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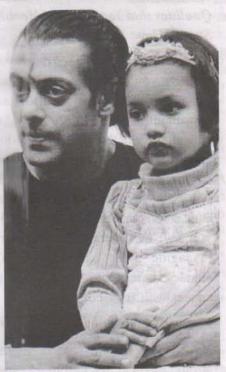
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# EOW probes donation scam at Tata Memorial Hospital

Following the Mumbai Mirror report on the chief accountant of Tata Memorial Hospital embezzling funds received by the institute as donations, the Economic Offences Wing (EOW) of the Mumbai Police has initiated a highlevel probe into the matter. On September 21, Mirror published an article titled 'Sallu's missing donation exposes multi-crore scam'. Salman Khan had visited the hospital on September 15 and enquired about a Rs 5-lakh donation he had sent across for a seven year-old cancer patient, Sahara Shah. The actor was surprised to learn that the money had never reached her. When he enquired with the management, the story began to unravel. Just weeks before Salman's visit, hospital authorities had launched an internal probe and claimed they found that Chief Accountant A J Mangaonkar had been pocketing donations showing the amount had been spent on the treatment of dead or discharged patients. On September 3, he had been suspended. Last week, a team led by Additional Commissioner of Police (EOW) Sanjay Saxena visited the hospital to collect the information gathered by the internal probe committee. They met Hospital Director Rajendra Badwe, informing him that they wished to investigate the matter. Hospital staff agreed to share all details with the police and to co-operate with them in the investigation. Confirming this, Saxena said, "Yes, we are investigating the matter. The enquiry is still in the initial stage." However, hospital CEO P Ambumani said there was no development in the Mangaonkar case, and refused to comment on the - Mumbai Mirror, Oct. 8, 09 EOW's investigation.



## NOT THE FIRST SCAM AT TATA HOSPITAL

This is the second blot on the reputation of the esteemed hospital. On May 15 this year, the CBI had unearthed a multi-crore scam involving smuggling out of anti-cancer medicines from the hospital dispensary. The CBI found that medicines meant for patients at the hospital, were being illegally sold in the open market. The accused had falsified records to show that the medicines had actually been given to patients. The chemists would be sold these expensive medicines at discounted rates and a part of the profit passed on to the other accused. - Mumbai Mirror, Sept. 21, 09

# Anti-cancer drugs likely to cost 50% less

This news should infuse some life into ailing cancer patients. The government is working to bring down the cost of 23 crucial anticancer medicines through the drug price control order. The 23 are the main life - saving drugs against cancer and each costs Rs. 50,000 to Rs. 2 lakh for a month's dose. After the order, the cost of most of these medicines will come down by 50%.

"The National Pharmaceutical pricing Authority has been told to reduce the price of 23 anti-cancer drugs on the list of essential medicines. The draft National Pharmaceutical policy 2006 proposes that the government exempt anticancer drugs from all central taxes, excise duty and import duty and pass on the benefit to consumers," Union minister of state for chemicals and fertilisers Srikant Jena said. Customs and excise duties together contribute 26% of the final price of drugs, besides rebates from state governments and manufacturers. Almost all anti-cancer drugs are in the national list of essential medicines, which means the government has to ensure their availability in the market and affordable price banding. "The move will help many cancer patients whose survival depends on these crucial medicines. On an average, a cancer patient has to shell out Rs. 2 lakh on these medicines. While there are generic low-end molecule drugs available, they cost about Rs. 50,000 for a month's dose. High -end molecule drugs like Abraxane, Taxol, Taxorate and Ixempra are nongeneratic and cost a lot even in the government system," said Dr. DC Doval, chief of medical oncology at the Rajeev Gandhi Cancer Institute and Research Center, Delhi. "Each dosage of 100mg Palitaxin costs Rs 6,000-7000 per day. In some cases, the dose is as high as 300mg per day. Paclitaxin is often given with Carboplatin, which costs Rs. 3,000-4,000. so a patient has to pay roughly Rs. 10,000 per day for basic cancer drugs." Said a doctor from the Dharmshila cancer hospital. The government estimates 25 lakh persons suffer from cancer in the country. Every year, about seven lakh people are detected with cancer and most are unable to afford the medicines.

