



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

• Cancer Survivor •



Mrs. Shantabai Dashrath

This is a true story of a 47 year old lady; Mrs. Shantabai Dashrath who survived from the life threatening disease called cancer and is now living a happy and peaceful life with her family. Suddenly, in 2005, she started getting pain in her right breast. She consulted the doctor and after proper investigation, it was diagnosed as Breast cancer. She was advised Mastectomy followed by chemotherapy cycles. She underwent surgery and completed the course of chemotherapy cycles as advised. Thereafter, she was leading a normal cancer free life. After 10 years, i.e. in 2015, Shantabai started getting pain in her left breast. Again, surgery was done and again she was advised 6 cycles of chemotherapy. All this treatment concluded in 2016 and doctor once again advised for medical investigations and this time the results came negative. CARF helped her for all the chemotherapy expenditure. Now she is completely remitted from this disease and once again leading a normal life.

While going through all these desperate times, Shantabai was faced with a lot of financial hurdles. They received not only financial but also moral help from CARF. Today, the patient is very happy and is thankful to CARF for all the unconditional help she received. CARF wishes her a healthy life ahead.

How helping others drive our Success

When we talk about 'Social responsibility' at CARF, we're describing both a mindset that injects socially responsible thinking into every aspect of our work and a strategy for using our professional skills to create positive change in communities close to home and around the world. As part of this responsibility, CARF helps patients suffering from Cancer. Financial support and also moral support is given to patients during the treatment. As said by Winston Churchill, "We make a living by what we get; we make a life by what we give." This statement has come true for CARF. **MR. A H Siddiqui's** gesture to support CARF motivates us to do more for the cancer patients in the society. Mr. A H Siddiqui is a retired professor at M. H. Saboo Siddik college of Engineering, Byculla. Yes indeed people like Mr. Siddiqui are part of CARF's success drive who has come forward to return a gift and join us in the fight against cancer.

Our Chairman - **Mr. Shamshi Mulla** accepted his contribution and felicitated him by presenting him with a memento of appreciation on behalf of CARF.

Our team makes it happen – through their commitment to values, and their volunteering efforts for community development. A gesture of support shown by Mr. Siddiqui motivates us to do more for the cancer patients.



Mr. Shamshi Mulla - Chairman felicitating Mr. A H Siddiqui

9 things you may not know about cancer

- The word 'cancer' comes from the Latin for 'crab' – just like the zodiac sign
- Cancer was first described by the ancient Egyptians
- More than half of all cancers are preventable
- There are more than 200 types and subtypes of cancer
- Naked mole rats are immune to cancer
- There are 28 million cancer survivors worldwide
- Only 5-10% of all cancers are entirely hereditary
- Breast cancer is more common in the left breast than the right
- There are more skin cancer cases due to indoor tanning than lung cancer cases due to smoking





Thought's of

Dr. Dilip Nikam

Associate Professor & HOD, Radiotherapy & Oncology Department,
Grant Govt Medical College, Cama & Albless Hospitals
& J. J. Group of Hospitals, Mumbai.

The father of Medicine, Greek physician Hippocrates (460-370 BC) used the term carcinos or carcinoma to describe tumor. In Greek, this word refers to a crab, resembling finger like spreading projections of tumor. Cancer a latin word, was introduced by Roman physician Celsus while another Greek physician Galan used the word oncos (Greek word for swelling). With greater understanding of human body and correlation of patients illness with pathological findings laid the foundation of scientific study of cancer.

Epidemiology of cancer

International Agency for Research on Cancer (IARC) has published the estimate of incidence, mortality and prevalence of cancer in their document Globocon 2012. There were 14.1 million new cancer cases, 8.2 million cancer deaths and 32.6 million people living with cancer (within 5 years of diagnosis) in 2012 worldwide. The commonest cancer in men worldwide is lung carcinoma followed by carcinoma of prostate and colorectal cancer while in women the carcinoma of breast followed by colorectal and uterine cervical carcinoma.

In India, there were 1 million new cancer cases, 0.68 million cancer deaths and 1.7 million people living with cancer (within 5 years of diagnosis) in 2012. The commonest cancers in men in India are lung carcinoma followed by head and neck carcinoma and stomach cancer while in women the carcinoma of breast followed by uterine cervical carcinoma and colorectal carcinoma. The total new cases in In India in 2020 are expected to increase up to 1.25 million with mortality 0.84 million.

What is heartening to see that, our own data by National Cancer Registry Programme is coming at regular interval and its big step towards achieving the bigger goal of Cancer Mukta Bharat!

