



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

TONGUE - TIED, BUT NOT FOR LONG

After he lost three-fourths of his tongue to cancer, JJ doctors virtually give man a brand new tongue. Here's how they did it...



Jaganath Jangmade (52) cannot speak at the moment. But with gestures and the help of a speech therapist, he conveys that he feels like a toddler again.

Jangmade underwent surgery at JJ Hospital recently, during which three-fourths of his tongue had to be sliced off as it had developed cancer. A flap from his forearm was then implanted to the base of his tongue where the cancer had not spread yet.

Jangmade, a resident of Jalgaon, came to the city 15 days ago with complaints of acute pain in the tongue. He was unable to eat and had to swallow food which also caused immense pain. His speech was affected too, and he struggled to utter few words.

Doctors said Jangmade was a regular tobacco user. An ulcer had formed on his tongue, and that gradually led to cancer. After confirming cancer, the doctors told Jangmade

they would have to cut off the infected part and reconstruct his tongue with a fleshy piece of his arm. When told if not done it could turn life-threatening, Jangmade agreed

During the delicate operation that lasted 10 hours, the doctors successfully removed three-fourth of the tongue and replaced it with a flap from his right arm. To ensure blood supply to the reconstructed tongue, under microscopic control they attached the blood vessels of the flap to the blood vessels in the neck.

"After surgery, cancer patients usually need chemotherapy. But in this case, Jangmade needs radio therapy. We hope he will be able to find his voice again," said ENT surgery department head Dr Mohan Jagde, who is the only doctor in the state with a degree in plastic surgery, a distinction that served him well during the tricky operation.

Though Jangmade cannot speak quite clearly right now, doctors say that with the help of a speech therapist, and given about a year's time, he would be able to fully regain his speech.

Mumbai Mirror, June 04, 2008

CARF WELCOMES ITS NEW TRUSTEE



Mr. Anup Jalota
Noted Ghazal Singer

SMOKELESS TOBACCO UPS ORAL CANCER RISK BY 80% : Chewing tobacco and snuff are less dangerous than cigarettes but the smokeless products still raise the risk of oral cancer by 80%, the World Health Organisation's cancer agency said. The review of 11 studies worldwide showed people who chewed tobacco and used snuff also had a 60% higher risk of oesophagus and pancreatic cancer. The researchers who published their findings in Lancet Oncology, found frequency of use varies greatly both across and within countries, depending on sex, age, ethnic origin and economic background, and were highest in the US, Sweden and India. They also found that while snuff and chew were less dangerous than smoking because they were not linked to lung cancer, getting cigarette users to switch was not good public policy.

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Thoughts Of



Shahina Kara
Senior Editor
CARF - News Bulletin

Living with any serious disease can be difficult and challenging. I know how each one of you who has a serious ailment feels.... I have seen a loved one suffer.

I think the very word 'cancer' is harsher than the disease itself. It is a frightening word surrounded by fears and myths. It is the ignorance about its treatment and success that makes one anxious. Cancer is curable if caught at an early enough stage.

One very difficult aspect of having cancer is having many "well-meaning" people around you who just want to be sympathetic and offer any help or suggestion - the best they know. Of course you get confused. But you must not get carried away by pressure.

The most important thing to consider the moment you are detected with cancer is to stay focused and not to be swayed by mere talks.

Many people feel overwhelmed when they are told that they have cancer. Many different emotions arise which can cause confusion and frequent mood swings. These emotions are part of the process that many people go through in trying to come to terms with their illness.

It is best to express your inner most feelings and fears with your loved ones. Talk honestly and openly. Don't let sadness, anger and fear overshadow the joy and happiness in your life. Look at your spouse, your children, other family members and your friends and be thankful for them.

Never forget that nothing is permanent but change and this too will pass. Reclaim control over your life. The power of your attitude cannot be over estimated. A positive attitude has truly positive effects.

Here is a heart warming thought by - Emmet Fox, 'The Sermon on the Mount'. Harper & Row. New York, 1938 which I strongly believe in :

There is no difficulty that enough love will not conquer; no disease that enough love will not heal; no door that enough love will not open; no gulf that enough love will not bridge; no wall that enough love will not throw down; no sin that enough love will not redeem....

It makes no difference how deeply seated may be the trouble; how hopeless the outlook ; how muddled the tangle; how great the mistake. A sufficient realization of love will dissolve it all. If only you could love enough you would be the happiest and most powerful being in the world.....

