

Breast cancer curable if detected early: Dr C.S. Pant

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"Though breast cancer is a major killer, it is curable if detected early. Breast cancer is not contagious. It is also not caused by bruising, bumping or touching the breast. But no body knows exactly why breast cancer develops. However some risk factors have been identified in this regard so far".

This was stated by Dr (Col) C. S. Pant, VSM, former President of the Indian Radiological and Imaging Association, while delivering a Bhagwan Dass Arora Memorial Oration on "Breast cancer - A curable disease" at the ninth Punjab Science Congress, which began at the Guru Nanak Dev Dental College and Research Institute here today.

Earlier, Dr Pant was honoured with Bhagwan Dass Arora Memorial Oration Award by Dr Ramamurthi Rallapalli, General President of the Indian Science Congress Association, for his professional achievements and contributions in the field of Radiology. Dr Pant was presented with a citation, a medal and a memento on the occasion.

Delivering his oration on breast cancer by showing slides on the screen, Dr

Pant said though breast cancer was a disease of the Western countries, it had also spread in India.

He said Indian women delayed examination of the suspected breast cancer on account of various reasons, including fear of the disease, hesitation in checking herself from a male doctor, reported painful test, and fear of radiation risk due to radiological test of the breast. He said now the test was not painful and safe.

Dr Pant said a change in the size and shape of the breast, discharge from the nipple, and a lump or thickening in the breast were the warning signs of breast cancer. He said about 75 per cent of all breast cancers were found in above 50-year-old women while the disease was not common under the age of 30 today.

He said there was a risk of breast cancer among those women whose mother or sister had the disease. Besides this, other risk factors of breast cancer included childless married woman, birth of first child after years, and first menstrual period at an early age/late menopause, he added.

Dr Pant also stated that pain in breast was not an early warning sign of the disease. However, he



Col (Dr) C.S. Pant (right), former President of the Indian Radiological and Imaging Association, receives the Bhagwan Dass Arora Memorial Oration Award from the General President of the Indian Science Congress Association, Dr Ramamurthi Rallapalli, on the opening day of the ninth Punjab Science Congress at Guru Nanak Dev Dental College and Research Institute, Sunam, Sangrur district, on Tuesday.
— Tribune photo: Rajesh Sachar

emphasised on the early diagnosis as breast cancer could be treated best before it spread further.

Dr Pant further said dietary factors, like high fat and high cholesterol diet, also played a role in the breast cancer disease. He

also said that thousands of women suffered from the disease every year in India. He also spoke on the methods of breast cancer detection, stages of breast cancer, treatment of the cancer, and steps to check the breast cancer.