

# ROTARY CLUB OF CHIKHLI RIVER FRONT

RI DISTRICT: 3060 CHARTER DATE: 07 JUNE 2018 CLUB No.: 89348

# CHAKRA

HEALTH

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## PRE-CANCEROUS RISK SPECIAL ISSUE

OUR SINCERE THANKS TO ALIPORE HOSPITAL

<p><b>ROTARY CLUB OF CHIKHLI RIVER FRONT</b></p>	
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<p><b>EDITORS:</b> RTN HASSAN MAYET &amp; RTN SWETAL DESAI</p>	

# EDITORIAL

ROTARY GREETINGS TO ALL OF YOU!!!

We feel pleased to present this booklet to bring awareness amongst all of us in this month, National Cancer Awareness Month. Our duty towards society is to bring awareness amongst us all.

Not all precancerous cells progress into cancer. Precancerous cells are abnormal cells that could undergo changes and turn into cancer cells as time goes by. Most precancerous cells do not morph into invasive cancer cells. Precancerous cells may or may not turn into cancer. Because the cells are abnormal, it's important to have them monitored or, in some cases, removed to help reduce your future risk of cancer.

Very rarely can the abnormal cells come back in this area. So, you will be offered tests 6 months and 18 months after your hysterectomy. If everything is fine, you won't need any more tests after that. Precancerous cervical changes are not curable in the traditional sense since they are not yet cancerous. However, therapies like LEEP, cryotherapy, and cone biopsy can effectively remove abnormal cells. Learn about the survival rates of cervical cancer.

However, in some instances, doctors can detect a cancer so early that it is referred to as a "precancerous" lesion or a "Stage 0" cancer. The main quoted examples of precancerous conditions are syphilis, oral submucous fibrosis, actinic cheilitis, sideropenic dysphagia, and lichen planus. If left untreated, it may take 10 years or more for precancerous conditions of the cervix to turn into cervical cancer, but in rare cases, this can happen in less time. Precancerous conditions of the cervix happen in an area called the transformation zone.

Most strains of HPV go away permanently without treatment. Because of this, it isn't uncommon to contract and clear the virus completely without knowing you had it. HPV doesn't always cause symptoms, so the only way to be sure of your status is through regular testing. HPV screening for men isn't available. Because cancer is not just a single disease, it is unlikely that there will ever be a single cure for it. Instead, treatments for individual cancers are likely to evolve, making it possible for more people to achieve remission for longer periods or even permanently. **Please note:** this booklet is for private circulation amongst fellow Rotarians and its main purpose is to bring about awareness and encourage everyone to consult doctors first and seek their advice and follow-up with them.

Furthermore, we would like to inform you that the Rotary Club of Chikhli River Front is building a Multi-speciality Hospital and the construction work is in progress with Four Slabs completed and fifth slab work is in progress. We humbly request everyone to participate in the construction work of this project where one person can donate Rs. 2,500 per sq. ft or in more in multiples. We request everyone to contribute at least one square foot and be part of saving lives through Hospital project. Details in the coming pages.

Lastly, enjoy reading and keep yourselves informed regarding these vaccines which might be very useful to you in future. Our sincere thanks to all those who have helped us with information to prepare this booklet especially from Alipore Hospital Team.

Yours sincerely

Rtn Hassan Mayet    Rtn Swetal Desai

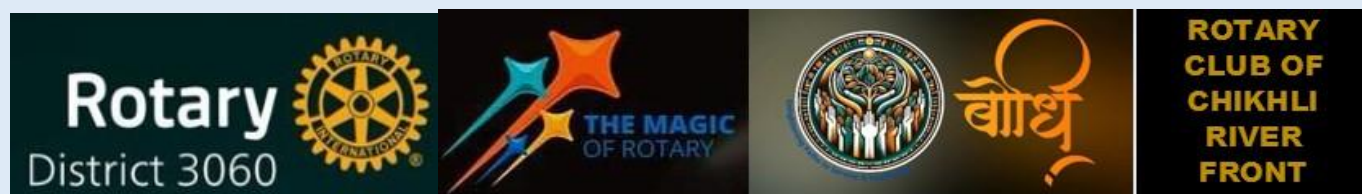


## LET US KNOW ABOUT PRE-CANCEROUS CONDITION

A precancerous condition is a condition, tumour or lesion involving abnormal cells which are associated with an increased risk of developing into cancer. Clinically, precancerous conditions encompass a variety of abnormal tissues with an increased risk of developing into cancer. Some of the most common precancerous conditions include certain colon polyps, which can progress into colon cancer, and monoclonal gammopathy of undetermined significance, which can progress into multiple myeloma or myelodysplastic syndrome. and cervical dysplasia, which can progress into cervical cancer. Bronchial premalignant lesions can progress to squamous cell carcinoma of the lung.

Pathologically, precancerous tissue can range from benign neoplasias, which are tumours which don't invade neighbouring normal tissues or spread to distant organs, to dysplasia a collection of highly abnormal cells which, in some cases, has an increased risk of progressing to anaplasia and invasive cancer which is life-threatening. Sometimes, the term "precancer" is also used for carcinoma in situ, which is a non-invasive cancer that has not grown and spread to nearby tissue, unlike the invasive stage. As with other precancerous conditions, not all carcinoma in situ will become an invasive disease but is at risk of doing so.

**The term precancerous or premalignant condition may refer to certain conditions, such as monoclonal gammopathy of unknown significance, or to certain lesions, such as colorectal adenoma (colon polyps), which have the potential to progress into cancer (see: Malignant transformation). Premalignant lesions are morphologically atypical tissue which appear abnormal when viewed under the microscope, and which are more likely to progress to cancer than normal tissue. Precancerous conditions and lesions affect a variety of organ systems, including the skin, oral cavity, stomach, colon, lung, and haematological system. Some authorities also refer to hereditary genetic conditions which predispose to developing cancer, such as hereditary nonpolyposis colorectal cancer, as a precancerous condition, as individuals with these conditions have a much higher risk of developing cancer in certain organs.**



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DISTRICT 3060

**CANCER DETECTION-ON-WHEEL  
ALIPORE HOSPITAL**

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# KNOW & ADDRESS THESE 4 PRECANCEROUS RISKS

#NationalCancerAwarenessMonth



A condition is considered precancerous if it consists of abnormal cells with an increased risk of becoming cancerous. These conditions are not yet cancer but serve as early warning signs from the body. This **National Cancer Awareness Month**, we take a closer look at some common precancerous conditions to better understand how to identify the risk.

