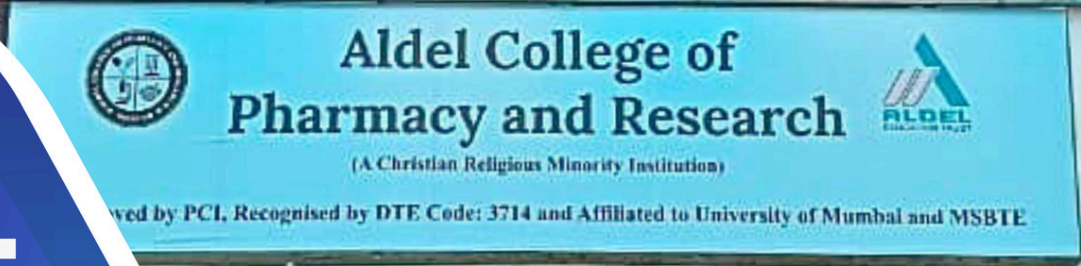




ALDEL EDUCATION TRUST ALDEL COLLEGE OF PHARMACY AND RESEARCH

Approved by PCI, Recognized by DTE and Affiliated To University of Mumbai & MSBTE



(Issue - XVII)

AROGYAM DIGEST WORLD CANCER DAY

4th February 2026

Cancer cannot cripple love,
it cannot shatter hope,
it cannot conquer the spirit



VISION

“To Strive for Excellence in Pharmaceutical Education and Research to Develop Competent Pharmacy Professionals.”

MISSION

- To Create an Environment which encourages Lifelong Learning, Professionalism and Social Responsibility.
- To Conduct Collaborative Advanced and Innovative Research that caters the needs of Pharmaceutical Industry and Community.
- To Foster and Develop Entrepreneurial Skills to Serve the Patients and community.

QUALITY POLICY

- Committed to be a centre of excellence by ensuring quality education and innovative research to empower students to become competent pharmacists

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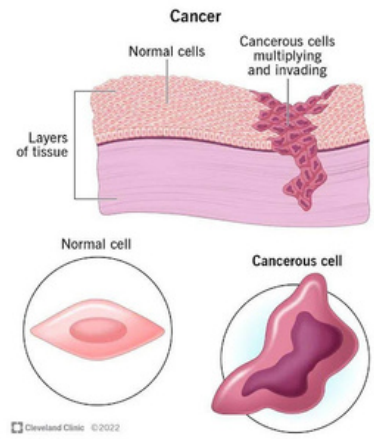
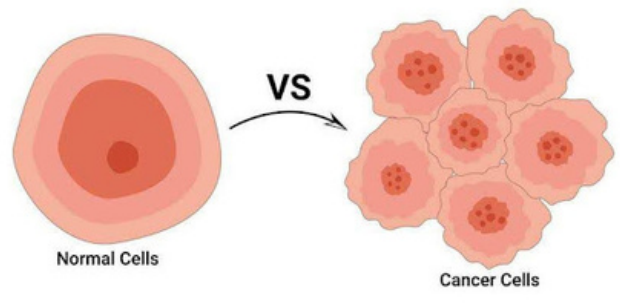
OVERVIEW

World Cancer Day is observed every year on 4th February to raise awareness about cancer, encourage its prevention, and mobilize action to address the global cancer burden. The day is led by the Union for International Cancer Control (UICC) and unites individuals, organizations, and governments worldwide in the fight against cancer.

The observance highlights the importance of early detection, timely treatment, and equitable access to quality cancer care for all.

