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Is your pan masala a mouth freshener or nicotine bomb?

New study shows the levels of this habit forming chemical can vary 2,000-fold between brands. The levels of known cancercausing chemicals also vary widely between different brands of other smokeless tobacco products

Lata Mishra TIMESOFINDIA.COM, Aug 29, 2024, 16:33 IST



The gutkha and pan masala sachets that hang outside roadside kiosks across India, litter pavements and choke drains, kill more people than road accidents and gunshot wounds combined. Now, a new study reveals what makes them so addictive, and deadly.

For their research, scientists at Tata Memorial Centre's Advanced Centre for Treatment, Research and Education in Cancer (ACTREC) looked specifically at smokeless tobacco (SLT) products – plain tobacco, khaini, gutkha, pan masala with tobacco, mishri, gul, creamy snuff and dry snuff – available in the Mumbai region. They examined 321 samples from 57 different SLT brands and found dangerously high levels of cancer-causing substances in most.

Types of smokeless tobacco

Smokeless tobacco (SLT) products are not heated or burned, so they are consumed by **placing between the gum and the cheek, or the lip**

Traditionally, SLT was sold as **chewing tobacco or snuff**. Chewing tobacco came in the form of loose leaf, plug or twist. Dry snuff was finely cut or powdered dry tobacco meant to be sniffed through nostrils

There's also a third type called **snus**. This is moist snuff that is placed under the upper lip and does not require frequent spitting. Dip is a common form of moist snuff



Two big red ags

Analyses of the samples revealed very high levels of two types of chemicals – tobacco-specific nitrosamines (TSNAs) and unprotonated nicotine – in SLT products.

Unprotonated nicotine is very easily absorbed by the body, so it gives the user the 'kick' that gets them addicted. The 'strongest' SLTs had 300 times more unprotonated nicotine than the 'mildest' ones.

Next, tests for TSNAs, which are known to increase the risk of cancer in the mouth (oral), food pipe (oesophagus) and pancreas (the organ that controls blood sugar) showed a 650-fold variation. Thus, some SLTs in the market are likely to be highly addictive and some come with a very high cancer risk.

As Dr Vikram Gota, who led the research, told TOI+: "India has the highest incidence of SLT-associated oral cancer worldwide, as it accounts for nearly 70% of all SLT users globally. Nicotine and tobacco-specific TSNA are critical in the addictive and carcinogenic potential of SLT products."

As strong as bleach

SLT products are usually **alkaline because alkalinity increases the absorption of nicotine through the skin and the mucous membranes**

While water, which is neutral, has a pH level of 7, SLT products analysed in the study showed pH levels of 4.95 to 12.82, which means they ranged from **slightly acidic like black coffee to highly alkaline like bleach**



A market without standards

Dr Gota pointed to an alarming lack of standards in SLT products. Consider pan masala, for example. “We observed the highest variation in unprotonated nicotine levels among brands of pan masala with tobacco, with a 2,000-fold difference,” he said.

Imagine if colas had this amount of variation in their caffeine levels! As far as nicotine content is concerned, dry snuff and packaged plain tobacco had the next highest degrees of variability: “11-fold and 7-fold”, respectively.

For TSNA, the greatest variation was seen in dry snuff brands, with a 32-fold difference, followed by khaini and gutkha brands with 28-fold and 11-fold variations, respectively, Dr Gota said.

Tobacco and cancer in India

ICMR estimates India will have more than **17.3 lakh new cancer cases** and more than **8.8 lakh cancer-related deaths by 2025**. Smokeless tobacco products will have a big hand in this



“Tobacco-specific nitrosamines (TSNAs) are among the most dangerous components of tobacco products. These carcinogenic chemicals, present in both smokeless and smoked tobacco, pose a serious threat to health.

TSNAs, such as N-nitrosonornicotine (NNN), N-nitrosoanatabine (NAT), and N-nitrosoanabasine (NAB), are strongly linked to various cancers, including oral, oesophageal and lung cancer. Their presence highlights the severe risks associated with tobacco use and underscores the critical need for robust public health measures to reduce tobacco consumption and prevent related diseases

ACTREC's **Dr Vikram Gota** told TOI+

Detailed brand-wise analysis

Dr Gota heads the department of clinical pharmacology at ACTREC, which is located at Kharghar in Navi Mumbai. The team had collected all 321 SLT samples from five key markets in Mumbai – Mumbai Central, Kurla, Thane, Vashi and Airoli – during August and September 2019. After careful analysis, its findings were recently published in The Lancet Southeast Asia under the title ‘Variability in Addictive and Carcinogenic Potential of Smokeless Tobacco Products Marketed in Mumbai, India: A Surveillance’.

“This study is the most extensive and first within-country examination of brandspecific nicotine and TSNA levels in SLT products marketed in Mumbai,” Dr Gota said, adding, “Our findings reveal that levels of these harmful constituents remain highly variable and are alarmingly high in many products.”

He stressed that the government should step in to regulate the nicotine and TSNA levels in SLT products, while public information campaigns try to reduce overall SLT use in the country. “This study marks a critical step in understanding the health risks posed by SLT products in India and underscores the urgent need for regulatory action to reduce the burden of SLT-associated diseases and deaths,” Dr Gota said.



