



CARF

News Bulletin

(Official Publication of the Cancer Aid & Research Foundation)

Using hair colour may increase the risk of cancer

Reuters, New York : Using hair colour may increase the risk of a type of cancer known as lymphoma, a European study shows. "Our data suggest that personal use of hair colour is associated with a small increase in lymphoma risk, particularly among women who started using hair colouring products before 1980," Dr. Silvia de Sanjose of the Catalan Institute of Oncology in Barcelona and colleagues write in the July 1 issue of the *American Journal of Epidemiology*.

Past research has suggested a link between colouring one's hair and lymphoma risk, de Sanjose and her team note. They sought to investigate the association by analysing results from a large study of lymphoma patients and matched healthy controls, including a total of 4,719 people from six European countries. About three quarters of women reported using hair colour, while 7 per cent of men did.



The researchers found an overall 19 percent increased risk of lymphoma among

people who reported colouring their hair. The increased risk was 26 percent among those who used hair colour 12 or more times a year.

People who began colouring their hair before 1980 showed a 37 percent increased lymphoma risk, while those who had only coloured their hair before 1980, but not afterwards, showed a 62 percent increased risk.

Based on the findings, de Sanjose and her team calculate that roughly 10 percent of lymphomas in women could be due to the use of hair colour.

From 1978 to 1982, the researchers note, the ingredients of certain types of colours were changed to eliminate some potentially cancer-causing agents. But it is not clear whether the newer colours are risk-free. Clearly, more research is needed, they conclude.

(DNA, July 6, 2006)

Do not re-use mineral water bottles!

Many are unaware of poisoning caused by re-using plastic bottles. Some of you may be in the habit of using and re-using your disposable mineral water bottle (e.g. Nestle, Bisleri, Aquafina, Kinley, Evian, etc....), keeping them in your car or at work. Not a good idea. It happened in Dubai, when a 12 year old girl died after a long usage (16 months) of SAFA mineral water bottle, as she used to carry the same fancy (painted by herself) bottle to her school daily.



In a nutshell, the plastic (called polyethylene terephthalate or PET) used in these bottles contains a potentially carcinogenic element (something called diethylhydroxylamine or DEHA). The bottles are safe for one-time use only; if you must keep them longer, they should be used for a few days, a week maximum and keep them away from heat as well. Repeated washing and rinsing can cause the plastic to break down and the carcinogens (cancer-causing chemical agents) can leak into the water that YOU are drinking. The chemical released by the plastic water bottles could cause cancer. Better to invest in water bottles that are really meant for multiple uses. This is not something we should be scrimping on. The plastic water bottles could cause cancer.

How to avoid:

Check on the bottom of the bottle there is a triangle sign and there will be a number on it. If the number is higher than or equal to 5 then this bottle is safe to use.

Whatever number under 5 will release the chemical. For most bottle water, the number is 1.

(www.fullhyd.com)

An Announcement



Up-coming Cancer Hostel Project

The Govt. Of India vide its Notification No.1404(E) dated 4/09/2006 has permitted us to secure donations u/s 35 AC of Income Tax Act 1961, which are 100% exempt from tax for the following projects:

- 1) Cancer Hostel
- 2) Cancer Hospice
- 3) Cancer Diagnostic Centre

We appeal to you to fund any of the above Projects and mention on reverse of your cheque "For Projects" & your PAN No.

Thoughts of



Mrs. Jimi Kapur
Cancer Survivor

W/o Mr. Ranjan Kapur
Country Manager, WPP

The next most traumatic thing after discovering one has a malignancy is the prospect of losing one's hair. Particularly for women. I was less concerned with my illness than with how my family would cope with it. But the impending loss of my hair was a personal trauma and one I had to deal with myself. I could expect sympathy from loved ones but nothing can compensate for the despair that sets in when the manifestation of the disease and / or its treatment becomes obvious to the outside world.

It was therefore natural to seek out a wigmaker who can make a 'cover up' for the loss and restore some modicum of dignity and femininity.

I recommend this as a mandatory step towards regaining one's composure and a sense of well-being. I also recommend the wig be made before one has lost all of one's hair so that the wigmaker can make one that most closely resemble your natural style.

While the wig took care of my external face to the world. I relied heavily on my faith in God and the power of prayer. I was fortunate to be a part of a prayer group without whose support I could not have lasted out the treatment.