Changing Pattern of Incidence:

Globocon 2012 and three year report of population based registries 2012-14 published by NCRP revealed the change in pattern of various cancer incidences. Among males the lung, oral cavity, esophagus and stomach are common cancers in metro cities or urban areas while oral cavity is common in rural population. Among females, breast cancer is common in most areas except rural places where cervix cancer is common.

The interesting observation is that, with each passing generation the cancer is presenting at earlier age than their

known natural history. Also last 25 years the female cancers are more common than male cancer.

Sharp rise in breast cancer!

In 2012, 1.7 million women were diagnosed with breast cancer and there were 6.3 million women alive who had been diagnosed with breast cancer in the previous five years. Since the 2008 estimates, breast cancer incidence has increased by more than 20%, while mortality has increased by 14%. Breast cancer is also the most common cause of cancer death among women (522 000 deaths in 2012) and the most frequently diagnosed cancer among women in 140 of 184 countries worldwide. It now represents one in four of all cancers in women.

Etiology of cancer:

Tobacco use in any form is associated with 30-35% of cancer while dietary fat and obesity are associated with 30-35% of cancer. Alcohol 5%, viral infections 5%, hereditary/ family linked cancers, 2-5% and other factor such as environmental, irradiation etc contribute to cancer. Irony of our society is we are more worried about family and hereditary causes but not preventable causes like tobacco and dietary fat and obesity. If we look at the etiology of cancer around 60-70 % cancer are caused by preventable factors!.

Tobacco and Cancer!

Tobacco is made from leaves of Nicotiana Tabactum by curing process and had more than 70 species. In India its used as Khaini, mava, guthaka, beedi, cigarete, snuff and masheri.

Carcinogens in tobacco and tobacco smoke are listed by International Agency for research on Cancer listed 19 carcinogens as group 1 (carcinogenic to humans), 8 as group 2A (probably carcinogen to humans), 45 as group 2B (possibly carcinogen to humans), 5 as group 3 (not classifiable to its carcinogenicity to humans). There is sufficient evidence to infer causal relationship with tobacco and Bladder, Cervix, Colon and Rectum, Esophagus, Kidney, Larynx, Leukemia, Liver, Lung Oral cavity and Pharynx, Pancreas and stomach.

Obesity, Physical activity and Cancer:

Obesity is defined by having a body mass index (BMI) of 30 kg/m² or greater. Observational epidemiologic evidence showed association with physical activity and obesity for breast, colon and endometrium while esophagus, kidney and gall bladder with obesity.

(To be continued...)

Negligence in Prevention:

Race, gender, age, genetic/family or personal history, menstrual cycle and hormones are non-preventable risk factors. Smoking, alcohol, high fat diet or obesity, physical inactivity, oral contraceptives, nulliparity / no breast feeding or hormonal replacement therapy are preventable risk factors.

Way forward: Priority in prevention (Tobacco taxes, complete cession, advertising, education), Life style modification, environment protection and family screening, vaccines

Few simple steps can keep cancer away.

- Engage in physical activity
- Avoid being overweight and weight gain
- Limit tobacco and alcohol consumption
- Consume lots of fruits and vegetables
- Consume whole grains and avoid refined carbohydrates
- Replace red meat and dairy products with fish, nuts and legumes.

Early detection of cancer is the best bet to control and cure cancer but it requires heavy investment, fund, manpower, training and infrastructure.

New vaccine may help beat breast cancer

Washington: A new experimental vaccine has been found to be safe and effective in stimulating the immune system to regress early-stage breast cancer.

Based on results of a human trial, researchers from Moffitt Cancer Centre in the US claimed that the dendritic cell vaccine targets the HER2 protein in breast cancer cells is safe and effectively stimulates the immune system leading to regression of early-stage breast cancer.

The protein is over-expressed in 20-25% of all breast cancer tumours and is associated with aggressive disease and poor prognosis. The strategies that can re-stimulate the immune system to recognise and target HER2 early during cancer development may be effective treatment options, the researchers said. The approach involves creating the vaccine from immune cells, called dendritic cells, harvested from each individual patient to create a personalised vaccine.

The researchers report that the dendritic cell vaccines were well-tolerated and patients only experienced low-grade toxicities.

They assessed the effectiveness of the vaccine by determining the percentage of patients who had detectable disease within surgical specimens after resection.

