

What is cancer screening?

Cancer Screening is health check up and investigation of a healthy asymptomatic individual to rule out cancer. Cancer screening services are available at RGCIRC at highly subsidized rates.

Can vaccination help in risk reduction?

- **HPV vaccines:** Prevention against cervical cancer recommended for sexually naive girls starting as early as 9-10 years of age
- **Hepatitis B vaccines:** Prevention against cirrhosis which may lead to liver cancer (all infants, starting with the first dose of Hepatitis B vaccine at birth; all children and adolescents younger than 19 years of age who have not been vaccinated; any adult who is at risk for Hepatitis B virus infection)



How to have cancer screening?

Steps to be followed:

- Take prior appointment at +91 - 11 - 4702 2053
- Report to main reception after overnight fasting
- Registration for screening
- Report to Preventive Oncology OPD
- Clinical Examination & PAP Smear process (for females)
- Investigation process
- Written report may be collected or dispatched (in case of abnormality in reports, please contact, Department of Preventive Oncology)



**Rajiv Gandhi Cancer Institute
and Research Centre**

A Unit of Indraprastha Cancer Society
Registered under "Societies Registration Act 1860"

Accredited by:



Sector 5, Rohini, Delhi - 110085
Emergency: +91 - 11-4702 2222
Appointment: +91 - 11-4702 2070/71
Email: info@rgcirc.org | Website: www.rgcirc.org



RGCIRC
Rajiv Gandhi Cancer Institute & Research Centre
A Venture with National Chest Institute

Accredited by:



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Department of **PREVENTIVE ONCOLOGY**



Prevention is better than cure

Rajiv Gandhi Cancer Institute and Research Centre (RGCIRC), is a visionary project of Indraprastha Cancer Society and Research Centre, aimed at providing the best of Cancer Care to those who need it. The Vision of our founder members is "To prevent and treat cancer by providing affordable Oncology care of International standards in India". The philosophy of RGCIRC is to constantly strive towards excellence in Cancer Care through combination of latest technology, competent personnel and a humane touch. RGCIRC offers comprehensive services from prevention to palliation at an affordable price.

Department of Preventive Oncology

Preventive Oncology Department provides services to the public by means of:

- Free cancer screening and awareness programmes to the underprivileged sections of the society
- Dissemination of cancer related information through brochures and lectures in schools/colleges/RWA's/ corporates etc.
- Cancer screening in the OPD of the hospital at highly subsidized rates
- Executive Health Check-up programme
- Tobacco Cessation Clinic
- Training programme for health workers on prevention and early detection of cancer

ALMOST
40%
of the most common cancers
CAN BE PREVENTED

For more information/query, please contact:
Department of Preventive Oncology
+91-11-4702 2053 | Monday to Saturday Between 09:00 am - 05:30 pm
*except Sundays & gazetted holidays

Cancer - A preventable tragedy

Healthy lifestyle holds key to cancer prevention. Nearly 40% of the cancers can be prevented by avoiding tobacco and adopting healthy habits. Regular screening can help detect many cancers in early stages when they can be treated successfully.



Contact a cancer specialist if you have any of these warning signals

- **C**hange in bowel habits or bladder function
- **S**ores that do not heal
- **W**hite / reddish patches inside the mouth
- **U**nusual bleeding or discharge
- **T**hickening or lump in the breast or other parts of the body
- **I**ndigestion or trouble swallowing
- **R**ecent change in a wart or mole or any new skin change
- **N**agging cough or hoarseness
- **U**nexplained headache, vision changes, loss of appetite or weight and / or fever for more than 3 weeks

How can we prevent cancer?

- Stop smoking and chewing tobacco
- Alcohol in moderation
- Take care of oral hygiene
- Take care of genital hygiene
- Take proper balanced diet
- Eat fresh fruits and vegetables rich in vitamin A & C
- Abstain from oily, spicy food & junk food
- Prefer vegetarian food
- Cut down on pickles and bar-be-qued food
- Regular exercise and control on weight
- Go for vaccination (HBsAg, HPV vaccination)
- Go for regular screening and executive check ups

Breast Cancer Prevention

- Avoid late marriage
- Encourage lactation and breast feed your baby
- Avoid hormones unnecessarily
- Females should be encouraged for breast self examination every month after 20 years of age and for clinical breast examination, between 20 to 40 years of age group, once in every 3 years and every year after 40 years of age
- Females between 40 to 50 years of age group should be encouraged for Mammography* once in every 2 years and every year after 50 years of age

Cervical Cancer prevention (females)

- Pap Smear for sexually active females after the age of 21 years
- HPV-DNA after 30 years of age
- Vaccination 9-26 years of age