

ADVERTORIAL

Breast Cancer : A health challenge - that can be successfully conquered



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Breast cancer is now the most common cancer in most cities in India, and second most common in the rural areas. Over 140,000 new breast cancer patients are estimated to be diagnosed annually in India. Much of the increase

of breast cancer in India has been associated with greater urbanization and changing life styles. In India, breast cancer awareness until now has been poor and most patients are detected at later stages. Women in India develop breast cancer early compared to their western counterparts. Early detection and prompt and adequate treatment of breast cancer can improve survival rates and quality of life. Women in late thirties should start screening themselves as breast cancer starts in younger age group in India. Recently there has been emphasis by governmental agencies, institutions and non-governmental

and charity organizations on promotion of early detection of breast cancer. Also there is increasing awareness about breast cancer screening, management and rehabilitation. This has resulted in an improving trend with more and more early stage cancers being diagnosed and treated timely, resulting in improving survival and quality of life of Indian breast cancer patients. Life after breast cancer : The treatment of breast cancer may last for a year or more, and the recovery after treatment can take an equal amount of time. The side effects of chemotherapy and radiation therapy as well as the after effects of surgery must

be dealt with slowly as the body is recuperating. Good nutrition, healthy lifestyle, taking the right supplements is beneficial. Regular check-ups are a must. The hair may start growing 1-2 months after chemotherapy. In a young woman, the regular menstrual period may resume after the effects of chemotherapy wear off. Young women may consider breast reconstruction after mastectomy. It is useful to join a support group of breast cancer survivors where the emotions, queries, problems, stress and other issues can be discussed and solved together.

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The new year get fit plan

These choices may surprise you, but they will transform you into a more confident person ready for new beginnings. The latest realisation in wellness circles is that there is no such thing as a "new-year resolution". You actually plan your "new year" resolutions well in advance, so that by the time you reach that big Ground Zero moment, ie, New Year's Day , you have not built up your cherished promise to such an exaggerated degree that it is destined to collapse. So why not use the remaining half of the month to kick-start a diet plan that will transform you for the better? Here are six steps we swear by , and while some of our choices might come across as a bit radical, there is a method to the madness:

DON'T CUT OUT FAT

So the low-fat fad is officially over. Many people have a misconception that all fat is bad. This is simply not true. There are different sorts of fats. Fish that is fatty is good

for you because it keeps you fuller for longer. Avocado, for instance, is the only fruit that has monounsaturated fats. Monounsaturated fats are a healthy alternative to the trans-fats and the refined polyunsaturated fats you find in most processed foods. Similarly, salmon and mackerel are a great source of healthy oil. Always be conscious of good fat versus bad fat and you won't fall for the "no fat" trap.

STOP DRINKING FRUIT JUICE

We can't emphasise this enough, but fruit juice is bad for you. One of the cardinal rules of weight loss is that you rather eat one of the cardinal fruits than gulp fruit juice, especially the packaged sort.

Juices and smoothies are liquid, so you don't really notice the calories, but they are unhealthy calories. Moreover, increasing your fruit intake also stocks you up on much-needed antioxidants, essential fibre and vitamins that help your skin glow. After all, you want to look your best below that mistletoe, right?

CUT OUT SUGARY CARBS

From all the usual culprits that creep out during the festive season, three items need to be kept at bay: chocolate, cake and bread. Unless you are ordering healthy bread (such as dark rye, for instance) from a health-conscious bakery, or are making it yourself at home, cut out bread entirely from your diet. Chocolates (unless 80% dark or above) are again an unnecessary (and unhealthy) burden on your gut. As for cakes, the less said the better. There is no such thing as a healthy cake. Period. Let them (the others, who don't care about their waistlines) eat cake. And bread, for that matter.

CUT DOWN ON YOUR ALCOHOL INTAKE

There is no reason you can't be friends with your liver at least two days in a week. Try and give your body a rest from spirits and it will show on your waistline, and it will show on your face. Most importantly, during the festive season, for some reason, you

end up having the one spirit that is the biggest offender when it comes to caloric intake wine. Also remember that if you are drinking alcohol (which already contains a lot of calories), you're more likely to reach for those crisps, because your inhibitions about unhealthy food have evaporated.

DON'T EAT BETWEEN MEALS, OK?

Another myth needs to be busted small meals through the day plan is not for people like us. You'd rather eat a balanced breakfast, lunch and dinner, as opposed to chomping on random things through the day . Keep in mind that under supervision, the small meals plan can work wonders. But if your stomach takes to this routine and you're not supervising your intake, you're headed to the XL counter faster than you think.

MEASURE YOUR WAIST

It's best to measure your stomach around your belly button. It should be less than half your height. Remember that investing in a measuring tape is the best thing you can do for your health, because gut fat is the worst sort of fat. It's a better measurement than weighing yourself. Get the tape measure out.