

**Dear Readers,**

It is our great pleasure to present to you the first issue of 'CAF News Bulletin'. Perhaps a news bulletin on cancer may be the first of its kind in India. We are, therefore sure it will be well received by all of you.

It will be a half yearly publication. If it is well received, we will consider making it quarterly.

CAF News Bulletin will bring to its readers the activities carried on by the Cancer Aid Foundation and also news relating to Cancer. We will try to make this News Bulletin not only informative but also interesting for you.

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**Profile.....**

**Cancer Aid Foundation (CAF):** was established by the public spirited social workers which included well known ENT & Head, Neck Cancer Surgeon, Dr. Rehan A. Kazi. It is a registered NGO meant,

- To provide financial help to cancer patients so that they can complete their treatment and go back as useful members of their families.

- To create awareness among the people about the dangers inherent in prevailing social practices in India such as chewing of pan, tobacco, gutkha, early marriage etc.

- To initiate steps for early detection of cancer since the treatment of cancer at this stage leads to cure in a majority of the cases.

- To establish another cancer hospital in Mumbai / Navi Mumbai as the capacity in the existing one has come to a saturation point and the patients are kept on long waiting list as a result of which the disease becomes terminal and the patient eventually dies.

- To carry on periodical survey of cancer and its causes in the country independently or in association with other institutions.

- To co-operate with other organization/s having similar aims & objects

The Foundation collects donations from generous people from India and abroad. It has helped 35 cancer patients from various hospitals from this collection so far.

The Foundation has, recently, printed a leaflet entitled "Head & Neck Cancer - Dr. Rehan A. Kazi" for creating awareness among the people.

Recently, the Cancer Aid Foundation has acquired its own Website- [canceraidfoundindia.com](http://canceraidfoundindia.com). It consists of 4 web pages including one in Arabic. You are requested to visit this site and give valuable suggestions for its improvement.

**How to cope up with stress?**

□ **Take a breather:** Sit in a comfortable chair; place your left hand over your navel and your right hand on top of your left. Breathe in deeply through your nose, feel your hands rise as your lungs fill with air. Count to three and feel your chest expand. Hold your breath for a moment and exhale slowly. Repeat this breathing exercise about four times.

□ **Walk away:** Take yourself away from the scene of stress and go out side to breathe in fresh air. If you can't do that go to some private place where you can cry or scream to give vent to your anger or frustration.

□ **Choose to stay calm:** Ask yourself whether the situation is worth getting upset over. If the issue is important, talk how you feel about it. If you do not have anybody close by to lend you a patient ear, write down your feeling on a piece of paper; you could address it to the person, who has caused all the trouble, even though you do not actually send it to him/ her.

□ **Prioritise your work:** If you feel you are over loaded with work, that is causing all the nervous tension in you, sit down and draw up a list of work to do.

□ **Meditate:** You can take recourse to Aromatherapy or even Transcendental Meditation for this purpose.

**Beware of the following signals of Cancer:**

- Change in bowel or bladder habits.
- A sore that does not heal.
- Unusual bleeding or discharge.
- Thickening or lump in breast or elsewhere.
- Indigestion or difficulty in swallowing.
- Obvious change in wart or mole.
- Nagging cough or hoarseness.

If any of the above symptoms are present for more than 15 days, consult your doctor immediately.

**Head & Neck Cancer**



**Dr. Rehan A. Kazi**  
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ENT & Head, Neck  
Cancer Surgeon

Here's what you should watch for

- A lump in the neck
- Change in the voice
- A growth in the mouth
- Bringing up blood
- Swallowing problems
- Changes in the skin
- Persistent earache

**Identifying high risk of head and neck cancer**

As many as 90 percent of head & neck cancer arise after prolonged exposure to specific factors. Use of tobacco (Cigarettes, Cigars, Chewing tobacco or snuff) and alcoholic beverages are closely linked with cancers of the mouth, throat, voice box and tongue. (In adults who neither smoke nor drink, cancer of the mouth and throat are nearly non-existent.) Prolonged exposure to sunlight is linked with cancer of the lip and is also an established major cause of skin cancer.

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## (Head & Neck Cancer) Facts about cancer

- In the last 30 years, the total incidence of cancer has increased from 18% in the 1960 to 25% 2000.
- It is the 2nd most leading cause of all deaths.
- Life style accounts for 90% of all cancer deaths.
- After the age of 60 years, 6 people of every 100 shall develop cancer.
- Tobacco accounts for as much as 75% of all cancer deaths.
- India accounts for the highest incidence of head & neck cancer in the world.

