



CARF

News Bulletin

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IJCC (International Union
against Cancer), Geneva, Switzerland

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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

CANCER WILL BE WORLD'S TOP KILLER BY 2010



Terminator

By 2030, an estimated 26.4 million people will be diagnosed with cancer each year and 17 million people will be killed by it.

It will surpass heart disease, causing more deaths than Aids

Atlanta: Cancer will overtake heart disease as the world's top killer by 2010, part of a trend that should more than double global cancer cases and deaths by 2030, international health experts reported.

Rising tobacco use in developing countries is believed to be a huge reason for the shift, particularly in China and India, where 40 per cent of the world's smokers now live. So is better diagnosing of cancer, along with the downward trend in infectious diseases that used to be the world's leading killers.

Cancer diagnoses around the world have steadily been rising and are expected to hit 12 million this year.

Global cancer deaths are expected to reach 7 million, according to the new report by the World Health Organization.

An annual rise of 1 per cent in cases and deaths is expected with even larger increases in China, Russia and India. That means new cancer cases will likely mushroom to 27 million annually by 2030, with deaths

hitting 17 million. Underlying all this is an expected expansion of the world's population - there will be more people around to get cancer.

The report was released yesterday by WHO's International Agency for Research on Cancer at a news conference American Cancer Society, the Lance Armstrong Foundation, Susan G Komen for the Cure and the National Cancer Institute of Mexico.

The "unprecedented" gathering of organizations is an attempt to draw attention to the global threat of cancer, which isn't recognized as a major, growing health problem in some developing countries, said John Seffrin, the cancer society's Chief Executive Officer.

The most common forms of cancer differ depending on the wealth of a nation. In high-income countries, cancers of the lung, breast, prostate and colon and rectum dominate while a third of cancers are caused by tobacco use and 10 percent by chronic infection.

The organizations are issuing a call to action, asking the US government to help fund cervical cancer vaccinations and to ratify an international tobacco control treaty

DNA, December 11, 2008

YOU CAN MAKE A DIFFERENCE

HELP EASE THE PAIN OF THOSE DIAGNOSED WITH CANCER

REQUESTS Prof. A. A. Kazi, Chairman, CARF

Many of us don't consider the immediate and staggering financial consequences that can result from cancer diagnosis. Yet countless patients in India are suddenly confronted with insurmountable bills at an already difficult and stressful time. Imagine the emotional and financial strain of cancer patients. Your timely monetary donations to CARF will enable us to help cancer patients to focus on the more important challenge of getting well.

Donate generously and give these cancer patients a chance to fight back. Patients who benefit from your help will be more grateful than you'll ever know.

Thoughts Of



Dr. Nagraj G. Huilgol

Chief Radiation Oncologist,
Department of Radiation Oncology,
Dr. Balabhai Nanavati Hospital,
Mumbai.

Healing – A renewal of hope for cancer patients

It was in Ramayana and then Ayurveda that therapeutic benefits of heat as treatment for cancer and some other inflammatory diseases. Egyptian papyrus also have documented a similar use of heat. Hyperthermia as a modern treatment of cancer has however a very short history. It was an astute observation by Coles which started the revival of modern hyperthermia. Some of the patients with sarcomas and uncontrolled high fever showed tumour regression. Now, it is not necessary to either wait for the fever to appear or induce it by inoculating pyrogens as it was tried in the past.

Locoregional hyperthermia can be induced by radiofrequency waves, microwaves and ultrasound. Radiofrequency waves are suitable for deep seated tumour. Tumour rich in water get preferentially heated when RF waves are passed across the body. Cell killing by apoptosis or damaged cell membrane starts in the region of 43^o - 45^o. Heat alone can be effective in 20-30% of the patients. It is even more effective when combined with radiation and chemotherapy.

Facilities for HT are sparse in India. It is available in Nanavati Hospital, Mumbai, and in Chennai. Hyperthermia with other modalities is a new hope for patients with cancer of Head and Neck and the womb.

BENIGN SKIN CANCERS MAY BE 'WARNING SIGN'

People who have had a normally non-fatal form of skin cancer have double the risk of developing other types of cancers, US researchers said. They said the increased risk is especially pronounced in younger people and suggests people who get these less serious forms of skin cancer may be more cancer-prone in general. "It seems like non-melanoma skin cancer, even though it is a non-fatal disease, may be a warning sign for increased risk of other, more serious cancers," said Anthony Alberg, a researcher at the Medical University of South Carolina in Charleston, whose study appears in the Journal of the National Cancer Institute. Non-melanoma skin cancers, which include basal cell carcinoma and squamous cell carcinoma, affect an estimated 1 million people each year in the United States, according to the American Cancer Society. "It is far and away the most common form of cancer," Alberg said. But they are slow-growing and cause no harm if they are removed.

