



HOME ABOUT US COVER STORIES SECTIONS ▾ FEATURES MAB

HEALTH EXEMPLAR AWARDS ▾ CONTACT US

SCRAP Cancer in 2018

🕒 May 2, 2019 👤 hnladmin 📁 Cover Stories 💬 0



Promising new treatments for cancer abound. Immunotherapy, together with molecular medicine, new techniques in radiation treatment, robotic surgery, and more, all contribute to extending the lives of many cancer patients in both early and advanced stages. Precision Medicine is now a buzz word in the oncologic universe. But the key intervention in reducing cancer deaths is SCRAP —which stands for Screen and Prevent

BY BEATRICE J. TIANGCO, MD, MSCE





MOA Signing ALPHA-1 Project, Seda Hotel Vertis North, 18 Dec 2017. L to R: Dr. Richie Ragaza (Philippine College of Surgeons), Dr. Beatrice J. Tiangco (CARE Philippines), Mr. Ariel Cantos (Philam Foundation), Mr. Max Ventura (Philam Foundation), Dr. Diana Payawal (Philippine College of Physicians)

THE AUTHOR



Dr. Beatrice Jayme-Tiangco is a member of UP-PGH Class of 1987. She finished her Fellowship in Medical Oncology and Hematology in the University of Pittsburgh, and she earned her Masters Degree in Clinical Epidemiology from the University of The Philippines, Manila. She is a clinician, a researcher, a patient-advocate, a wife and a mother. She is the Co-Founder of Cancer CARE Registry Philippines, a Hospital-Based Cancer Registry System whose Mission is "Every preventable cancer prevented, every screenable cancer detected, and every cancer patient counted"

While the gap between the bench and bedside, between advanced medicine and the

cancer patient, may be narrowing, the cost of treatment, especially in the advanced stages, and the cost of staying alive with an incurable but controllable disease like cancer that has already spread throughout the body, is so large that for many, their life savings and that of their family members is consumed within a few months of starting these scientifically cutting edge treatments. The sad fact is, cancer is an illness whose advancements in treatment are unaffordable. "Sakit ng mayaman" is how it is described by many of those diagnosed with such.

For an impoverished nation such as ours, surely it is more cost effective to focus on wellness and health education, on cancer prevention and screening, even on palliative care and quality of life, and yes even on quality of death, than on treatment of an incurable and relentless disease. As a nation, we can join this worldwide battle against cancer on a front different from where wealthier and more scientifically advanced countries are already fighting. We have a chance to contribute to the global battle against cancer if we exert more effort on the front of epidemiology and public health, with scientifically sound research as our main weapon of choice.



A Health Education
Advocacy of



f /DrRafaelCastillo

www.healthandlifestyle.com.ph



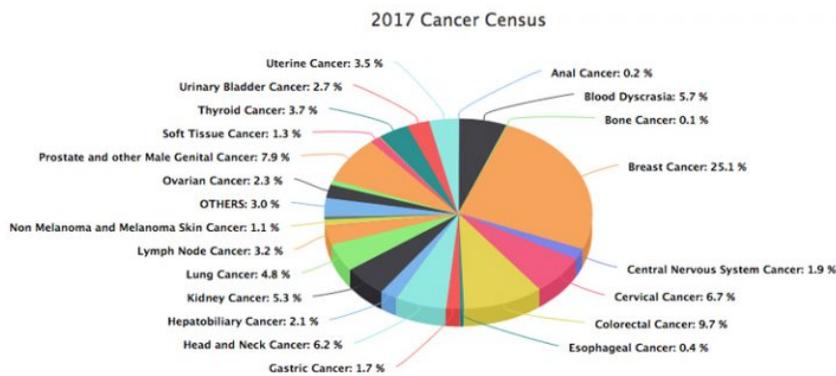
Tweets by @HnLmagazine



First batch of 15 Public and Private CARE Hospitals 2018

Bad policy

“Measuring the incidence and survival of cancer, through cancer registries, spotlights where patients are being



From January to December 2017, 3587 new cases of cancer were registered at 3 pilot CARE Hospitals (The Medical City, NKT, Davao Doctors Villaflor Memorial Hospital)

failed,” says The Economist (Sept. 2017). “Cancer kills millions of people not simply for want of scientific advance, but also because of bad policy.”

Let us not, however, be quick to judge, good or bad (policy), without some objective means of measure. Cancer registration and careful analysis of the data within will tell us if we are doing “good” or “bad” and it can guide us toward a common goal of “Better Healthcare for the Filipino Cancer Patient.”

