Government of Punjab
Department of Health & Family Welfare
(Health – 4 Branch)

To

Director,
Health and Family Welfare,
(Cancer Control Cell) Punjab, Chandigarh

Memo No. 5/16/2015-5HB4/546321
Dated, Chandigarh: 23-07-2015

Subject:— Regarding guidelines for organizing cancer screening camps.

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Reference on the subject cited above.

2. A copy of “guidelines for organizing cancer screening camps” is sent
   for taking immediate necessary action.

Superintendent

23/07/15
GUIDELINES FOR ORGANISING CANCER SCREENING CAMPS

Objectives

- To identify asymptomatic cases of cancer by screening
- To diagnose patients with early signs and symptoms of Cancer
- To guide and refer detected/diagnosed cases of cancer for further treatment.
- To provide appropriate health education to the patients and their families regarding prevention of cancers and lead healthy lifestyles.

Preparation for the camp

- The camps can be held in different parts of the state/district.
- The NGO/Voluntary Organizations desirous of organizing the camps should have a micro plan for organizing the activities. A prior door-to-door survey may be conducted to identify the target population and types of cancers that could be prevalent in the area. The local elected bodies like Panchayats and Municipal Corporations/Committees should be taken into confidence before undertaking any activity.
- The permission from the local health authority (Civil Surgeon) is mandatory. This will also ensure support from the Department of Health & Family Welfare for further investigations and treatment of referred patients.
- Advertisement – The organisers will carry out appropriate awareness campaign regarding camp organization and may get the camp inaugurated by some local well known public personalities so as to gain confidence of the community.

Screening Camp

- During the camp, the organisers should ensure proper counselling of the target population regarding potential risk factors and prevention of cancers. The patients suffering from cancer should be counselled about their health care.
• The camp should be managed in such a manner that there is no risk overcrowding or risk to the lives of the people in the camp. Appropriate arrangement may be made for availability of water.

• Adequate audio-visual counselling for patients and their attendants may be arranged in the OPD area during the waiting period. Similarly, some reading materials (pamphlets, brochures, etc.) may be provided.

• Full details of the participants/patients should be recorded and shared with the health department at the end of the activity. This would help in giving treatment and follow up to the patients.

**Management and Referral:**

• Mammographic screening should not be done for women below 50 years of age and not more than once in 2 years.

• The pre-cancerous patients should be adequately counselled for follow up.

• The suspected/confirmed cases should be referred to the secondary/tertiary centres for treatment and followed up time-to-time by the organizers.

• The negative cases should be counselled regarding avoidance of risk factors and healthy life styles.

• Awareness/education should be based on scientific and proven evidence/findings. Important risk prevention factors should be highlighted such as:

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<thead>
<tr>
<th>Sr</th>
<th>Problem</th>
<th>Solution</th>
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<tbody>
<tr>
<td>1</td>
<td>Infections such as HPV</td>
<td>Cervical Cancer is one of the commonest cancers in Indian women. It is estimated that 132,000 new cases are diagnosed and 74,000 women die annually in India. This accounts for nearly 1/3rd of the global cervical</td>
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<td>Condition</td>
<td>Description</td>
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<td>Obesity</td>
<td>Obesity is associated with increased risks of the cancers of esophagus, pancreas, colon, rectum, breast, endometrium etc. As per one estimate, if every adult reduced their BMI by 1 percent (approximately 1 kg for an average adult), it would prevent about 100,000 new cases of cancer. Fast Food industry has mushroomed all over India and their powerful advertising has influenced the eating habit of most urban kids. The advertisement of burger, pizza, chocolates, soft drinks, noodles, biscuits - have misled the young vulnerable to accept it as a safe food. It is not surprising that Fast food coupled with lack of exercise has lead to sharp increase in obesity in urban population.</td>
<td>Use safe footpaths and dedicated cycling tracks Reduce intake of fast food.</td>
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<td>Air Pollution</td>
<td>Air Pollution is one of the proven etiologies for various pulmonary diseases including lung cancer. Vehicular pollution is an important source of our air contamination. Due to rising affordability and quest for comfort, most people prefer to use their personal vehicle for transportation needs. Due to increasing number of cars in limited road space, traffic jams are well known in most cities. This leads to huge contribution to air pollution.</td>
<td>Create awareness among public.</td>
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<td>Alcohol</td>
<td>Alcohol is a confirmed cancer causing substance as per the international agency for research on Cancer (WHO).</td>
<td>Stop consuming Alcohol and Tobacco.</td>
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<td>Alcohol is casually related to cancers of the mouth, or pharynx, liver, esophagus and breast. Alcohol consumption increases the risk of Larynx cancer by 17 fold and mouth cancer by 10 fold. The risk becomes much higher when tobacco is consumed along with alcohol. Apart from cancer, it causes dependence syndrome, cirrhosis, pancreatitis (acute and chronic), gastritis, polyneuropathy, hemorrhagic stroke, psychoses, epileptic seizures and other mental conditions.</td>
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<td>5</td>
<td>Areca Nut or Supari</td>
<td>More than 80% consumption of tobacco is in the form of chewing Tobacco with or without Areca Nut. These products are being aggressively marketed as mouth fresheners.</td>
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<td><strong>Stop consuming these products.</strong></td>
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- There should be no spread of false/unsubstantiated information regarding cancer.