A roadside kiosk selling gulikas, pan masala and other items. The govt has been unable to enforce a nationwide ban

Nicotine alone a huge concern

While nicotine itself is not considered a carcinogenic or cancer-causing chemical, its addictive nature repeatedly exposes users to the known carcinogens in SLT products.

“Although you don’t inhale smokeless tobacco, there are still more than 4,000 chemicals in these products, and as many as 30 of these have been linked to cancer,” said cancer surgeon and ACTREC director Dr Pankaj Chaturvedi, dispelling the myth that SLT products are harmless, compared with cigarettes. He said chewing tobacco or keeping it under the tongue exposes the user to the risk of oral cancer, but since the chemicals also enter the bloodstream, they may affect the lungs.

“There is no safe level of smokeless tobacco use. And people who use smokeless tobacco can experience health consequences at any age, even as teenagers,” Dr Chaturvedi added. ACTREC’s patient data reveals the high risk from SLT products: “About 25% of all cancer cases registered at our hospital are of head and neck cancer. Of these, 80% are related to consumption of smokeless tobacco,” said Dr Chaturvedi, adding, “The sad part is that nearly one-third of individuals using tobacco are estimated to die prematurely from serious illnesses, such as cancers and heart diseases.”

WHO's Global Report on Mortality Attributable to Tobacco also says almost 40% of deaths among adults aged 30 and above are due to smokeless tobacco.

Don't forget smoking

While smokeless tobacco is a major killer in developing countries, cancers caused by smoking continue to kill more than 1.3 million people every year in just seven countries – **India, China, the UK, Brazil, Russia, the US and South Africa** – according to a study published in The Lancet's eClinicalMedicine journal in 2023.



Together, these seven countries represent more than half of the global burden of yearly cancer deaths

Govt a mute spectator'

Doctors have linked the rise in cases of oral cancer to the government's inability to enforce a nationwide ban on tobacco products. "Many top celebrities still promote and endorse pan masala, which acts as a substitute for smokeless tobacco," Dr Chaturvedi said.

Dr Prakash C Gupta, director of Healix – Sekhsaria Institute of Public Health, Navi Mumbai, condemned the continued availability of SLT products: "The evidence is crystal clear. Smokeless tobacco... is one of the leading causes of death, accounting for 3,500 deaths every day in India. There is no law to prohibit smoking products like cigarettes and bidis, but we cannot afford to sit idle. We must enforce the Cigarettes and Other Tobacco Products (COTPA) Act with full force."

He said higher taxes and a permanent ban on smokeless tobacco are not optional if the government wants to save lives." Dr Kelly Henning, who leads the public health programme at Bloomberg Philanthropies, said, "Tobacco use is a major risk factor for the world's leading killers, including cancer, heart disease, lung disease and diabetes. The faster countries can regulate tobacco and prevent youth from starting, the more lives can be saved."

<https://timesofindia.indiatimes.com/india/is-your-pan-masala-a-mouth-freshener-or-nicotine-bomb/articleshow/112889195.cms>

'Significant variations in nicotine level in smokeless tobacco brands'

TIMES NEWS NETWORK


Mumbai: The 20 crore Indians who use smokeless tobacco face a double whammy: not only do the contents of most smokeless tobacco products carry a high risk of cancer, but the local manufacturing process also worsens the risk. This is the finding of a joint study done by Tata Memorial Centre's ACTREC in Kharghar, Healis Sekhsaria Institute for Public Health in Navi Mumbai, and the University of Minnesota.

The study, the largest of its kind, analysed 321 samples of various brands of chewing tobacco gathered from outlets in Mumbai Central, Kurla, Vashi, and Thane and found significant variations in the levels of contents. The researchers collected traditional tobacco products, such as snuff and mishri, as well as pan masalas and gutkha, among others.

"Our analyses revealed that the levels of nicotine and TSNA are extremely variable across smokeless tobacco brands," said Dr Vikram Gota at ACTREC, one of the main authors of the study published in Lancet Regional Health: Southeast Asia.

The product analyses, which were carried out in the ACTREC laboratory, show that levels of unprotonated nicotine — which is an easily absorbable addictive form of nicotine — varied approximately 2,500-fold across all product

FINDINGS OF THE STUDY	
<ul style="list-style-type: none">➤ In India, smokeless tobacco-induced oral cancer is a leading cause of cancer-related death among men➤ Doctors at Tata Memorial Centre's ACTREC in Kharghar analysed 321 samples of smokeless tobacco➤ They studied the levels of nicotine and tobacco-specific N-nitrosamines (TSNA) that play key roles in addiction and carcinogenicity, respectively	<ul style="list-style-type: none">➤ Nicotine sustains tobacco addiction by binding to certain receptors in the brain and facilitating the release of dopamine, glutamate, gamma style, aminobutyric acid, serotonin, and other neurotransmitters➤ Two TSNA are considered key causative agents for tobacco-induced cancers, according to the International Agency for Research on Cancer



Nearly **70%** of all smokeless tobacco users worldwide are Indians

samples, and levels of TSNA (tobacco-specific nitrosamines) varied more than 1,100-fold, he added. TSNA is one of the most highly addictive and carcinogenic elements in smokeless tobacco.

