

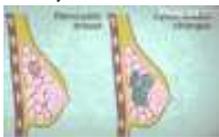
Sunday Health Care

What are the causes of breast cancer?

Experts are not sure what causes breast cancer. It is hard to say why one person develops the disease while another does not. We know that some risk factors can impact on a woman's likelihood of developing breast cancer. Getting older – the older a woman gets, the higher is her risk of developing breast cancer – age is a risk factor. Over 80% of all female breast cancers occur among women aged 50+ years (after the menopause). Genetics – women who have a close relative who has/had breast or ovarian cancer are more likely to develop breast cancer. If two close family members develop the disease, it does not necessarily mean they shared the genes that make them more vulnerable, because breast cancer is a relatively common cancer.



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The majority of breast cancers are not hereditary.

Women who carry the BRCA1 and BRCA2 genes have a considerably higher risk of developing breast and/or ovarian cancer. These genes can be inherited. TP53, another gene, is also linked to greater breast cancer risk.

A history of breast cancer – women who have had breast cancer, even non-invasive cancer, are more likely to develop the disease again compared to women who have no history of the disease.

Having had certain types of breast lumps – women who have had some types of benign (non-cancerous) breast lumps are more likely to develop cancer later on. Examples include atypical ductal hyperplasia or lobular carcinoma in situ.

Dense breast tissue – women with denser breast tissue have a greater chance of developing breast cancer.

Estrogen exposure – women who started having periods earlier or entered menopause later than usual have a higher risk of developing breast cancer. This is because their bodies have been exposed to estrogen for longer. Estrogen exposure begins when periods start, and drops dramatically during the menopause.

Obesity – post menopausal obese and overweight women may have a higher risk of developing breast cancer. Experts say that there are higher levels of estrogen in obese menopausal women, which may be the cause of the higher risk.

Alcohol consumption – the more alcohol a woman regularly drinks, the higher her risk of developing breast cancer is.

Radiation exposure – undergoing X-rays and CT scans may

frequently raise a woman's risk of developing breast cancer lightly. Scientists at the Memorial Sloan-Kettering Cancer Center found that women who had been treated with radiation to the chest for a childhood cancer have a higher risk of developing breast cancer.

HRT (hormone replacement therapy) – both forms, combined and estrogen only HRT therapies may increase a woman's risk of developing breast cancer slightly. Combined HRT causes a higher risk.

Diagnosing breast cancer Women are usually diagnosed with breast cancer after a routine breast cancer screening or after detecting certain signs and symptoms and seeing their doctor about them.

If a woman detects any of the breast cancer signs and symptoms described above, she should speak to her doctor immediately. The doctor will carry out a physical exam, and then refer the patient to a specialist if he/she thinks further assessment is needed.

Some diagnostic tests and procedures for breast cancer:

Breast exam – the physician will check both the patient's breast, looking out for lumps and other possible abnormalities such as inverted nipples, nipple discharge or change in breast shape. The patient will be asked to sit/stand with her arms in different positions, such as above her head and by her sides. This is supplemented by a complete clinical history.

X-ray (mammogram) – commonly used for breast cancer screening. If anything unusual is found, the doctor may order a diagnostic mammogram, FNAC, Core cut biopsy, excision – biopsy etc. Breast self-exam.

Adult women of all ages are encouraged to perform breast self-exams at least once a month. Johns Hopkins Medical center states, "Forty percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important."

The Impact and Import of Cartooning and Caricature as a Medium of Expression of Opinion

Introduction: Press Council of India is observing the National Press Day today, the 16th November, 2015 and is commemorating the day by holding a discussion on "The Impact and Import of Cartooning and Caricature as a Medium of Expression of Opinion". This day will also be an occasion to remember the two legends in the field of cartoon and caricature of journalism in India – Rasipuram Krishnaswami Iyer Laxan popularly known as RK Laxman and Rajinder Puri. Both of them breathed their lasts in this year. Both are remembered for their creative genius.

Two legends of Indian Cartoon – Laxman and Puri: RK Laxman (24 October, 1921-26 January, 2015) was an Indian cartoonist, illustrator and humorist. He was best known for his creation The Common Man and for his daily cartoon strip "You Said It" in The Times of India, which started in 1951 and continued for five decades. After Shankar (Kesava Shankara Pillai who is considered as the father of political cartooning in India), Laxman became a household name among cartoonists in the country.

