

**CANCER PREVENTION & TREATMENT
IN JAMAICA**

Wendel C. Guthrie

Total Malignancies in Kingston & St.

Andrew (2003 – 2007)

TOTAL ----- 4981

female ----- 2445

male ----- 2536

LEADING SITES

MALES

prostate ----- 1042

bronchus ----- 242

colon ----- 229

LEADING SITES - FEMALE

breast ----- 720

cervix ----- 302

colon ----- 231

TOTAL

PROSTATE	1042
BREAST	730
LARGE BOWEL	460
BRONCHUS	309
CERVIX	302
Unknown Primary	288
Lymphoma	243
Skin	225
Corpus uteri	177
Stomach	175

LEADING SITES CAUSING DEATHS

MALE ----- Prostate, lung & stomach

FEMALE ----- Breast, Cervix & Colon

Sites by Age

0 – 14yrs

Male

Lymphoma ----- 7
Leukaemia ----- 6
Brain, NS ----- 4
Soft tissue ----- 4
Head & Neck ----- 2
23

Female

Brain, NS ----- 9
Leukaemia ----- 7
Urinary ----- 6
Ovary ----- 4
Eye ----- 4
30

Sites by Age

15 to 24 yrs

Male

Lymphoma -----	6
Leukaemia -----	6
Bone -----	3
Soft tissue -----	3
Brain -----	<u>2</u>
	20

Female

Ovary -----	8
Soft tissue -----	6
Thyroid -----	6
Lymphoma -----	6
Brain & NS -----	<u>4</u>
	30

KNOWN ASSOCIATED FACTORS

About 30% of cancers can be prevented.

Early detection and effective treatment can lead to improved survival.

In 1970, five year survival after being diagnosed with breast cancer was 75%; today it's 95%. (*Screening detected cancers will expect to achieve 20 yrs. survival- especially in women in their 50s & 60s*). Cancers found on a mammogram have > 95%, 5 year survival rate compared to less when a lump is felt.

