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Prevalence of Cancer in Chadayamangalam Panchayath

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Abstract:

Non-Communicable Diseases (NCD) accounted for a large proportion of morbidity and mortality amongst the adult population of our country.Cancer is one of the most dreaded diseases of the 20th century and spreading further with continuance and increasing incidence in 21st century. It accounts for 25% of all the deaths in humans presently. Study conducted in Chadayamangalam Panchayath shows more prevalence of breast cancer compared to other types of cancer.A uniform standardised information, education and communication (IEC) strategy is required for cancer prevention.

Key Words: Education, Non-Communicable, Health

Introduction

Globally, Non-Communicable Diseases (NCDs) are the major cause of morbidity and mortality. According to WHO Report 2004, they accounted for almost 60% of deaths and 47% of the global burden of disease. In India, estimated deaths due to non-communicable diseases were double than those from communicable diseases. A progressive rise in the disease pattern of NCD foretells a serious public health issue. The major risk factors for non-communicable diseases are tobacco and alcohol abuse, a sedentary lifestyle, and an unhealthy diet. It is believed that about half of non-communicable disease-related premature deaths could be prevented through healthy diet, regular physical activity and by avoiding tobacco and alcohol. NCD accounted for a large proportion of morbidity and mortality amongst the adult population of our country (IDSP, 2009).

Cancer is one of the most dreaded diseases of the 20th century and spreading further with continuance and increasing incidence in 21st century. It accounts for 25% of all the deaths in humans presently. Multidisciplinary scientific investigations are making best efforts to combat this disease, but the sure-shot, perfect cure is yet to be brought into world medicine. Recently, a greater emphasis has been given towards the researches on complementary and alternative medicine that deals with cancer management (Premalatha Balachandran &Rajgopal Govindarajan, 2005). Among males new cancer cases increased by 54% and female cancer patients increased by 84% during the period from 2004 to 2012 (Hospital Cancer Registry, 2012)

According to the actual cancer incidence data collected byPopulation Based Cancer Registry (PBCR) at the Regional Cancer Centre (RCC)2014, the estimated crude cancer incidence in Kerala was 172.2 per one lakh population. The incidence rate in 2012 was 150 per one lakh. The crude cancer incidence in males in Kerala is projected to be is 172 per one lakh population while for female it is 166.5 (Maya, 2016)

From PBCR at Kollam, it is clear that Cancer prevalence is more in Kollam District (Paul Sebastian et.al. 2008 (Department of Zoology, NSS College,Nilamel, decided to conduct a study on nearby Chadayamangalam Panchayath of Kollam District to find out the prevalence of Cancer .The place is named after 'NedilaParanthakaNedumchadayan' who ruled Chadayamangalam and the nearby places during 7th century A.D.

Chadayamangalam is a large village located in Kottarakkara of Kollam district, Kerala with total 5707 families residing. The Chadayamangalam village has population of 22473 of which 10242 are males while 12231 are females as per Population Census 2011.

In Chadayamangalam village population of children with age 0-6 is 2304 which makes up 10.25 % of total population of village. Average Sex Ratio of Chadayamangalam village is 1194 which is higher than Kerala state average of 1084. Child Sex Ratio for the Chadayamangalam as per census is 983, higher than Kerala average of 964 (Paul Sebastian, 2008). The main objective of the study is, to find out the prevalence of cancer in Chadayamangalam Panchayath. Special

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emphasis was given to age wise and sex wise distribution of cancer in Chadayamangalam Panchayath.

Materials and Methods

Survey method was adopted for the study. Hospital based data collected with the help of ASHA workers from different wards of Chadayamangalam Panchayath. A questionnaire was used to collect data regarding age, sex and type of cancer.