"The wide spectrum of smokeless tobacco products and variation in their toxicant levels is extremely concerning from a public health point of view as, in addition to causing cancer, these products affect the whole human system and cause many other serious diseases," said Dr P C Gupta of Healis Sekhsaria Institute.

Dr Gupta said the World Health Organisation states that the contents of smokeless tobacco products, too, should be regulated, "but this is clearly not happening".

So, at the moment, there are products with a relatively lower risk quotient as compared to the others, but the consumers don't know about it.

ACTREC director and oral cancer surgeon Dr Pankaj Chaturvedi, who is also an author of the Lancet study, said that "while all smokeless tobacco products are harmful, these findings reveal that consumers of some brands are exposed to extremely high levels of addictive and cancer-causing chemicals". These findings underline the need for educational and policy efforts in India to prevent the use of smokeless tobacco, he added.

India has one of the highest rates of oral cancer worldwide, over 90% of which can be attributed to tobacco use.


Times of India/31/08/2024

Local manufacturing process ups cancer risk among smokeless tobacco users, finds study

Aug 31, 2024, 0:01 IST

DUMMY HEADING RRRRRR RRRRR

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The product analyses, which were carried out in the ACTREC laboratory, show that levels of unprotonated nicotine — which is an easily absorbable addictive form of nicotine — varied approximately 2,500-fold across all product samples, and levels of TSNA (tobacco-specific nitrosamines) varied more than 1,100-fold, he added. TSNA is one of the most highly addictive and carcinogenic elements in smokeless tobacco.

"The wide spectrum of smokeless tobacco products and variation in their toxicant levels is extremely concerning from a public health point of view as, in addition to causing cancer, smokeless tobacco products affect the whole human system and cause many other serious diseases," said Dr P C Gupta of Healix Sekhsaria Institute. Dr Gupta said the World Health Organisation states that the contents of smokeless tobacco products, too, should be regulated, "but this is clearly not happening".

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<https://timesofindia.indiatimes.com/city/mumbai/local-manufacturing-process-ups-cancer-risk-among-smokeless-tobacco-users-finds-study/articleshow/112933920.cms>

Pharmabiz.com/31/08/2024

Indian pharma industry to play a crucial role in global market: Raja Bhanu

Shardul Nautiyal, Greater Noida

Saturday, August 31, 2024, 08:00 Hrs [IST]

The Indian pharmaceutical industry is set to further strengthen its position in the global market, said K Raja Bhanu, director general of the Pharmaceuticals Export Promotion Council of India (Pharmexcil).

Speaking at the concluding day of the iPHEX 2024 event, Bhanu stated that India's role in the global pharmaceutical landscape is not only pivotal but also transformational, underscoring the nation's contributions to healthcare advancements and economic growth.

He further added that plans are underway to replicate iPHEX in Global South going forward to add renewed heft to the Indian pharmaceutical sector.

The three-day premier event started on August 28, 2024, at the IEML Knowledge Park-II, Greater Noida. iPHEX 2024 is an important event, representing the largest platform to showcase the entire Indian pharmaceutical spectrum to a global audience. Organized by Pharmexcil, this event is a hub of innovation, collaboration, and industry insights.

The global pharmaceutical market, valued at USD 1,493 billion in 2023, is expected to grow to USD 1,922 billion by 2028, reflecting a compound annual growth rate (CAGR) of 5.1%. Within this expanding market, the generic drug segment is anticipated to see a rise from USD 482 billion in 2023 to USD 664 billion by 2028, marking a CAGR of 6.6%. The Asia-Pacific region leads the global market for generic drugs, valued at USD 224 billion, followed by Europe at USD 125 billion, North America at USD 89.5 billion, Latin America at USD 23.4 billion, Africa at USD 9.8 billion, and the Middle East at USD 9.5 billion.

India's pharmaceutical sector continues to play a critical role in the global market, showcasing robust growth in exports, which have rebounded to pre-pandemic levels with a 9% increase in FY24. From FY14 to FY24, India's pharmaceutical exports have soared from USD 14.9 billion to USD 27.9 billion, marking a remarkable growth of over 90%. Currently, India ranks third globally in pharmaceutical production by volume and fourteenth by value, cementing its status as a major player in the healthcare industry.

Bhanu highlighted India's significant contribution to global health, noting that Indian pharmaceutical companies supply approximately 47% of generic prescriptions in the United States and produce 15% of the world's biosimilars. "Indian medicines are not just affordable; they are essential to global healthcare, providing significant savings to economies worldwide," Bhanu noted. In 2022 alone, Indian-made medicines saved the US healthcare system USD 219 billion, with cumulative savings expected to reach USD 2.6 trillion over the next five years.

India's capacity for large-scale vaccine production was spotlighted during the Covid-19 pandemic, reinforcing its role in global health initiatives. Through programmes like Vaccine Maitri and participation in COVAX, India exported 2.3% of global Covid-19 vaccine doses, showcasing its manufacturing capabilities. Additionally, India committed over USD 100 million to health projects in South and Southeast Asia and Africa, further establishing its leadership in global healthcare.

