



CARF

News Bulletin

(Official Publication Of The Cancer Aid & Research Foundation)

Member : UICC (International Union against Cancer), Geneva, Switzerland,

Member : International Cancer Information Service Group, Toronto, Canada.

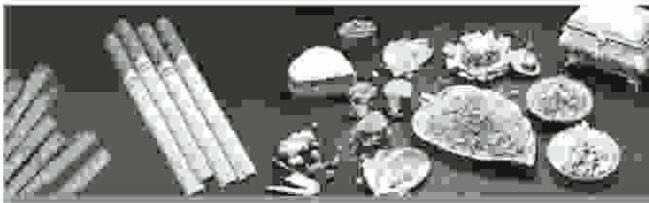
Internet Journal of Head & Neck Surgery [www.ispub.com] - official scientific journal of CARF

ORAL CANCER - Insight and Role of a Faciomaxillary Surgeon.

Cancer is a disease caused by an uncontrolled growth of a single cell. The Growth is allowed to run free by changes in DNA which affect the genes that provoke unlimited cell growth. To put it in simple words, a powerful genetic circuit controls the cell growth. In cancer cells this circuit is broken which causes the cells to not stop growing.

Risk Factors for Oral Cancers:

The Indian Subcontinent is witness to large number of cases of Oral Cancer. This is due to rampant abuse of tobacco. Oral Cancer is the sixth most common cancer in the world. It accounts for 4 percent of all cancers and 2 percent of cancer deaths worldwide. The risk of oral cancer increases with the amount of tobacco used and the duration of the habit. More the amount and duration, greater is the risk. All types of tobacco are associated with oral cancer be it cigarettes, cigars, pipes, quid, snuff or chewable. The risk increases many folds if alcohol is consumed along with the use of tobacco.



Various Tobacco Products available in India

The American Cancer Society estimates that tobacco smoking and alcohol drinking combined, account for approximately 74% of all oral and pharyngeal cancers in the U.S. Along with tobacco, nutritional deficiencies have been linked to oral cancer, particularly diets lacking fruits and vegetables. The antioxidants contained in fruits and vegetables may act to protect cells from developing oral cancer. Diets low in vitamin A have been linked to oral cancer in some studies. Irritation to the oral cavity is also a common finding in patients with oral cancer. Irritation may be caused by ill-fitting dentures and broken teeth or fillings. Chronic irritation does not initiate oral cancer, but it is possible that it may hasten its progress.

Cancers of Oral cavity can originate from the tongue, from the hard palate, gums, floor of mouth, base of tongue, side of throat, and also the posterior wall of throat. Cancers of oral cavity are usually epithelial in origin. That is originating from lining that covers the above mentioned structures.



Various Presentations of Oral Cancers

The human body is unconditionally forgiving. It will invariably, give signs to the patient that, it is about to malfunction. We call these "warning signs" as premalignant lesions. A red raised patch inside the mouth (Erythroplakia). White Patches on tongue or inside of cheeks (Leukoplakia). Inability to open mouth along with burning sensation (Oral Sub mucous Fibrosis). If these signs persist, visiting a dentist or a doctor is necessary.

Symptoms to look out for

1. A nonhealing sore on the lip or tongue for more than 6 weeks.
2. A lump which is increasing in size.
3. White or red patches on inside of cheeks or tongue.
4. Unusual bleeding from gums or teeth that become suddenly mobile.
5. Continuous discomfort or inability to swallow.

Treatment

Once a patient visits a doctor with above mentioned symptoms, the doctor usually takes a detailed history followed by biopsy and CT scan. Only then can a confirmatory final diagnosis be given. Surgery followed by radiotherapy is the conventional treatment modality used by doctors.

