



# CARF

# News Bulletin

(Official Publication of the Cancer Aid & Research Foundation)

Member :

UICC (International Union  
against Cancer), Geneva, Switzerland

Associate Member :

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

## HEAD AND NECK ONCOSURGERY FELLOWSHIP

**Dr. Shailesh Khode & Dr. Kapila Manikanthan were offered a paid one year Clinical Fellowship at J. J. Group of Hospitals under the auspices of CARF. The subject was head & neck cancer surgery. Here is what they have to say**



Head and neck cancer is one of the commonest causes of death in India. It is an aggressive and devastating disease for the patient as well as his or her family and all involved in the patient's health care. Considering progressive burden of cancer is increasing day by day on basis of humanity, Cancer Aid and Research Foundation took very important and noble steps to diagnose, treat and provide terminal palliative treatment to all cancer patients. Along with this, CARF also started oncology research fellowship. And I have to express my heartfelt thanks to CARF for the same. It is my privilege to be selected as a head and neck oncology research fellow at J.J. Group of Hospital and Grant Medical College, Mumbai. In one year of the fellowship programme, I learned various cancer diagnostic procedures, different cancer surgeries like total laryngectomy, laryngo-pharyngectomy, neck dissection, and reconstructive procedures, etc. I also learned various post laryngectomy rehabilitation like voice rehabilitation.

I cannot find better words to express my heartiest and sincere thanks to **Dr. Rehan A. Kazi** (MS, DNB, DLORCS, DOHNS, PhD, UICC Fellow) for his affectionate guidance, meticulous attention and invaluable co-operation during the fellowship research project, which helped me proceed in the right direction" says Dr. Shailesh Khode. This fellowship is designed for those individuals who are planning a full time academic career with a special interest and emphasis in head and neck surgery. I sincerely request all young dynamic otorhinolaryngologist from India who are interested in head and neck cancer surgery as well as who wants to help cancer patients, to register for CARF oncology research fellowship. It will be a big service to humanity. **Dr. Shailesh R. Khode**

**CARF News Bulletin is being sent to you regularly since the last few years. It is very difficult to meet the cost of this Bulletin unless there is financial support from all of you. Hence we have decided that, those who have not sent donations in the last 4 years will not get the next issue. Please therefore send your donations immediately. - Chief Editor.**

The head and neck oncosurgery fellowship at the Grant Medical College and Sir JJ Group of Hospitals was resumed in 2008 under the auspices of the Cancer Aid and Research Foundation. This has been after a hiatus of nearly 12 years, prior to which it was under a different NGO. We have now completed six months of this fellowship which for us has been an interesting learning experience throughout.

The well equipped library at the Foundation has helped us in furthering our knowledge and in our own presentations and research work. The people at the Foundation are very helpful in assisting us in our work. The database at the Foundation has also been helpful in assisting in our research work. Their prompt funding helps us get on with our research work without delay. The department has been very co-operative in our work at all times. They also have exposed us to a variety of cases and given us surgical exposure of all kinds. During the past six months we have been able to hone our surgical skills in oncological surgeries of different kinds. The numerous patients have helped us in learning better management of their various problems. The presence of postgraduate students keeps us constantly in touch with our knowledge and provides us with the opportunity to teach and be taught. Dr. Rehan Kazi, constantly keeps us on our toes by providing work to be done by deadlines. The work keeps us up-to-date with the latest to be learnt in the management of the patients. The Foundation also helps us to provide the patient with any help he/she may require in the form of treatment or rehabilitation, thus helping us in giving a comprehensive treatment to the patient. We can be sure that at the end of this fellowship we will come out as better head and neck cancer surgeons, who can comprehensively manage the cancer patient. The fellowship has nurtured the seeds of interest in head and neck surgery which we had. We hope that our work and our future work will be effective in reducing the difficulties that these patients have to go through. **Dr. Kapila Manikanthan**



## Thoughts Of



### Dr. Snigdha S. Robin

Assoc. Professor of  
Radiation Oncology  
Mumbai.

Life is a journey, with many junctions. Is then the diagnosis of cancer one of them and should it be the terminal one? 8th of March is the international day for women, so I would like to take you dear readers on such a journey by a very brave woman.

Husna "The Beautiful One" is one such person who has bravely journeyed through many hard ships to emerge as a woman of rare courage.

This young lady hails from a middle class muslim family who at a very young age had faced the trauma of having her beautiful face scarred. She was married off at a tender age to an elderly man.