A groundbreaking innovation from India is NexCAR19, the country's first indigenous CAR-T therapy, developed through a collaboration between IIT Bombay, **Tata Memorial Centre**, and ImmunoACT. Bhanu remarked, "Innovations like NexCAR19 are a testament to India's potential in pioneering affordable, cutting-edge therapies, positioning us as leaders in advanced cell and gene therapy."

Reinforcing its reputation as the "Pharmacy of the World," India remains a major supplier of low-cost vaccines and generic medicines. In FY24, India's pharmaceutical exports totaled USD 27.85 billion, reflecting a growth of 9.66%. Pharmaceuticals constitute 9.67% of India's merchandise exports, with drug formulations and biologicals being the second-largest export category.

India has actively engaged in several trade agreements, including the Comprehensive Economic Partnership Agreement (CEPA) with the UAE and the Economic Cooperation and Trade Agreement (ECTA) with Australia. Negotiations are also underway with the European Free Trade Association (EFTA), the United Kingdom, the European Union, Israel, Oman, and other countries, aimed at enhancing market access and trade partnerships.

In FY24, India exported pharmaceutical products to over 200 countries, with around 70% of these exports destined for highly regulated markets such as North America and Europe. The United States remains India's largest pharmaceutical export partner. Bhanu highlighted that "10 of the top 25 global generic companies are from India, underscoring our capability and commitment to global health." From January to October 2023, Indian companies secured 67% of market authorizations granted by the US FDA.

In Africa, India supplied 25% of the generic pharmaceutical market, valued at USD 8.25 billion in FY24, and continues to be a key supplier for the World Health Organization's Essential Immunization Program, providing 65-70% of the required vaccines.

As India continues to strengthen its foothold in the global pharmaceutical market, Raja Bhanu emphasized the need for sustained innovation, strategic partnerships, and adherence to regulatory standards to maintain and build upon this momentum. "Our journey is one of collaboration, innovation, and unwavering commitment to quality, ensuring that India remains at the forefront of global healthcare solutions," he concluded.

<https://www.pharmabiz.com/NewsDetails.aspx?aid=172200&sid=1>

Daijiworld/31/08/2024

Mangaluru: Cutting-edge cancer centre launched at Indiana Hospital & Heart Institute

Fri, Aug 30 2024 10:02:53 PM

Daijiworld Media Network - Mangaluru (SB)

Mangaluru, Aug 30: The Indiana Hospital & Heart Institute, Mangaluru, launched its new healthcare department, the Indiana Cancer Centre (ICC), to provide comprehensive cancer treatment across Karnataka and northern Kerala.

Dinesh Gundu Rao, state minister of health & family welfare, officially inaugurated the oncology facilities at the Indiana campus on Friday, August 30.

Praising the healthcare services provided by Dr Yusuf Kumble and the management of Indiana Hospital, Dinesh Gundu Rao said, "The need for new technology in the healthcare sector is essential, and Indiana Hospital has adopted these advancements with a service-oriented approach. There is no doubt that the Indiana Cancer Centre will be a ray of hope for thousands of cancer patients in Dakshina Kannada and surrounding districts. Dr Yusuf and his entire team have an ideology of serving the poor and needy. Through these healthcare facilities, they are reaching those in need. We all know Indiana Hospital has already won the trust of the people with their patient care, affordable fees, and the exceptional skill of their doctors. I congratulate the Indiana management on their new venture and wish them all success."

In his introductory speech, Dr Yusuf Kumble, managing director of Indiana Hospital, stated, "Cancer treatment has seen remarkable advancements in recent years, utilizing the latest technology. The Indiana Cancer Centre is designed to incorporate these advancements, providing specialized, organ-specific cancer care. This approach, now standard in leading cancer centers worldwide, focuses on personalized treatment plans tailored to each patient's unique needs."

Welcoming the dignitaries and gathering, Dr Ali Kumble, chairman of Indiana Hospital, said, "The Indiana Cancer Centre's notable advantage lies in its collaborative approach. By harnessing the collective expertise of multiple specialists, we can address various cancer types with timely, precise, and personalized treatment plans for each patient."

Dr H R Thimmaiah, district health officer, Dakshina Kannada; Dr U T Ifthikar Ali, president, Allied Healthcare Council, Karnataka; and Praveenchandra Alva, Leader of Opposition, MCC, attended the event as guests of honor.

Dr Sangeetha K, consultant gynecological Oncologist, explained the idea behind the cancer center at Indiana Hospital. The ICC doctors were felicitated by the minister and guests. Dr Ramnath Shenoy, Consultant Medical Oncologist, delivered the vote of thanks.

About Indiana Cancer Centre (ICC)

The cutting-edge approach and extensive experience of the oncology team at ICC will significantly benefit patients seeking advanced cancer treatments.

Its diverse and highly skilled team will work collaboratively to offer the most effective and personalized cancer treatments, ensuring that every patient receives the best possible care.

The Indiana Cancer Centre will be managed by a team of distinguished cancer experts.

