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Make Lifestyle Changes To Prevent Cancer, Say Experts

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Make lifestyle changes to prevent cancer, say experts

TNN / Updated: Feb 5, 2015, 02:14 IST



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PATNA: [Obesity](#) is linked to many diseases. However, experts warn it can lead to [cancer](#) too. Speaking on World Cancer Day on Wednesday, Paras-HMRI's [Dr A A Hai](#) said excessive obesity could weaken immune system. "Our immune system fights against various cancer-producing agents which the body produces naturally at times. If the immune system is weakened, these agents go scot-free and allow abnormal division of cells that leads to cancer," Dr Hai said. He said, "50% of cancers are preventable provided we go for certain lifestyle modifications, primarily related to tobacco. Tobacco is the leading cause of cancer for the present generation and, worse, we are creating a dangerous legacy for coming generations too." Dr Hai also cautioned against excessive intake of alcohol as it can lead to liver and other cancers. "Small pox and plague became epidemic at one point of time. Cancer may assume same proportions if we do not act now," Dr Hai said. Speaking at the event at Paras-HMRI, principal secretary (health) Brajesh Mehrotra also underlined the need of lifestyle changes to prevent diseases. Paras-HMRI's consultant oncologist [Dr Shreeniwas S Raut](#) said urgent action is needed to raise awareness about cancer and practical strategies need to be formulated to address the menace. "People generally don't want to talk about cancer. But they don't understand that early detection and medical help are necessary for treatment," he said. At another event at Mahavir Cancer Sansthan, Bhagalpur University's ex-professor S P Sinha talked about cancer originating

At another event at Mahavi Cancer Sansthan, Bhagalpur University's ex-professor G P Sinha talked about cancer originating from maize being grown in the riverine area of Ganga in Bhagalpur. Maize farming is also causing various infections, he said. Aryabhata Knowledge University VC Uday Kant Misra said the university was performing key tasks in research and treatment of cancer. Bihar State Board of Religious Trusts chairman Kishore Kunal and MCS acting director Dr Manisha Singh were also present on the occasion.

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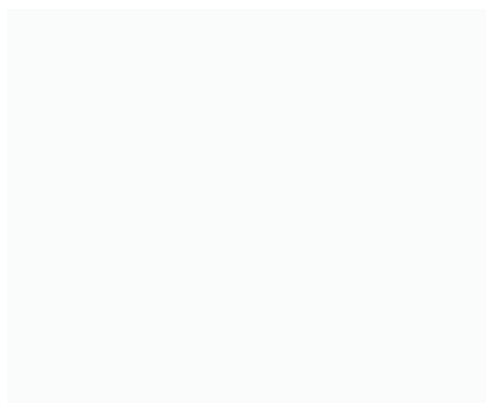
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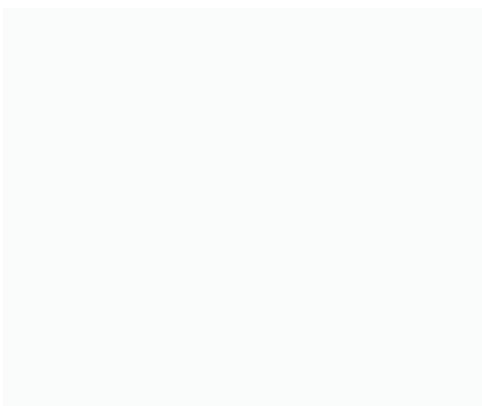
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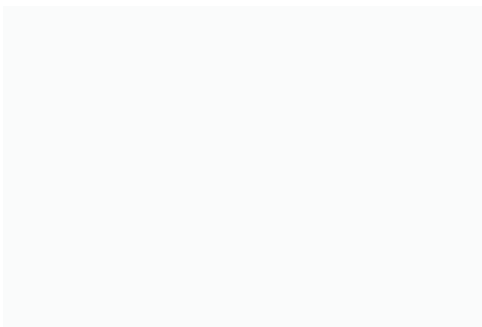
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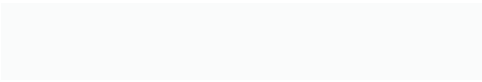
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