

Over 15% youth risk cancer: Survey

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Women aged between 25 and 35 years are most commonly seen smoking as opposed to males in the age group of 35-45 years. The female smokers are mostly from the elite class, said Roy.

The survey also revealed that 12-15% of males between 45 and 55 years consume more tobacco, in the form of cigarettes, hookahs, gutka, etc. Additionally, over 15% of young males and females were detected with risk factors of lung and mouth cancer.

Among smokers and tobacco consumers 20-22% males and 15-18% females also faced the risk of heart problems. While 4-7% of people complained of chest pain and 4-5% suffered from bronchitis and chest congestion.

In Nagpur, of around 25,000 people who underwent the check-up, 45% are prone to cancer-related ailments, while in Hubli,

25% of the 15,000 people monitored were vulnerable to cancer.

To mark the occasion of World No Tobacco Day on May 31, Indus Health Plus held an awareness drive called 'Quit Today, Quit Now' at Inox multiplex, Panaji, on Saturday. In this day-long campaign, two cigarette-shaped mascots shared their findings with movie goers, encouraged them to quit smoking and to embrace healthy living.

Sharing his thoughts on the initiative, preventive healthcare specialist and joint managing director of Indus Health Plus, Amol Naikawadi, said, "Such a campaign will go a long way to create a positive impact in quitting tobacco usage in any form among its consumers."

The check-up as part of the survey in Goa was conducted at a large private hospital in Navelim, South Goa, and at a private hospital at Dona Paula, North Goa, between January and April 2015. TNN

'Goa cities 2nd-worst at risk of cancer due to tobacco use'

Nida Sayed | TNN

Panaji: Goans seem to be struggling with quitting the butt when compared to their peers in cities in Karnataka and Maharashtra, with Panaji and Margao together accounting for the second-worst nicotine-hit tier II-tier III populace. Nagpur is the first.

In a recent study conducted by Indus Health Plus, a preventive health check-up company, across tier II and tier III cities

in Karnataka, Goa and Maharashtra, around 35% of 18,000 Goans who underwent check-ups at two hospitals in Goa showed a vulnerability to cancer-related risks—ulcers, boils, etc—arising from active and passive tobacco use.

"Among the over-18,000 Goans who came for the check-up, we found 52% adults were exposed to passive smoking at home. Also, over 30% of the 18,000 Goans were in the habit of chewing tobacco," said Trisha Roy, a repre-

sentative of Indus Health Plus.

She added that most of the passive smokers were from the middle class category, while most of the tobacco chewers hailed from migrant/labour classes.

The survey's findings further showed that in the past two years there has been a 7% rise in the number of smokers in Goa, with the increase seen among the younger generation, and among women.

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