Dr Ajay Kumar, MBBS, MS, MCh (Surgical Oncology) from GCRI, is part of the cancer care team. He brings extensive expertise in head and neck, thoracic, and gastrointestinal cancers, including gastroduodenal, liver, pancreas, and colorectal. Dr Kumar excels in minimally invasive surgeries (MIS) for thoracic and abdominal cancers.

Dr Sangeetha K, MBBS, MS, MCh, DNB (MRCOG) Gynecological Oncology from GCRI, is a key specialist in the cancer treatment team. Dr Sangeetha brings a wealth of knowledge in treating breast, ovarian, uterine, and cervical cancers. Her dedication to gynecological oncology promises to enhance the ability to provide comprehensive and compassionate care for women's cancers.

Dr Ramnath Shenoy, MBBS, MD, DM (Medical Oncology) from **Tata Memorial Hospital** Mumbai, specializes in both adult and pediatric solid tumors and blood cancers. Dr Shenoy brings expertise in chemotherapy, immunotherapy, and targeted molecular therapy.

<https://www.daijiworld.com/index.php/news/newsDisplay?newsID=1222007>

The Blunt Times/31/08/2024

Apollo Cancer Clinic launches in Surat

Apollo Hospitals Navi Mumbai Extends Cancer Care Consultation to Gujarat with Launch of Apollo Cancer Clinic in Surat for best in-class care for cancer patients

City EventsHealth

By TBT Web Desk On Aug 30, 2024

Apollo Hospitals Navi Mumbai Extends Cancer Care Consultation to Gujarat with Launch of Apollo Cancer Clinic in Surat

The Apollo Cancer Clinic located at Mann Complex, Anand Mahal Road, Adajan, Surat will act as a hub for consultations with treating clinicians from Apollo Hospitals Navi Mumbai

Surat : India witnessed a staggering 1.5 million new cancer cases in 2023. In Gujarat, there has been a steady rise with cancer cases rising from 66,069 in 2018 to 73,382 in 2022. Recognizing this growing concern, Apollo Hospitals Navi Mumbai on Friday launched the advanced Apollo Cancer Clinic to improve access of cancer consultation services to patients in Surat and Gujarat.

The Apollo Cancer Clinic located at Mann Complex, Anand Mahal Road, Adajan, Surat will act as a hub for consultations with treating clinicians from Apollo Hospitals Navi Mumbai. These clinicians of national & international standing practice evidence based, organ site specific medicine ensuring the best outcomes for patients.

Present at the launch was Dr. Anil D'Cruz, Director Oncology and Senior Consultant Head & Neck Oncology, an expert in cancers of the head and neck. Dr D'Cruz is the Former Director, **Tata Memorial Hospital**, Immediate Past President UICC and Member of the National Medical Commission. Other cancer specialists present included Dr. Jyoti Bajpai, Lead Medical & Precision Oncology who will advise patients on targeted therapies and personalized treatment for cancer and Dr. Ranjeet Bajpai, Senior Consultant Radiation Oncologist, who will provide guidance on cutting-edge radiation therapy, and Dr. Sataksi Chatterjee, Consultant Head & Neck OncoSurgeon trained in advanced techniques of head and neck surgery.

Dr. Anil D'Cruz, Director Oncology and Senior Consultant Head & Neck Oncology, Apollo Hospitals said, "The number of new cancer cases every year highlights the critical need for accessible, high-quality oncology care. The easy access to clinicians who are trained to provide cancer care will help in management of cancer among patients in Surat & nearby areas. Recognizing that every cancer case is unique, the

team will recommend individualized treatment plans. These may include surgery, chemotherapy, radiation therapy, immunotherapy, targeted therapy or a combination of approaches”

Arunesh Punetha, Regional CEO – Western Region, Apollo Hospitals said, “The launch of the Apollo Cancer Clinic in Surat marks a significant milestone in our ongoing commitment to bringing world-class healthcare closer to the communities we serve. We are proud to extend our expertise to the people of Surat and the surrounding regions, empowering them in their fight against cancer. We are confident that we will be able to make a significant impact and improve treatment outcomes”

<https://theblunttimes.in/apollo-cancer-clinic-launches-in-surat/43669/>

ABP News/31/08/2024

समाजसेवी रूपेश पाण्डेय बिहार में खोलेंगे 500 बेड का कैंसर अस्पताल, गरीबों का होगा मुफ्त में इलाज

भारत में बढ़ते कैंसर मरीजों की समस्या को दूर करने के लिए रूपेश पाण्डे और डॉ. प्रवीण घण्टावर बिहार के चम्पारण में 500 बेड का आधुनिक कैंसर अस्पताल खोल रहे हैं.

By : एबीपी लाइव | Updated at : 31 Aug 2024 10:29 AM (IST)



समाजसेवी रूपेश पाण्डेय बिहार में खोलेंगे 500 बेड का कैंसर अस्पताल

Source : एबीपी लाइव

मुंबई (महाराष्ट्र) [भारत], अगस्त 30: भारत में दिन-प्रतिदिन कैंसर मरीज बढ़ते जा रहे हैं. यह एक बहुत ही गंभीर समस्या है. इसी के साथ इसका इलाज भी काफी जटिल है. इसमें काफी समय लगता है और काफी खर्चा भी होता है. बहुत सारे लोगों को इस बारे में जानकारी भी नहीं होती है कि इसका इलाज किससे करवाए. और किस अस्पताल में जाए. इससे कैंसर मरीज काफी परेशान हो जाता है. इस बात को ध्यान में रखते हुए रूपेश पांडे ने डॉक्टर प्रवीण घण्टावर के साथ मिलकर बिहार में 500 बेड का अस्पताल खोलने का विचार किया है. इस अस्पताल में सभी तरह के आधुनिक उपकरण होंगे. जिससे कैंसर का इलाज संभव होगा. यह अस्पताल सभी वर्गों के लिए खुला रहेगा. इस अस्पताल में गरीबों का इलाज फ्री में होगा.