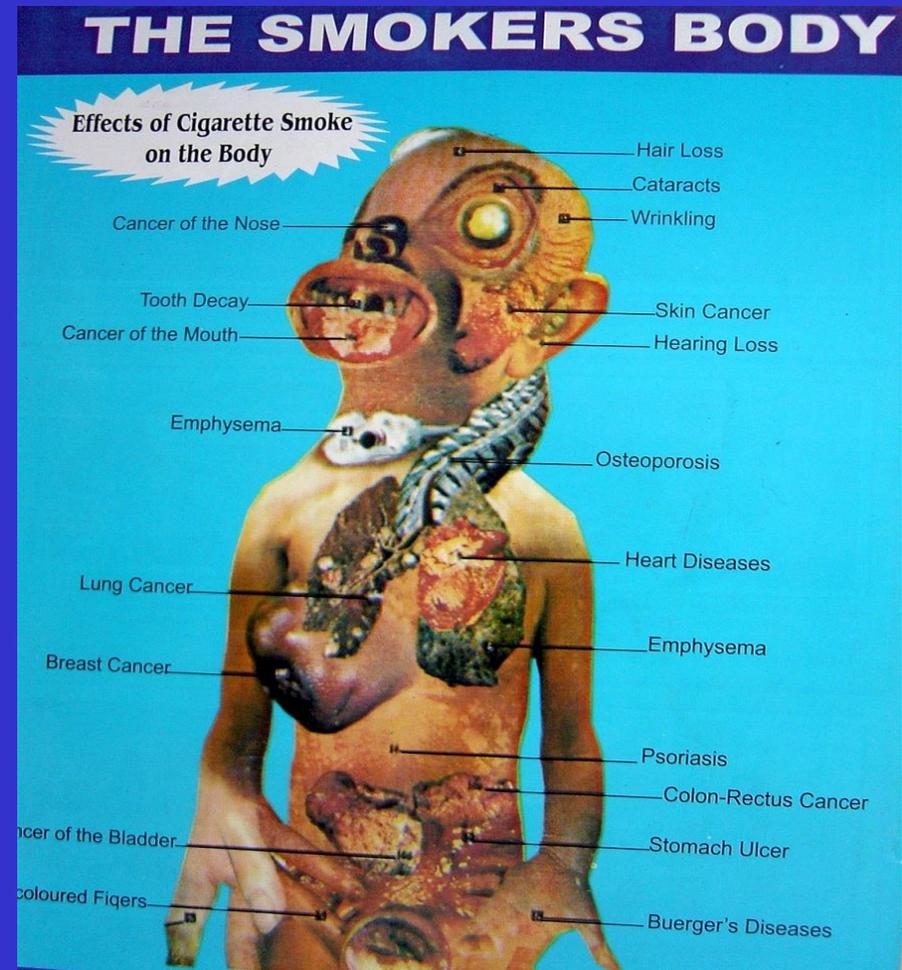
SMOKING

Many potent carcinogens

Lung, mouth, throat, larynx, bladder, stomach, cervix, breast and maybe many more.

SMOKING

- Smoking is associated with more cancers than any other agents



According to repeated nationwide surveys,

More Doctors Smoke **CAMELS** than any other cigarette!

Doctors in every
branch of medicine
were asked, "What
cigarette do you smoke?"
The brand named most
was Camel!

You'll smoke Camels for the same reason
to most doctors enjoy them: Camels have
that great delicious, rich, silky taste, and
a flavor unmatched by any other cigarette.
Make this world's best smoke only
Camels for 30 days and see how well Camels
please your taste. How well they suit
your throat as your steady smoke. How
well you enjoy this cigarette can tell!

THE DOCTORS' CHOICE IS AMERICA'S CHOICE!



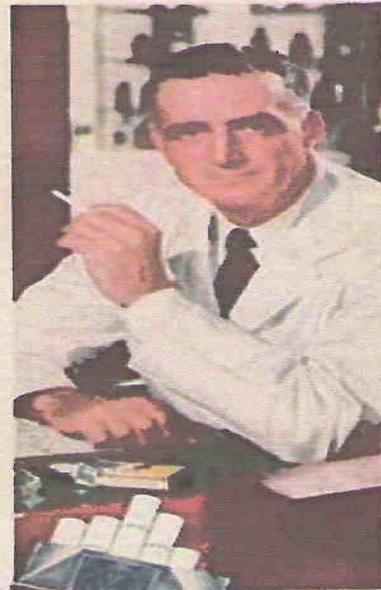
DR. MARY KANE, M.D., University of California, Los Angeles



DR. JOHN HENNING, M.D., University of California, Los Angeles



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For 30 days, test Camels in your "T-Zone" (T for Throat, T for Taste).

