



CARF

News Bulletin

(Official Publication of the Cancer Aid & Research Foundation)

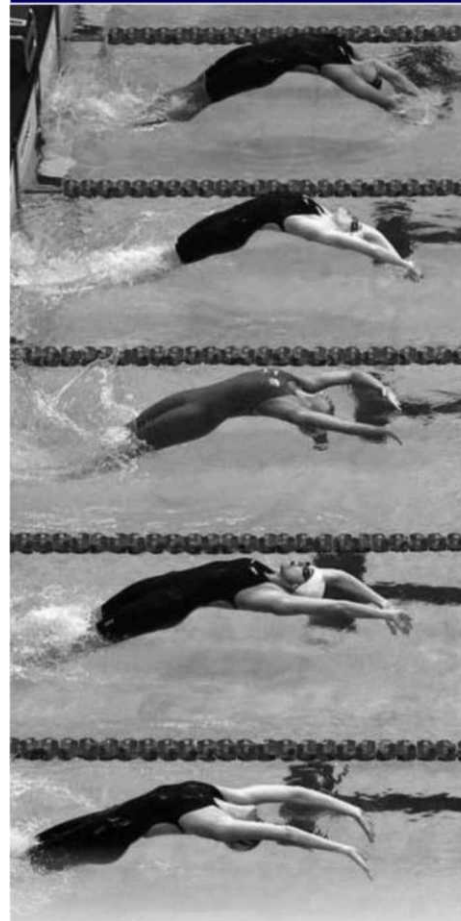
Member :

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



WATER WOES:

People who regularly swim in chlorinated pools or take lots of showers or long baths absorb more toxic chemicals, says a study

SWIMMING FOR LONG HOURS IN POOL CAN LEAD TO CANCER

Absorbing Chlorinated Water Is A Major Health Risk

Excessive swimming or taking long baths in chlorinated water may increase the risk of developing bladder cancer, a new study has claimed.

A team of Spanish scientists found that cancer-causing chemicals called trihalomethanes (THM), which are created as a byproduct of chlorinating water, can be absorbed through the skin. And people who regularly swim in chlorinated pools or take lots of showers or long baths are actually absorbing too much THM, putting themselves at risk of developing cancer, the Daily Mail reported.

For their study, the researchers examined 1,270 people and found those, who drank more bottled water to avoid the health risks posed by drinking tap water, actually lose the beneficial effects by swimming more and taking more showers. "People with more money and more education may think that they're reducing their risk of exposure to water contaminants by drinking bottled water," said Gemma Castaño-Vinyals from the Centre for Research in Environmental Epidemiology (CREAL) in Castilla La Mancha, Spain. "However, despite being apparently cleaner and taking more exercise, a result of taking more frequent and longer baths, and using swimming pools more often — they are actually increasing their risk of THM exposure."

However Castaño-Vinyals added that the additional risk of developing bladder cancer through the water contaminants was "small". The new findings were reported in the online journal BioMed Central.

While it is true that chlorine water can be used to make water safe because it kills bacteria, it can also be dangerous. Water treatment plants use chlorine to kill bacteria, as well as algae that can clog up the pipes. However, it is used not because it is the most effective solution, but because it is the cheapest. It is also widely used by industry as a bleaching agent, which means that there is bleach in the water that comes out of the tap to be drunk or used in swimming pools. And chlorinated water does not have to be drunk in order to enter the body. It can be readily absorbed by the skin while swimming. Although chlorine is great for killing bacteria, it cannot differentiate between good bacteria and bad ones. - Time of India, March 18, 2011

'WONDER DRUG' TO TREAT ALL CANCERS?

A universal drug against all cancers may be on the anvil, say scientists who claim to have discovered a method of turning a breast cancer "wonder pill" effective against all types of tumour. In addition, side-effects such as nausea and tiredness should be minimal, according to a team at Newcastle University which is leading the research. The excitement centres on a family of cancer drugs known as PARP inhibitors, which affect the way tumour cells repair themselves. These target hereditary forms of breast cancer, as well as ovarian prostate cancers and pancreatic tumours with the same rogue gene.

