



FAISALABAD CANCER CENTER
FAISAL HOSPITAL FAISALABAD

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NEWSLETTER

JANUARY - MARCH 2025



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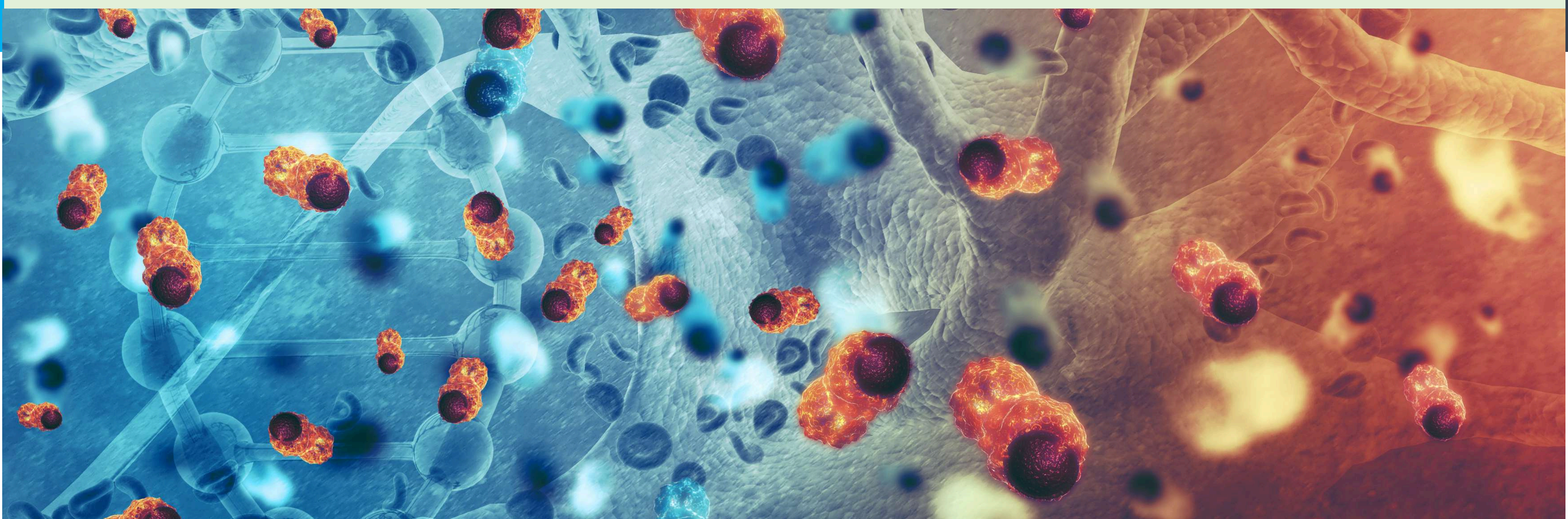


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2025

Life doesn't stop for cancer—but cancer changes life. We can help you make the most of your recovery.



Message from

Manging
Director



Introduction

As the Manging Director of Faisalabad Cancer Center, Faisal Hospital I am delighted to share the first quarterly newsletter of 2025. Our hospital has been at the forefront of providing exceptional cancer care, research, and community awareness programs. This issue highlights our key achievements, recent events, and future initiatives as we strive to improve the lives of cancer patients in Pakistan.

**Warm regards,
Manging Director**



Pioneering Cancer Care Center in Faisalabad

As we usher in a new year, Faisalabad Cancer Center continues its mission to provide comprehensive and compassionate care to cancer patients in Faisalabad and surrounding areas. Located at Faisal Hospital, the center is committed to being a beacon of hope for those fighting cancer, offering state-of-the-art facilities and expert care. With a team of highly qualified oncologists, nurses, and support staff, the center ensures that every patient receives the best possible treatment, no matter the stage of their cancer.

Faisalabad Cancer Center provides a wide range of services for all types of cancers, including but not limited to breast, lung, gastrointestinal, and hematological cancers. Our specialized services include:

Advanced Diagnostic Facilities: The center is equipped with the latest technology for accurate diagnosis, such as PET scans, CT scans, and biopsy services, allowing for early detection and treatment planning.

