



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.jedr.net) - official research journal of CARF

BOTOX BOOST FOR VOICES SILENCED BY CANCER

With a doctorate in chemistry, Geeta Mishra knew of botulinum toxin, the naturally occurring substance now widely used as an anti-wrinkle cosmetic tool. What the 40-year old lecturer from Madhya Pradesh never expected was that botulinum toxin would be instrumental in reducing the destruction wreaked by cancer on her voice box.

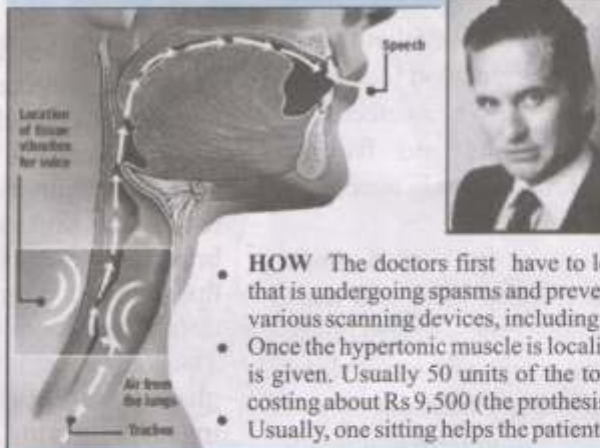
Incidentally, the city is among the few centres in the world where the chemical is used to help cancer patients find their voice. Both at Tata Memorial Hospital in Parel and Kokilaben Dhirubhai Ambani Hospital in Andheri, this delicate procedure is performed on the unfortunate few in whom the artificial voice box fails to work. Take the case of Mishra herself. The Shahdol lecturer discovered she had voice box or larynx cancer only when her voice started thinning. "Students would complain that they couldn't hear me in the classroom," she said, a finger firmly on the 'button' that makes her voice box prosthesis work.

On October 2009, her larynx was removed. "A few months later, an artificial voice box was fitted but I was devastated to learn I couldn't speak a word," recalled the mother of two. It was the worst cut, she added; when her 17-year-old son asked her if she would never be able to teach him chemistry. All that changed when they met Dr Mandar Deshpande of Kokilaben Hospital in Mumbai.

"Mishra is among the unlucky few patients in whom the pharyngoesophageal segment (PE) of the laryngeal muscles go into an hyperactive phase," said Dr Deshpande. There are no clear-cut answers on why this happens, but in three years Dr Deshpande and his team helped over a score of patients with botulinum toxin shots.

LARYNGEAL CANCER

The larynx, (the voice box), is a tube-shaped organ in the neck important for breathing, talking, and swallowing. It is located at the top of the windpipe or trachea. It contains the vocal folds that vibrate to make sound for speech production. Cancer can develop in any three parts of the larynx: Glottis (Middle section), Supraglottis (the area above) and Subglottis (the area below)



Actor Michael Douglas has been diagnosed with laryngeal cancer

- **HOW** The doctors first have to locate the portion of the muscle that is undergoing spasms and preventing speech. This is done using various scanning devices, including an endoscopy scan
- Once the hypertonic muscle is localised, a botulinum toxin injection is given. Usually 50 units of the toxin is needed for the injection, costing about Rs 9,500 (the prosthesis costs around Rs 17000)
- Usually, one sitting helps the patient regain speech within 36 hours

TREATMENT • Treatment of laryngeal or hypopharyngeal cancer depends on the size and location of the tumor, whether the cancer has spread, and the patient's overall health • In severe cases, the person may have to undergo a total laryngectomy or removal of the entire larynx • However, three kinds of prosthesis can be used to help such persons speak; the tracheoesophageal prosthesis is most popular • In a small percentage of patients, it fails to work due to muscular spasms. Botulinum toxin is then given to control spasms and facilitate speech.

He started using botulinum shots when at Tata Memorial Hospital in Parel. "In the US, where the technique was pioneered, over 300-odd cases have been done," he added.

The idea of a botulinum shot is to paralyse the over-active PE segment just so much so that it allows sound to be produced (lung air induces vibration of the PE segment to produce sound). "We first have to conduct tests to determine the reason that the prosthesis isn't working is indeed an overactive PE segment. We then have to identify the exact length of the segment that is hypertonic and inject the botulinum toxin at a gap of 1 cm apart," explained Dr Deshpande. He has helped Mishra and Thane resident Raghunath Jadhav

'find' their voice. "Five shots of botox restored my voice within 12 hours," recalled Mishra.

