



CARF

News Bulletin

(Official Publication of the Cancer Aid & Research Foundation)

Member :

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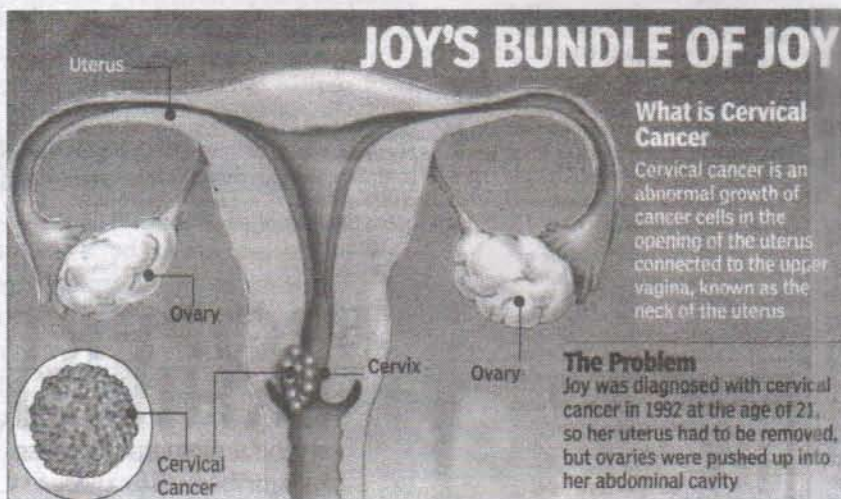
Associate Member :

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

Loses Uterus To Cervical Cancer, But Becomes Mother Through Surrogacy

When 38-year-old US resident Joy held her baby Samuel for the first time in Lilavati Hospital on November 24, a mixture of emotions flooded her heart. She felt immensely proud of the small being in her arms born from a part of her own body, at the same time gratitude welled up in her eyes for Rekha, the surrogate mother who gave birth to Samuel. Joy underwent in-vitro fertilisation (IVF), but it was still a miracle of sorts that she got a baby of her own, especially since she suffered from cervical cancer at the age of 21 and had to undergo hysterectomy then. But when she and her husband Kelly were told it was possible for them to have a child of their own, they started looking for IVF facilities across the world and zeroed in on Mumbai.



JOY'S BUNDLE OF JOY

What is Cervical Cancer

Cervical cancer is an abnormal growth of cancer cells in the opening of the uterus connected to the upper vagina, known as the neck of the uterus

The Problem

Joy was diagnosed with cervical cancer in 1992 at the age of 21, so her uterus had to be removed, but ovaries were pushed up into her abdominal cavity



Baby Samuel

US Woman's Mumbai Miracle

"We came last December. We were not sure as the chances are less in IVF. Even so, we contacted Surrogacy India. Last December the embryo could not successfully make the surrogate mother pregnant. Then, we came back in March. My egg and my husband's sperm was taken and the embryo formed was planted in the surrogate. It was then that Rekha successfully concieved," said Joy.

But doctors say Joy and Kelly are one lucky couple. "Since Joy's ovaries were shifted higher up in her abdominal cavity during the treatment of her cervical cancer, we could not take her eggs through the trans-vaginal technique. We had to retrieve the egg laproscopically from her abdomen," said Dr Hrishikesh Pai, infertility specialist attached to Lilavati Hospital.

But another reason doctors consider Joy and Kelly to be lucky is because when Joy underwent IVF, only one egg could be retrieved. "Normally, we target 10-15 eggs and two to three embryos are planted in the uterus of the surrogate mother. But Joy formed only one egg and that too we had to retrieve laproscopically from her abdomen. It was quite complicated. Only one embryo was formed and chances of the surrogate mother becoming pregnant with that embryo were quite slim. But everything turned out to be fine," said IVF specialist Dr Nandita Palshetkar, who along with Dr Pai performed the operation.

The entire procedure cost them \$23,000, but the couple are over the moon. "We are going back to Minnesota on Friday. Never in our wildest dreams did we think everything would go this smoothly," said Kelly, holding his blue-eyed son in his arms. "We have got quite attached to the doctors and the surrogate mother of our baby. It feels bad to leave this new family behind," added Joy. - Times of India, Dec. 4, 2009

CORRIGENDUM

Inadvertently a news item regarding Tata Memorial Hospital published in a morning tabloid paper was carried in our previous News Bulletin (Vol-7, Issue-4, Oct-Dec 09). It was not our intention to damage the reputation of this Hospital. We therefore tender our most sincere apology to the Tata Memorial Hospital.