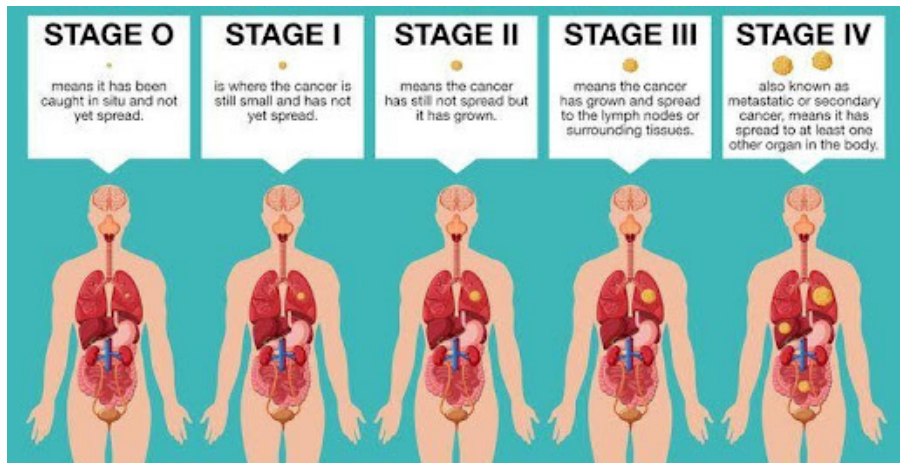


INTRODUCTION

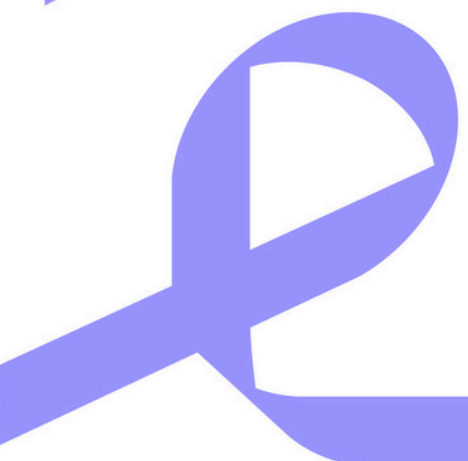


Cancer is a group of diseases characterized by uncontrolled growth and spread of abnormal cells. If not controlled, it can lead to serious illness and death. However, many cancers can be prevented, detected early, and successfully treated.

Advances in medical science have improved cancer diagnosis and therapy, but awareness, screening, and lifestyle modification remain key to reducing cancer-related deaths.

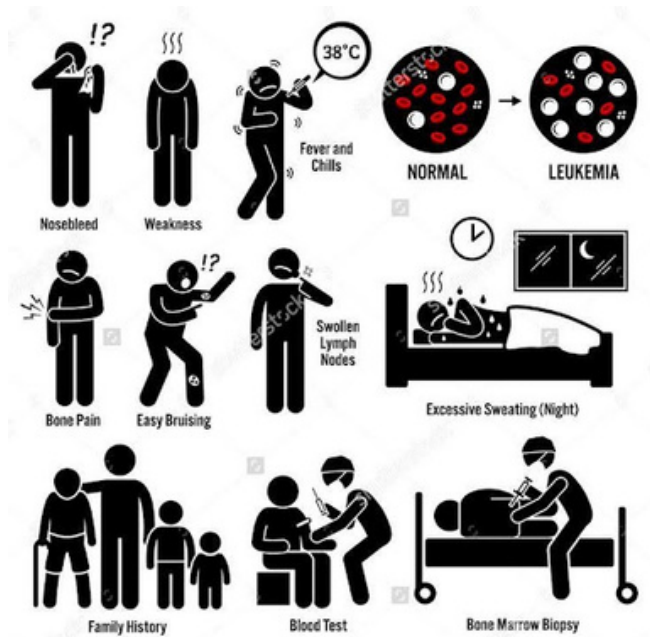


TYPES OF CANCER



SYMPTOMS

- Unexplained weight loss
- Persistent fatigue
- Lump or swelling in any part of the body
- Changes in bowel or bladder habits
- Persistent cough or hoarseness
- Difficulty swallowing
- Unusual bleeding or discharge

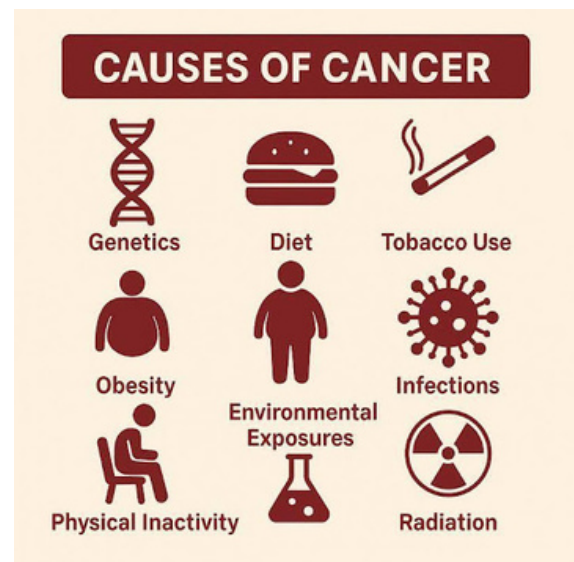


COMMON SIGNS OF CANCER



MAJOR RISK FACTORS (REASONS FOR CANCER)

- Tobacco use and alcohol consumption
- Unhealthy diet and physical inactivity
- Obesity
- Exposure to radiation and harmful chemicals
- Certain infections (e.g., HPV, Hepatitis B & C)
- Family history and genetic factors



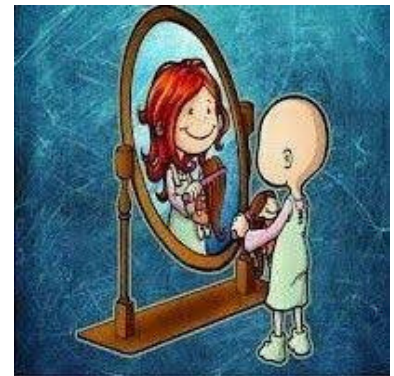
DIAGNOSIS

- **Screening & Tests:** Blood tests, imaging techniques, biopsies, and screening programs help detect cancer.
- **Early Detection:** Identifying cancer at an early stage improves treatment success.
- **Professional Evaluation:** Regular health check-ups are important, especially for high-risk individuals.