www.StrangeCosmos.com

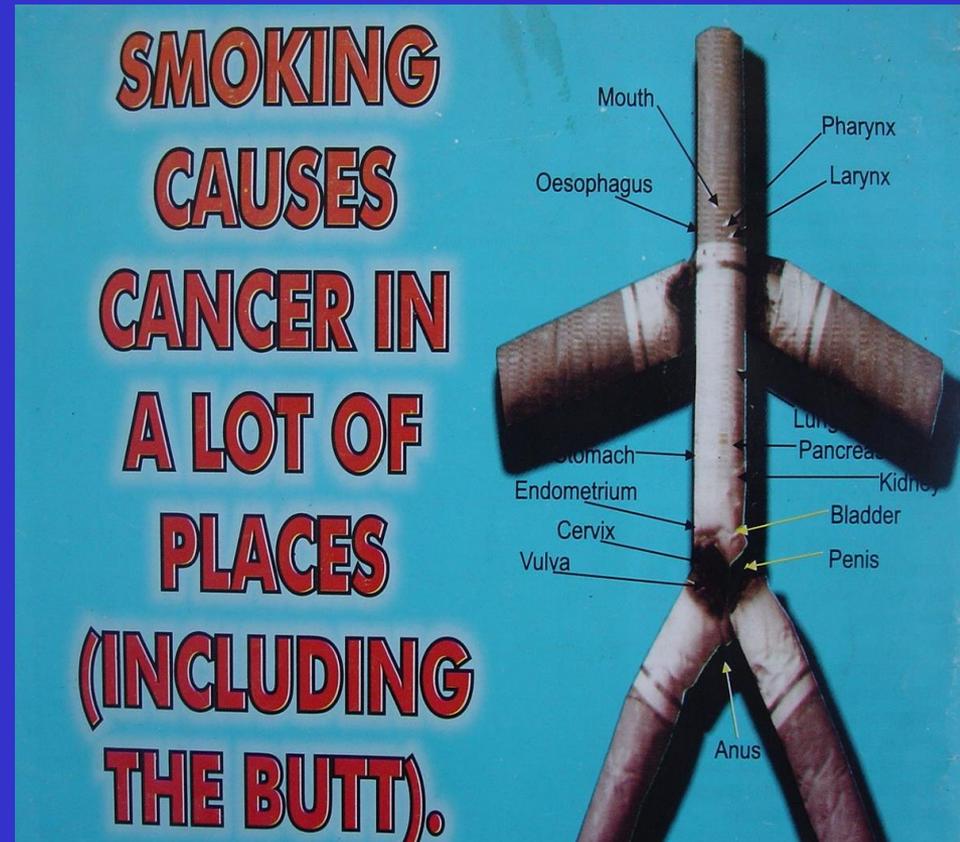
Let's face it - you could
get hit by a **BUS**
tomorrow



go on -
HAVE
A FAG!

SMOKING

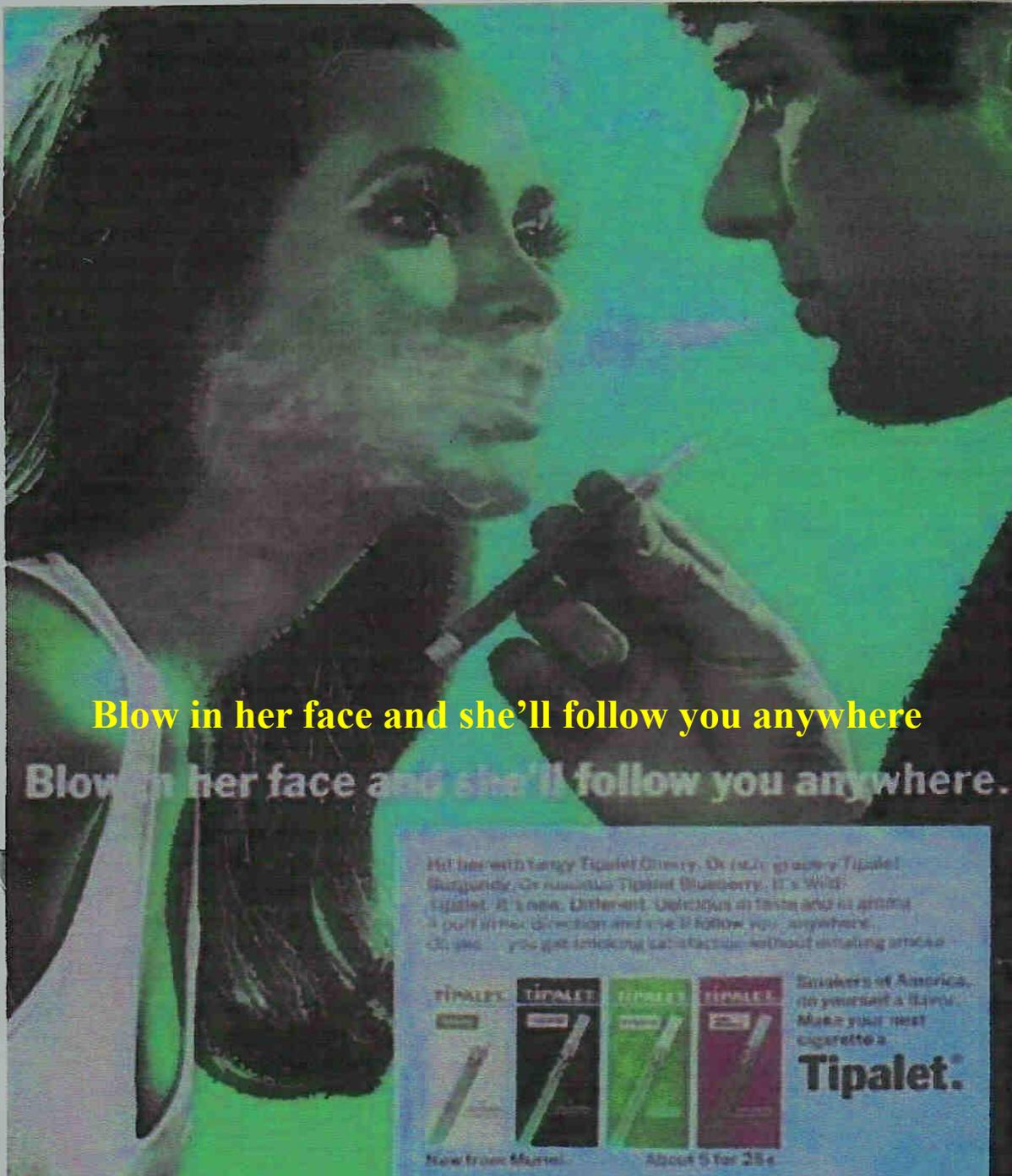
The association is so strong that most researchers will CALL IT THE CAUSE



