

# Cancer Prevention & Screening

2026

Surat Oncology Centre

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CENTER OF EXCELLENCE IN MEDICAL ONCOLOGY IN ENTIRE SOUTH GUJARAT



Surat Oncology Centre

2nd Floor, Zenon, Opp Unique Hospital  
Nr. Kiran Motors, Next to Opera House  
Off Ring Road, Surat.



# Global Cancer Picture 2022

GLOBOCAN 2022 Analysis

## Global Cancer Burden



New Cases

**20 Million**



Deaths

**9.7 Million**



Projected Cases by 2040

**30.2 Million**

(60% increase)

## Preventable Risk Factors



Tobacco use (22% of deaths)



Alcohol consumption (4%)



Poor dietary patterns



Infections (HPV, HBV, HCV)

## Most Common Cancers (2022)

### Men

- Lung
- Prostate
- Colorectal
- Stomach
- Liver

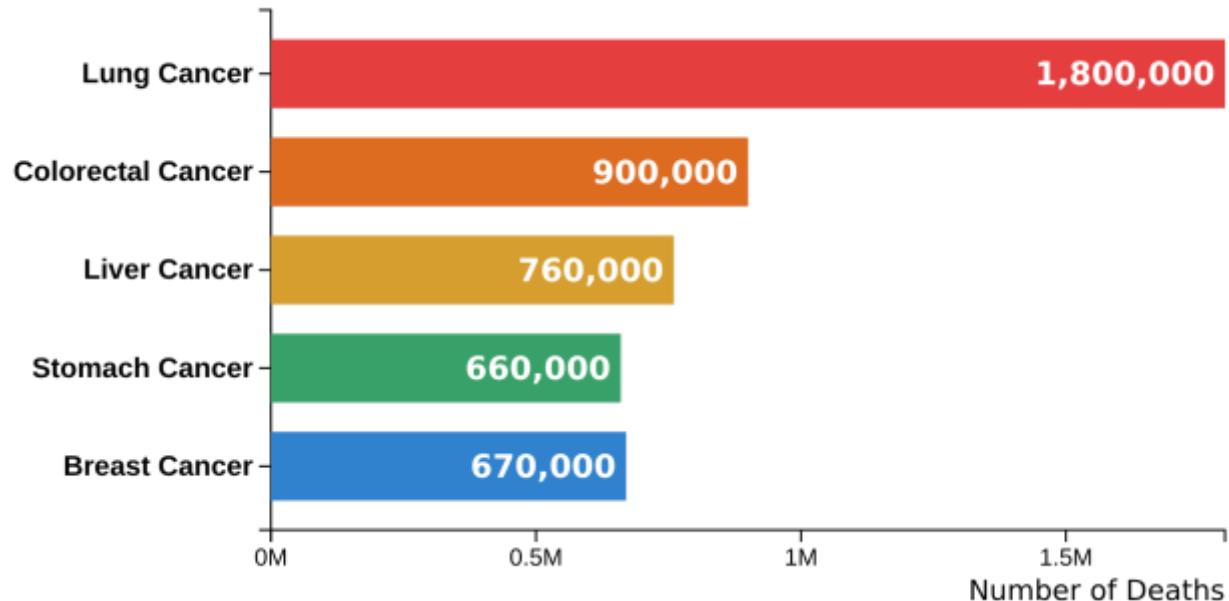
### Women

- Breast
- Colorectal
- Lung
- Cervix
- Thyroid

# Leading Causes of Cancer Deaths 2022

Global Cancer Burden Analysis

## ❤️ Top 5 Causes of Cancer Deaths



Source: GLOBOCAN 2022, International Agency for Research on Cancer

## 🛡️ Preventable Risk Factors

-  **Tobacco Use**  
22% of cancer deaths
-  **Alcohol Consumption**  
4% of cancer cases
-  **High Body Mass Index**  
4% of cancer cases
-  **Infections (HPV, HBV, HCV)**  
25% of cases in LMICs

# Cancer in India 2022

GLOBOCAN 2022 Analysis

## India's Cancer Burden



New Cases (Annual)

**1.46 Million**



Deaths (Annual)