We at CARF acknowledge the good work that Tata Memorial Hospital does particularly in helping the poor and needy cancer patients and wish the hospital much success in all its humanitarian endeavours.

General Manager, CARF

Thoughts Of...



Dr. Aruna P. Tole

Dr. Aruna P. Tole.

Occupational Therapist &
Rehabilitation Consultant.

Fmr. HOD Occupational Therapy &
Rehabilitation Research, Tata Memo. Hosp.

Rehabilitation means restoration of normalcy in life which is disturbed due to disease or disaster.

The word cancer spells doom for the patient and disaster for the family. Surgery and radiation may further cause physical dysfunction and disfigurement which makes life miserable as sometimes the patient is unable to do even basic activities.

In head and neck cancer the common problems are difficulties in opening mouth, eating and swallowing, breathing and speech, coupled with facial disfigurement, psychosocial problems and economic hardship.

In breast cancer the common problems are shoulder dysfunction, loss of body image and body balance, psychological trauma, and lymphoedema, which affects social functioning.

In cancer of cervix, post radiation vaginal stenosis and lymphoedema in cases of pelvic radiation and groin node dissection cause problems in marital relationship and difficulties in performing activities of daily living (ADL), home activities and work.

In bone and soft tissue cancers the radical surgeries cause limb amputations affecting ambulation and doing activities at all levels. Disfigurement, loss of body image and body balance affects psychosocial well being, independent living and work which increases family's financial burden. The corrective and conservative surgeries also affect neuromuscular joint function causing inability to do things.

In paediatric cancer conditions, chemotherapy and cranial radiation cause neuropsychological deficits affecting learning memory, perception and visuo-motor coordination, and psychological problems such as irritability resistance, anger, and negativity.

In cases of multiple myeloma and advanced cancer conditions, the bone metastasis in vertebrae, scapulae, pelvis and ribs, chemotherapy and radiation therapy cause severe debility, and pain affects sitting tolerance and performance of activities at all levels including mobility in bed.

Occupational therapy procedures have been developed to address all these problems to restore or improve their physical functional ability and psychological well being to promote independent living. Special therapeutic appliances and activity aids have been developed to assist in doing activities in spite of residual functional limitations. Unique designs of prosthesis orthosis, braces, therapeutic appliances and activity aids along with training in its use facilitate doing ADL personal care activities, home and social activities as well as vocational activities. Counseling and guidance is offered throughout the rehabilitation programme. Early referral for these services ensures better results in total rehabilitation and in restoration of Quality of Life.

PRICE CAP FOR Cancer Drugs



The drugs controller General of India has recommended a price cap for anti-cancer medicines. "The regulator has written to the Director General Health Services to include anti-cancer drugs in the list of essential medicines that are under price control," a source said. A final decision on this issue will have to be taken by the group of ministers on pharmaceutical policy headed by farm minister Sharad Pawar.

-DNA, January 7, 2010.

LONELINESS COULD increase Breast cancer risk



Social isolation and related stress could be a factor in increasing human breast cancer risk, says a study. Researchers at the University of Chicago based their study on a rat model to identify environmental mechanisms contributing to cancer risk.

Lead author Gretchen Hermes, a former researcher at the University and now a resident in psychiatry at the Yale University School of Medicine, found that isolation and stress result in a 3.3-fold increase in the risk of developing cancer among rats with naturally occurring mammary tumors. It also found that rats living in isolation experienced a 135 per cent increase in the number of tumors and a more than 8,000 per cent increase in their size.

The impact of isolation was much larger than the impact another environmental source of tumor formation — the unlimited availability of high-energy food.

- Mumbai Mirror, December 9, 2009

WONDERDRUG to fight Breast cancer

In what could be a major breakthrough, scientists have come up with a "wonderdrug" that they claim has shrunk tumours in women breast cancer patients for whom all other treatments have failed. An international team has found that 40% of women with an aggressive and advanced form of breast cancer who were given the new treatment in clinical trials actually saw their tumours reduce. The new drug — a combination of Herceptin with a particular type of chemotherapy — slowed the spread of the disease in more than half of women with HER2-positive cancer, a particularly aggressive form of the disease.

