



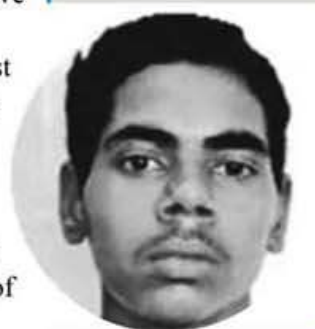
**News Bulletin**  
 (Official Publication of the Cancer Aid & Research Foundation)  
**Member :**  
 UICC (International Union against Cancer), Geneva, Switzerland  
**Associate Member :**  
 INCTR (International Network for Cancer Treatment and Research), Brussels - Belgium

Internet Journal of Head & Neck Surgery [www.ispub.com] - official scientific journal of CARF

## Teenager Started Chewing Pan Masala At 13 Due To Peer Pressure 17-year-old gutka user is in the last stage of oral cancer

Mumbai: Roshan Wankhede is all of 17 years. He is from a small village in the Amravati district. The family lives on farming; money is difficult to come by. Roshan's parents are waiting for him to finish his education and start earning so that their monetary problems can be solved. Roshan would have passed his HSC exams next year, but he will not be able to. Doctors say that Roshan is suffering from last-stage mouth cancer and may not live another year.

Roshan was 13 years old when he first started consuming tobacco because of peer pressure. A sachet or two occasionally, soon turned to seven to eight sachets a day. Today, neither Roshan nor his parents know the severity of the consequences of his tobacco-chewing habit.



### TEENS SHACKLED BY SUBSTANCE ABUSE

#### Global Adult Tobacco Survey (GATS) India, 2009-2010, says:

- 11.9% of teens aged 13-15 currently use tobacco products other than cigarettes
- Every day, 5,500 children and adolescents below the age of 18 take to using tobacco products

#### Early Beginnings

- Every two seconds, 1 Indian child tries tobacco for the first time
- As you read this sentence, 4 children would have their first tobacco experience
- 4 million children below the age of 15 use tobacco regularly
- A daily intake of an average of 10 pouches of gutka would mean exceeding the recommended daily intake of lead, arsenic and copper. Lead is particularly dangerous for the younger age group, as excess of it lowers the IQ and could affect a child's scholastic performance
- almost 50% of 15-year-old street children spend a significant part of their daily income on gutka

#### Oral Cancer

- ind 20,000 in one lakh individuals suffer from oral cancer
- It is the leading cause of cancer-related deaths among Indian men
- 50% of oral cancer patients die within 12 months of diagnosis
- A small proportion of patients get cured but live with severe disability n 90% of oral cancer in India is attributed to chewing tobacco and supari
- Several ingredients in commercially available pan masala and gutka cause oral cancer

"I wanted to try what all my friends did. Out of the 50 students in our class, about 10 had pan masala. It was all for fun," said Roshan. "My parents didn't know that I had this habit. I didn't have it at home. We had it before and after school from the shops nearby," he said. What started as small ulcers developed as a full-fledged cancer on the roof of Roshan's mouth in a matter of months. Local doctors directly advised him to go to Tata Memorial Hospital, as they were sure that it was more than just ulcers. "We are going to remove his upper jaw with a surgery, which will be followed by radiotherapy," said Dr Pankaj Chaturvedi, oral oncologist at Tata Memorial Hospital, where Roshan is being treated. "He has a slim chance of surviving more than a year as fourth-stage cancers are generally difficult to save anyway." Roshan had, however, given up the habit of chewing tobacco some time before he developed the cancer. He said his decision followed the increase in the font size of the warning on gutka packets. "Earlier, there used to be a scorpion on the packet. We didn't know what it meant. Then the price of a sachet increased from Re 1 to Rs 5, because of which our consumption reduced to three packets a day. It was only when the warning 'Tobacco causes cancer' came in a bigger font that we all stopped having tobacco completely."

#### Times View

The statistics of tobacco consumption are shocking. The government should treat these as eyeopeners. While chief ministers of 10 states, including Maharashtra, have already pledged their support to curb its use, merely signing letters is not enough. The government's attitude seems to be lax when it comes to actual implementation of anti-tobacco measures. It should be more proactive and crack down on the sale of tobacco to minors. A law banning the sale of tobacco within 100 metres of educational institutions is already in place, but needs stricter monitoring. Surrogate bans on products should be implemented better. It's not just the government that needs to act. Youth icons from all fields should stop endorsing tobacco or surrogate brands, which entice youngsters into the habit.

