



CARF

News Bulletin

(Official Publication of the Cancer Aid & Research Foundation)

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UICC (International Union against Cancer), Geneva, Switzerland

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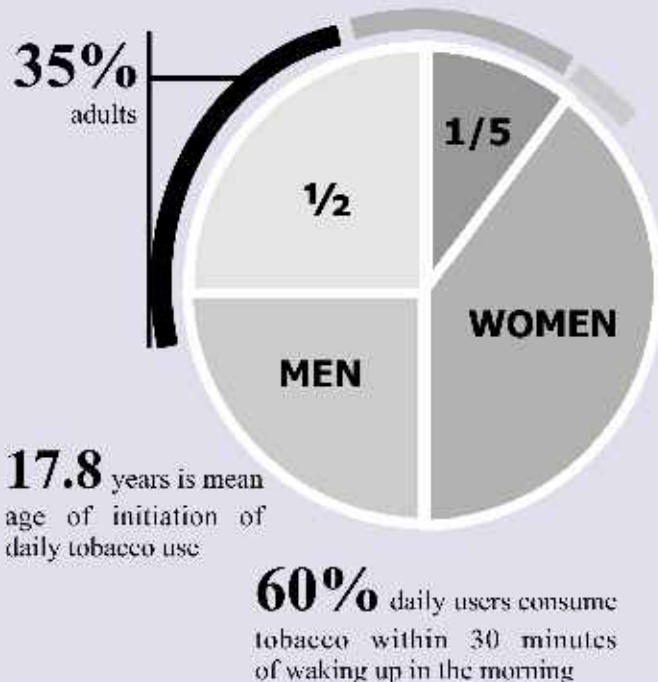
INCTR (International Network for Cancer Treatment and Research), Brussels - Belgium

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

TOBACCO KILLS, WHILE GOVT DILLY-DALLIES ON WARNINGS

Tobacco use in India



Average monthly expenditure incurred by smokers

Cigarette	Beedi
Rs 399.2	Rs 93.4

Product popularity

Chewed | Khaini > gutka (urban use=rural) betel quid (paan supari) with tobacco

Smoked | Bidi (average use : 11.6 sticks per day per smoker) > cigarette (urban use>rural; average use : 6.2 sticks per day per smoker)>hookah

Quitting ration

13% among smokers

5% among chewers

Figures by Global Adult Tobacco Survey India, 2009-10

Around two weeks ago, the Union health ministry's announcement to defer the implementation of pictorial warnings on tobacco products by a year angered people across the country. Because, yet again, anti-tobacco activists felt that their fight against a deadly ailment—cancer—had met with another defeat from corporate lobbying. While activists said the government had obviously succumbed to industry pressure, an RTI query revealed the flimsy grounds on which the ministry allowed tobacco giants more time to carry mandatory pictorial warnings, which are a proven deterrent to tobacco consumption. The government had notified manufacturers that from December 1, 2010, all tobacco products must carry gory pictures like a diseased mouth and teeth, instead of tame ones like an X-ray plate of the chest or a scorpion.

The RTI application was filed by a Delhi-based social worker. The response to it revealed how cigarette giant ITC and tobacco product associations joined hands to push the deadline simply by stating technical difficulties in

redesigning packets. In their letter to the ministry, they cited hiccups like procuring printing cylinders from abroad and incurring substantial expenditure in changing packet designs. They also said changing the designs would mean shutting down their plants for days, which would result in "significant loss of revenue to the country and the exchequer".

While the manufacturers asked for a deadline extension of 10 months, the health ministry granted them a year to carry the warnings. A spokesperson from ITC acknowledged that the firm had written to the ministry, but declined further comment.

Keshav Desiraju, additional secretary in the ministry, said: "We had to take into consideration certain issues of the industry as various stakes are involved, besides health concerns." He said implementation of the new pictorial warnings by December 11, 2011 will be difficult.

- Times of India, Jan 7, 2011



A Cycle Yatra will be organised every few months by CARF to create cancer awareness. Those wishing to participate please contact : Mrs. Tabassum Khan, Sr. Manager Publication & Publicity at 9833817507



Thoughts Of...