PREVENTION & CARE

- **Avoid tobacco and limit alcohol consumption**
- **Eat a healthy, balanced diet**
- **Engage in regular physical activity**
- **Maintain a healthy body weight**
- **Get vaccinated (e.g., HPV, Hepatitis B)**
- **Participate in cancer screening programs**
- **Seek medical advice if warning signs appear**



WAYS TO REDUCE CANCER RISK

- Choose home-cooked, nutritious food
- Reduce consumption of processed foods
- Protect skin from excessive sun exposure
- Avoid exposure to toxic substances
- Manage stress and get adequate sleep



CALL TO ACTION

On this World Cancer Day, let us:

- Spread awareness about cancer prevention and early detection
- Encourage regular health check-ups
- Support patients and survivors with compassion
- Work together to ensure equal access to quality cancer care

BOARD OF TRUSTEES



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Chairman



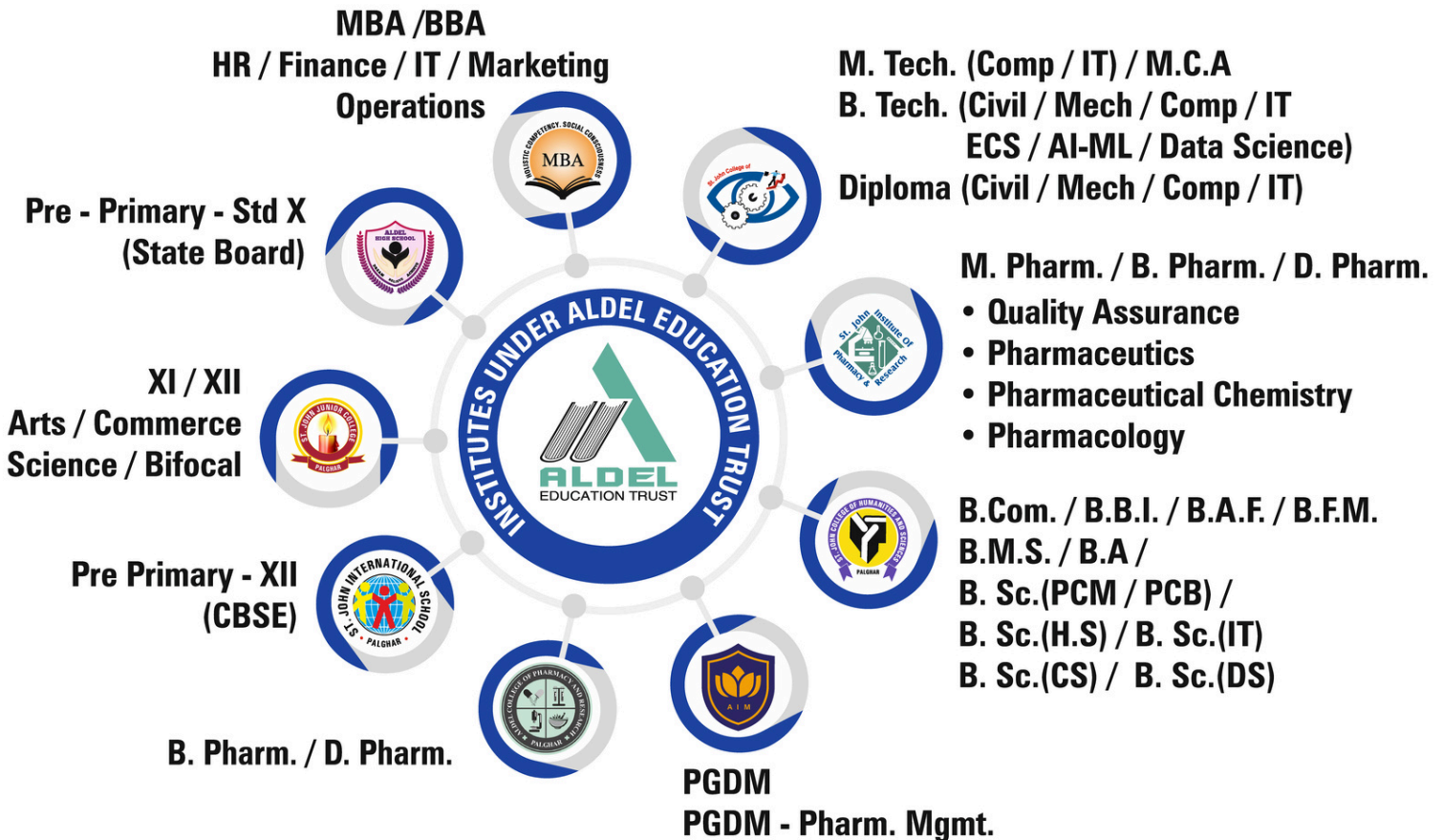
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