

Sunday Health Care

What is breast cancer?

Breast cancer is a kind of cancer that develops from breast cells. Breast cancer usually starts off in the inner lining of milk ducts or the lobules that supply them with milk. A malignant tumor can spread to other parts of the body. A breast cancer that started off in the lobules is known as lobular carcinoma, while one that developed from the ducts is called ductal carcinoma. The vast majority of breast cancer cases occur in females. This article focuses on breast cancer in women. Breast cancer is the most common invasive cancer in females worldwide. It accounts for 16% of all female cancers and 22.9% of invasive cancers in women. 18.2% off all cancer deaths worldwide, including both males and females are from breast cancer.



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Breast cancer rates are much higher in developed nations compared to developing ones. There are several reasons for this, with possibly life expectancy being one of the key factors—breast cancer is more common in elderly women; women in the richest countries live much longer than those in the poorest nations. The different lifestyles and eating habits of females in rich and poor countries are also contributory factors, experts believe. The breast, like any other part of the body, consists of billions of microscopic cells. These cells multiply in an orderly fashion—new cells are made to replace the ones that died. In cancer, the cells multiply uncontrollably and there are too many cells progressively more and more than there should be. Cancer that begins in the lactiferous duct (milk duct), known as ductal carcinoma, is the most common type. Cancer that begins in the lobules, known as lobular carcinoma, is much less common.

What is the difference between invasive and non-invasive breast cancer?

Invasive breast cancer – the cancer cells break out from inside the lobules or ducts and invade nearby tissue. With this type of cancer, the abnormal cells can reach the lymph nodes and eventually make their way to other organs (metastasis), such as the bones, liver or lungs. The abnormal (cancer) cells can travel through the bloodstream or the lymphatic system to other parts of the body; either early on in the disease, or later.

Non-invasive breast cancer – this is when the cancer is still inside its place of origin and has not broken out. Lobular carcinoma in situ is when the cancer is still inside the lobules, while ductal carcinoma in situ is when they are still inside the milk ducts. "In situ" means "in its original place". Sometimes, this type of breast cancer is called "pre-cancerous", this means that although the abnormal cells have not spread outside their place or origin, they can eventually develop into invasive breast cancer.

What are the signs and symptoms of breast cancer?



A symptom is only felt by the patient and is described to the doctor or nurse, such as a headache or pain. A sign is something the patient and others can detect, for example, a rash or swelling.

The first symptoms of breast cancer are usually an area of thickened tissue in the woman's breast or a lump. The majority of lumps are not cancerous; however, women should get them checked by a health care professional.

According to the National Health Service, UK, women who detect any of the following signs or symptoms should tell their doctor:

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LISTEN FIRST

Saving the youths of Manipur from Substance Abuse

By :Seram Neken

June 26 is being observed all over the globe as the International Day against drug abuse and illicit trafficking. This year, the theme of the global observance is 'Listen First', which stresses the importance of listening to the issues confronting the teenagers who are very often caught in the menace of substance abuse. The annual observance of such a day with its theme has more relevance in Manipur society, where majority of its young population indulge in abuses of one or the other substance thereby destructing their own physical and emotional existence. Every year since 1988, the United Nations has been spearheading the worldwide observance on this day. In Manipur, where a considerable portion of the national young brigade has lost its energy, strength and power to drugs and psychotropic substances, there is strong relevance to organize such events on a mass scale.

From Zarda Pan, Kehini and Cigarettes to Ganja and Alcohols such as Beers, Whisky, local brews (branded as Sekmai, Andro, Phayeng etc); from cough syrups such as Phenshydyl, Corex, Epidex, Sericodine and bonolex to pain killer tablets like Proxyvon, Parvon Spas, Spasmo Proxyvon, Relipen and prozep to tranquilizers such as Diazepam, Valium, Nitrogen 10(N10); from psychoactive substances such as Morphine, Poldrom, Mandrake, Hypogen to the infamous Heroin Number 4, drug abuse menace has almost succeeded in its attempted destruction of young physique and mindset of Manipur.

Beginner abusers of Manipur have switched on to cheap and easily available substances such as Dendrite and correction fluids (Kores Eraz-ex) to enjoy self-satisfaction. As a new trend of the social ailment, a number of teenaged boys and girls have reportedly started abusing 'Ganja' at various outskirts of the town. The silent war on the young population calls for urgent attention of the parents who have to first listen to the young voices and understand them.

Substance abuse is the excessive, maladaptive or addictive use of drugs for non-medical purposes. It is also defined as an emotional and physical state characterized by a compulsion to take drugs on a constant basis in order to experience its mental effects. Drug abuse gives rise to dependence both physical and psychological. Dependence gives rise to mental, emotional, physical, social and economic instability. The effects of drug abuse on an individual form the basis for its cumulative effects on the society.