Dr. Raj V. Nagarkar

MS, MRCS[Edin],
DNB, BSS[UK], MNAMS
Chairman & Surgical Oncologist
Curie Manavata Cancer Centre,
Nashik.

A Decade of providing cancer care in rural India

After completing my training at Tata Memorial Hospital & England in June 2000 I decided to move to my hometown Nashik about 200 km from Mumbai. I was the only trained Oncologist in 6 districts. Awareness of cancer was lacking and misconceptions were high. The era was like fighting cancer with a lost mentality.

Globally the incidence of Cancer is on the rise. However the availability of specialists and equipped cancer care centre is restricted to metropolitan cities where rural people are afraid to go. They end up receiving fractured incomplete treatment or fall prey to unscientific cheap treatment options. Poor treatment outcome results in a public image that cancer is not treatable or should not be treated.

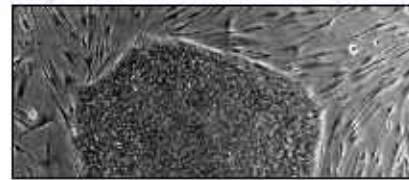
I adapted a 3 pronged approach on patient education, updating medical colleagues and mass awareness drives by way of articles / lectures / free cancer detection camps. Though available, internet literature is not accessed by more than 5 % patients. They believe on advice by friends, relatives or family physicians.

Probably the need is to set up small district cancer centres which are easily accessible to patients. Since cancer care involves months of repeated hospital visits a good patient support group formed by cancer survivors is a must. Minimum hospitalization as well as home care would help more patients to take complete treatment. This is important so that attendant need not forego his daily work for hospital visit.

Government & NGOs make a difference by financial support to help patients complete treatment. In rural India less than 10 % patients have insurance to take care of medical bills.

Curie Manavata Cancer Centre (CMCC) – a 55 bedded tertiary cancer centre in Nashik started functioning on 14th May 2007. Over the last say 4 years we have treated more than 15000 cancer patients with 3800 surgeries, 2300 radiation patients, 8000 chemotherapy and a qualified team of 150 pair of hands for patient care. Academics, publications, research, continuous training has helped us get ISO 9001-2008 certificate and we have been assessed by NABH – the highest accreditation authority in India.

We at CMCC change attitudes from ignorance & fatalism to understanding & optimism



STEM CELLS POINT TO MORE RESILIENT CANCER

Leukemia patients with more genes associated with cancer stem cells have a "significantly poorer prognosis," according to a new study. A Stanford University study found that "some cancers spring from and are replenished by a small, hardy population of self-renewing cells," which could explain why they resist treatment or cause patients to relapse. The findings could be used to predict outcomes in large groups of patients and one day allow doctors to better tailor clinical treatments, researchers said.

- Times of India, December 25, 2010

DON'T ENDORSE TOBACCO, DOCTORS TELL SANJAY DUTT



Several associations of doctors, including Doctors for You and the Maharashtra Association of Resident Doctors (MARD) with the support of Tata Cancer Hospital, have shot off a strong letter to actor Sanjay Dutt, asking him to reconsider his decision to endorse gutkha and tobacco and quit smoking in 2011.

Dutt has been endorsing gutkha and pan masala for several years. The letter, in possession with this paper, says as someone who has "witnessed the pain of cancer very closely in his own family," he should "dissociate himself from such addictive and lethal substances." Dutt's mother Nargis Dutt was a cancer victim as was his former wife Richa Sharma. The doctors, while reminding the actor of his influence over young, impressionable minds also urged him to consider his late father Sunil Dutt's campaign against cancer.

Dr Pankaj Chaturvedi, associate professor at Tata Cancer Hospital, which also houses the Nargis Dutt ICU set up by Sunil Dutt, said, "Sanjay Dutt's family has battled with cancer. It surprised and shocked us to see him endorse cancer causing substances. He should remember, he is a role model to our kids."

The doctor also said that India has the highest incidence of tobacco-related cancer in the world. "Nearly 20 lakh people die of cancer every year. These are facts Dutt should consider before continuing his association with such dangerous substances."

Dutt's official spokesman said, "It is an old commitment. He has not received the letter from the Association yet. But he respects doctors' advice and won't endorse further after the contract expires."