- Times of India, December 14, 2009

ANTIBODY FINDS, wipes out prostate cancer cells

Washington: US researchers have found an antibody that hunts down prostate cancer cells in mice and can destroy the killer disease even in an advanced stage.

The antibody, called F77, was found to bond more readily with cancerous prostate tissues and cells than with benign tissue and cells, and to promote the death of cancerous tissue, said the study published in the Proceedings of the National Academy of Science.

When injected in mice, F77 bonded with tissue where prostate cancer was the primary cancer in almost all cases (97%) and in tissue cores where the cancer had metastasised around 85% of the time. It recognised even androgen-independent cancer cells, present when prostate cancer is incurable, the study by researchers at the University of Pennsylvania showed.

F77 "initiated direct cell death of prostate cancer cells... and effectively prevented tumour outgrowth," it said.

But it did not target normal tissue, or tumour tissues in other parts of the body including the colon, kidney, cervix, pancreas, lung, skin or bladder, the study showed.

The antibody "shows promising potential for diagnosis and treatment of prostate cancer, especially for androgen-independent metastatic prostate cancer," which is difficult to treat, the researchers wrote. AFP

- Times of India, December 30, 2009

CHILDHOOD trauma can lead to lung cancer

Adverse events and trauma experienced during childhood increase the risk of developing lung cancer in later life, according to a new study. Researchers at the Centers for Disease Control and Prevention in Atlanta claimed that children who go through traumatic experience are like to face a terrible burden of stressors.

These stressors are associated with harmful behaviours, such as smoking, that may lead to the development of diseases like lung cancer and perhaps death at younger ages, they said in their research. "People who had experienced more adverse events in childhood showed more smoking behaviors," said David Brown, who led the study.

- Times of India, January 21, 2010

BOILING CUPPA CAUSES THERMAL INJURY TO OESOPHAGEAL LINING, SAYS STUDY**STEAMING HOT TEA can lead to cancer**

Don't drink your tea hot. Your morning cuppa has to be had lukewarm. Drinking hot tea makes you four times more prone to cancer of the oesophagus, or food pipe, says a study conducted by the Tata Memorial Hospital (TMH). The act beats hollow well known causes of oesophageal cancer like chewing tobacco, smoking and excessive alcohol intake. According to the case-control study, drinking hot tea causes thermal injury to the oesophageal lining, exposing it for malignancy. (In a case-control study, individuals who have a specific disease—cases—are compared to a group of individuals without the disease—controls.) The study included 442 cases and 1,628 controls. The data was collected between 1989 and 1992, and analysed over the years. The inference was published in November 2009.

"In India, most of us are used to drinking tea very hot. We found that drinking very hot tea causes harm (to the oesophagus) as compared to drinking lukewarm or warm tea," said B Ganesh, head of medical records, biostatistics and epidemiology TMH. "The incidence of this cancer is thus higher in cold regions such as the Kashmir valley where drinking hot tea is common." "He said the hospital gets about 800 patients with oesophageal cancer every year.

The study, which appeared in the reputed international journal *Cancer Epidemiology*, states that paan (betel leaf) chewers have 1.1 times the risk of contracting oesophageal squamous cell carcinoma, or tumour, in the upper part of the oesophagus; bidi smokers 1.8 times; cigarette smokers 2 times and alcohol drinkers 1.8 times.

While drinking hot coffee was not found to increase the risk, ingestion of hot and spicy food was. Eating fresh fish reduces the risk by 20%.

"The study observed the chewing, smoking, drinking and dietary habits of cancer-affected and cancer-free people," Ganesh said.