I would like to conclude by saying that cancer is not the end of life and that people are coming out of it.

Trust yourself, trust the doctors and the One Supreme Being above you.

Hope for childhood leukemia patients :

British researchers have indentified the cancer stem cells that spawn tumours in the most common form of childhood leukemia, and said on Thursday it provided a 'bull's eye' target for new drugs. The rare stem cells are a minute component of the blood, but they self-renew and act like a control center, producing millions of cancerous leukemia cells that overwhelm the normal system, said Tariq Enver, a researcher at the University of Oxford, who worked on the study. "Our next goal is to target both the pre-leukaemic stem cell and the cancer stem cell itself with new or existing drugs to cure leukemia while avoiding the debilitating and often harmful side effects of current treatments," Enver said.

The Times of India, Jan. 19, 2008

Research : baby bottles could be linked to cancer :

A US report suggests the chemical BPA that is found in some plastic food and drink packaging - including baby bottles - may be tied to prostate and breast cancer. The draft findings by the National Toxicology Program, part of the US National Institute of Health, has led to a warning by the US government. But the Australian government has dismissed the claims, saying exposure to the chemical bisphenol A was minimal and consumers were exposed to 'Safe levels'. BPA is used inside cans, yoghurt tubs and tupperware containers. Cancer Council NSW Andrew Penman said there was no cause for alarm. "The bottom line is the scientific community is divided," he said. "BPA is not going to be the main driver of breast and prostate cancer."

Daily Telegraph 17/4/2008, p7.

Shisha more harmful than cigarettes :

Smoking a shisha gives off as much carbon monoxide as 15 to 52 cigarettes and as much tar as 27 to 102 cigarettes, said a French national laboratory report cited by the French anti-tobacco agency (OFT). The report confirms that "shisha is a major source of air pollution in closed and covered areas," OFT said in a statement. If comparing the data to regular cigarette smoke, one shisha corresponds to an average of around 70 drugs on a cigarette, OFT president Bertrand Dautzenberg said. The tests were conducted by Laboratoire National d'Essais on three types of shisha: shisha with self-lighting carbon used in small amounts, self-lighting carbon used in large amounts, and natural carbon shisha used in small volumes. The self-lighting carbon in both large and small amounts for nicotine measured about one cigarette per shisha, while the natural carbon was the nicotine equivalent of smoking six cigarettes.

The Times of India, Nov. 02, 2007

ATTENTION READERS !

We request all of you to kindly send us your email ID at
sonalmody@cancerarfoundation.org
misbahshaikh@cancerarfoundation.org
This will enable us to communicate with you effectively.

CANCER OF THE CERVIX

Cancer of the cervix, also called cervical cancer, is the leading cause of cancer amongst women in India. There are more than 70,000 cases of cancer of the cervix to be found in the country.

Cancer is an unwanted purposeless and unchecked growth of any body tissue, with a capability of spreading to other areas. Most cervical cancers are squamous cell carcinomas. Squamous cells are thin, flat cells that form the surface of the cervix.

The cervix is the lower, narrow part of the uterus (womb). The uterus, a hollow, pear-shaped organ, is located in the lower abdomen. The cervix forms a canal that opens into the vagina, which leads to the outside of the body.

Who is at risk in developing cancer of the cervix?

Initiation of sexual intercourse before age 18, many sexual partners, early age of marriage, first pregnancy at an early age, four or more number of pregnancies and women with poor personal hygiene, have an increased risk of cervical cancer.

Women who have had many sexual partners or whose partners had many sexual partners may have an increased risk of cervical cancer at least in part because they are more likely to get a sexually transmitted virus. Scientist believes that some of these viruses may cause the growth of abnormal cells in the cervix and may play a role in cancer development.

What are the symptoms of cervical cancer?

- ✓ Bleeding after sexual intercourse
- ✓ Bleeding in between menses or post menopausal bleeding
- ✓ Excessive white discharge (leucorrhoea)

How can cancer of the cervix be diagnosed?