- Times of India, August 11, 2011



## Thoughts Of...



**Dr. Asra I. Kazi**

*M. B. B. S.*

*Chief Counsellor, CARF*

*Chairperson Medical Services Cell*

It is a well documented fact that counselling can improve the quality of life of those afflicted by cancer. Cancer affects not just the person who is suffering from the disease, but the entire family. So after the patient has been counseled, the family - the spouse or partner and the siblings also have to spend some time with the counselor. The goal of counseling is to help patients and their family make the functional, emotional and spiritual adjustments necessary to maintain their quality of life.

The stress is not just financial but physical and emotional too. The parents of child cancer patient will obviously be worried about the expenses and also be emotionally drained looking at their child undergoing the treatment and struggling with the disease. There will be physical stress as people come to stay in a city like Mumbai with little resources. There will be accommodation charges, run around in the hospitals, without paying attention to their food. And if the particular family has another child elder or younger to the patient, depending on the age that child too is affected by all of this. Not just because of faulty genes he/she is at risk but also since the parents have to look after a sick child their attention and efforts naturally just gets concentrated on that child and the siblings have to make do with whatever time and love the parents have left to give them. So they are obviously neglected despite the best efforts from the best of parents and then starts the behavioral and emotional issues.

Every person has to be dealt according to his/her needs. Dealing with the loss of loved one is never easy. Especially watching their struggle with a disease like cancer. It affects the persons close to the patient forever. So I request patients and their relatives to undergo counseling so as to deal aptly with the problems that arise because of one of their dear ones is affected by this dreaded disease.

## 3 breast cancer genes identified:

Scientists have discovered three key breast cancer genes which they claim may pave the way for vital new treatments for the most common form of the disease, and thus help save thousands of lives worldwide every year. A team at the Institute of Cancer Research in Britain claims the breakthrough may lead to the first new drugs in as little as five years' time, despite the preliminary nature of the research.

- Times of India, May 5, 2011



## Common allergies may protect you from cancer

Common contact allergies may be a blessing in disguise, as a new study has found that those who are afflicted by the itchy rashes appear to have a reduced risk of various cancers.

Researchers at the National Allergy Research Centre at Copenhagen University Hospital Gentofte in Denmark found that people who develop rashes when their skin comes into contact with certain metals or chemicals have a "significantly lower" risk for certain cancers such as breast and nonmelanoma skin cancer compared to those without the immune system disorder. For their study, they focused on nearly 17,000 adults with contact allergies which generally develop within 24 hours on the area that touched the allergen, LiveScience reported.

About one-third of the participants tested positive for at least one contact allergy, with women more likely to test positive (4%) than men (26%). The participants were tested between 1984 and 2008. The results showed that men and women with contact allergies had significantly lower rates of breast cancer and non-melanoma skin cancer.

- Times of India, July 20, 2011



## Prostate cancers spread more in obese men

Here's yet another reason why you should shed the flab — being obese could limit a man's chance of surviving prostate cancer, says a new study. US researchers have carried out the study and found that obese men are three times more likely to see the cancer spread than those of a healthy weight. One of the researchers, Stephen Freedland, said: "The study supports a growing body of literature showing that obese men with prostate cancer do worse."

- Times of India, May 17, 2011





## Non-Smoker with lung cancer spotted

Scientists claim to have carried out a first-of-its-kind study of a patient with lung cancer who never smoked. A team has sequenced the entire DNA and RNA of the 61-year-old woman with metastatic adenocarcinoma of the lung, the findings of which are published in the Journal of Thoracic Oncology. The patient never smoked and her lung cancer had entered her bloodstream and spread to other parts of her body. She was treated with several types of chemotherapy. -

-Times of India, May 17, 2011



## CT scans cut lung cancer deaths by 20%

Current or former heavy smokers screened with low-dose CT scans experienced a 20% reduction in lung cancer deaths compared to those screened using chest X-rays, a US study found. The National Lung Screening Trial, conducted starting in 2002 among 53,454 patients at a high risk of lung cancer, shows that screening using low-dose helical computed tomography can cut lung cancer deaths by identifying tumour early. -Times of India, July 2, 2011