The drugs are of particular interest to doctors as they zero in on the tumour and kill it without harming healthy cells. This means patients suffer fewer side effects than they would with chemotherapy or radiotherapy in which healthy cells are affected. The drugs exploit the "Achilles' heel" of hereditary forms of breast cancer caused by a flaw in a gene called BRCA1 which limits the cells' ability to repair damage to their DNA. Healthy cells have two ways of patching up damage — which allows them to breed, grow and spread — but cells in BRCA tumours have only one. PARP inhibitors block this remaining pathway, stopping the tumour cells from multiplying, eventually leading them to die. Some breast, ovarian and prostate tumours too have flawed BRCA genes, but account for a small proportion of all cancers. The research would allow the drugs to be used on tumours which do not have this genetic flaw, by effectively "recreating" the defect, say the scientists. In experiments on mice with lung tumours, the team showed that blocking a molecule called Cdk1 also stopped DNA repair. When rats were given a PARP inhibitor, it successfully shrunk their cancer. The findings have been published in the journal Nature Medicine. - Time of India, June 28, 2011

Thoughts Of...



Dr. Vrinda Kulkarni

M.D. (Medicine), FICP
Professor and In-Charge,
Department of Haematology,
TN Medical College &
BYL Nair Charitable Hospital, Mumbai 8.

The incidence of cancer is increasing day by day. 'Cancer' has not remained as the disease of the elderly above the age of 60 years. In Haematology, Multiple myeloma (cancer of the plasma cells) affects the old. Leukemia (cancer of white blood cells) and lymphoma (cancer of lymphatic tissue) may affect children as well as young adults.

Management of blood cancer involves multi disciplinary approach. Medical treatment with chemotherapy plays the major role. Surgery and radiation therapy are other important modalities in certain situations. In addition, it involves team work of care givers like trained nurses, pathologists, blood bank staff, medical social workers, counselors and relatives.

It is the responsibility of the treating doctor to inform the patient and his relatives about the possibility of cancer but not to scare them before confirming the type of cancer and the risk involved. After confirmation of diagnosis, it is very much essential to counsel the patient and his family members. The nature of the disease, treatment options, duration and cost of chemotherapy, expected adverse effects of medications and the supportive care required should be explained. Doctors should have good communication skills while discussing these aspects and should obtain valid informed consent before starting chemotherapy.

Most of the times there is imbalance between supply and demand of blood products in blood bank. I think, healthcare workers should educate the general public about the need of blood donation. Negative attitude towards blood donation due to myths and misconceptions should be changed. Relatives of blood cancer patients should donate blood to replenish the stock in blood bank.

In Nair hospital we provide services to the poor and needy patients at a very low cost. Most of the patients are from lower socioeconomic strata and cannot afford the high cost of chemotherapy. Here we avail the facility of government scheme of Jeevandai Arogya Yojana (JAY) for patients below the poverty line. Cancer Aid and Research Foundation (CARF) is an organization which strengthens our services by providing 'M' (Money) power and support in various ways.

ENERGY-SAVING BULBS EMIT CANCER-CAUSING CHEMICALS



NOT A BRIGHT IDEA:

The bulbs emit phenol, used by Nazis to kill during the Holocaust

Release Toxic Steam When Switched On

Energy-saving bulbs may help cut down your electricity bill, but it can take a toll on your health, for a study has found that they emit cancer-causing chemicals when switched on. Scientists in Germany have claimed that energy-saving bulbs should not be left on for long periods of time or placed close to a person's head because they release poisonous materials. They should not be used by adults to read or kept near a child's head all night, the study says.

While it's known that harmful amounts of mercury are released if one of the new "green" bulbs is broken, the latest study shows other carcinogenic chemicals are emitted when they're switched on. The German study has shown that the chemicals are released as a form of steam. The harmful substances include phenol — a poison used by the Nazis to kill thousands of Holocaust victims — and the human toxins naphthalene and styrene, say the researchers. Tests showed that the materials used to make the lamps are probably responsible for their potentially harmful side effects.

- Times of India, April 21, 2011

DESK JOB DOUBLES BOWEL-CANCER RISK

Here's bad news for those who sit in front of a computer all day at work. A new study says that spending 10 years or more in a desk job almost doubles the risk of bowel cancer, even if you keep fit or work out. The findings highlight the dangers of modern working patterns, where employees are desk bound for hours at a time. The research backs up earlier studies which showed men who sit down most of the day at their jobs are 30% more likely to be diagnosed with prostate cancer.

- Times of India, April 21, 2011

ELECTRONIC NOSE TO SNIFF OUT TUMOURS

Now, an "electronic nose" which can sniff out cancer with a simple breath test, say scientists. A team at Technion — Israel Institute of Technology has developed the electronic nose which is so sophisticated a device that it can sniff out malignant head and neck cancer tumours which are often hard to diagnose. According to them, it picks up on microscopic chemical changes that are emitted in the breath of people with the two cancers, compared to those without the disease.

