



CARF

News Bulletin

(Official Publication of the Cancer Aid & Research Foundation)

Associate Member :

- UICC (International Union against Cancer), Geneva, Switzerland
- INCTR (International Network for Cancer Treatment and Research), Brussels - Belgium

Internet Journal of Head & Neck Surgery [www.ispub.com] - official scientific journal of CARF

Journal of Clinical & Diagnostic Research(www.jcdr.net) - official research journal of CARF

This kid won a two year battle with cancer



Two years ago, Kirti Someshwar, a middle-class Gujarati housewife from Dombivli, was stunned when doctors said that her nine year old son Nirbhay had abdomen cancer.

"What should we do, we asked ourselves? Do we fight back or give up? It's tough to hope, to plan when

there are no answers. But we had no alternative but to fight," says 41 year old Kirti on the eve of Child Cancer Day. Thanks to her tenacity and the innate strength to deal with life, Nirbhay not only fought back the deadly disease but has grown up into a lively 11 year old who handles his cancer with a matter-of-fact attitude.

For two years, the Someshwars underwent the trauma of seeing young Nirbhay go through the torturous treatment. In fact, Nirbhay even started differentiating between pain-killing injections and those meant to induce sleep that the nurse regularly gave him. "Once my body was in pain and I could not sleep. When my parents told the on duty nurse, she

said she would give me an injection. When she was about to give it, I realised that the injection was the same one which she gave me sometimes so that I could sleep. So I stopped her and said that the injection just gave sleep but I could not sleep because of the pain and that it would not work. Then she gave me a different injection (painkiller)," says Nirbhay, as he prances around at the Make A Wish Foundation office.

Fortunately, Nirbhay could battle cancer because his parents took him early to Mahim's Raheja Hospital. The entire family took turns to nurse him back to health.

Children usually are in a more advanced stage of the disease when they are first diagnosed in India. The causes of most childhood cancers are not yet known. In India, every year there are nearly 40,000 new cases of childhood cancer detected. Nearly 70-80% children die due to lack of information and awareness, inadequate treatment facilities and the prohibitively expensive cost of treatment. "Yet, if detected early, 70-80% of childhood cancer is curable. This is primarily because more advanced treatments are available and children seem to respond better to the treatment," says Poonam Bagai, president, Cankids...Kidscan, a New Delhi-based NGO that helps children afflicted with cancer.

(The Times of India, Feb.15, 2008)

Rapunzel to the Rescue

London: It is her crowning glory and took eight years to grow, but Rachel Rourke has had 20 inches cut off her knee-length hair to help a sick child who needs a wig. And her mother supported her by also having a charity trim.

Fourteen-year-old Rachel is donating her pony-tail to a charity which creates wigs for youngsters who lose their hair through illness.

The hair will now be used by the Little Princesses Trust to create a wig for a young cancer or alopecia sufferer who could not otherwise afford one. Alopecia is a condition that leads to hair loss. Rachel a pupil at Kingsway School has also raised more than 200 (Rs 15,567) in sponsorship from the hair cut. She will give the money to animal charity PDSA. She said: "I was ready for a hair cut so I thought why not make it into a sponsorship event and raise some awareness for charities. It was a real shock to see all that hair come off, but I like the new look and I think I'm going to



stick with it short."

Hairdressers GJ's The Salon trimmed her blonde tresses for free donating the cost of the cut to her charities.

And Rachel's mother Helen showed her moral support by having 12 inches of her own hair cut for the Little Princesses' cause. Helen said: "I'm very proud that Rachel thought to do this and chose two important charities to benefit.

Her hair was magnificent and she really loved it so it's great that other children can now enjoy that. When she decided to go through with it, I though I'd go along and do my bit too."

The Little Princesses Trust is based in Hereford and was set up in memory of young cancer sufferer Hannah Tarplee who died in 2005. It raises money to create wigs for girls and boys, tailored to look and feel as much like their original hair as possible

(Mumbai Mirror, Feb. 6, 2008)

Thoughts Of



Dr Irfana Koita-Kazi
MRCOG(UK), DNB

Consultant in Infertility and Assisted Conception
Saifee Hospital, Mumbai

The effects of cancer treatment on reproductive functions: Guidance on management

The Recommendations of a Working Party of the Royal College of Physicians, Royal College of Radiologists & Royal College of Obstetricians and Gynaecologists of UK in November 2007 are set out below.