Faisalabad Cancer Centre

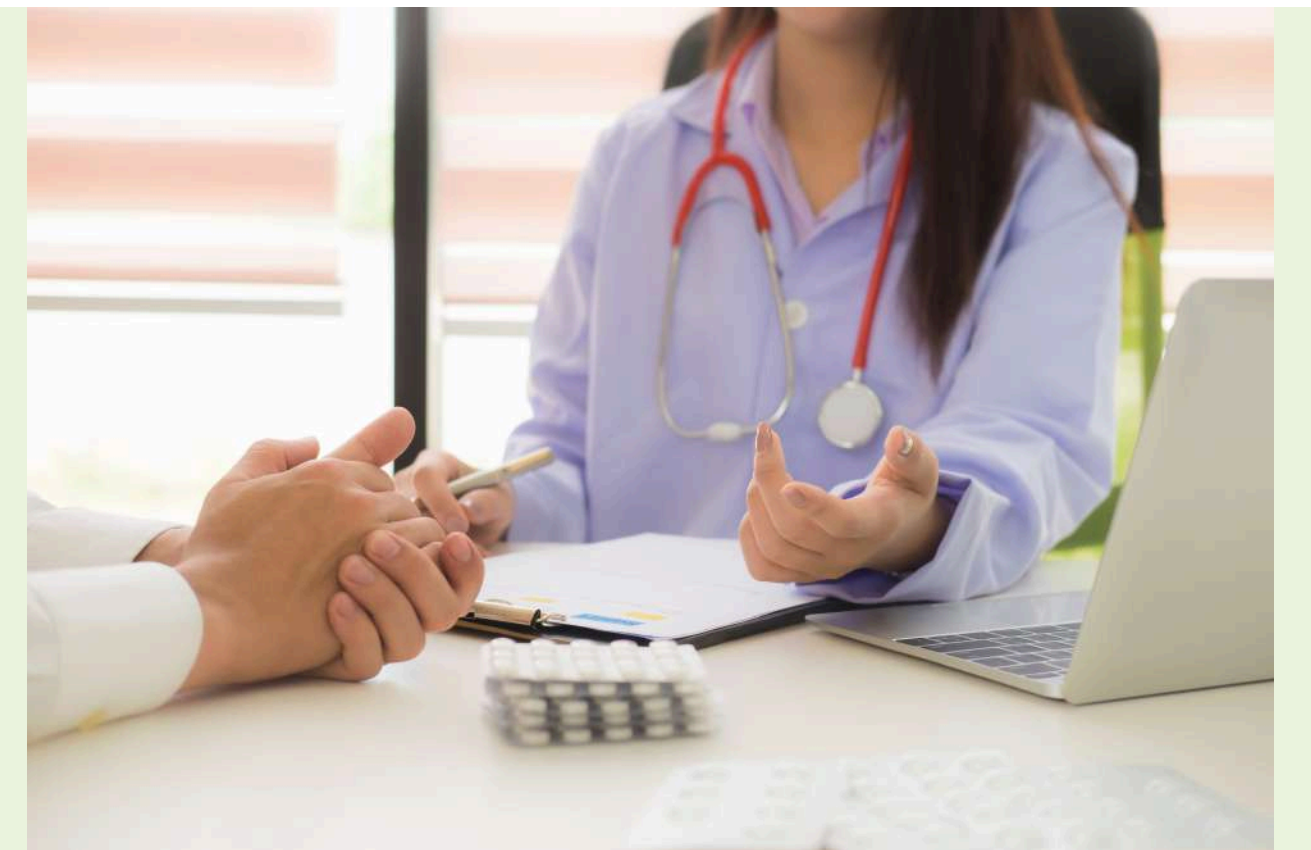


Cancer Treatment

Offering a wide range of treatments, including chemotherapy, radiation therapy, and surgery.

Diagnostic Services

Providing state-of-the-art diagnostic services to accurately identify and stage cancer.



Patient Support

Offering comprehensive support services to patients and their families, including counseling and rehabilitation.

Research & Education

Actively involved in cancer research and education, aiming to advance knowledge and improve patient care.



Community Outreach

Reaching out to the community to raise awareness about cancer prevention and early detection



Join Us in the Fight Against Cancer

As February 2025 unfolds, we encourage the community to come forward for cancer screenings, raise awareness, and support loved ones battling cancer. Faisalabad Cancer Center remains a pillar of hope, providing expert care, the latest treatments, and a compassionate environment for all our patients.

Schedule an appointment

Please contact us at:

0321-6652208

Address: Faisalabad
Cancer Center, Faisal
Hospital, 672-673 A
Peoples Colony, Canal
Road, Faisalabad.

Together, let's fight cancer
with hope, determination,
and support for those in
need.



January is for Cervical Cancer Month

January 2025 marks Cervical Cancer Awareness Month, a crucial time to raise awareness about one of the most preventable forms of cancer. At Faisalabad Cancer Hospital & Research Center, we are dedicated to educating the public, providing early detection services, and ensuring accessible treatment options for all.

Understanding Cervical Cancer

Cervical cancer is a major public health concern, but the good news is that it is largely preventable. The primary cause of cervical cancer is persistent infection with high-risk types of human papillomavirus (HPV). Regular screening and HPV vaccination are the two most effective ways to reduce the risk of this disease.

Prevention and Early Detection

Early detection significantly improves the chances of successful treatment. Faisalabad Cancer Hospital & Research Center encourages all women to:

- ✓ **Get Regular Screenings:** Pap smears and HPV tests help detect abnormal cells before they develop into cancer.
- ✓ **Consider HPV Vaccination:** The HPV vaccine is a highly effective tool in preventing the virus that causes cervical cancer.
- ✓ **Be Aware of Symptoms:** Persistent pelvic pain, abnormal bleeding, or unusual discharge should not be ignored.

Can You Get Pregnant If You Have Cervical Cancer?

Cervical cancer during pregnancy presents diagnosis and treatment challenges, but the cancer can be successfully managed with a multidisciplinary treatment team and an individualized treatment strategy that optimizes maternal treatment while considering fetal safety.



WHAT ARE THE CERVICAL CANCER SYMPTOMS?