ROLE OF A FACIOMAXILLARY SURGEON IN ORAL CANCER MANAGEMENT

Faciomaxillary Surgery is a specialty of dentistry concerned with diagnosis and surgical treatment of congenital or acquired diseases, disharmonies or injuries of the mouth, jaws face and adjacent structures. The scope and practice of a dentist and faciomaxillary surgeon are widely different. We are trained to treat more complex disorders of face and teeth. There is a clear cut distinction in cases treated by a dentist and by a faciomaxillary surgeon. Thus a Faciomaxillary surgery has a unique position. He/She acts as a dentist to the surgery colleagues and surgeon to the dentist colleagues. He/she can play a part of a team consisting of an Oncosurgeon, ENT surgeon, Radiotherapist, Prosthodontist, Physiotherapist, Occupational Therapist. Thus providing the best course of action for a particular patient. A faciomaxillary surgeon thus plays an important part in diagnosing the patient, surgical intervention as well as post-operative restoration of normal function.

The battle against oral cancer can be won by refraining from use of tobacco in all its forms, healthy lifestyle, with timely diagnosis and treatment.

Dr. Nakul Parasharami

(Consultant Faciomaxillary Surgeon)



THOUGHTS Of

Dr. Boman Nariman Dhabhar

(Medical and Hemat-Oncology)

Attending Hospitals :

Jaslok Hospital, Wockhardt Hospital, Fortis Hospital.

Breast Cancer in India

Breast cancer is a malignant (cancer) tumour that starts in the cells of the breast. It is found mostly in women, but men can get breast cancer, too. Breast cancer incidence rates within India display a 3–4-fold variation across the country, with the highest rates observed in the Northeast and in major metropolitan cities such as Mumbai and New Delhi.

Reasons for this variation include differences in demographic (e.g., education), reproductive (e.g., age at first child and number of children), anthropometric (e.g., adiposity) and lifestyle factors (e.g., tobacco smoking and alcohol use).

The most common symptom of breast cancer is a new lump or mass. Other symptoms of breast cancer include: 1) Swelling of all or part of the breast 2) Skin irritation or dimpling 3) Breast pain 4) Nipple pain or the nipple turning inward 5) Redness, scaliness or thickening of the nipple or breast skin 6) A nipple discharge other than breast milk.

In the community mammography remains the main screening tool. Other latest screening and diagnostic methods include: 1) Breast Ultrasound 2) Contrast-enhanced magnetic resonance imaging (MRI) 3) CT Scan 4) PET Scan 5) Biopsy.

Diagnosis at advanced stages of disease contributes to the high mortality rate among women due to breast cancer, which can be attributed to 1) low levels of awareness 2) cumbersome referral pathways to diagnosis 3) limited access to effective treatment at regional cancer centres and 4) incomplete treatment regimens.

Most women with breast cancer have some type of surgery to treat the main breast tumour. The purpose of this modern surgical concept is to remove as much of the cancer as possible and restore the way the breast looks (But, these operations are not meant to treat the cancer).

Radiation therapy is treatment with high-energy rays (such as x-rays) or particles to kill cancer cells. Radiation therapy may be used to kill cancer cells remaining in the breast, chest wall or underarm area after surgery or, less often, to shrink a tumour before surgery. It is usually given after any chemotherapy.

Chemotherapy (chemo) is the use of cancer-killing drugs. These drugs can be put into a vein, given as a shot, or taken as a pill or liquid. They enter the bloodstream and reach most parts of the body, making this treatment useful for cancers that have spread to distant organs.

Hormone therapy for breast cancer works by blocking the effects of estrogens or lowering estrogens levels. Hormone therapy can be used to help reduce the risk of the cancer coming back after surgery. It is also helpful in treating advanced breast cancer.

Targeted anti-cancer therapies are specifically useful in advance stage of cancer. As the name suggests these agents do less damage to the surrounding normal cells. Thus, this targeted therapy has significantly improved the outcome of cancer treatment without adding much side effect. The most well-known targeted therapy is Trastuzumab which is approved to treat certain breast and stomach cancers that over express HER-2. Other targeted therapies are: 1) Bevacizumab 2) Lapatinib 3) Everolimus 4) Pertuzumab 5) T-DM 1.