Drugs trade is considered as the third largest business in the world, next to petroleum and arms trade. Today, no part of the world is free from the curse of drug trafficking and addiction. Millions of drug addicts, all over the world, are leading miserable lives, between life and death. Drug addiction has caused immense human distress and the illegal production and distribution of drugs have spawned crime and violence worldwide. In Manipur, majority of the tall and sophisticated buildings, luxurious vehicles and untold properties are attributed to the illicit trading of drugs, tablets, Ganja and other intoxicating substances. There have also been both open and undisclosed stories of drug trafficking happening in Manipur state. A number of high profile and powerful are obviously engaged in these trades. It is also intimately related to the political circles, as expensive elections are a feature of Manipur polity nowadays.

Demand begets supply and vice versa, creating an unending vicious spiral cutting into our moral and social fabric with a frightening pace. India too is caught in this scary web of drug abuse. According to UN report, one million heroin addicts are registered in India, and unofficially the number could be five times more.

Manipur has been contributing a huge portion towards the figure, with our young ones falling prey to drugs and substance abuse menace. Youth in any society occupy a delicate and sensitive position within the population structure for several reasons. Between the ages of twelve and seventeen, a person is regarded as a juvenile, and while he may be held responsible for his acts or omissions, he is treated under special laws. Peer pressure, weak parental control, child abuse, imitation, emotional stress, truancy among students, the availability of the drugs and the ineffectiveness of the laws on drug trafficking are reasons for young people abusing substances.

Cigarettes and alcohol are beginners as they are cheap and easily available. Cigarettes contain nicotine and it affects the body physically and psychologically. Cigarettes are addictive and they cause lung disorders. Alcohol such as Beer, wine, brandy and local brews are contains chemicals and has potential for addiction. Alcohol has a toxic and sedative effect on the body and is available without prescription. It is a central nervous system depressant and its consumption can cause a number of marked changes in behaviour. The varied religious or irreligious conventions and traditions have in one way or the other help produce drugs and substances abuse in Manipur society. Ganja or Cannabis and home made brew/alcohol have been used for religious purposes since time immemorial. Raw Opium or Kanni were widely used for medicinal and recreational purposes in Manipur as a convention. Kanni is known to be a medicine during child births to subside delivery pains in ancient times. Earlier, Manipuri society was totally ignorant of the harms of psychoactive substances, Chemicals or Drugs and related health problems.

During 1970-1980, Psychoactive Substances or Drugs such as Morphine, Poldrom, Mandrake, Hypogen etc. were widely available and abused in Manipur. Heroin or No. 4 appeared in the early 80s. The quality of heroin was very pure and widely available at cheap rates. The sense of pleasure of its use spread

like wild fire among the youths and adults of that generation. Heroin use was considered as fashionable, up-to-date and rich. Girls admired those youths who used heroin like rock stars.

From mid 1980's, Injecting Drug Users started committing crimes to finance their drug requirements. Stealing from family, friends, neighbors and locality became regular features. Street crimes, gang fights and frequent cases of overdose and deaths were reported often. Even innocent children were kidnapped and killed to snatch their gold earrings.

In late 80s and early 90s, the trend of drug abuse has changed with the intrusion of Pharmaceuticals such as Phenshydyl, Corex, Epidex, Sericodine, bonolex. Pain killers like Proxyvon, Parvon Spas, Spasmo Proxyvon (SP), Relipen (RP) and Prozep and tranquilizers such as Diazepam, Valium, Nitrosun 10(N10) etc. appeared as most friendly abuse items to young people. Nowadays, cheap and easily available substances such as Dendrite and correction fluids (Eraz-ex) are widely abused by young ones through smelling. School going teens are the most common in doing so.

Drug or substance abuse is an immoral behaviour of the youths. The degrading and all round system failure affecting every aspect of the society arising out of mis-governance etc. also aggravate this menace in Manipur. Young people take drugs or abuse substances for many reasons. May be they do so in order to cope with the frustration in life due to poverty, unemployment, broken family, unrest of mind and for self-amusement or for satisfying company of friends.

