

# Early Detection and Prevention of Common Cancers in Older people

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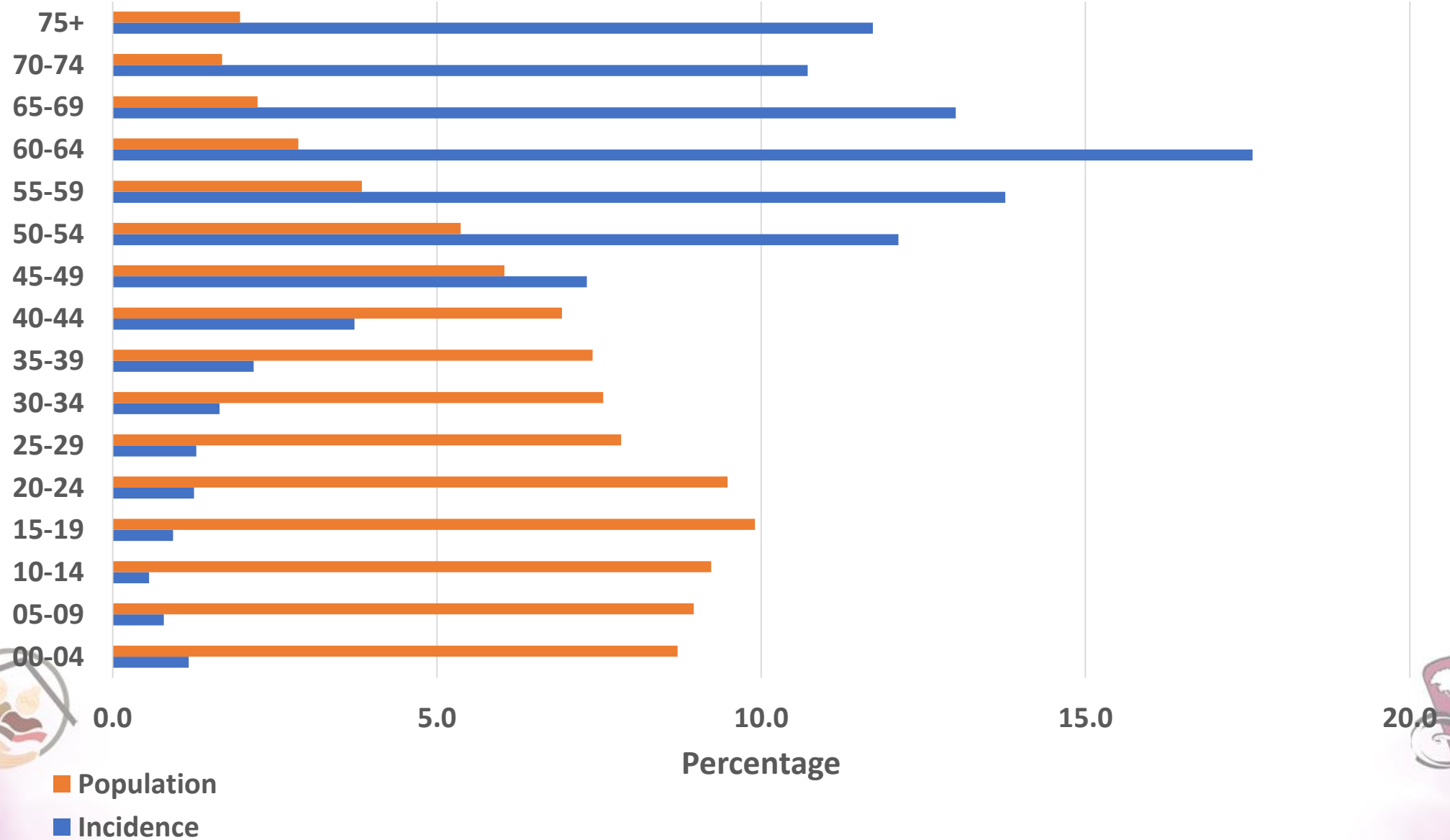
# Contents