There is great interest in exploring the potential role of immunotherapy in treating patients with breast cancer. The most upcoming immune therapeutic molecules for breast cancer treatment include: 1) Pembrolizumab, 2) Nivolumab 3) Atelzolizumab which (by blocking few specific proteins: PD-1, PDL-1) allow the body's immune system to attack cancer cells.

In conclusion, with the advent of such modern treatment modalities for breast cancer the cancer is now curable if detected early. For this success of fight against breast cancer, Indian women need to be aware of both modifiable and non-modifiable risk factors for breast cancer to adopt appropriate practices for prevention. With various novel initiatives taken by Governments like, National Cancer Control Programme and social educational contribution of various NGO, breast cancer awareness is on high pitch among Indian women.

NEW TECHNIQUE OFFERS HOPE IN LEUKEMIA FIGHT

Swedish scientists in a breakthrough research have found a highly cost-effective technology which can examine individual cells in leukemia and can eventually transform treatment for patients suffering from cancer. The new method helped researchers to examine individual tumour cells in patients with chronic lymphocytic leukemia — a cancer of blood-forming tissues, hindering body's ability to fight infection.

The finding showed that leukemia tumours are comprised of cells having entirely different gene expressions. "The study found that CLL cells do not consist of a single cell type, but of a number of sub-clones that exhibit entirely different gene expression," said Joakim Lundeberg, professor at KTH Royal Institute of Technology in Stockholm, Sweden. Typically, RNA sequencing will provide information about what RNA molecules are present in a biological sample, but not where or in which cells they are active, the researcher said.

"With this new, highly cost-effective technology, we can now get a whole new view of this complexity within the blood cancer sample. Molecular resolution of single cells is likely to become a more widely-used therapy option," Lundeberg observed. The method provides analysis of all RNA molecules in individual cells are sorted on a specially made glass surface and using analysis of RNA molecules with next generation sequencing, one can tell which genes are active.

Mumbai Mirror - October 17, 2016

'COMMON COLD MEDICINE MAY STOP CANCER SPREAD'

A low-cost drug used for treating colds can prevent bladder cancer from spreading, as well as reduce resistance to anticancer drugs, a new study has found. Bladder cancer is the seventh most common cancer in males worldwide, researchers said. Researchers at the Hokkaido University in Japan, identified for the first time that AKR1C1 enhances tumour-promoting activities and proved that the enzyme blocks the effectiveness of cisplatin and other anticancer drugs. They discovered that inoculating flufenamic acid, an inhibitory factor for AKR1C1, into cancerous bladder cells suppressed the cell's invasive activities and restored the effectiveness of anticancer drugs.

The Times of India - October 19, 2016

FREE CANCER INFORMATION LEAFLETS & POSTERS

If you wish to avail of these leaflets and posters,
please call us at the numbers given below
and we will be glad to send them to you

Contact : 2300 5000 / 70000

THIS LAB IN A SMARTPHONE DETECTS CANCER INSTANTLY

Scans Several Samples At Once, Is 99% Accurate

Washington:

Scientists at Washington State University have developed a new low-cost, portable laboratory on a smartphone that can analyse several samples at once to catch a cancer biomarker with 99% accuracy, producing lab-quality results.

At a time when patients and medical professionals expect faster results, researchers are trying to translate biodetection technologies used in laboratories to the field and clinics, so patients can get instant diagnoses in a physician's office, an ambulance or the emergency room.



The researchers created an eight-channel smartphone spectrometer that can detect human interleukin-6 (IL-6), a known biomarker for lung, prostate, liver, breast and epithelial cancers. A spectrometer analyses the amount and type of chemicals in a sample by measuring the light spectrum.

Although smartphone spectrometers exist, they only monitor or measure a single sample at a time, making them inefficient for real-world applications.

The new multichannel spectrometer can measure up to eight different samples at once using a common test called Elisa, or colourimetric test enzyme-linked immunosorbent assay, that identifies antibodies and colour change as disease markers.

Although researchers only used the smartphone spectrometer with standard lab-controlled samples, their device has been 99% accurate.

The researchers are now using the portable spectrometer in real-world situations. "With our eight channel spectrometer, we can put eight different samples to do the same test, or one sample in eight different wells to do eight different tests. This increases our device's efficiency," said Lei Li, who led the study.