Dr Pankaj Chaturvedi, associate professor at Tata Memorial Hospital, says botulinum toxin shots are the standard operating procedure in patients who cannot get rehabilitated even after surgery. "We approximately operate on 2,000 cancer patients a year. About 140 patients suffer from laryngeal cancer and need removal of their larynx. The artificial voice box works in about 90%, the remaining 10% need botulinum toxin shots," he said, adding his hospital routinely does the procedure for patients. "Now that I can speak, I am looking for a permanent posting as a lecturer," said Mishra. Times of India, Aug 27, 2010

Thoughts Of...

**Dr. R. P. Shah**

M. S.(ENT) D.O.R.L.
 Prof. of ENT Grant Medical College
 & J. J. Hospital
 ENT & Head & Neck Cancer Surgeon
 Conwest Jain Clinic Group of Hospital
 Saifee Hospital
 Nagpada Police Hospital

Head and neck cancers are among the commonest cancers in India mainly because of the widely prevalent habit of using tobacco in its different forms. Three modalities namely Surgery, Radiation and Chemotherapy are available for the treatment of these cancers. When treated in early stages even single modality like Surgery or Radiation is sufficient enough to cure or to give good long term disease free life to these patients. When detected at an advanced stage a judicious and fruitful combination of all the three modalities is necessary to get optimum benefit and result.

By and large chemotherapy by itself as a single modality is not useful in treating head and neck cancers. A study carried out in our department in J. J. Hospital at Mumbai a few years ago also showed and proved the fact that chemotherapy does not help to achieve a cure but only gives a short term temporary remission.

In recent years chemotherapy in head and neck cancers has gained increasing popularity with various concurrent Chemotherapy and Radiotherapy regimens.

Current research and recent studies have shown that the use of "Gefitinib" which is an orally active Epidermal Growth Factor receptor inhibitor when used as single agent gives good response and better survival. Another drug "Cetuximab" which is a monoclonal antibody against EGF receptor has shown to reverse platinum resistance. Taxanes such as Docetaxel and Paclitaxel when given with standard cisplatin and 5-FU have shown to improve locoregional control and overall survival results.

We hope that with the advent of these new chemotherapeutic agents, patients with head and neck cancer will not have to undergo mutilating surgery and will be able to swallow, speak and breathe normally and live a useful and fruitful life.

CUTTING CALORIE INTAKE STARVES BRAIN CANCERS

Believe it or not, but reducing calorie intake can starve human brain cancer to death. Researchers at Boston College have found that reducing calorie intake can restrict the growth and spread of brain cancer. Laura Shelton and her colleagues report success with mice suffering from glioblastoma multiforme, one of the most aggressive and invasive forms of primary human brain cancer. The research appears in the science journal ASN NEURO. Restricting caloric intake lowers blood glucose levels and reduces the carbohydrate energy available to the tumour cells, which rely heavily on glycolysis. Normal brain cells can use ketone bodies – acetone, acetoacetic acid and hydroxybutyric acid – for energy. The researchers say that their findings "indicate that human brain tumour cells are more sensitive to energy stress than normal brain cells and can be easily targeted through the principles of metabolic control theory." The researchers conclude that diets which lower glucose and elevate ketone levels can be therapeutic for invasive brain tumours by starving them of nourishment while helping the body fight the cancer.

Mumbai Mirror, July 27, 2010



SNAKE VENOM MAY OFFER CANCER CURE:



Japanese scientists have claimed that a number of toxins found in snake venom could help develop new therapies for chronic diseases like heart attack, stroke and cancer. The scientists, who reported their findings in the Journal of Biological Chemistry, said that inhibiting a protein found on the surface of blood platelets may combat both irregular blood clotting and the spread of certain cancers throughout the body. "The finding that platelets not only play a role in blood clotting but also in the development of vessels that allow tumours to flourish was quite unexpected and paves the way for new research on the role or roles of platelets," said Katsue Suzuki-Inoue, of the University of Yamanashi.