Many youths indulge in unwanted activities to gain acceptance and popularity among the peers. Due to their gregarious nature, young people seek the company of their own age groups. This leads to their exposure to various unwanted behaviour of their age group. The question is, since it would be impractical to expect them to dissociate from their herds, how they can be protected from being negatively influenced by the group behaviour. Here, the role of parents has to be discussed and focused. One of the many ways youths may

remain uninfluenced by unwanted behaviour may be by enhancing and strengthening their self-knowledge. Self-knowledge will lead to self-respect and self-confidence with the accompanying sense of direction in life. Culture as a guide to morality and rationality has a major role to play in this regard. That is, a generation of young people with identity crisis carried by their having caught in the conflict arising out of tradition and change, with confused notions of values easily become victims of undesirable impacts of the dominant mainstream cultural values.

The tendency for blind aping in the human nature can only be prevented by individuals with strong moral foundations that are easily taken care of by a deeper understanding of one's own self's notion. One who is endowed with a strong sense of direction in life, naturally has no time for straying into unproductive socially harmful activities. The disobedient youth in the family always create problems in the society. The social life without recreational activities also leads young people to indulge in drugs and alcohol. Lack of proper education, economic problems and political chaos, insurgent movements etc. are indirectly helping in the aggravation of the drugs problem in Manipur.

People at large hate the drug users. They scold them and ostracise them from social activities. They try to isolate them from friends and relatives. They are seen as criminals. No one thinks about the real causes of his misbehaviour. Instead of creating a supportive and enabling environment to relieve him from misbehaviour, the society rejects, stigmatises and discriminates him for his acts.

The attitude of the society towards the adolescent delinquents is to be impartial and positive as much as possible. Drug/ substance abuse is a disease and it cannot be treated overnight. It is high time parents and elders took special care for their wards and siblings by listening to their thoughts and voices in order to defend them from the dangerous substance abuse culture.

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National News

After NSG upset, India set to become member of MTCR

New Delhi, June 26: Notwithstanding the failure of its ambitious bid to become a part of the Nuclear Suppliers Group (NSG), India is all set to become a member of the Missile Technology Control Regime (MTCR) next week—one of the four export control regimes of which Delhi has been aspiring to become a member. The Sunday Express has learnt that Foreign Secretary S Jaishankar is all set to sign the instrument of accession into MTCR, which could happen as early as on Monday, in a ceremony to be attended by the MTCR chair troika—envoys from France, Netherlands and Luxembourg. The MTCR chair troika comprises the past, incumbent and future chair of the group.

"Membership of one export control regime can be reinforcing on others, since India's credentials are vetted in one and the remaining three can follow the example," said an Indian official. India's efforts to become a member of the MTCR began after the Indo-US nuclear deal in 2008. New Delhi has been keen to become a member of the four export control regimes—MTCR, NSG, Australia Group and Wassenaar Arrangement. But with the nuclear deal stuck over liability issues, New Delhi's bid to become a member of MTCR only gained momentum from April 2015, after the liability issue was resolved and the US lent its full

support.

The government made its case in June and October last year, but Italy raised objections in the 34-member grouping — membership is decided by consensus (like NSG) — since it was upset with India over the Italian marines dispute. With both the marines being allowed to return to their country, Rome has dropped its objections. India's application was thus admitted and there were no objections from any MTCR member under the "silent procedure". According to the "silent procedure", a 10-day period is given by the chair for raising objections. If there are no objections, the new member can be admitted. The members of this international non-proliferation regime agreed to admit India early this month, coinciding with Prime Minister Narendra Modi's visit to the US. Admission to MTCR will open the way for India to buy high-end missile technology, also making more realistic its aspiration to buy surveillance drones such as the Predator, made by General Atomics.

India makes a supersonic cruise missile, the Brahmos, in a joint venture with Russia that both countries hope to sell to third countries, a development that would make India a significant arms exporter for the first time. Membership of the MTCR would require India to comply with rules,

such as a maximum missile range of 300 km, that seek to prevent arms races. Interestingly, China is not a member of the MTCR, although it voluntarily decided to adhere to the regime's guidelines. Its application in 2004 was rejected, following allegations of it supplying missile technology to North Korea.

After becoming a member of the MTCR, India can hold the key to blocking China's membership in the future—a leverage, many feel, could be used to get Beijing to lift its objections to India's membership to the NSG. Established in April 1987 by G7 countries (Canada, France, Germany, Italy, Japan, Great Britain and the US), the MTCR is an informal and voluntary partnership to prevent proliferation of missiles and unmanned aerial vehicle technology capable of carrying a 500-kg payload over 300 km or more.

In 2002, the MTCR was supplemented by the International Code of Conduct against Ballistic Missile Proliferation (ICOC), which calls for restraint and care in proliferation of ballistic missile systems capable of delivering weapons of mass destruction and has 119 members. The ICOC is also referred to as 'The Hague Code of Conduct' (HCOC) against ballistic missile proliferation, which is considered to be complementary to the MTCR.