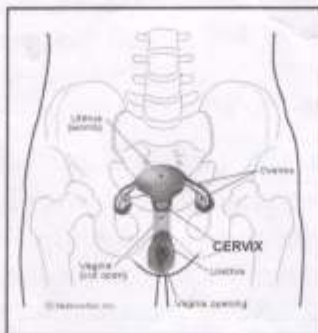
In a pelvic exam, the doctor checks the uterus, vagina, ovaries, fallopian tubes, bladder and rectum. The doctor feels these organs for any abnormality in their shape or size. An instrument called a speculum is inserted into the vagina. This holds the walls of the vagina apart so that the doctor can see the upper part of the vagina and the cervix. The doctor may then recommend certain tests such as Pap smears, colposcopy, biopsy etc. The pelvic exam and Pap test allow the doctor to detect abnormal changes in the cervix. If these examinations show that an infection is present, the doctor treats the infection and then repeats the Pap test at a later time. If the examinations or Pap test suggests something other than an infection, the doctor may do other tests to find out what the problem is.

Pap Smear

The Pap smear test is an easy way to detect early changes in cells of the cervix, the lower end of the uterus or womb. A Pap smear is taken during an internal examination of the vagina. A speculum is inserted into the vagina and some cells are then taken from the cervix using a small spatula and smeared on a glass slide and sent to a medical laboratory to be checked for abnormality. It is important that all women have a Pap smear test every two years.

Colposcopy is a widely used method to check the cervix for abnormal areas.

These tests may not show for sure whether the abnormal cells are present only on the surface of the cervix. In that case, the doctor will remove a larger, cone-shaped sample of tissue. This procedure, called conization or cone biopsy, allows the pathologist to see whether the abnormal cells have invaded tissue beneath the surface of the cervix. Conization also may be used as treatment for a pre cancerous lesion if the entire abnormal area can be removed.



Early detection

If all women had pelvic exams and pap tests regularly, most pre cancerous conditions would be detected and treated before cancer develops. Abnormal Pap smear test does not necessarily mean patient is suffering from cancer, but may indicate a precancerous stage. Scientists believe that some abnormal changes in cells on the cervix are the first step in a series of slow changes that can lead to cancer years later. Appropriate treatment at this time can prevent development of cancer. The patient then needs to be closely followed. That's why it is recommended to have a Pap smear done every two years. That way, most invasive cancers could be prevented.

How can cancer of the cervix be treated?

Treatment depends on a number of factors, age, location and size of the tumour, including the stage of the disease and the general health of the patient. Staging is a careful attempt to find out whether the cancer has spread and, if so, what parts of the body are affected. Many different treatments and combination of treatments are used to treat cancer of the cervix. The three common modes of cancer treatment are surgery, radiation therapy and chemotherapy. Radiation therapy is the mainstay in the treatment of the cancer of the cervix.

Radiation therapy involves subjecting the cancer-bearing region to radiation. Ionizing radiation damages or destroys the cancer cells and prevents them from growing and multiplying. Normally the treatment is divided over a period of one month, during which fixed doses of radiation are delivered each day. Radiation affects both normal as well as abnormal tissues while ensuring sustained tumour destruction. Usually most of the radiation treatment is given as an outpatient procedure. Radiotherapy treatment in itself is painless just like an X-ray, and may take anything from a few seconds to several minutes.

The different radiation therapies involve delivering radiation either from close quarters or from a distance. Radiation therapy where the source of radiation is close to the tumour is referred to as '**Brachytherapy**'. Therapy, where the radiation source is located away from the tumour is referred to as '**Teletherapy**'. Brachytherapy is mostly delivered by directly implanting radioactive wires or seeds into the tumour, while Teletherapy is given by using fixed machines.

Surgery is one of the commonly used modes of cancer treatment, wherein the surgeon removes a localized tumour.

Chemotherapy is treatment of cancer by drugs. Cancer chemotherapy employs cytotoxic drugs capable of arresting fast cellular growth. Chemotherapy also affects other fast growing and dividing normal cells in the body. The treatment is given in cyclic form once in 3 to 4 weeks, to allow for adequate recovery of normal tissues and to ensure that cancer cells are killed at the same time. Chemotherapy and Radiation therapy may cause side effects, but most side effects of radiotherapy and chemotherapy are reversible after treatment is over.

Follow-up care

Regular follow-up examinations including a pelvic exam, a Pap test, and other laboratory tests are very important for any woman who has been treated for precancerous changes or for cancer of the cervix. The doctor will do these tests and exams frequently for several years.

