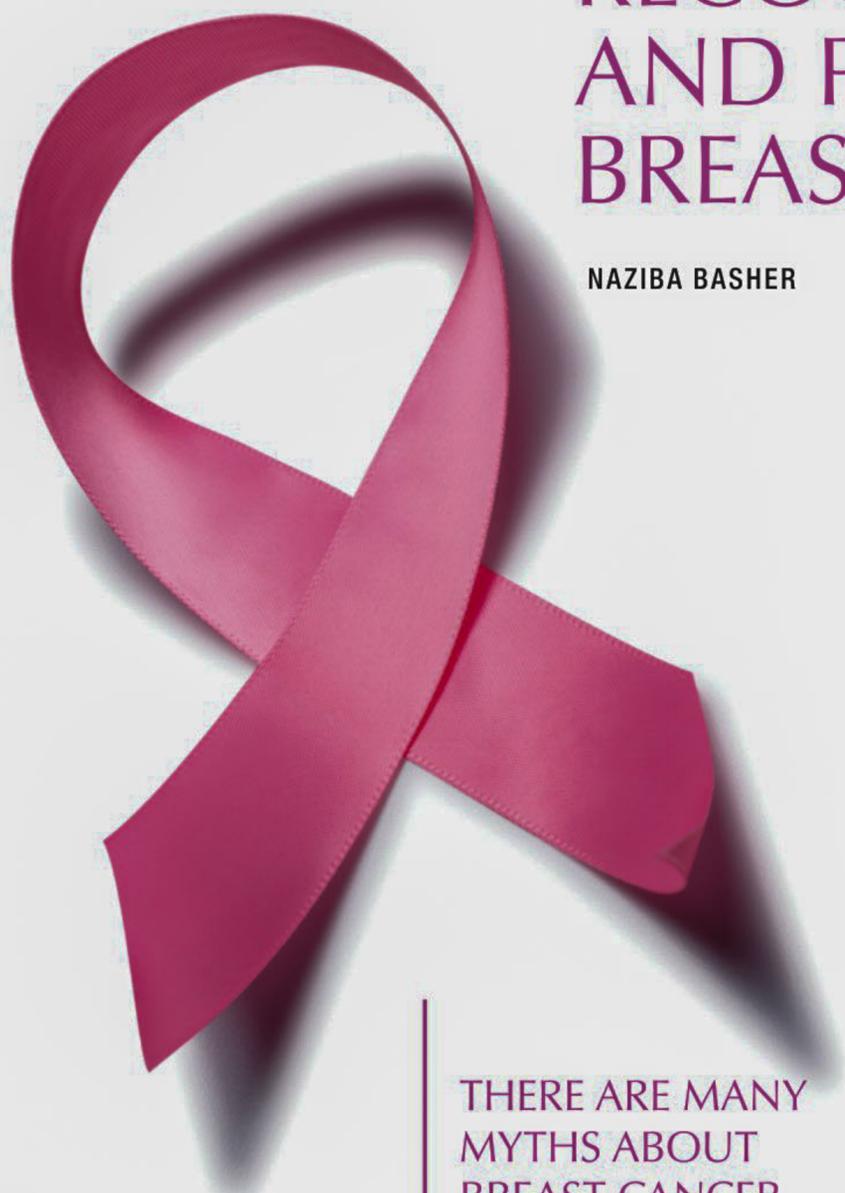


| AN APPLE A DAY |

RECOGNISING AND PREVENTING BREAST CANCER

NAZIBA BASHER



THERE ARE MANY MYTHS ABOUT BREAST CANCER THAT HAVE RECENTLY BEEN DEBUNKED. MOST PEOPLE DO NOT KNOW THESE AND END UP FORMING MISCONCEPTIONS.

Breast cancer is a threat to women all over the world. The cause for this cancer can be both hereditary and environmental. The exact cause of breast cancer — what causes breast cells to start to grow out of control — is still not known. The combination of a person's genes and their environment possibly plays a role in the growth of the disease.

While there are temporary treatments provided for breast cancer, it is best for us to be prepared beforehand. There are few things we can do to not only recognise signs and symptoms of breast cancer, but also prevent it.

SOME OF THE MOST COMMON MYTHS

1. Only women with a family history have risk of breast cancer.
2. Wearing an under-wire bra increases your risk of getting breast cancer.
3. Breast cancer always comes in the form of lumps.
4. You cannot get breast cancer after a mastectomy.
5. Fertility treatments increase the risk of breast cancer.

SOURCE: HEALTH.COM

While lumps are an indicator of breast cancer- it isn't the only one. Swelling; skin irritation or dimpling; breast or nipple pain; nipple retraction (turning inward); redness, scaliness, or thickening of the nipple or breast skin; or a discharge other than breast milk are all indicators.

Breast cancer can also spread to underarm lymph nodes (in your armpits) and cause swelling there before a tumor in the breast is large enough to be felt. Even though there is no clear indication as to why it happens, breast cancer is something that all women should be on the look out for. It may happen anytime, to anyone, for any reason. Since there are some steps we can take to protect ourselves from such a trauma, it is best for us to take them and be on the safer side, while we can. ■

SOME THINGS YOU CAN DO AT HOME TO PREVENT BREAST CANCER

1. **Avoid becoming overweight-** Obesity raises the risk of breast cancer after menopause, the time of life when breast cancer most often occurs. Avoid gaining weight over time, and try to maintain a healthy body-mass.
2. **Eat healthy-** Start a diet high in vegetables and fruit and low in sugared drinks, refined carbohydrates and fatty foods. Eat lean protein such as fish or chicken breast and eat red meat in moderation, if at all. Eat whole grains. Choose vegetable oils over animal fats.
3. **Keep physically active-** Research suggests that increased physical activity, even when begun later in life, reduces overall breast-cancer risk by about 10 percent to 30 percent. All it takes is moderate exercise, like a 30-minute walk, five days a week, to get this protective effect.
4. **Drink little or no alcohol-** Alcohol use is associated with an increased risk of breast cancer.
5. **Don't smoke-** Research suggests that long-term smoking is associated with increased risk of breast cancer in some women.
6. **If you bear children, breast-feed for as long as possible-** Women who breast feed their babies for at least a whole year reduce the risk of breast cancer for themselves.
7. **Get regular breast cancer screenings-** even if one screening shows no signs of cancer, it does not mean there is no chance for you to get it at all. Keep your screenings and doctor's visits regular, to keep yourself updated on your health.

SOURCE: FREDHUTCH.COM



| NUMBERS |

The city of Delhi's anti-corruption helpline re-launched by chief minister Arvind Kejriwal on Sunday answered 12,731 calls in 24 hours. Officials are now investigating the calls to separate the real calls from the frivolous calls.

A Delhi government spokesperson said, "Once segregation is complete, complaints that require action will be forwarded to the anti-corruption branch (ACB) for probe. The helpline functions on a 24x7 basis and will remain open all 365 days of the year".

Due to shortage in the number of lines during AAP's previous 49-day tenure, only 25% calls could be attended. "Callers will be coached on how to trap those asking for bribe. Executives who will advise them are part of a separate cell and are trained in carrying out sting operations. If a person is hesitant in conducting the sting operation, our staff will do it on their behalf. We have sufficient man power and technical equipment to do so," a senior government official said.

The faces behind the helpline will be kept a secret.

SOURCE: WWW.HINDUSTANTIMES.COM

PHOTO: INTERNET