Above all, I was blessed with an oncologist Dr. Arun Kurkure who was accessible at all times and one who allayed all my fears without misleading me about the seriousness of the disease.

I do believe one should reconsider one's oncologist if one feels intimidated by or insecure with their present one

For the rest, you should be fortunate to have the support of your family and friends.

Sun kills 60,000 people every year

Washington: As many as 60,000 people a year die from too much sun, mostly from malignant skin cancer, the World Health Organisation reported on Wednesday. It found that 48,000 deaths every year are caused by malignant melanomas, and 12,000 by other kinds of skin cancer, about 90% of such cancers are caused by Ultraviolet light from the sun. Radiation from the sun also often causes serious sunburn, skin aging, eye cataracts, pterygium—a fleshy growth on the surface of the eye, cold sores and other ills, according to the report, the first to detail the global effects of sun exposure.

"We all need some sun, but too much sun can be dangerous—and even deadly. Fortunately, diseases from UV such as malignant melanomas, other skin cancers and cataracts are almost entirely preventable through simple protective measures," Dr. Maria Neira, Director for Public Health and the Environment at WHO, said in a statement.

Ultraviolet light is needed to activate production of vitamin D in the body, which prevents rickets, osteomalacia and osteoporosis. It may also affect some cancers and immune disorders.

The report, available on the internet at <http://www.who.int/uv>, advises that people seek shade, use sunscreen with an SPF of at least 15, and stay out of tanning salons.

"The application of sunscreens should not be used to prolong sun exposure but rather to protect the skin when exposure is unavoidable," the report advises. Snow, sand and sea foam reflect ultraviolet light, the report notes, and thinning ozone filters out less and less of it.

"A person's skin type is also important. Fair skinned people suffer from sunburn much more readily than dark-skinned people," WHO said in a statement. But it detailed ill effects from too much sun around the globe, especially cataracts in Africa, Latin America, the Middle East and Southeast Asia.

(The Times Of India, July 28, 2006)

Work Pressure keeps people happier

Stress may be the key to a happy workplace, research shows. Workers under pressure are among the most satisfied, according to the survey of 1,300 adults.

The study suggests pay is not the prime factor in whether someone is satisfied at work. Those who enjoy what they do cited the nature of their job as the biggest factor, followed by the workplace environment and how well they get on with their colleagues.

The survey found 41% of those who were most positive about their jobs said their work was 'fairly stressful'; 23% of those who were unhappy admitted their jobs had 'no stress at all'; suggesting they found their days easy but boring. The study by disability insurer Unum Provident also showed that happy workers, stressed or not, are less likely to take time off work through sickness, with more than half not taking any time off in the past year.

Joanne Hindle, Unum Provident's corporate services director, said: "Happiness in the workplace is related less to money, share options and company cars and more to the day-to-day working environment, relationships with colleagues and the inherent nature of the work. The research also lends weight to growing opinion that some level of stress at work is good for us."

(The Times Of India, June 15, 2006)



Simple protective measures can prevent UV diseases

Food that helps battle cancer

A glass of pomegranate juice can help battle prostate cancer



Pomegranate juice has been found to be an excellent tonic for the heart because of its high levels of antioxidants

A glass of pomegranate juice a day could dramatically prolong survival for men with prostate cancer, say scientists. A study found a four-fold difference in the rate at which the disease progressed if men drank the juice regularly. Scientists from the University of California gave pomegranate juice to 50 men with aggressive prostate cancer. The men drank an eight fluid ounce glass each day. Researchers then monitored the level of Prostate Specific

Antigen in the men's blood. This is a key indicator that a cancer is aggressive and likely to recur. The pomegranate juice dramatically slowed the rate at which PSA levels rose, said the study in the *Clinical Cancer Research* journal. Prior to drinking the juice the men's PSA scores doubled in 15 months, but afterwards it typically took 54 months before this occurred. Researcher Dr. Allan Pantuck said, "That is a big increase. In older men aged 65 to 70 who have been treated for prostate cancer we can give them pomegranate juice and it may be possible for them to outlive their risk of dying from their cancer. This is not a cure but we may be able to change the way prostate cancer grows."

Pomegranate juice has been found to be an excellent tonic for the heart because of its high levels of antioxidants that prevent arteries becoming clogged with cholesterol. It is thought the effect on the cancer is in part due to its anti-inflammatory properties.