**POTENTIAL STORM IN A TEA CUP**

Drinking hot tea makes you four times more prone to oesophageal cancer, a study conducted by Tata Memorial Hospital has found

It found that drinking lukewarm or warm tea is less harmful. Also, the incidence of this cancer is higher in cold regions such as Kashmir where drinking hot tea is common

While drinking hot coffee was not found to increase the risk, ingestion of hot and spicy food was

- DNA, January 22, 2010

TEST TO DETECT pancreatic cancer in 2 hrs

British researchers claim to have developed a new urine test that can identify symptoms of pancreatic cancer within two hours. Scientists have developed the test that works by detecting raised levels of a specific protein — known as tumour marker — in the urine of patients with pancreatic ductal adenocarcinoma. The test may increase patients' chances of survival after five years by 30%, Daily Mail reported. Presently, a test for pancreatic cancer takes around 36 to 48 hours and it is also hard to detect the disease in its primary stage.

- Times of India, January 20, 2010

'HIGH BLOOD SUGAR ups cancer risk'

Too much glucose in the blood is unhealthy, doctors have said for long. Now, a new study has found that high blood sugar can raise the risk of developing cancer, with women sufferers being the most vulnerable.

Scientists in Sweden have carried out the study and found people, particularly women, with high blood sugar levels face a greater danger of developing cancer and die from the disease as well.



"The results suggest that for women the higher the level of sugar in the blood, the higher the risk. For men, there was still an association, but it was weaker," Tanja Stock, a researcher at Umea University who led the study, said.

For the study, the scientists examined blood sugar levels in 274,126 men and 275,818 women from Norway, Austria and Sweden with an average age of 44.8, then followed them up a decade later to see how many developed cancer.

According to the scientists, the study is significant because it found the increased likelihood of cancer occurred regardless of the participants' body mass index levels.

Though it does not prove that blood glucose of itself leads to cancer, but it suggests that it might promote tumour growth by acting as a source of fuel for tumour cells, especially fast-growing, highly proliferative cells.

- Times of India, January 4, 2010

KANGAROOS may provide skin cancer cure

Kangaroos may be the long awaited answer to preventing skin cancer. Researchers from Melbourne University, Linda Feketeova and Uta Wille, along with Austrian scientists from the University of Innsbruck are looking at a DNA repair enzyme found in kangaroos. The enzyme can repair DNA damage that is linked to skin cancer. Research teams have proposed a 'dream cream' containing the enzyme which can be applied on skin after a day in the sun.

- Times of India, December 1, 2009

GO EASY ON**Glucose to Beat Cancer**

Restricting consumption of glucose, the most common dietary sugar, can extend the life of healthy human lung cells and speed the death of pre-cancerous cells in the vital organs.

The research potentially opens the way to prevent diseases such as cancer that have been linked to ageing, said principal study investigator Trygve Tollefsbol, professor of biology at the University of Alabama at Birmingham (UAB).

"These results further verify the potential health benefits of controlling calorie intake," Tollefsbol said. "Our research indicates that calorie reduction extends the life-span of healthy human cells and aids the body's natural ability to kill off cancer-forming cells."

The UAB team grew healthy human lung cells and pre-cancerous lung cells in laboratory flasks. The flasks were provided either normal levels of glucose or significantly reduced amounts of the sugar compound, and the cells then were allowed to grow for a period of weeks.

"The pattern that was revealed to us showed that restricted glucose levels led the healthy cells to grow longer than is typical and caused the pre-cancerous cells to die off in large numbers," Tollefsbol said, according to an UAB release. The study was published online in The Journal of the Federation of American Societies for Experimental Biology.

- Mumbai Mirror, Dec. 21, 2009

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



Relish fresh fish, sprouts to combat cancer

Cabbage also figures on the list compiled by Tata Memorial Hospital



Adding cabbage and sprouts to your daily diet reduces the chances of developing colorectal cancer by up to 50%. This findings, made by Tata Memorial Hospital (TMH) in Parel, were recently published in an international journal. Believed to be the first study on colorectal cancer in India, it also states that those who relish fresh fish have 70% lesser likelihood of developing the disease. According to the study which observed 203 people with colorectal cancer and 1,628 subjects who did not have the disease – cabbage, a cruciferous vegetable (of mustard family), has very high fiber content. Cabbage is said to be anti carcinogenic as it contains organic compounds called glucosinolates which protect against colorectal cancer. Sprouts contain antioxidants which may be acting as a protective factor against the disease, while fresh fish contains nutrients which are said to be the protective factors.

