Conclusion: Health professionals in primary health care, particularly those that are smokers, are not engaged enough in promoting health behavior among their patients. Medical school curriculum and continual medical education programs for physicians and nurses should be strengthened to help reduce smoking rates among health professionals and change their attitudes towards tobacco control.

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Esophageal cancer in Iran: Is the pattern different with the western countries?

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Iran is one of the countries in the category of the Asian esophageal cancer belt. Until now, there has been suggested that the ratio of esophageal adenocarcinoma to the squamous cell carcinoma (E/S ratio) has been increased. During 10 years from 1991 to 2001 all patients with esophageal cancer which diagnosis has been established by pathology were prospectively included in this study. All the data about demographic information, smoking habits, family history of esophageal cancer in first-degree relatives was collected. We scrutinized the trend in the E/S ratio in Iran as compared to the western countries. 224 cases [49 Adenocarcinoma (64.02 years, 38 males), 175 Squamous Cell (58.12 years, 91 males)] were enrolled. 23.2% of the cases were under 50 years. Of these 11.5%were esophageal adenocarcinoma as compared to the 23.2% in the total population ($P<0.05$). Positive family history in the first-degree relatives was observed in 2 adenocarcinoma and 5 of the squamous cell carcinoma. There was no significant difference between age, gender, ethnic origin and number of cigarettes per day and the type of cancer in our population. Although not significant, but there was an increasing trend in E/S ratio during these 10 years. It seems that in spite of recent publication regarding the difference in pattern of esophageal cancer between western and developing countries, this study could not provide information supporting this concept.

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Opportunities of an individual approach to postoperative treatment in breast cancer patients

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Background: In breast cancer treatment the surgical method is the basic. However frequently it is supplemented with use of various ways of antineoplastic therapy, for example, chemotherapy. With this purpose we investigated activity of Thymidine kinase (TK)-the recognized marker of proliferation. Thymidine phosphorylase (TP) is used as the indicator of sensitivity to same chemopreparations. Activity of Adenosinedeaminase (ADA) connected with differentiation and apoptosis of a cell on which effect some preparations.

Materials and methods: Activity of TK, TP and ADA is invstigated in blood serum, bioptate of tissues and in lymphocytes of breast cancer patients T3N2M0 (70 persons) before and after radical mastectomy and during medicinal treatment. Activity of enzymes in blood serum of healthy women (30 persons) is investigated aged 40-49 years.

Results: It is established, that in blood serum of breast cancer patients T3N2M0 raises activity of TK (3.44-0.51 nmol/hour/mg, control 3.03-0.20 nmol/hour/mg) and is reduced activity of TP (34.56-2.56 nmol/min/mg, control 42.36-1.25 nmol/min/mg). It is revealed, that activity of TP depends on a degree of a differentiation of a tumour. In bioptate of low differentiation tumours and in blood serum of such patients activity of TP was three times lower than norm. Activity of ADA is reduced in blood serum (5.2 times) and reduced in lymphocytes (3.4 times) in comparison with norm. After operation activity of TK and TP in blood serum practically did not change and activity of ADA has authentically decreased from 7.85-1.85 to 5.28-0.73 nmol/min/mg. Simultaneously ADA has raised in lymphocytes from 40.08-2.14 to 50.03-5.16 nmol/min/mg.

Conclusions: During chemotherapeutic treatment in patients with high differentiation of tumour in two weeks activity of TK was reduced up to 1.85-0.67 nmol/hour/mg, TP came nearer to norm (58.88 -5.12) nmol/min/mg, ADA did not change. In patients with low differentiation of tumour TK accrued up to 9.16-1.6 nmol/hour/mg, TP and ADA remained same as before treatment. In this group within 5 years high percent of lethal outcomes that speaks about low efficiency of chemotherapy. Thus, it is revealed that at treatment of breast cancer patients is necessary to take into account differentiation of a tumour and for individual treatment to use activity of TK,TP and ADA as a test of efficiency.

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Immunohistochemical analysis of p53 and Bcl2 in gastric cancer patients

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Background: Gastric cancer is considered to be one of the most common types of cancers worldwide. Most patients are diagnosed at advanced stages, and fatal outcome is expected. Abnormal expression of proteins regulating the cell cycle, particularly p53 and Bcl2, has been reported in gastric cancers with controversial conclusions. Our aim was to study the expression of p53 and Bcl2 proteins and to correlate the obtained results