



J.B.BODA



WHealth

Health - Your Ultimate Wealth

FEBRUARY 2024



J.B.BODA

Cancer Trends

Cancer in India is a complex health issue with various trends. While cervical cancer is declining due to late marriages and healthcare advancements, breast cancer is increasing in urban areas. Innovative treatments like ketogenic diets and virtual reality unveils promising avenues in the battle against this pervasive disease.



Cancer Trends and Varied Trajectories: Understanding the Dynamics of Decline and Rise



Cervical Cancer Decline

Incidence dropped from 45 to 10 per 100,000 in the last 50 years. Factors: Late marriages, fewer children, better hygiene, HPV vaccination.



Breast Cancer Increase

Urban centres like Hyderabad show an increase (45 per 100,000). Contributing Factors: Late marriages, delayed childbirth, lack of breastfeeding, high-protein diet.



Tobacco - Related Cancers

Declining rates due to anti-smoking laws.



Lung Cancer Concerns

Linked to smoking and pollution, particularly high in Arunachal Pradesh. Survival rates are low, often diagnosed in late stages.



J.B.BODA

The incidence of cancer and mortality in India

The incidence of cancer in India is significant, with one in nine individuals likely to develop the disease during their lifetime. The leading sites of cancer vary between genders, with lung cancer prevalent in males and breast cancer in females.



The Ketogenic Diet shows promise to treat cancer (Adjuvant to Radiation therapy)

The ketogenic diet, characterized by high fat, low carb, and moderate protein intake, has shown potential as an adjuvant to radiation therapy in treating cancer. Some studies suggest that the diet's metabolic effects may enhance the therapeutic efficacy of radiation in certain cancer cases.

Ketogenic Diet and Cancer: Metabolic Strategies



Cancer cells rely on carbs for growth; a ketogenic diet alters metabolism, reduces blood sugar levels.



This "starvation" approach may slow cancer growth, shrink tumors, or even induce cell death over time.



Reducing carb intake on a ketogenic diet shows potential in impeding cancer progression.



Insulin-like growth factor 1 (IGF-1) influences cancer development; the ketogenic diet lowers IGF-1, diminishing insulin's impact on cell growth.



The resulting reduction in tumor growth and long-term cancer risk makes the ketogenic diet a promising avenue (29Trusted Source).



J.B.BODA

Virtual Reality (VR) for pain and Anxiety Relief in Cancer Patients: A Glimpse at the Potential

Virtual Reality (VR) technology emerges as a promising ally, providing not only relief from pain and anxiety for individuals grappling with chronic conditions like cancer but also serving as a therapeutic escape to enhance mental well-being.

- VR environments distract during medical procedures, easing pain for cancer patients.
- VR minimizes reliance on pain medications, promoting a holistic care approach.
- Tailored VR experiences support emotional well-being in navigating cancer challenges.
- Advancements in VR tech hold promise for revolutionizing cancer supportive care.



Simple Habits for a Healthier Life Enhance your lifespan with these longevity hacks

Soak in sunlight within an hour of waking to boost your well-being.



Energize your muscles with a brief plank or wall sit-up routine.



Cultivate inner calm through dedicated breath work practices.



Achieve fitness goals with snack-sized, efficient workouts.



Foster longevity by prioritizing frequent social interactions.



Strengthen cognitive resilience to navigate life's challenges.



Explore the benefits of intermittent fasting and time-restricted eating.



Embrace mindfulness as a key component of your longevity journey.



WHealth
Health - Your Ultimate Wealth



J.B.BODA



Walnut - Aap ka Bima

by J.B. BODA

Online Insurance Policies Made For You

Search, Compare & Apply for customised policies free of cost.



**Health
Insurance**



**Four Wheeler
Insurance**



**Two Wheeler
Insurance**



Scan to Buy

Contact Person: Ms. Karishma Jethwani

 **022 6781 7835**

 **7738008203**

 **info@walnnut.com**

Disclaimer: The content does not constitute an offer, solicitation, or recommendation of any Insurance Product or Insurance Policy. It is for general purposes only and does not consider your individual insurance needs. Before acting on this material, you should consider whether the Insurance Product is suitable for your circumstances, and if necessary, seek professional advice

GROUP COMPANIES

J. B. Boda & Co. Pvt Ltd.

- Employee Benefit Schemes
- Wellness Programmes
- Facilitating Life and Actuarial Valuation & Product development
- Risk Inspection
- Training & Seminar

J. B. Boda Insurance Surveyors & Loss Assessors Pvt. Ltd.

- Fire, Engineering, Miscellaneous Accident Surveyors & Loss Assessors
- Marine Inspection, Hull & Cargo Surveyors, Loss Assessors, Superintendents, Container, Surveyors, Tank Calibrators, Samplers & Analysts
- Asset Valuation

J. B. Boda Insurance & Reinsurance Brokers Pvt. Ltd.

Direct Broking

- Non-Life, Life, Health & all other classes

Reinsurance Broking

- Non-Life, Life, Health & all other classes (Treaty & Facultative)

Crowe Boda & Co. Pvt Ltd.

- Protection & Indemnity Insurance Services Correspondents in India for:
- Steamship Insurance Management Services Ltd, London – SMUA
 - Ship-Owners Mutual Protection & Indemnity Association, Luxembourg - SOP

Head Office: Maker Bhavan 1, Sir Vithaldas Thackersey Marg, Churchgate, Mumbai, Maharashtra - 400 020 (INDIA)
Telephone : + 91 22 6631 4949
E-Mail : jbbmbi@jbbodamail.com | <https://www.jbbodagroup.com>

For feedback and employee benefit requirement please write to sales.healthbenefits@jbbodamail.com

J.B.Boda Insurance and Reinsurance Brokers Pvt Ltd – Registered Office Maker Bhavan 1, Churchgate, Mumbai – 400020, Maharashtra, India. <https://jbbodagroup.com>

Disclaimer : By using or accessing the brochure, you agree with the Disclaimer below without any qualification or limitation. The statements made in this brochure are only for information purpose and not for the purpose of medical advice or guarantee of outcome. If you need medical advice, they should consult a doctor or other appropriate medical professional. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. does not assume liability of the information on this brochure and no representation or warranty has been expressly or impliedly given as to its accuracy, completeness or correctness. The information provided has been gathered from reputable sources such as the website of Ministry of Health and Family Welfare. However, J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. is not responsible for errors of omissions in reporting or explanation. No individuals should use this information contained in this brochure for self-diagnosis or self-treatment any health related condition. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. reserves the right to modify, alter, add and delete any one or more of the information provided in the brochure. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. shall be under no obligation to notify you of the amendment to the information. No warranties or assurances are given in regarding the accuracy of the information supplied in this brochure, and that no liability will accrue to J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. in the event that you suffers loss as a result of reliance upon the information provided in this brochure. You are responsible for your health and safety at all times. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. does not warrant that any insurance related information provided in this brochure, represents coverage provided to any insured, or are consistent with any present, future, local, state, or central laws, administrative rules, or prevailing case law. Any reference to insurance documents is only for general information and should not be used to claim coverage under any insurance policy.