Consuming dried fish is risky according to the study as it is salted, dried and preserved for later use. "The method used for preserving fish may be the reason for the excess risk," said B Ganesh, head of medical records, biostatistics and epidemiology, TMH. The hospital treats 700 colorectal cancer patients every year. The data was collected over three years between 1989 and 1992. The cases were analysed over the years and the final study was published in October last year. The study, published in cancer Epidemiology, a reputed international journal, states that those who eat cabbage regularly are at 50% lesser risk of developing colorectal cancer, sprout eaters 30-50%, while those who consume fresh fish frequently are at 40-70% lesser risk. Interestingly, men who ate dried fish were 1.6 times more prone to the disease, while the risk among women while the risk among women was 2.4 times higher. Dark green leafy vegetables and other vegetables did not show any protective effect for colorectal cancer in the study.

Cancer of colon, rectum

- Colorectal Cancer is the fourth most common cancer worldwide. It includes cancerous growth in the colon and rectum. Colon is the longest part of the large intestine and rectum is the last part of the large intestine closest to the anus.
- The study observed 203 people with colorectal cancer and 1,628 who did not have the disease.
- The data was collected over three years between 1989 and 1992 and the study was published in Cancer Epidemiology – a reputed international journal – in October last year.

- DNA, January 23, 2010

BITTER GOURD kills cancer cells

New Delhi: The Indian karela is a giant slayer of breast cancer cells. Scientists from Saint Louis University have found that a bitter gourd extract not only killed human breast cancer cells but also prevented them from multiplying.

Karela is rich in all essential minerals and vitamins (A, B1, B2 and C) besides iron. Till now, it was known to be highly beneficial against diabetes, high blood pressure, heartburn, cholesterol and ulcers. Ratna Ray, professor in the department of pathology and lead researcher, said she was surprised that karela extract inhibits growth of breast cancer cells. "We've shown that bitter melon extract significantly induced death in breast cancer cells and decreased their growth and spread," Ray, who has published her finding in the latest issue of Cancer Research, said. The research was conducted using human breast cancer cells in vitro. The next step is to test the extract in an animal model and if results are positive, human trials could follow. The results are important for India. An Indian Council of Medical Research (ICMR) study has found that incidence of breast cancer had doubled in Delhi, Mumbai, Chennai and Bangalore between 1982 and 2005.

- Times of India, February 25, 2009

GREEN TEA**can stave off lung cancer.**

Sipping a cup of green tea daily can slash the risk of lung cancer, even if you are a smoker, a new study has claimed. Green tea has long been hailed as a natural medicine capable of treating diabetes, dementia, high cholesterol and obesity. It is thought compounds known as polyphenols in the tea help reduce inflammation. Now, a team at Taiwan has carried out the latest study and concluded that antioxidants found in the leaf can protect against the damage to DNA that eventually triggers lung cancer in people. And, according to researchers, the ancient brew could reduce the risk of lung cancer both in smokers and nonsmokers five-fold, the Daily Express reported.

- Times of India, January 13, 2010

**AN APPLE A DAY****reduces bowel cancer risk by 35%**

Tucking in an apple with its skin on could help trim the risk of bowel cancer by more than a third, say researchers. Polish experts from Jagiellonian University in Krakow found that eating two could almost cut down the chances of getting the disease by almost half. "Neither the consumption of vegetables nor other fruits have shown beneficial effects on the risk of bowel cancer. But a reduced risk of 35% was observed with the consumption of at least one apple a day. With the intake of more than one apple a day, the risk was reduced by about 50%," the team said.

- Times of India, January 12, 2010



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, bulletin etc. CARF is doing its best to prevent cancer by creating awareness about the dreaded disease, CARF's staff and volunteers also distributed 'anti smoking' stickers to the car owners.

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 : MRS. TABASSUM : 2300 5000 / 7000

CANCER AWARENESS CAMPS



Jain Navyuvak Mandal, Chembur.



3rd Kokan Mela, Bhiwandi.



Health Care World Exhibition, Bandra Kurla Complex.



NCC Camp, JNPT Nava Shiva.