Male and female gonadal toxicity are common complications of modern anti-cancer treatments resulting in infertility and hypogonadism. The gonadotoxic effects of radiotherapy and the older chemotherapy regimens are well described. However, a profusion of new drugs and antibodies are now in routine use with poorly validated gonadal toxic effects.

All patients with reproductive potential requiring anti-cancer treatment should be counseled by trained staff prior to treatment and this discussion should be documented.

Spermatogenesis is highly sensitive to the effects of chemotherapy and irradiation and male patients should, where relevant, routinely be offered sperm banking before treatment starts. Where sperm are absent from the ejaculate, testicular sperm extraction can sometimes be successful. Testosterone deficiency in males is a less common complication of treatment but easily correctable with testosterone replacement.

The ovary is also sensitive to cancer treatments. When there is a possibility of gonadal damage, methods of preserving fertility should be discussed. Where there is a partner and sufficient time, embryos can often be successfully generated and stored using in vitro fertilisation (IVF) techniques. Egg and ovarian tissue storage are also technically feasible; however, very few successful pregnancies have been reported.

The latter techniques are not currently widely available and it is recommended that a service should be developed in the context of research studies. Uterine function can be particularly damaged by irradiation and the late effects of this treatment may affect subsequent pregnancy. Premature menopause is a common complication of anti-cancer treatment and, depending on the context, should be treated with hormone replacement.

Breath analysis to detect cancer?

A laser based breath analyser is not just a high-tech way to detect alcohol on your breath - it can help identify debilitating disease like asthma or cancer, says a new study. The study, by researchers at the University of Colorado at Boulder is the latest in a line that more fully exploits the potential of optics in detection of diseases. The study found a laser analysis of the breath could pinpoint the rarest of molecules that may be markers of specific diseases.

(The Times of India, Feb. 19, 2008)

Virus for new brain cancer treatment

Researchers conducting a study on mice have discovered a specialised virus with the ability to reproduce its tumour killing genes that selectively targets and eradicates cancers in the brain, leaving healthy brain tissue virtually untouched. These findings has the boffins excited as it could lead to a novel treatment for brain cancer in humans. The study was led by senior author Anthony van den pol at Yale University School of Medicine, who spent six years of basic research into the fundamental processes of viruses and the cells they target. (The Times of India, Feb. 21, 2008)

Is it safe to smoke just one or two cigarettes a day?

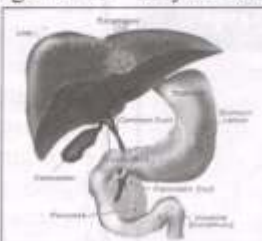
The more you smoke, the greater your risk of lung cancer, emphysema, heart attacks, and many, many other medical problems ranging from mouth and throat cancer to bladder cancer and from premature skin aging to erectile dysfunction. But even at the low end of the scale, smoking is dangerous. That's why secondhand smoke is such a huge problem in the world. Living with a smoker is one thing, indulging in two or three cigarettes a day quite another. A study from Norway should convince you to quit. People who smoked just one to four cigarettes a day were nearly three times more likely to die from heart disease than nonsmokers. Low dose smoking nearly tripled the risk of dying from lung cancer in men, and it was associated with 50% increase in the overall death rate in both men and women. The only safe dose of smoking is zero, and the best time to quit is now. (The Times of India, Feb. 21, 2008)

*God has not called us to see through each other,
but to see each other through.*

STOMACH CANCER

What is stomach cancer?

The body is made up of many types of cells. Normally, cells grow, divide and die. Sometimes, cells mutate (change) and begin to grow and divide more quickly than normal cells. Rather than dying, these abnormal cells clump together to form tumours. If these tumours are cancerous (also called "malignant"), they can invade and kill your body's healthy tissues. From these tumours, cancer cells can metastasize (spread) and form new tumours in other parts of the body. By contrast, noncancerous tumors (also called "benign") do not spread to other parts of the body. Stomach cancer (also called "gastric cancer") is the growth of cancer cells in the lining and wall of the stomach.



Who is at risk of getting stomach cancer?