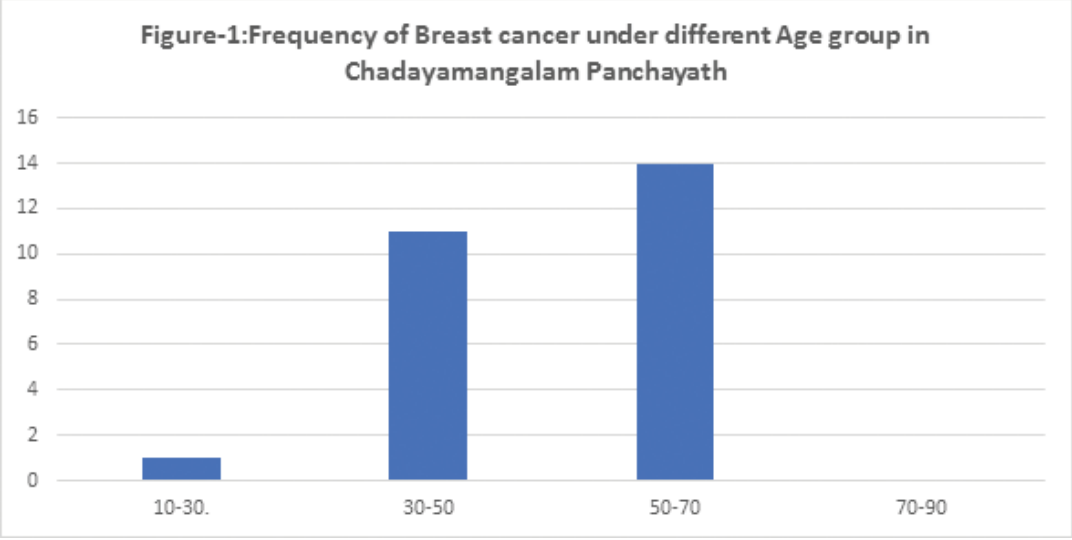
Results

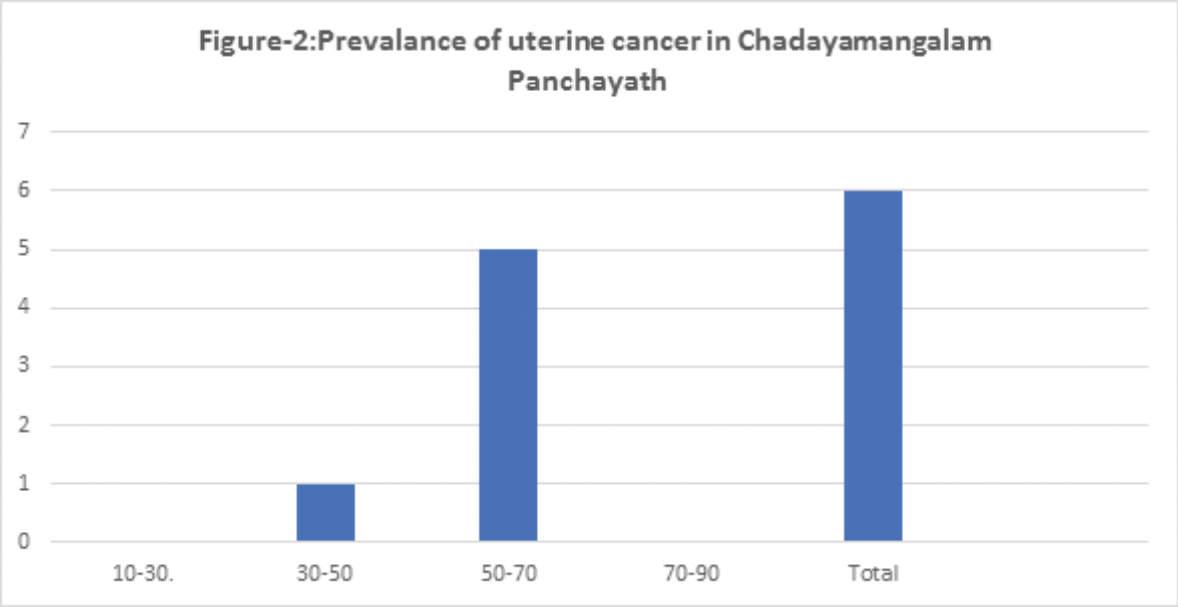
In Table-1 the extent of disease distribution in Chadayamangalam Panchayath is given. This indicates that breast cancer constitutes 34.25% and blood cancer comprises 9.58% and uterine cancer constitute 8.22%. Prevalence of Throat, Urinary and Liver is found to be low (1.37 each) Compared to other types of cancers.

