



Today is World Cancer Day 2026

A simple vaccine, lifesaving impact

World Cancer Day highlights the urgent need for prevention as much as treatment, especially against cancers caused by the Human Papillomavirus (HPV). Often silent and symptomless, HPV is linked to cervical, throat, and anal cancers that can turn deadly if detected late. Health experts say timely vaccination and regular screening could prevent up to 90% of these cases, making awareness the first line of defense

D VAISHNAVI

World Cancer Day serves as a powerful reminder that many life-threatening diseases can be prevented with timely awareness and action. Among them is Human Papillomavirus (HPV), a silent but widespread infection linked to several cancers that often go unnoticed until it is too late. On February 4, radiologist-oncologist Dr. Sandeep Kumar Tula is urging families to take prevention seriously, calling vaccination and early screening the strongest weapons against HPV-related cancers.

Drawing from over four years of frontline cancer care, Dr. Tula says the biggest danger with HPV is how quietly it spreads. "People think of it as just another infection, but HPV is actually responsible for multiple cancers. High-risk strains like 16 and 18 alone cause nearly 70% of cervical cancers worldwide. These viruses silently integrate into cells and trigger mutations that lead to cervical, vaginal, vulvar, penile, anal, and throat cancers."

He explains that transmission is easier than most people assume. "Sexual contact is the primary route, and even a single exposure can transmit the virus. Smoking, weak immunity, poor diet, alcohol use, and obesity further increase the risk because the body struggles to fight the infection."

What makes the disease especially dangerous, he adds, is the absence of early warning signs. "Most HPV infections don't show symptoms initially. That's why it's so deceptive. By the time patients notice abnormal bleeding, unusual discharge, throat hoarseness, difficulty swallowing, or anal discomfort, the disease may already be advancing."



Dr. Tula highlights the dramatic difference early detection can make. "If we catch cancer at Stage 1, survival can be close to 90%. But by Stage 4, it drops sharply to around 15–20%. That's why screening is critical."

He recommends regular Pap smears and HPV DNA tests for women, especially after the age of 30, along with routine health check-ups for everyone. "Follow the screening guidelines every three to five years. Detect it early, and we can treat it effectively with surgery, radiation, or chemotherapy before it spreads."

For him, however, the most powerful tool remains prevention through vaccination. "The HPV vaccine is essentially a shield. It produces antibodies that neutralize the virus before it can infect you."

Explaining the options available in India, he says, "Gardasil 9 covers more strains at about Rs 10,300 per dose. Government programs are increasingly offering it free, though availability differs by region."



Vaccination at the right age, he stresses, offers maximum protection. "Children between 9 and 14 need just two doses. After 14, three doses are required. And it's not just for girls — boys must take it too because it prevents anal and throat cancers and reduces transmission. There's no strict upper age limit, but earlier vaccination works best."

Beyond medical advice, Dr. Tula has also been leading community outreach efforts to spread awareness. Since Republic Day this year, he and his volunteers have conducted campaigns

at public spaces, traffic signals, villages, and colleges to educate families and students about HPV risks. "We want awareness to reach people who may never walk into a hospital for preventive care. Education at the grassroots level can save thousands of lives," he says. As World Cancer Day spotlights prevention, Dr. Tula leaves people with a straightforward message: "Quit smoking, practice safe habits, eat healthy, screen regularly, and vaccinate early. HPV-related cancers are up to 90% preventable. We have the tools — we just need to use them."

Mental well-being tips for people living with breast cancer

World Cancer Day reminds us that healing from cancer isn't only physical — it's deeply emotional too. For women facing early breast cancer, fear, uncertainty, and stress often accompany treatment decisions. Prioritising mental well-being can be just as important as medical care in navigating the journey

ASKARI JAFFER

World Cancer Day is a reminder that cancer care goes beyond treating the body — it also means nurturing the mind. For women diagnosed with early breast cancer, one of the most common cancers in India, the journey often brings emotional uncertainty alongside medical decisions, including fears about recurrence and quality of life. While advances in early detection and treatment have significantly improved survival rates, many patients continue to face anxiety, stress, and emotional vulnerability throughout treatment and recovery. Supporting mental well-being is therefore essential to helping women regain confidence, control, and resilience.

Meera, a 47-year-old



homemaker, remembers feeling overwhelmed after her diagnosis. Balancing family responsibilities with frequent hospital visits left her exhausted and anxious about the future. Gradually, she began prioritising her mental health along with medical care.

She joined a patient support group, practiced simple mindfulness exercises daily, and spoke openly with her doctors about her concerns and treatment choices. These steps helped her feel more grounded and better equipped to cope with uncertainty, restoring a sense of

calm during a difficult phase of life. Studies show that nearly four in ten people living with breast cancer experience significant anxiety or depressive symptoms at some point. Emotional strain is often compounded by treatment side effects, lifestyle disruptions, and fear of recurrence. More than half of patients report some level of anxiety by the end of chemotherapy, highlighting the need for holistic care that addresses both physical and emotional health.

Dr. M Vamshi Krishna, Director and Head of Depart-

ment, Medical Oncology and Hematology at AIG Hospitals, Hyderabad, says, "Breast cancer treatments can take a heavy physical and emotional toll. Visible changes, frequent hospital visits, and uncertainty often intensify anxiety. Advanced therapies, along with counseling, support groups, and mindfulness practices, can ease these burdens and help patients focus on their overall well-being."

