



Don't skip meals

Lifestyle cancers have increased among people working in MNCs

LIVING on the fast lane may get dangerous. And if you are one of those who regularly burn your midnight oil at the office, you better be prepared for some rude shocks. In fact, hectic work schedules, fast food culture and rising pressures in office are already taking a toll on young professionals and doctors are seeing a steady rise in number of lifestyle diseases, including cancer.



Of course, the work culture has changed. In a race to meet deadlines and to cope with meetings, a lot of compromises have to be made by these executives, including skipping meals, working empty stomach for long periods, relying on junk food — as it's easily accessible and fast to eat — and exposure to smoking and alcohol at a relatively young age.

Says Dr Amit Bhargava, consultant oncologist, Max Healthcare: "Colon cancer, oesophageal cancer, gall bladder cancer and stomach cancer cases have increased tremendously in the past years in the youngsters between 25 and 35 years. I have been coming across many such cases."

He elaborates that non-nutritious diet leads to a deficiency in essential vitamins and minerals, leading to weakening of human tissues and organs. "Such drastic change in lifestyle makes you prone to lifestyle-related disorders which includes even cancer because when a weak body is subjected to alcohol and smoking, it increases the chances of cancer," he adds.

For the uninitiated, when the stomach mucosa (inner wall of stomach) is subjected to the corroding effects of acid — which is further aggravated by being empty stomach, alcohol and smoking — this causes swelling of the stomach wall (gastritis), leading to benign ulcers. These ulcers, if not treated properly and well in time, may lead to cancerous growth.

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