डॉक्टर प्रवीण घण्टावर कैंसर स्पेशलिस्ट और कैंसर सर्जन. उनकी पढ़ाई टाटा कैंसर अस्पताल से हुई है. पिछले 25 वर्षों से कैंसर के क्षेत्र में काम कर रहे हैं. इन सालों में काफी कैंसर मरीजों को ठीक किया है. वह कोलंबिया एशिया हॉस्पिटल के मालिक हैं. इसके अलावा मुंबई के टाटा मेमोरियल हॉस्पिटल में सर्जन भी हैं.

बिहार के चम्पारण के रहने वाले युवा उद्यमी और समाजसेवी रूपेश पाण्डेय ने डॉक्टर प्रवीण घण्टावर के साथ चम्पारण बिहार में एक बेहद ही क्रांतिकारी कदम उठाया है.

दुनिया भर में हर वर्ष लगभग 10 मिलियन लोगों की कैंसर से मृत्यु हो रही है. WHO के एक आकड़े के अनुसार केवल भारत में पिछले 3 वर्षों में 22 लाख लोग कैंसर से मर चुके हैं यानी कि हर दिन लगभग 2160 लोगों की कैंसर से मृत्यु हो रही है. लेकिन अब इस बीमारी से भी घबराने की जरूरत नहीं रही है. देश - विदेश में इस बीमारी से लड़ने के लिए ऐसी तकनीक और चिकित्सा पद्धति विकसित कर ली गई है जिससे कि इस जानलेवा बीमारी को भी अब हराया जाने लगा है. इसी कैंसर से लड़ने और इसका बेहतरीन और समुचित इलाज करने के लिए बिहार के चम्पारण में एक नया कैंसर अस्पताल खुलने जा रहा है.

बिहार चम्पारण के ही रहने वाले युवा उद्यमी और समाजसेवी रूपेश पाण्डेय ने इस बात की घोषणा हाल ही में मुंबई में की है. उन्होंने बताया कि बिहार के चम्पारण में एक शानदार व अत्याधुनिक सुविधाओं से सुसज्जित 500 बेड का विश्व स्तरीय कैंसर अस्पताल खोलने जा रहे हैं. इस बात की पूरी तैयारियां कर ली गई हैं और अब प्रक्रिया अपने अंतिम चरण में है . वैसे तो पूरे भारत वर्ष में लगभग 70 के आसपास कैंसर का इलाज करने वाले केंद्र मौजूद हैं लेकिन इनमें से कई ऐसे भी हैं जहां पर सुविधाओं का घोर अभाव है वैसे में 500 बेड का यह अत्याधुनिक कैंसर अस्पताल बिहार की जनता लिए एक वरदान साबित होने वाला है.

<https://www.abplive.com/brand-wire/social-worker-rupesh-pandey-will-open-500-bed-kaiser-hospital-in-bihar-the-poor-will-get-free-treatment-2772942>

Loktej/31/08/2024

सूरत : कैंसर रोगियों के लिए श्रेष्ठतम कैंसर केयर की उपचार अब सूरत में भी

अपोलो हॉस्पिटल्स नवी मुंबई ने अब सूरत में अपोलो कैंसर क्लिनिक लॉन्च किया

By Dharmendra Mishra

On 30 Aug 2024 15:31:20

भारत में वर्ष 2023 में कैंसर के नए 15 लाख मामले दर्ज हुए थे। गुजरात में यह आंकड़ा स्थिर गति से बढ़ रहा है, जिसमें कैंसर के मामलों की संख्या 2018 में 66,069 थी, जो बढ़कर 2022 में 73,382 हो गई। इस बढ़ती चिंता को देखते हुए अपोलो हॉस्पिटल्स नवी मुंबई ने मरीजों को बेहतर कैंसर परामर्श सेवाएं प्रदान करने के लिए शुक्रवार को

मन कॉम्प्लेक्स, आनंद महल रोड, अडाजण सूरत में एडवांस्ड अपोलो कैंसर क्लिनिक ऑन्कोलॉजी के निदेशक एवं वरिष्ठ सलाहकार हेड एवं नेक ऑन्कोलॉजी डॉ. अनिल डिकूज़ के हाथों लॉन्च किया गया है। हेड एवं नेक के कैंसर में विशेषज्ञ डॉ. डीकूज़ टाटा मेमोरियल हॉस्पिटल के पूर्व निदेशक, यूआईसीसी के तत्कालीन पूर्व अध्यक्ष और राष्ट्रीय चिकित्सा आयोग के सदस्य हैं।

