



CAF

News Bulletin

(Official Publication of the **Cancer Aid Foundation**)

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Editorial....

Breast Cancer

There is a good news for breast cancer patients all over the world.

Royal Marsden Hospital and Institute of Cancer Research, London, U. K. London have welcomed the success of trials of the breast cancer drug, letrozole. Hundreds of postmenopausal breast cancer patients have been taking part in an international trial of letrozole, which reduces oestrogen levels, involved in the stimulation of some breast cancers. Early results have been encouraging. There is a 43% reduction in the risk of breast cancer recurrence and a 46 percent reduction in disease spreading from one breast to the other. The investigators halted the trial early and have recommended that postmenopausal women receiving tamoxifen for five years are considered for further protective treatment with letrozole.

Professor Ian Smith, Head of the Royal Marsden's Breast Cancer Unit, said: "The data surpassed our expectations. We can now offer women who complete five years of tamoxifen therapy another drug which can further reduce the risk of their cancer returning."

Cancer Aid Foundation congratulates Royal Marsden Hospital and Institute of Cancer Research, London for their achievement.

Jehangir Hospital - Pune, Writes....

One patient, Master Alimuddin Inamdar (Shirolkar) Aged 3 years, was given a Cheque of Rs.1,50,000 for treatment on 8th May 2004. In the name of Jehangir Hospital-Pune. The Hospital replied: "I am glad to inform you that Master Alimuddin Inamdar has completed course of five intensive chemo cycles without any complication. I hope your association will continue to help other deserving cancer patients too."

VRINDAR PUSALKAR
MEDICALSOCIALWORKER

International cure for leukemia in the city

The diagnosis and treatment of blood cancer will soon see a revolutionary change as international medical supplies and devices company Becton Dickinson introduces Flow Cytometry, the latest in leukemia diagnosis and treatment. While BD India launches a nation-wide campaign to educate medical practitioners about the new technology, P.D. Hinduja National Hospital & Medical

Research Centre in Mumbai will be one of the pioneer users of it.

BDI managing director Ram Sharma said, "Flow is versatile technology that will surely bring a sea of change in leukemia treatment. We're running a nation-wide campaign by organising training workshops for researchers, doctors and scientists to promote it. The response we have received from these workshops shows that Indian researchers and doctors are interested in keeping pace with international standards."

Mr. Sharma added that the multi-faceted technology will make diagnosis and treatment of leukemia easier. "In India, blood cancer claims numerous lives each year, in most cases due to wrong diagnosis. Over 90 per cent of Indian blood cancer patients get diagnosed through the prevalent Microscopy method and a majority don't recover. Flow Cytometry not only diagnoses accurately, but also helps in treatment," he added.

Hinduja hospital cancer specialists said while there are several classifications of blood cancers, Microscopy cannot always accurately figure out the kind, especially in the case of lymphoma. "Microscopy's drawback is its inability to analyse a mixture of multiple monoclonal antibodies simultaneously, on single cell based assay platforms. In blood cancer, right diagnosis is the only

Cheque to Blood Cancer Patient



Mrs. Dilshad K. Ahmed, Manager-DBS Bank handing over cheque of Rs.1,50,000.00 for Master Alimuddin Inamdar Shirolkar (3 Yrs old) to his father Mr. Yunus N. Shirolkar. Also seen are Mrs. Rashida A Kazi, Mr. Kausar Ahmed, Mr. H.M. Dalwai & Prof. A.A. Kazi, Chairman, Cancer Aid Foundation. (Insert: Master Shirolkar)

way o correct treatment and wrong diagnosis can be fatal," they added. Flow Cytometry not only facilitates accurate diagnosis but also helps in the treatment process and clinical management of leukemia, helping doctors to take therapeutic decisions, a senior oncologist said.

(The Asian Age 20.05.03)

New scan detects cancer early

Provides physiological and other minute details

Hinduja Hospital has introduced the Single Photon Emission Computer Tomography scan machine, which can detect cancer cells at an early stage, thus providing effective treatment that may lead to a cure.

Dr. B. A. Krishna, chief of nuclear medicine at the P. D. Hinduja Hospital said, "This three dimensional SPECT scan machine provides an exact picture of the structure of the cancer located at a particular place. Earlier machines created hurdles in detecting the exact site of abnormality in the organ, as the images were unable to provide the details."

He added, "However, this problem is now overcome by combining CT scan with the SPECT scan machine, allowing us to get physiological, metabolic and other minute details simultaneously, thus helping to localise the disease site with precision. This has made a major impact on disease management."

Dr. A. Tikoo, another nuclear medicine consultant at the P. D. Hinduja Hospital, explained that in majority of the cases, delay in detection of cancer cells leads to failure to cure the cancer, as the cancer cell structure changes, which is the final stages of the disease. "The PET scan machine consists of an isotope labelled with glucose which helps to detect even a lesion as small as one centimetre," she said.