Awardees of 2009



Lifetime Achievement Award
Prof. Dr. Ram-Mohan Tiwari
H.O.D., E.N.T.
Bangalore Institute of Oncology



Award for Excellence
Dr. Nagraj G. Hullgol
Chief Radiation Oncologist,
Dr. Balabhai Nanavati Hospital



Award for
Outstanding Contribution
Dr. Mohan Jagade
H.O.D., E.N.T., J. J. Hospital.



Award for
Outstanding Contribution
Dr. Jyoti P. Dabhoikar
H.O.D., E.N.T., Seth G. S. Medical
College & KEM Hospital

3rd ANNUAL CARF AWARDS

Our Honoured Guests



H. E. Shri. K Sankaranarayanan
Governor of Maharashtra



CA Uttam Prakash Agarwal
Fmr. President of ICAI



Padmashri Dr. T. Lahane
Dean of J. J. Group of Hospitals

Cancer Aid & Research Foundation held its 3rd Annual Awards Function on March 17, 2010 at Y. B. Chavan Pratishthan Hall, Mumbai. Chief Guest of the Function, His Excellency, Shri. K Sankaranarayanan, Governor of Maharashtra gave away the awards. CA Uttam Agarwal, Fmr. President of ICAI and Padmashri Dr. T. Lahane, Dean of J. J. Group of Hospitals also graced the occasion.

AWARDEES THIS YEAR



Lifetime Achievement Award
Dr. Arvind Kulkarni
MD, DMRD (England), DABR (USA)



Award for Excellence
Dr. Anita Borges
MD, FRCPath

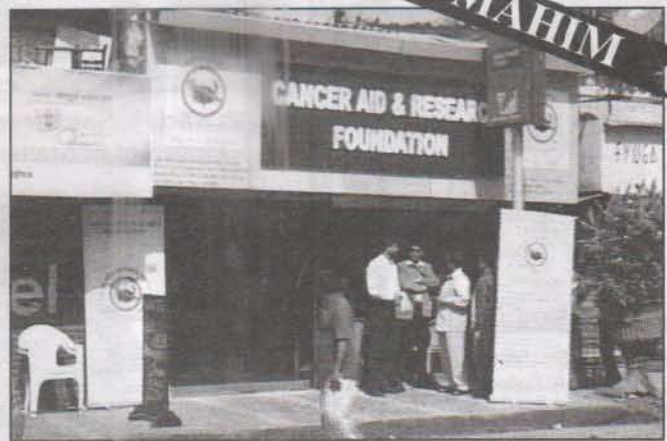


Award for Outstanding Contribution
Dr. Mrs. A. P. Tole
OTD, BA, BLibSc, DNTYM, CCBLT, CCASP, MBA



Award for Clinician - Scientist
Dr. Raghav Dwivedi
MBBS, MRCS (Eng), DOHNS (Eng),
MRCPS (Glasg), MS (OTO-HNS)

Inauguration of CARF's New Offices



CARF's office at Thane was inaugurated by MLA, Mr. Jitendra Awhad on February, 21, 2010. The office at Mahim was inaugurated by MP, Eknath Gaikwad on March 7, 2010. Prof. A. A. Kazi, Chairman of the Foundation and Dr. Raj Tendulkar - Trustee were present along with distinguished guests, friends, well-wishers and staff members.

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

CANCER AID & RESEARCH FOUNDATION

- Registered under the Bombay Public Trust Act, 1950.
- Donations exempted under 80G of the Income-Tax Act, 1961
- E-mail: cancerarfoundation@yahoo.com | carf@cancerarfoundation.org
- Website: 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.
 - ✓ Providing free Cancer Drugs, Prosthesis & Instruments, to poor cancer patients.



The Govt. of India has also permitted us to receive overseas contributions under FC(R) Act, 1976 vide Registration No. 083780936. The same can be credited to 'Cancer Aid & Research Foundation' S.B A/c. No. 026104000088372. IDBI Bank, Prabhadevi Branch, Mumbai- 400 025. INDIA.

Please draw your cheque in the favour of **Cancer Aid & Research Foundation** and send it to its
Adm. Office: **Cancer Aid & Research Foundation** Municipal School Bldg., Grd. Flr., Room Nos.15-18, Near 'S' Bridge,
N.M. Joshi Marg, Byculla (W), Mumbai - 400 011. Tel. No :091-22-2300 5000 / 2306 4442 / 6455 6300 (32 Lines) 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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