Your chances of getting stomach cancer are higher if you have had a stomach infection caused by bacteria called *Helicobacter pylori*. You are also more likely to get stomach cancer if you:

- ▶ Are a man
- ▶ Are older than 50 years of age
- ▶ Have several close relatives who have had stomach cancer
- ▶ Smoke cigarettes
- ▶ Abuse alcohol
- ▶ Eat a lot of pickled or salty foods
- ▶ Are an African American, Hispanic American, Asian American or Pacific Islander

Can I prevent stomach cancer?

There is no way to prevent stomach cancer. However, you can help reduce your risk of getting stomach cancer by not drinking a lot of alcohol or smoking. Also, eat a diet high in fresh fruits and vegetables, and vitamin C. Vitamin C is found in foods such as oranges, grapefruit and broccoli.

What are the symptoms of stomach cancer?

Sometimes cancer can grow in the stomach for a long time before it causes symptoms. In the early stages, stomach cancer can cause the following symptoms:

- ▶ Indigestion, stomach discomfort or heartburn
- ▶ Nausea or loss of appetite
- ▶ Feeling tired

When the cancer is larger, it can cause the following symptoms:

- ▶ Blood in your stool
- ▶ A bloated feeling after eating
- ▶ Vomiting
- ▶ Unexplained weight loss
- ▶ Stomach pain

Many of these symptoms can be caused by conditions other than cancer. However, if you have any of these problems and they don't go away, talk with your doctor. The earlier stomach cancer is found, the better the chances are that it can be cured.

How can my doctor tell if I have stomach cancer?

If your doctor suspects that you might have stomach cancer, he or she will look at your medical history and do a complete physical exam. Your doctor may want you to get an x-ray test of your stomach. For this test, you drink a liquid containing

barium. Barium is a chalky substance that coats the lining of your stomach. This makes it easier for doctors to see on the x-ray.

Your doctor might use endoscopy (say: "in-dos-ko-pee") to try to see the tumour. For this exam, a thin, lighted tube is put into your mouth and passed down to your stomach. Your doctor may give you medicine before the test so that you feel

no pain.

During endoscopy, your doctor might take a small piece of your stomach to check for cancer cells. This is called a biopsy sample. The sample is then sent to a lab where it is looked at under a microscope.

How is stomach cancer treated?

Treatment for stomach cancer may include surgery, chemotherapy or radiation therapy, or a combination of these treatments. The choice of treatment depends on whether the cancer is just in the stomach or if it has spread to other places in the body. A person's age and overall health will also affect the choice of treatment.

Nutrition after stomach surgery

Weight loss after surgery for stomach cancer is common. You may need to change the types of food you eat. A registered dietitian can help you plan a diet that will give you the nutrition you need.

Another common problem after stomach surgery is dumping syndrome. This problem occurs when food or liquid enters the small intestine too fast. It can cause cramps, nausea, bloating, diarrhea, and dizziness. Eating smaller meals can help prevent dumping syndrome. Also, you may wish to cut down on very sweet foods and drinks, such as cookies, candy, soda, and juices. A registered dietitian can suggest foods to try. Also, your health care team may suggest medicine to control the symptoms.

You may need to take daily supplements of vitamins and minerals, such as calcium. You also may need injections of vitamin B12.

[Http://familydoctor.org](http://familydoctor.org)

FREE CANCER INFORMATION LEAFLETS & POSTERS

CARF has published cancer posters and information leaflets for cancer patients and the public for free distribution. The leaflets deal with cancer of the Larynx, Salivary gland cancer, Head & neck cancer, Oral cancer, Thyroid cancer, Breast cancer and general information about Cancer. They are available in English, Hindi and Urdu.

If you wish to avail of these leaflets & posters, please call us at the numbers given below and we will be glad to send them to you. **Contact: Ms. Tabassum : 2300 5000/7000**