## Cure for cancer, arthritis gets a boost

Scientists have identified a protein which controls inflammation, a key finding that they claim could play a critical role in the future treatment of cancers and autoimmune diseases. An international team, led by Imperial College London and funded by Cancer Research UK, has characterised the role of 'Sharpin', a protein that controls inflammation induced by 'Tumour Necrosis Factor' — a vital part of body's defences against cancer, the 'Nature' journal reported. According to the scientists, the research may also shed light on the causes of certain autoimmune diseases, such as rheumatoid arthritis and psoriasis.

- Times of India, April 2, 2011



## Mobiles may cause five-fold rise in brain cancer risk

**DROP THAT CALL**

People who begin using mobile phones as teenagers and continue to do so for over a decade may be at a five-fold risk of developing a common type of brain cancer, Swedish scientists have claimed, citing new evidence. The study, published in the International Journal of Oncology, found large increased incidence of astrocytoma, the most common form of a malignant brain tumour type called glioma, in those who had been using mobiles for over 10 years. The new research comes weeks after the International Agency for Research on Cancer, which is part of the World Health Organisation, stated that radiation from handsets was "possibly carcinogenic", though it stopped short of declaring there was a clear link. Campaigners, meanwhile, said the study was further evidence of the need to educate children of the potential dangers of mobile phone usage, the Daily Telegraph reported. For the study, a team of researchers examined the mobile and cordless phone use of more than 1,200 Swedes, who were diagnosed with malignant brain cancer between 1997 and 2003. Of those, the 905 who were still alive were interviewed about their phone usage. For the remaining 346, who had died, researchers asked their relatives about their loved ones' telephone habits. They then compared this to phone use information on almost 2,500 "controls" who were either living and had no brain cancer, or had died of other causes. The team found that people who started using mobiles as teens, and have done so for at least 10 years, were 4.9 times more likely to develop astrocytoma.

- Times of India, July 1, 2011

## Hormone therapy to fight cancer

People with prostate cancer could double their chance of survival if they are given a certain hormone therapy along with radiotherapy, a new research has found. A team of researchers from Australia and New Zealand, who looked at the results of an old trial involving 802 prostate cancer patients, found that the hormone treatment, called Neoadjuvant Androgen Deprivation Therapy, lowers the levels of male hormones that can boost the growth of tumours

-Times of India, March 26, 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](mailto:tabassum.shaikh@cancerarfoundation.org) | [carf@cancerarfoundation.org](mailto:carf@cancerarfoundation.org)





## WHIFF THAT KILLS



### Second-hand smoke linked to stillbirths

Pregnant women who live or work with smokers may be at slightly higher risk of having a stillbirth, suggests a study that adds to evidence that even secondhand smoke can harm unborn babies.

Newborns also weighed a little less and had smaller heads if their mothers were passive smokers, Canadian researchers found. According to the researchers, "undiluted sidestream smoke contains many harmful chemicals."

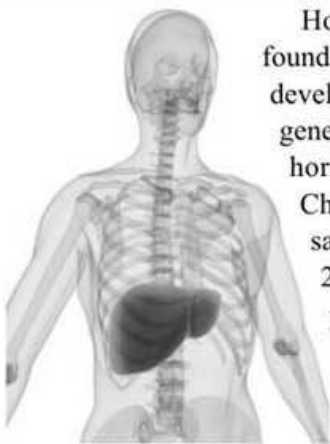
Those chemicals may harm the fetus in a variety of ways, for instance by restricting blood flow and possibly damaging the placenta.

Joan Crane of Eastern Health in St John's used data of pregnant women from Newfoundland and Labrador for the study. The rate of stillbirth, in which the baby dies during the third trimester of pregnancy, was 0.83% in passive smokers and 0.37% in women who didn't breathe tobacco fumes.

That doesn't prove that smoke itself was the culprit, as other risk factors might be different between the two groups. When the researchers accounted for those, passive smokers had more than three times the odds of stillbirth.