The juice also contains isoflavones, commonly found in plants such as soy, which mimic female hormones and may play a role in killing cancer cells. "We don't know if it is one magic bullet or the combination of elements, rather than a single component," said Dr. Pantuck. Prostate cancer is the most common cancer diagnosed in British men. Each year there are 32,000 cases diagnosed and 10,000 men die from it. It is usually treated with hormones but these can trigger side effects such as loss of libido, muscle wasting and osteoporosis.

(The Times of India, July 6, 2006)

Herb tea fights breast cancer

Drinking herbal tea can lower the risk of developing breast cancer. Research based on 4,400 women who were monitored for more than six years shows that those who drank herbal tea more than halved the risk of developing the disease. The women were all cancer-free at the start of the study, but by the end nearly 100 breast cancers had been diagnosed. When their diets were analysed, it was found that those who had been drinking herbal teas, which are rich in antioxidants, had a 57 per cent lower risk than non-drinkers. "The results suggest consumption of herbal tea may have a role in the prevention of breast cancer," say the researchers for the French institute, Supplémentation en Vitamines et Minéraux Antioxydants. The study also showed that drinking ordinary tea, coffee, fruit juice or wine is not linked with risk for developing breast cancer. Breast cancer is the most common cancer in Britain- one in nine women will develop the disease at some point in their lives.



Herb tea has anticancer properties

(The Times of India, July 21, 2006)

'Turmeric, onions help fight colon cancer'

A pill combining chemicals found in turmeric and onions reduces both the size and number of pre-cancerous lesions in the human intestinal tract, says a new study. In clinical trials, five patients with an inherited form of pre-cancerous polyps in the lower bowel known as familial adenomatous polyposis (FAP) were treated with regular doses of curcumin (the chemical found in turmeric) and quercetin, an antioxidant in onions, over an average period of six months.

The average number of polyps dropped by 60.4 percent and their average size dropped by 50.9 percent, according to a team led by Francis M Giardiello, MD, at the Division of Gastroenterology, the Johns Hopkins University School of Medicine. "We believe this is the first proof of principle that these substances have significant effects in patients with FAP," says Giardiello.



Results were published in this month's issue of *Clinical Gastroenterology and Hepatology*.

Familial adenomatous polyposis is a disorder that runs in families and is characterised by the development of hundreds of colorectal adenomas (polyps) and eventual colon cancer.

Recently, nonsteroidal anti-inflammatory drugs have been used to treat some patients with this condition, but these compounds often produce significant side effects, including gastrointestinal ulcerations and bleeding, according to Giardiello. Previous observational studies in populations that consume large amounts of curry, as well as laboratory research on rodents have strongly suggested that curcumin might be effective in preventing or treating cancer in the lower intestine. Researcher Marcia Cruz-Correa said curcumin has been given to cancer patients and previous studies have demonstrated that it is well tolerated at high doses.

(DNA, August 2, 2006.)

Ponder....

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, and honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

-Leo Buscaglia

Coping with hair loss during

Cancer treatments such as chemotherapy and radiotherapy can cause hair loss. If you do lose your hair there are many ways of dealing with this. While they don't make the problem disappear, they can make life a little easier for you during this difficult time.

Wigs and hairpieces

One practical way of coping with hair loss is to wear a wig or hairpiece. Nowadays there are many different styles and colours to choose from and they are much more natural looking and comfortable to wear than in the past. Wigs are made of human or synthetic hair (monofibre), or a mixture of both.

Real hair wigs are expensive. They often look more natural and last longer than synthetic wigs. However, a natural hair wig will need regular dry cleaning, and setting and blow-drying by a professional, which can be expensive.

Synthetic wigs are cheaper than real hair wigs, and are lighter and easier to look after. The style is heat-sealed into the hair so that they can be hand-washed with shampoo, left to drip-dry overnight and are then ready to wear. They can be combed or brushed through gently.

Fitting your wig

Some people like to choose their wig before they have lost their hair so that they can match the style and colour. The advantage of this approach is that if you lose your hair more quickly than expected you will already be prepared. If you have not yet lost your hair the wig should be quite tight so that it gives a good fit later on. Some wigs adjust to any head size.