- DNA, December 4, 09

### **HEALTHY CUTS**

Prices of the following medicines are likely to reduce soon: Gleevac for blood cancer. Abr axane, Taxol, Taxotere, Ixempra, Herceptin, Mabthera, Lapatinid for breast cancer Nexavar for liver cancer | Sutent for renal cell cancer | Erbitese for liver, colon cancer

## **CARF News Bulletin**

# Thoughts Of



Dr. Raj Tendulkar Senate Member - Maharashtra State Board Member - Sir J. J. Group of Hospitals, Mumbai, India

## Qualities that Your Cancer Health Care Consultant Should Have

If you have recently been diagnosed with cancer and feel like you are grasping at straws for answers then you may want to consider hiring a cancer health care consultant to help you. A quality cancer health care consultant will be able to coordinate your medical care, surgeries, pre-operation and post-operation care, emotional and spiritual support, as well as provide you with all the information you want about your cancer and the various treatments that are available. If you feel that having a professional help you with managing your cancer, then there are certain characteristics that you will want to look for in your cancer health care consultant.

## Medical Knowledge

Your cancer health care consultant should have a strong medical background, especially relating to oncology and cancer diagnosis and treatment options. They should also be able to explain your condition and the various treatment options to you in a manner that you are able to easily understand, and they should be willing and able to provide you with supplemental literature and referrals to other professionals that will help you understand your condition. They should also provide you with information about what you should expect during and after treatments, and what warning signs you should look for. Infection control is another area that your consultant should address, especially if you select to use chemotherapy or major surgery as a treatment option.

In addition to having excellent knowledge of various cancers and their diagnosis and treatment, they should also have connections with various other professionals in the oncology field and rehabilitative services that they can refer you to. For example, if you have been diagnosed with breast cancer you may need to be referred to psychologists and prosthetic professionals to help you deal with the emotional and physical effects of breast cancer treatment.



FDA seizes 7.5 tonnes of cancerous bananas

Alert neighbours complain that fruit supplier who set up godown in their building was artificially ripening bananas; FDA suspects he used banned carcinogenic substance

The Food and Drug Administration on Thursday seized 7.5 tonnes of bananas from a storage facility at Andheri, following a tip-off that a prohibited substance—which could cause diarrhoea, vomitting and in extreme cases even cancer—may have been used to ripen the fruit.

Shravankumar Chauhan first irked residents of Ashish Bhavan, a building close to Andheri east station, when he constructed a godown in the premises. However, they soon got suspicious of the goings-on there after trucks filled with bananas would roll into the society, and the fruit would be placed inside the godown along with a white powder. "A few residents came to us complaining against Chauhan. From what they had seen, they suspected that he was ripening the stored fruit using banned and harmful chemicals. We conveyed their complaint to the FDA and some of our volunteers even went along with the officials for the raid," said Prasad Ayre from the Shiv Sena Consumer Protection Cell.

FDA officials who conducted the raid said heaps of the fruit were stored in a poorly-ventilated room along with a chemical powder, which they suspect is calcium carbide. The substance can ripen fruit within hours, but is a known carcinogen. Its use in ripening fruit is banned by the Prevention of Food Adulteration Act 1954 Rule 44 (AA), as consumption of such fruits is highly injurious to health. Samples of the fruit have now been sent for chemical analysis, the results for which are expected to be in shortly given the short shelf life of the fruit. R C Runwal, assistant commissioner, FDA, said that once investigations confirm it was indeed ripened using calcium carbide, the whole seizure will be destroyed by the BMC's Health Department. "We will also initiate police action against Chauhan," added Runwal. Ayre said, "We will also take up the matter with BMC's K/East ward to find out how the person was running a storage facility in a residential building."

#### WHAT IS CALCIUM CARBIDE

When exposed to fruit, the white powdery substance produces acetylene gas. This gas quickens the ripening process. Since there are traces of arsenic and other toxics in calcium carbide, it leads to various health complications when consumed.

"Banana suppliers use calcium carbide to ripen the fruit, because within 12 to 15 hours of exposure, the consistency and appearance of the fruit changes from hard and green to yellow and ripe," said FDA food inspector Vandana Rupnawar.