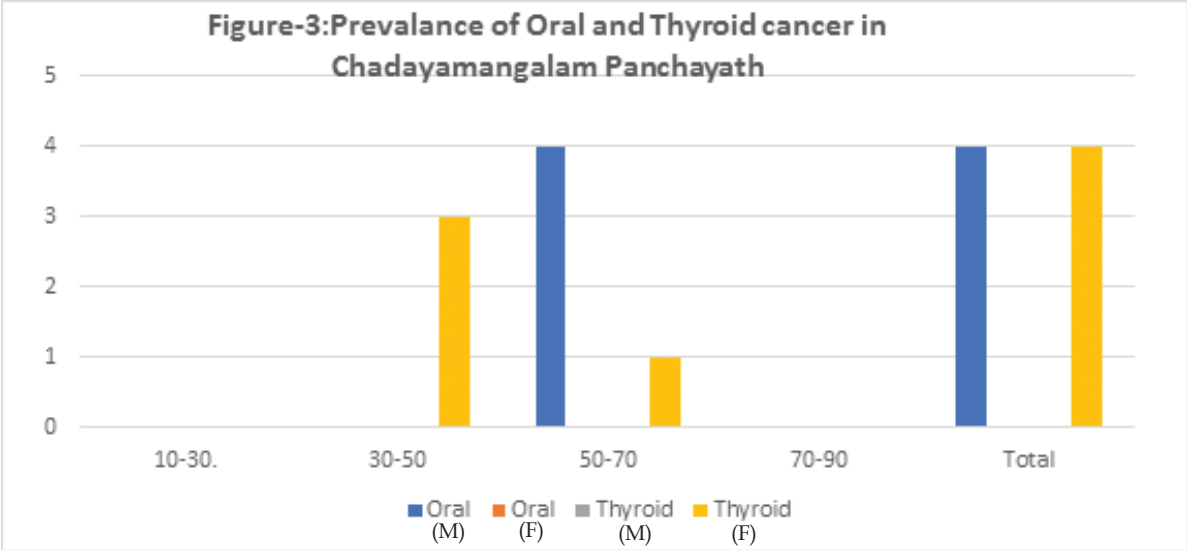
Table-1. Extent of Cancer in Chadayamangalam Panchayath of Kollam District

Type of Cancer	Number of cases	Percentage
Breast	25	34.25
Uterine	6	8.22
Oral	4	5.48
Thyroid	4	5.48
Blood	7	9.58
Throat	1	1.37
Urinary	1	1.37
Brain	2	2.74
Liver	1	1.37
Colon	2	2.74
Intestine	2	2.74
Rectum	2	2.74
Lungs	4	5.48
Vertebral	2	2.74
Soft tissue Sarcoma	4	5.48
Stomach	6	8.22
TOTAL	73	100

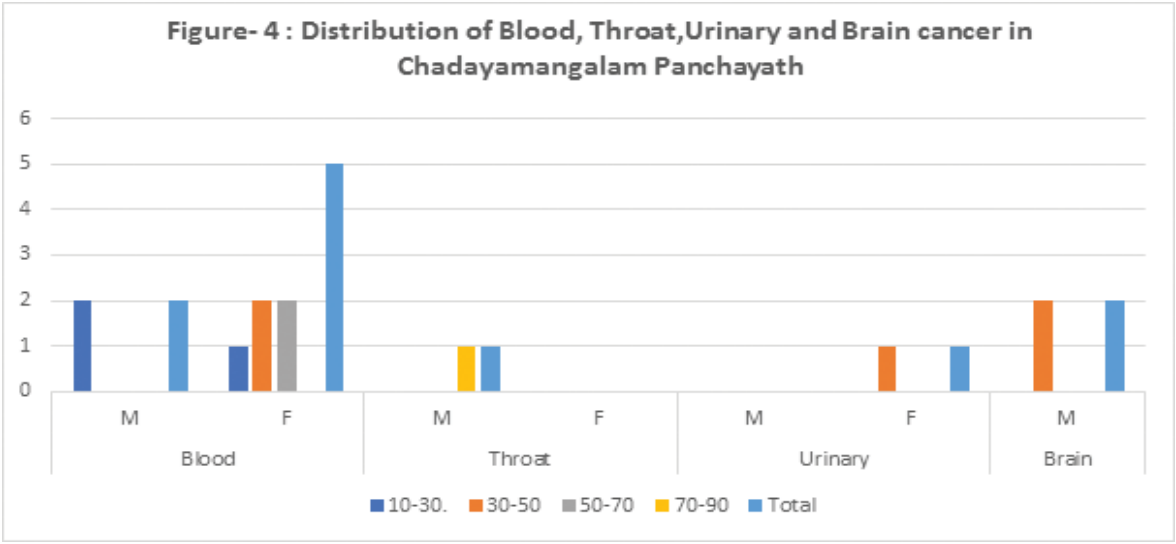
Breast cancer and uterine cancer is found to be high in50-70 age group and next in 30-50 age group in Chadayamangalam Panchayath. (Figure-1 and 2) Thyroid cancer is more in females of 30-50 age group and oral cancer is more among males of 50-70 age group in Chadayamangalam Panchayath (Figure-3).

