

Early detection very important

But once cancer has set in, relief can be achieved in over 90% of advanced cancer patients through palliative care

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*"You'd better slow down
Don't dance so fast
Time is short
The music won't last"*

These lines from a beautiful poem "Slow Dance", rumored to be composed by a terminally ill six-year old girl suffering from leukemia who had few months to live, has been making rounds on Internet since 1998. It imparts its message loud and clear to live life to the fullest, even if one has cancer.

Cancer is a leading cause of death worldwide and accounts for 5,35,07 deaths per 100,000 people worldwide and around 13% of all deaths according to WHO. The disease is projected to continue to rise to over 11 million by 2030. There are more than 100 types of cancers. The five most common types of cancer that kill men are lung, stomach, liver, colorectal



(VIA) and PAP smear for cervical cancer, mammography for breast cancer, PSA for prostate are very important in early detection. Thereafter, diagnosis and cure by surgery, radiotherapy or chemotherapy, can be achieved especially if they are detected early.

Once the cancer has set in, relief from physical, psychosocial and spiritual problems can be achieved in over 90% of advanced cancer patients through palliative care, where Homeopathy is of utmost importance. Even with late stage, the suffering of patients

and oesophagus while in women cancer of the breast, lung, stomach, colorectal and cervical are major killers. In many developing countries, cervical cancer is the most common cancer.

Yet, 30% of cancer can be prevented by modifying or avoiding key risk factors. Having a healthy diet consisting variety of vegetables, fruits, whole grains, and legumes and limiting consumption of red meats (including beef, pork, and lamb) and processed meats can prove beneficial. Maintenance of body mass index by being lean and physically active is important.

Tobacco use alone is the single largest preventable cause of cancer in the world, causing 22% of total cancer deaths. Therefore, tobacco as well as alcohol is best avoided. Further, control of occupational hazards is also important.

One fifth of all cancers worldwide are caused by a chronic infection, for example human papillomavirus (HPV) causes cervical cancer and hepatitis B virus (HBV) causes liver cancer. In developing countries up to 20% of cancer deaths could be prevented by immunization against the infection of HPV and

patients can be relieved with good palliative care which aims to relieve, rather than cure, symptoms caused by cancer. It is an urgent humanitarian need for people worldwide with cancer and other chronic fatal diseases and Homeopathy, with its mild doses with no side effects, is most suitable for palliation.

Even for after effects of chemotherapy and radiotherapy, Cadmium sulph 30 can be taken four times a day. For those who have family history of cancer one single dose of carnosin in 1000, if taken once in 6 months by all, will give some protection against cancer and will slow down the metastatic process if cancer has already set in. Similarly, Scirrhinum in 1000 once every 6 months will provide prophylaxis against breast cancer and also prevent its recurrence. Euphorbium in 1000 gives resistance against skin cancers. Hydrastis Q is a tonic for all kinds of gastro-intestinal cancers.

Homeopathy has also many more wonderful medicines for pain relief, palliation and cure of cancers.

One must consult a homeopathic physician to improve the quality of life