### What you should do

All of the symptoms and signs described here can occur with no cancer present. In fact, many times complaints of this type will be due to some other conditions. But you can't tell without an examination. So, if they do occur, see your doctor and be sure.

### Remember:

When found early, most cancers in the head and neck can be cured with relatively little difficulty. Cure rates for these cancers could be greatly improved if people would seek medical advice as soon as possible. So play it safe. If you think you have one of the warning signs of head and neck cancer, see your doctor right away.

## CHEMOTHERAPY WILL BE REPLACED

### Drug to stop cancer from spreading

There is a ray of hope for those suffering from cancer. With newer innovations in surgeries, use of oral drugs and antibiotics, oncologists say it is possible to decrease the mortality rate in cancer cases.

A survey conducted by the World Health Organizations reveals the current death rates for cancer in India is equal to that of coronary heart diseases and tuberculosis.

In order to reduce the mortality rate of this disease, the Indian Society of

Oncology and Indian Society of Medical and Paediatric Oncology, are promoting innovative new techniques to fight cancer on every front.

Dr. Deepak Parikh, an onco - surgeon at Lilavati Hospital, said: "Around 80,000 to 90,000 people are prone to head & neck cancer every year. This cannot be treated with chemotherapy as was done earlier. Being an invasive procedure, chemotherapy would lead to various complications. The latest non-invasive techniques such as laser surgery, when coupled with radiation techniques, has succeeded in reducing the death rate. The process is currently practised in six major hospitals in Mumbai and costs between Rs.25,000 and Rs.70,000."

He added: "As this technique kills cancer cells with out affecting normal cells, it is even more effective. When patients seek treatment at an advanced stage, the size of the tumour is reduced through radiation."

Dr. B.K. Smruti, an oncologist at Bombay Hospital, said: "Along with surgery, new drugs have also been introduced. For example, in the case of blood cancer, these drugs control the disease more effectively than the earlier bone marrow technique, which created complications. The latest drug, the Sti-571 tablet, used for Chronic Myeloid Leukaemia disease, dose not affect the normal tissues. The treatment costs around Rs. 25,000 a month. Even gastro-intestinal cancer, which initially could not be treated, can now be removed using this tablet."

She added: "Drugs such as HER2, and antibiotic, effectively deals with HER2 infection. Women affected by breast cancer by this infection could not be cured till date. Similarly, some tests such as the Morphology test, help in the primary diagnosis of cancer by clearly stating the part of the affected cell. Dr. Asha Kapadia, head of the Oncology Dept., of Hinduja Hospital, said: "Some oral drugs have also been introduced in the market. Etoposide and Capeitabine are useful in treating colon cancer and breast cancer. However, due to the high cost of these drugs, they are gaining popularity at a slow rate." She added: "Even elderly people affected by geriatric cancer can increase their life expectancy thanks to tailoring surgery, better known as Monochronol therapy, which helps to organize organs, which are affected due to old age." ( The Asian Age - 08.11.2002 )

*Patient: Doctor, I am very much afraid to under go this operation as it is my first operation.*

*Doctor: I am also very much afraid as it is my first operation*

## Ovarian cancer on the rise

Ovarian Cancer, a disease that primarily affects middle and upper-class women in industrialised nations, has now been observed among a majority of adolescents due to the presence of germ cells which go on multiplying.

The World Organisation has recorded that about 75 per cent of ovarian tumours are found in women aged between 10 and 30 years. It is estimated that approximately 30,000 new cases of ovarian cancer will be diagnosed all over the country this year, with 15,000 Indian women dying from this disease. Ovarian Cancer frequently appears in women who are older than 60 (about 50 per cent of patient are over age 65) as well as among younger women who are between 20 and 30 years old who have a family history of the disease. However, recently, it has been found that around five per cent of the cases are observed in below the age group of 10 years.

Ovarian Cancer is responsible for five per cent of all cancer death among women.

Experts confirm that ovarian cancer occurs due to the presence of tumours in the ovary. It was earlier uncommon in underdeveloped countries, perhaps because of different directly factors. Among American women, ovarian cancer is the fifth most common form of cancer, and it is the leading cause of death among the different types of gynaecological cancer. However, now it is becoming common in under-developed countries as well.

(The Asian Age - 04.03.2003)

● Cancer Aid Foundation is registered under the B.P.T. Act, 1950 vide No 19625 (Mumbai) ● All donations to the Cancer Aid Foundation are exempted under 80G of the Income-Tax Act, 1961 ● Crossed cheques / bank D/Drafts can be drawn in the name of "Cancer Aid Foundation" and sent on the Office address.