(The Asian Age -25.05.2003)

FLASH NEWS

Dr. Rehan A. Kazi is presently doing his Ph.D. in cancer at the Royal Marsden Hospital & Institute of Cancer Research, U.K. since last one year. He has simultaneously cleared in first attempt both the parts of DOHNS examination of the Royal College of Surgeons of England. This is officially the only examination in head & neck of surgery conducted by the Royal College of Surgeons.

He is probably the first person in the world to have cleared both the DLORCS (Eng) and DOHNS (Eng) exams from the Royal College, England.

Incidentally, Dr. Rehan A. Kazi also happens to be the chief Editor of this Bulletin.

Congratulations to him on behalf of the Management, Staff of the Cancer Aid Foundation & his well wishers & friends here.

New medical technique may help fight cancer

After years of disappointment, an elegantly simple medical technique that targets bad cells while leaving healthy ones alone could be making a comeback in the high profile fights against cancer and the Sars virus.

The technique, known as "antisense," aims to kill the genetic messenger carrying diseases. But despite all its promise over the last two decades, the field has brought just one obscure drug to market - treating an eye

Cheque to Blood Cancer Patient



Mr. Kausar M. Ahmed (Partner-Marina Guest House) handing over a cheque of Rs.1,00,000/- for Mast. Shamshad Ansari (6 yrs.) To his father, Mr. Mohd. Sabir Ansari. Also seen are Mrs. Rashida A. Kazi, Mr. H. M. Dalwai & Prof.A.A. Kazi, Chairman, Cancer Aid Foundation. (Insert : Mast. Shamshad Ansari)

in AIDS patients - and left numerous failures and jaded researchers in its wake.

Now comes antisense's first legitimate shot at success. Cancer patients are taking an experimental drug based on the method, genasense, in three pivotal trials.

The results are expected in the next few months. Scientists, analysts and Genta Inc, the company that makes the drug, are optimistic at least one trial will lead to food and drug administration approval of genasense.

"The one thing this field has needed is one gigantic drug out of the door," said Genta's chief executive, Raymond Warrell. "What the field desperately needs is economic success."

New Jersey - based Genta has spent 15 years and \$350 million developing genasense, which targets several types of cancer, including adult leukemia, and has been tested on 900 patients.

Hope for the technique is also rising in Poland, Oregon, where Avi Biopharma Inc. is also promoting its use in an experimental treatment for Sars. Avi says its Neugene has been tweaked to take on Sars.

(The Times of India - 27.05.2003)

Cheque to Blood Cancer Patient



Mr. Niranjana Mishra receiving a cheque of Rs.1,57,000/- for his brother, Mr. Chittaranjan Mishra from Wg Cdr (Retd.) Saifullah, Gen. Manager - Jet Airways. Also seen are the Trustees and Guests, on the occasion.

Mrs. Neelam Fazal Master

Mumbai..... Well known Social Worker, Mrs. Neelam Fazal Master has been appointed as Cancer Aid Foundation's Representative for Kokan Region. connected with several organizations and news papers of the area and hence her association with the Foundation is expected to bring plenty of experience to it. Presently she is helping the Foundation to have a hostel in Navi Mumbai for Cancer patients. The Foundation wishes her best of luck in her endeavour.



**Cancer and its types
Who can get it ?**

Dr. Rehan A. Kazi

MS, DNB, MNAMS, DLORCS (Eng) DOHNS (Eng) Royal Marsden Hospital & Institute of Cancer Research, London, U.K.

The organs and tissues of the body are made up of tiny blocks called cells. Cells in different parts of the body may look and work differently but most reproduce themselves in the same way. Cells are constantly becoming old and dying, and new cells are produced to replace them. Normally, the division and growth of cells is orderly and controlled but if this process gets out of control for some reason, the cells will continue to divide and develop in to lump which is called a tumour. own name and treatment.

TYPES OF CANCER

Carcinomas

About 85% of cancers are carcinomas. They start in the epithelium, which is the covering (or lining) of organs and of the body. (the skin)



Normal cells

Sarcomas

These form in the connective tissues of the body such as muscle, bone and fatty tissue (6% of cancers)

Leukaemias / Lymphomas

These occur in the tissues where white blood cells (which fight infection in the body) are formed, i.e. The bone marrow and lymphatic system (5%)

Other forms of cancer

Brain tumours and other rare forms of cancer make up the other 4% of cancers.



Cells forming a tumour

Who gets cancer?

1 in 3 people will develop cancer during their lifetime, but cancer is not common in children or young people - it mainly occurs in the later years of life. Cancers can occur at any age, but the risk of developing cancer increase with age. Over 70% of all newly diagnosed cancers occur in people aged 60 years or more. Some cancers are very common and others are very rare. Many people with cancer can be cured. Even if a cancer cannot be cured, it can often be controlled with treatment for months or years.

