

Cancer

By Jaffar M. Al-Bareeq*

Cancer has become the second highest cause of death in Europe. Since Bahrain has eliminated most of the infectious diseases, effort should now be directed to the fight against cancer.

The first priority should be to educate the public about the early signs and symptoms of cancer and the methods available for early detection. The public should be made aware of the ways of prevention of cancer, for instance, breast feeding, avoidance of chemicals and changes in food and dietary habits. The public should know about the chemical preservative in food, hormones used to enhance the growth of meat, pesticides used in canned food, chemicals used for an artificial ripening process, chemicals added to drinks, insecticides used to spray vegetables and fruits, and finally accidental irradiation of food, such as happened in Chernobyl, and the use of irradiation as a food preservative. Last but not the least cigarettes and cancer of the lungs and cancer of the throat, alcohol and cancer of the mouth and throat, and combination of alcohol and cigarettes. Methods for the treatment of cancer should be communicated to the public to alleviate their fears regarding the fatality of cancer. There is a great need for self and moral support of the patient with cancer and for the family who has a member affected with cancer. Self esteem and the will to fight from within against cancer has been recognised as an important factor, it would seem that once you give in to the disease mentally the system gives up and the cancer then takes over.

It is now time to establish a Bahrain Cancer Society where members are drawn from all walks of life, doctors, lawyers, social workers, engineers etc. etc. This Society should have two arms, one arm to be extended into the field of research and the other arm to help the patient and their family to cope with the disease, and to educate the public about causation, prevention, early signs and symptoms, detection and treatment of cancer.

REFERENCES

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*Consultant, E.N.T. Surgeon
State of Bahrain