Pills gives blood cancer victims a year more : Blood cancer patients could gain an extra year of life with a new pill - but they may be unable to get hold of it. Revlimid was licensed for use in the UK on Tuesday by European drug regulators. Each year around 4,000 Britons are diagnosed with multiple myeloma, the second most common blood cancer after leukaemia. Nearly half die within the first year and 80% within five years. In trials, Revlimid doubled in the survival rate of patients when used together with the standard therapy dexamethasone. On average, patients on the drug lived almost a year longer. The manufacturer, Celgene International Sarl, will now submit evidence to the National Institute for Health and Clinical Excellence with the aim of getting Revlimid approved for use on the NHS in England and Wales. Another multiple myeloma drug called Velcade, which is given by hospital injection, is still undergoing final appraisal by NICE three years after it gained an EU licence.

The Times of India, June 21, 2007

Emotional health doesn't affect cancer outcome

The results of a new study provide no evidence to support the notion that patients with cancer can influence the course or outcome of their cancer by making changes to improve their emotional well-being or, in particular, that psychotherapy can help them live longer. Of 1,093 head and neck cancer patients who provided information on their emotional health during their cancer treatment, Dr James C Coyne of the University of Pennsylvania, Philadelphia and colleagues found that emotional well-being was not a predictor of survival. Altogether, 646 patients died during the 1992-2000 study and emotional status was not related to survival, even after adjusting for several other factors like gender, characteristics or stage of the tumour, the team reports in the journal 'Cancer'. Emotional status "neither directly affected progression or death nor functioned as a lurking variable," Coyne and colleagues report.

The Times of India, Oct. 24, 2007

New treatment for brain tumours

Dual implantation of radiation seeds and chemotherapy wafers following surgery may help treat cancerous brain tumours, according to a new study. The finding, based on a study, led by Ronald Warnick, MD, chairman of the Mayfield Clinic and professor of neurosurgery at UC, revealed that patients treated with simultaneous implantation of radioactive seeds and chemotherapy wafers following removal of Glioblastoma Multiforme (GBM) experienced longer survival compared with patients who had implantation of seeds or wafers alone. Glioblastoma multiforme, also known as grade 4 astrocytoma, is the most common and aggressive type of primary brain tumour.

The Times of India, Jan. 21, 2008

Simple Test can Catch Smokers' fib

A simple device for detecting carbon monoxide in the blood may help doctors get an honest answer out of patients who smoke, us researchers said on Monday. The device, called a pulse cooximeter, is typically used to test for carbon monoxide levels in firefighters, but it can also detect carbon monoxide levels in people who smoke, offering a powerful tool for educating patients about the effects of smoking. "We were trying to just solve a little problem," said Dr Sridhar Reddy, a lung specialist in St. Clair, Michigan, who presented the study at a scientific meeting of the American College of Chest Physicians in Chicago, along with his 16-year-old son Ashray. "There is no good way to screen people for smoking," said Reddy, who encouraged Ashray to take on the study as a school science project.

The Times of India, Oct. 24, 2007

Health Study ! Women over 40 more prone to cervical cancer

Medical experts say women over 40 are more prone to cervical cancer. Amit Bhargava, senior medical oncologist at Max Healthcare, said that after breast cancer, cervical cancer is the second most frequently occurring type of cancer among 40 plus women. "We have over 100 new patients treated in the hospital every year," he said. Partha Mukhopadhyay, consultant oncologist at SMH Curie Cancer Center in Shanti Mukand Hospital, said barring metros like Mumbai and Delhi, cervical cancer has the highest incidence among all other cancers in Indian women. "Overall, the disease occupies the number one spot among women cancer patients in India," he said. Also, a striking feature of cervical cancer victims in India is that they are predominantly among women from the lower and middle classes of society.

Mumbai Mirror, March 30, 2008

Exercise causes faster tumour growth : It is known that doing regular exercise can enhance health. Yet, a new study has claimed that it may also speed up the growth of prostate tumour. A team of researchers from the Duke Comprehensive Cancer Centre and the Duke Prostate Centre in US has found that exercise could increase blood flow to prostate tumours, thereby triggering their faster growth. According to the study's lead author Lee Jones, "Our study showed that exercise led to significantly greater, tumour growth than a more sedentary lifestyle did."

The Times of India, Apr. 15, 2008

Mixed fruit drink can cut cancer risk :



You can't avoid prostate cancer just by eating or drinking right. But, it might help. Experts have carried out a study and found that drinking a mixed fruit punch, containing blueberry, grape and raspberry, everyday can slash the risk of the disease, the 'Daily Mail' reported on Friday. "We have undertaken efficacy studies on individual components of fruit drinks and found these are effective in suppressing cell growth in culture. We reasoned that synergistic or additive effects are likely to be achieved when they are combined," according to lead researcher Dr. Jas Singh of Sydney University. In fact, the researchers came to the conclusion after looking at the effect of the mixed fruit drinks on both cancer cell cultures in the laboratory and genetically engineered mice with human prostate tumours.