WHAT WOMEN NEED TO KNOW ABOUT CANCER



Stressed women more prone to cervical cancer

Women who lead a stressful life have a weaker response to a virus which causes cervical cancer, a new study has found. According to Dr Carolyn Fang, who led the study, "Women with higher levels of perceived stress were more likely to have an impaired immune response to HPV16. That means that women who report feeling more stressed could be at greater risk of developing cervical cancer because their immune system can't fight off one of the most common viruses that cause it." The virus HPV is a sexually transmitted infection. But, only a small percentage of women who catch it develop cancer. The researchers at the Fox Chase Cancer Center in Philadelphia, analysed 78 women who had abnormal smear tests to fill in a questionnaire about their day-to-day stresses over the previous month, and any major events such as divorce or bereavements over a longer period. Then, the ability of their immune system to respond to HPV16 was measured. Similar tests were carried out on 28 women who had not received an abnormal smear test, and the results compared. The researchers found that the immune response was poorer among women who reported higher levels of day-to-day stress, a news portal has reported. However, they admitted that the design of the study meant that it was impossible to look for proof that stress actually caused the immune response, rather than just accompanied it. The results of the study have been published in the Annals of Behavioural Medicine journal.

(The Times of India, Feb. 18, 2008)

Breast cancer diagnosis from hair

Hair from women with breast cancer can be distinguished from hair obtained from women without the disease, researchers in Australia report.

When hair is exposed to X-rays, the radiation is diffracted in a distinctive pattern by the alpha-keratin that forms hair, the researchers explain in the International Journal of Cancer. Dr. Gary L. Corino and Dr. Peter W. French, based at Fermiscan Ltd in Sydney, used the technique to look at samples of hair from 13 patients diagnosed with breast cancer and 20 healthy subjects.

Hair from the breast cancer patients produced the same features" with the only difference being the superimposition of a new feature." This was a distinctive low-intensity ring.

This ring sign was fairly accurate in identifying breast cancer.

(The Times of India, Dec. 28, 2007)

Your lipstick can give you breast cancer, claims study

Researchers have carried out a study and found that the chemicals in lipsticks actually interfere with the healthy development of breast tissue leading to the cancer, the 'Daily mail' reported. "We are the first to report that neonatal or prepubertal exposure to butyl benzyl phthalate (BBP) induced modifications in the gene expression of the mammary tissue. BBP is in the environment, so a constant exposure via inhalation and digestive tract can reach many different organs including the breast," lead researcher Dr. Jose Russo of the Fox Chase Cancer Centre in America was quoted as saying. BBP, the man-made substance, is part of the phthalate family of chemicals which mimic female sex hormone oestrogen. In fact, the researchers came to the conclusion after analysing the effects of BBP found in lipsticks on rodents. The team fed lactating rats with BBP, which was then absorbed by their offspring via breast milk. Subsequently, the baby rats were exposed to levels of the chemical. They found that the chemical altered the genetic make-up of cells in the young female rat's mammary glands. Although the effects wore off once BBP was removed from the diet, the subtle changes could have an effect later in life.

(The Times of India, Dec. 7, 2007)

HRT could be dangerous for women

Hormone replacement therapy could increase the risk of developing early signs of breast cancer after only one year, a study shows.

Previous studies have shown a link between HRT, which is taken by millions to combat the effects of the menopause, and developing cancer but suggested it was safe as long as it was taken for less than five years.

In one of the largest studies of its kind, researchers looked at more than 16,000 post-menopausal women, half of whom were given combined HRT, which includes oestrogen and progestin, while the other half took a placebo.

Within one year the group taking the hormones had a four per cent greater risk of having an abnormal mammogram, or breast X-ray, than those taking the placebo.

Over the five years of the study that figure rose to 11 per cent.

Similarly, the women taking HRT were at almost double the risk of their doctor recommending a biopsy. The study found that HRT compromised the ability of mammograms and breast biopsies to diagnose breast cancer.

Researchers believe the increase in breast density caused by combined hormones could be to blame.

During the study, 199 women in the HRT group and 150 women in the placebo group developed breast cancer.

(The Times of India, Dec. 28, 2007)



FOODS



FOR CANCER PREVENTION

Eat Chocolate To Cure Cough, ward Off Cancer

Chocolates can cure cough and stave off cancer besides acting as mood enhancer and sex booster. Scientists at Imperial College London discovered that theobromine, one of the stimulants in chocolate, is more effective in stopping persistent coughs than codeine, the medicine most commonly used, the Independent reported on Tuesday. Theobromine suppresses the nerve activity that causes coughing, and it is thought that the viscous quality of melted chocolate could help soothe tickly coughs.