She had just begun to face the complexity of being a wife and a young mother, she suddenly developed left Hemiparesis for which she was admitted at Sion Hospital. There she underwent treatment following which she was transferred to Nair Hospital. In due course she was diagnosed with Choriocarcinoma (High risk).

I saw her then, the emaciated, pale, forlorn woman with a burning desire to fight against the odds in her eyes. Despite of her poor general condition and bad prognosis she was started on appropriate cancer treatment. She struggled through her chemotherapy; never giving up. It is as though she challenged life itself, seven months later she showed incredible response. It is perhaps her strong will power and belief in herself; that helped her to survive despite of all odds.

She is still journeying on, without terminating her journey with Cancer. I wish her all the very best and dedicate this special day "INTERNATIONAL WOMAN'S DAY" to this dear patient of mine.

8th March, 2009  
Woman's day special



### Bottled vitamins don't beat cancer

A latest study dashes hopes for cancer prevention from vitamin supplements. The research bolstered findings from recent studies that have also found vitamins from a pill, as opposed to a healthy diet, don't protect against cancer. Women who took vitamin C and E and beta carotene had the same risk of cancer diagnosis and death as did women who didn't take the supplements. Also, supplements of vitamin E and selenium did not reduce rates of prostate cancer. Other studies have found little or no cancer benefit from vitamin supplements.

DNA, Jan. 04, 2009



### Measles virus a boon for cancer?

Certain measles virus vaccine strain derivatives can effectively infect and kill prostate cancer cells. The median survival time of mice treated with a virus derivative MV-CEA in the study almost doubled compared to the controls, and complete tumour regression was observed in a fifth of the treated animals, found Evanthia Galanis of Mayo Clinic, Washington DC.

Times of India, Jan 23, 2009



### Stress quickens progress of skin cancers : study

Stress can amplify the progression of malignant melanoma, a particularly aggressive form of skin cancer, a study says. Not only do different forms of cancer react differently to stress hormones, but these reactions can vary within a specific form of the disease, with the possibility of a more aggressive form of the disease reacting more strongly to the stressors. The study is the third by Ohio State University over the last two years that looked for links between stress hormones and cancers.

Times of India, Feb. 1, 2009



### Kids of smoking moms prone to cancer

Children of the mothers who smoke during their pregnancy are most likely to have cancer in their childhood, a new research found. Australia's New South Wales Cancer institute found that babies born to smoking mothers were upto five times more likely to get cancer. Those babies are also more likely to be born prematurely, to have a lower birth weight and to be admitted to a neonatal intensive care unit.

Times of India, Jan. 13, 2009



### Broccoli, Cabbage help fight cancer

A new study has shown that eating cruciferous vegetables, such as broccoli, cauliflower, and cabbage, helps prevent breast cancer. Experts at the UC Santa Barbara laboratories have shown how the healing power of these vegetables works at the cellular level. "These vegetables contain compounds called isothiocyanates which are responsible for the cancer-preventive and anti-carcinogenic activities in these vegetables. Broccoli and broccoli sprouts have the highest amount of the isothiocyanates." Olga Azarenko, first author of the study said. **Times of India, Dec. 25, 2008**



### Wine Raises Cancer Risk

London: A large glass of wine a day increases the risk of liver and bowel cancer by a fifth, experts have warned. What's more, the same goes for a pint of beer or a couple of spirits such as vodka or gin. Rachel Thompson, science programme manager for World Cancer Research Fund (WCRF), warned that just two units of alcohol a day increases the risk of bowel cancer by 18% and the risk of liver cancer by 20%.

The warning appears to conflict with other studies which suggest moderate alcohol intake can help combat heart disease. "If you are drinking a pint of lager or a large glass of wine every day then this might not seem like a lot, but the science shows you are increasing your risk of bowel cancer by 18% and your risk of liver cancer by 20%," she said.

She added: "When you consider how many cases of these types of cancer are diagnosed in the UK every year, it is clear that drinking even relatively small amounts of alcohol can make a significant difference."

More than 3,000 people in the UK are diagnosed with liver cancer each year and a similar number die. The WCRF said there was convincing evidence that drinking alcohol also increased the risk of breast cancer and cancers of the mouth, pharynx, larynx and oesophagus. ANI

**Times of India, Dec 29, 2008**



### Fruits, Veggies slash breast cancer risk

Certain breast cancer survivors who load up on fruits and vegetables, eating far more than current US guidelines, can slash their risk the tumors will come back by nearly a third, according to a US study. The finding only held for women who did not have hot flashes after their cancer therapy — a finding that suggests fruits and vegetables act on estrogen. "Women with early stage breast cancer who have hot flashes have better survival and lower recurrence rates than women who don't," said Ellen Gold of the University of California Davis, who helped lead the study.