- Times of India, April 21, 2011

250-BED HOSPITAL TO COME UP IN THANE

Healthcare in the eastern suburbs will receive a boost with the Hiranandani group planning to set up a 250-bed hospital in Thane. On Thursday, builder Niranjan Hiranandani told TOI that the group was planning its second hospital in Thane as it felt the eastern suburbs lacked adequate healthcare facilities.

"We are planning a hospital where everything from a stitch to cancer treatment will be provided under one roof," he said. Incidentally, the group operates a small clinic in its housing complex in Thane. Its first hospital, L H Hiranandani Hospital, was set up in Powai six years ago.

Dr Vivek Desai, managing director of HOSMAC, a healthcare consultancy group, said that Thane needed another hospital. "The Bhandup-Thane stretch alone has a population of around 60 lakh. As of now, there are only two main hospitals on this stretch and many a time, patients have to go to the city for treatment," said Dr Desai.

"In the next two years, we should be able to start at least phase-I of the hospital," Hiranandani said.

Cancer care centre opened in Powai A cancer care centre was inaugurated at L H Hiranandani Hospital in Powai on Thursday. With the new facility, patients can now undergo image-guided radiotherapy, a system that combines hi-tech imaging with precision tumour-targeting capability.

- Times of India, April 15, 2011

DOGS CAN TELL IF YOU HAVE BOWEL CANCER



Believe it or not, dogs can sniff out bowel cancer in breath and stool samples, with a very high degree of accuracy, even in the early stages of the disease, a new research has revealed.

According to researchers, the man's best friend's sense of smell is 1,000 times more sensitive than a human's, and as a result it can apparently pick up chemical compounds specific to certain cancers.

In the research, a labrador detected traces of cancer with more than 90% accuracy from samples provided by volunteers.

In fact, over several months, researchers in Japan used the labrador to carry out 74 sniff tests. Each test group comprised one sample from a patient with bowel cancer and four control samples from those who were clear. The samples were placed into five boxes.

The labrador, trained to scent chemicals associated with bowel cancer, first sniffed a breath sample from a patient known to have the disease. It then walked along the boxes sitting in front of the sample it believed matched the cancer scent.

-Times of India, February 2, 2011

GOVT WAKES UP TO GROWING TOBACCO USE

Shambu Sahu, 26, an engineer, did not know that chewing gutka occasionally could cause so much trouble. "I chewed gutka once in a while with my friends whenever we would meet. I soon got addicted to it," he said. Despite being addicted to it for a very short period of time, he fell prey to cancer and is being treated at the Tata Memorial Hospital.

Expressing a great deal of concern about the increase in smoking adolescents, the joint secretary from the Union ministry of health and family welfare, BK Prasad, launched a campaign for tobacco control. On Tuesday, Prasad inaugurated the function at the Tata Memorial Hospital and made singer Shaan the brand ambassador. "The global adult survey shows that tobacco consumption in youths is increasing. Almost 14.6% of youths aged between 13 and 15 are consuming tobacco," said Prasad.

Prasad said that they plan to start sensitizing programmes at rural schools within the National Rural Health Mission. He added that a national helpline – 180110456 – can be used by citizens to complain about anyone who is violating the Cigarettes and other Tobacco Products Act, including smoking in public. Every year, nearly 10,000 patients in TMH can be attributed to tobacco consumption, said Dr. Rajendra Badwe, TMH medical director. Badwe added, "50% of the chronic diseases will be wiped off if we wipe off tobacco. This includes hypertension, cancer and cardiovascular diseases." He added that the tobacco control programme should be more "inclusive" and that the farmers growing tobacco should be given alternative cash crops to grow. A few patients of Dr. Pankaj Chaturvedi, a surgeon in the hospital, came forward to appeal to the youngsters to not take up tobacco. Many of them had muffled voices and their words could barely be understood. An ex-customs commissioner, Deepak Kumar, also came forward and spoke about his harrowing experience in consumer court when he sued a cigarette company for his illness.