-Mumbai Mirror, November 6, 2009

## CADE News Bulletin

# Cancer likely to kill those depressed



People with cancer who are depressed are more likely to die than are patients with good mental health, psychologists reported Monday in the science journal Cancer. The study reported that death rates from cancer "were up to 25 per cent higher in patients experiencing depressive symptoms and up to 39 per cent higher in patients diagnosed with major or minor depression", lead researcher Jillian Satin. University of British Columbia here said . -DNA, September 15, 2009

## Common pesticides linked to childhood leukemia



Patients with childhood leukemia have elevated levels of household pesticides in their urine, according to a study by the Georgetown University Lombardi Comprehensive Cancer Center. "We compared urine samples from kids with acute lymphoblastic leukemia and their mothers with healthy kids and their moms", said researcher Offie Soldin. "We found high levels of pesticides more in the mother-child pairs affected by cancer", said Soldin.

-The Times of India, July, 31, 2009

## New Method to detect cancer

Johns Hopkins engineers have come up with a new computational method that can help scientists to sift through hundreds of genetic mutations to highlight the DNA changes that are most likely to promote cancer. The computational method is called CHASM, short for Cancer-specific High throughput Annotation of Somatic Mutations. According to its inventors, the purpose behind making it is to provide critical help to researchers. -DNA, September 3, 2009

## HEPATITIS B cuts liver cancer

There has been a dramatic drop in liver cancer cases among Taiwanese children following the use of hepatitis B vaccine at birth, according to a new study. In the new study, researchers analysed the data from almost 2,000 patients with hepatocellular carcinoma who were aged 6-29 years over a period of 20 years. Age-and sex-specific incidence were compared among vaccinated and unvaccinated birth cohorts with regression models. -DNA, September 18, 2009

# Heat helps in cancer therapy

Cancer patients whose tumours are targeted with heat treatment as well as chemotherapy are more likely to stay alive and cancer - free for longer than those who receive only chemotherapy, researchers said on Wednesday. The finding suggests it may be possible to cut the dose of chemotherapy drugs by using heat, although more research is needed to establish this. -DNA September 24, 2009

# Powerful Cancer drug found

New York: A new study conducted on mice has uncovered a chemical compound that effectively targets cancer stem cells - the key cells that spread malignant tumours and are resistant to treatment.

In a study published in Thursday's edition of the journal Cell, a group of medical researchers said they had discovered a compound called salinomycin that directly targeted cancer stem cells.

"Evidence is accumulating rapidly that cancer stem cells are responsible for the aggressive powers of many tumours," said Robert Weinberg, a member of the Whitehead Institute for Biomedical Research, and one of the study's authors. Cancer stem cells are rare but aggressive parts of tumours and their ability to seed new tumours while proving largely resistant to chemotherapy and radiotherapy makes them a key component in treating

"Many therapies kill the bulk of a tumour only to see it grow," said Eric Lander, director of the Broad Institute of the Massachusetts Institute of Technology and Harvard University, another author of the Cell paper. Attempts to study cancer stem cells have been stymied by difficulties in locating the rare cells within tumours, and the tendency of the cells to lose their key properties when grown outside of the body. The study group found a novel way to manipulate cultured breast cancer cells into cancer stem cells that retained the tendency to seed tumours and resist anti-cancer treatments. -DNA, August 15, 2008

## CARF News Bulletin



A candle-lit dinner with your date may actually be harmful for the environment, and lead to cancer, suggests a new study.

The research claims that burning candles made from paraffin wax could mean ex-posing yourself to indoor air pollution, including the known human carcinogens.

Levels of chemicals released by candles include harmful substances such as toluene and benzene, which are known to cause cancer. The study suggests that levels can build up in closed rooms, but can be reduced through proper ventilation. Amid Hamidi, PhD, who was part of the study, said: "An occasional paraffin candle and its emissions will not likely affect you. But lighting many paraffin candles every day for years or lighting them frequently in an un-ventilated bathroom around a tub, for example, many cause problems." He added that in fact people having an indoor allergy or respiratory irritation could be reacting to air pollutants from burning candles.

However, experts Hamidi and R Massoudi, say that candles made from bee's wax or soy, though expensive, can be a safe option. Bees' wax apparently, does not release potentially harmful amounts of indoor air pollutants and retains all of the warmth, ambience and fragrance of paraffin candles, which are made from petroleum.