(DNA, Dec. 19, 2007)

Those who drink three cups of coffee every day are less likely to develop cancer of the ovaries

Caffeine may not be good for to-be-moms as it increases the risk of miscarriage. But a new study has found that drinking three cups of coffee daily can help prevent ovarian cancer in women.

A team of international researchers has carried out the study and found that women who take caffeine equivalent to three cups of coffee everyday are less likely to develop ovarian cancer later in life.

"We observed a significant inverse trend of ovarian cancer risk with caffeine intake. The reasons why caffeine protects against ovarian cancer is not clear and further studies will be carried out," lead researcher Shelley Tworoger of Harvard Medical School wrote in the Cancer journal.

The team came to the conclusion after analysing the effects of coffee intake on a group of nurses. The researchers compared the diets of 80,000 of these women with the incidence of ovarian cancer as part of the study between 1976 and 2004.

According to the researchers, 737 of them developed ovarian cancer during the study period. Those who had at least three cups of coffee a day were found to be 20 per cent less likely to develop the disease than those who drank none.

Moreover, those who did not opt for hormone replacement therapy, the risk was 43 per cent less. "The jury is still out as to whether or not caffeine affects the risk of ovarian cancer because evidence from previous studies looking at this link has been inconsistent," the Daily Mail quoted Josephine Querido of Cancer Research UK as saying.

(The Times of India, Jan. 22, 2008)

Eat right to lower cancer risk

A new study suggests that women who eat diets rich in meat and dairy may have a decreased risk of breast cancer, while those who bulk up on fiber, fruits and vegetables show a lower risk of ovarian cancer. The findings, published in the International Journal of Cancer, add to questions surrounding the role of diet in women's risk of the cancers.

High alcohol intake has been consistently linked to breast cancer risk, but when it comes to other facets of the diet, studies have yielded conflicting results, according to the researchers on the current work, led by Dr. Valeria Edefonti of the University of Milan.

Some studies, for example, have found that women who eat a lot of red and processed meat are more likely to develop breast cancer than other women; but other studies have found no such link. Saturated fat, found mainly in animal products, has been tied to higher breast cancer risk in some studies, but not in others.

While many of these studies have looked at single nutrients or food groups, another way to address the question is to look at dietary patterns -- the combination of nutrients and foods that a person tends to favour.

For their study, Edefonti and her colleagues assessed dietary patterns among 3,600 women with either breast or ovarian cancer, and 3,413 healthy women of the same age. Using detailed dietary questionnaires, the researchers identified four common dietary patterns in the study group: an "animal product" pattern, which was heavy in meat and saturated fat, but also zinc, calcium and certain other nutrients; a "vitamins and fiber" pattern, which besides fiber was rich in vitamin C, beta-carotene and other nutrients found in fruits and vegetables; an "unsaturated fat" pattern that contained high amounts of vegetable and fish oils, as well as vitamin E; and a "starch-rich" pattern high in simple carbohydrates, vegetable protein and sodium.

Overall, the study found, women who followed a pattern rich in vitamins and fiber had a 23 per cent lower risk of ovarian cancer than women who consumed the lowest amounts of those foods and nutrients.

On the other hand, the animal-product pattern was linked to a similar reduction in breast cancer risk.

Women who followed the unsaturated-fat pattern had a slightly reduced risk of breast cancer, while the starch-rich diet was tied to elevated risks of both cancers.

It's not yet clear what to make of the findings, in part because they show associations between dietary patterns and cancer risk -- and not that the foods directly affect cancer development.

In terms of general health, experts usually recommend limiting red meat and saturated fat, while eating more fruits, vegetables, whole grains and sources of "good" unsaturated fat -- like fish, nuts and olive oil.

(The Times of India, Feb. 26, 2008)

2ND ANNUAL CARF AWARDS

~ AWARDEES ~

LIFETIME ACHIEVEMENT AWARD



PROF. DR. RAM MOHAN TIWARI
H.O.D., E.N.T. Bangalore Institute of Oncology

AWARD FOR EXCELLENCE IN THE FIELD OF CANCER



DR. NAGRAJ G. HUILGOL
Chief Radiation Oncologist
Dr. Balabhai Nanavati Hospital

AWARD FOR OUTSTANDING CONTRIBUTION IN THE FIELD OF CANCER



DR. MOHAN JAGADE
H.O.D., E.N.T., J.J. Hospital



DR. JYOTI P. DABHOLKAR
H.O.D., E.N.T., Seth G.S. Medical College & KEM Hospital

Cancer Aid & Research Foundation held its 2nd Annual Awards Function on March 31, 2008 at Sahyadri Auditorium, Malabar Hill, Mumbai.