**With medical advancements, it is possible to know if you have increased cancer risk with a simple blood test. It can detect mutations linked to cancer helping you and your family with proactive health planning.**

# 1. | Oral Submucous Fibrosis (OSMF)

1



It is a chronic condition in which there is stiffening of the mouth, which can increase the risk of developing oral cancer. **Oral cancer is the most common cancer among men and the third most common cancer among women.**

## **Warning Signs That You Should Not Miss**

Stiffness in the mouth or jaw is the most common symptom. Other signs can be:

- Burning sensation with spicy foods
- Reduced mouth opening
- White patches or ulcers in the mouth
- Difficulty swallowing



Oral submucous fibrosis (OSMF) is an oral precancerous condition characterized by inflammation and progressive fibrosis of the submucosal tissues resulting in marked rigidity and trismus. OSMF still remains a dilemma to the clinicians due to elusive pathogenesis and less well-defined classification systems.

**MAIN CAUSE: ORAL SUBMUCOUS FIBROSIS:** Diffuse firm whitish areas of submucosal scarring usually caused by frequent and prolonged contact with betel nut quids, tobacco, or hot chili peppers; lesions have a higher-than-normal risk of developing squamous cell carcinoma.

Clinical staging	Interpretation
Stage 1 (S1)	Stomatitis and/or blanching of oral mucosa.
Stage 2 (S2)	Presence of palpable fibrous bands in buccal mucosa and/or oropharynx, with /without stomatitis.

There is no ultimate treatment for OSF due to its complex etiology. The most important factor for the weakening of this disease, doctors consider the cessation of chewing areca nut and betel, followed by conservative curing or surgical intervention.

**IS OSMF PAINFUL:** The mucosa feels leathery with palpable fibrotic bands. In the advanced stage, the oral mucosa loses its resiliency and becomes blanched and stiff. As the disease progresses, the person is unable to open the mouth protrude the tongue or swallow. There is burning sensation to hot and spicy food.

Treatment of oral submucous fibrosis:

- a) Pentoxifylline. ...
- b) Interferon-gamma. ...
- c) Immune milk. ...
- d) Turmeric. ...
- e) Physiotherapy. ...
- f) Diathermy,
- g) ultrasound,
- h) lasers:
- i) Microwave diathermy. ...
- j) Cryosurgery. ...
- k) Surgical treatment.





Cervical dysplasia is the presence of abnormal cells on the cervix's surface, which is the lower part of the uterus connecting to the vagina. Without treatment, it can progress to **cervical cancer, the second most common cancer among women in India.**

### **Warning Signs That You Should Not Miss**

Often there are no symptoms, but in some cases it can lead to:

- Unusual vaginal discharge
- Bleeding between periods or after sex
- Pelvic pain (less common)

**Cervical dysplasia is often linked to human papillomavirus (HPV) infection. Vaccination can protect against the most harmful virus strains, reducing cancer risk.**



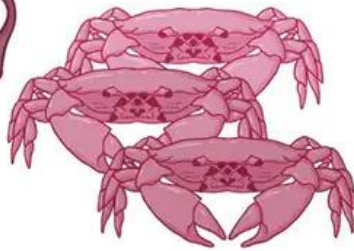


# CERVICAL CANCER SCREENING

## CERVICAL CANCER



ORIGINATES  
in the **CERVIX**



ONE of MOST COMMON  
CANCERS in WOMEN



USUALLY RESULT of  
INFECTION by HPV

### ROLE in RESEARCH



**HENRIETTA LACKS**  
\* FIRST HUMAN CELLS  
GROWN in a LAB

### Signs of Abnormal Vaginal Discharge



Vaginal burning  
during urination



Changes in color,  
consistency or  
amount



Presence of  
blood outside of  
your period



Itching,  
discomfort,  
or a rash



Foul odor with  
yellowish, greenish, or  
grayish white discharge

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# Stages of cervical cancer



## Stage 1

Cancer is only found in the cervix.



## Stage 2

Cancer has spread from the cervix to the upper part of the vagina or the tissue around the uterus.

3



## Stage 3

Cancer has spread to the lower part of the vagina or to the pelvic wall. It can block the flow of urine to the bladder.



## Stage 4

Cancer has spread to other parts of the body inside or outside the pelvis.

