



CAF

News Bulletin

(Official Publication of the **Cancer Aid Foundation**)

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Editorial...

Cancer Hospital

There are few letters from the readers in the local newspapers in Mumbai suggesting that there should be one more cancer hospital in Mumbai. The existing cancer hospital has reached its optimum and hence many cancer patients are seeking treatment in other hospitals. This involves lot of expenditure on the part of the cancer patients as life is more precious for them and it has to be saved at any cost.

In India cancer mortality is about 30% and is next to cardiac mortality. Breast cancer for example, is on the rise in the city of Mumbai. The city has the highest number of breast cancer patients among women in the country. This is according to National Cancer Registry Programme reports. This is also true about the other forms of cancer.

CAF appeals to all the philanthropist to pull their resources and help establishing a modern cancer hospital in the city for combating this dreaded disease - cancer.

We wish all our readers a Season Greetings & A Happy New Year

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Drugs boost blood count of cancer patients

Newly invented drugs can replace blood transfusion in the treatment of blood loss in cancer patients, says an Indian American Oncologist.

US-based Arvind Kumar said here that blood transfusion had become a thing of the past in many parts of the world following the invention of two new drugs that give much relief to patients suffering from cancer. Dr. Kumar was here to deliver a talk on "anaemia related to chemotherapy and cancer-current status and trials". He said Epoetin Alfa and Darbepoetin Alfa had been invented to boost the blood count of cancer patients. He said studies suggest that these two drugs when administered to patients suffering from cancer increase their haemoglobin count tremendously.

(The Times of India 24.12.03)

Mast. Sad S. Hundekari of Sangli, a boy of about 4year is undergoing treatment for blood cancer in the Tata Memorial Hospital. His appeal appeared in the Mid-Day of 24th September 2003 and we collected Rs.1,85,000/- from our generous and kind donors. The cheque in the name of Tata Memorial Hospital was handed over to his father on 18th October 2003.



Seen on the occasion L to R: Dr.Mrs. Shehnaz Shaikh Editor, CAF Bulletin, Mr.Sohail Lokhandwala Ex. MLA, Mr.Irfan H Furniturewala, Chairman, Memon Co-op. Bank Ltd., handing over cheque to Mr. Hundekari, Mr. H.M.Dalwai, Ex. M.P., Dr.A.M.Naik, Prof.A.A.Kazi, Chairman, Mr.Usman Panchi, Mr.Nasir Bulsari, Joint Sec. & Mr. Dohadwala Office Asstt. CAF.

MUMBAI- Cancer Aid Foundation recently held its meeting at the Y.B. Chavan Pratishthan, near Mantralaya, Mumbai. In addition to the office bearers - Prof A.A.Kazi chairman and Principal Mrs. Rashida Kazi Ag. Secretary, those who were present on this occasion were Messrs H.M.Dalwai Ex. M.P., Principal Suhail Lokhandwala Ex. MLA, Mr.Imran Furniturewala chairman, Memon Bank, Mrs. Shehnaz Peshimam, Dr. Mrs. Shehnaz Shaikh, Editor, CAF News Bulletin, etc., The following decision were taken:

- Shri S. Hudekari was handed over a cheque of Rs.1,85,000/-for the treatment of his son who is undergoing treatment at the Tata Hospital for blood cancer.
 - Later on, on 11th December 2003, we also handed over the cheque of Rs.2,05,000/- to the father of Kumari Shivani Mahajan for her treatment of blood cancer.
- Both these amounts were collected by inserting an appeal in the newspapers to our generous donors for Help.
- It was decided to carry on collection drive for the funds so that more and more poor cancer patients

can be helped.

- It was also decided to shift the office of the Foundation to a bigger place nearby and appoint full-time staff to carry on the work more systematically.

The delay that could cost a woman her life

Early diagnosis is the biggest single factor in deciding whether a breast cancer sufferer will live.

One - third of women who find a lump in their breasts fail to get it checked out quickly enough.

A study by a leading London hospital found that around 30 per cent of them did not consult a doctor as soon as they noticed changes.

Experts warn that delaying an urgent check-up with a GP could cost them their lives.

Pop beauty Anastasia, who faced six weeks of radiation treatment for breast cancer this year, is backing new calls for women to get any lumps in their breasts investigated straight away.

Other celebrity breast cancer sufferers include Koo Stark and EastEnders star Wendy Richard.

If there is anything I have learned from this experience, it is to check your breasts often and report any changes to your doctor immediately.

Don't be afraid to ask for a mammogram breast scan if you are worried. My will, my faith and my body have been challenged through this experience, but make no mistake - my heart is strong and my resolve to fight will never be broken.

Debbie Hutchings, a nurse with the charity Cancer Research UK, says early diagnosis is the biggest single factor in deciding whether a breast cancer sufferer will live.