- Care of the elderly.
- Majority of cancers occur during the age period of above 5 years
- Common symptoms and presentation patterns
- Factors complicating the detection and diagnosis, treatment and rehabilitation
- prevention
- Commonly accepted danger signals of cancers
- Specific skills needed in the careers and attending doctors



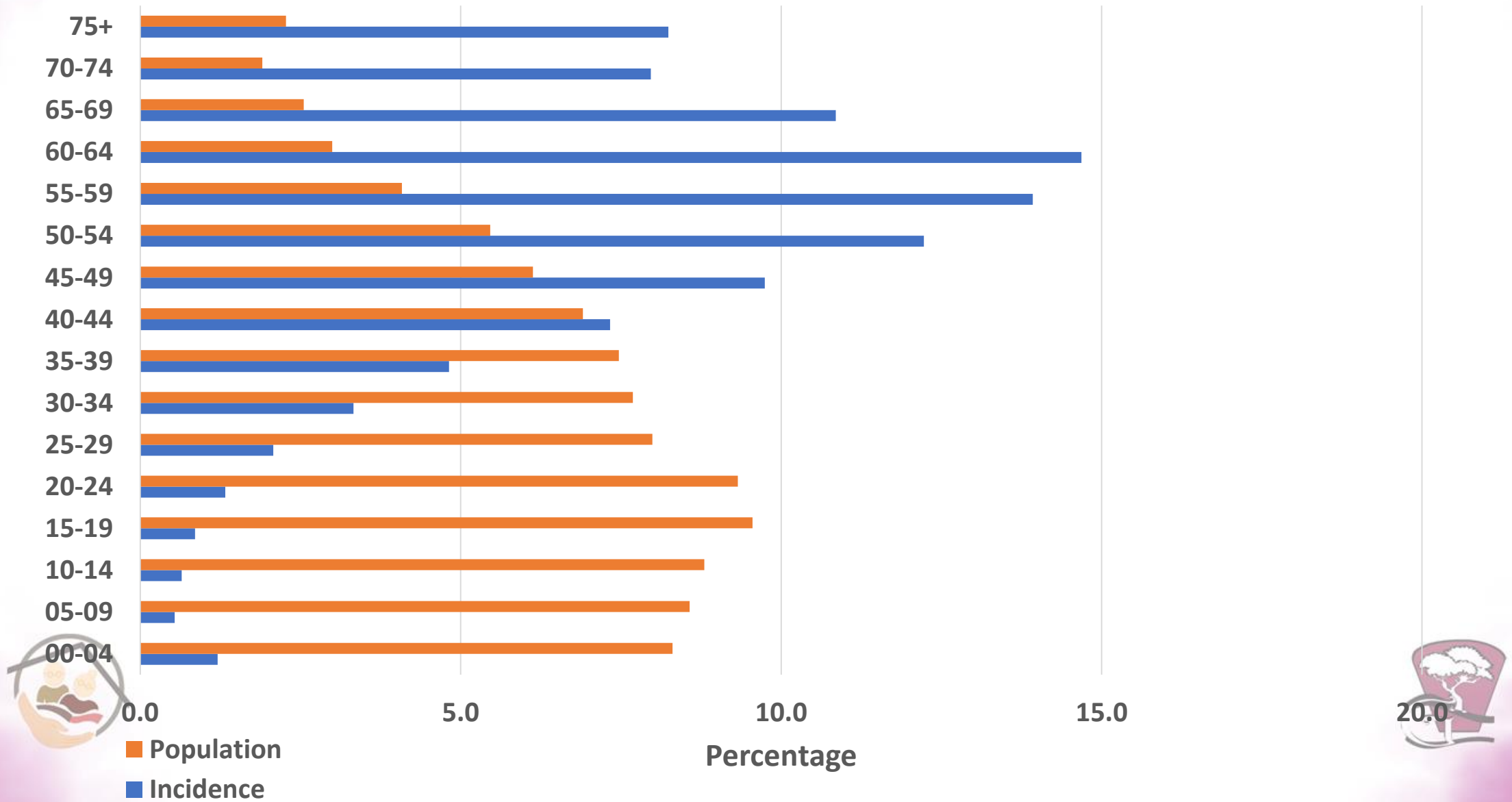
# Cancer Vs Age - 2011

## Male 2011

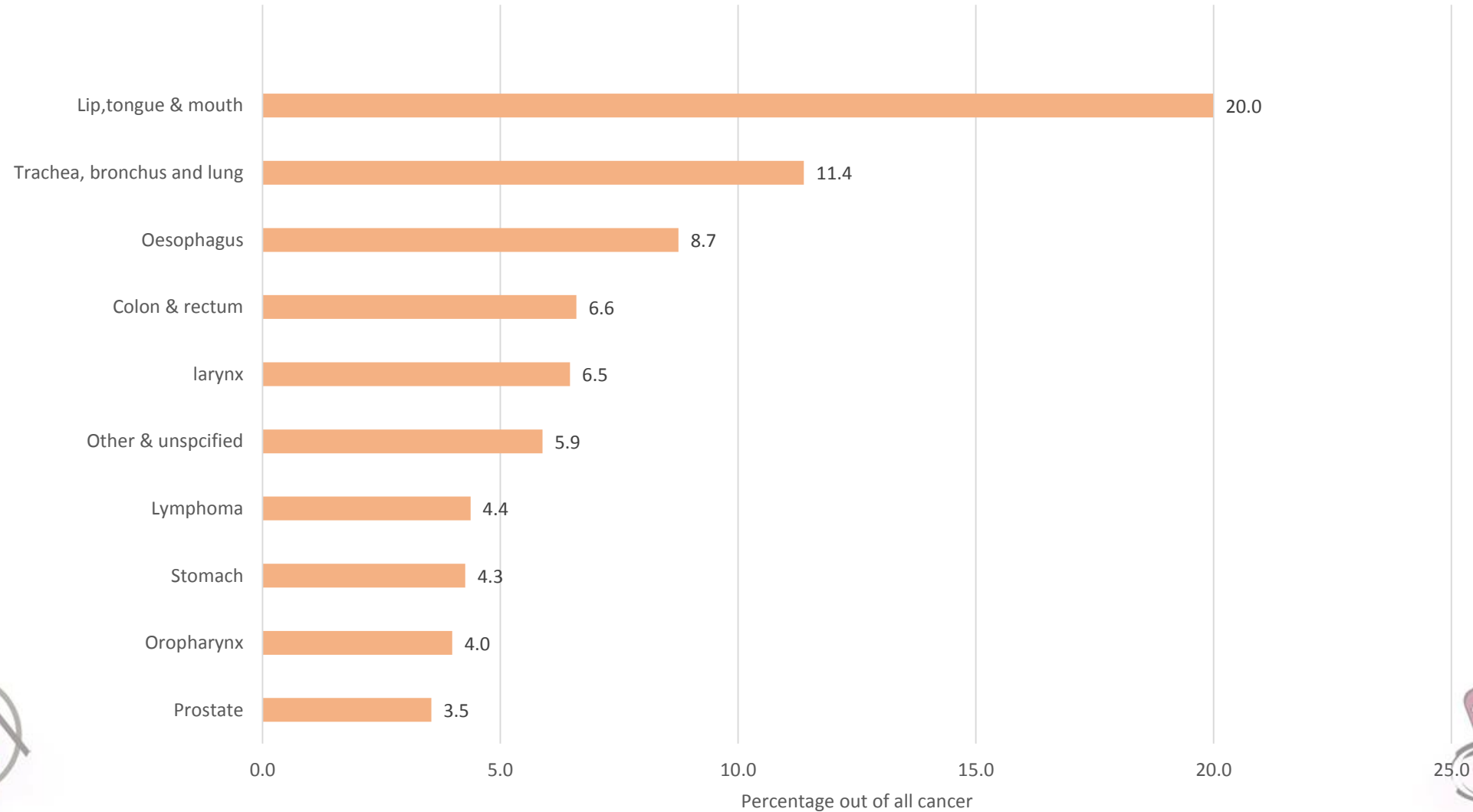