The Times of India - January 5, 2017

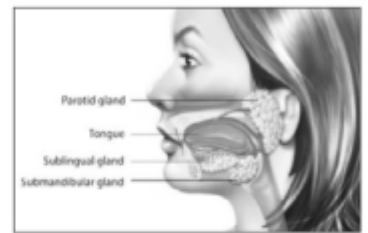
FREE CANCER INFORMATION LEAFLETS & POSTERS

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 / 7000

Treating mouth cancer with laser

Mohammed Wasim was in extreme distress. He had a rapidly growing cheek cancer, which was coming out from his skin. The oncosurgeon had advised surgery, which involved removing half of his mouth. He was told that



after this, his speech, eating and swallowing would be severely affected. In addition, there was no guarantee of a cure. In fact, he was given an average of eight months for his condition. This is when he decided to opt for laser treatment. Says Dr Rusy Bhalla, "Wasim got rid of the tumour in 48 hours and was given minimal chemotherapy and radiotherapy. One year later, he is absolutely tumourfree. Laser has changed the outcome of mouth cancer for good. Extensive surgery is no more essential and there is minimal to nil cosmetic deformity depending on the severity of the tumour. It is ideal for patients who don't want to opt for surgery because of past experience that may have caused side-effects. It is a boon for patients, who suffer from recurrence and want a better quality of life."

The Times of India - January 7, 2017

Depression might aggravate cancer risk

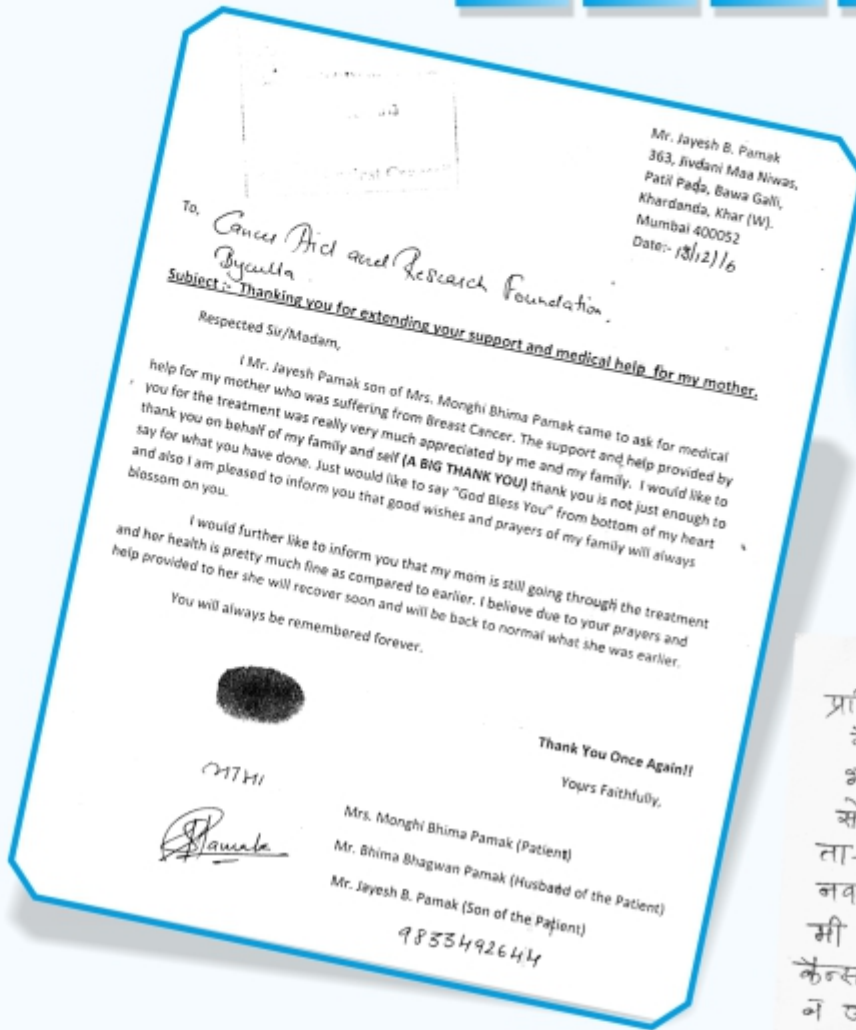
People who are frequently depressed or anxious may run a higher risk of dying from certain types of cancer, claim researchers. Medical records of more than 1, 60,000 adults in England and Wales showed that those describing themselves as psychologically distressed were more likely to succumb to cancer, especially of the colon, prostate and pancreas.

Leukaemia and cancer of the oesophagus, or food pipe, were also more elevated among this group. They wrote in the BMJ medical journal. The researchers were cautious in their conclusions, pointing out that a statistical link does not necessarily signify a cause-and-effect relationship between mood and cancer.

The team sifted through raw data on psychological distress levels, lifestyle habits and cancer incidence. They searched in particular for evidence of links between stress and cancers related to hormonal changes or lifestyle. Depression is known to disrupt hormonal balance to the extent of boosting natural cortisone concentrations and inhibiting DNA repair mechanisms, both of which weaken cancer defences.

