet.

**2. Be more physically active :** There are many benefits to regular physical activity. Exercise can help you:

- Lose weight
- Lower your blood sugar
- Boost your sensitivity to insulin — which helps keep your blood sugar within a normal range

**3. Eat healthy plant foods :** Fiber-rich foods promote weight loss and lower the risk of diabetes. Eat a variety of healthy, fiber-rich foods, which include:

- Fruits, such as tomatoes, peppers and fruit from trees
- Nonstarchy vegetables, such as leafy greens, broccoli and cauliflower
- Legumes, such as beans, chickpeas and lentils
- Whole grains, such as whole-wheat pasta and bread, whole-grain rice, whole oats, and quinoa

The benefits of fiber include:

- Slowing the absorption of sugars and lowering blood sugar levels
- Interfering with the absorption of dietary fat and cholesterol
- Managing other risk factors that affect heart health, such as blood pressure and inflammation

**4. Eat healthy fats:** Fatty foods are high in calories and should be eaten in moderation. To help lose and manage weight, your diet should include a variety of foods with unsaturated fats, sometimes called "good fats." Sources of good fats include:

- Olive, sunflower, safflower, cottonseed and canola oils
- Nuts and seeds, such as almonds, peanuts, flaxseed and pumpkin seeds
- Fatty fish, such as salmon, mackerel, sardines, tuna and cod

**5. Skip fad diets and make healthier choices :** Your dietary goal should be to lose weight and then maintain a healthier weight moving forward. Healthy dietary decisions, therefore, need to include a strategy that you can maintain as a lifelong habit.



# World Children's Day

20 November



## 20 health tips for your kids

1. Never let your kids avoid nutritious food.
2. Always see to it that your child enjoys the food.
3. Breakfast is the most important meal of the day
4. Teach them to wash their hands often
5. Exercise is essential as well
6. Let your kids eat their own lunch
7. If your child isn't hungry, then don't force your child to eat more.
1. Don't make exercise boring
2. Sleep is important for your child
3. School bags shouldn't be heavy
4. Make sure your child visits a pediatrician and a dentist regularly.
5. Include a nice well balanced diet in your child's eating habits.
6. Besides good food, water is also essential for a child's healthy lifestyle.
7. Sneezing and coughing etiquette
8. Vaccinate your child
9. Too much TV and computer isn't good
10. Avoid sharing personal items with your kids



# Pancreatic Cancer

21 November

Pancreatic cancer is a disease in which malignant (cancer) cells form in the tissues of the pancreas. Smoking and health history can affect the risk of pancreatic cancer. Signs and symptoms of pancreatic cancer include jaundice, pain, and weight loss. Pancreatic cancer is difficult to diagnose early.

## What are the symptoms of pancreatic cancer?

Most people don't experience early signs of pancreatic cancer. As the disease progresses, however, people may notice:

- Upper abdominal pain that may spread to the back.
- Yellowing of the skin and the whites of the eyes (jaundice).
- Tiredness.
- Loss of appetite.
- Light-colored poop.
- Dark-colored pee.
- Weight loss.
- Blood clots in the body.
- Itchy skin.
- New or worsening diabetes.
- Nausea and vomiting

## Stages and outlook

The outlook for pancreatic cancer depends partly on which stage it is at when a doctor diagnoses it. A cancer's stage refers to how far it has spread.

For pancreatic cancer, the stages are:

Stage 1: The cancer is in the pancreas. It is localized.

Stage 2: The cancer has reached the bile duct and other structures but not the lymph nodes. It is regional.

Stage 3: The cancer affects the lymph nodes but is still regional.

Stage 4: The cancer has reached other organs and parts of the body. It is distant.



## What are the risk factors for pancreatic cancer?

The average lifetime risk of developing pancreatic cancer is about 1 in 64. A risk factor is something that raises the chance that you will get a disease. There are risk factors that are a result of behavior and that can be changed. For pancreatic cancer, these types of risk factors include:

- Smoking cigarettes, cigars and using other forms of tobacco.
- Obesity is also a risk factor. Carrying weight around the waist is a risk factor even if you do not have obesity.
- Having diabetes, especially type 2 diabetes, which is linked to obesity. The new development of diabetes at an older age and in someone with a normal weight or body mass index could be a sign of pancreatic cancer.
- Being exposed to chemicals used by dry cleaners and metal workers.
- Having chronic pancreatitis, a permanent inflammation of the pancreas usually associated with smoking and drinking a lot of alcohol.