"The spectrometer would be especially useful in clinics and hospitals that have a large number of samples without on-site labs, or for doctors who practice abroad or in remote areas," Li said. "They can't carry a whole lab with them. They need a portable and efficient device," he said.

The research was published in the journal Biosensors and Bioelectronics.

The Times of India - October 20, 2016



MEETING WITH MR. SHRINIWAS PATIL, HON. GOVERNOR OF SIKKIM

Cancer Aid & Research Foundation was privileged to be invited for a meeting with Mr. Shrinivas Patil, Hon. Governor of Sikkim. The meeting started with Mr. Shamshi Mulla, Chairman of CARF felicitating Hon. Governor with a bouquet of flowers. A small memento of appreciation was also given to Hon. Governor. To remember the previous memories of Mr. Shrinivas Patil with CARF, an album was shared with images of his previous visit.

Mr. Shamshi Mulla, Chairman, Mrs. Tabassum Khan, GM-Event Management, Mr. Ashraf Ansari, Sr. Manager (Accounts and Finance) and Mr. Anup Alexander, Liaisoning Officer attended the meeting. A brief review of CARF's journey from his last visit in 2006 till now was portrayed. He appreciated the work done by CARF and wished success in future endeavours. Chairman, Mr. Shamshi Mulla invited Mr. Shrinivas Patil for its forthcoming "10th Oration & Awards" function to be held in 2017. Overall it was a fruitful meeting with Hon. Governor, wherein all the works of CARF was explained.



MOVEMBER 2016



Movember is an annual event involving the growing of moustaches during the month of November to raise awareness of various cancers, such as prostate cancer. The Cancer Aid & Research Foundation runs the Movember event for the last two years. The goal of Movember is to "change the face of men's health."

By encouraging men (who is referred to as "Mo Bros") to get involved, Movember aims to increase early cancer detection, diagnosis and effective treatments, and ultimately reduce the number of preventable deaths. This is a fun way to spread awareness about serious health issues concerning men like prostate cancer and testicular cancer, where men have to grow a moustache and groom it well for the entire month of November as a sign of support to the cause of spreading awareness. Movember got its name from MO'ustache and No'VEMBER'. The initiative starts with the men taking a photograph of theirs in a clean shaven avatar and then when the month of November ends, they should be sporting a well-groomed moustache



where beards or fake moustaches are a strict no. Male CARFIANS participated in Movember with full gusto, and in an effort to further support the cause, CARF invited outsiders to participate. The program ended with a celebration

selecting the "Man of Movember" whose moustache was well grown and well groomed as the winner. **The winner "Man of Movember 2016" was Anup Alexander who secured the highest votes among all participants.** A special thank you to all the Movember lovers who actively participated and supported this noble cause. "Life is like a Moustache – It can be wonderful or terrible, but it always tickles"

Cancer Survivor



Mr. Sameer Chandrapal

This is a story of Mr. Sameer Chandrapal who is a vegetable Vendor/Packman from West Bengal. All was good with him, except his stomach complaints. This all started in 2012-13, with pain in abdomen, alternate episode of diarrhea and constipation... many times with or without bleeding, all these continued for one and a half years. At last he saw a doctor for same and he was advised to undergo some investigations...he was diagnosed with CA Rectum. Patient was referred to Tata Hospital and initially started with radiations. He took 25 sittings of radiations for 1 and half months and underwent surgery in June 2014 where stents were put inside the rectum. He underwent 6 chemotherapy cycles... all these series of back to back treatments continued till 2015. Now he does not have any complaints except occasional episodes of diarrhea and constipation. He is leading a normal life and back to his business...as vegetable packman...

He says, a call from CARF makes him happy... the unconditional financial support they gave when he was going through trying times... also provided accommodation when he was new in Mumbai. He is grateful to CARF. CARF wishes him a healthy, happy life ahead.

