

CHUGHTAI LAB
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“Cancer is the single name assigned to more than 100 diseases that can occur in any part of body”

It's actually the result of abnormal cells that multiply and spread out of control, damaging healthy cells along the way. Early detection of cancer significantly increases the chances for successful treatment which is only possible getting yourself beware of cancer signs, symptom and screening.

Breast Cancer

One in eight women has a chance of being diagnosed with breast cancer in her lifetime and her best defense against it is early detection, which is only possible if you are beware of its sign and symptoms. Breast cancer is an "uncontrolled growth of breast cells" that results in persistent breast pain and discomfort, lump in breast, change of size or shape, nipple discharge and redness or dimpling are reasons to see medical evaluation.

"A self-examination should be performed monthly"

In case you find any changes, consult with your doctor. Breast cancer diagnoses involves mammogram (X-ray to examine breast tissue), ultrasound, magnetic resonance imaging (MRI), biopsy (examine cells under a microscope) and lab tests.

Lung Cancer

Survival rate of lung cancer is less than 20%. It is developed by uncontrolled growth of abnormal cells in one or both lungs that results in a cough that gets worse, Shortness of breath, chest pain, losing weight without trying and bone pain. The best way to diagnose it is by lung cancer screening. If there's a reason that makes your doctor think that you may have lung cancer, he/she can recommend some tests to assess for its stage. In order to diagnose lung cancer, your doctor may recommend imaging tests that involve (X-ray image of your lungs) & CT scan (Reveal small lesions in your lungs), sputum cytology (looking at the sputum under the microscope) and tissue sample (biopsy).



"Tobacco is responsible for 90% of lung cancer"

so, avoiding tobacco is the best preventive measure to keep yourself away from lung cancer.



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Oral Cancer

Oral cancer appears as a growth or sore in the mouth that does not go away. It includes cancers of the tongue, lips, cheeks, floor of the mouth, sinuses, hard and soft palate, and pharynx (throat), that can be life threatening if not diagnosed and treated timely.

“Tobacco (including smokeless tobacco) and alcohol use are major risk associated with oral cancer”

Chewing tobacco has been shown to cause mouth cancer, while smoking Cigarette smoking increases your risk of head and neck cancer by 15 times compared to a non-smoker. If you found any of the symptom get consulted with your doctor or dentist, he/she will examine your mouth. Best oral cancer diagnoses will involve biopsy (examine cells under a microscope). So the best way to keep yourself away oral cancer is say goodbye to tobacco and alcohol.



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Colon Cancer

It develops in the colon or the rectum, also known as the large intestine. The colon and rectum are parts of the digestive system, also called the gastrointestinal (GI) system. Its major signs and symptoms include a change in your bowel habits, rectal bleeding or blood in your stool, persistent abdominal discomfort i.e. cramps, gas & pain, weakness or fatigue and unexplained weight loss. In case of finding any of the symptoms, consult your doctor.

A high fiber diet reduces risk of colorectal cancer.

You can reduce risk of colorectal cancer, if you get screened regularly, maintain a healthy weight throughout life, adopt a physically active lifestyle, consume a healthy diet with an emphasis on plant sources by taking foods and beverages in amounts that help achieve and maintain a healthy weight, limit consumption of red and processed meat, eat at least 2½ cups of vegetables and fruits each day, prefer whole grains instead of refined grain products, limit consumption of alcoholic beverages, consume the recommended levels of calcium, primarily through food sources and avoid tobacco products. It's also found that high vitamin D levels contribute to colorectal cancer survivability.

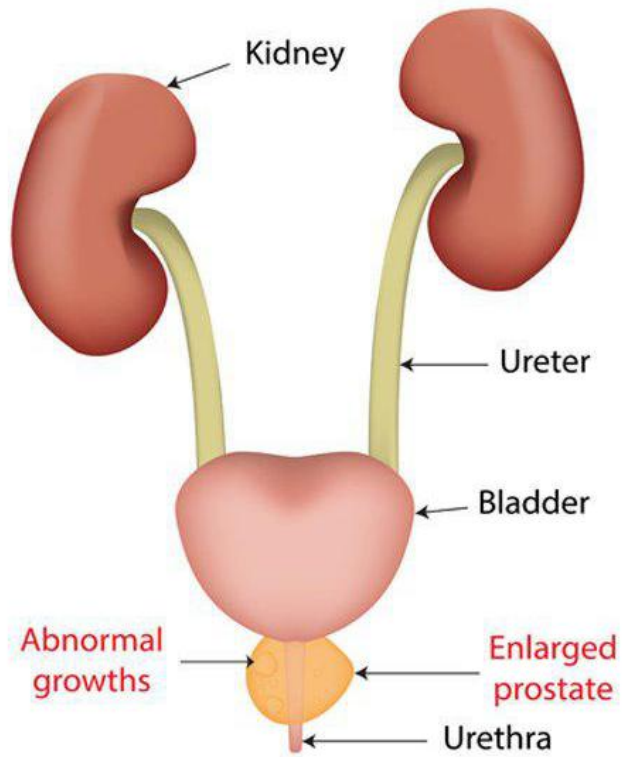


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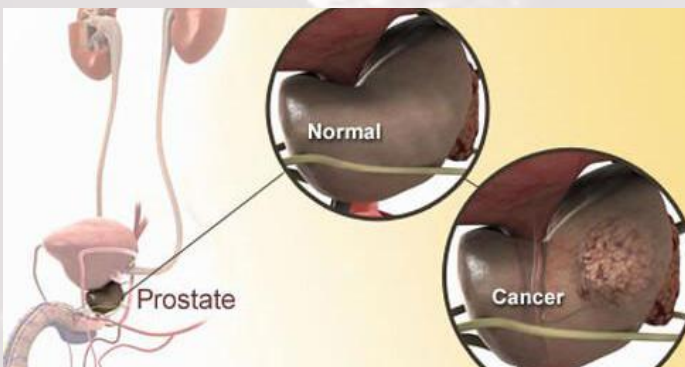
Prostate Cancer