In a leader article entitled Uncommon Man : Laxman Speaks For The Ordinary Citizen in the Times of India on 28 March, 2005 Rajinder Puri wrote "Laxman pondered to the common man. Inevitably he created his own Common Man. The

character caught the public's imagination and swept through the length and breadth of India to become a national icon. Laxman's draughtsmanship was impeccable. His knowledge of anatomy, eye for detail while drawing background and dexterous brushwork rendered his draughtsmanship world-class. He was never a stylist. His work is founded or realism, no fancy abstractions. I suspect he was inspired in part by the legendary David Low. But low used fewer lines and less detail. That painstaking elimination of unnecessary detail gave Low's work more simplicity and more strength.

It was Laxman's pocket cartoon that made him and his Common Man national icons. There was a time when all the maddening everyday inconveniences caused by the city administration were caught brilliantly by Laxman to empathise with the ordinary citizen. Bombay learnt to wake up with morning tea and a rueful laugh over the Common Man's travails. The Common Man became a habit. He is now an addiction. The Times of India can't do without him".

Rajinder Puri (20 September, 1934-16 February, 2015) was an Indian cartoonist, veteran columnist and political activist. He has associated with The Hindustan Times and The Statesman as a cartoonist and writer and also with the Outlook

magazine. His unique creation was Common Leader.

On his demise , noted political cartoonist Ajit Ninan wrote in the Times of India "The sheer power of a cartoonist's pen in plain black and white form is scary in the art of simplicity. Junior cartoonists were in awe of the mind and art Rajinder Prui generated. Senior cartoonists joked he wielded a dagger. That was him, the power of his mind, a combo of Vijayan, Abu, Ravi Shankar, RK and Shankar, so beautifully amalgamated into a synchronized punch. Prui's mind was pure because he had the anti-establishment mindset years before AAP(Aam Aadmi Party), that was the power of his mind.

Cartoon and Caricature: Cartoons and caricature are a powerful means of expression in media. While employing humour, cartoons and caricatures make the readers reflect on issues which are grave and serious; they often convey what words cannot. A cartoon is a form of two-dimensional illustrated visual art. While the specific definition has changed over time, modern usage refers to a typically non-realistic/semi-realistic drawing or painting intended for satire, caricature or humor or to the artistic style of such works.

Generally, cartoons are seen either on the front page of the newspaper or the editorial page. An editorial

By: Dr. Aribam Ibomcha Sharma, IIS New Editor and Head Regional News Unit, AIR, Imphal

cartoon is an illustration containing a commentary that usually relates to current events or personalities. Such cartoons typically combine artistic skill, hyperbole and satire in order to question authority and draw attention to corruption and other social problems. Political cartoons can usually be found on the editorial page of many newspapers. A pocket cartoon is a form of editorial cartoon which consists of a topical single-panel single-column drawing. It was introduced by Osbert Lancaster in 1939 at the Daily Express. A 2005 obituary by The Guardian of its pocket cartoonist David Austin said "Newspaper readers instinctively look to the pocket cartoon to reassure them that the disasters and afflictions besetting them each morning are not final. By taking a sideways look at the news and bringing out the absurd in it, the pocket cartoonist provides, if not exactly a silver lining, then at least a ray of hope."

A caricature is a rendered image showing the features of its subject in a simplified or exaggerated way. Caricatures can be insulting or complimentary and can serve a political purpose or be drawn solely for entertainment. Caricatures of politicians are commonly used in editorial cartoons. (To be contd.....)

National & International News

Baghdad bomb blast kills at least 23

Baghdad, July 3: A car bomb exploded early Sunday in a central Baghdad district, killing 23 people and wounding 61, according to Iraqi hospital and police officials.

The attack targeted the Karada district, a crowded commercial area frequented by young people and families after sundown during the holy month of Ramadan.

No group immediately claimed responsibility for the attack, but it bears the hallmarks of the Islamic State group which often targets civilians in Baghdad's mostly Shiite neighborhoods.

The officials spoke on condition of anonymity as they were not authorized to release information.

Nearly an hour after the attack ambulances could still be heard rushing to the site. An eyewitness said the explosion set off fires at nearby clothing and cell phone shops.