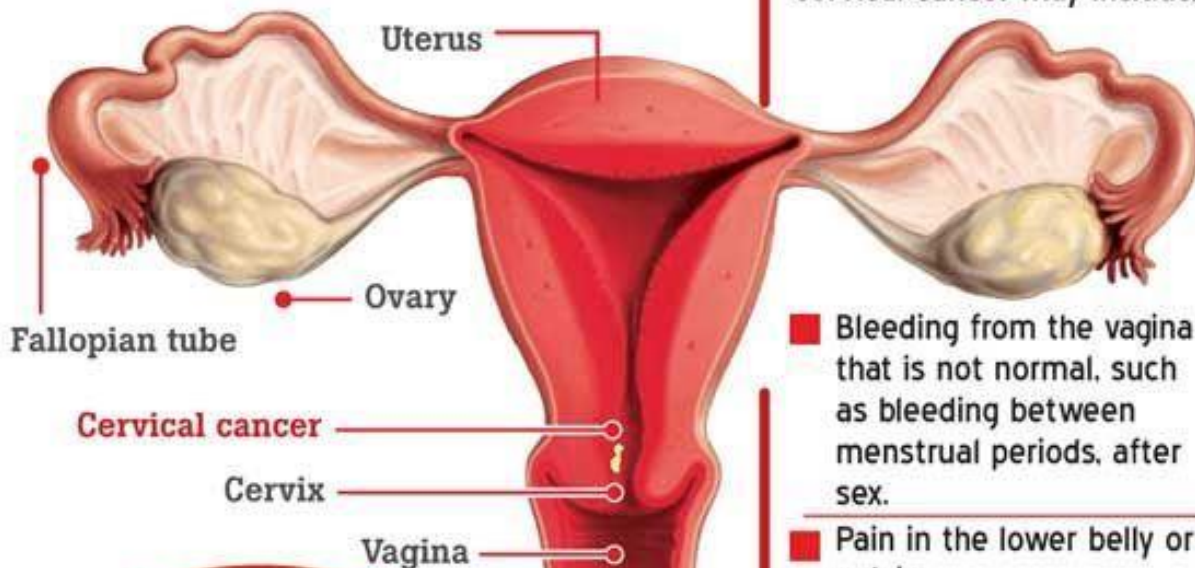
YET CERVICAL CANCER  
CLAIMS THE LIVES OF  
MORE THAN

300,000

PEOPLE EACH YEAR

# CERVICAL CANCER

Cervical cancer occurs when abnormal cells on the cervix grow out of control. The cervix is the lower part of the uterus that opens into the vagina. Cervical cancer can often be successfully treated when it's found early.



## HOW IS CERVICAL CANCER DIAGNOSED?

As part of a pelvic exam, you should have a Pap test. During a Pap test, the doctor scrapes a small sample of cells from the surface of the cervix to look for cell changes. If a Pap test shows abnormal cell changes, your doctor may do other tests to look for precancerous or cancer cells on your cervix.

## SYMPTOMS

Abnormal cervical cell changes rarely cause symptoms. But you may have symptoms if those cell changes grow into cervical cancer. Symptoms of cervical cancer may include.

- Bleeding from the vagina that is not normal, such as bleeding between menstrual periods, after sex.
- Pain in the lower belly or pelvis.
- Vaginal discharge that isn't normal.
- Pain during sex.
- Bleeding in post-menopausal women

These symptoms can have other causes, including infection. Anyone who experiences any of these symptoms should see a doctor.

## TREATMENTS

Cervical cancer treatment options include surgery, radiotherapy, chemotherapy, or combinations of these. Deciding on the kind of treatment depends on several factors, such as the stage of the cancer, as well as the patient's age and state of health.





It is a very early form of breast cancer where abnormal cells are found in the lining of the milk ducts but have not spread to surrounding tissue. It accounts for about **20-30% of all breast cancer cases globally.**<sup>[3]</sup>

#### **Warning Signs That You Should Not Miss**

It often has no symptoms, however, some people may notice:

- Unusual nipple discharge
- Breast pain or tenderness
- Changes in breast size or shape
- Lump in the breast (rare in DCIS)

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# Early detection is the key to control

**Step 1 :** Look at your breasts in the mirror with your shoulders straight and your arms on your hips.



**Step 2 :** Raise your arms and look for skin changes such as skin dimpling, skin ulceration or elevation.



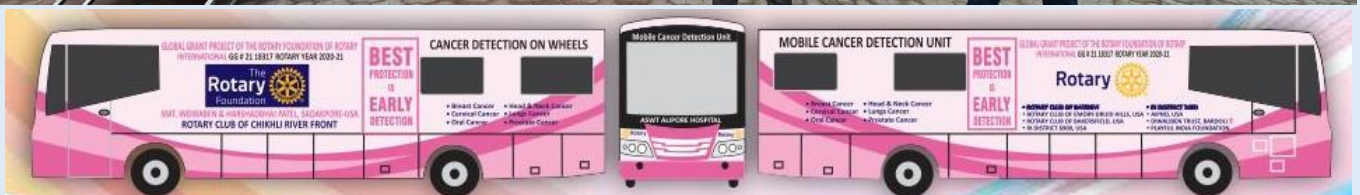
**Step 3 :** One should look for nipple flattening or inversion. Do not try to express nipple discharge. But please see the doctor if you notice, spontaneous, unilateral, bloody or watery nipple discharge.



**Step 4 :** Use a firm, smooth touch with the first few finger tips of your hand, keeping the fingers flat and together. Use a circular motion to feel the breast.



**Step 5 :** Feel your breasts while standing or sitting. The easiest way to feel your breasts is when skin is wet and slippery.



For Cancer Detection on Wheels Service at your area, please contact Mr Suhel Shah +91-99794 93698



It is a condition where the lining of the stomach changes due to chronic acid reflux, increasing the risk of esophageal cancer.

### **Warning Signs That You Should Not Miss**

Frequent heartburn or acid reflux is the most common symptom. Other signs may be:

- Difficulty swallowing
- Chest pain
- Persistent sore throat or hoarseness
- Unexplained weight loss

**Facing acidity problems? Take professional advice to get to the root of what's causing the acid reflux and how to manage it.**

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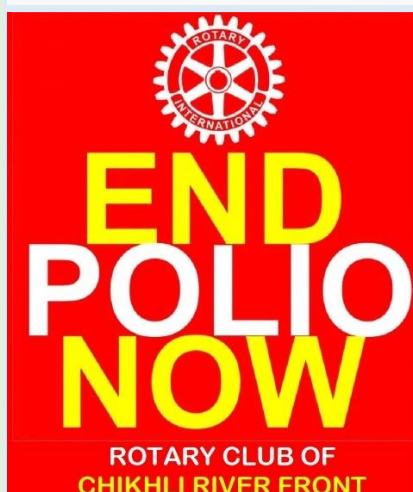
Alipore Hospital

# Not all precancerous cells progress into cancer!

While precancerous cells are abnormal and have the potential to change over time, most precancerous cells don't become invasive. Early detection with proper treatment further reduces this risk. Let's stay proactive and stay healthier.

## Oral Cancer

**Oral cancers (oral cavity cancer)** that develops in any part of the mouth. Signs and symptoms may include difficult or painful swallowing, a lump or a white or red patch on the inside of the mouth, mouth & ear pain, a lip or mouth sore that doesn't heal. Risk factors may include heavy alcohol use, tobacco use, and HPV infection.