About 1 man in 39 will die of prostate cancer. It's a very serious disease in men, but most men diagnosed with prostate cancer do not die from it. Its major signs and symptoms includes decreased force in the stream of urine, trouble urinating, blood in the semen, discomfort in the pelvic area and bone pain. In case of finding any of the symptoms, you should consult with your doctor. He/She will suggest you some test after examination according to your medical history which could include tests i.e. the prostate-specific antigen (PSA) blood test, trans rectal ultrasound (TRUS), prostate biopsy, grade (Gleason score) of prostate

cancer, bone scan (If prostate cancer spreads to distant sites, it often goes to the bones first a bone scan can help to show whether cancer has reached the bones), computed tomography (CT) scan (x-rays to make detailed, cross-sectional images of your body), magnetic resonance imaging (MRI), lymph node biopsy and biopsy during surgery to treat prostate cancer.



“Low-fat diet reduce risk of prostate cancer. So, increase the amount of fruits & vegetables you eat each daily, prefer more fat from plants than from animals, eat fish and reduce the amount of dairy products”



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10 Ways to Reduce Cancer



Say Goodbye to Tobacco

Tobacco is not only single risk associated with lung cancer but its usage is also linked to other major diseases as well. If you smoke, quit it now and live a healthy life.



Healthy Diet

Your diet has a great impact on your health, as well as chance of getting cancer. You can reduce the risk of cancer by limiting your food intake that are high in sugar, salt and fat while increasing your consumption of vegetables, fruits, pulses and whole grains which can help maintain healthy lifestyle.



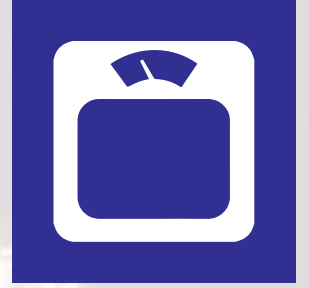
Screening Test

Timely detection of cancer increases chance of being diagnosed and less severe treatment. For some cancers, such as cervical cancer and bowel cancer, screening can actually prevent the cancer from developing. Take part in organized screening for bowel cancer (men and women), breast cancer (women) and cervical cancer (women).



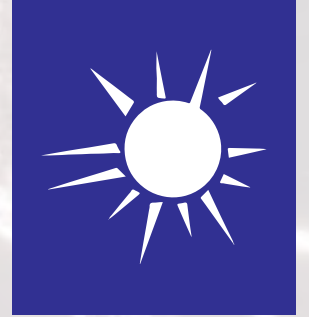
Healthy Weight

Increase in amount of fat in body increases the chance of developing certain types of cancer. People having healthier diets have an estimated 18% lower risk of cancer compared to people having unhealthier diet.



Reduce Sunlight Exposure

Too much sun exposure increases the risk of skin cancer. You can prevent it by seeking shade between 11am to 3pm, wearing clothes that will cover your body, using hat that gives shade to face, neck, head & ear, wearing sunglasses with UV protection and wearing sunscreen with SPF 15+ (SPF 30+ for children).



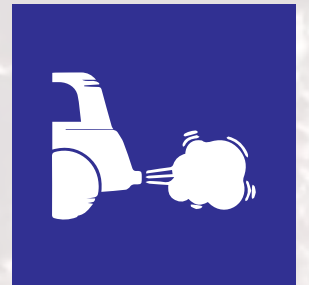
Thirty Minutes' Walk Daily

Physical activity of 30 minutes a day reduces the risk of cancer and other major diseases as well. So, make physical activity to be part of your daily routine and live healthy life.



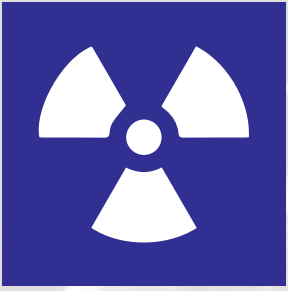
Avoid Pollution

Plant more trees and use mask to cover your nose in the pollutant area. This could help in reducing the chance of getting cancer.



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Safeguard Against Radon

Radon is a colorless, odorless, radioactive gas. It forms naturally from the decay (breaking down) of radioactive elements, such as uranium, which are found in different amounts in soil and rock throughout the world. Natural radioactive gas radon that occurs in earth crust, exposure increases risk of lung cancer. Keep yourself safe from naturally occurring radon.



Avoid Alcohol

Alcohol drinking can cause at least seven types of cancer: that are throat (pharynx and larynx), mouth, liver, gullet (oesophagus), large bowel (colon and rectum), and breast. So you should avoid using alcohol to reduce risk of cancer.



Advice for Women

Women who breastfeed their baby for prolonged periods have a lower risk of developing breast cancer as compared to women who don't breast feed.

SELF AWARENESS & EARLY DETECTION
IS BEST WAY TO DEFEAT CANCER!

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