Times of India, July 31, 2010

MEDICAL SPEAK : WE ARE CLOSER TO A CURE FOR CANCER

Over 800,000 people are diagnosed with new cancers each year in India, but there could be a solution says Dr. Sanjay Sharma.

Cancer is projected to become the leading cause of death worldwide this year and has emerged as the costliest disease, costing the global economy nearly a trillion dollars a year.

LUNG CANCER MOST COMMON :

A recent survey has shown that northeast India has the world's highest incidence of cancers associated with tobacco, which is chewed as survey shows that breast cancer has replaced cervical cancer as the leading site of cancer among women in Indian cities and that lung cancer is the most common cancer in men in Kolkata, Mumbai and New Delhi.

AWARNESS IS NEEDED :

Dr. Sanjay Sharma, a Surgical Oncologist of repute associated with AIO at S L Raheja Hospital – A Fortis Associate, Bombay Hospital and Lilavati Hospital, says, "It's a sad fact that about 50-70% of the cancers in patients are found in Stages III and IV when cure is not possible and only palliative care can be provided. The current situation can be changed only by increasing the awareness of the general public about regular health check-ups and screening programmes for diagnosing cancer at a much earlier stage as compared to the current – situation. We are aware that if diagnosed early, some cancers can be cured too and that it is not the end of the road for the person suffering from this disease."

Lung cancer is the most common cancer in men in Mumbai, Kolkata and New Delhi

CANCER ON THE RISE :

- Too many Indians don't understand that cancer is largely preventable and treatable with early detection. Awareness is essential.
- Too many Indians lack access to lifesaving cancer services.
- Too many Indians still use tobacco. India has an alarmingly high rate of tobacco use among children, college student and adults.

CLOSER TO A CURE :

However, there seems to be a glimmer of hope and according to Dr. Sharma, a cure may not be that far off. He says, "With the recent knowledge of causes of cancer due to molecular defects caused in the cells inducing cancer, we are closer to a cure." He elaborates, "In the medical field we are not aware of the molecular basis of cancer in the breast, lung, colon, liver and kidney." Dr. Sharma adds that this information can help us battle the deadly disease. He adds, "This knowledge is translated into development of multiple therapeutic tools in the form of tablets and injections called target therapy, which have been included in the treatment protocols in India and abroad and are showing good results. In near future, most of these agents will be used in combination to cure most of the cancers."

Afternoon, Oct. 5, 2010

LIVING LIFE IN THE SHADOW OF DEATH

"No one can kill you before the destined moment and no one can save you when that moment finally comes," reads a famous Urdu couplet. No one can better understand the difference between life and death than the innumerable patients suffering from deadly diseases like cancer and heart ailments. Apart from costly treatment, moments of isolation and insufferable pain the patients also suffer from lack of moral support from their near and dear ones. The management and staff of the Dadar-based Gurudwara Singh Sabha is one of the several organisations in the city which selflessly provide a yeoman's service to scores of patients who are battling against deadly diseases. Due to its strategic location, being close to Tata Memorial Cancer Hospital, the Gurudwara attracts a large number of patients who arrive from far off places seeking treatment in the city. Most of the patients and their



wards hail from poor or low income background. The Gurudwara not only provides the shelter, but also free breakfast and two meals at the community kitchen. Caste, creed or religion is not at all considered while providing accommodation to patients. Though the tourists or guests are provided accommodation for a maximum of three days, the patients on the other hand can stay as long as they want, according a Gurudwara functionary, who wished anonymity. "I came from Gurdaspur district of Punjab to get treatment at the Tata cancer hospital along with my mother and sister. We tried to get rented accommodation nearby but got a small room at Sion-Koliwada for a monthly rental of Rs5,000 where we had to share the bathroom with three other families.

Eating in restaurants and taxi fares to the hospital put additional financial burden on us. In the first month alone we ended up spending more than Rs15,000. During our visit to the hospital we came across some patients who told us about the free facility at the Dadar Gurudwara. When we visited the place we found it much more cleaner and accommodating than our rented room. The management provided us the shelter and our monthly expenses have come down to just Rs3,000," said Gurpreet Kaur, 38, who has spent nearly four months at the Gurudwara. "I will leave soon as a major part of my treatment is over," Kaur said. At any given day, the Gurudwara hosts some 50-60 patients and their relatives. And they are not complaining. "Service to humanity is one of the basic features of our religion and we trying to do it in all humility," the Gurudwara functionary said.

