

FIRST EDITION
PRINCIPLES AND PRACTICE OF
**COMMON
CANCERS**



Amal Chandra Katak

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CANCERS**

E D I T O R
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COMMON CANCERS

Editor : **Amal Chandra Kataki**

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DEDICATION

The book '**Principles and Practice of Common Cancers**' is dedicated to all Clinicians, Academicians, Researchers and Students in the field of Oncology to commemorate **Year Long Golden Jubilee Celebration** (18th November, 2022-23) of Dr. B. Borooah Cancer Institute, Guwahati

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Mumbai



Dr. B. Borooah Cancer Institute
Guwahati

EDITORIAL

I am elated to bring out the textbook titled "Principles and Practice of Common Cancers" as a culmination of my long career in oncology dedicated to cancer care and control in India, especially the North-East Region (NER). The incidences of several cancers are so very high in this region that NER has often been referred to as the cancer capital of the country! It is only apt that a book on cancer care is penned down by authors who are actively involved in fighting this veritably insurmountable collective burden of cancers. This will give a perspective about their technical know-how in context to the vast and forever evolving landscape of existing literature about dealing with the disease as well as the road map to effectively tackle the real-world challenges.

NER comprises of eight states: Arunachal Pradesh, Assam, Manipur, Meghalaya, Mizoram, Nagaland, Sikkim and Tripura. The leading cancer sites among males are cancer of esophagus, mouth, lung, stomach, hypopharynx and nasopharynx and among females are cancer of breast, uterine cervix, gallbladder, esophagus and lung. I have ensured that a full chapter has been written to elaborate on each of

these cancers to impart a thorough understanding of the disease processes to the interested readers. This is done with an aim to direct special emphasis on the common cancers prevalent in the NER, although all cancers commonly affecting the people of India are the subject matter of discussion.

Over the course of the several decades of my career involved in cancer care, as a clinician, an academician and a researcher and eventually as an administrator, I have realized the full ambit and the potential of cancer care delivery peculiar to NER and the lacunae thereof. There is a need for uniform treatment protocols and value-based treatment with nationwide application. The National Cancer Grid (NCG) and Indian Council of Medical Research (ICMR) have already taken definitive strides towards that goal. However, it is a known fact that the emphasis will always vary towards different aspects of cancer control policies as per the region-centric volumes of different sites of cancer. A very pertinent example is the problem of esophageal cancer. This is a far more common problem in NER as compared to the mainland with incidences as high as 75.4 per 100,000 population in East Khasi Hills district (Meghalaya) and many other registries throughout NER reporting comparable figures! Cancer of the Nasopharynx in Nagaland and Hepatocellular cancer in Arunachal Pradesh are two other striking examples.

A definite way forward to tackle the mammoth problem is to cut down the size of problem and preventive oncology has a long way to go to meet that end! The use of well-planned and structured screening services and integration of artificial intelligence (AI) and digital oncology platform in diagnostics and therapeutics will ensure that the clinicians can conquer the disease in a wholesome manner.

Amal Chandra Katak

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