The Baghdad attack comes just over a week after Iraqi forces declared the city of Fallujah "fully liberated" from IS. Over the last year, Iraq forces have racked up territorial gains against IS, retaking the city of Ramadi and the towns of Hit and Rutba, all in Iraq's vast Anbar province west of Baghdad. Despite the government's battlefield victories, IS has repeatedly shown it remains capable of launching attacks far



from the front-lines. IS still controls Iraq's second largest city of Mosul as well as significant patches of territory in the country's north and west. At the height of the group's power

in 2014, IS rendered nearly a third of the country out of government control. Now, IS is estimated to control only 14 percent of Iraqi territory, according to the office of Iraq's prime minister.

B' desh blames homegrown Islamists, ISI for Dhaka terror attack

Dhaka, Jul 3 (PTI) Bangladesh today blamed "homegrown" Islamist terrorists and Pakistan's spy agency ISI for the country's worst terror attack in which 20 hostages were hacked to death, ruling out the role of the Islamic State, as the shocked nation began observing two days of national mourning.

"Let me clear it again, there are no ISIS or al-Qaeda presence or existence in Bangladesh...the hostage-takers were all home-grown terrorists not members of ISIS or any other international Islamist outfits," Home Minister Asaduzzaman Khan told PTI.

"We know them (hostage-takers) along with their ancestors, they all grew here in Bangladesh...they belong to homegrown outfits like JMB (Jamaatul

Mujahideen Bangladesh)," he said. Islamic State has claimed responsibility for the killing of the hostages, mostly foreigners, and two police officers during an 11-hour siege that ended yesterday after the army stormed the Holey Artisan Bakery popular with expats in the diplomatic zone here, killing six attackers and capturing one alive.

Hossain Toufique Imam, the political advisor to Prime Minister Sheikh Hasina, said that the way in which the hostages were killed with machetes suggests the role of a local terrorist group, the banned Jamaat-ul-Mujahideen.

"Pakistan's ISI and Jamaat connection is well known...they want to derail the current

government," Imam told a TV channel. The arrested terrorist chickened out at the last minute and he holds the key to crucial details, he said.

Hostages who were killed include 19-year-old Indian girl Tarishi Jain. Nine Italians, 7 Japanese, one American of Bangladeshi origin, and two Bangladeshis were also among the people who were killed. Most of those killed were found with their throats slit.

Among those rescued were Indian, Sri Lankan and Japanese nationals, media reports said. Around 30 people were injured.

A police source was quoted as saying by the Dhaka Tribune that all the attackers were Bangladeshi nationals aged between 20 and 28.

Police said the attackers were well-educated and most came from rich families.

"All of them were students and communicated at the crime scene in both Bengali and English," the police source said.

The government has consistently ruled out the presence of the dreaded terror group in the Muslim-majority nation though experts have been maintaining that series of brutal attacks on minorities and secular activists had the hallmarks of ISIS group.

Meanwhile, police have released the photos of the six gunmen killed during the raid by commandos. A seventh was arrested and is being interrogated by Bangladeshi intelligence officers..

U'khand cloudburst: Water level at major rivers rise above danger mark

ANI Dehradun, July 3: In Uttarakhand, almost all major rivers are flowing near the danger marks and in view of this, the authorities have asked the people living in low lying areas to move to safer places.

Meanwhile, the Rishikesh-Badrinath national highway is still blocked at some places. Gangotri and Yamunotri national highways have also been disrupted at several places in Uttarakhand district.

The BRO andPWD personnel are pressed into service to reopen all the three yatra routes. Relief and rescue operations are underway at war footing in the



villages following heavy rains and cloud burst.

The death toll in Pithoragarh and Chamoli districts of state has risen to 16. In seven villages including Bastari under Didihat tehsil of Pithoragarh, 13 people have been rescued alive from the debris and

they are under treatment in the hospital.

So far 10 dead bodies have been recovered, while about 17 people are still buried under the debris. In four villages of Chamoli district, six people have been killed, while three others are missing.

Earlier, asserting that the situation was now under control and that there was no cause to panic, Chief Minister Harish Rawat said that the state government is completely mobilised to ensure that aid was provide to those affected by the natural calamity, adding that round the clock vigil was being maintained. Rawat stated that the state government will seek help from the Centre if needed and called on the people to maintain calm.

"I request that people should not be in fear and be assured that they will be safe. We will take care and are duty-bound to protect the people," Rawat said.

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