The Times of India, Dec. 08, 2007

Research : mushrooms may be cancer weapon



Extracts from a mushroom used for centuries in eastern Asian medicine may stop breast cancer cells from growing and could become a new weapon in the fight against the killer disease, scientists said today. Laboratory tests using human breast cancer cells show the mushroom called Phellinus has a marked anti-cancer effect, probably by blocking an enzyme called AKT, which controls signals that lead to cell growth. The new research, by the Methodist Research Institute of Indianapolis, marks the first time scientists have started to understand how it works. The findings were reported in the British Journal of Cancer Canberra.

Times 17/4/2008, p14; Northern Territory News 17/4/2008, p18.

What are the health benefits of Muesli?



All the main ingredients of muesli are considered important elements of a healthy diet :

- A diet rich in fresh fruits and vegetables has been shown to significantly reduce the risk of cancer and other age-related diseases, and fresh muesli is a tasty way to start the day with one or two portions of fresh fruit.
- Oat products have been shown to help lower high blood cholesterol concentration (hypercholesterolemia) and thereby reduce the risk of arteriosclerosis.
- Products made from whole oat and wheat grains are rich in fibre and essential trace elements.
- Some types of nuts (especially walnuts) are rich in omega-3 fatty acids, which are associated with many health benefits, including the development of the nervous system.
- Milk products, often served with muesli, are a rich source of calcium and protein.

The Times of India, Nov. 27, 2007

Tomatoes in your food can help protect against wrinkles, cancer



When it comes to fighting sunburn, those pesky wrinkles and skin cancer, nothing works better than adding a little more tomato to your diet.

The finding is based on a research by boffins at the universities of Manchester and Newcastle, who found that add tablespoons of tomato paste to the daily diet can improve the skin's ability to protect against harmful UV rays.

Damage from UV rays can not only lead to premature ageing, but also skin cancer.

The researchers suggested that the protective effect was due to the antioxidant lycopene that is found at its highest concentration when the fruit has been cooked.

Lycopene has already been linked to a reduction in the risk of prostate cancer.

London, Apr 29 (ANI)

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

e-mail: cancerarfoundation@yahoo.com

CARF VISITED BY



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Gazal Singer



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Noted Philanthropist



Mr. Najeed Mulla (C)
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Ms. Hemalata Rane
IAS Officer

3rd EUROPEAN CONFERENCE
ON HEAD AND NECK ONCOLOGY
ZAGREB 2008



Dr. Rehan Kazi, presented abstract named "Outcomes in Patients treated by Chemort or Laryngectomy" orally. And "Flexible vs rigid Videostroboscopy in layrngectomy" "Swallowing - Related outcomes following Glossectomy" as posters, at the 3rd European Conference on Head and Neck Oncology Zagreb, 2008.

CARF'S LARYNGECTOMY CLUB

Cancer Aid & Research Foundation is pleased to announce the formation of a Laryngectomy Club. This Club will provide counselling, guidance, information and support to patients who are to undergo a laryngectomy operation. It will facilitate interaction of laryngectomy patients with each other. The Club has a library well stocked with leaflets, posters and videos on larynx cancer. The Club also has a national advice help line on valve related issues. For further information the patients/relatives are free to contact Dr. Rizwana Shaikh on cancer hotline 23005000.

The office bearers of the Club are:

- 1) Dr. Ayesha Ansari (Audiologist and Speech Therapist)
- 2) Dr. Fatima Jagmag (Audiologist and Speech Therapist)
- 3) Dr. Rehan Kazi (Head & Neck Cancer Surgeon)
- 4) Dr. Asra I. Kazi (Counsellor)
- 5) Mr. Ansari Jamil (Laryngectomy patient)
- 6) Mr. Mannan Karimbhai (Laryngectomy patient)
- 7) Dr. Rizwana Shaikh (Asstt. Manager PR - CARF)

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



Late Smt. Rameshwari Devi

WE ARE GRATEFUL

We at CARF thank Dr. (Mrs) Vijay Kaushik most sincerely for donating 560 vials of Doxorubiein Hydrochloride 50 mg in memory of her mother Late Smt. Rameshwari Devi who did a lot of social work for the very poor in Vilege Khera -Khurd, Delhi. The medicine will benefit many poor cancer patients.

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.

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