Why do cancers come back?

A Cancerous (malignant) tumour consists of cancer cells which have the ability to spread beyond the original site. If left untreated they may invade and destroy surrounding tissues. Sometimes cells break away from the original (primary) cancer and spread to other organs in the body by traveling in the bloodstream or lymphatic system. When these cells reach a new area of the body they may go on dividing and form a new tumour, often referred to as a "secondary" or a "metastasis".

How is it treated?

There are five main types of treatment for cancer and these are described below:-

Active surveillance (or watchful waiting)

Some types of cancer grow very slowly and may cause no problems for many years. In this situation you may not need to have any treatment for sometime, but your doctor will monitor you closely so that if the cancer does start to grow you can be given treatment at that time.

Surgery

An operation is done to remove the tumour Surgery is often used if the cancer is only in one area of the body and has not spread. It may be used to remove lymph nodes if these are also affected by the cancer. It can sometimes be used to remove a cancer that has spread to another area of the body, but this is not common. The type of operation will depend on the area of the body affected by the cancer, and on the size and position of the tumour.

Radiotherapy

This is the use of high energy x-rays to destroy cancer cells, but cause as little harm as possible to normal cells. The radiotherapy is aimed at the affected area of the body and is very carefully planned. It can cause side

effects and the most common is tiredness. The side effects will depend on the part of the body that is being treated.

Chemotherapy

Chemotherapy is the use of anti-cancer (cytotoxic) drugs to destroy cancer cells. There are more than 50 different chemotherapy drugs. Some are given as tables or capsules but most are given by drip (infusion) into a vein. The drugs go into the bloodstream and travel throughout the body to treat the cancer cells wherever they are. Sometimes just one chemotherapy drug is used, but often a combination of two, three or more drugs is given. Chemotherapy can cause side effects. The side effects will depend on which drug (or combination of drugs) is used. There are now very good ways of preventing or reducing the side effects of chemotherapy.

Hormonal Therapy

Hormonal therapies work by altering the levels of particular hormones in the body. Some cancers depend on certain hormones in order to divide and grow.

By altering the level of hormones in the body, or blocking the hormones from attaching to the cancer cells the cancer can be controlled.

Other treatments

Other treatments can be used to cure or control a cancer. These include chemicals which stimulate the body's

Immune system to attack the cancer cells. They are called biological therapies and include interferon and interleukin. Monoclonal antibodies are drugs that can 'recognise' and find specific cells in the body. These drugs can be designed to find a particular type of cancer cell, attach itself to them and destroy them. They can be used alone, or a radioactive molecule can be attached to a monoclonal antibody, which then delivers radiation directly to the cancer cells. Research is trying to see whether vaccines can be given to treat a cancer that has come back or has spread. Vaccines may also be able to reduce the chance of a cancer coming back, but this type of research is in the very early stages.

Can't find the cause of your Pain

As the doctor completed an examination of the patient, he said, "I can't find a cause for your complaint. Frankly, I think it's due to drinking."



"In that case," said the patient, I'll come back when you're sober.

Use of Tobacco in any form can cause cancer

Visits... 1) Mr. Alnasir A. Kazi, Editor, AkashGanga Weekly of Ratnagiri.

2) Mr. Aslam M. Faki, Chairman, Konkan Muslim Education Society, Dist. Thane.

3) Dr. Y. A. Matcheswalla, Hon. Psychiatrist, Masina Hospital, Byculla, Mumbai.

4) Mr. M. Zakaullah Siddiqui, President Islam Gymkhana & CMD, Fourways Travels Ltd.

5) Prof. I. U. Khan, Burhani College, Mumbai.

6) Prof. Jamil A. Kamil, Maharashtra College, Mumbai

Complimented the Staff of the Foundation for doing excellent work for the cancer patients.

CANCER AID FOUNDATION

- Registered under the Bombay Public Trust Act, 1950
- Donations exempted under 80G of the Income-Tax Act, 1961
- E-mail: canceraidfoe: canceraidfoundation.org
 - ✓ Monetary help to needy cancer patients to complete their treatment
 - ✓ Free medicines for chemotherapy treatment
 - ✓ Rent-free accommodation in Mumbai to outstation poor cancer patients
 - ✓ Return railway fare to outstation poor cancer patients
 - ✓ Free Medicines of Chemotherapy for Blood Cancer patients.
 - ✓ Spreading awareness of the dangers inherent in prevailing social practices
 - ✓ Initiating steps for early detection of cancer
 - ✓ Printing literature on cancer etc.



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Municipal School Bldg., Grd. Flr., Room No.15, Near 'S' Bridge, N.M. Joshi Marg, Byculla(W), MUMBAI 400011. Tele/Fax.091-22-23005000.

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

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