Vaginal discharge

Irregular vaginal bleeding



Pelvic or abdominal pain



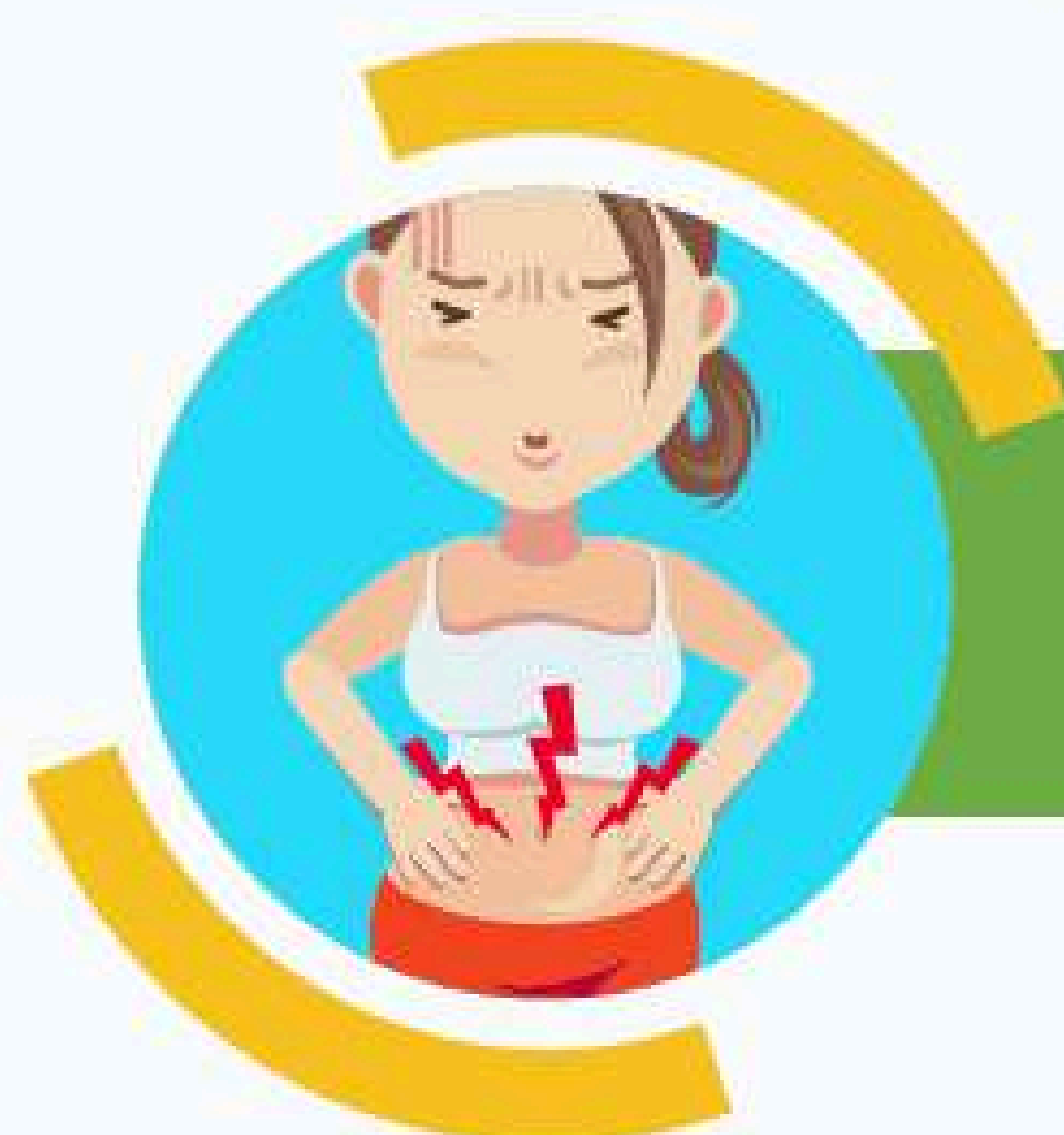
Post-coital vaginal bleeding



IN ADVANCED STAGES



Foul-smelling vaginal discharge



Pelvic or abdominal pain



Cervical Cancer: A Preventable Disease

Cervical cancer is one of the most preventable cancers, yet it remains a major cause of mortality among women. The human papillomavirus (HPV) vaccine has been proven to be a highly effective preventive measure, alongside regular Pap smears and HPV screening. However, limited awareness and inadequate screening facilities have hindered progress in Pakistan. Strengthening national vaccination programs, ensuring accessible screening, and integrating community-based awareness campaigns are critical steps in reducing cervical cancer cases and mortality.

Dealing cervical cancer

During Pregnancy

Cervical cancer during pregnancy requires a carefully balanced approach to ensure both maternal and fetal well-being. Management depends on the cancer stage and gestational age, with early-stage cases often treated through conservative surgery like cone biopsy or trachelectomy to preserve pregnancy, while advanced cases may necessitate chemotherapy until fetal viability. Radiation is strictly avoided during pregnancy, and in some cases, early delivery via C-section is planned to initiate definitive treatment. A multidisciplinary team involving oncologists, obstetricians, and neonatologists is essential for decision-making. Advances in targeted therapies and chemotherapy regimens have improved outcomes, allowing many women to undergo effective treatment without compromising pregnancy.

Researchers have noted that if cervical cancer is diagnosed in the first trimester, terminating the pregnancy is preferred in patients whose cancer is advanced. If the patient prefers to preserve the pregnancy, delaying treatment until later in the pregnancy should be considered, but this may complicate the cancer treatment. If the cancer is diagnosed in the late second or third trimester, having a preterm delivery to be able to offer the mother standard chemotherapy and radiotherapy should not be a solution, because of the high risk of death or severe adverse events to the fetus at that stage. There is, however, good news. Researchers have shown that there are no negative side effects of cervical procedures on subsequent rates of pregnancy. In a 12-year study of 13,767 women who became pregnant after having a diagnostic procedure for precancerous cervical lesions, a higher rate of pregnancies was seen in the women who received treatment for these precancerous lesions compared with the women who did not receive treatment.

FEBRUARY

THE WORLD CANCER AWARENESS MONTH

Message on WORLD CANCER AWARENESS MONTH

Cancer remains one of the leading health challenges globally, affecting millions of lives each year. Among the various types, cervical cancer and colorectal cancer have emerged as significant public health concerns. While advancement in early diagnosis and treatment have improved survival rate, the burden of cancer continues to rise, particularly in low- and middle-income countries, including Pakistan

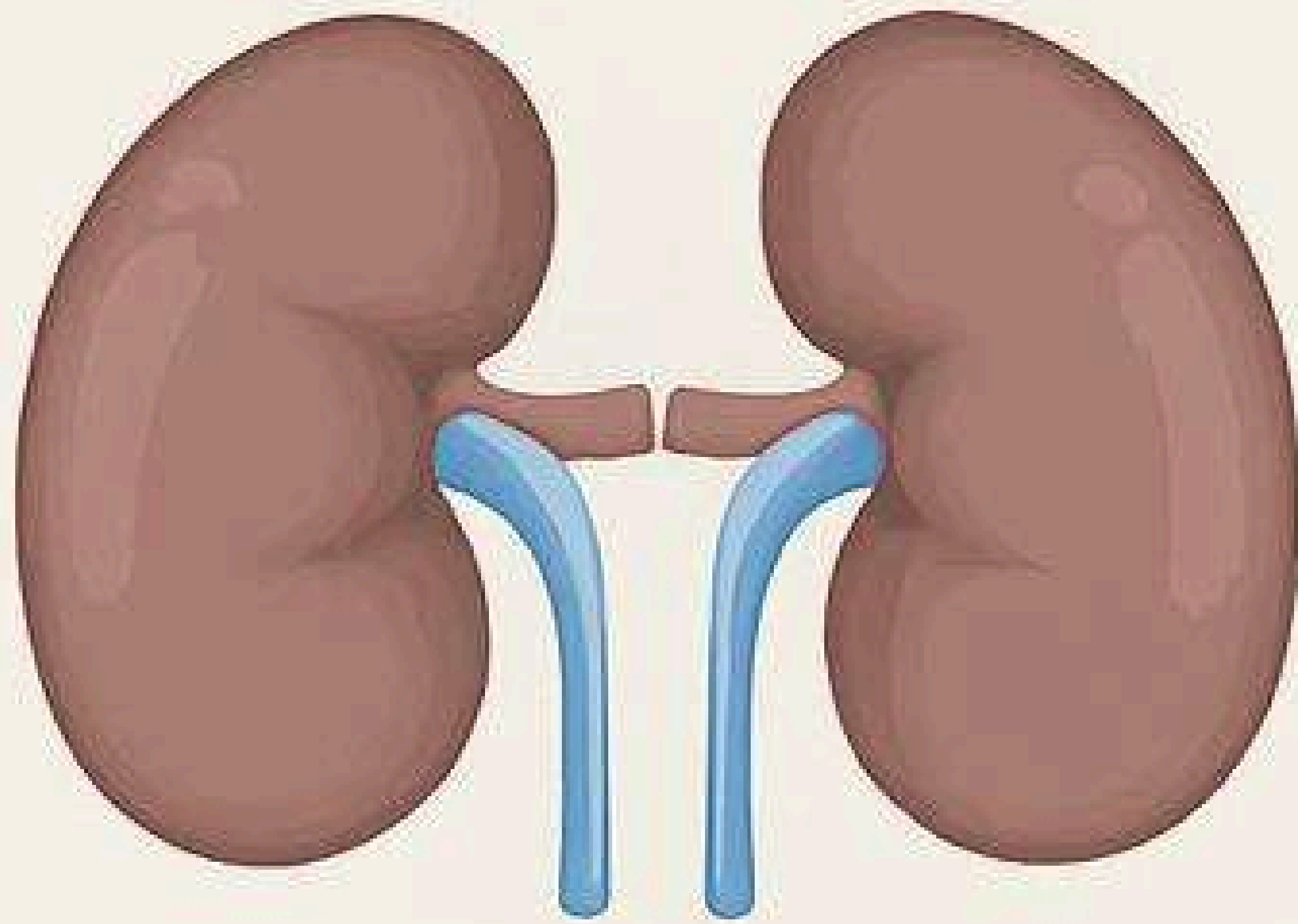
World Cancer Day: A Call for Action

Every year on February 4th, World Cancer Day serves as a powerful reminder of the urgent need to strengthen cancer prevention, early detection, and treatment efforts worldwide. This year's theme emphasizes "Close the Care Gap", highlighting disparities in cancer care and the importance of equitable access to diagnostics, treatment, and support systems. In Pakistan, limited awareness, late-stage diagnoses, and insufficient healthcare infrastructure remain key challenges. By raising awareness, improving healthcare access, and strengthening policies, we can significantly reduce the cancer burden in our country.