The Times of India, August 28, 2008

BLOOD PROTEINS PREDICT LUNG CANCER

Just three tumour proteins can indicate lung cancer as much as a year before symptoms emerge, US researchers said in a finding that may lead to a blood test for lung cancer within five years. They said an analysis of blood samples taken from smokers found three proteins were present in more than half of the people who later developed lung cancer. "If we can enlarge this panel by adding a few more, we could develop a blood test with sufficient sensitivity for detecting lung cancer much earlier than current screening methods allow", Dr. Samir Hanash of the Fred Hutchinson Cancer Research Center in Seattle said, whose research appears in the Journal of Clinical Oncology.

- The Times of India, 2008

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

BREASTFEEDING CUTS RISK OF BREAST CANCER IN MOTHERS

For years, women have been told that breastfeeding is best for babies because it provides them with immunity in later life. But now it seems, the practice is good for mothers too. Rachel Thompson of the world Cancer Research Fund has said that women who breastfeed for a year in total across their lives are 4.8% less likely to develop breast cancer. "We recommend that women should breastfeed exclusively for six months and then continue with complementary feeding after that," the Daily Express quoted her, as saying. There is evidence that breastfeeding lowers the levels of cancer hormones in the mother's body and helps to expel breast cells with DNA damage. "Reducing your risk by about 5% may not sound like a big difference but the longer you breastfeed, the more you breastfeed, the more you reduce your risk," Thompson was quoted as saying.

The Times of India, September 30, 2008



MAKE YOUR GENES BEHAVE BETTER

Here's how you could do it in three steps in just three months. Does cancer or any other disease run in your family? Then get going with this three-step programme. Research suggests that — in just three months — you could actually change the way your genes behave for the better. If you do the right things. **Step 1:** Eat right.

That means a plant-based diet helps. **Step 2:** Walk on for at least 30 minutes a day. **Step 3:** Decompress. Spend 60 minutes a day destressing your body. And weekly talk therapy may help, too. **The Results for You:** It was found that when men with early-stage prostate cancer did all of these steps as part of a study, the results were great. Gene activity associated with prostate tumor growth decreased, while gene activity involved with disease protection increased. While more research is needed to confirm the results, there's little question that healthy habits like these have other benefits, too — like better weight control, a better cholesterol profile, and healthier blood pressure.

Bombay Times, September 26, 2008

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

SUPPORT GROUPS HELP THOSE WITH CANCER TO COPE WITH TRAUMA

A bookshelf in a cabin at Hinduja Hospital in Mahim, boasts of titles such as "Joy of Cancer", "Celebrations with Cells," "The Secret" and "Fact Sheets on Myeloma". The shelf also has many empty slots suggesting that many books have been borrowed.

Members of Mahek, a support group operating out of the hospital, have borrowed the books to prepare for their next meeting. Apart from reading the same kind of books, its members have another thing in common: they suffer from breast cancer, a disease that can be traumatic for women.

Ask them the importance of a support group and they are likely to say in chorus that it is an important ingredient of their therapy. For the past five years, the 90 member group has been playing an important role in helping each woman overcome the mental problems associated with the disease.

Mahek is not the only one. There are many who have come together due to similar vulnerabilities and concerns for helping others cope with the often-fatal disease. Sneak into the hall of the Borges Memorial Home in Bandra, a temporary residence for cancer patients undergoing treatment at Tata Memorial Hospital in Parel, on a Sunday evening. Chances are that you will meet a group of 15 to 20 people singing hymns. For the past eight years, the singers, all cancer survivors, have been paying monthly visits to the patients at the Borges home.

And then, there are volunteers at Prince Aly Khan Hospital in Mazgaon, who have formed a support group called Cancer Rehabilitation Centre (CRC). As cancer survivors, they say they are best equipped to deal with the emotional problems of patients.

This was not the case 14 years ago when Anita Vesuvala, the founder of CRC, was diagnosed with breast cancer. She recalls, "Fortunately, I came across a breast cancer patient and we became friends. Later we decided to share our experience with other patients and formed the CRC."

Experts see these groups as complementary to medical treatment. Dr. Jayita Deodhar, a psychiatrist at Tata Memorial Hospital, said support groups work on the principle of group therapy.

Support groups provide their members with a platform to ventilate their feelings and support others, says Dr. Savita Goswami, clinical psychologist at Tata Memorial Hospital. Oncologist Asha Kapadia, founder of Mahek, said, "Women suffering from breast cancer have to face many fears. We want to build a platform where the women who have undergone this trauma can help others going through it."

The Times of India, September 24, 2008

THE EMOTIONAL IMPACT OF A CANCER DIAGNOSIS

Diagnosis

Delores, cancer survivor: *"There is a fear that goes through you when you are told you have cancer. It's so hard in the beginning to think about anything but your diagnosis. It's the first thing you think about every morning. I want people diagnosed with cancer to know it does get better. Talking about your cancer helps you deal with all of the new emotions you are feeling. Remember, it's normal to get upset."*

After you are diagnosed with cancer, you may feel shock, disbelief, fear, anxiety, guilt, sadness, grief, depression, and anger. Each person may have some or all of these feelings, and each will handle them in a different way.