Chief Guest of the Function, Hon'ble Vice-President of India, *Shri M. Hamid Ansari* gave away the awards.

Shri S. C. Jamir, Hon'ble Governor of Maharashtra, *Shri Ashok Chavan*, Minister of Industries, Protocol and Cultural Affairs, Govt. of Maharashtra and *Shri Suresh Shetty*, State Minister for Protocol too graced the occasion.

~ OUR HONOURED GUESTS ~



Shri M. Hamid Ansari
Hon'ble Vice President of India



Shri S. C. Jamir,
Hon'ble Governor of Maharashtra



Shri Suresh Shetty
State Minister for Protocol



Shri Ashok Chavan,
Minister of Industries Protocol & Cultural Affairs,
Govt. of Maharashtra

~ LAST YEAR'S AWARDEES ~



DR. PILOO HAKIM (R)
MS, FRCS (Eng), FICS, DLO (Lon) ENT Surgeon,
Prof Emeritus, Dept. of ENT,
Grant Medical College, Sir J. J. Hospital



DR. RAJAN SHAH (L)
MS, DORL, ENT Surgeon
Consulting Head & Neck Oncologist

Rahguzar-E-Ghazal



On the occasion of 'The World Cancer Day', CARF invited its well-wishers, donors and cancer patients to a night of Gazal singing at Nehru Centre Auditorium, Worli, Mumbai on Feb 4, 2008.. What was unusual was the gazals were sung in Urdu, Gujrathi & Marathi. Ustad Ahmed Hussain, Ustad Mohammed Hussain Preeti Uttam & Uday Mazumdar regaled the audience with their melodious rendition.

Chief Guest of the evening was noted film producer & director Mr. Mahesh Bhatt. He presented the cancer patients with cheques on behalf of CARF, totalling to an amount of Rs.11,90,000

IMA Medical Workshop



Eminent Head & Neck Cancer Surgeon and presently Secretary / General of CARF Dr. Rehan A. Kazi gave a talk on " Understanding Head & Neck Cancer with special emphasis on Voice Restoration after Laryngectomy". His talk which was held on February 17, 2008 in Ratnagiri was appreciated by the medical community at large.

**C
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As CARF is striving its best to prevent cancer by creating awareness about the dreaded disease, it had organized 'CARF Drive', a public awareness programme on **January 25 & Feb 29, 2008** at Nariman Point & Gateway of India respectively. CARF's staff and volunteers distributed "anti smoking" stickers to the car owners .

Cancer Detection & Screening Camps



Dr. Asra Kazi, Chairperson, Cancer Awareness Camp, CARF, organized and conducted free Cancer Awareness Camps in Mumbai at SRPF ground at Jogeshwari, Mariama Nagar at Worli and Ambedkar Nagar at Colaba, on various days during the month of March 2008. Many women from the lower socio-economic strata were screened and taught self breast examination and given free medicines.

Famous cineststar of yester-years Jitendra graced one such camp.



JOIN US

Being a member of the CARF team is a unique opportunity to put your special talents to work for the good of others, in an innovative and people-centered professional environment. Everyone who works with CARF has a role in saving lives. You too, can make a

difference and an important personal commitment to the people in your community and around India who courageously fight cancer everyday.

Would you like to be part of our work? We would love to have you join us.

Contact : Ms. Tabassum :2300 5000

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CANCER AID & RESEARCH FOUNDATION

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- ✓ Funding and services for cancer treatment including Surgery, Radiotherapy and Chemotherapy
- ✓ Cancer Research
- ✓ Cancer Education through CARF News Bulletin, Patient information leaflets and e-news letter.
- ✓ Cancer screening and Detection Programme.
- ✓ Anti tobacco and cancer advocacy..
- ✓ Free ambulance service provided to patients all over Mumbai / Thane dist.
- ✓ Counselling for cancer patients/their families and cancer hotline



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 Nos.15-18, Near 'S' Bridge, N.M. Joshi Marg, Byculla(W), Mumbai - 400 011.**
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