DNA, August 13, 2010

UNITED AGAINST CANCER

BONE CANCER PATIENT SCORES 74% IN TYBCOM

Some people should be lauded for just competing; Ankit Bramhabhatt, a 20-year-old battling bone cancer for the past 10 years, is one of them. But he hates just making the numbers. He wants to win. And a grand victory it was for him, when he scored 74 per cent in his third-year B.Com exams. Ankit, from Mithibai College, has already undergone nine operations, and even he doesn't remember how many chemotherapy sessions he underwent. He said, "I dedicate my success to my mother, who suffered a lot. She brought up my sister and me single-handedly. And I cannot be more grateful to my principal, Dr Kiran Mangaonkar, who went out of his way to help me."



Mumbai Mirror, July 30, 2010

DOCS SAVE MAN WITH RARE CANCER

Ramesh Maule (45) was diagnosed with adrenocortical carcinoma, a rare aggressive cancer which affects 1 in 1.5 million people annually.



Mumbai: For years, Ramesh Maule (45) suffered from acute stomach ache. To make matters worse, the cramps were followed by pain in the knees and bouts of vomiting. But Maule is now on road to recovery, thanks to doctors at the state-run GT Hospital near CST. Maule, who approached doctors at GT

Hospital on July 6, was diagnosed with adrenocortical carcinoma, a rare aggressive cancer which affects 1 in 1.5 million people annually. A team comprising Dr Jitendra Sankpal and Dr Vivek Tilwani successfully removed the tumour in a six-hour surgery. "It was a miraculous surgery. The survival chances of such patients were seen as very slim," said Dr Tilwani. Doctors will soon put Maule on chemotherapy. Maule, who works as a peon at an office in Santa Cruz, said, "The doctors have given me a new lease of life." "The tumour was encroaching upon the left kidney," said Dr Tilwani. On July 22, an open abdomen surgery was performed on Maule and his left kidney, which had been severely damaged by the tumour, was removed. "We had a hard time operating on Maule as his blood pressure kept fluctuating drastically," said Dr Tilwani.

Times of India, July 29, 2010

LONG RING FINGER POINTS TO PROSTATE CANCER RISK

Many may find it hard to believe, but South Korean doctors claim that men with long ring fingers are at a higher risk of developing prostate cancer. A new study, published in the British Journal of Urology, has found that men with long ring fingers could be three times more likely to develop prostate cancer - and the risk rises if the ring finger on right hand is significantly longer than the index finger next to the thumb. But men whose ring fingers are only slightly longer, or are about the same length, are much less likely to get the disease, say the doctors. Men with longer ring fingers on the right hand have higher levels of prostate specific antigen - a chemical sometimes found in high levels in blood when cancer is present. The right hand was studied as the difference between the length of its ring finger and index finger is greater than on the left, as it's more sensitive to hormonal changes in the womb, say the doctor's from Gachon University Gill Hospital.

Times of India, July 22, 2010

BARC DEVELOPS DRUGS TO TREAT INOPERABLE CANCERS

In a breakthrough, which may pave way for an effective treatment of inoperable cancer, scientists at the Bhabha Atomic Research Centre (BARC) have developed promising radio pharmaceuticals, which they claim can be used for curing skin and liver tumours besides alleviating rheumatic arthritis. "A research carried out in BARC in collaboration with few hospitals in the country has shown Lutetium-177 (Lu-177), Yttrium-90 (Y-90) and Phosphorus-32 (P-32) as very effective therapeutic radionuclides that can be used in the treatment of cancers of liver, skin and in non-cancerous maladies such as rheumatic arthritis and hemophilia," said Dr. Meera Venkatesh, head, radio pharmaceuticals division. India is leading in conducting research using Lu-177 based radio pharmaceuticals. Y-90 and P-32 have also proved to be effective in the treatment of liver cancer, rheumatoid arthritis and skin cancer respectively, added Venkatesh.