**Times of India, Dec. 17, 2008**



### Caffeine not linked to breast cancer

A study of nearly 40,000 women has found no overall link between caffeine and breast cancer, though some women who have benign breast lumps might be at a higher risk, researcher said on Monday. A few earlier studies had suggested caffeine could play a role in breast cancer among those who consume what is probably the world's most widely used drug. Dr Ken Ishitani of Boston's Brigham and Women's Hospital and Tokyo Women's Medical University and colleagues said. But their look at 38,432 American women who were studied over several years starting in 1992 found "no overall association between caffeine consumption and breast cancer risk," they said in a report.

**The Times of India, Oct. 15, 2008**



### Chinese salad can combat Cancer

A Chinese herb — more than 2,000-year-old — eaten as salad in many countries has been given a new twist to develop a compound to combat cancer. According to researchers at the University of Washington, the new compound is more than 1,200 times more specific in killing certain kinds of cancer cells than currently available drugs, and paves the way for more effective chemotherapy drug with minimal side effects. The compound is based on the common anti-malarial drug artemisinin, which is derived from the sweet wormwood plant (*Artemisia annua* L).

**Times of India, Oct. 16, 2008**



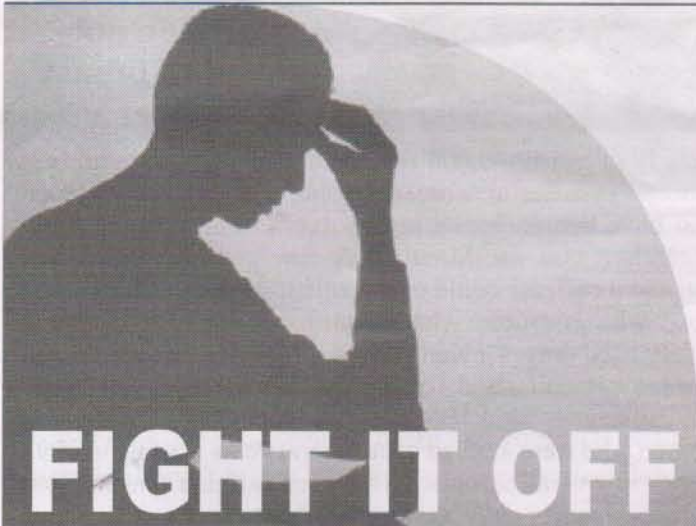
### It's Official : CHIPS help beat cancer

It has long been shunned as a junk food, but now, a new study has claimed that the humble chip can actually battle cancer.

Chips are rich in vitamin C, which experts consider could fight the deadly disease. It is thought the vitamin tackles dangerous free radicals, which are associated with cancer growth.

By eating a portion of chips — which contains five times more vitamin C than a bunch of grapes — people may keep cancer at bay. And those already suffering with the disease could even shrink the size of their tumours with a vitamin C rich, deep-fried potato diet, the researchers said.

Nutritionist Fiona Hunter said, "Chips give vitamin C, which is an important nutrient believed to help protect against certain types of cancer. People who eat food rich in vitamin C are less likely to suffer from cancer of the oesophagus, cancer of the stomach and breast cancer. Free radicals are unstable molecules which can cause damage within the body and are linked to several different types of cancer. Chips contribute vitamin C, which is a powerful antioxidant that neutralises the free radicals and stops them from damaging us." -ANI. **Mumbai Mirror, Feb. 02, 2009**



## FIGHT IT OFF

*A cancer diagnosis can have a devastating effect on both the affected and the family.*

*But the right approach can soften the blow.*

That you are suffering from a disease like cancer is a bitter pill to swallow. However, once you come to terms with the facts, you must move ahead. For it is how you cope at this stage — after the diagnosis and before the treatment begins — that will ultimately determine your success in battling the disease.

### WHAT PATIENTS GO THROUGH

Often, a cycle of emotions occurs in a patient and his/ her family, once they receive the diagnosis. Generally, these are:

#### DENIAL, NUMBNESS AND SHOCK

How could this happen to me' is a common question that arises in their mind. Often these feelings protect the individual from the immediate intensity of loss.

#### ANGER

Arises when a patient feels helpless and powerless.

#### BARGAINING

Some patients ruminate about how the loss could have been prevented; they become so pre-occupied with the ifs and buts, they lose track of the current situation.