## Treatment

Treatment for pancreatic cancer is planned upon considering multiple factors, namely the stage of the disease, the exact location, the overall condition of the patient and lastly, his/her preferences. Following are the treatment options that a doctor may recommend for pancreatic cancer management:

- a. Surgery: Surgery may be considered if the tumour is confined to the pancreas only. The two main surgical procedures employed for pancreatic cancers include:
  - Surgery for tumours located in the pancreatic head
  - Surgery for tumours located in the pancreatic tail and body
- b. Radiation Therapy
- c. Chemotherapy
- d. Targeted Therapy

## Diagnosis

CT & MRI Scan , Endoscopic Ultrasound , Biopsy , Blood test - CA19-9



**TOPIC OF THE MONTH**

Editorial Choice  
On

**International Men's Day -  
19Nov**

# PILLARS OF SOCIETY

**BY DR. PUSHPA PANDEY  
HWM EDITORIAL HEAD**



**2022**

**NOVEMBER EDITION**

# PILLARS OF SOCIETY

"Try not to become a man of success but rather try to become a man of value"

Albert Einstein

A

lot is sung about the women's quality. In Indian society women is considered next to the goddesses we pray the woman as a Matri Dev Bhav. It clearly shows that women's place is much higher than men in the society. There is another verse in Sanskrit - यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवता

Which means where there is respect for a woman there dwells wealth and prosperity. We do agree with the position of the woman in a family and society but we cannot totally deny the presence and value of a man.

Man's role in the society is very very important and crucial. If Man is a body the woman is soul. If Man is pillar of house the woman is the colour of it. If Man is strength of family whereas woman is emotion in it. Presence of both are equally important. They are two sides of a coin. There is no existence of one without the other. The man is the complement of women

A man is beautiful creation of God who compromises silently right from his very tender age. As a brother he sacrifices for sister. As a lover he tries to shower everything on his partner. As a husband his efforts are to please his wife. As a father he sacrifices his comforts and happiness just to see his children grow and last but not the least as a son he just tries to fondle his old parents in the most comfortable and at peace. Hence, we understand the achievements and contributions of men in the family, community, society and nation as a whole.



International men's day was first celebrated in 1999 by Dr Jerome Teelucksingh to commemorate his father's birth anniversary. He wanted others also to celebrate this day to bring out the positive values men add to the family, community and the world and also cry out the problems faced by them. This day is celebrated in more than 80 countries including India, US, Norway and in Pakistan.

On this day various events are held, i.e. Health fair, prayer meeting, sports tournament, seminars to discuss on men's problem, music concerts and many other activities. In the offices it's celebrated by acknowledging the dedication and contribution of men for the progress. One should understand the physical, emotional and spiritual well-being of men.

Most of the time they are taken for granted thinking that they are very strong, courageous and able to face any odd situation in life. But in fact most of the time they are unheard, misunderstood and sometime ignored. They too need proper love, attention and pampering at times. If given so they turn out to be very powerful, confident and satisfied. Their abilities and qualities should be appreciated on this day. They should made aware about their role, value and importance in different places. They should be honoured by giving some gift by family members, certificate by industries and companies to highlight their contribution. It gives a boost and encouragement for further better outcomes.



Now question arises if a man is praised and appreciated would it solve all the problems. Practically we say not at all. As a human being men are found weaker than women. Though men work hard and show concern but most of the time they have many weaknesses. A weak man is very selfish. He can't make his family members feel protective and secure. He himself needs emotional protection. Most of them are attention seekers, people pleaser, never trusts anyone etc. Whatever may be the weaknesses, the man is a human being and he should be given due respect, love and recognition in whichever role he is.

Let's all forget and forgive the weaknesses and take upper hand in celebrating and rejoicing the day. Men are the main foundation stone and pillars of the world. Without them we can't think of a healthy, wealthy and prosperous world around us. May the men have wonderful life and a wonderful day on 19th November 2022.

"A superior man is modest in his speech, but exceeds in his actions."