- Times of India, May 2, 2011

## Liver cancer linked to male sex hormone



Hong Kong researchers have found that men are more likely to develop liver cancer due to a type of gene which is linked to male sex hormones. Researchers at the Chinese University of Hong Kong said a study conducted since 2008 found more than 70% of patients with liver cancer produced high levels of a gene called cell cycle-related kinase (CCRK). The study said the gene, one out of more

than 17,000 in the human body, is directly controlled and activated by the receptor protein of the male sex hormone, or androgen.

- Times of India, July 22, 2011

## AGAINST ALL ODDS



### Dhruv Jadhav battles cancer, gets 82%, but expected more

Even though he was diagnosed with cancer a year prior to his ICSE board exams, Dhruv Jadhav from St Mary's School, Mazagaon, scored 82% and has made his family and school proud. Dhruv was diagnosed with leukemia (cancer of blood or bone marrow) in 2009, when he was in his 9th grade. His family took him to Israel for treatment as therapy was difficult in India.

That year, Dhruv had a bone marrow transplant but he stayed on for further treatment. He returned to India only last June. "He could not appear for his 9th grade final exams but was keen to join back his old school, St Mary's," said his mother, Dr Archana Jadhav. Dhruv had missed out on nearly a year of studies but with assistance from the school, he prepared himself for his ICSE board exams in March 2011. In the course of the year, Dhruv was admitted to hospital due to poor health and hepatitis. Despite this, he scored 74% in his prelims and a commendable 82% in his finals. "My son has made me very happy. The school principal and faculty have really supported my son and I thank them for his success," said his mother, Archana.

Dhruv is on the path to recovery now but he was not happy with his marks though. "I wanted more, I wanted to score in my 90s but nevertheless, I feel great," exclaimed Dhruv. He gives credit to his teachers but above all his batch mates, who were very cooperative and helped with their notes. He also had a home tutor who proved to be of great help. Dhruv is undecided about his future. "I may do Arts or Science, I don't know yet," he said.

Dhruv is a classic example of 'never say die'. "Always have faith in yourself and never lose hope," Dhruv said, in an inspirational message to all with a similar condition.

- Times of India, May 19, 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



### New Varieties Fortified With Key Mineral To Boost Immunity Hit Shelves

#### 'Super tomatoes' can crush cancer



British researchers claim to have developed new "super tomatoes" fortified with minerals which can improve your immune system and help prevent cancer.

The new varieties, which have hit shelves across the UK, have been enriched with selenium, a powerful anti-oxidant which the researchers believe could not only boost the immune system but also help prevent cancer.

The mineral, found naturally in foods such as Brazil nuts, shellfish and liver, is also important for the thyroid gland, which determines how quickly the body uses energy and also produces proteins, the Daily Mail reported.

Food scientists turned their attention to the mineral because it is lacking in UK diets.

Low concentrations in farm soil means little of the mineral finds its way into home-grown foods. There is evidence that a deficiency may lead to heart disease and, while it does not tend to directly cause illnesses, it can make the body more likely to catch infections.

Dr Carina Norris, of the Nutrition Society, said the tomatoes were a great way to get the nutrient into our diets.

"Selenium plays an important role in supporting the immune system, and it's thought that getting adequate selenium reduces our risk of cancer," she said.

"But many people in the UK don't get enough from their diets the latest data suggests the average person consumes well below the target of 60mg for women and 75mg for men.

"So to get a 'difficult' nutrient into food that most eat — such as tomatoes — has to be a good thing." The new tomato follows Vitamin D milk, yoghurt and juice it has developed to tackle health problems

- Times of India, July 18, 2011



#### Grapes help prevent skin cancer

A new study has found that grapes could protect against skin cancer and prevent premature ageing as the compounds found in the fruit protect cells from the UV radiation-leading environmental cause of skin cancer. UV rays increase levels of reactive oxygen species harmful molecules which damage skin cells.

- Times of India, August 3, 2011

## FOOD&CANCER

#### Carrots can fight breast cancer



Carrots and sweet potatoes may prove to be a vital weapon against breast cancer in the early stages of the disease, say scientists. A study has found that a nutrient in carrots and sweet potatoes, called retinoic acid, can reverse the early changes in cells that lead to breast cancer in women. The chemical, which affects cell growth and proliferation, can also rejuvenate the skin, and a weak version of it is used in anti-wrinkle face creams. The study points the way to developing promising cancer treatments based on it, the scientists say.