Coping with your emotions

"The best prescription is knowledge." - C. Everett Koop, MD, former United States Surgeon General

It's important to work through your feelings about cancer, because how you feel can affect how you look at yourself, how you view life, and what decisions you make about treatment.

These tips can help you make your medical appointments as useful as possible:

- Make a list of questions to ask your health care team.
- Bring a family member or friend along to appointments. They can serve as an extra pair of ears, help you remember things later, and give you support.
- Ask if you can record important conversations.
- Take notes. If someone uses a word you don't know, ask them to spell it and explain it.
- Ask your health care team to explain anything you don't understand.

You will not be able to change many things in your life. Focus on what you can change to gain a greater sense of control over your situation.

Other things you can do to deal with your emotions:

- Ask for support from family, friends, and others. Just having someone who cares and will listen to you can be very helpful. If friends or family members are not able to be supportive, find others who will. Health care professionals (such as social workers,

psychologists, or other licensed health professionals) and support groups can be extra sources of support.

- Get spiritual support through prayer, meditation, or other practices that help you feel more at peace. You may want the guidance of a chaplain, pastor, rabbi, or other religious leader.
- Pay attention to your physical needs for rest, nutrition, and other self-care measures.
- Find ways to express your feelings, such as talking or writing in a journal.
- Allow yourself private time and space.
- Walk or exercise. It is a good idea to talk with your cancer care team about your plans before starting a new exercise program or activity.
- Find out what helped other patients and families cope with cancer, and/or talk with other people diagnosed with the same type of cancer.
- Make changes at home to create a healthier environment, and/or talk with your doctor about making healthy lifestyle choices.

Feeling sad all the time, having trouble sleeping, or thinking about suicide are signs that you need professional help. Other symptoms that may need treatment include feelings of panic, intense anxiety, or constant crying. If you think you might need professional help, talk with your doctor.

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 (Manager PR - CARF)

CANCER AWARENESS CAMPAIGN



CARF held a 'Cancer Awareness Camp' at the MCHI Property Expo-2008, Bandra Kurla Complex. Cancer information leaflets and CARF news bulletins were distributed and a charity sale of Tshirts, caps etc was well appreciated.

GUESTS at CARF



Prof. A. A. Kazi with Dr. Nilesh Rane



Mr. Manik Rao Thakre, (R)
MPCC President, Dadar, Mumbai.



Dr. Mohd. Nadeem, Secretary, (R)
Maharashtra Pradesh Congress Committee



Mr. Amin Patel, Chairman, (Extreme Left)
Maulana Azad Minority Financial
Development Corporation

3RD ANNUAL CARF ORATION



The third annual CARF ORATION was held at Sachivalaya Gymkhana, Mumbai on October 4, 2008. It was well attended by doctors, donors and the press.

Dr. Praful B. Desai's oration on '*Medicine Science and Religion*' was received with rapt attention by the audience. Many thought provoking questions were put forth to Dr. Praful Desai on his above mentioned thesis, which were well answered by him.

ROSE DAY



CARF lives up to its motto of bringing joy and relief to the lives of young patients by celebrating ROSE DAY with 130 children admitted in the J. J. Hospitals pediatric ward, on September 22, 2008.

The entire ward was given a festive look by decorating it with balloons, roses etc. Toys, biscuits and roses were given to all the young patients.

CONGRATULATIONS !



Prof. A. A. Kazi

being presented with the National Integration Award by Maharashtra Lok Kalayankari Seva Sanstha at its "Deepostsav and Jashne Milan 2008" Panel.

CONGRATULATIONS !



Dr. Rehan A. Kazi,

Head & Neck Cancer Surgeon, has recently been conferred the second FRCS degree by the Royal College of London, Glasgow.

CONGRATULATIONS !



Prof. A. A. Kazi,

has been awarded the 'Shree Award' by Business Express Shri Foundation, a charitable institution based in Sangli for his outstanding contribution in the field of social work.



ATTENTION READERS !

To enable us to communicate with you effectively, we request you to kindly send us your email ID and change of address if any, to carf@cancerarfoundation.org

PLEASE DONATE GENEROUSLY AND HELP CARF
save the lives of poor and needy cancer patients

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- ✓ Funding and services for cancer treatment including surgery, Radiotherapy and Chemotherapy.
- ✓ Cancer Research.
- ✓ Cancer Education through CARF News Bulletin, Patients 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
- ✓ Counselling for Cancer patients their families and cancer hotline.
- ✓ Marketing of affordable Anti-Cancer Drugs.



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

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