#### DEPRESSION

Those affected feel a sense of loneliness, emptiness, anxiety and self-pity. Psychologically it can impact the efficacy of treatment in later stages.

#### ACCEPTANCE

Finally, (especially if he/she has a fatalistic approach towards life), the person comes to terms with the situation.

While each of the above emotions is understandable, it shouldn't delay you from taking the next course of action. Here's what experts suggest a patient and his family should do, once they receive the diagnosis.

#### GET INFORMED

Know the details. Find out the type of cancer, its size, location and how far it has spread, whether it's a slow-growing or an aggressive one. And then understand the treatment. Unlike other diseases, there is no one specific

treatment for cancer. Also, treatment options are evolving and not all cancers require surgery. Some respond better to radiation, others to chemotherapy or hormonal treatments. Some require a single type of therapy, others a combination. So discuss the treatment protocol with your doctor. Bring someone with you, if need be.

#### ASK QUESTIONS

Don't feel shy to have an open and detailed discussion with your doctor about treatment options, chances of survival, costs involved, side-effects of therapy etc. Remember that no question is too silly or too embarrassing. Often the diagnosis of cancer can leave you with a numb feeling. So write down your queries to enable you to focus. It's been observed in our country that women cancer patients often hesitate to get involved, depending entirely on their husband/ family. On the contrary, they should take charge of their lives and their tumour.

#### A SECOND OPINION

While it's not advisable to delay treatment, you can seek a second opinion before approaching an oncologist. Since treatment requires the expertise of many specialists, it's better to understand the prognosis fully so as to contact the right doctor. But don't waste time going to six or seven different centres to see multiple doctors who may tell you the same thing.

#### CHOOSE THE RIGHT DOCTOR/INSTITUTE

Look for a centre where doctors are not only clinically competent, but can listen, explain and understand. Make the relationship with your doctor a working, proactive and participatory one.

#### SUPPORT GROUPS

Different specialists will be involved at varied stages of treatment; it's only the counsellor who can be constant throughout. There are many support groups for cancer patients, many associated with the hospitals themselves. Apart from emotional assistance, counsellors help you get the requisite information about doctors, treatment options, finance, etc when probably your mind is too fuzzy to think straight. They also help you get in touch with people who have gone through similar situations.

#### SORT OUT FINANCES

Often, this is one of the foremost thoughts in a patient/ relative's mind. Understand the costs involved in the treatment well. Some hospitals and centres offer schemes to help ease the burden. Currently there is a lot of effort going on to make cancer drugs more affordable and accessible.

Mumbai Mirror, Jan. 31, 2009

#### FOOD FOR THOUGHT

The following reading material will encourage positive thoughts.

The Joy of Cancer By Anoop Kumar

Thank you Cancer by Megha Bajaj

Celebrations of the cells by Russi Lala

# A NEW ERA IN PREVENTING CERVICAL CANCER

Every year, 74000 women in India die due to Cervical Cancer alone. Cervical Cancer ranks No. 1 amongst cancers in women, followed by breast cancer in our country. Prevention is now available for all ages.

## What is Cervical Cancer ?

Cervical cancer is the cancer of the Cervix. The cervix is located at the entrance of the uterus.

## Is this cancer hereditary ?

Cervical cancer is not hereditary. Cervical Cancer is caused by a virus - the Human Papillomavirus (HPV), which infects the cervix. The human papillomavirus is extremely common and is easily transmitted from skin-to-skin contact in the genital area. The virus can be acquired even by nonpenetrative intercourse

## When does this cancer affect ?

Cervical Cancer affects women at the prime of their lives; when they play a central role in their families. Although, Cervical Cancer affects older women, younger women are at the highest risk of acquiring an HPV infection that might lead to Cervical Cancer later in their lives.

## Facts about Cervical Cancer ?

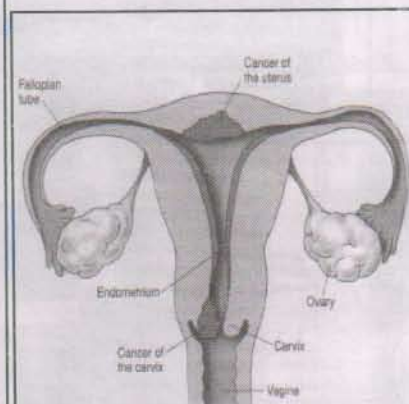
In India, Cervical Cancer ranks No. 1 amongst cancers in women, followed by breast cancer. 1 out of 4 women, who die due to Cervical Cancer in the world, is an Indian.