-Times of India, April 7, 2011

#### Lentils, beans cut cancer risk



People who eat pulses such as kidney beans or lentils at least three times a week are less likely to develop bowel cancer, a new study has claimed. This diet cuts the risk of developing colon polyps — growths in the lining of the bowel — by 40%.

-Times of India, August 5, 2011

#### Eating walnuts may help reduce breast cancer risk

A modest amount of walnuts in diet knocked off much of the breast cancer risk among mice. Elaine Hardman from Marshall University's School of Medicine, compared the outcome of a typical diet and a diet containing walnuts in the lifespan of mice. The group whose diet included walnut developed breast cancer at less than half the rate of the group with typical diet, Hardman said. Besides, number of tumours and their sizes were significantly smaller.

-Times of India, Sept. 3, 2011

#### Flaxseeds can cut breast cancer risk by 4%: Study

Eating a diet rich in flaxseeds can help cut the risk of dying from breast cancer later in life by 40%, a new study has claimed. Researchers at the German Cancer Research Centre in Heidelberg found that foods including seeds, vegetables and wheat contain special plant compounds, called phytoestrogens, which kill off cancer cells and prevent secondary tumours by stopping the growth of new blood vessels. Among the most important phytoestrogens are the lignans which are found abundantly in flaxseeds, the researchers said.

-Times of India, sept. 16, 2011

## FOOD&CANCER



## CARF Spreads Joy



On the occasion of Ramzan, CARF distributed food hampers to people staying in Noori Musafirkhana, Mumbai.

## Cancer Awareness for College Students



Young Mumbai college students gathered at St. Xavier's College, for the Malhar Festival were educated by CARF about cancer through cancer awareness leaflets and CARF bulletin. A charity sale was also held.

## A Big Thank You



CARF thanks Mrs. Krishna Chatterji, Founder Music Group and Cultural Trust for donating Rs. 50000/- for the welfare of cancer afflicted children. On behalf of the trust Mr. Mohan Singh Rajpal, Mayor of Pune handed over the cheque to CARF.



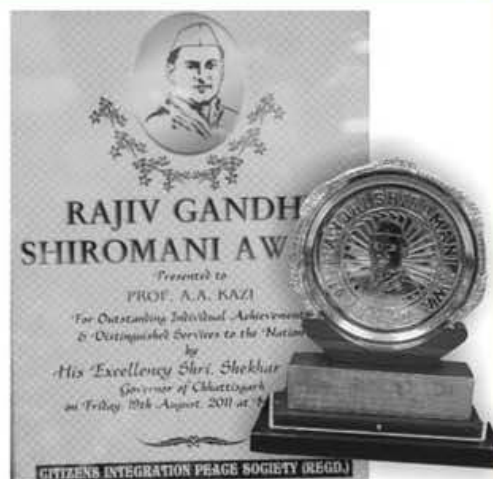
## CARF Rehabilitates Its Cancer Patients

CARF is launching a gift pack for Diwali this year which includes two diyas and four greeting cards priced at Rs. 100/-. These are created by young patients undergoing treatment for Leukemia. All proceeds from this sale will go towards the welfare of the poor cancer patients.

For inquiry call –  
Dr. Rizwana Shaikh – 022- 2300 5000.



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



Prof. A. A. Kazi was awarded "Rajiv Gandhi Shiromani Award" for the year 2011 by Citizens Integration Peace Society.

## 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 Khan - 2300 5000



Jan 15, 2012

Standard Chartered  
**MUMBAI 2012**  
MARATHON

Feel the spirit

Support our cause at Standard Chartered Mumbai Marathon 2012 by donating generously.

To donate please visit -

[http://www.unitedwaymumbai.org/ngo80\\_carf.htm](http://www.unitedwaymumbai.org/ngo80_carf.htm)

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

## CARF's Fund Raising Event



To raise funds for all charitable activities of CARF a grand Musical Event will be held on December 10, 2011 by CARF in association with Trust Craft Events

● **Venue** : Andheri Sports Complex, Andheri West, Mumbai.

● **Event Time** : 6pm. onwards

**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