DNA, Aug. 19, 2010

IN DELHI, MEN MORE PRONE TO CANCER THAN WOMEN; STUDY

Men in Delhi are more likely to suffer from cancer than women, according to a survey conducted by the National Cancer Registry Programme. While Delhi is at the third spot in reporting all kinds of cancer in men, it remains at the fourth spot in reporting all kinds of cancer in females, the study said. "There is huge potential for prevention, early diagnosis and treatment of cancer but still majority of the cases are reported to us late," Dr. Bhawna Sirohi, head of the department of medical and haemato-oncology, Artemis Cancer Centre, said, Dr. Sirohi blamed erratic lifestyle and lack of awareness for the reason in rise of cancer cases in the city.

Times of India, Sept. 13, 2010

ATTENTION READERS !

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



BENEFITS OF GINGER



Ginger has been used for its health benefits for over centuries now. A favourite medicinal as well as culinary herb, its several healing properties come from its volatile oils and gingerols, which are also responsible for its pungent taste. The oils cause more digestive enzymes to be produced which helps with the whole digestion process and also neutralises the acids that can cause nausea, cramps and even diarrhoea.

Here we list a few of its health benefits...

- The warming effects make it a natural decongestant as well as an antihistamine, making it the perfect remedy for colds. Crushed ginger in tea or taken whole with honey, is the best remedy to treat a common flu.
- Ginger helps reduce heart burn.
- It has anti-inflammatory properties and is a powerful natural painkiller. So it can be used to treat any disease that is caused by inflammations such as arthritis or ulcerative colitis.
- Recent studies show that ginger might also have a role in lowering LDL cholesterol, because it can help reduce the amount of cholesterol that is absorbed.
- Ginger is known to fight against cancer and is considered be a powerful weapon in the treatment of ovarian cancer.
- It is just as effective as vitamin B6 to cure morning sickness.
- It is used as a digestive and helps cure indigestion
- Ginger herb root is used for culinary and medicinal purposes. It helps to increase blood circulation.
- Ginger can also help relax muscles around the blood vessels and is said to help prevent blood clots from forming.
- Ginger kills the harmful bacteria in the mouth.

Times of India, July 20, 2010

CINNAMON CAN BEAT CANCER, DIABETES:



The United States Department of Agriculture in Maryland has carried out research to prove that cinnamon can fight cancer. The powder used was cinnamon, in the form of a watersoluble extract of cinnamon bark and tested on growing cancer cells. The extract

also contains certain compounds that are strongly insulinmimetic, ie they mimic the action of insulin in the body, thereby helping to control type 2 diabetes by regulating blood sugar levels. These water-soluble compounds are called procyanidins (type A).

Times of India, Aug 28, 2010

'DRINKING TOO MUCH MILK UPS PROSTATE CANCER RISK'

London: Excessive milk consumption can increase the risk of prostate cancer, researchers have found.

A Canadian research, published in the Prostate journal, found that men who drank four 200 ml glasses of milk had double the risk of the disease, reports dailymail.co.uk. Milk contains cow hormones, including insulin-like Growth Factor 1 (IGF-1). These encourage growth and may help to feed prostate cancer and perhaps, to a lesser extent, ovarian cancer.

Experts from University College London have suggested that a few thousand years ago people avoided milk because it led to gastric pain and upset stomachs. This is because Europeans lacked the gene to produce the enzyme lactase, which breaks down the milk sugar lactose

However, Walter Willett, chairman of nutrition at the Harvard School of Public Health, says that "many studies have shown a link between high milk intake and risk of metastatic prostate cancer, explained by the fact that high intake increases blood levels of the IGF-1 growth-promoting hormone". IANS

Times of India, July 27, 10



... but no danger from coffee:

Men can enjoy a cup of coffee without worrying about prostate cancer as experts from South Korea's National Cancer Center found in a meta-study of 12 previous research that coffee doesn't raise the risk of cancer of the gland.

TEA TREE OIL MAY COMBAT SKIN CANCER

Tea tree oil, widely used for removing spots and insect bites, may offer a cheap and effective treatment for some skin cancers, scientists claim. Researchers at the University of Western Australia found the oil can shrink non-melanoma skin cancers in mice in just one day and cured them within three days. Nonmelanoma skin cancer is one of the most common types of cancer that affect thousands across the world every year. The researchers believe tea tree oil works by activating body's immune response, the Daily Mail reported. Times of India, July 6, 2010



FOOD : FOOD : FOOD : FOOD : FOOD



CARF in keeping up to its motto of bringing a smile on the faces of cancer stricken poor, distributed gift hampers to cancer patients residing at Noori Musafir Khana at Parel where poor cancer patients visiting the city for treatment, are provided inexpensive accommodation.