But she says many women are too scared to see their doctor. They have found something abnormal and they are frightened it might be breast cancer and that they will have to undergo a lot of medical examinations. They hope the symptoms will go away, but early detection is key.

It can make a significant difference to your treatment options and survival.

One in nine women will get breast cancer at some point. There are 38,000 new cases a year and it kills 13,000 women every year.

Michelle Barclay, a scientist with the charity Breakthrough Breast Cancer, says that if not treated, breast cancer can spread to other parts of the body, such as the liver, bones or lungs.

About 80 per cent of breast cancers are detected by the women themselves but after finding a lump, 30 per cent of these women do not visit their doctor until three or more months later.

Yet studies show women who wait this long before getting treatment are less likely to be alive five years later - survival rates can be as much as 12 per cent lower. Michelle says that Checking your breasts doesn't mean following a strict, complicated routine. It is simply getting to know what they look and feel like in any way that makes you feel most comfortable - be it in the bath shower, when dressing, standing or lying down. If you find anything unusual or are worried, consult your GP immediately.

Warning signs to look out for

- A lump or thickening in your breasts or armpit
- Breast pain that does not go after your period
- Changes in the skin such as dimpling, puckering or redness
- Nipple changes, such as a bloodstained discharge or a change in appearance
- Changes around the nipple, such as unusual rash or soreness
- Changes in the size or shape of the breasts
- Most lumps are harmless, especially if you are young, but get any changes checked by your GP.

(Mid-Day 01.10.2003)

New breast cancer drug to be put to global trial

Thousands of women could be protected from breast cancer by a ground-breaking drug that is to be the study of a huge international trial. Researchers from the charity Cancer Research UK believe that the drug **anastrozole**, which has already been used successfully to treat cancer sufferers, could reduce up to 70 per cent of postmenopausal women's chances of developing the disease. Now it is to be the subject of a 10-year study involving 10,000 volunteers.

Women are twice as vulnerable if their mother or sister had breast cancer before the age of 50. The International Breast Cancer Intervention Study II is recruiting 10,000 healthy post-menopausal women regarded as at increased risk. Half will be given the drug, which has the brand name **Arimidex**, and half will receive a dummy pill.

The 10,000 will include 4,000 who have a non-invasive form of breast cancer and are therefore not only at increased risk of developing invasive cancer, but also more likely to develop a new tumor in the other breast.

(The Asian Age 02.10.2003)

Aspirin hope for cancer patients

Aspirin could one day be used to treat breast cancer, scientists claim.

Research suggests the painkiller could combat that disease and certain other cancers triggered by inflammation.

Doctors are already investigating whether aspirin can help prevent certain cancers in high-risk patients.

Now evidence suggests it may destroy some tumours cause by an over active inflammatory response, which is normally part of the body's defence system. British and Greek researchers, who report their findings today in the science journal Nature, plan further investigation.

Team leader Professor Alan Ashworth, from Cancer Research UK, said: 'Inflamed tissues release a host of growth factors and other molecules that may help keep cancer cells alive.

"So dampening down the inflammation with drugs like aspirin could be a highly effective anti-cancer treatment in some forms of the disease," he said.

Professor Robert Southam, Cancer Research UK's director of clinical research, said: "Even after 100 years, we're still uncovering new possibilities for the use of aspirin. It's another example of the way in which basic research opens up possibilities for treatment, in this case with a cheap and readily available drug."

Aspirin is a remarkable drug the origins of which date back to the ancient Egyptians. The chemical synthesis of aspirin occurred over 199 years ago, yet it is still the most widely used drugs in the treatment of pain, fever and inflammation.

The increasingly successful use of low-dose aspirin as a prophylactic antiplatelet treatment in myocardial infarction and stroke has, however, recently matched its use as a popular analgesic/anti-inflammatory drug and low dose aspirin is now routinely prescribed to patients with a history or high risk of myocardial infarction or transient ischaemic attack.

Breast cancer is caused by virus

Research strongly linking a large percentage of breast cancer cases to a new virus was unveiled on Sunday by Australian scientists who say it may open the possibility of a vaccine.

Researchers from Sydney's University of New South Wales and Prince of Wales Hospital found more than 40 per cent of breast cancer samples had the virus, although it was found in only two per cent of normal breast samples taken from cosmetic surgery.

Breast cancer is the most common form of cancer among women in many countries and affects one in 11 women in Australia. But while many risk factors have been

defined until now.

The research, described at the Fresh Science 2003 Forum in Melbourne and in the latest edition of the Journal of Clinical Cancer Research, showed the new virus, known as HHMTV, to be a human equivalent of the mammary tumour virus which causes more than 95 per cent of breast cancer in mice.