Choosing a wig

If you do not want the wig to change your appearance:

- Choose the same volume of hair as you had before. Too much hair can make it look more as though you are wearing a wig.
- Choose your own colour or one shade lighter. If the hair is darker than your natural colour it can look strange to your friends and draws attention to the change.
- Remember when choosing a wig or hairpiece that as you lose your hair you will need a smaller size. Try and get a wig which adjusts to any head size.
- Another approach is to treat this as an opportunity to try a completely different style or colour, to have a little fun and to surprise your family, friends and colleagues.

Tips for wearing a wig

There are a number of different ways of making sure that your wig is secure. Although a well-fitting wig should stay in place on its own, you may feel happier using an extra type of attachment, such as double-sided tape. Wig specialists have hypoallergenic tape which does not irritate the skin. The tape is attached to the underside of the wig and gives a secure but comfortable bond. Surgical spirit can be used to remove any leftover adhesive.

A simple way to check your wig is securely in place is to bend over and shake your head.

If you are going shopping and know that you will be trying on clothes, or going to the doctor, it is a good idea to wear

something that is easy to slip off, such as cardigan or a shirt, rather than something that goes over your head and may pull your wig off.

Protecting your scalp

Because the lining of the wig can irritate the scalp, it may be helpful to wear a thin cotton scarf or skull-cap underneath.

Safety

Take care not to expose your wig to a flame, for example from a candle or gas cooker, as real hair will frizz and synthetic hair can melt.

Other types of headwear

Wigs are not the only way of covering up hair loss.

Scarves are another alternative. They are available in a wide variety of colours and materials, and are light and easy to wear. Cotton, light weight wool or blends are the best fabrics, as satin type materials tend to slide off the head too easily.



Tie the ends of the scarf in a bow or gather all the ends in an elasticated ponytail band to help make loops and tails to form a bow. The bow also looks nice under a hat.

Twist the three ends together - it will look like a twisted rope - and wrap tightly around the knot for the look of a bun or rosette. Secure the loose ends by tucking them through the centre of the bun.



For a different twist, pull all three ends together and tuck securely over and under the knot to give the illusion of a French hair roll.

Turbans are available in a range of materials such as velvet, silk, cotton and towelling. They are popular and comfortable to wear, especially in hot weather. If you normally have a fringe you can get a fringe on a Velcro band from some wig suppliers. Some suppliers also make turbans and scarves with optional fringes or headbands with hair attached.



Hats are popular alternative and come in hundreds of different shapes, styles and colours. They are common fashion accessories and are both practical keeping and attractive. Try on a range of different styles, and you will probably find one that suits you and feels comfortable.

cancer treatment

Hats, headbands or bandanas with attached hair are available. These can be ordered from some specialist wig shops. Wigs are also available in various colours (funwigs) if you fancy being outrageous.

Diverting attention from your hair loss

Listed below are some suggestions from people who have temporarily lost their hair, which you may find helpful:

- Draw attention away from your hair by highlighting other features. For women, wearing a little extra make-up around your eyes, cheekbones or lips will help to direct attention to your face.
- Jewellery can also change the focus - necklaces and chains emphasise your neckline while earrings look good with hats and scarves.

Brightly coloured shirts, sweaters, ties or tops draw attention away from your hair.

- At first you may feel reluctant to go out and continue with your social life, but as you spend more time with other people your confidence may grow and help you to cope with the situation.

As your hair grows back

When your hair first grows back it will be very fine but will gradually become thicker. As soon as it is long enough to style, you may feel that you no longer want to wear a wig or other head covering. People who were used to long hair often find a shorter style that suits them.

Eyebrows and eyelashes

Losing your eyebrows and eyelashes can really change your appearance. You can learn to create new eyebrows if you wish, or can use false eyebrows and eyelashes.

Eyebrows



If you lose your eyebrows or find that they are thinner you can redraw them with an eyebrow pencil that matches your normal hair colour. To make the eyebrows as realistic and natural looking, make the brow thicker on the inner end of the eyebrow (nearest to the nose) and thinner at the outer edge. You can also use false eyebrows. They need to be fixed with special adhesive.

Eyelashes

False eyelashes can be used to give a natural appearance. These are available from many beauty departments along with the adhesive that is used to attach them.

Your feelings

Many people, both men and women, see their hair as a very important part of their appearance. For some people, losing their hair can cause very strong emotions, such as anger and depression. While you are going through treatment and having to cope with many changes to your life, losing your hair may seem like the final straw. It can also act as a constant reminder that you have cancer and may make you feel vulnerable and exposed. These reactions are completely normal. It may take a while, to come to terms with hair loss.