5th ANNUAL CARF ORATION



from Left Dr. Rehan Kazi (Secretary General, CARF), Prof. A. A. Kazi (Chairman, CARF) giving Shield to Hon'ble Speaker Dr. Rajendra Badwe

Cancer Aid & Research Foundation held its 5th annual oration on Oct 16, 2010 at Yashwantrao Chavan Auditorium, Mumbai. The honorable speaker Dr. Rajendra Badwe, Director, Tata Memorial Centre, Mumbai held the audience's attention with his presentation on the topic "Breast Cancer Treatment : A new Paradigm."

During the question and answer session Dr. Rajendra Badwe clarified many doubts and misconceptions of those present.



CARF in its endeavour to educate the youth about cancer and its prevention set up a stall at the Malhar Festival at St. Xavier's College. Students from colleges all over Mumbai visited the festival. Cancer information leaflets and CARF News Bulletin were distributed.



CARF thanks Ms. Kiran Bajaj, Principal (right in the pict.), and the teachers of Green Lawns High School, Breach Candy, Mumbai for encouraging the students to donate generously. The students collected donations totalling Rs. 74,032/- for the poor cancer patients helped by CARF. We would specially like to thank Ms. Hetvi Karia (left in the picture) for her individual effort at collecting Rs. 25000 for the cause.

Inauguration of CARF's Office in New Delhi



Mrs. Louise & Mr. Salman Khurshid, Union Minister of State (Independent Charge), Corporate Affairs Minority Affairs did the honors of inaugurating the office on August 5, 2010



Girton High School,
Grant Road.



Kerala Catholic
Association
Chembur

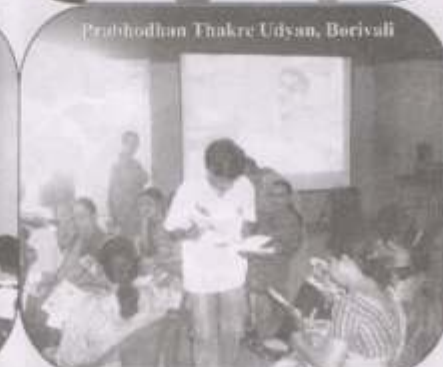


New English School, Thane

'Young minds are most impressionable' with this thought CARF regularly holds cancer screening camps at various schools and other organisations in Mumbai, educating them about cancer, its causes and prevention.



Campion School Colaba 23.07.10



Prabhodhan Thakre Udyan, Borivali



Kamru Jafar
School



Campion School Colaba 23.07.10



Awami High School



On the happy occasion of Eid-ul-Fitr poor cancer patients were given food hampers by CARF

ROSE DAY
Sept. 22, 2010

On the occasion of Rose Day CARF distributed roses, toys and biscuits to young patients admitted in the J. J. Hospital's pediatric ward.



CARF ACTIVITIES



CHARITY SHOW

A special screening of the film *Anjana Anjaani* was held at PVR Cinema, Juhu on Oct 1, 2010. The proceeds of this charity show went towards the good cause of assisting needy cancer patients.

CARF is full of gratitude towards *Sajid Nadiadwala* and *CA. Uttam Prakash Agarwal* for making this charity show possible. The presence of *Priyanka Chopra* and *Ranbir Kapoor* at the show was the highlight. It really lifted the spirits of the children afflicted by cancer, who were very happy to see the stars. Priyanka and Ranbir mingled with the children, most spontaneously.

PLEASE DONATE GENEROUSLY and help CARF
save lives of the 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

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- Chief Editor : Dr. Rehan A. Kazi - MS, DNB, DLORCS (Eng), DOHNS (Eng), FICS, FACS, FRCS (Glasgow), PhD (Lon), CSci, UICC fellow. Chartered Scientist
- Sr. Editor : Mrs. Shabina Kara • Gen. Manager : Mr. Vinayak Rege • Sr. Manager (Publicity & Publication) : Mrs. Tabassum Khan
 - Layout : Mrs. Tejashri G. Achwal • Photography : Mr. Kamran Siddhiqui
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