Second Hand Smoking

- Many carcinogens are inhaled, especially in shared spaces





Blow in her face and she'll follow you anywhere

Blow in her face and she'll follow you anywhere.

Hit her with tangy Tiptalet Greeny. Or (a.k.a.) go crazy Tiptalet
Burgundy. Or succulent Tiptalet Blueberry. It's Wild
Tiptalet. It's new. Different. Delicious in taste and in spirit.
A puff from Greeny and she'll follow you... anywhere.
Or yes... you get smoking satisfaction without smoking smoke.



Smokers of America,
do yourself a favor.
Make your next
cigarette a

Tiptalet.

Now from Market

About 5 for 25¢

GENETIC

Breast ----- ~ 20% in some Jews

< 5% in Jamaica

Colon ----- increased risk in relatives

Ovaries ----- ” ” ” ”

Prostate ----- ” ” ” ”

INDUSTRIAL CHEMICALS

Dioxin used in bleach, associated with some cancers

PVC in manufacture (*not pipes*), associated with bladder cancer

Particulate Asbestos - mesothelioma

INFECTIONS

Viruses

EBV - -----lymphoma

HBV ----- liver cancer

HPV ----- cervix and others

HTLV ----- leukemia

HIV ----- Kaposi sarcoma

Bacteria -----**H. pylori**

Parasite ----- **Schistosomiasis**

RADIATION.

**Skin cancer is common – xs sunlight
exposure**

X- ray in pregnancy – leukemia in offspring

**Ionizing radiation – nuclear accident and
nuclear weapons.**

HORMONES.

Endometrial cancer with unopposed estrogen

Oral contraceptive use protect against ovarian cancer

**Increased risk of breast cancer with
prolonged use of estrogen/progestogen HRT**

**Conditions with prolonged estrogen
stimulation e.g. PCOS**

DIETARY

High fat, low roughage and diets

low in anti-oxidants

- **increase risk of colon & breast cancer.**
- **Obesity increases risk of breast and endometrial cancers.**

SYMPTOMS OF CANCERS

USUALLY LATE

WILL DEPEND ON THE ORGAN INVOLVED

e.g. prostate – urinary symptoms

intestine - blood, obstruction

lung - chronic cough, s.o.b. blood

cervix - PCB, discharge

breast - lump, nipple discharge, rash

ovary - rapid growth of abdomen.

PAIN IS USUALLY LATE.