-DNA, August 21, 2009

# Popcorn good for your health

Dismissed as a snack, popcorn and other whole grain cereals, including popular breakfast cereals, contain "surprisingly large" amounts of polyphenol, a type of antioxidant linked to lower risk of heart disease, cancer and other diseases. Polyphenols remove free radicals (chemicals that can damage cells and tissue) from the body. They are present in fruits, vegetables and other foods like chocolate, wine, coffee and tea. Vinson and his colleagues found that whole grain foods have similar levels of antioxidants per gram as fruits and vegetables, said Joe Vinson of the University of Scranton in Pennsylvania, the study's lead author.

-The Times of India, Aug, 21, 2009



Standing on the terrace of her Ghatkopar residence, Swati Pawar points to a nearby building: "This is where Prashant would stand and look at me, back in 1996 when I was in Std X and he was completing his graduation."

In the 13 years Swati and Prashant have been together, they have set up a home after getting married in 2004 and raised two children. The Pawars have also withstood together, Swati's battle with bone cancer.

It all started in 2000, when 19-year-old Swati started getting acute pain in her left leg. "I underwent a CT scan at Nair Hospital. The test was inconclusive, so I was sent to Hinduja Hospital, where doctors told me I had bone cancer," recalls Swati.

The next four years saw Swati lose all her hair and become a frail reflection of her former self. "I underwent five sessions of chemotherapy, two surgeries and physiotherapy. I also lost my parents during this time; they were both heart patients," she said, adding that it was Prashant's support that saw her through the dark times. Prashant, however, credits his wife's recovery to her zest for life, will power and courage. The couple's efforts have borne fruit: Swati's has fully recovered and regained full movement in her leg.

- The Times of India, Sept. 22, 2009

# 5 ways to help prevent cancer

- Combine a healthy diet with 30 minutes of activity daily

   a good brisk walk will do the trick.
- Aim for a body mass index (BMI) of 20 to 25. To work out your BMI, drive your weight (in kilos) by your height (in meters) squared.

## PREVENTION

- Avoid energy dense, processed foods that are high in fat, salt and sugar.
- Eat at least five servings of fruit and vegetables a day in a variety of different colours.
- Limit your alcohol intake. Men should stick to two glasses a day, while for women it's just the one.

- Afternoon, 23 November 2009



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



# Patient's own stem cells used to cure cancer

# In A Medical First, Docs Save Recipient of Kidney Transplant

For 15 years, Rakesh Singh (name changed) went about his high-pressure job as a senior engineer in a central government firm with a transplanted kidney. Daily, he would pop immuno-suppressant pills to prevent his body from rejecting the donated organ. Then, about 18 months ago, he was struck by an "explosive" form of cancer called multiple myeloma—big boils erupted across and within his body, impairing his ability to sign and speak.

Singh's disease put doctors at Jaslok Hospital in a bind about what line of treatment to follow: reducing the immunosuppressants to let his body fight the cancer cells could have led to a possible rejection of the kidney. It was then decided to give him a second transplant—of the bone marrow this time—with his own stem cells. Today, Singh is cancer-free and a medical marvel of sorts.

It has been a month since the 49-year-old underwent a PET (positron emission tomography) scan that categorically showed that he had no more cancer cells in his body. He has been breathing easy since then, but the doctors who treated him over 18 months have got a tad busier: they have a big announcement to make to the world.

Papers are being written, archives are being rechecked and old-timers being consulted before the doctors submit their claim to Nephrology Dialysis Transplant, a European journal. "Singh is the first kidney transplant patient in the world to undergo a stem cell transplant to beat multiple myeloma after ablative chemotherapy," say nephrologist Dr Madan Bahadur, hematologist Dr Sameer Shah and oncologist Dr Ganpati Bhat.

KEM's head of nephrology department, Dr V Hase, says, "First, it is rare for a kidney transplant patient to develop multiple myeloma. Secondly, no transplant patient in India has undergone a stem cell transplant as a rescue mission against cancer."Renal failure is a known complication of multiple myeloma. "So, in the western world, multiple myeloma patients would undergo stem cell transplant first and a renal transplant later," he says. "But here, the opposite has happened."

Patient's positive attitude made the difference: Doc For Rakesh Singh (name changed), who underwent an unprecedented Rs 19-lakh rescue operation, "life in the last 18 months has been a struggle for survival". He smiles as he recalls the difficulty he had in signing papers ("An important part of my job is certifying papers") and how he would call his entire department to the hospital room for a briefing every day.