WORLD
CANCER
DAY

March: Kidney Awareness Month



PROTECTING YOUR SILENT FIGHTERS

Kidneys- two bean-shaped organs- quietly perform life-saving tasks every second, yet they're often ignored. March is spotlighted early research, new advancements, and treatment strategies for kidney health.

KIDNEY DISEASE STATISTICS

From the International Society of Nephrology, nearly 850 million people worldwide suffer from kidney disease, making the 11th leading cause of death globally, in Pakistan. Chronic kidney disease (CKD) affects 17 million people with diabetes and hypertension.

DIAGNOSIS AND RESEARCH

The tragedy is in the silent--CKD often progresses without symptoms until advanced stages. Early screening through urinalysis, serum creatinine, and estimated glomerular filtration rate (eGFR), can detect kidney impairment long before symptoms appear, and imaging tools like Doppler ultrasound and CT renal scans are enhancing diagnostic precision.

Let's come gear, call to action: maintain a kidney-friendly lifestyle, control blood pressure and blood sugar, stay hydrated, and get regular check-ups. Protect your kidneys--your silent fighters deserve attention.

TREATMENT

Treatment ranges from lifestyle modifications and medication to dialysis and kidney transplantation in end-stage renal disease. Innovations in home dialysis, artificial kidneys, and regenerative medicine hold promise for



March is Kidney Awareness Month

Risk Factors for Kidney Disease

- Diabetes: accounts for 1 in 3 cases of kidney disease
- High blood pressure : contributes to 1 in 5 cases
- Heart disease
- Family history of kidney failure



Know the Symptoms

- Fatigue
- Swelling
- Foamy or dark-colored urine

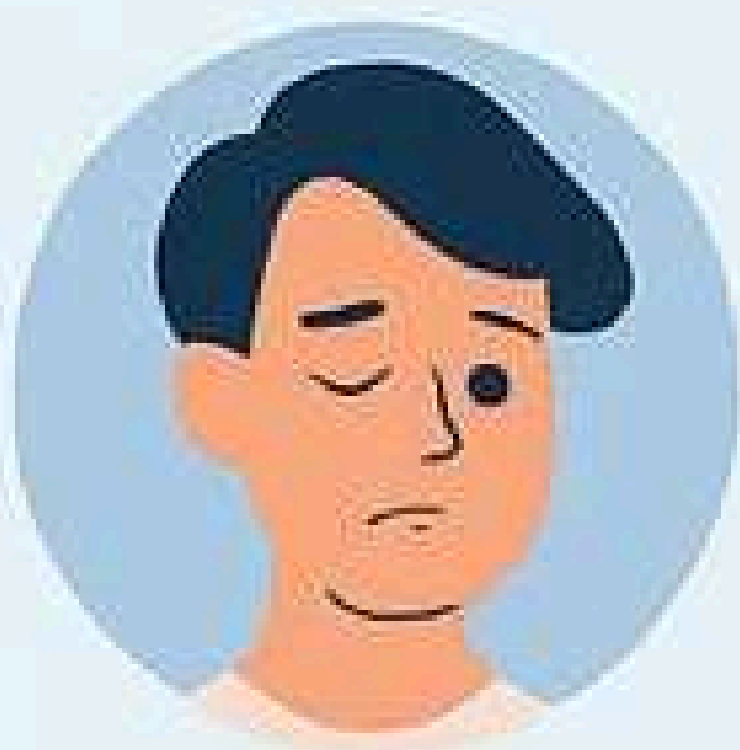


Early Detection is Key

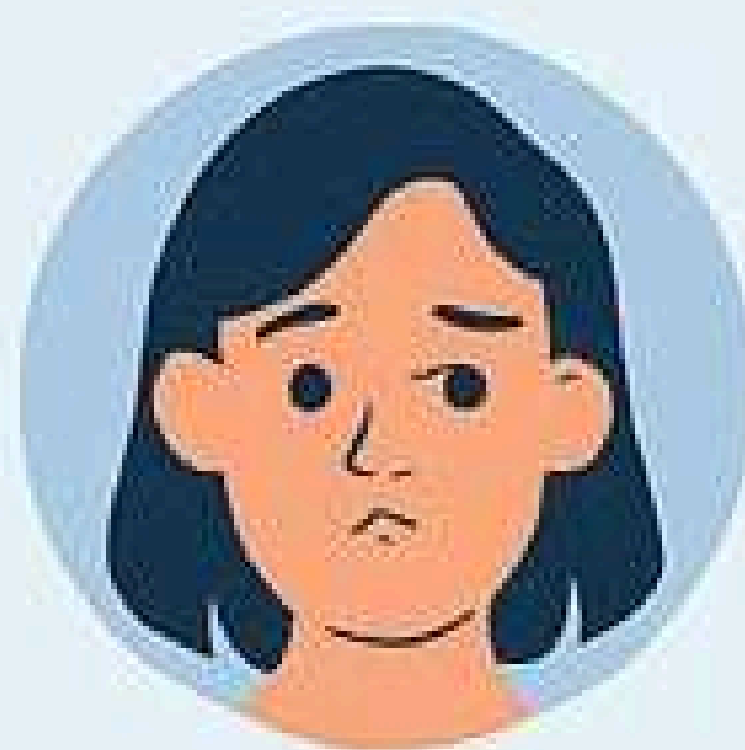
- Blood test: checks for creatinine levels
- Urine test: checks for protein

Preventive Tips

- Maintain a healthy weight
- Exercise regularly
- Eat a balanced diet
- Avoid smoking