सूरत में स्थित अपोलो कैंसर क्लिनिक अपोलो हॉस्पिटल्स नवी मुंबई के इलाज करने वाले डॉक्टर के साथ परामर्श के लिए एक केंद्र के रूप में कार्य करेगा। राष्ट्रीय एवं अंतर्राष्ट्रीय स्तर पर प्रेक्टिस करने वाले यह डॉक्टर साक्ष्य-आधारित आर्गन साइट स्पेसिफिक मेडिसीन के साथ मरीजों के लिए श्रेष्ठतम परिणाम सुनिश्चित करेगा।

इस अवसर पर उपस्थित अन्य कैंसर विशेषज्ञों में लीड मेडिकल और प्रिसिजन ऑन्कोलॉजी के डॉ. ज्योति बाजपेयी एवं डा. रणजीत बाजपेयी रेडिएशन थेरेपी जानकारी दी। इसके अलावा, सलाहकार हेड एवं नेक ऑन्को-सर्जन डॉ. सताक्षी चटर्जी भी उपस्थित थीं, जिन्होंने हेड एवं नेक की सर्जरी की आधुनिक तकनीकों में प्रशिक्षित हैं।

उच्च गुणवत्ता वाली ऑन्कोलॉजी केयर की आवश्यकता

अपोलो अस्पताल के निदेशक ऑन्कोलॉजी और वरिष्ठ सलाहकार हेड एवं नेक ऑन्कोलॉजी डॉ. अनिल डीकूज़ ने कहा कि “हर साल कैंसर के नए मामलों की बढ़ती संख्या के कारण सुलभ और उच्च गुणवत्ता वाली ऑन्कोलॉजी देखभाल (केयर) की आवश्यकता है। कैंसर देखभाल (केयर) प्रदान करने के लिए प्रशिक्षित चिकित्सकों की उपस्थिति से सूरत और आसपास के क्षेत्रों में कैंसर रोगियों के प्रबंधन में मदद मिलेगी। चूंकि प्रत्येक कैंसर का मामला अलग होता है, इसलिए टीम एक व्यक्तिगत उपचार योजना की सिफारिश करेगी। इसमें सर्जरी, कीमोथेरेपी, रेडियेशन थेरेपी, इम्यूनोथेरेपी, टार्गेटेड थेरेपी आदि विभिन्न प्रकार के उपचार शामिल हो सकते हैं।

उपचार के परिणामों में सुधार करने में सक्षम होगा यह क्लीनिक

अपोलो हॉस्पिटल्स के वेस्टर्न रीजन के सीईओ अरुणेश पुनेठा ने कहा कि "सूरत में अपोलो कैंसर क्लिनिक का शुभारंभ सूरत और आसपास के क्षेत्रों में विश्व स्तरीय देखभाल लाने की हमारी चल रही प्रतिबद्धता में एक महत्वपूर्ण मील का पत्थर साबित होगा। सूरत और आसपास के क्षेत्रों के लोगों को विशेषज्ञता प्रदान कर हम गौरवान्वित हैं। साथ ही उन्हें कैंसर से लड़ने में सशक्त बनाते हैं। हमें विश्वास है कि हम एक महत्वपूर्ण प्रभाव पैदा करने और उपचार के परिणामों में सुधार करने में सक्षम होंगे।

https://www.loktej.com/article/104065/surat-best-cancer-care-treatment-for-cancer-patients-is-now#google_vignette

हिंदी सामना/31/08/2024

गुटखा और पान मसाला है निकोटिन बम! ...सड़क हादसों से भी ज्यादा मौतों का आंकड़ा शोध में सामने आई नई जानकारी

August 31, 2024

सामना संवाददाता / मुंबई

सड़क किनारे छोटे-छोटे पान की दुकानों पर लटके गुटखा और पान मसाला के पाउच खरीदकर खानेवाले लोग न केवल रास्तों को गंदा करते हैं, बल्कि पाउच पैक वेस्ट गटरों को भी जाम कर देता है। इसी में अब एक नई रिसर्च ने यह खुलासा किया है कि गुटखा और पान मसाला एक तरह से निकोटिन बम है, जिससे होनेवाली मौतों का आंकड़ा सड़क हादसों में होनेवाली मौतों से भी ज्यादा है।

उल्लेखनीय है कि **टाटा मेमोरियल सेंटर** के एडवांस्ड सेंटर फॉर ट्रीटमेंट, रिसर्च एंड एजुकेशन के वैज्ञानिकों ने मुंबई क्षेत्र में मिलने वाले धूम्रपान रहित तंबाकू उत्पादों पर शोध किया। उन्होंने ५७ विभिन्न ब्रांड्स के ३२१ सैंपलों की जांच की और पाया कि ज्यादातर में कैंसर पैदा करने वाले खतरनाक पदार्थों का स्तर अत्यधिक था। इनमें सादा तंबाकू, खैनी, गुटखा, पान मसाला, मिश्री, गुल, क्रीमी स्नफ और ड्राई स्नफ जैसे उत्पाद शामिल हैं।