- Mumbai Mirror, Jan 1, 2011

CAMEL MILK, URINE TO TREAT CANCER?



New Drug Developed By Arab Experts Proves 100% successful in mice. A group of Arab researchers is claiming to have developed a medical formula for treating cancer by using camel's milk and urine. Researchers at Arab Biotechnology Company (ABC) have said experiments conducted on mice have proved to be 100 % successful. They found the camel's immune system was rejuvenating itself every time they took samples of milk and urine, making it one of the strongest immune systems.

The lab mice that have been injected with the new drug since six months are still live and their behavior natural like the healthy ones. The new remedy carries smart cells that can attack poisonous substance in the cancerous cells without producing any side effects, they added.

"The medicine, a combination of camel's milk and urine, has been tested on experimental mice and will be tested on human being," Abdalla Alnajjar, President of Arab Science and Technology Foundation said. He added that the experiments had started at Sharjah University and completed at the cancer institute in Baghdad.

Cancer kills 6 million persons every year in the world. According to the Arab Cancer Control Association, cancer is the second cause of death in the Arab World after heart and communicable diseases. Infection has reached alarming rates with 100-150 cases per 100,000 people, an increase of 213% per annum. He said the researcher had reprogrammed the immune system to accept certain chain of foods and the results were amazing. According to him, the formula treats Leukemia (blood cancer) and can be developed to cure other types of cancer infecting lung, liver and breast.

– Times of India, Jan 13, 2011

WHY SOME CANCERS DEVELOP IN AN INSTANT?

British scientists claim to have solved the mystery of "instant cancers" – tumours which seem to appear out of nowhere, after they discovered that in some cases cells can explode wreaking havoc in DNA. In fact, the scientists from the Wellcome Trust Sanger Institute near Cambridge found that in some cases of cancer, a single apocalyptic "explosion" in a cell could cause as much damage to the DNA as decades of hard living. The discovery was made from the study of the genetic flaws in 750 tumours, the Daily Mail reported. Lead scientist Peter Campbell said: "The results astounded us. It seems that in a single cell, in a single event, one or more of the chromosomes explode – literally into hundreds of fragments." If the cell then botches the repair, stitching the fragments back together in a "higgledy piggledy" fashion, the damage to its genome, or cache of DNA, leaves it ripe for the rapid development of cancer. The phenomenon is particularly common in bone cancers, where the distinct pattern of damage is seen in up to one in four cases.

Times of India, Jan 8, 2011



BHUTAN POLICE RAID HOMES TO STUB OUT SMOKING

Bhutan police can raid homes of smokers in a search for contraband tobacco and are training a special tobacco sniffer dog in a crackdown to honour a promise to become the world's first smoke-free nation. Buddhist Bhutan, where smoking is considered bad for one's karma, banned the sale of tobacco in 2005, but with a thriving tobacco smuggling operation from neighbouring India, the ban failed to make much of an impact.

But legislation passed in the new year, granting police powers to enter homes, is set to stub out the habit, threatening five years in jail for shopkeepers selling tobacco and smokers who fail to provide customs receipts for imported cigarettes. Smoking in private is not illegal in the Himalayan kingdom, but as the sale of cigarettes is banned, smokers are restricted to 200 cigarettes or 150 grams of other tobacco products a month that can be legally imported. And they must provide a customs receipt when challenged by police. The Bhutan Narcotic Control Agency has started raids, with officials allowed to enter homes if someone is seen smoking or if officials have reason to believe there is illegal tobacco there. There has been widespread grumbling about the new rule. "When it comes to the penalties in the tobacco control act, it is, in every sense of the word, draconian," the country's largest selling newspaper, Kuensel, said in an editorial. The Tobacco Act was passed in a joint sitting of parliament, with opposition from only four of the 65 voting members. Bhutan's prime minister said the law cannot be called draconian and it was passed in the "collective wisdom" of the members of parliament. "It is cancerous, both in the literal and the metaphoric sense, cancerous to society and to individual and in many ways it is no different from psychotropic drugs, for which the penalty in certain countries is death," Prime Minister Jigmi Y Thinley was quoted by media reports as saying.

– Times of India, Jan, 12, 2011

ATTENTION READERS !