CARF Birthday Wishes to :



Justice (Retd.) Shafi S. Parkar	1 October
Mr. Mohd. Arif Nasim Khan	21 October
Mrs. Savita Nathani	2 November
Mr. Usman Kazi	6 November
Dr. (Mrs.) Irfana Rehan Kazi	24 November
Mrs. Rohini Ramnathan	19 December

STOPTOBER

Stoptober - the month long campaign to stop smoking for just 31-days in the month of October. It's a stop smoking challenge which encourages and supports smokers towards quitting for good. Stoptober is based on the insight that if you can stop smoking for 31-days, you are five times more likely to be able to stay quit for good.

Throughout October the campaign encourages smokers to take part, whilst also supporting quitters through the 31-day smoke-free journey. By organising Stoptober, CARF is backing the campaign and urges smokers to give up cigarettes for the whole month of October - increasing their chances of staying smoke-free for life & also joining the thousands of people who are feeling the benefits from stopping smoking last year.

An initiative by Cancer Aid & Research Foundation in support of public health.



ROSE DAY 2016

CARF celebrated the World Rose Day on October 8, 2016 with children affected with cancer. It was a memorable celebration as the cancer affected kids were really happy and enjoyed to the core. A blooming red rose amidst wrinkles, balding, bandages and radiation made a difference and provided sheer joy to the kids. CARF distributed food to the kids and good wishes to people suffering from cancer and being treated at radiology, OPD, palliative care units.

After Distribution of food and roses, the children were taken to Nehru Science Centre, Worli. The Nehru Science Centre staff and team were also wherein they gained lots of name a few; resonances of light, linear motions etc. The informative 3D movie about the discovery. Every year Rose Day and is dedicated to those world. This day is in memory of Canada, who, when diagnosed did not give up hope. As Lance options, medically and like hell."



supportive in hosting the event. the different parts of the venue information about science. To sound, shadow and effects of kids were also shown an different timeline of scientific is celebrated on 22nd September battling with cancer all over the a 12 year old – Melinda Rose of with a rare form of blood cancer, Armstrong said "We have two emotionally: give up or fight

BREAST CANCER AWARENESS DRIVE

On the Occasion of 'Breast Cancer Awareness Month', CARF organised Breast Cancer Awareness Drive for students of Sophia Polytechnic College on Thursday, 20th October, 2016. Our passion is to save lives through early detection, quality education, and trusted information provided to patients, individuals and the public in general were fulfilled through this event.

Breast cancer is one of the most common cancers among women worldwide, both in the developed and developing countries. The best way to fight breast cancer is to have a plan that helps you detect the disease in its early stages. Currently there is not sufficient knowledge on the causes of breast cancer; therefore, early detection of the disease remains the cornerstone of breast cancer control. The main objective in organising the DRIVE was to help in increasing the attention and support towards the awareness, early detection and treatment as well as palliative care of this disease. We are thankful to the Principal, Staff and students of Sophia College for actively participating in the drive.



MUMBAI GLOBAL ACHIEVERS AWARD



Mr. Shamshi Mulla receiving Mumbai Global Achiever's Award in the field of social service

Mr. Shamshi Mulla – Chairman, Cancer Aid & Research Foundation has been awarded **Mumbai Global Achievers Award** for his achievement and extraordinary work in the field of Social Service in the hands of Mr. Gufi Paintal (Renowned Actor & Director). This function was held at Bhaidas Hall, Vile Parle (west), Juhu on 11th November, 2016. Many eminent personnel received awards in various categories. The award function was graced by veteran Bollywood actor Jeetendra & Rakhi Sawant.



CANCER AWARENESS DRIVE

As a part of the Cancer Awareness, a drive was conducted at CTR manufacturing industries Ltd. Pune on Saturday, 22nd October 2016. The main agenda of the drive was to give awareness about different types of cancer and its symptoms and generalized approach. The session started with screening of film on cancer. Mr Anil Kumar - Managing Director of CTR graced the occasion and actively participated in the session. Overall, it was an informative session wherein all staff of CTR who were present for the session could get some knowledge of Cancer Awareness and everyone pledged to support CARF in the United Fight against Cancer.