IMMUNIZE FOR A HEALTHY FUTURE

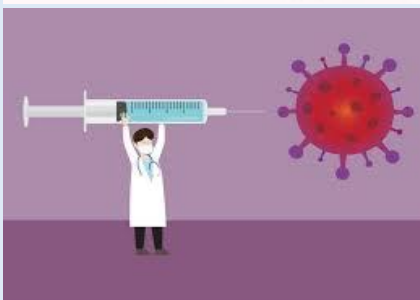


# Symptoms of Oral Cancer



The common oral cancer symptoms are fatigue, nausea, and pain. The other site-specific symptoms:

- Lump on the lips, mouth, throat or neck,
- Feeling of cheek thickening
- Red or white patches/spots on the gums, tongue
- Persistent sore throat
- Difficulty in chewing, swallowing, or moving the jaws or tongue
- Numbness of the mouth or tongue
- Hoarseness or change in voice
- Pain or bleeding in the mouth
- Dentures that no longer fit



## PRECANCEROUS CONDITIONS

- Its a generalized state associated with a significantly increased risk of cancer developing.
- Eg. betel quid chewing



આલીપોર સોશયલ વેલફેર ટ્રસ્ટ સંચાલિત

દરેક સારવાર એક જ છત્ર નીચે સહકરે ઉપલબ્ધ

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નેશનલ હાઇવે નં. ૪૮, આલીપોર. તા. ચીખલી, જી. નવસારી.

ફોન : (૦૨૬૩૪) ૨૯૬૧૪૬, ૨૯૬૧૪૭, ૨૩૩૧૪૬, ૨૩૪૧૪૬, મો. . ૯૪૮૪૯ ૪૧૦૦૬



દર ગુરુવારે  
મફ્ત  
ઓપીડી

ફિઝિશ્યન, જનરલ સર્જરી,  
ઓર્થોપેડીક, ગાયનેક તથા  
બાળરોગ વિભાગના  
દર્દીઓ માટે  
ઓ.પી.ડી. ફ્રી

## જનરલ મેડીસીન વિભાગ (ફિઝિશ્યન)

**ડૉ. સૌરભ પટેલ**  
M.D. (General Medicine),  
Fellowship in 2D Echo

**ડૉ. યુનુસ માયત**  
M.D. (Physician)

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**ડૉ. હિતેષકુમાર કાછડીયા**  
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(Orthopaedic Surgeon)

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**ડૉ. ફૈઝ મુલ્તાની**  
M.S. (General Surgery)

## ગાયનેક વિભાગ

**ડૉ. સ્વાતિ પાડવી**  
MD (OBS & Gynec)

## બાળરોગ વિભાગ

**ડૉ. શ્રેયા પટેલ**  
MD, Paediatrics and  
Neonatologist (FNNF)



આલીપોર સોશયલ વેલફેર ટ્રસ્ટ સંચાલિત

દરેક સારવાર એક જ છત્ર નીચે રાહતદરે ઉપલબ્ધ

# આલીપોર હોસ્પિટલ



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આજના સમયમાં દરેક વ્યક્તિઓએ સમયાંતરે કુલ બોડી ચેકઅપ કરાવવું ખૂબ જ જરૂરી છે કુલ બોડી ચેકઅપ અલગ-અલગ પેકેજમાં આપણા વિસ્તારમાં સૌથી સસ્તા દરે ઉપલબ્ધ.

## કુલ બોડી ચેકઅપ (સંપૂર્ણ ડૉક્ટરી તપાસ હવે ઘર-આંગણે)

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- PHYSICIAN CONSULTATION

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ECG TEST
- PHYSICIAN CONSULTATION

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CBC, ESR  
HAEMOGLOBIN, DIFFERENT COUNT, PLATELET COUNT, TOTAL LEUKOCYTE COUNT)
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HBA1C (3 MONTHS AVG. SUGAR)
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(UREA, CREAT, ELECTROLYTE, URIC ACID)
- કેલ્શિયમની તપાસ  
BONE (CALCIUM, PHOSPHORUS)
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- લીવર તથા હૃદયને લગતી તપાસ  
LIVER FUNCTION TEST  
(SGPT, SGOT, ALP, BILIRUBIN, PROTEIN)  
LIPID PROFILE - HEART  
(S.CHOLESTEROL, S.TRIGLYCERIDES, HDL / LDL / VLDL)
- થાઈરોઈડની તપાસ  
THYROID FUNCTION TEST (T3, T4, TSH)
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URINE ROUTINE MICRO
- વિટામીનની તપાસ  
VITAMIN B12 • VITAMIN D3
- ઈન્ફેક્શન ટેસ્ટ  
CRP
- હૃદયની તપાસ  
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- પ્રારંભિક નિદાન થતા રોગોની તાત્કાલિક સારવાર થવાથી રોગથી બચી શકાય કે રોગ આગળ વધતો અટકાવી શકાય
- માનસિક કે શારિરીક રાહત રહે

નોંધ : સર્જી દર્દીએ માટે ફોર્મ આપમેળેજોડવેલા તપાસ • કુલ બોડી ચેકઅપ માટે ખૂબ પહે સમયનું રહેશે.  
 ● એપોઈન્ટમેન્ટ લેવા માટે સંપર્ક : 94849 41006

થાઈરોઈડની સંપૂર્ણ તપાસ/સચોટ નિદાન **₹350/-**  
**₹180/-**

દર મહિનાની 1 થી 7 તારીખ સુધી

■ થાઈરોઈડ શરીરની એક ગ્રંથી છે. ■ થાઈરોઈડને લીધે શરીરમાં વજનમાં વધારો/ઘટાડો થઈ શકે. ■ ભૂખ વધી કે ઘટી શકે. ■ સ્ત્રીઓમાં માસિક અનિયમિત થવાની શક્યતા. ■ વંધ્યત્વ આવી શકે. ■ ઘબકારાનું પ્રમાણ વધી જાય.

**HPV Vaccine Approved for Ages 27 to 45**

There are more than **200 types** of HPV viruses. More than 40 of them can easily spread through direct sexual contact.

**14** million  
Every year about **14 million** Americans become infected with HPV.

It can take between **10-30 years** from the time of an initial HPV infection until a tumor forms.

**33.7k+** HPV causes more than **33,700 cases** of cancer every year in the U.S.

It can prevent a common infection.

It can prevent some types of cancer.

It has lasting benefits.