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



'STOP USING TOBACCO PRODUCTS, BETEL NUT'

"Tambaku, supari, masher bandh kara (Stop chewing tobacco, betel nut, tobacco toothpaste)," plead Jijabai and Dagadu Suryawanshi. The couple from Parbhani in Marathwada is on a mission to convince every tobacco user they come across to give up beedi, betel nut, snuff, tobacco toothpaste, etc. "Tobacco ruins you not just financially and health-wise, but creates emotional turmoil. We are poor and don't have money to spread awareness, but we will talk about our experience and hope users will give it up for good," says Dagadu, who gave up chewing tobacco sometimes ago, and is helping Jijabai recover from the surgery last month, done to remove the tumour from the buccal cavity and lymph nodes from her neck. Dagadu says they had to sell their house in Parbhani to collect money for coming to Mumbai to treat Jijabai, 50, as in Parbhani treatment options are limited. He says that Jijabai could not speak properly or chew and swallow food. "There were some ulcers in her mouth and running to doctors in Parbhani did not help much." Dagadu says tobacco consumption in different forms is widely prevalent in their village as people have been indulging in it since ages, with no awareness about its ill-effects. "Since everyone does it, it's more a part of lifestyle. It is used during leisure hours, to stay awake, to brush teeth. From 13-14 year olds to senior citizens, almost every second person is addicted to tobacco." Jijabai, communicating through her husband, says that now they are also aware about oral hygiene – a concept which is nearly unheard of in the interiors. "We will tell villagers to use toothpaste or toothpowder". Dr. Sunita Dubey, director, Aryan Hospital in Kurla where Jijabai underwent the surgery, says that because Jijabai came in the early stage, Her recovery will be quick. "It is beneficial that they will spread the word about oral hygiene". "Oral Cancer, Symptoms of which include mouth ulcer, growth on tongue, difficulty to open mouth, chew and swallow, is growing rapidly in the city," says Dr. Dhairyasheel Sawant, member of Asian Institute of Oncology. "I see almost two oral cancer patients daily. It's basically people from lower socio-economic strata," says Dr. Shishir Shetty, Director and head of Oncology at Fortis & Cancure Hospital, Navi Mumbai.



—DNA, 2011



FUELLING HEALTH RISKS: PETROL PUMPS NEAR HOMES CAUSE CANCER

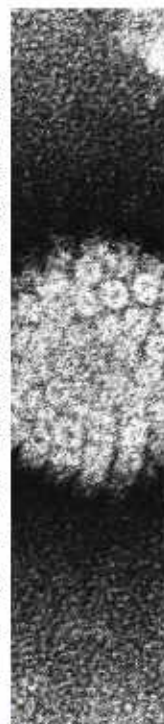
A petrol pump near your home could raise your cancer risk, a new study has warned. Researchers in Spain have carried out the study and found that buildings within a 100m radius of petrol pumps are exposed to potentially harmful pollution — in fact, they found raised traces of a cancer-causing chemical in the homes. "Some airborne organic compounds — such as benzene, which increases the risk of cancer — have been recorded at petrol stations at levels above the average levels for urban areas where traffic is the primary source of emission," lead researcher Marta Doval of Murcia University said. The study has shown that the air at petrol stations and in their immediate surroundings is above all affected by emissions stemming from evaporated vehicle fuels — unburnt fuels from fuel loading and unloading operations, refuelling and liquid spillages. The study shows that a minimum distance of 50 metres should be maintained between petrol stations and housing.