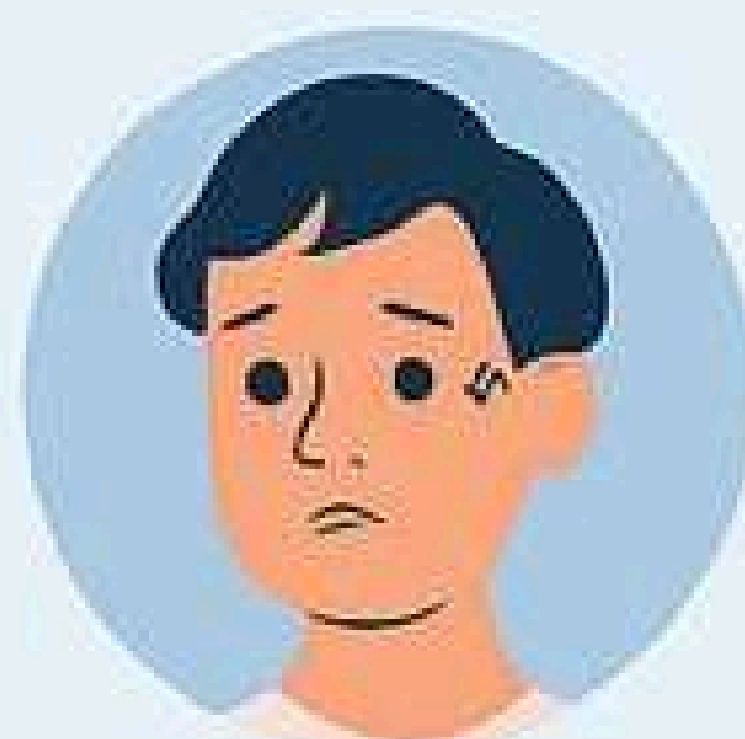
Fatigue



Swelling



Foamy or dark-colored urine



Nausea



Message from

Clinical Director

Cancer remains one of the leading health challenges globally, affecting millions of lives each year. Among the various types, cervical cancer and colorectal cancer (CRC) have emerged as significant public health concerns. While advancements in early diagnosis and treatment have improved survival rates, the burden of cancer continues to rise, particularly in low- and middle-income countries, including Pakistan.

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Cervical Cancer: A Preventable Disease

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Colorectal Cancer: An Emerging Concern

Colorectal cancer, once considered a disease of older individuals, is now increasingly diagnosed in young adults worldwide, including in Pakistan. Hereditary syndromes like Lynch syndrome and familial adenomatous polyposis (FAP) contribute to early-onset CRC cases, highlighting the importance of genetic testing and family screening. In addition to genetic predisposition, lifestyle factors such as poor diet, physical inactivity, and obesity also play a significant role. Expanding access to colonoscopy screening, promoting healthy dietary habits, and encouraging early symptom recognition can significantly improve CRC outcomes.

Colorectal Cancer in Children: A Rare but Serious Disease

While rare, pediatric colorectal cancer poses unique diagnostic and treatment challenges. Due to its rarity, symptoms in children are often misdiagnosed or detected late, leading to poor prognosis. Increasing awareness among pediatricians, incorporating early screening protocols for high-risk individuals, and strengthening genetic research can help in early detection and better management of childhood CRC cases.

Improving Cancer Diagnosis and Treatment

Timely and accurate diagnosis is crucial for effective cancer treatment. The integration of advanced imaging techniques, molecular diagnostics, and artificial intelligence-driven pathology can significantly enhance early detection rates. Furthermore, expanding access to multidisciplinary tumor boards (MDTs) ensures that patients receive comprehensive and personalized treatment plans. Precision medicine and targeted therapies, particularly for genetic-driven cancers, are revolutionizing cancer care and must be incorporated into clinical practice.

