Cancer epidemiology in pakistan: A step towards first national cancer registry

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Abstract

Cancer statistics is a fundamental requirement for planning and implementation of cancer controls programs. In Pakistan no national cancer epidemiological data have been published. In Pakistan cancer incidence and mortality are rapidly increasing. The reasons are not simple to establish but aging and population growth are couple of them. The lack of national level information systems on health indicators in Pakistan means that estimation methods are required. In this study national level cancer statistics have been made using hospital data throughout the country from January 2015 to December 2017. A total of 102,022 cancer patients were reported to the specialized cancer hospitals throughout the country. Secondary data analysis shows 57,213 (56%) females and 44,809 (44%) males. Overall the leading cancer type was breast cancer which is 22.6% in the population followed by oral cavity 8.3%, colorectal 4.4%, CNS 4.1%, NHL 3.9%, lung 3.9%, esophagus 3.8%, ovary 3.7%, liver 3.6%, leukemia 3.1% and others 38.70%. Among males the leading cancer is oral cavity 12.1% followed by lung 6.6% and colorectum 6.3% while in females the leading cancer was breast cancer 39.5% followed by ovary 6.6% and oral cavity 5.3%. Among the total cancer patients children were (2,307) 2%, adolescents (4,569) 4%, adults (21,504) 21%, middle aged (42,383) 42% and senior citizens (31,261) 31%. Region wise cancer distribution were, in Islamabad total cases 1,960 males 682 (35%) and females 1,278 (65%). Punjab 45,105 males 17,199 (38%) and females 27,906 (62%). Sindh 28,753 males 14,021 (49%) females 14,732 (51%). Khyber Pakhtunkhwa 12,055 males 5,635 (47%) and females 6,420 (52%). Balochistan 6,728 males 3,379 (51%) and females 3,349 (49%) Cancer is still a huge health issue. Compromising quality of life and economic implications in both developed and low middle income countries like Pakistan. Currently no reliable data is available regarding prevalence, morbidity and mortality of various cancers. This could be due to lack of national cancer information system. Although cancer registration been developed and are functional but they operate on institutionalized basis. For the deterrence in the prevalence of disease the health care authorities must ponder over the current situation seriously by developing a proper centralized institute an organized system and its implementation.

Biography

Nauman Arif is a PhD scholar in Cancer epidemiology and working as a faculty member in the Institute of Public Health and Social Sciences, Khyber Medical University, Peshawar (the only public sector medical university in Khyber Pakhtunkhwa province, Pakistan), since May 2018. Earlier he was working as a trainee medical officer at Institute of Public Health and Social Sciences, Khyber Medical University, Peshawar, Pakistan from January 2017 to May 2018. Currently he was teaching to MPH, MSC Epi & Bio, MHR and CHR. He also course coordinator MS Epidemiology Program. He just completed his masters in epidemiology and biostatistics course (MSC Epi & Bio) from a very highly reputed public sector medical university (Khyber Medical University) in Pakistan. Earlier, he completed masters in public health (MPH) from the above mentioned medical university. He also did Doctor of Pharmacy degree from the highly reputed university in Pakistan.