When diagnosed with kidney failure in 1993, Singh never felt it was a big issue. "Life was normal after my transplant until a painful swelling suddenly appeared within my mouth," he says. Dr Bahadur adds, "It was an aggressive and explosive cancer. Within 45 days, the growths had multiplied across his body and within. The swelling in his mouth paralysed a part of his face and hampered his speech while the one on the back of his neck paralysed his right hand."

# SECOND



## THE DISEASE

Multiple myeloma:

Big cancerous boils erupt within the body, affecting the patient's speech and hand movements

### THE BACKGROUND

The 49-year-old engineer had a kidney transplant some 15 years ago

#### DOCTORS' DILEMMA

Reducing the immunosuppressants to let the patient's body fight the cancer cells could have led to a possible rejection of the kidney

## THE CURE

Stem cell transplant using the patient's own cells. This is an extremely rare case with 100% success

Although Singh initially went to Tata Memorial Hospital in Parel, he was directed to Jaslok Hospital because of his transplanted kidney complication. After his doctors there decided on a stem cell transplant for him, they put him on a course of six cycles of Bortezumib (a special drug for multiple myeloma) over six months. Then began the drill for a stem cell transplant. "Nine of my teeth with cavities were removed as part of the preparation to reduce the risk of infection," remembers the patient. Stem cells were first retrieved from his body and frozen in a laboratory. He was then given treatment/medicines to kill the existing bone marrow that was producing the cancerous cells. Then, on December 27, 2008, doctors transplanted his own stem cells into the marrow. "It was difficult, but within five days the doctors were happy with the parameters and told me that my second transplant too was a success," Singh says. According to Dr Bahadur, "Singh's positive attitude made all the difference. Even after the stem cell transplant, he suffered from deep vein thrombosis (blood clot in the veins) that needed hospitalisation, but he was cheerful throughout." The hint of pain, however, comes through in Singh's words. "No one should ever go through such an -The Times of India, July 27, 2009 experience," he says.



# 4th annual CARF oration





Cancer Aid & Research Foundation held its 4<sup>th</sup> annual oration on Dec. 5, 2009 at Yashwantrao Chavan Pratishthan, Mumbai. The honorable speaker Dr. Purvish Parikh, Oncologist & Hematologist held the audience's attention with his presentation on the topic "
The Real Story of Cancer in India What Others Don't Tells You". Dr. Parikh highlighted the fact that cancer is a lifestyle disease and is completely curable. Patients who receive the right dose at the right time are able to live life like normal human-beings. During the question and answer session Dr. Parikh clarified many doubts and misconceptions of those present.

## CARF'S HEAD & NECK RESEARCH FELLOWS 2009-2010

## Dr. Anubha Garg

"I have done my MBBS & MS (ENT) from Dayananad Medical College, Ludhiyana. Presently conducting basic ENT surgeries. In my endeavour to learn and practice head and neck oncology in its true essence, this fellowship programme awarded to me is a great honour and privilege. To be able to work with some eminent personalities in this field is in itself a bonus. I look forward to some great interactive and surgical experience ahead".



#### Dr. Rakesh Katna

"I have done my MBBS from IGMC, Shimla and my MS in ENT & Head and Neck Surgery from Grant medical college and Sir J. J. group of hospitals, Mumbai in 2009. I want to pursue my career in Head and Neck surgery and want to thank CARF for giving me a pedestal towards my dreams and for providing me this esteemed CARF-TATA fellowship programme for a year. My goals are to become a good surgeon and work towards paper publications and projects in relation to head and neck surgery."



#### Dr. Suhail I. Sayed

"I have completed my MS in ENT and Head & Neck surgery in June'09 from Grant medical college and Sir JJ group of hospitals. I wish to pursue a career in the field of Head & Neck oncosurgery and I am grateful to Cancer Aid and Research Foundation for providing me with an opportunity for the same. The Fellowship in Head & Neck oncology will incorporate numerous aspects of Head & Neck cancers (HNC) right from understanding the management skills of an HNC patient to the patients' rehabilitation in the mainstream of the society. The fellowship is invaluable as it will provide me with the opportunity of conducting research on issues catering to important aspects of HNC patients. Also, being a part of a cancer NGO will provide us with the technical knowhow of an organizational setup. It will indeed be a privilege to work with stalwarts like Dr Mohan Jagade, Dr Anil D'Cruz, Dr Vimal Kasbekar, Dr Rajen Shah and Dr Rehan Kazi and I am indebted to CARF for providing me with this opportunity."