PREVENTION

Be aware of genetic predisposition and do appropriate tests (*e.g. earlier mammograms*)

Regular **PAP SMEARS**. Cervix cancer is the most preventable of all cancers.

Vaccination against high risk viruses e.g. HBV and HPV.

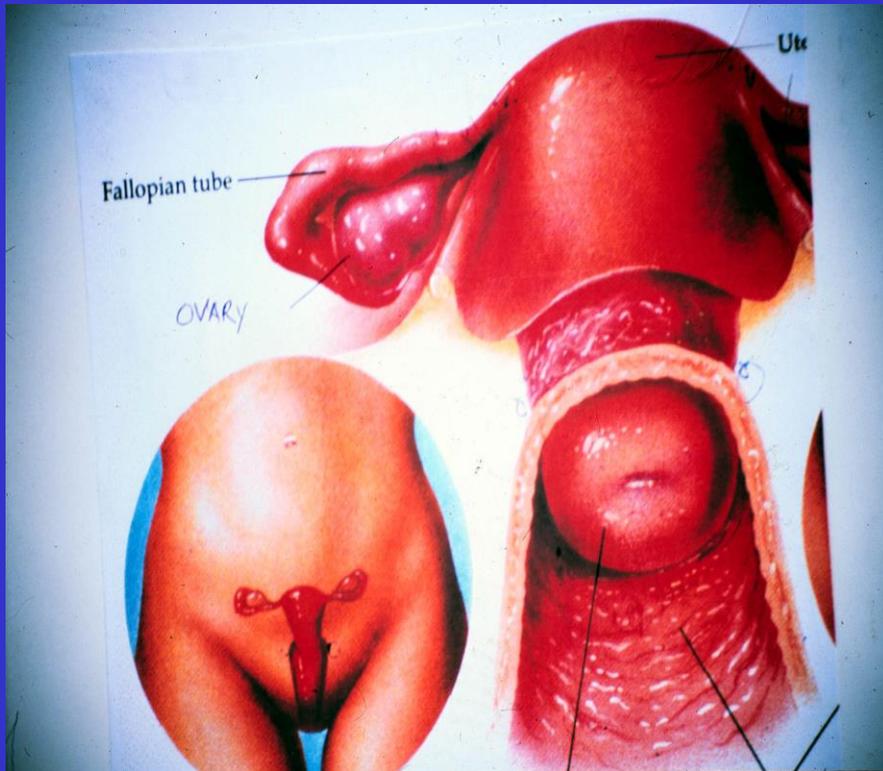
PREVENTION

Jamaican Gov't Screening Programme

**Estimated that about 350,000 women would have to
be screened to have a significant impact**

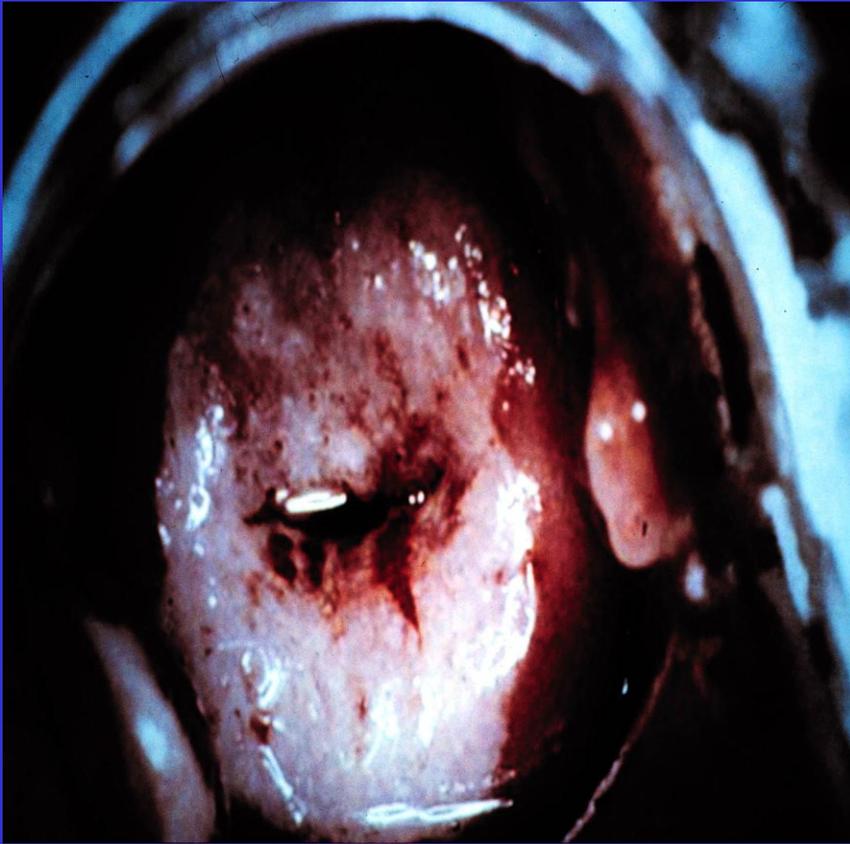
(One Pap every 3 years)