Not only does the study demonstrate a strong link between the HHMTV virus and breast cancer, it suggests an association between the virus and more severe forms of breast cancer, researcher Caroline Ford said.

(The Times of India - 18.10.2003)



There was this case in the hospital's Intensive Care ward where patients always died in the same bed, on Sunday morning at 11 am, regardless of their Medical condition. This puzzled the doctors and some even thought that it had something to do with the supernatural. Why the death? So the doctors decide to go down to the ward to investigate the cause of the incidents.

So on the next Sunday morning few minutes before 11 am, all doctors and nurses nervously wait outside the ward to see for themselves what the terrible phenomenon was all about. Some were holding wooden crosses, prayer books and other holy objects to ward off the evil. Just when the clock struck 11, Santa Singh, the part-time Sunday sweeper, entered the ward and unplugged the life support system so that he could use the vacuum cleaner.

Kum.Shivani Mahajan, a little girl of 10 years has a blood cancer. CAF had issued an appeal in the Indian Express & Loksatta for help. In response to this we collected Rs.2,05,000/- from our donors and the same was handed over to her father, by cheque on 11.12.2003.



Seen L to R: Mr. Dohadwala, CAF office Asstt., Mr. Mahajan receiving the cheque from Mr. H.M.Dalwai, Ex.M.P., Prof. A.A.Kazi, Chairman and Principal Mrs. Rashida A. Kazi ag. Hon. Secretary.



What they say.....

- I must congratulate you on the publication of CAF News Bulletin regularly as it creates consciousness among the people about cancer.

Dr. A. M. Naik.

- We are grateful to you for your timely help to my daughter - Kumari Shivani Mahajan - who is undergoing treatment for blood cancer.

Rajendra H. Mahajan

- My little son owes his life to the CAF as we received the entire amount from you for his treatments of blood cancer.

Salim Hundekari

We invite your comments and suggestions - **Editor**

Kidwai Memorial Institute

The Kidwai Memorial Institute of Oncology at Bangalore in Karnataka, a 500-bed Institute for cancer, plans to build a 300-bed new complex in the premises at a cost of about 20 crore.

The hospital which is committed to the cause of financially weaker section has been unable to handle the influx of hundreds of patients in a day including those who are able to pay. The new patient inflow at Kidwai Institute is about 15,000 every year of which about 8,000 are inpatients. "The richer class who come here are not comfortable waiting in long queues even for an ultrasound or CT scan. The new hospital with a corporate image will be hi-tech super specially hospital targeting

the upper class. Infact we are falling short of revenues and this new hospital may definitely bring some improvements in the revenues enabling further upgradation," informed Dr P S Prabhakaran, Director of the hospital.

The Governing Council has approved the construction of the new complex which is expected to be operational in the next six months. Kidwai Institute has also opened peripheral cancer centres, each of 50 beds, in Gulbarga and Mandya districts of Karnataka but faces financial constraints to improve the facilities in the centres. "Infact we have plans to open such centres in other districts of the State too," adds Dr. Prabhakaran.

Though the hospital has adequate staff, equipment and good laboratory, it is falling short of funds with escalating expenditure. The hospital which has off late started bone marrow transplant plans to have a good molecular diagnostic lab. The Cancer Drug Foundation in the hospital is one of its kind in the country.



Mr. Nasir Balsari who recently retired as an officer from the Union Bank of India is a dedicated social worker of long standing.

On the basis of his past record of social work, the Foundation in its last meeting decided to appoint him as joint secretary. He will be responsible for follow-up of the cancer patients and also fund collection in schools in Mumbai. He will be available in the Foundation's office from 5 p.m. to 6 p.m. daily.

Visits..... **Mr. Shafi M. Shaikh**, Vice President, CITI Bank, Dubai, UAE, recently visited the office of the Foundation and expressed complete satisfaction over its working.

- Registered under the Bombay Public Trust Act, 1950
- Donations exempted under 80G of the Income-Tax Act, 1961
- E-mail: canceraidfoundation@yahoo.com
- Website: canceraidfoundindia.com
 - ✓ Monetary help to needy cancer patients to complete their treatment
 - ✓ Rent-free accommodation in Mumbai to outstation poor cancer patients
 - ✓ To & fro railway fare to outstation poor cancer patients
 - ✓ Spreading awareness of the dangers inherent in prevailing social practices
 - ✓ Initiating steps for early detection of cancer
 - ✓ Printing literature on cancer etc.



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Please draw your cheque in the name of **CANCER AID FOUNDATION** and send it to its Regd. Office: Bridge View, Flat No. 1001, 16, Hansraj Lane, Byculla, MUMBAI 400027. Tel & Fax.091-22- 23791015.

All views expressed in the CAF News Bulletin belong to the author. The Foundation need not necessarily subscribe to them.
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