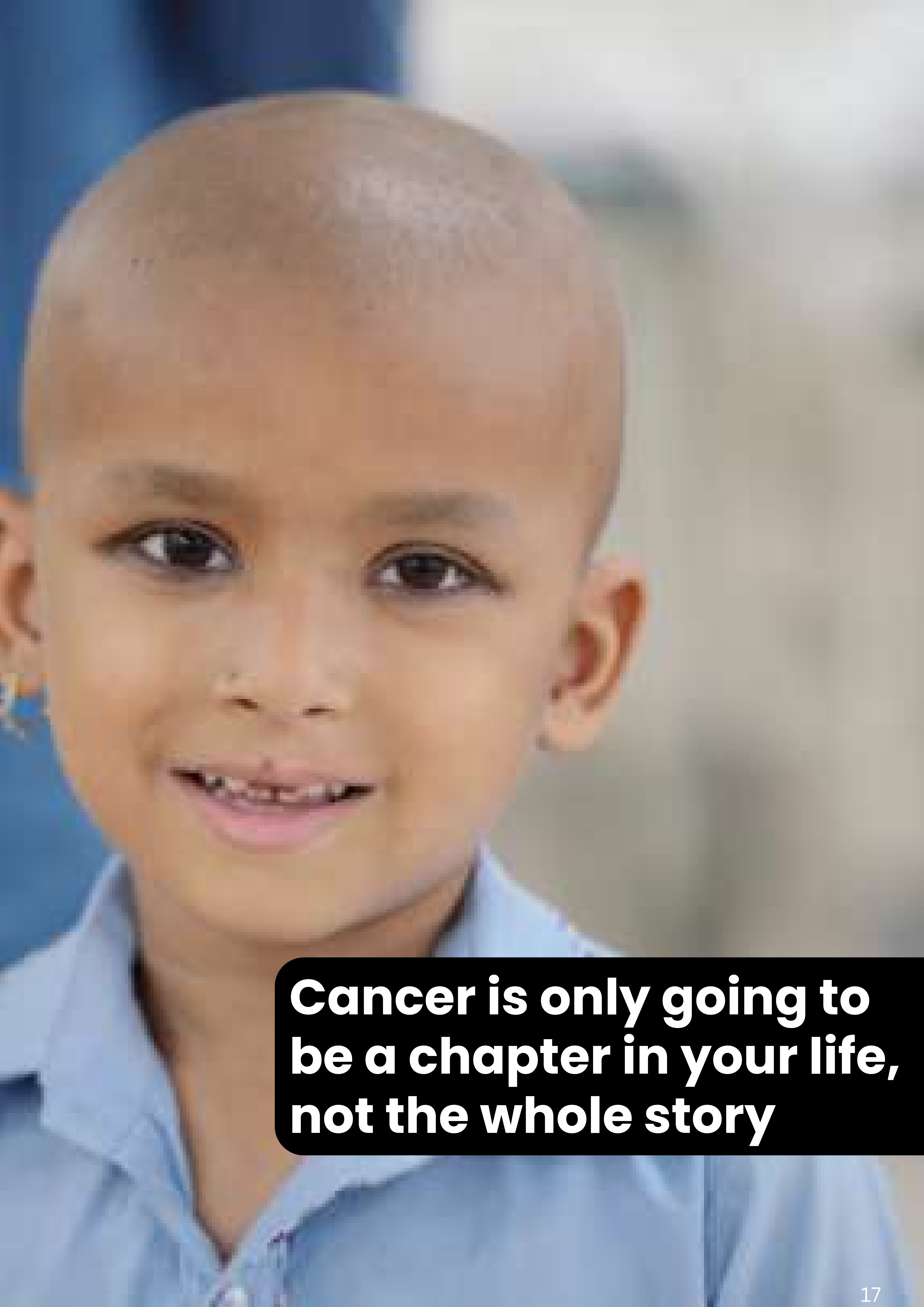
Overcoming the Cancer Burden

- The increasing burden of cancer patients requires a multi-faceted approach:
- Strengthening Primary Healthcare: Early detection programs at the primary healthcare level can significantly improve survival rates.
 - Enhancing Research and Data Collection: Establishing national cancer registries will help track disease patterns and enable evidence-based policymaking.
 - Improving Access to Treatment: Affordable cancer treatment, including chemotherapy, immunotherapy, and radiation therapy, must be made available in all regions.
 - Public Awareness Campaigns: Educating communities on cancer prevention, symptoms, and early screening can lead to earlier diagnoses and improved treatment outcomes.
 - International Collaborations: Partnering with global cancer research institutions can help bring innovative treatment strategies to Pakistan.

A Collective Commitment to Fight Cancer

On this World Cancer Day, we reaffirm our commitment to fighting cancer through prevention, early detection, and improved treatment strategies. Together, with patients, healthcare professionals, researchers, and policymakers, we can work towards a future where cancer is no longer a life-threatening disease but a manageable condition. Through awareness, innovation, and collaboration, we can truly make a difference in the lives of millions affected by cancer.

Dr. [Clinical Director’s Name]
Clinical Director
[Hospital/Cancer Center Name]



**Cancer is only going to
be a chapter in your life,
not the whole story**

MARCH IS FOR COLORECTAL CANCER AWARENESS MONTH

Colorectal cancer is highly preventable and treatable when caught early. Since colorectal cancer may not present symptoms until it is in more advanced stages, people of all ages should report changes in their bowel habits, such as bleeding or persistent bowel changes like diarrhea or constipation, to their primary care physician. Other symptoms to report include unintentional weight loss and pain when having a bowel movement. If you are suffering from an intestinal disorder or related issue, Mission Hope is here to help you get the expert care you need.



Colorectal Cancer in Children

Global and Pakistani Perspectives

Colorectal cancer (CRC) in children is an extremely rare but aggressive disease, accounting for less than 1% of all CRC cases worldwide. Traditionally considered a disease of older adults, the rising incidence of early-onset colorectal cancer (EOCRC), including cases in adolescents and young adults, has drawn increasing attention from researchers and clinicians. Pediatric CRC is often diagnosed at an advanced stage due to the lack of awareness and non-specific symptoms, leading to poor prognosis and limited treatment options.



Global Perspective

Globally, the incidence of pediatric CRC remains low, but trends suggest a rising number of cases, particularly in Western countries. Studies indicate that genetic predisposition, hereditary syndromes like Lynch syndrome and familial adenomatous polyposis (FAP), and environmental factors such as diet, obesity, and microbiome changes may contribute to this increase. Diagnosis in children is often delayed due to misinterpretation of symptoms like abdominal pain, rectal bleeding, or changes in bowel habits as benign conditions. Treatment primarily involves surgery, chemotherapy, and in some cases, targeted therapies. Despite advancements in cancer care, the prognosis for pediatric CRC remains poorer than in adults due to late-stage diagnosis and the aggressive nature of the disease.

Pakistan Perspective

In Pakistan, data on pediatric CRC is scarce, as cancer registries and population-based studies are limited. However, recent hospital-based reports suggest an increasing number of young patients presenting with CRC. The lack of awareness, limited access to diagnostic facilities, and genetic predisposition due to high consanguinity rates in Pakistan may contribute to the disease burden. Many cases in Pakistan are diagnosed at a metastatic stage, reducing survival rates. Challenges such as inadequate screening programs, financial constraints, and delayed referrals further complicate patient outcomes.

Need for Research and Awareness

There is an urgent need for large-scale studies on CRC in children, particularly in Pakistan, to understand genetic and environmental risk factors. Public health initiatives should focus on early detection, genetic counseling for high-risk families, and improved access to specialized cancer care. Establishing national cancer registries and multidisciplinary tumor boards for pediatric oncology can significantly improve diagnosis and treatment outcomes.



Genetic Predisposition to Colorectal Cancer and Hereditary Cancer Syndromes

Colorectal cancer (CRC) is one of the most prevalent malignancies worldwide, with a significant proportion of cases linked to genetic predisposition. While most CRC cases are sporadic, approximately 5–10% are hereditary, arising from inherited mutations in genes that regulate cell growth and DNA repair. Hereditary cancer syndromes significantly increase an individual's lifetime risk of CRC and often present at an earlier age compared to sporadic cases. In Pakistan, the rising burden of CRC, particularly among younger individuals, highlights the need for greater awareness, genetic screening, and research on hereditary predisposition.

Well-known hereditary syndromes contribute to CRC

- 1. Lynch Syndrome (Hereditary Non-Polyposis Colorectal Cancer - HNPCC)
 - Accounts for 2–4% of all CRC cases globally.
 - Caused by mutations in DNA mismatch repair (MMR) genes such as MLH1, MSH2, MSH6, and PMS2.
 - Increases the lifetime CRC risk up to 70–80%, often presenting before the age of 50.
 - Associated with extracolonic malignancies like endometrial, ovarian, gastric, and urothelial cancers.
- 2. Familial Adenomatous Polyposis (FAP)
 - Caused by germline mutations in the APC gene.
 - Characterized by the development of hundreds to thousands of adenomatous polyps in the colon, usually appearing in adolescence.
 - If left untreated, the risk of developing CRC is nearly 100% by age 40.
 - Variants include attenuated FAP (AFAP) and Gardner's syndrome, which involve additional extracolonic tumors.
- 3. MUTYH-Associated Polyposis (MAP)
 - An autosomal recessive condition caused by mutations in the MUTYH gene.
 - Leads to multiple adenomatous polyps and an increased risk of CRC, similar to FAP.
- 4. Peutz-Jeghers Syndrome (PJS)
 - Caused by mutations in the STK11 gene.
 - Characterized by hamartomatous polyps in the gastrointestinal tract and mucocutaneous pigmentation.
 - Increases lifetime risk for CRC, pancreatic, breast, and ovarian cancers.
- 5. Juvenile Polyposis Syndrome (JPS)
 - Caused by mutations in BMPRIA or SMAD4 genes.
 - Leads to multiple juvenile polyps in the gastrointestinal tract and a significantly increased CRC risk.