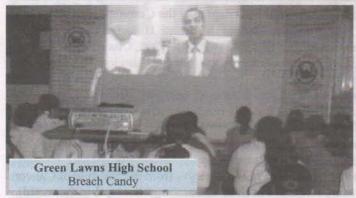
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FREE CANCER
INFORMATION
LEAFLETS &
POSTERS

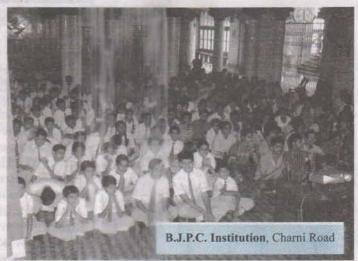
CARF has published cancer posters and information leaflets for cancer patients and the public for free distribution. The leaflets deal with cancer of the Larynx, Salivary gland cancer, Head & Neck cancer, Oral cancer, Thyroid cancer, Breast cancer and general information about cancer. They are available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

#### **CARF** News Bulletin

# **CANCER AWARENESS CAMPS**



Cancer Aid & Research Foundation held cancer awareness camps at various schools & colleges in Mumbai. CARF News Bulletins, cancer awareness brochures, guide books and leaflets were distributed at all the venues, and films about cancer awareness were also screened.









Felicitation of Mr. Swadhin Kshatriya

Prof. A. A. Kazi, Chairman, CARF felicitated Mr. Swadhin Kshatriya on his appointment as the Municipal Commissioner of Greater Mumbai (MCGM). A bouquet was offered to him and Prof. A. A. Kazi expressed the hope that he will soon adorn the chair of the Chief Secretary or the Cabinet Secretary. He also broached the subject matter of five additional rooms with the Municipal Commissioner. Prof. Kazi told him that he is facing very acute problem of space in the office and therefore requested him to release five rooms on the 1<sup>st</sup> floor. Mr. Kshatriya has promised to look into the matter.



Prof. A. A. Kazi, Chairman, CARF was invited by *Kempe Gowda Association, Mumbai* to inaugurate the Ambulance acquired by them to provide timely medical help to its members.

## CADE News Bulletin



# Congratulations to Dr. Rehan Kazi

Dr. Rehan A. Kazi was conferred PhD degree at the Convocation Ceremony held on Monday, 30<sup>th</sup> November 2009 in the Senate House of the University of London. Dr. Rehan Kazi had invited Prof. A. A. Kazi, Chairman, CARF to witness the ceremony and accordingly he flew to London to attend the function on that day.

Although there were several candidates to be awarded PhD and other degrees, Dr. Rehan A. Kazi was the only candidate who received PhD Degree in Surgery. The Vice Chancellor of the London University Sir Graeme Davies welcomed the candidates and distributed awards to them. He specially lauded the efforts and intelligence of Dr. Rehan Kazi.

Dr. Rehan Kazi had obtained his PhD (Surgery) - from the Institute of Cancer Research (No 1 research institute in U. K. and amongst the top 5 in the world). This institute of Cancer Research is affiliated to the University of London and situated next to the Royal Marsden (NHS) Hospital.

Dr. Rehan A. Kazi besides being PhD in Head and Neck Cancer Surgery is also a Chartered Scientist attached to the world's oldest cancer hospital named as Royal Marsden Hospital.

Dr. Rehan Kazi has also just become 'Fellow of the American College of Surgeons' - FACS! The letters FACS (Fellow, American College of Surgeons) after a surgeon's name mean that the surgeon's education and training, professional qualifications, surgical competence, and ethical conduct have passed a rigorous evaluation, and have been found to be consistent with the high standards established and demanded by the College.



# Say NO to Terrorism

A silent rally was organised by CARF at Gateway on November 26, 2009 offering heartfelt condolence to the families of innocent civilians and security personnel who lost their lives in the terror attack in Mumbai on 26.11.08

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

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Please draw your cheque in the favour of Cancer Aid & Research Foundation and send it to its

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