The Department of Health or DOH has identified the Philippine Cancer Society-Manila Cancer Registry or PCSMCR as its lead partner

organization for population based cancer registration. The Philippine Cancer Facts and Estimates is published every five years by the PCS-MCR in partnership with the DOH and the Rizal Cancer Registry.

Commonest cancers

For 2015 they extrapolated raw data gathered from 2008-2012 Manila-Rizal population based cancer registries and the five most commonly diagnosed cancers in the country in this period of time were (in decreasing incidence) Breast, Lung, Colorectal, Liver and Cervix. These five common cancers are screenable and when detected early, are curable. All one needs to do is spend a few pesos on the screening test. The five most common causes of cancer death in this time period were Lung, Liver, Breast, Colorectal and Leukemia.

These 5 causes of cancer death are likewise curable if caught early. All five are incurable in the advanced stage and treatment to stay alive with advanced stage disease costs hundreds of thousands, even millions of pesos.

DOH marching orders

Realizing that it is good and cost effective practice of medicine to prevent cancer rather than treat it at the advanced stages, Guidelines on the Adoption of Baseline Primary Health Care Guarantees for All Filipinos was disseminated on August 2017. These are the marching orders of DOH over the next five years to 2022:

- Strong primary health care with referral systems to higher levels as needed (WELLNESS AND PREVENTION)
- Citizens engaged and empowered to demand for their entitlements (PATIENT PARTICIPATION)
- Health guarantees organized per life stage: Pregnancy (all stages), neonates, infants, child, schoolage, adolescent, early to late adulthood, and elderly
- Each life stage lists government health initiatives in the population level, primary care services for well individuals, and primary services for sick individuals (free or paid for by Philhealth)
- For adults aged 20 to 60 years old, for both men and women on the population level, cancer registration will be used by the DOH to surveil and monitor the nation's health status

CARE Philippines

The Cancer CARE Registry Philippines, or CARE Philippines, is a Hospital-Based Cancer Registry System that aims to contribute to nation building by creating and maintaining a unified cancer registry through databases embedded in the local area network of participating private and public hospitals throughout the country.

Between 2016 and 2017, three hospitals, The Medical City Pasig, National Kidney and Transplant Institute and Dagupan Docotors Villaflor Memorial Hospital piloted the use of the CARE Application and Database and Incidence data for these two hospitals is available to the public via the CARE Website.⁴

Aside from Cancer Registry Data, this website also contains videos on screening and prevention of cancer and the early warning signs of cancer. Patients' stories of Hope are also found in the website.

CARE Philippines has also been recognized by the government as its partner in establishing a Hospital-Based Cancer Registry System in DOH Hospitals Nationwide. CARE Philippines Foundation, a non-profit organization, is also working in partnership with Philam Foundation which, together with the Philippine College of Physicians and the Philippine College of Surgeons, has established the ALPHA or Alliance for Philippines' Health and Advocacy Project. The ALPHA Project aims to Screen and Prevent the Philippines' common chronic and debilitating illnesses, starting with cancer, through their SCRAP Programs. On 23-24 February 2018, on the occasion of the 1st general assembly of CARE Philippines' tumor registrars and doctor champions, SCRAP Cancer 2018 was launched.

These are examples of public and private groups working together for the next five years and beyond, gathering and analyzing data for better public policy and better preventive and screening programs for a healthier, cancer-free nation.

Your part in the fighting the Big C

What about the dear readers of this magazine? What can you do to join the Big Fight?

1. Engage and empower yourselves through health education and participation in wellness activities. Exercise daily, even just by walking instead of riding short distances or using the elevator to go up to your place of work. Ten thousand steps a day is enough to keep the cancer doctor away.
2. Eat five helpings of fruits and vegetables a day.

3. Maintain a healthy lifestyle and yes, avoid stress. Sleep a restful sleep each night.
4. Have yourself screened for the screenable cancers if you belong to a high risk group, as described and defined in the other articles of this issue.

Always keep in mind that when it comes to cancer, “an ounce of prevention is worth a pound of cure”, or “an ounce of prevention of cancer is worth thousands of pesos of cure.” So screening and prevention of cancer may not just result in you keeping your life savings, but also in you saving your own life.

“We have a chance to contribute to the global battle against cancer if we exert more effort on the front of epidemiology and public health, with scientifically sound research as our main weapon of choice.”

Rate this post



« **PREVIOUS**

Never Lose Hope

NEXT »

Annihilating Colorectal Cancer