**~890,000**

## Regional Variations

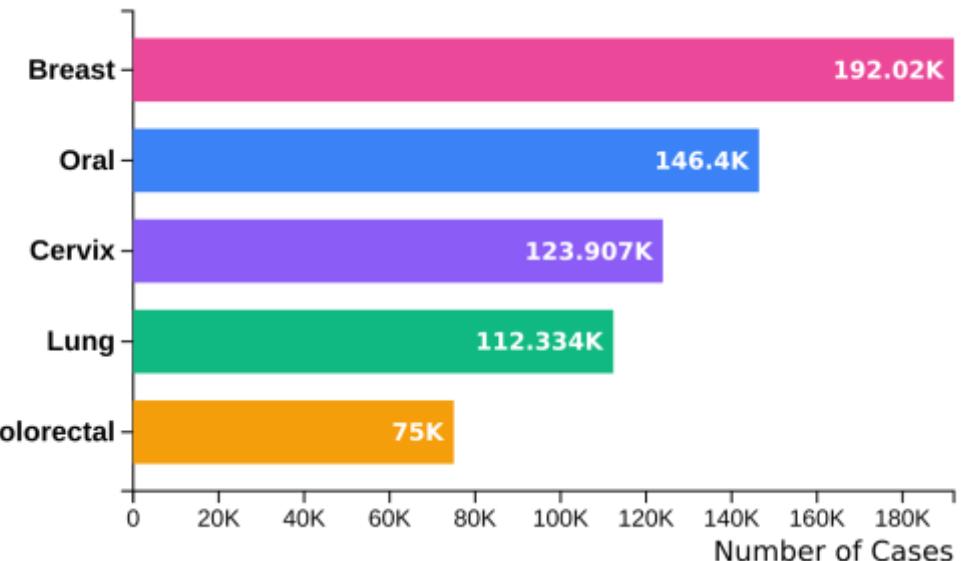


North/Northeast India  
Higher oral cancer rates



North India  
Higher gallbladder cancer rates

## Top 5 Most Prevalent Cancers in India



Source: IARC GLOBOCAN 2022

# Why Cancer is Rising in India

## Multiple Contributing Factors

### Demographic Changes

Aging population

Longer life expectancy

### Lifestyle Transitions

Urbanization

Sedentary habits

Processed food consumption

### Behavioral Factors

Tobacco use (smoked & smokeless)

Alcohol consumption

Poor dietary patterns

### Healthcare Challenges

Limited screening access

Late-stage diagnosis

Regional disparities in care

# Updated Statistics Table

Comparative Cancer Statistics (GLOBOCAN 2022)

 Cancer Type	 Global Cases (Millions)	 Global Deaths (Millions)	 India Cases	 India Deaths
 All Cancers	20.0	9.7	1,460,000	890,000
 Breast	2.3	0.67	192,020	98,337
 Cervix	0.66	0.35	123,907	77,348
 Lung	2.5	1.8	112,334	102,000
 Oral	0.377	0.177	146,400	98,000

 Source: IARC GLOBOCAN 2022

 Data shows significant cancer burden in India compared to global averages

# Prevention is Possible

Reducing Cancer Risk Through Proactive Measures

Approximately



40%

OF CANCERS ARE  
PREVENTABLE

Through lifestyle choices, vaccinations, and environmental protections



## Tobacco Control

- ✓ Avoid all tobacco products
- ✓ Support smoke-free policies



## Healthy Lifestyle

- ✓ Regular physical activity
- ✓ Balanced diet (fruits, vegetables)
- ✓ Maintain healthy weight



## Vaccination

- ✓ HPV vaccine (cervical cancer)
- ✓ HBV vaccine (liver cancer)



## Environmental Protection

- ✓ Sun protection
- ✓ Reduce pollution exposure
- ✓ Occupational safety

# Screening Saves Lives

Evidence-based screening guidelines

## Breast Cancer

**Mammography:** Annually for women aged 40+

**Clinical Breast Exam:** Every 3 years (20-39), annually (40+)

**Self-examination:** Monthly

## Cervical Cancer

**Initiation:** Screening should begin at age 21

**Pap Test:** Every 3 years (21-29)

**HPV Test:** Every 5 years (30-65)

## Colorectal Cancer

**Initiation:** Screening should begin at age 45

**Options:**

Colonoscopy: Every 10 years

FIT: Annually

CT Colonography: Every 5 years

## Oral Cancer

**Visual Examination:** Recommended for high-risk groups

**Annual Screening:** Essential for individuals who use tobacco or consume alc

**Risk Factors:** Tobacco use, alcohol consumption, HPV infection

# CAUTION Signs of Cancer

Recognize the warning signs early

**C      A      U      T      I      O      N**

Change in  
bowel/bladder  
habits

A sore that  
does not heal

Unusual  
bleeding or  
discharge

Thickening or lump  
in breast/elsewhere

Indigestion or  
difficulty  
swallowing

Obvious  
change in wart  
or mole

Nagging  
cough or  
hoarseness



## ACTION REQUIRED

If any of these symptoms persist for three weeks or more without improvement, consult a specialist immediately for further evaluation.

# Take-Home Message

## Key Takeaways

### Key Messages



#### Cancer Burden is Rising

But prevention works



#### Early Detection Saves Lives

Regular screening is crucial



#### Lifestyle Matters

Healthy choices reduce risk



#### Vaccination Works

HPV and HBV vaccines prevent cancers



#### Awareness is Power

Know the signs, act early



#### Surat Oncology Centre is Committed to:

- 🎓 Cancer prevention education
- 📅 Early screening programs
- 👤 Comprehensive cancer care
- 👉 Patient support services

# Contact Information

## Surat Oncology Centre

### Our Location



### Surat Oncology Centre

2nd Floor, Zenon Building, Opposite Unique Hospital  
Near Kiran Motors, Off Ring Road, Surat, Gujarat

### Contact Details



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### Our Commitment

"Together, We Can Fight Cancer"

- ✓ Cancer prevention education
- ✓ Early screening programs
- ✓ Comprehensive cancer care
- ✓ Patient support services

# Surat Oncology Centre



# Thank you

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