



# The Savera Programme

## Why in News?

Recently, Haryana Chief Minister inaugurated the **Savera programme**, aimed at early detection and prevention of [Breast Cancer](#). It was initiated by the **Medanta Foundation** in collaboration with the **Health Department in Gurgaon**.

## Key Points

- Under the scheme, **visually impaired people will conduct screening for [breast cancer](#)** as they have **natural tactile sensitivity**.
- The importance of this ability has been understood, tested, and used by people associated with the medical world. Visually impaired people **can detect breast cancer up to half a centimeter, whereas a normal doctor can detect it up to one centimeter**, after examination.
  - In its **initial phase**, the programme will be launched at **Civil Hospital in Sector 10**, the **polyclinic in Sector 31**, and **PHC in Wazirabad**.
- According to the CM, about 90,000 women across the country lose their lives due to breast cancer, on a daily basis.
  - He also mentioned the **establishment of the National Cancer Institute at AIIMS in Jhajjar district**, which has been equipped with 1,000 beds.

## Cancer

- **About:**
  - It is a complex and broad term used to describe **a group of diseases characterised by the uncontrolled growth and spread of abnormal cells** in the body.
  - These **abnormal cells, known as cancer cells**, have the ability to invade and **destroy healthy tissues and organs**.
  - In a healthy body, cells grow, divide, and die in a regulated manner, allowing for the normal functioning of tissues and organs.
  - However, in the **case of cancer, certain genetic mutations or abnormalities disrupt this normal cell cycle**, causing cells to divide and grow uncontrollably.
- **Breast Cancer**
  - It is a disease in which abnormal **breast cells grow out of control and form tumours**. If left unchecked, the tumours can spread throughout the body and become fatal.
    - Breast cancer cells **begin inside the milk ducts and/or the milk-producing lobules** of the breast.
    - The earliest form (in situ) is not life-threatening. Cancer cells can spread into nearby breast tissue (invasion). This creates tumours that cause lumps or thickening.
    - Invasive cancers can spread to nearby lymph nodes or other organs (metastasize). Metastasis can be fatal.
  - **Treatment** is based on the person, the type of cancer and its spread. Treatment combines surgery, radiation therapy and medications.
- **Cervical Cancer:**
  - Cervical cancer **develops in a woman's cervix (the entrance to the uterus from the vagina)**.

- Almost all cervical cancer cases (99%) are linked to infection with high-risk **human papillomaviruses (HPV)**, an extremely common virus transmitted through sexual contact.
- Two HPV types (16 and 18) are responsible for nearly **50% of high grade cervical pre-cancers**.
- **Cervical cancer is the fourth most common cancer among women globally**. About 90% of the new cases and deaths worldwide in 2020 occurred in low- and middle-income countries.

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