Five ways to support mental well-being during early breast cancer:

- **Choose the right treatment:** Discuss options and side effects with your doctor to reduce emotional stress and improve quality of life.
- **Address fear of recurrence:** Stay informed and proactive about therapies that may lower risk.
- **Seek professional help:** Therapists can provide coping tools and emotional guidance.
- **Join support groups:** Sharing experiences reduces isolation and builds strength.
- **Practice mindfulness:** Meditation, yoga, or breathing exercises can calm anxiety and restore focus.

Living with early breast cancer is challenging, but caring for your mental health can make the journey more manageable and empower you to move forward with hope.

CELEBRATING STRENGTH, INSPIRING SURVIVORS



Manisha Koirala with Dr Vijay Anand Reddy, Founder, Cure Foundation, Hyderabad; with young cancer survivors, at the World Cancer Day Celebration- Light the Night & the 23rd Anniversary Celebrations of CURE Foundation; hosted by Cure Foundation; at Boulder Hills Golf & Country Club, Gachibowli

Payal Rajput: I may fail, but I won't give up!

Well known actress Payal Rajput, who has made a name for herself with her impressive performances in films like 'RX100',

'RDX Love' and 'Mangalavaram', has now revealed that there were people who wanted her to quit but that she was not going to give up.

"Taking to her X timeline to pen a post, Payal Rajput said, "They want me to quit, and I find myself questioning whether I should. But then I think about the hard work I've put in over the last 12 years. So I tell myself no. I may fail, but I won't give up.#justthinking."

It may be recalled that last year, the actress had penned a post, expressing concerns about favoritism and nepotism overshadowing talent in the film industry.

Taking to her timeline on the social media platform X, Payal Rajput had then said, "Being an actor is one of the toughest careers out there. Each day starts with the weight of uncertainty, as I step into a world where nepotism and favoritism often overshadow talent."

The actress went on to admit that there were times when she wondered if her hard work and dedication would even get noticed in a world that was dominated by those with privilege.

She wrote, "There are moments of doubt when I question whether my hard work and dedication can truly shine through in a landscape dominated by privilege. I watch as opportunities slip away to those with famous last names or a powerful agent, wondering if my talent is enough to break through."

The actress had also added the hashtag #Struggleisreal to make it clear that the problem indeed existed in the film industry.

Currently, Payal is working on a number of films including the Telugu film titled 'VenkataLachimi', which is being directed by Muni and which the makers intend to release in three languages – Telugu, Tamil and Hindi.

Payal also plays the lead opposite Legend Saravanan in his second Tamil film that is



being directed by well known director R S Durai Senthilkumar.

While Payal Rajput stars opposite Legend Saravanan, the Tamil film will also feature actors Shaam and Andrea in pivotal roles.

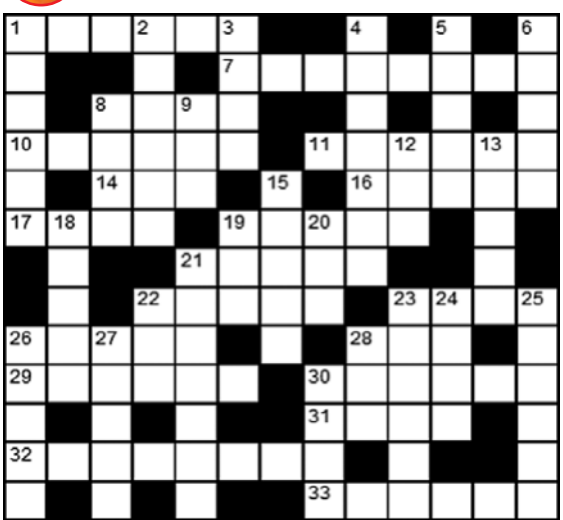
The yet-to-be-titled film is a grand-budget venture directed by R S Durai Senthilkumar, known for his blockbusters like 'Kakki Sattai', 'Kodi', and the recent success 'Garudan'.

The first phase of shooting was completed in Chennai, while the second phase was in and around Panikka Nadar Kudiyruppu in Thoothukudi, which happens to be Legend Saravanan's hometown.

Sources say the new film promises to deliver a thrilling action-packed experience based on real events, set against the backdrop of Thoothukudi.

Music for the film will be composed by Gibran, with cinematography by S. Venkatesh and editing by Pradeep. The art direction is managed by Durairaj, while Ambikapathi is the executive producer.

CROSSWORD



ACROSS

- Point a finger at ? (6)
- Leaves high and dry (8)
- Horned goddess (4)
- Most sensible (6)
- Three-fold (6)
- Some forensic evidence (3)
- Absolute (5)
- Plant part (4)
- Spells (5)
- Value (5)
- Wishful words (1,4)
- Place of cultivation (4)
- Harry Potter's professor (5)
- To free (3)
- The glasses in spectacles (6)
- Female foxes (6)
- Poker declaration (2,2)
- Chewed the fat (8)
- Locomotive (6)

DOWN

- Is he trying his best to keep you entertained ? (6)
- Not dispatched (6)
- The orient (4)
- Lie or fib (7)
- Uncertainty or misgiving (5)
- Escort courteously (5)
- Our country, as a prefix (4)
- International Standard Atmosphere (3)
- Aliens? (3)
- Crowbar (5)
- Body of troops (5)
- Of or like sheep (5)
- Jeering cry (3)
- Red Indian tribe (3)
- Like a car or a bus? (7)
- Internet addresses (3)
- Mending or repairing (6)
- South Yemen port (4)
- Royal city in Karnataka (6)
- Injured-arm support (5)
- "In at a" change for a girl's name ? (5)
- Outer edge (3)
- Footnote word (4)



Solution to February 3

SUDOKU



Solution to February 3