The cervix



- At the upper vagina
- Called the neck or mouth of the womb

Pre-malignant Cervix



- *No symptom*
- *Detected by Pap smears*
- *Easily treated by many methods*

Invasive Cancer



- *Bloody discharge*
- *Offensive odour*
- *PCB*

PREVENTION

Avoid excessive exposure to sunlight – *if light - skinned .*

Estrogens only should not be used in women with uteri.

HRT should not be used for prolonged periods, without a break.

Induce periods in women with amenorrhea.

PREVENTION

Diet and exercise

High fibre diet to decrease intestinal cancer

Recommendation: 5 servings of fruit and veg./day

Consume alcohol moderately

**Vegetables high in anti-oxidants such as
cabbage, cauliflower, broccoli**

Exercise promote weight loss & decrease body
fat.

TREATMENT

SURGERY

RADIOTHERAPY

CHEMOTHERAPY

Treatment

Precancerous cervical lesions

LLETZ/ LEEP

Cautery (cold cautery or electrocautery)

Cryotherapy

LASER vapourization

Cone

Hysterectomy

TREATMENT

Visual Inspection with Acetic Acid

plus treatment

TREATMENT

Surgery for most solid tumours

Breast, bowel, uterine corpus

Early cervical, ovary.

Prostate

No shortage of skilled surgeons, however we do not have a specialized cancer unit.

TREATMENT

RADIOTHERAPY

Two units in the public sector – older cobalt type

One unit in private sector – more modern

Decrease need for going abroad.

TREATMENT

Many medical oncologists/haematologists

Either primary treatment or with surgery and/or radiotherapy

More modern approaches (targeted therapy & cyto-reduction)

TREATMENT

Palliative care

One unit in the public sector (Hope Institute)

One private unit (Consie Walters)

JCS

- **Education**
- **Pap smears (Clinic & outreach)**
- **Treatment of pre-cancerous lesions (until recent past)**
- **Male Clinic (DRE/PSA)**
- **Mammography plus Breast Clinic**
 - **Fixed unit**
 - **Mobile unit**
- **Reach to Recovery**

JCS

VOLUNTEERS

Medical

- General Surgeons
- Gynaecologists
- Urologists
- Radiologists
- . Plastic surgeons.

Non-Medical

All of society plus multifaceted board

Conclusion

- **Education re awareness & tobacco control**
- **Appropriate screening programmes**
- **Immunization against oncogenic viruses**
- **Treatment of infections and precancerous lesions**
- **Improve facilities for radiotherapy**
- **Provide more facilities for palliative care**

A close-up photograph of a large, white, multi-petaled night-blooming cactus flower (likely a cholla cholla) in full bloom. The flower has numerous long, slender petals and a prominent center of bright yellow stamens. To the left and slightly behind the main flower, there are several smaller, bright orange flowers. The background is dark and out of focus, suggesting a nighttime setting. The text "Thank You" is overlaid in a black, cursive font on the right side of the white flower.

Thank You