Every year in India, 132,000 women are diagnosed with Cervical Cancer and more than 74,000 women die due to this disease.

Cervical Cancer generally shows no symptoms until it has reached an advanced stage.

Every woman is at risk of Cervical Cancer, throughout her life. The risk begins in adolescence and continues into adulthood.

## IN FOCUS



- Cervical Cancer is the cancer of the cervix
- Every woman is at risk of Cervical Cancer, throughout her life
- The risk begins in adolescence and continues into adulthood
- The recent availability of vaccines have made control of Cervical Cancer a foreseeable reality.
- Vaccination, along with regular screening, offers the best possible protection against Cervical Cancer.



## What is the solution ?

Prevention combined with screening is the solution. Vaccination may protect against more than 75 percent of Cervical Cancer cases.

## What is screening ?

For optimal prevention, vaccination should be coupled with screening. Where they exist, screening programmes can identify abnormal and precancerous cells on the cervix which can be removed with surgical intervention.

While screening plays a vital role in detecting abnormal cells, it can only detect an HPV infection after it has happened; it cannot prevent the infection from happening in the first place.

## What is the good news ?

The recent availability of vaccines have made control of Cervical Cancer a foreseeable reality. Vaccination works by making the body produce antibodies against the virus. These antibodies protect the body from an HPV infection, by fighting the virus when it attacks the cervix.

By protecting the cervix from HPV infection, vaccination offers protection against Cervical Cancer. Every woman is at risk of Cervical Cancer. Vaccination, along with regular screening, offers the best possible protection against Cervical Cancer.

For more information contact your doctor today.

Times of India, Mar. 08, 2009



### Fund raising get-together

Carf organized a "Fund raising get-together" at Hotel Heritage, Mumbai on February 28, 2009 to discuss the forthcoming Foundation Day celebration to be held on June 20, 2009. The programme was attended by well respected dignitaries, well wishers and donors. State Minister of Food & Drugs Mr. Arif Naseem Khan was felicitated by Prof. A. A. Kazi during the occasion.



### 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) Dr. Rizwana Shaikh (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

### WORLD CANCER DAY



On the occasion of the World Cancer Day the CARF team literally took to the streets to spread cancer awareness by way of distributing cancer information leaflets.

**OUR DEAR GUESTS at CARF**



**Priya Dutt** Loksabha MP, Indian National Congress



**Dr. Amar Gajjar MD Oncology, St. Jude Children's Research Hospital, Memphis Tennessee, USA.**



**Dr. Snigdha Robin** Assoc. Professor of Radiation Oncology, Nair Hospital, Mumbai.



**Mr. C. G. Joshi (C)** Padmashri, Executive Director of Bombay Hospital (retd.), Mumbai.

**CANCER CAMPS HELD BY CARF**



Mayor of Bhiwandi Nijampur Corporation Shri. Javed Dalvi (Second from Left) visited the CARF stall at Bhiwandi with Mr. Firoz Khan, (Extreme Left) who is CARF'S Thane District representative



CARF also organized cancer camps at Meenatai Thakre Hall, Jogeshwari and All India Khilafat House. These camps were much appreciated by the people attending it.

# CARF PHARMA

(A division of CANCER AID & RESEARCH FOUNDATION, Mumbai)



## PHARMACEUTICAL DIVISION

Contact : S. Santosh : 98927 76535



### 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](mailto:carf@cancerarfoundation.org)

## HEAD & NECK CANCER FELLOWSHIP

Applications are invited for a paid 1 year Clinical Fellowship Starting August 2009, in Head & Neck Cancer Surgery at the renowned J. J. Group of Hospital & Grant Medical College, Mumbai.

### Minimum Qualifications

Post Graduate Degree in ENT. Those interested, please send a covering letter & your CV with an application fee in the form of a Demand Draft of Rs. 2000/- payable in the name of "Cancer Aid & Research Foundation", Mumbai at the following

Contact Person :  
**Mrs. Nishigandha**

**Tel : 2300 5000**

**Last Date : 24th June 2009**

For address refer box below.

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

## CANCER AID & RESEARCH FOUNDATION

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- Donations exempted under 80G of the Income-Tax Act, 1961
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- Website: [www.cancerarfoundation.org](http://www.cancerarfoundation.org)
  - ✓ 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 & Distributing of affordable Anti-Cancer Drugs.



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  
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N.M. Joshi Marg, Byculla(W), Mumbai - 400 011. Tel. No :091-22-2300 5000 / 2305 3602 TeleFax: 2300 8000

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

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