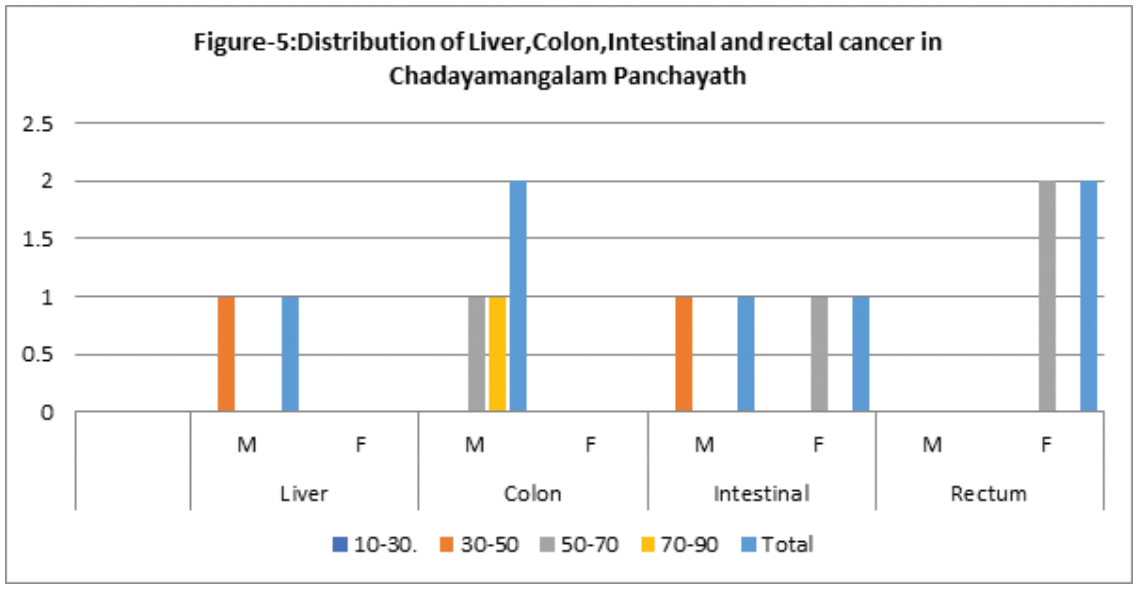


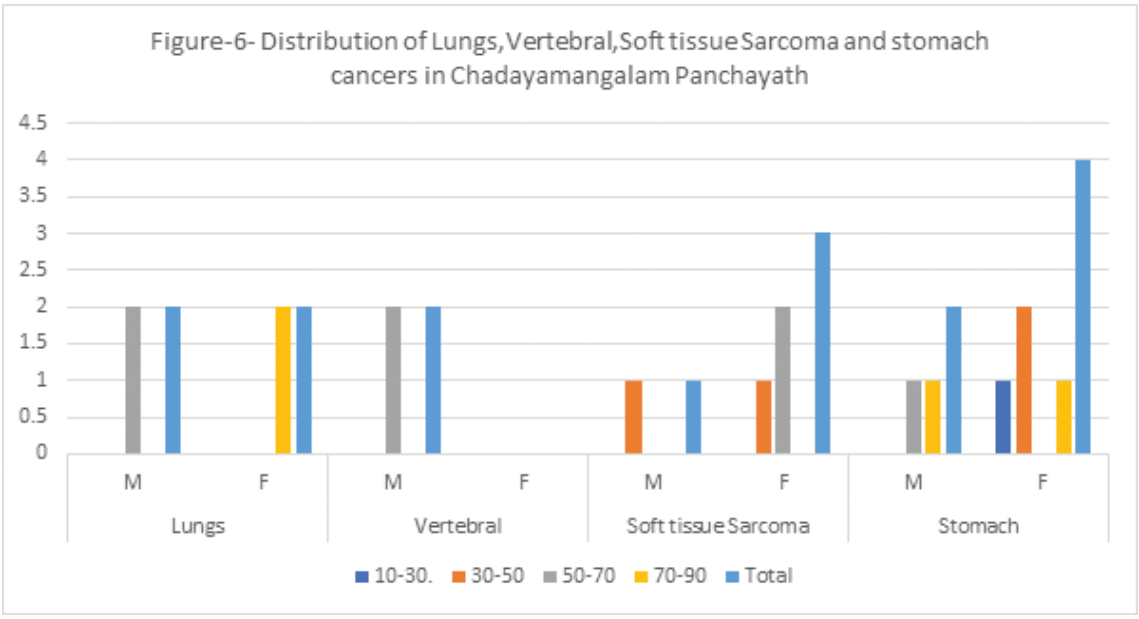




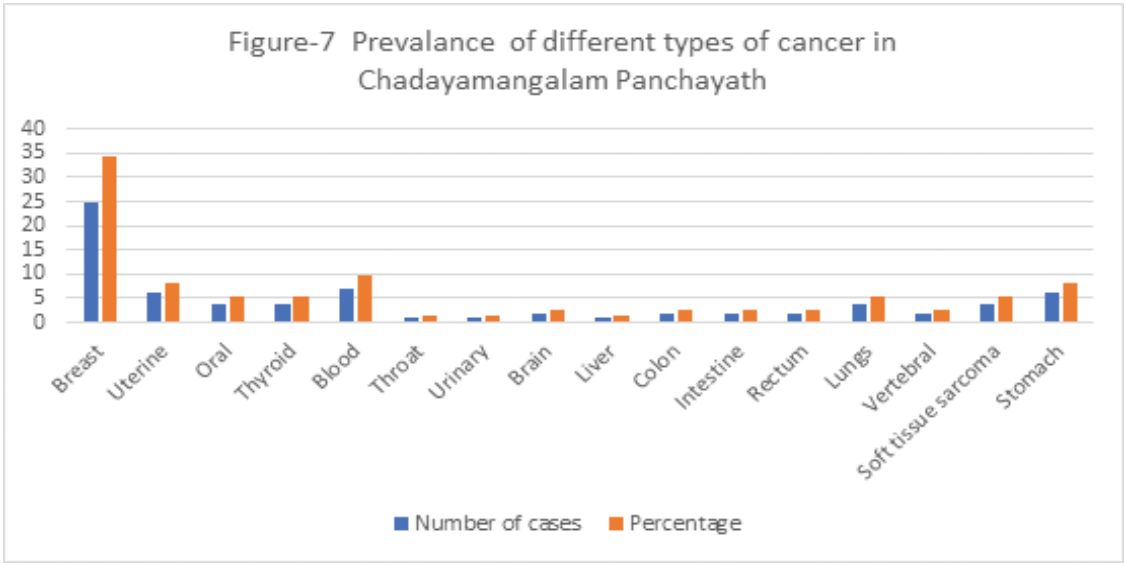
Blood cancer is found to be high in 10-30 age groups and Blood cancer is more among females in Chadayamangalam Panchayath. Brain cancer is more among males of 30-50 age group.(Figure-4) Liver and Colon cancers were more in Males and rectal cancers were found to be more in females of age group 50-70 in Chadayamangalam Panchayath (Figure-5). It is found that Lung cancer is high in males of 50-70 age groups and Females also in 70-90 age groups. Stomach cancer is found to be more among females (Figure-6)







Study indicates that 0.32 % of population in Chadayamangalam Panchayath is affected by Cancer. Among all cancers reported in Chadayamangalam Panchayath Breast cancer constitute 34.24% and blood cancer represent 9.58%and Uterine and stomach cancer constitute 8.21% each. Cancers of Lungs, Thyroid and soft tissue were 5.48% each.In Karunagappally, Kerala Lung cancer is the leading cancer among men (Padmavathy Amma *et al.* 2008). (Figure-7)



Conclusion

Control of cancer requires effective implementation of knowledge derived from successful research. A uniform standardised information, education and communication (IEC) strategy is required for cancer prevention. Increased incidence of Breast cancer is not a good indication. More awareness programmes in this regard is essential.

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