It is a safe vaccine.

I think it is important.

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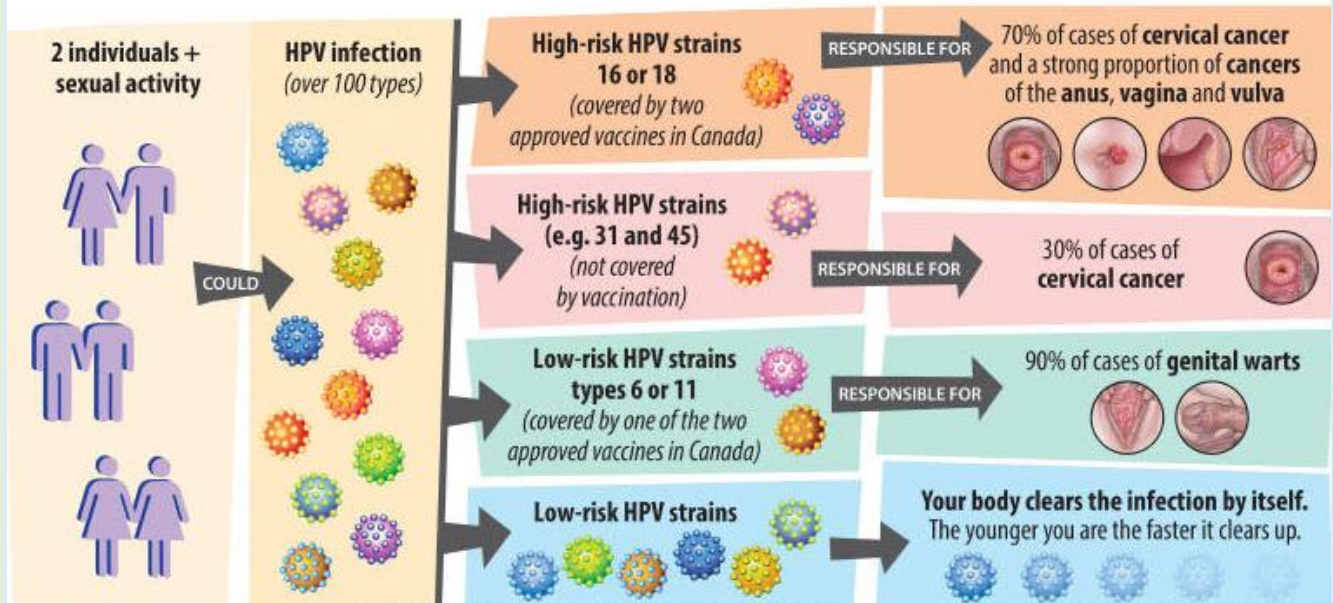
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# HPV VACCINE

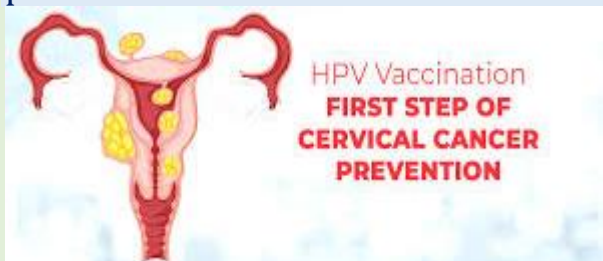
## HUMAN PAPILLOMAVIRUS



# How do you get HPV?



**Human papillomavirus**, also called HPV, is spread by sexual activity. Some strains of HPV cause genital warts. Other HPV strains can cause cancers. Most of the time, the body can find and clear out HPV. But if the virus stays in the body for a long time, it can cause cancer. Getting vaccinated against HPV helps prevent cancer in men and women.



The HPV vaccine protects against genital warts and most cases of cervical cancer. It protects against cancer of the vagina, vulva, penis or anus caused by HPV.

The HPV vaccine also protects against mouth, throat, head and neck cancers caused by HPV. The vaccine gives the body a safe way to build immune system awareness of some HPV strains.

# HPV vaccine

The most recent vaccine protects against:

90%

of HPV strains that cause cervical cancer.

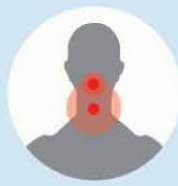
90%

of HPV strains that cause anal cancer.

90%

of HPV strains that cause genital warts.

Most strains that cause mouth and throat cancers.



## HPV in INDIA

In India, two HPV vaccines were licensed in 2008: a quadrivalent vaccine known commercially as Gardasil, and a bivalent vaccine called Cervarix. Both vaccines provide approximately 90% protection from cervical cancer with the antibodies remaining stable for at least 10 years.

The HPV vaccine prevents infection by the HPV types responsible for most cervical cancers.

While rates of cervical cancer are declining in India, there is a long road ahead to elimination. The country records one new case of cervical cancer every four months, and one death every seven minutes. Currently, there are 340,000 cases in the country. It is the third most common cancer in India, and second

most common among women, with over 127,000 new cases and about 80,000 deaths reported in 2022.

**Cervical cancer accounts for one tenth of all cancers in Indian women.**

## What to Know About HPV

- No drugs are available to treat HPV infection, though there are treatments for symptoms like warts
- HPV treatment involves resolving symptoms and monitoring for any changes in the skin or mucosal cells
- Genital warts do not pose major health risk, but should be treated by a doctor
- High-risk HPV strains can lead to dysplasia
- HPV treatments have few complications and are covered at least partially by health insurance



The country's north-eastern states record both the highest and lowest incidence rates – Papum Pare in Arunachal Pradesh and Aizawl in Mizoram are hard-hit, with 27.7 cases and 27 cases per every 100,000 women respectively.

Human papillomavirus (HPV) is the name of a prevalent group of viruses. Some strains of HPV are high-risk and can lead to cancers.

The HPV Vaccine not only protects against cervical, vulvar, and vaginal cancer in women, but it also helps protect against anal cancer and genital warts in both men and women.