Cancer cure without any hair loss

London: Scientists have developed a revolutionary way of administering chemotherapy which could eradicate hair loss and sickness. The method aims to more accurately target the cancer site, preventing the potent chemicals from poisoning other parts of the body.

Chemotherapy drugs are normally injected, which means they spread throughout the body killing cancer cells but also damaging other fast-growing cells such as those on the scalp or in the digestive system.

The new approach uses tiny drug-soaked beads or fibres that are implanted into the body near the tumour. As they break down, the cancer site receives the highest dose while the rest of the body is exposed to much lower levels.

The fibre is formed into needle-thin lengths which can be cut to size depending on how much of the drug is needed. This is then inserted into the body as close as possible to the cancer.

The method has been developed by Dr Semali Perera, of Bath University, and has gone through preliminary laboratory trials.

The first clinical trials on volunteer patients with ovarian cancer in Avon, Somerset and Wiltshire could begin in the next few years.

(The Times of India, April 1, 2006)

Chemotherapy with reduced side effects.

A chemotherapy treatment is being tested which could dramatically reduce side effect such as hair loss in cancer patients. The gene-based drug Scavidin concentrates the power of low doses of conventional chemotherapy which would normally be ineffective.

It means tumour development could be halted by using only a tenth of the normal chemotherapy dose.

The Anglo-Finnish firm Ark Therapeutics said on Monday laboratory tests showed the treatment eliminated tumour growth in seven to ten days while untreated tumours grew three to five times the size in the same period.

The raises hopes that Scavidin can both increase the 'killing' power of chemo-agents and reduce the debilitating side effects which include nausea as well as hair loss. Scavidin recognises cancer-fighting drugs in the body which are 'shuttled' directly to the heart of the tumour. It then goes back for more.

Scavidin is a version of a naturally-occurring molecule called avidin which the body uses to collect unwanted fats and damcells and membranes from the blood. It takes them to the white blood cells which destroys them as part of the body's natural 'clean-up' system.

By modifying its DNA, Ark has developed a form of avidin which binds only to biotin a protein which can easily be attached to therapeutic drugs.

The Scavidin DNA is put into a tumour and the anti-cancer treatment is given intravenously at low doses. As the treatment circulates around the body, the Scavidin extract it from the blood, takes it to the cancer cell, and releases it there.

(The Times of India, February 22, 2006.)

We Are Grateful...



The Chairman and Trustees of CARF, took immense pleasure in felicitating Mr. Rajesh Tope - Hon'ble Minister of State for Urban Dev, Mr. Shrinivas Patil - I.A.S. (Retd.) M.P. and Shri Jayant Patil-Hon'ble Minister for Finance & Planning, Govt. of Maharashtra on 27th June 2006, at Islam Gymkhana, Marine Lines, Mumbai, for their support and help in acquiring land at Kausa-Thane. Here a hostel for the poor and needy outstation cancer patients will be built shortly.

CARF Visited By...



Mr. Jayant Patil visited CARF and presented a cheque of Rs. 5,00,000/- to Mrs. Shabana Khijarali on behalf of CARF. We are proud to let our readers know that Mr. Jayant Patil accepted to become the Trustee of CARF. The proposal was put forward by Prof. A. A. Kazi, Chairman, CARF.



Ms. Kanta Masand-Trustee of Jaslok Hospital (centre) on behalf of CARF presented cheques, totalling an amount of Rs. 2,50,000 to cancer patients Master Arnab Saha & Baby Vishaka Hyalji.



Mr. Subhash Mayekar Chairman of Shri Siddhivinayak Ganapati Mandir Trust, Mumbai, handed over cheques & gifts to poor cancer patients on behalf of CARF. He promised all his support and help in the up-coming projects and activities of CARF



Mr. Javed Ahmad IPS (Inspector General Of Police) being briefed about the activities of CARF by Prof. A. A. Kazi at the Foundation. On behalf of CARF he distributed gifts and cheques totalling an amount of Rs. 2 lakh to poor cancer patients.