Global and Pakistani Burden

Hereditary CRC in Pakistan

- Pakistan lacks a national cancer registry, making it difficult to determine the exact prevalence of hereditary CRC.
- High consanguinity rates (over 60%) may increase the likelihood of recessive hereditary syndromes such as MUTYH-associated polyposis.
- Limited awareness, late-stage diagnosis, and inadequate access to genetic testing hinder early detection and preventive care.
- Emerging hospital-based studies suggest an increasing number of young CRC cases, possibly linked to Lynch syndrome and FAP.
- A recent push for genetic research collaborations, such as studies at Punjab University and other institutions, aims to address the hereditary component of CRC in Pakistan.

Global Perspective

- Hereditary CRC syndromes account for a small but significant percentage of total CRC cases worldwide.
- Countries with well-established genetic screening programs, such as the USA, UK, and European nations, have identified many at-risk individuals, leading to better surveillance and preventive measures.
- In high-income countries, genetic counseling and prophylactic surgeries (e.g., colectomy in FAP patients) have reduced CRC-related mortality

Challenges and Future Directions

- Lack of Genetic Testing Infrastructure: Genetic screening for Lynch syndrome, FAP, and other hereditary syndromes remains unavailable in most public hospitals.
- Need for Awareness Programs: Educational initiatives targeting healthcare professionals and the public can improve early detection rates.
- Establishment of National Registries: A structured national registry for hereditary CRC cases would aid in epidemiological studies and patient management.
- Collaborative Research Efforts: International collaborations with genomic research centers can help identify unique genetic mutations prevalent in the Pakistani population.

Introducing Dr. Muhammad Tahir Bashir

A Leading Expert in Oncology



We are honored to introduce Dr. Muhammad Tahir Bashir, a distinguished Senior Oncologist dedicated to advancing cancer care through his expertise, research, and patient-centered approach. With years of experience in medical oncology, Dr. Tahir has played a pivotal role in diagnosing and treating complex cancer cases, ensuring that patients receive the most effective and personalized treatment plans.

Dr. Tahir has extensive expertise in the management of colorectal cancer, cervical cancer, Breast cancer, and hepatocellular carcinoma, four of the most prevalent malignancies in Pakistan. His deep understanding of tumor biology, targeted therapies, and immunotherapy has contributed to improved survival rates and enhanced quality of life for cancer patients. He is actively involved in developing treatment protocols that integrate cutting-edge advancements with evidence-based clinical practices.

He is also well-regarded for his contributions to multidisciplinary cancer management, where he collaborates with specialists in surgery, radiation oncology, and pathology to develop comprehensive treatment strategies. His commitment to evidence-based medicine and innovative therapies has significantly improved patient outcomes, making him a trusted name in the field.

Beyond his clinical practice, Dr. Tahir is actively involved in oncology research and education, mentoring young doctors and contributing to the development of cancer treatment protocols. His work in precision medicine, early detection strategies, and targeted therapies continues to shape the future of cancer care, offering hope to many patients.

At our cancer center, we are privileged to have Dr. Muhammad Tahir Bashir as Clinical director in our team, ensuring that we remain at the forefront of oncology excellence. His dedication and expertise in colorectal and cervical cancer treatment are invaluable in our mission to provide the highest quality cancer care to our patients.

Fight against Colorectal Cancer with Nutrition and Exercise

Colorectal cancer (also commonly known as colon cancer) is a big deal. It is the third-most common cancer diagnosed in the US, and according to the Centers for Disease Control and Prevention it is the third-leading cause of cancer deaths in American men and women combined. The real tragedy is that many of these cancer cases and cancer deaths occur needlessly, as they could be prevented if more people took advantage of colorectal cancer screening. The American Cancer Society screening guidelines recommend that adults aged 45 and older with average risk undergo regular screening.

You can also help reduce your risk of colon cancer by implementing lifestyle changes to achieve or maintain a healthy body weight. There are many ways to eat more healthfully and add more exercise to your life. Some nutrition ideas include: at meals, fill half your plate with fruits and veggies; read food labels to choose foods lower in saturated fat, sodium, and added sugars; eat seafood twice a week (salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury); or try a new fruit, vegetable, or whole grain product each time you shop for groceries. For exercise, walk more and/or take the stairs; join a group exercise class; and find a workout buddy. Small steps will add up to create lasting, beneficial lifestyle changes.