## Who Should Take It?

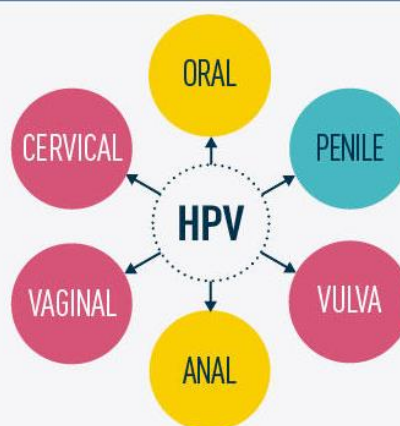
The primary target for HPV vaccination is typically females aged 9-14, ideally before the onset of sexual activity. However, both males and females aged 9-45 can receive the HPV vaccine to safeguard against genital warts and various cancers linked to HPV. It is recommended that people get vaccinated earlier rather than later for optimal protection.

The lowest rates of cervical cancer are observed in Dibrugarh district in Assam, with about 5 cases per 100,000 women. Currently, roughly two thirds of the Indian women diagnosed with cervical cancer will die of the disease. This can only mean women are presenting with late-stage cancers, and that preventive services are not reaching the majority of girls and women.

The HPV vaccine prevents HPV infections that can progress to cancer or genital warts. This part's important: The vaccine prevents infections, but it isn't a treatment. If you've already been exposed to a particular strain of HPV, the vaccine can't heal the infection.

The HPV vaccine can protect you from strains you haven't encountered before. These include high-risk types and low-risk types. High-risk HPV strains can progress to cancer. Low-risk types don't increase your cancer risk, but they can cause nuisance conditions like genital warts.

## HUMAN PAPILOMAVIRUS CAN CAUSE SEVERAL TYPES OF CANCER



In India, cervical cancer is screened by the visual inspection of the cervix for abnormalities after applying diluted acetic acid, mostly as part of the public health system. Screening is covered under the country's national programme for prevention and control of non-communicable diseases.

Estimates of the percentage of women screened in India for HPV vary widely, but concur that screening is below par.

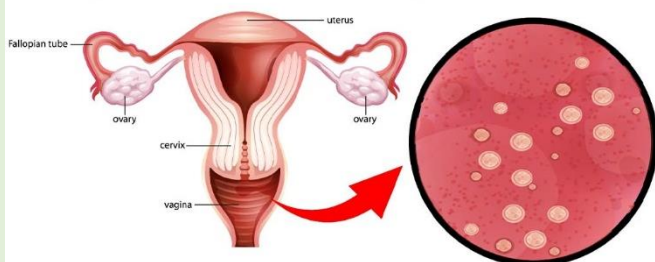


**“Cervical cancer is one of the few cancers with the potential of elimination through vaccination.”**

In India, two HPV vaccines were licensed in 2008: a quadrivalent vaccine known commercially as Gardasil, and a bivalent vaccine called Cervarix. Both vaccines provide approximately 90% protection from cervical cancer with the antibodies remaining stable for at least 10 years. In September 2022, India launched a home-made product marketed as Cervavac.

Most strains of HPV go away permanently without treatment. Because of this, it isn't uncommon to contract and clear the virus completely without ever knowing that you had it. HPV doesn't always cause symptoms, so the only way to be sure of your status is through regular testing. HPV screening for men isn't available.

### Vaginal Warts – Human Papillomavirus (HPV)



Genital warts are caused by the human papillomavirus (HPV) and can appear on or around the genitals or anus.

Currently, HPV vaccines in India are only available under prescription by private practitioners. HPV vaccination uptake in India is low due to its high cost, misinformation regarding safety and effectiveness, and discouraging cultural perceptions for vaccines. The vaccine costs approximately 3,000 rupees per dose.

**In the four categories of the UN's Human Development Index (HDI), India - which ranks 132nd among 191 countries - falls in the third, "medium" category, after very high and high.**



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**CANCER DETECTION-ON-WHEEL  
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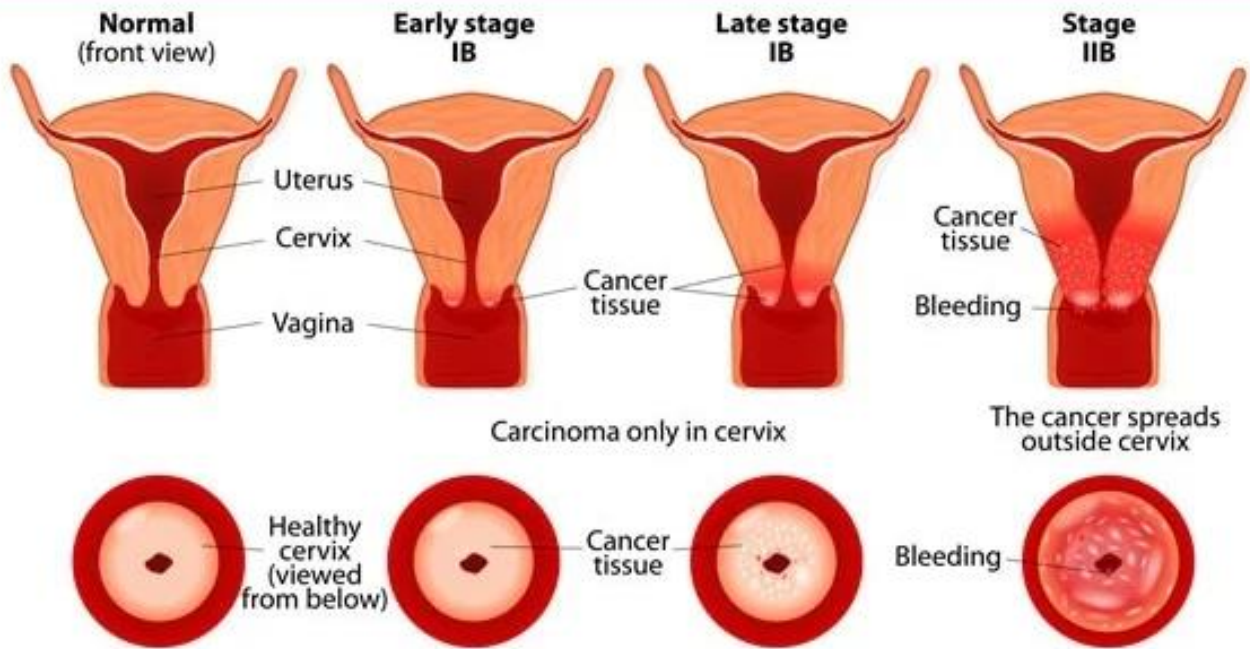
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# CERVICAL CANCER



## How HPV Affects the Body



It is estimated that in a medium HDI country like India, efforts for scaling up HPV vaccination covering 80–100% of target population together with two cervical cancer screenings per lifetime would help in achieving cervical cancer elimination by 2070–79.