FIGHTING ADDICTION

- ▶ BK Prasad said that they plan to start sensitising programmes at rural schools within the National Rural Health Mission
- ▶ He added that a national helpline - 180110456 - can be used by citizens to complain about anyone who is violating the Cigarettes and Other Tobacco Products Act, including smoking in public.
- ▶ He said that almost 14.6% youths aged between 13 and 15 are consuming tobacco

- DNA, May 11, 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



GAY MEN ARE MORE PRONE TO CANCER, SAYS STUDY

A new study has concluded that gay men have a higher prevalence of cancer compared with heterosexual men, and lesbian and bisexual female cancer survivors report lower levels of health than heterosexual female cancer survivors.

The study's findings shed light on the types of programmes and services that are needed to assist lesbian, gay, and bisexual cancer survivors. Ulrike Boehmer, of the Boston University School of Public Health and her colleagues examined the prevalence of cancer survival by sexual orientation in California in their study.

They also investigated how the health of cancer survivors differs depending on sexual orientation.

The study found that gay men were 1.9 times as likely to report a cancer diagnosis than heterosexual men. The researchers found no significant differences in cancer prevalence by sexual orientation among women, but lesbian and bisexual female cancer survivors were 2 and 2.3 times more likely to report fair or poor health.

— Times of India, May 10, 2011

LASER TO DETECT SIGNS OF SKIN CANCER

Scientists have developed a new device which they claim can detect signs of melanoma — the deadliest form of skin cancer. In fact, the new device — a tiny laser — fires a double laser beam, with less combined energy than a laser pointer, into a suspicious mole, then analyses the locations of different skin pigments. The scientists then look at the amount of eumelanin in the pigments that is present in greater amounts in potentially cancerous tissue.

— Times of India, February 25, 2011

NEW BLOOD TEST TO DETECT RISK OF BLADDER CANCER

Scientists claimed to have developed a new blood test that can accurately detect whether a person is susceptible to develop bladder cancer. Researchers at Brown University in Rhode Island said their test measures a pattern of methylation — a chemical alteration to DNA that affects cell function by altering gene expression. Methylation is affected by carcinogenic exposures. And scientists believe that abnormal patterns of it in the body could be indicators of an increased likelihood of developing bladder cancer.

— Times of India, February 24, 2011

OBSESITY TIED TO KILLER BREAST CANCER

Scientists know that being overweight increases risk of breast cancers fed by oestrogen, but being too fat may also increase risk of triple-negative breast cancers, a far more deadly type, US researchers said. They said women who are overweight had a 35% higher risk of developing triple-negative breast cancers.

— Times of India, March 3, 2011

PROTEIN-RICH DIET UPS CANCER RISK

The study started six years ago with an observation that more than half the patients with gall bladder cancer who came to Tata Memorial Hospital hailed from Bihar or Uttar Pradesh. Dr. Jagannath, who was earlier with Tata Memorial Hospital and is now with Lilavati Hospital, along with a team of local doctors and the International Institute of Population Studies, started on-site research to establish the reasons.

“Cancer can have lifestyle and environmental reasons,” he said. For instance, the staple diet in Bihar is sattu, that is roasted chickpea. “Sattu is rich in proteins. If not balanced with the intake of carbohydrates, it can cause gall stones causing chronic irritation and eventually lead to gall bladder cancer. However, gall stones don't always lead to cancer,” said Dr. Jagannath. Polluting small-scale units along the rivers have been a concern for long, industrial effluents are known to contain heavy metals that have carcinogenic effects.

As part of the study, 8,421 people with symptoms were sent for ultrasonography tests to check for gall bladder abnormalities. These villagers lived near rivers. While 40% of the 4,851 households surveyed in Varanasi lived within a 5Km range near the Ganga, 30% of the 3,885 household in Patna were near the Ganga and 25% near Punpun and 66% of 4,598 household in Vaishali were near the Gandak river.

Apart from sonography scans to establish physical evidence of disease, the study also looked at samples of water and soil collected from Patna and Vaishali. “Water samples were collected from a tap or tube or borewells commonly used by the villagers. Soil was collected from three randomly selected fields. All samples were analyzed for the presence of nickel, cadmium, chromium and DDT,” the study said. The analysis showed that levels of pollutants in a cluster with high incidence of gall bladder diseases had higher than usual levels of heavy metals.

The medical team felt there is now a need to carry out large-scale screening of people in the area and to ensure that people get safe water to drink. “After the study is over, we will try for funding to ensure clean water to villages,” he said.

The study looked at only 20 villages each in three districts even though there are 150 villages in each district. “There was a prevalence of GBD of 6.2% among men and women over 30 years of age (4.45% in men and 7.37% in women). If this is the prevalence we found in 60 villages, it can be extrapolated how many are affected in the entire region,” the doctor said.