# Cancer Vs Age - 2011

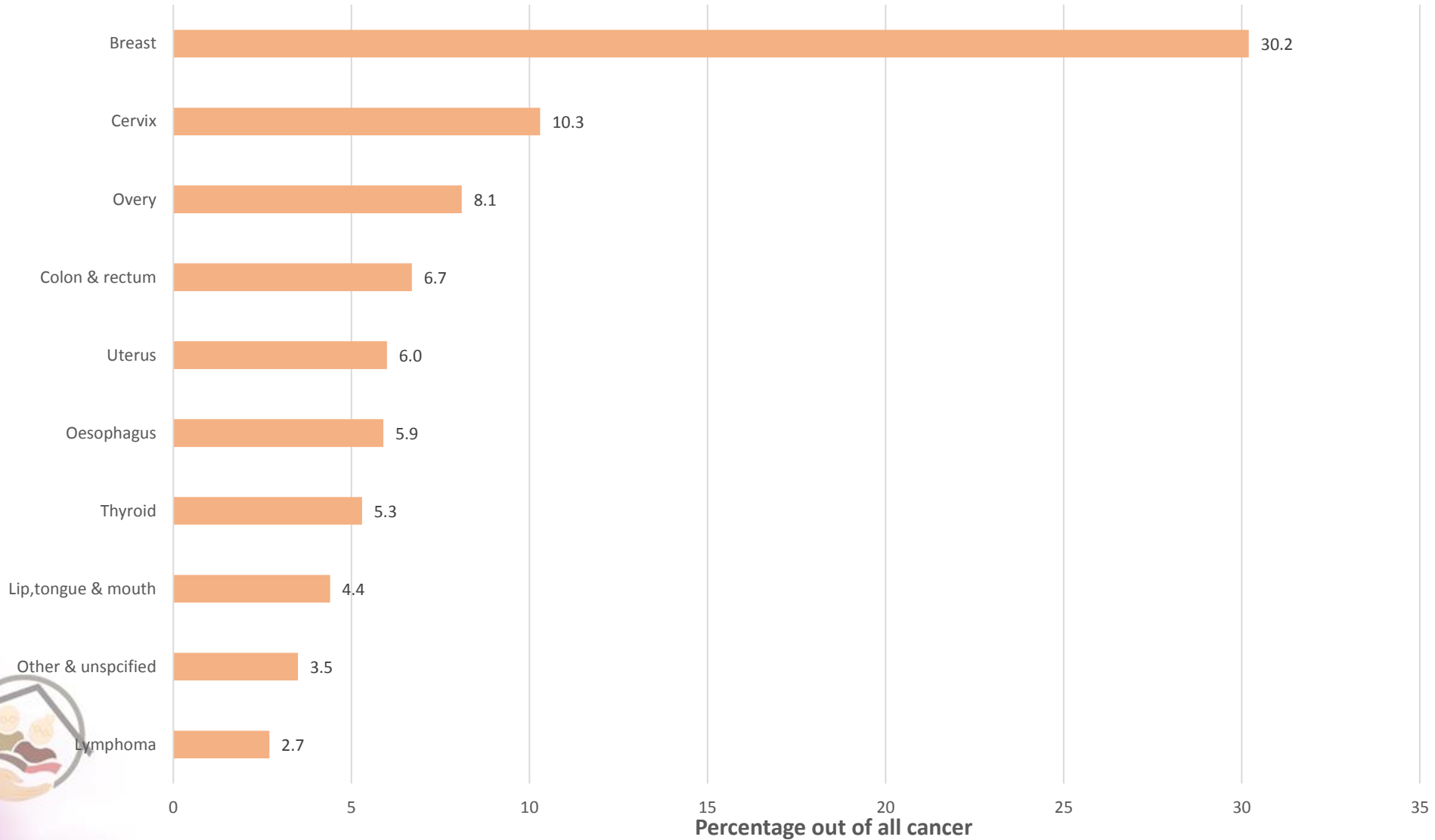
## Female - 2011



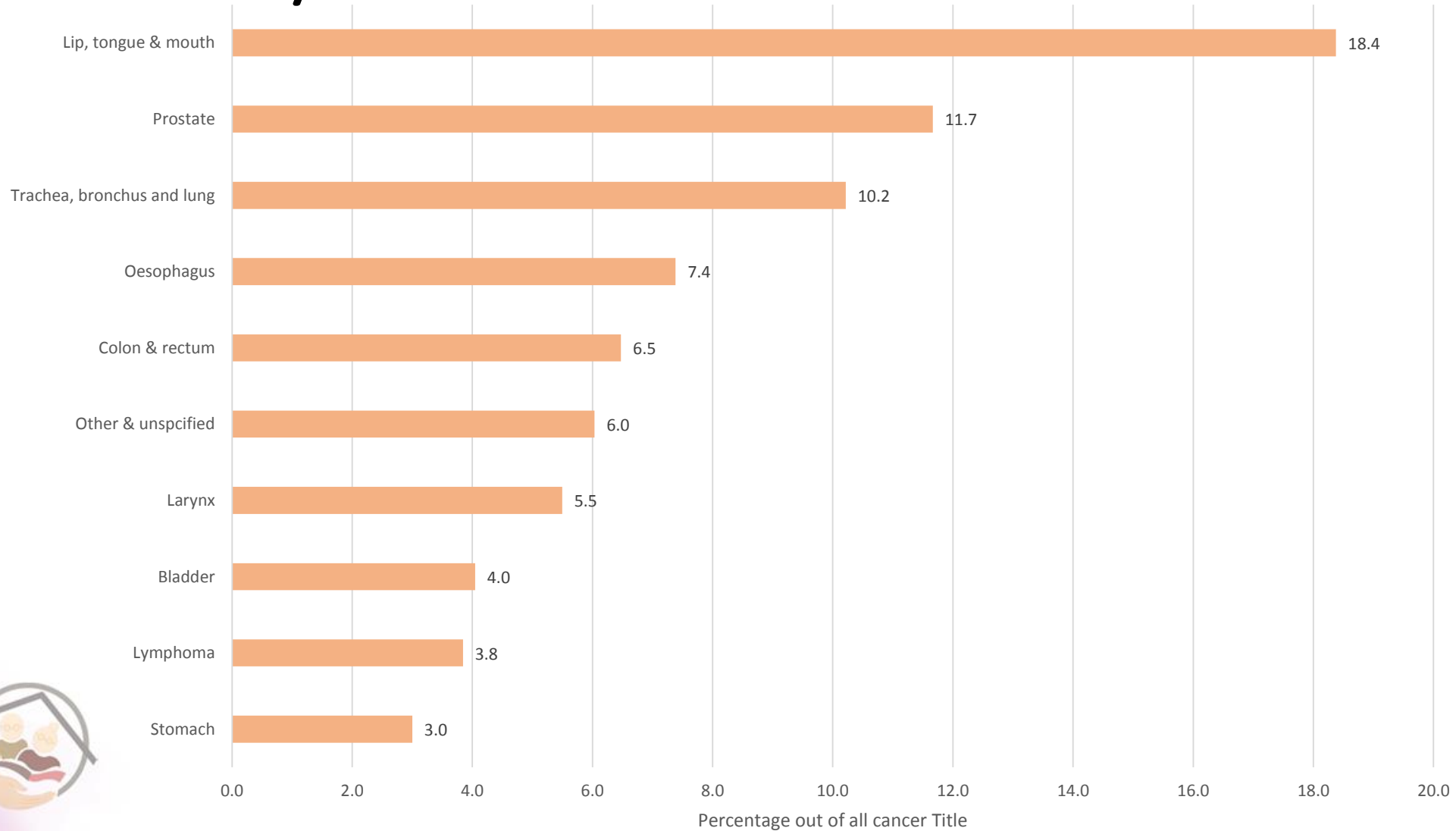
# 50 - 64 year - Male 3637 cases



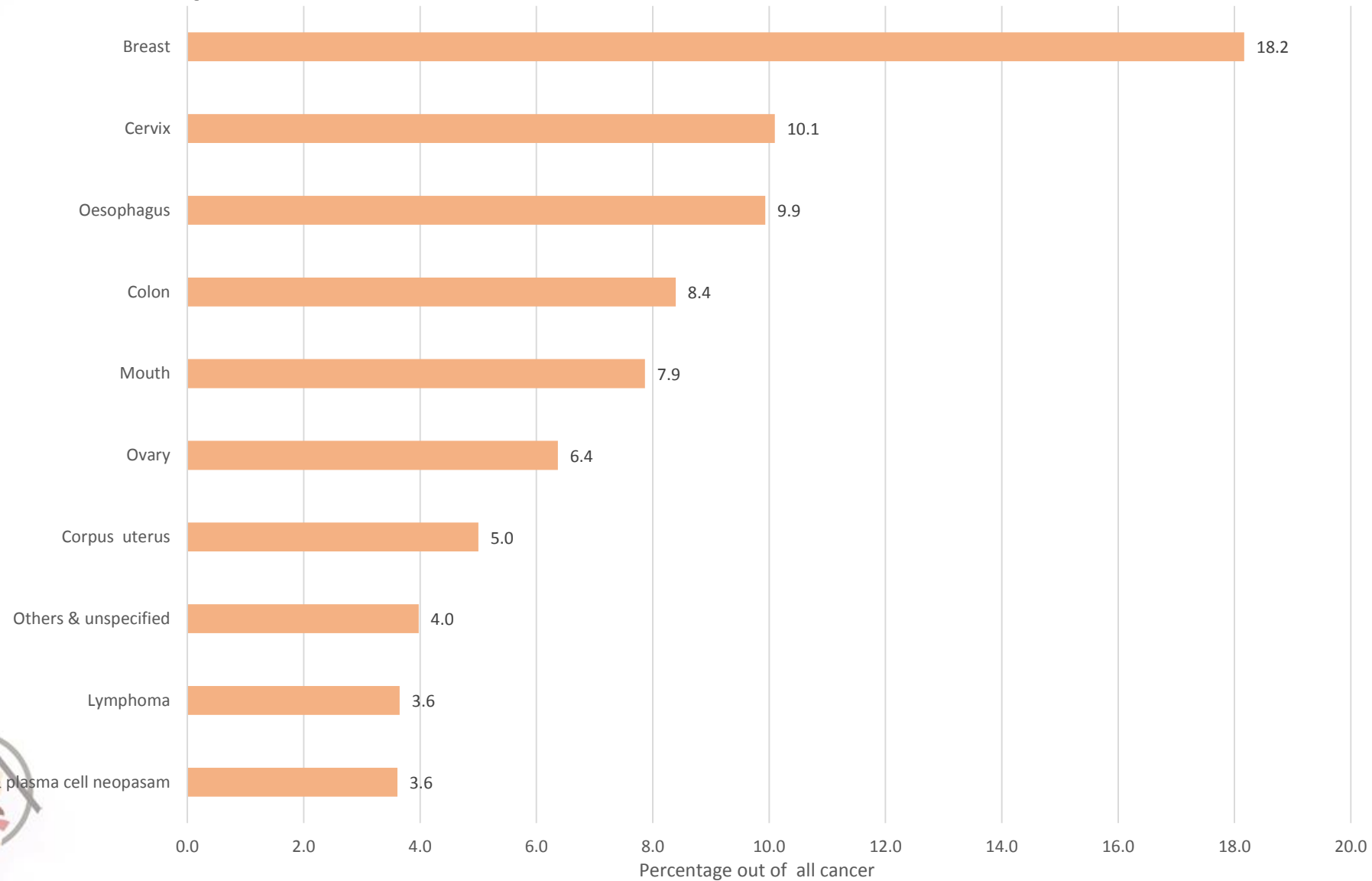
# 50 - 64 year - Female 3721cases



# 65 years and above - Male 2966 cases



# 65 years and above - Female 2466 cases



Multiple myeloma & plasma cell neoplasms





# Commonly seen

- Head and neck – oral/ pharyngeal cancers.
- Breast and cervix uteri in females.
- GI tract- Colon, Stomach, oesophagus.
- GU tract- prostate, bladder.
- Haematological- multiple myeloma, AML, CLL, Lymphoma, Melanoma
- Smokers, alcoholics,- lung, liver, Pancreas.