—Times of India, Feb 7, 2011

CIRCUMCISION STOPS CERVICAL CANCER VIRUS

Researchers have documented yet another health benefit for circumcision, which can protect men against the Aids virus, saying it can protect their wives and girlfriends from a virus that causes cervical cancer. Wives and girlfriends of circumcised men had a 28% lower rate of infection over two years with the human papilloma virus or HPV, which causes warts and cervical cancer, they reported in the Lancet medical journal. "Our findings indicate that male circumcision should now be accepted as an efficacious intervention for reducing the prevalence and incidence of HPV infections in female partners. However, protection is only partial; the promotion of safesex practices is also important," Maria Wawer and colleagues at Johns Hopkins University in Baltimore wrote. Wawer's team piggybacked the HPV study onto a larger study that has shown circumcised men are less likely to be infected with the human immunodeficiency virus that causes AIDS. "We enrolled HIV-negative men and their female partners between 2003 and 2006, in Rakai, Uganda," they wrote in their report in the Lancet medical journal. They were able to get details on HPV infections for nearly 1,000 of the women, all identified by men as longterm sex partners such as wives. After two years, 27.8% of the steady partners of circumcised men had HPV infections, compared to 38.7% of the partners of uncircumcised men. HPV infection is best known as the primary cause of cervical cancer, but it causes genital warts and can also lead to cancers of the anus, penis, head and neck. There are dozens of strains of HPV, which are highly contagious. Circumcision removes the foreskin of the penis, which is rich in immune system cells targeted by HIV and perhaps other viruses. Taking off the foreskin likely makes the penis less likely to carry a range of microbes, Wawer's team said. "Male circumcision has now been shown to decrease HIV, herpes simplex virus-2, and HPV infections and genital ulcer disease in men, and also HPV infection, trichomoniasis, and bacterial vaginosis and genital ulcer disease in their female partners," Wawer's team wrote.

—Times of India, Jan 8, 2011



FOOD&CANCER

A CANCER CURE IN YOUR KITCHEN CLOSET



The long quest for an affordable anti-cancer drug has led scientists to an unlikely place — Indian kitchens.

It has been found that turmeric, garlic, ginger, saffron and capsicum, used to spice up Indian curries, have cancer-fighting

qualities. While research on curcumin (a turmeric derivative) is in the human trial stage, animal trials on others have shown good results, scientists said at the Indian Science Congress. The search for alternative cancer drugs began after doctors found the existing drugs unaffordable. "They were bogged down by side-effects of cancer therapy and went for natural remedies," said Shrikanth Anant, professor of cancer research at University of Kansas. In most US pharmacies, curcumin is available as tablets.

— Times of India, Jan 7, 2011

'CARAMEL ADD-ONS IN SOFT DRINKS MAY CAUSE CANCER'

DARK & DEADLY?



Some artificial food colourings used in widely consumed soft drinks like Coca-Cola and Pepsi may cause cancer and they should be banned, a US consumer advocacy group has claimed, drawing a strong reaction from the industry. Pure caramel is made from melted sugar. But two other versions approved to colour food products include the chemical ammonia and produce compounds shown to cause various cancers in studies of animals, the Center for Science in the Public Interest (CSPI) said in a statement.

"The 'caramel colouring' used in Coca-Cola, Pepsi, and other foods is contaminated with two cancer-causing chemicals and should be banned," the group said. In a petition to the Food and Drug Administration of the US, the group has urged to ban the ammonia-containing caramels, which are also used in other dark-coloured soft drinks. "We're asking the FDA to ban the use of caramel colouring that's used in colas and certain other soft drinks and a variety of other foods," said Michael Jacobson, executive director of CSPI, was quoted as saying by ABC News.

Times of India, Feb 18, 2011

DRINKING MILK EVERY DAY KEEPS CANCER AT BAY

A new research has found that kids who drink milk are 40 per cent less likely to suffer bowel cancer as adults. Scientists from New Zealand found that half a pint of milk a day had a powerful protective effect against the cancer. The key to its anti-cancer effects lies in daily consumption over long periods. "Our results suggest daily consumption of milk in childhood may reduce bowel cancer incidence, possibly by the action of calcium," the Daily Express quoted associate Professor Brian Cox, who led the research, as saying. Experts believe calcium helps kill cancer cells and accumulating a supply in the system can help to ward off the disease. The team discovered pupils were 40 per cent less likely to suffer a tumour later in life if they had milk every day for six years or more. The study was published last week in the American Journal of Epidemiology.

— Mumbai Mirror, Feb 14, 2011



DRINKING MILK DAILY FIGHTS BOWEL CANCER

Children, please note — drinking milk everyday can keep bowel cancer at bay, says a new study. Researchers in New Zealand have carried out the study and found that children who drink half-a-pint of milk daily are 40% less likely to suffer bowel cancer as adults, the American Journal of Epidemiology reported.

