

UKRAINE: 1000 DAYS OF THE WAR

JOURNALISM WITH A HUMAN TOUCH

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THE WEEK

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DOUBLE OLYMPIC
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EXCLUSIVE
INTERVIEW

The Gita can
help you a lot in
day-to-day life

P L U S

INTERVIEW

JASPAL RANA, COACH

Dirty politics
got between us





In gold we trust

Most Indians are chrysophilists. There was good news for them a few days ago. The object of their love, which had been getting dearer, suddenly got cheap.

Chrysophilists are people who have King Midas as their guardian angel or *kuladevata*. He has recently been in a benign mood. The price of gold came down a few days ago, after reaching record highs in October.

Market-watchers say, if you have weddings in the family, this is the time to buy (unless prices have soared by the time you get to read this). Time, tide and gold prices wait for none, and there's no imp like Rumpelstiltskin who would make gold from your straw.

No imp, but a Donald Trump did the trick—gold prices fell in the days after Trump was elected. Not that the cowboy POTUS-elect had hit on pots of Apache gold. It was just that his election kindled investors' faith in the stock market and in the US dollar, and they began selling some of their gold to buy stocks. Gold gets dearer when stocks fall and vice versa.

Most US presidents come in with this Midas touch, but lose the shine soon. Trump's first avatar eight years ago saw stock prices soaring and gold prices plummeting. But his four-year pantomime show in the White House made gold dearer by half or more. Blame the pandemic, too, when stocks crashed and people saved in gold. Now, trust less in Trump and wait for the Federal Reserve's December meeting. If they cut interest rates, gold could soar again.

Philosophers may dismiss it as yellow metal, but gold has been viewed the safest bet in hard times.

British commandos sent on risky missions are issued gold coins in their survival kit, in the hope that they can buy their passage back through enemy lines. Veteran commandos say, even the hardest

hostile heart melts at the sight of gold.

Gold prices have been soaring over the last few months for two reasons. One, there are two hot wars going on currently, and any war would shake the faith of investors in stocks and compel them to stock up gold. Two, Russia, one of the largest producers of gold, is itself in combat.

Russia, China and Australia have more gold deposits, but Indians have more gold in bank vaults, lockers, almirahs, and under the mattresses. India mines hardly any gold, and we buy almost a fifth of the gold in the world market. Open the Fort Knox, and Indians would buy half the stuff.

Imports were nearly banned till 1990, and gold used to be smuggled in by Haji Mastans and Karim Lalas. Their bell-bottomed henchmen picked them up from nightly beaches showing torn halves of

100-rupee notes as their passwords. Now with imports on, and gold prices in India nearly at par with global rates, smugglers have shifted to more precious and pernicious *maal*—drugs.

Indians of all types are besotted with gold. As the *The Economist* wrote, "Newly wed brides are given enough jewellery to

break their necks. Peasants store their pitiful savings in trinkets. Wise-guys sport rings like knuckle-dusters and tycoons with broken balance-sheets offer gold at temples in return for redemption."

Nirmala Sitharaman and her economists tell us there are better ways to hoard wealth and still earn, than in gold which gives neither interest nor dividends. We don't listen. Several reasons. You can buy or sell gold easily; its prices have only soared save occasional impish slips; it is easy to conceal; it can be pawned easily.

Who showed the way? The government! Recall how our rulers pawned gold reserves in the Bank of England in 1991 and earned money for our daily bread, roti or gruel.



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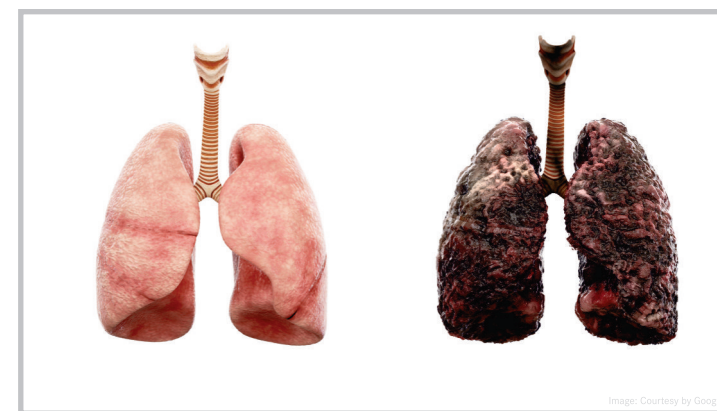
Getting screened for lung cancer? What you need to know?

Lung cancer screening is a process that's used to detect the presence of lung cancer in otherwise healthy people with a high risk of lung cancer.¹

Lung cancer screening offers a range of benefits. **Early stage detection** of lung cancer; **reduction in risk** of lung cancer related deaths; **improved treatment related outcomes** are possible due to early detection; getting screened for lung cancer can **encourage smokers to quit smoking at an earlier stage.**²

Lung cancer screening is usually reserved for people with high risk of lung cancer, including **Older adults who are current or former smokers.** Lung cancer

For example, a person with 20-pack-years of smoking history may have smoked a pack a day for 20 years, two packs a day for 10 years or half of a pack a day for 40 years. **If you were a heavy smoker for a long time and you quit** in the last 15 years, you may consider lung cancer screening. **If you were treated for lung cancer more than five years ago**, you may consider lung cancer screening. **People who have other risk factors** for lung cancer may include those with chronic obstructive pulmonary disease (COPD), those with a family history of lung cancer and those who have been exposed to asbestos at work.¹



screening is generally offered to smokers and former smokers who are 50 and older. You may consider lung cancer screening if you have a **history of smoking for 20-pack-years or longer.** Pack-years are calculated by multiplying the number of packs of cigarettes smoked a day and the number of years that you smoked.

The US Preventative Task Force (USPSTF) has recommended annual screening with low-dose computed tomography (LDCT) for those aged 50–80 who have a 20-pack-year smoking history and are current smokers or have smoked within the last 15 years.³

It's also important to be aware of



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the risks associated with lung cancer screening. You may be exposed to **chest radiation** in lung cancer screening. **False-positive test results** can occur where you may be detected with a lung nodule, however, it may not be cancerous.

Talk to your doctor about your risk for lung cancer and your need for screening tests.²

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