# Common Presenting Symptoms

- May be non specific at this age and difficult to detect
- May be masked or camouflaged
- Pain is a late symptom
- Cough, alteration of bowel habits
- Fatigue, loss of appetite, loss of weight
- Non healing conditions
- Mood changes
- Hormonal changes



# Common Danger Signals of Cancers

1. Newly detected Lumps or Growths
2. Abnormal types of bleeding
3. Alteration of bowel habits
4. Progressive difficulty in swallowing
5. Progressive difficulty in breathing and related functions
6. Progressive feeling of fatigue
7. Loss of weight- unintended- loss of 10% of weight within 3 months
8. Areas of color change in skin / non healing ulcers



# Factors Delaying the Diagnosis

- Symptoms being normalised as due to age
- Co-morbidities- DM, IHD, CVA, PVD
- Psyche of the patient- Depression, Dementia
- Falls/ Trauma and being confined To bed
- Superadded infections- masking effect- TB/Fungal



# Method of Detection

PAP test, Endoscopies, mammograms, imaging with X rays-US scans

Tests for occult blood, tests for tumor markers.

Physical examination- ENT, PV, PR, lymph node assessment

Histological, cytological, IHC, Tumor marker studies.



- Early treatment of Cancers saves lives and therapy is more acceptable to the patient



# Management – At early stages

- Smaller the size of the tumor mass -
  - shorter / cheaper and less uncomfortable the treatment becomes.
- Management ;
  - surgery, Total excision, becomes possible.
- Less complications related to treatment.
- Pain is only at later stages and most of the times never occurs during early stages.



# Long Term Management

- Long term care for ;
  - pain management
  - Rehabilitation
  - mobilization as soon as possible
  - nutrition with dietetics.
- Wellness care, rejuvenating type of therapy, alternative methods of therapies.
- Relaxation practices, Psychological and spiritual support
- Multidisciplinary approach for management of co-morbidities.





# Factors Affecting Treatment

- Poly pharmacy
- High risk in anaesthesia and healing process being delayed in surgery
- Poor organ response To Various challenges
- Economical or care taker problems



# Prevention

- Primary prevention should have happened several years ago.
- Alcohol, tobacco usage, habits
- Antioxidants, exercises- use of these or living conditions
- Proper nutrition- neglect or ignorance
- Prevention of infection, prolonged periods, frequent recurrences,
- Secondary Prevention, non detection of medical conditions, neglect



# Primary prevention

- Avoid harmful habits- alcohol, tobacco, fast foods
- Reduce mental tension and practice relaxation.
- Increase physical exercise.
- Awareness and avoidance of carcinogens



# Secondary prevention

A competent care giver should have-

Information on Feeding and nutrition

mobilisation skills



To detect and manage the cancer in an elderly patient



# Key Messages

- Pain is seen only in advanced stages of cancers
- Basis of the symptoms in early stages is mainly the alteration of normal function, progressive , not responding to conventional treatment
- Screening and special attention to groups of people with risks – risky behavior, genetically, occupationally,, geologically or epidemiologically endangered.



# Advice for a Better Living

Life style changes prevent diseases including cancers.

- a. Avoid bad or unnecessary habits- alcohol, tobacco, fast foods, unnecessary medication usage
- b. Reduce mental tension and practice relaxation
- c. Increase physical exertion
- d. Change of living environment, meeting friends developing newer associates
- e. Methodical timely attention to health needs.
- f. Proper nutrition
- g. Self awareness of improvements.



A  
well planned  
and well managed  
late age  
is as or more important as a  
well managed childhood

**Thank You**