WORLD FOOD DAY

World Food Day is celebrated every year in the month of October, to focus on the issues like global misery of hunger and poverty. This year CARF participated by organising 'Food Distribution Program' on 25th October, 2016. Hundred of poor people suffering from cancer who come for treatment to Mumbai from outstation (adults and children), are living on the streets during their treatment period, because of no proper place to stay. These poor people go hungry for days together as they cannot even afford two square meals a day. On the occasion of World Food Day, every year CARF distributes food to these poor patients and their families who are encamped in and around the hospital. To mark the occasion, this year too we distributed food to these poor cancer patients living in and around the campus of KEM, Wadia and Tata hospitals.



CHILDREN DAY PROGRAM

Children's Day is celebrated by CARF on November 14th with the kids with great passion and excitement. On this occasion, CARF organised a get-to-gather for kids suffering from cancer at Sant Gadge Maharaj Dharmshala, Dadar. The main purpose is to entertain these kids suffering from cancer and make them happy. The program commenced at 12 pm with light entertainment program followed by lunch to all the children with their parents who accompanied them. CARF takes delight in seeing a smile on these children and make them happy.

Mr. Kripashankar Singh - Ex. Hon. Minister of State visited CARF office on the occasion of Children's Day. Mr. Kripashankar Singh appreciated whole heartedly the work done by CARF in reaching out to the poor and needy cancer patients. It was a memorable day for CARF as we received tremendous moral support from Mr. Kripashankar Singh. To make this event more memorable, CARF distributed cheques to kids suffering from cancer, in the hands of Mr. Kripashankar Singh.

Mr. Kripashankar Singh Ex. Hon. Minister of State with Mr. Shamshi Mulla - Chairman CARF



- 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 Awareness and Education through CARF News Bulletin, Patients information leaflets and e-news letters. • Cancer screening and Detection Programme. • Anti Tobacco and Anti Cancer advocacy • Free Ambulance Service provided to cancer patients all over Mumbai • Counseling for cancer patients and their families • Cancer hotline. • Recreational activities for cancer patients • Providing free Anti Cancer Drugs, Prosthesis and Instruments to needy patients
- Providing career guidance and Rehabilitation to cancer patients and their relatives



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 favour of **Cancer Aid & Research Foundation** and send it to its

Adm. Office: **Cancer Aid & Research Foundation** Municipal School Bldg., Ground Floor, Near 'S' Bridge, N.M. Joshi Marg, Byculla (W), Mumbai - 400 011. Tel No.: 0091-22-2300 5000 / 2306 4442 / 6455 6280-6303 (24 Lines) TeleFax: 2300 8000

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

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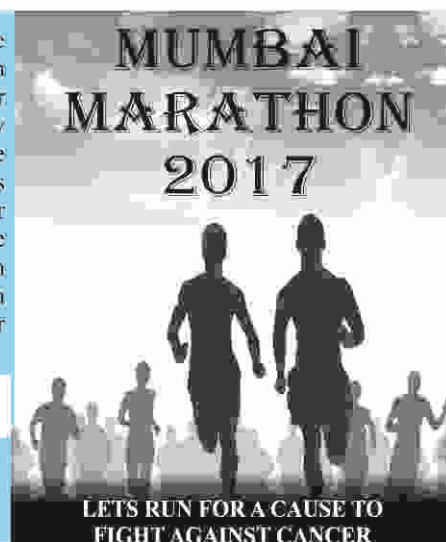
Standard Chartered Mumbai Marathon 2017 will be hosted on January 15, 2017. Cancer Aid & Research Foundation has been participating in Marathon for the past many years. It has been a wonderful journey all throughout. Every year CARF participates in the Dream Run as an organisation with innovative ideas and spread awareness on cancer. Let's Run for Cancer Aid & Research Foundation to support the cancer patients. To Donate and support CARF in their mission please click on <http://www.unitedwaymumbai.org/ngo-80> or contact 022 2300 5000.

COME JOIN US TO FIGHT AGAINST CANCER

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

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