

# The Age

MUMBAI

**CANCER WORLD'S TOP KILLER BY 2010**

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Those who believed that heart diseases are the world's greatest killer, might have to update their fact's diary as cancer is set to overtake heart diseases as the greatest killer in the world by 2010.

In a report by WHO's International Agency for Research on Cancer stated that cancer diagnoses around the world have steadily been rising and are expected to hit 12 million this year, and global cancer deaths are expected to reach seven million.

Not very good news for tobacco users as rising tobacco use in developing countries is believed to be a huge reason for the shift, particularly in China and India, where 40 per cent of the world's smokers now live.

The report also added that an annual rise of one per cent in cases and deaths is expected — with even larger increases in China, Russia and India. That means new cancer cases will likely to rise to 27 million annually by 2030, with deaths hitting 17 million.

What are the basic reasons that breeds this deadly, and at times, incurable disease?

"In the Indian scenario we have approximately the largest population of tobacco and *pan masala* users, which is one of the key factors that leads to cancer. Moreover, it won't be wrong to term cancer as a lifestyle disease, as lack of nutrients can also lead to this diseases, as inadequate supply of nutrients in one's meal can damage his cells, and can lead to abnormal multiplication of cells which is commonly known as cancer," says Dr Amit Bhargava, consultant Oncologist, Max Health Care.

He also informed that there has been a rise of 12 per cent to 15 per cent in the number of cancer-related cases in India as compared to heart-related disorders that too is rising at six per cent per year.

Looking at the figures provided by the WHO on cancer, it is increasingly becoming important for us to know the disease and also the process of how we can prevent ourselves from falling prey to this deadly killer.

How can one prevent this disease for there are no vaccinations available?

"One can enroll himself with cancer screening clubs, which are available in many hospitals around the country. What they do there is they diagnose the suspected patient by tracing his health history. And basing on those facts they will ask the patient to come their monthly or yearly for update," adds Dr Bhargava.

According to a recent research by WHO, cancer is set to overtake heart diseases as the greatest killer in the world by 2010