The best time to get the HPV vaccine is before you've started having sexual activity. That's why the CDC recommends that both boys and girls get their vaccination at age 11 or 12, although they can get the vaccine as early as age 9.



આલીપોર સોશયલ વેલફેર ટ્રસ્ટ સંચાલિત

દરેક સારવાર એક જ છત્ર નીચે રાહતદરે ઉપલબ્ધ

# આલીપોર હોસ્પિટલ



નેશનલ હાઈવે નં. ૪૮, આલીપોર. તા. ચીખલી, જી. નવસારી.

ફોન : (૦૨૬૩૪) ૨૯૬૧૪૬, ૨૯૬૧૪૭, ૨૩૩૧૪૬, ૨૩૪૧૪૬, મો. . ૯૪૮૪૯ ૪૧૦૦૬

## ડૉ. ફૈઝ મુલ્તાની

M.S. (General Surgeon)

લેપ્રોસ્કોપી તથા જનરલ સર્જન  
દૂરબીનથી થતા ઓપરેશનના નિષ્ણાંત



સમય : ફુલ ટાઈમ દરરોજ

સવારે ૧૧ થી ૨ સાંજે ૪ થી ૬

- સારણગાંઠ, હાઈડ્રોસીસ, એપેન્ડીક્ષના ઓપરેશનો
- હરસ-મસા, ભગંદર, પીતાશયની પથરીની સારવાર તથા ઓપરેશન
- શરીરની કોઈપણ નાની મોટી ગાંઠનું સચોટ નિદાન તથા સારવાર
- જુનો કબજિયાત તથા એસીટીડી, સુગરના લીધે સડી ગયેલા પગ (ડાયાબિટીક ફૂટ) ની સારવાર
- કોઈ પણ રીતે દાઝેલાની સારવાર
- હરસ - મસા, ફિશર, ભગંદરની કાપ વગર લેઝરથી સારવાર
- થાઈરોઈડ તથા પેટના આંતરડાના તમામ રોગોની સારવાર તથા ઓપરેશનો
- અકસ્માતનાં કેસોની સારવાર
- આધુનિક પદ્ધતિ દ્વારા બાળકોની ખતના (Circumcision) કરી આપવામાં આવશે.



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Emergency

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આલીપોર સોશયલ વેલફેર ટ્રસ્ટ સંચાલિત

દરેક સારવાર એક જ છત્ર નીચે સહતદરે ઉપલબ્ધ

# આલીપોર હોસ્પિટલ



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## ડૉ. હિતેશકુમાર કાઠડીયા

Orthopedic Surgeon

હાડકાના રોગોના નિષ્ણાંત

દરરોજ સવારે ૧૦ થી સાંજે ૫

- હાડકાના રોગોના તથા ફ્રેક્ચરના નિષ્ણાંત
- સંધિવાના રોગોની સારવાર
- કમરના દુઃખાવા તેમજ ઓસ્ટીયોપોરાસીસની સારવાર
- ઘુંટણ અને થાપાના સાંધા બદલવાની સર્જરી
- ખભા અને ઘુંટણના દૂરબીનથી થતા ઓપરેશનો
- ઘુંટણ તથા સાંધાના ઘસારા માટે કુદરતી સાંધો બચાવવા માટેના ઓપરેશન
- દરેક પ્રકારના ફ્રેક્ચરની IATV ગાર્ડેડ સારવાર
- અકસ્માતના કેસો, તમામ પ્રકારના ફ્રેક્ચરના ઓપરેશનો
- સ્પોર્ટ્સ ઈન્જરી, રમત-ગમત દરમિયાન થતી સ્નાયુઓ તથા લીગામેન્ટની ઈજાઓની આધુનિક ટેકનોલોજીથી સારવાર



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પ્રસુતિ તથા સ્ત્રી-રોગની સારવાર

## ડૉ. સ્વાતિ પાડવી

MD (Obs. & Gynecologist)

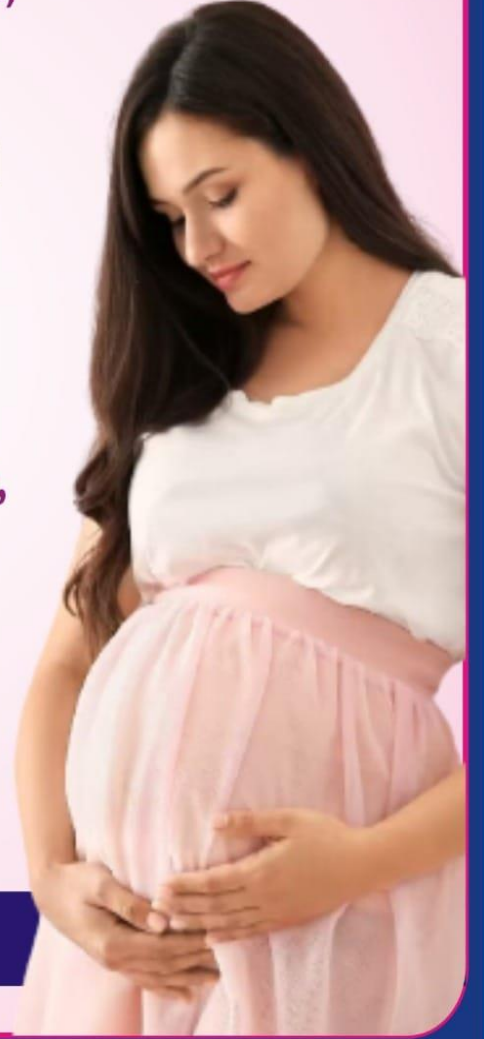
૨૪ કલાક  
ઈમરજન્સી  
સુવિધા

- લેખરૂમ, નોર્મલ ડિલીવરી
- જોખમી ડિલીવરી તથા પીડારહિત ડિલીવરી
- સીઝેરીયન ઓપરેશન
- ગર્ભાશયનું ટાંકાવાળું તથા ટાંકા વગરનું ઓપરેશન

ગર્ભવતી માતાની સંપૂર્ણ કાળજી નિદાન અને સારવાર,  
સ્ત્રીરોગને લગતી અન્ય તકલીફો  
જેવી કે માસિકની અનિયમિતતા તેમજ  
પેટાને લગતી તકલીફો તથા ત્યાંની ગાંઠોનું  
નિદાન તથા સારવાર.