**Take care of your body.
It's the only place you
have to live**

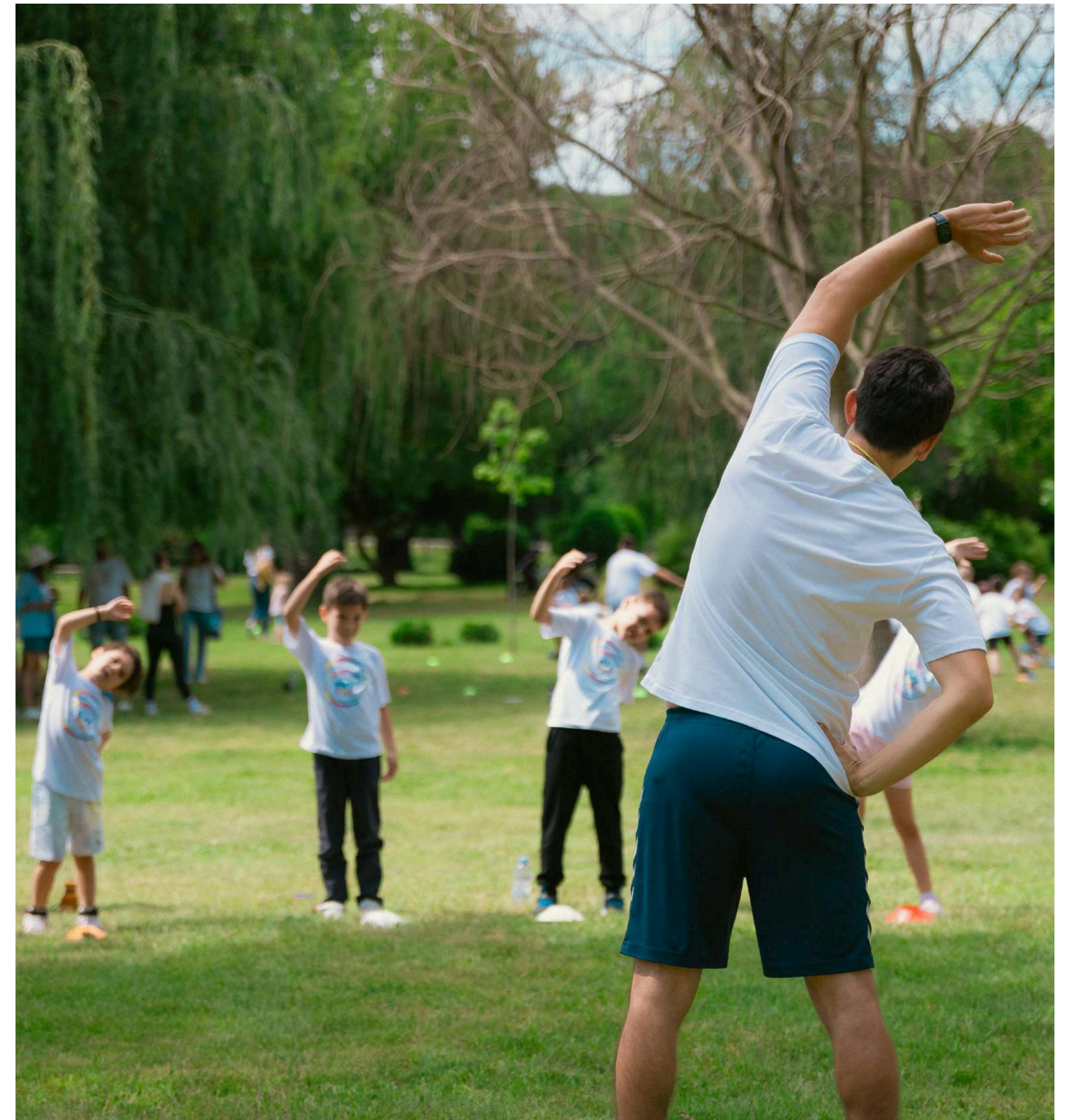
The Benefits of Physical Activity

Physical activity can have numerous positive benefits in our life physically, psychosocially and biologically. Physical activity and exercise are often used interchangeably in literature;

Exercise can be a catalyst to help us make lifestyle behavior modifications that can lead to benefits such as improved aerobic fitness, improved physical functions, decreased fatigue and enhanced quality of life. These benefits can make an enormous impact in our lives especially when extrapolated over time. When we exercise our body releases dopamine, a hormone that directly affects our nervous system and our mood. This happens within minutes of initiating exercise, so that is why we feel better after we have completed a bout of exercise. Knowing we feel better after exercising can help create lifestyle changes like walking to work or school, taking the stairs instead of using the elevator, eating more healthfully, or being less inactive at work. Making these types of changes can have a positive effect on our health.

Exercise can help boost our immune system by decreasing a process called immune aging. This refers to a decline in Natural Killer (NK) cell function, increase in inflammation, the decrease in number of immature T cells

and other processes. Exercise can reduce inflammation, stimulate the activity of NK cells and prevent the accumulation of aging immune cells. When we maintain a consistent exercise routine and make healthy nutritional choices we are making decisions to maximize our immune system and help prevent illnesses like the common cold and even chronic illnesses like cancer.



We all should strive to meet the Physical Activity Guidelines for Americans issued

by the Department of Health and Human Services. Adults under the age of 65 should engage in at least 150 minutes and work toward 300 minutes of moderate-intensity aerobic exercise every week. You may choose to perform vigorous intensity exercise with the guidelines set at 75 to 150 minutes every week. Adults above 65 should engage in at least 120 to 240 minutes of moderate intensity aerobic activity. We all should do muscle strengthening exercises at least two days each week at a moderate intensity.

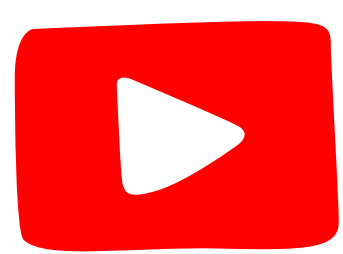
It is promising to clinicians and patients

to know they have the tools and ability to make lifestyle changes that have life altering results. Implementing structured and consistent exercise programs along with a well-balanced nutritional plan is one step we all can take to improve our overall health and potentially reduce our risk of several cancer diagnoses.

Cancer Prevention

Faisalabad Cancer Center

Jan - Mar 2025



TO SUBSCRIBE , CONTACT

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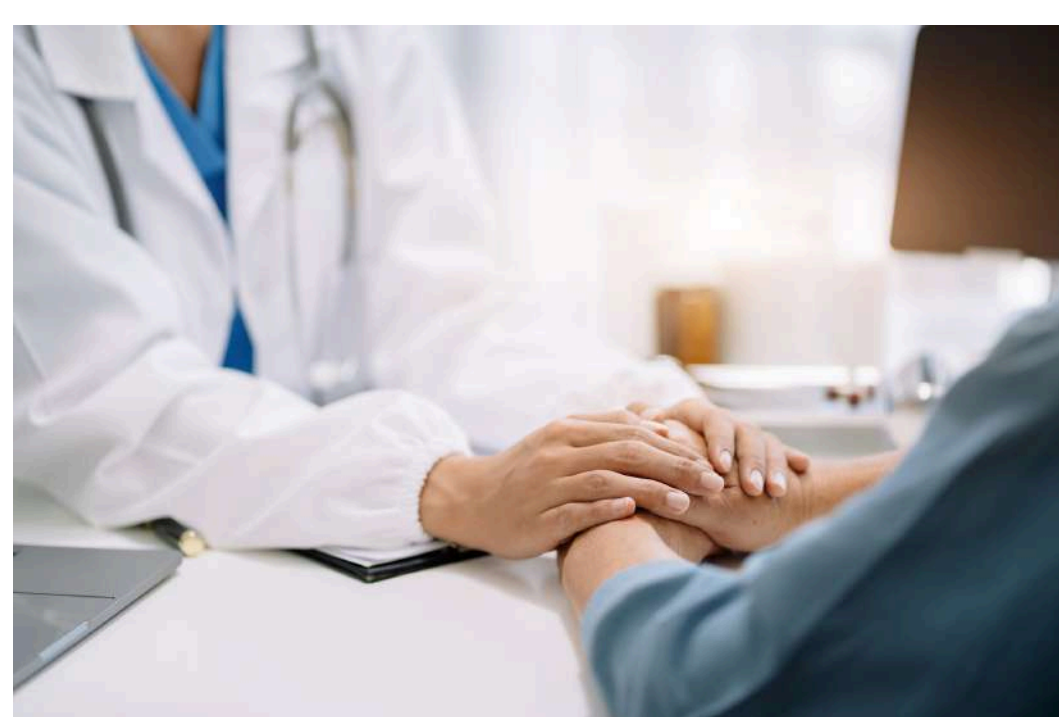
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www.faisalabadcancercenter.org

Faisalabad Cancer Center

Faisal Hospital Peoples colony, FSD



Coming Soon

April is for Bowel and Testicular Cancer Awareness month
May Melanoma, Skin, and Ovarian cancer awareness month
June Cervical cancer screening and Myeloma awareness week

Cancer prevention Work is published by the Faisalabad Center , Private organization dedicated to the prevention and early detection of cancer