According to them, milk has a powerful protective effect against cancer and the key to its anti-cancer effects lies in daily consumption over long periods. "Our results suggest daily consumption of milk in childhood may reduce bowel cancer incidence, possibly by the action of calcium," professor Brian Cox, who led the study, said.

In their study, the researchers discovered that the subjects were 40% less likely to suffer a tumour later in life if they had milk every day for six years or more.

— Times of India, Feb 7, 2011

GREEN TEA FIGHTS DEMENTIA AND CANCER

A new research by scientists at Newcastle University has suggested that regularly drinking green tea could protect the brain against developing dementia and protect the body against cancer.

— Mumbai Mirror, Jan 7, 2011

FOOD&CANCER



(L-R) Mr. Narendra Verma, Dr. Raj Tendulkar, Dr. Rehan Kazi, Prof. A. A. Kazi



Visitors admiring work of art



Prof. A. A. Kazi with an artist



Prof. A. A. Kazi with Mr. Jayant Patel, Airawat Art Gallery (L) and Artist Mr. Suhas Bahulkar (R)



Upholding its vision that no cancer patient should go untreated for lack of financial support or access to medical facilities CARF held "Art for Living 2011" a seven day exhibition and sale of Painting & Sculptures in March at Coomarswamy Hall, Chhatrapati Shivaji Vastu Sangrahalaya, Kala Ghoda, Mumbai.

We at CARF thank Mr. & Mrs. Sajid Nadiadwala, *Trustee CARF*, Mr. Suresh Shetty, *Minister of Public Health*, Mr. Narendra Varma, *President NCP, Mumbai*, Ms. Zarine Khan, *Actor*, Mr. Sajid Khan, *Film Director*, Mrs. Sangita Ahir, *Chairperson, Sankalp Prathishthan*, Col. Manesh Masand, *CEO, Jaslok Hospital* for their presence at the inauguration of the exhibition.

All proceeds from this exhibition will go towards the welfare of the poor cancer patients.



Mr. Sajid Khan, Mrs. Warda Nadiadwala, Ms. Zarine Khan, Mr. Sajid Nadiadwala and Prof. A. A. Kazi



BIRTHDAY PARTY FOR CANCER PATIENTS



Sajid Nadiadwalla, Trustee CARF, brought cheers and smiles on the faces of young cancer patients by celebrating his birthday with them at the Foundation. A magic show and many goodies handpicked by Wardha Nadiadwala made the evening even more joyous and memorable for the children.

WORLD CANCER DAY



On the occasion of World Cancer Day CARF organised a Cancer Awareness drive.

CHARITY SALE



CARF organised a charity sale in February at the Kokan International Mela which was held at Saboo Siddik Gound, Mumbai.

Well wishers and supporters of CARF are invited to donate oil / water paintings made by them or by any artist. CARF will hold a sale of these paintings. All the proceeds from this sale will go towards the welfare of the poor cancer patients.

Mrs. Tabassum Khan, Sr. Manager Publication & Publicity at 9833817507

- Registered under the Bombay Public Trust Act, 1950.
- Donations exempted under 80G of the Income-Tax Act, 1961
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- 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.

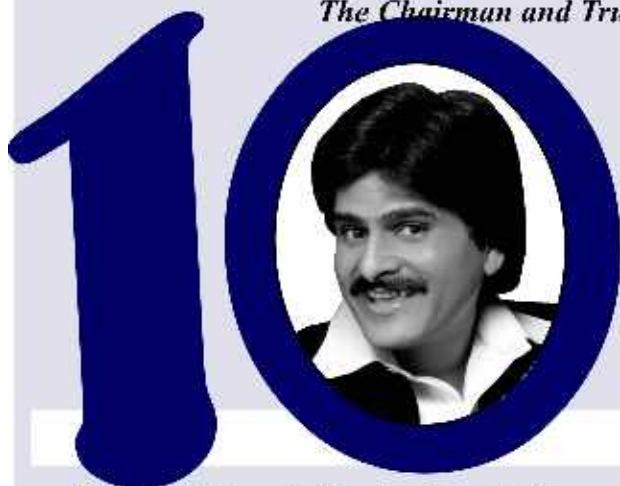
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All views expressed in the CARF News Bulletin belong to the author. The Foundation need not necessarily subscribe to them.

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