— Times of India, January 29, 2011



A Cycle Yatra will be organised every few months by CARF to create cancer awareness.

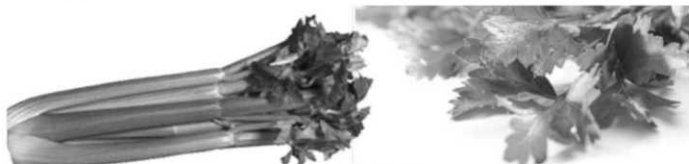
Those wishing to participate please contact :
Mrs. Tabassum Khan, Sr. Manager Publication & Publicity at 9833817507

FOOD&CANCER

PARSLEY AND CELERY CARRY BREAST CANCER FIGHTING COMPOUNDS

Parsley is usually used as a decorative accent to a scrumptious meal, but don't set it aside just yet. In a new study, a University of Missouri researcher has found that a compound in parsley and other plant products, including certain fruits and nuts, can stop certain breast cancer tumour cells from multiplying and growing. The study was published recently in Cancer Prevention Research.

In his study, Salman Hyder, exposed rats with a certain type of breast cancer to apigenin, a common compound found in parsley and other plant products. The rats that were exposed to the apigenin developed fewer tumours and experienced significant delays in tumour formation compared to those rats that were not exposed to apigenin. Hyder believes this finding could impact women who are taking certain hormone replacement therapies.



Apigenin is most prevalent in parsley and celery, but can also be found in apples, oranges, nuts and other plant products. However, apigenin is not absorbed efficiently into the bloodstream, so scientists are unsure of how much can or should be ingested. "We don't have specific dosage for humans yet," Hyder said. "However, it appears that keeping a minimal level of apigenin in the bloodstream is important to delay the onset of breast cancer. It's probably a good idea to eat a little parsley and some fruit every day to ensure the minimal amount.

The next phrase of studies should include human clinical trials to determine the appropriate dosage amount, Hyder said. He believes further study on humans is necessary to address any health and safety issues that might exist.

— Mumbai Mirror, May 11, 2011

FISH OIL MAY HELP CANCER PATIENTS PRESERVE MUSCLE



Cancer patients undergoing chemotherapy may be able to avoid the accompanying muscle loss and malnutrition by taking fish oil supplements that contain omega-3 fatty acids, new research suggests. The finding is based on a small study involving just 40 lung cancer patients. Nevertheless, it raises hope that a simple, non-invasive intervention might go a long way towards countering the fatigue, poorer prognosis and impaired quality of life that can result from chemo-induced muscle mass loss.

— Times of India, March 1, 2011

SIP OF HEALTH: 5 CUPS OF COFFEE A DAY LOWERS BREAST CANCER RISK

: Ladies, please note — drinking upto five cups of coffee daily can protect you from developing oestrogen-receptor negative breast cancer, which is one of the most aggressive forms of the disease, says a new study.

Researchers at the Karolinska Institute in Sweden have carried out the study and found that downing the caffeine drink everyday slashes a woman's risk of developing oestrogen - receptor negative breast cancer (ER-negative). According to them, women can drink up to five cups of coffee daily to stave off the disease that is more dangerous than oestrogen-receptor positive breast cancer as chemotherapy remains often the only option.

The researchers have based their findings on an analysis of data from 6,000 postmenopausal women. They concluded: "A daily intake of coffee is associated with a statistically significant decrease in oestrogen-receptor negative breast cancer among postmenopausal women."

— Times of India, May 12, 2011

**Eating right can help prevent the disease.
Here are some foods you can include in your diet**



WHOLEGRAIN : Wholegrain cereals are rich in fibre, which may help reduce your risk of breast cancer. One Swedish study found that women who ate more than 25 gm of fibre per day were nearly 40 per cent less likely to develop the disease. **Eat more:** Opt for healthy wholegrain carbohydrates such as granary bread, cereals such as Weetabix or porridge, brown rice and wholemeal pasta.