નિ:સંતાનપણાની વૈજ્ઞાનિક અને આધુનિક સારવાર

ઉત્તમ સારવાર સૌથી સસ્તા દરે



## CONSULT DOCTOR



આલીપોર સોશ્યલ વેલ્ફેર ટ્રસ્ટ સંચાલિત

દરેક સારવાર એક જ છત્ર નીચે સહતદરે ઉપલબ્ધ

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## જનરલ મેડીસીન વિભાગ



**ડૉ. સૌરભ પટેલ**

M.D., (Gen. Medicine), Fellowship in 2D ECHO



**ડૉ. યુનુસ મોદી**

M.D., Physician, CMO cum Administrator

## પ્રસુતિ અને સ્ત્રીરોગ



**ડૉ. સ્વાતિ પાડવી**

MD (Obs. & Gynecologist)

## જનરલ સર્જરી



**ડૉ. ફેઝ મુલ્તાની**

M.S. (General Surgeon)

## હાડકાના રોગો



**ડૉ. હિતેશકુમાર ડાહડીયા**

Orthopedic Surgeon

## નાક, કાન, ગળાના રોગો



**ડૉ. મેલની કાપડીયા**

D.N.B. (ENT)

- ડેન્ટલ ડિપાર્ટમેન્ટ, ફિઝિયોથેરાપી
- ડાયાલિસીસની સુવિધા
- સુરોલોજી, ન્યુરોલોજીની સારવાર
- ડિજીટલ એક્સરે તથા સોનોગ્રાફી
- અલગ-અલગ પેકેજોમાં ફુલ બોડી ચેકઅપ
- અદ્યતન સાધનોથી સુસજ્જ લેબોરેટરી
- કાર્ડિયોલોજી, નેફ્રોલોજી ડિપાર્ટમેન્ટ
- આંખના રોગોની સારવાર
- 24x7 ઈમરજન્સી સારવાર
- એમ્બ્યુલન્સ, કાર્ડિયાક એમ્બ્યુલન્સ સોથી સરતા દરે
- ઉચ્ચ સારવાર સોથી સરતા દરે ઉપલબ્ધ
- મેડિકલ સ્ટોર

*Rotary changes us  
and those we serve.*

*I believe we can change the  
world one life at a time.*

**Paul Harris**



*“In Rotary, your actions  
will create your legacy.”*

PDG Ray Sanford



**EARTH  
CAN EVER  
LOVE YOU  
MORE THAN YOUR  
PARENTS**

District 3060  
**Rotary**  
Chikhli River Front



Alipore Hospital

# ROTARY CLUB OF CHIKHLI RIVER FRONT

## ROTARY HARSHAD PATEL MULTI- SPECIALITY HOSPITAL

Your ₹2500 donation = 1 square foot or its multiples of hope. Help us build a hospital that heals thousands. Join with Rotary Club of Chikhli River Front to built Multi speciality Hospital.



Rotary  
DI 3060

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80G deduction will be available.  
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**Cancer Detection-on-Wheels**  
**Best Protection is Early Detection**  
**For Cancer Detection Camp Please Contact Mr Suhel Shah +91-99794 93698**



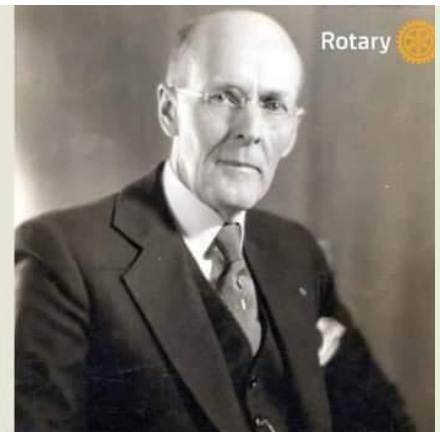


"Rotary is a catalyst for positive change, empowering individuals to take action and create a brighter future."

Gary HUANG  
Rotary International's  
2014/2015 President

"We ambassadors of good will must acquire the habit of speaking kindly of our neighbors whether they be neighbors at home or those across the seas."

**Paul Harris**  
founder of Rotary  
1935 International Convention



"Try not to become a person of success. Rather become a person of value."

Albert Einstein

# CLUB EXPERIENCE MATTERS THE MOST

Recent Rotary research confirms that the single most important factor in member satisfaction is the club experience.



Using our [Membership Assessment Tools](#) guide, which includes the [Member Satisfaction Survey](#), can help you craft an experience that reflects your members' interests and needs.

District 3060  
**Rotary**  
Chikhli River Front



Alipore Hospital

I AM A PROUD ROTARIAN



THE MAGIC  
OF ROTARY

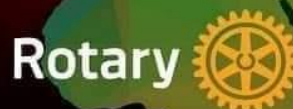
SERVICE WITH

PRIDE

ROTARY



*Focusing on a better tomorrow with the magic of Rotary!*



"The greatest gift you can give your parents is your time, love, and appreciation." This quote emphasizes the importance of giving back to our parents through acts of love and appreciation.



Give your mom and dad spontaneous hugs and say "I love you" whenever the moment feels right. Both physical touch and speaking the words matter so much.

Caring for our parents is not a burden, but an opportunity to show our gratitude and love.

Time spent with elderly parents is a treasure that cannot be replaced.

In the end, it's not about the quantity of time we spend with our parents, but the quality of moments we create.



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**ROTARY CLUB OF CHIKHLI RIVER FRONT**

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