7. Achievements and statistics of departmental activities over last several years concerning all areas including photographs.

a) Department of Urology, Dr Ram Manohar Lohia Hospital in association with Delhi Urological Society hosted International Symposium and Video workshop on Geriatric Urology and Uro-Oncology at Hotel Ashoka on 19th to 21st November 2004.

b) The Department of Urology at Dr RML Hospital New Delhi organized the Hi-Tech Live Operative Workshop, CME on Andrology and Voiding dysfunction on 1st and 2nd July 2006 under the aegis of North Zone Chapter of Urological Society of India in association of Andrology India Delhi Urological Society and DMA.

c) 2nd Master Class Urology 2006 was held at New Delhi on 23rd and 24th December. A Live Operative Workshop, at Dr RML Hospital & PGIMER Delhi, preceded it on 22nd Dec 2006. Next day, Day 2, was dedicated for Prostatic Diseases, Bladder Dysfunctions and Sexual Functions/ Dysfunctions.
onstration Videos were the highlight of the day.)

d) A Prostate Disease Awareness Programme (PDAP) held at Dr RML Hospital under the aegis of Urological Society of India, Delhi Urologic Society and IMA headquarrier, ITO, Delhi on 14th April 2007. Dr Rajeev Sood selected as National Convener for the PDAP by Urological Society of India (USI)
e) Cancer Awareness Programme was organized at Dr RML Hospital w.e.f 1st November to 7th November 2006 on National Cancer Day every year. Dr Rajeev Sood, HOD is nodal cancer officer.

8. List of PG Students-past and present, with their years of joining/passing, supervisor, thesis etc.

9. Past faculty who have retired/been transferred with designation and period of work.
   Dr Sachin Kathuria, Urologist (Applied for leave on getting international fellowship by ‘Société Internationale d’Urologie’)
   4th April 2008 to 30th June 2008

10. Health education material/information for general public regarding common ailments concerning the department.

   Cancer is an abnormal growth of a body cell or group of cells. If it is not destroyed or removed, cancer can spread very rapidly and eventually lead to death.

   One out of every 8 Indians develop cancer in their life time. There are about 8.5 Lakh cancer patients in India alone(year 2000). Though cancer can occur at any age, the incidence is high after the age of 40-45.

   **TYPES OF TUMORS**
   There are two types of tumors
   - Benign and Malignant.
   - Benign tumour is more common and is generally harmless. It doesn’t spread to other parts of body.
   - Malignant tumour (Cancer) can spread to other parts of the body and never stops growing unless and until treated.

   **PRIMARY SITES OF CANCER IN INDIA**

   - **Male**
     - Oropharynx
     - Lung
     - Oesophagus
     - Urinary Bladder
     - Prostrate
     - Lymphoma & Leukaemia

   - **Female**
     - Cervix
     - Breast
     - Ovary
     - Oropharynx
     - Oesophagus
     - Lymphoma
     - & Leukaemia

   Cancer cannot be transmitted from one person to another.

   **RISK FACTORS FOR CANCER Breast cancer**

   - ♣ Family history
   - ♣ High fat diet
Obesity
Early menarche
Late menopause
Long term oestrogen therapy
1st child after age 30.
(Screening by Self examination, Mamography)

Cervical cancer
- multiple sexual partners
- Exposure to genital herpes
- Exposure to human papillomavirus
- Smoking
(Screening by Colposcopy and PAP smear)

Colorectal cancer
- Family history
- Low fibre diet
- H/o rectal polyps

Esophageal cancer
- Heavy alcohol consumption
- Smoking

Lung cancer
- Smoking
- Asbestos exposure
- Air pollution
- Tuberculosis

Skin cancer
- Extensive exposure to UV-sunlight
- Fair complexion
- Work with coal, tar

Stomach cancer
- Family history
- Diet heavy in smoked, pickled(or) salted foods.

Testicular cancer
- Undescended testicles
- Consumption of hormones by mother during pregnancy

Prostate cancer
- Increase in age
- Family history
- Diet high in animal fat
(Screening by Digital Rectal examination and PSA test)

CANCER IS NOT CONTAGIOUS.
There is no record of cancer having been transmitted by kissing or by any contact, accidental or between individuals or between person and animals.

PREVENTION IS BETTER THAN CURE.
Cancer is a preventable tragedy.
ancer is curable if detected & treated early. Majority of female cancers can be detected early.
Feel for any lump by palpating with finger pads.

Look for **early warning signals of cancer Caution**
- Change in bowel or bladder habits.
- A sore that doesn’t heal.
- Unusual bleeding or discharge.
- Thickening or lump in breast or elsewhere.
- Indigestion or difficulty in swallowing.
- Obvious change in wart or mole.
- Nagging cough or hoarseness.

♣ Regular Medical Examination yearly after forty years of age.
♣ Drink pomegranate juice and avoid prostrate cancer.
♣ Good cancer centre provides all facilities of diagnosis and treatment under one roof.