FRUIT AND VEGETABLES : A diet full of antioxidant-rich brightly-coloured fruit and vegetables could help combat free radicals — rogue cells that can trigger cancer. A study in China this year found that women, who ate the most fruit and vegetables in their diet, lowered their risk of breast cancer. **Eat more:** Forget five, for maximum cancer protection some nutritionists are now advising us to eat nine or 10 servings of fruit and vegetables daily. One serving is equivalent to a glass of fresh juice, medium orange or 12 grapes. **BEANS AND PULSES :** Beans and pulses such as lentils and chickpeas are packed with cancer protective fibre, as well as polyphenols and lignans which have been found to limit a tumour's growth. A study in Harvard tracked the diets of 90,000 nurses over eight years. Those who ate beans two to four times a week had a 25 per cent lower risk of tissue cancer than those who rarely ate them. **Eat more:** Add a can of kidney beans or lentils to chillies, spaghetti bolognaise, dals, soups and stews two to three times a week, and snack on lentil based dips and sauces. — Mumbai Mirror, March 30, 2011

FOOD&CANCER

CANCER AWARENESS DRIVE



CARF thanks Mr. Rajendra Dhamne, *Superintendent, Arthur Road Jail* for enabling it to reach more than 300 prisoners and some policemen with Anti Tobacco Message.



CARF awareness camps were held at *V. V. Dewoolker Marathi School - Jogeshwari*. and *M. V. M. College - Andheri (W), Vijay Club - Dadar*.

DOCTOR'S DAY



On Doctor's Day CARF felicitated its inhouse doctors !
(L to R) Dr. Raj Tendulkar, Dr. Rizwana Shaikh,
Dr. Asra Kazi & Dr. Azra Ansari

GREEN MOVEMENT



Mrs. Sulaxi Balgi, SBI Jacob Circle - Branch Manager
donated potted plants to CARF

CANCER SURVIVOR REHABILITATION



CARF in its endeavour to rehabilitate cancer survivors is very happy to let the readers know that one of our cancer survivor *Mr. Gajendra Sharma* has been appointed as CARF's Box Collection Executive.

APPRECIATION



CARF thanks **Ms. Reshma Hawa** for donating many beautiful toys for the poor young cancer patients. It surely brought the much needed cheer in their lives.

Congratulations to Prof. A. A. Kazi Chairman, CARF



“Indian Achievers Award for Healthcare Excellence” awarded by Indian Economic Development & Research Association



“Maharashtra Bhushan Puraskar”
awarded by OBC NT Party of India

Generous Donation by Dr. Rehan Kazi

Dr. Rehan Kazi Sec-Gen of CARF donated Head and Neck books from his personal efforts to the Central Library of the Grant Medical College and Sir J J Hospital, Mumbai. These are highly valuable and much sought after brand new head and neck books for post-graduates (MS) students. We are told that this cupboard is one of the most used ones in the Central Library and much appreciated by all ENT doctors. We hope that they will inspire the doctors to embark on a career in head and neck cancer.



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
- 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.

- **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. Shahina Kara • **Gen. Manager :** Mr. Rajiv Chanda • **Sr. Manager (Publicity & Publication) :** Mrs. Tabassum Khan
- **Layout :** Mrs. Tejashri G. Achwal • **Photography :** Mr. Kamran Siddhiqui
- **Printed at :** Print world, (Mr. Shamshi Z. Mulla +91-9890241699) Bhiwandi, Dist. Thane



Dr. Asra I. Kazi
M.B.B.S.

MEET OUR NEW CHIEF COUNSELLOR

To help deal with the emotional problems of people with cancer and their relatives, CARF has appointed Dr. Asra I. Kazi as "Chief Counsellor".

She is available at the Foundation from

11.00 am to 1.00 pm. Monday to Saturday (except 2nd & 4th Sat. of the month)

AN ANNOUNCEMENT

6TH ANNUAL CARF ORATION
on October 15, 2011 in Mumbai

Our Hon'ble Speaker

Dan M. Fliss M.D.

*Professor and Chairman
Department Otolaryngology,
Head and Neck Surgery and
Maxillofacial Surgery*

Tel Aviv Sourasky Medical Centre, Israel.

Head & Neck Cancer Fellowship Applications are invited for 1 year fellowship in Head & Neck Surgery at the ENT & Head & Neck Surgery Department of J. J. Group of Hospitals & Grant Medical College, Mumbai. For further details kindly visit our **website : www.cancerarfoundation.org**

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

BOOK-POST

*If undelivered
please return to :*



To,

CANCER AID & RESEARCH FOUNDATION
Byculla Municipal School Bldg., Grd. Floor,
R. Nos. 15 - 18, N. M. Joshi Marg,
Near 'S' Bridge, Byculla (West),
Mumbai-400 011. Tel. : 0091-22-2300 5000