नशे का बन रहे कारण

पान मसाला को अक्सर माउथ फ्रेशनर के रूप में बेचा जाता है। लेकिन इसमें सुपारी, चूना, कल्हा और कभी-कभी निकोटिन जैसे हानिकारक पदार्थ भी होते हैं, जो नशीले होते हैं। इसके साथ ही ये स्वास्थ्य के लिए खतरनाक भी हैं। दूसरी तरफ पान मसाला में हमेशा तंबाकू नहीं होता, लेकिन इसे आमतौर पर तंबाकू के साथ ही खाया जाता है। इससे ओरल कैंसर, मसूड़ों की बीमारियां और लत जैसे गंभीर स्वास्थ्य जोखिम बढ़ जाते हैं।

चिंता का बना कारण

तंबाकू और पान मसाला को लेकर किए जाने वाले विज्ञापन सार्वजनिक स्वास्थ्य के लिए एक बड़ी चिंता का विषय हैं, क्योंकि यह अप्रत्यक्ष रूप से तंबाकू उत्पादों के उपयोग को बढ़ावा देते हैं। स्वास्थ्य विशेषज्ञ पान मसाला के सेवन से बचने की सलाह देते हैं। यह कैंसर और ओरल सबम्यूकस फाइब्रोसिस जैसी गंभीर स्वास्थ्य समस्याओं का कारण बन सकता है, जो जानलेवा साबित हो सकती हैं।

<https://www.hindisaamana.com/gutkha-and-pan-masala-are-nicotine-bombs-number-of-deaths-due-to-road-accidents-new-information-revealed-in-research/>

‘टोबॅको फ्री’ मधूनही निकोटिनचा डोस!

टाटा रुग्णालयाचा निष्कर्ष: मुंबई सेंट्रल, कुर्ला, वाशी, ठाण्यातील नमुन्यांचा अभ्यास

मुंबई : पुढारी वृत्तसेवा

धूर होणाऱ्या तंबाखूरहित पदार्थांमध्येच फक्त निकोटीन असते मात्र मुंबईमध्ये टाटा रुग्णालयाने केलेल्या नुकत्याच एका त्रिवेक्षणामध्ये या तंबाखूरहित पदार्थांमध्ये काही उत्पादनांमध्ये निकोटीनची पातळी असमान असल्याचे आढळले. काही उत्पादनांमध्ये निकोटीनचे प्रमाण जवळपास २५०० पट असल्याचे आढळले. तसेच या उत्पादनांमध्ये कर्करोगास कारणीभूत असणारे रासायनिक घटकांचे प्रमाण ११०० पट अधिक असल्याचे दिसून आले आहे. तंबाखूरहित पदार्थांमध्ये समावेश असलेल्या साधा तंबाखू, खैनी, गुटखा, तंबाखूसह पान मसाला, मशेरीसारख्या



पदार्थांचे सेवन करण्याकडे नागरिकांचा कल अधिक असतो. त्यामुळे धूरविरहित उत्पादनांमुळे कर्करोग होण्याची शक्यता अधिक असल्याचे दिसून आले आहे.

खारघरमधील टाटा मेमोरिअल सेंटरच्या कर्टवट, नवी मुंबईतील हीलिस सेखसारिया इन्स्टिट्यूट फॉर पब्लिक हेल्थ आणि मिनेसोटा विद्यापीठ यांनी

एकत्रितरित्या केलेल्या अभ्यासातून हा निष्कर्ष समोर आला आहे. अशा पद्धतीचा देशातील धूरविरहित तंबाखू उत्पादनांबाबतचा हा पहिलाच अभ्यास आहे. मुंबई सेंट्रल, कुर्ला, वाशी आणि ठाणे येथील दुकानांमधून चघळणाऱ्या तंबाखूच्या विविध कंपन्यांच्या ३२१ नमुन्यांचे विश्लेषण घेण्यात आले होते. यावर केलेल्या संशोधनात त्यातील सामग्रीच्या पातळीमध्ये मोठ्या प्रमाणात तफावत आढळून आली.

संशोधकांनी पारंपारिक तंबाखूजन्य पान मसाला आणि गुटखा तत्सम पदार्थ गोळा केले. ‘लॅन्सेट रीजनल हेल्थ: साउथईस्ट एशिया’ मध्ये हे संशोधन

प्रकाशित झाले आहे. त्यांच्या अभ्यासानुसार काही कंपन्यांच्या उत्पादनांमध्ये निकोटीनच्या पातळीमध्ये मोठ्या प्रमाणात तफावत आढळून आली आहे. जागतिक आरोग्य संघटनेने यापूर्वीच असे म्हटले आहे की धूरविरहित तंबाखू उत्पादनांच्या सामग्रीचे देखील नियमन केले पाहिजे मात्र ते होत नाही. सर्व धूरविरहित तंबाखू उत्पादने हानीकारक असली तरी, या निष्कर्षावरून असे दिसून आले आहे की काही ब्रँडचे ग्राहक अत्यंत उच्च दर्जाच्या व्यसन आणि कर्करोगास कारणीभूत असलेल्या रसायनांच्या संपर्कात असल्याचे दिसून आले आहे असे या अभ्यासातील संशोधक डॉ पंकज चतुर्वेदी यांनी सांगितले.

(News Print Error)