Dr. Rehan Kazi felicitated



Mrs. Supriya Sule, Managing Trustee, Pawar Public Charitable Trust, felicitating Dr. Rehan A. Kazi, Secretary General of CARF on his receiving the 'Byers Award'. Mrs. Sule presided over the function held on 10/08/2006 at the Islam Gymkhana, Marine Lines, and Mr. Vijaysingh Patwardhan, Ex-Ruler of Sangli was the Chief Guest.

In his speech an emotional Dr. Rehan Kazi chose the platform to firstly thank his parents for their unflinching support right through his career. He said he would endeavour to take Cancer Aid & Research Foundation to new heights in the field of cancer care. He also eagerly looks forward to his medical stint in India, on completion of his PhD in Head & Neck Cancer. He concluded his speech by saying that hopefully his country will provide him an opportunity to work towards the welfare of the needy & poor cancer patients by putting his expertise to use.

Dr. Rehan Kazi has been offered the post of a consulting scientist at the Royal Marsden Hospital, London, U.K.

At the function, cheques worth Rs. 4.5 Lakh were disbursed amongst 3 needy and poor cancer patients as financial and medical help.



The Giants Group of Byculla held its 'Charter Day' celebration and award function on 31st August, 2006 at the Hotel - Joss, K a l a g h o d a , Mumbai.

Our Chairman Prof. A. A. Kazi was awarded a very special trophy for his work in the field Cancer.

Heartfelt Thanks To.....



Prof. A.A. Kazi, Chairman, CARF, thanks Principal M. Khilji of the Dadar Parsee Youths Assembly High School, Dadar (E) for collecting Rs. Three Lakh Seventy Thousand through donor cards distributed amongst students. This is the highest collection ever received by CARF from any one school and hence special thanks to the students for having taken the initiative of collecting funds for CARF. These funds will be utilised to treat children suffering from cancer.

'Byers Award'



Dr. Rehan A. Kazi Secretary General - CARF, Research Fellow at Royal Marsden Hospital, London, U.K. with his coveted 'Byers Award' presented to him in Chicago on 17th August 2006.

An Invitation

If you are interested in working for a social cause towards helping out poor and needy cancer patients we invite you to become a Life Member of Cancer Aid & Research Foundation. For further details please get in touch with us either by E-mail - cancerarfoundation@yahoo.com or write to us or call us at the address mentioned on the last page.

Distinguished Guests Distribute Cheques On Behalf Of CARF



The Chief Guest of the evening, noted Film Producer & Director Mahesh Bhatt handing over a cheque of Rs. One lakh fifty thousand to Baby Kiran Mohanty.



Shri V. L. Patankar -Addl. Municipal Commissioner, MCGB presenting a cheque of Rs. One lakh to Baby Siddhita Orpe.



Adv. Majid Memon addressing the audience



Pooja Bhatt with Mrs. Rashida A. Kazi. Pooja won the hearts of all those present by her very warm speech

CANCER AID & RESEARCH FOUNDATION

- Registered under the Bombay Public Trust Act, 1950.
- Donations exempted under 80G of the Income-Tax Act, 1961
- E-mail: cancerarfoundation@yahoo.com
- Website: www.cancerarfoundation.org

- ✓ Providing financial and medical help to poor & needy cancer patients.
- ✓ Providing rent free accommodation & return railway fare to poor outstation cancer patients.
- ✓ Creating awareness about cancer & initiating steps for early cancer detection.
- ✓ Providing free counselling to the cancer patients and their family members.
- ✓ Providing free ambulance service to poor & needy patients in Mumbai & Thane.



The Govt. Of India has also permitted us to receive overseas contributions vide our Foreign Contributions Registration No. 083780936. The same can be credited to 'Cancer Aid & Research Foundation' S.B A/c. No. 026104000088372. IDBI Bank, Prabhadevi Branch, Mumbai- 400 025. INDIA.

Please draw your cheque in the favour of **Cancer Aid & Research Foundation** and send it to its Adm. Office: **Cancer Aid & Research Foundation**, Municipal School Bldg., Grd. Flr., Room No.15-18, Near 'S' Bridge, N.M. Joshi Marg, Byculla(W), Mumbai 400 011.
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All views expressed in the CAREF News Bulletin belong to the author. The Foundation need not necessarily subscribe to them.

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• Layout: Ms. Aafreen Momin & Nazma Shaikh • Printed at: Print world, (Mr. Shamshi Z. Mulla +91-9890241699) Bhiwandi, Dist. Thane