It is also well established that people who are down in the dumps are more likely to smoke, drink and become obese — all associated with a higher cancer risk. The team found that people who described themselves as depressed were twice as likely to die of colon cancer, and more than twice as likely to succumb to pancreas or oesophageal cancer. The rate for leukaemia was even higher. The team could not discount that depression may be a result, rather than the cause of cancer. - RELAXNEWS

Hindustan Times - January 31, 2017



॥ श्री ॥ ११/१२/१७

प्रति,
कैंसर एड अँड रिसर्च फाउंडेशन,
भायल्या रुमई. ब. न. वि. वि.
सौ. धर्मिला शांताराम दावडी साकेरे
ता-निपूखण, जि-रत्नागिरी अँड केडुन
नववकीया दारिके खुबेच्छा।
मी कैंसर पिडीत रुग्ण बाहे. अशा
कैंसर सेटर ठाणे वेजे शस्त्रक्रिया
न उपचार घेत आहे. ऑपरेशन
नंतरच्या केमोथी औषधे आपल्या-
कडून मोफत मला दिल्याने माझे
उपचार होऊ शकले. गरजू व्यक्तींना
आपल्या संस्थेकडून जी मोफत सेवा
मिळते, त्याबद्दल मी आपली आभारी
आहे. मी नवकीय आपल्या संस्थेची
किती पसरेवेन. आपल्या सहकार्या-
बद्दल आभार.



DIET AND CANCER (Dr. Jaymala S. Shinde - M.B.B.S. M.S. [ONCO. & GEN. SURG.])

CANCERS OF SPECIFIC SITES:

NOS.	SITES OF CANCER	GEOGRAPHICAL DISTRIBUTION	ETIOLOGY & PATHOPHYSIOLOGY	PROTECTIVE FACTORS
1	Oral Cavity and Upper Air Passages, Tongue, Buccal Mucosa, Larynx, Hypopharynx, Palate.	South India, UP, MP, AP & Maharashtra	Alcohol, Guthka, Khaini, Tobacco - Betel quid/ Chew / Smoking, Pan chewing, Under nourishment, Vit A/C deficiency, Use of burning Cigar end in mouth, Hukka, Tapkir and Misserie.	High Protein Diet (HPD), Vitamin A and C supplementations, Oral Hygiene and quit smoking, Tobacco, Alcohol, Pan, Gutkha, Khaini
2	Lung	United States & India (Industrial areas)	Smoking, Industrial Pollution, Auto Exhaust Fumes - Polycyclic aromatic hydrocarbons (PCAHC), Asbestos exposure, Vit A deficiency → Squamous Metaplasia of Tracheo bronchial Mucosa, N nitroso compounds (NNC), Resistant Recurrent Pulmonary Tuberculosis.	HPD, Quit smoking, Avoid pollution and exposure, Hygiene, Early and complete treatment of TB, Vit A supplementation.
3	Oesophagus	More in China, Japan, Bihar and UP	Under Nourishment, Vit A and C deficiency, Recurrent thermal injury by very hot drinks, Pickled foods mutagenic, Aginomoto & vinegar in Chinese food, Alcohol, Tobacco & Smoking	Hpd, Vit A And C Supplementation, Avoid pickled food, Chinese food & alcohol, Hot drinks & smoking.
4	Stomach: A - Diffuse Variety B - Glandular	Japan, Iceland, Chile, Finland, Bengal, Orissa, West Coast of South India	Dried Salted Fish, Pickled Veggies, Smoked fished - Raised levels of nitrites, In food and water supply. Nitrites with soya sauce and beans produces mutagens. Extra salt is co-carcinogen - Enhances effect. Less milk and more coconut oil.	Avoid salty, Smoked, pickled, Fried food (veg/non-veg), Coconut oil, Smoking, Alcohol & spices. Consume High Fiber diet (HFD) and calcium salts and vitamin C in fresh fruits and vegs, more milk.

Talk Programme

by

Dr. Vitthal Kale

Consultant : ENT & HEAD - NECK Cancer Surgeon

Asst. Professor - Grant Medical College

@ Sir JJ Hospital, Byculla, Mumbai

Dr. Vitthal Kale (M.S. DORL) gave a lecture on 'Overview of Oral Cancer' on 28th January, 2017. He explained in detail the causes of Oral Cancer and its consequences. This talk was well attended by patients and their families. There was an interactive session wherein Dr. Kale answered all the questions asked by the patients and their relatives related to oral cancer. Dr. Kale concluded by advising to refrain from tobacco consumption in any form and lead a healthy life. Thanks to Dr. Kale for sparing his valuable time to give a talk for our patients.



Christmas & New Year Celebration for cancer affected kids



For the dozens of little children battling cancer, daily life can be a struggle but this celebration organised by Cancer Aid & Research Foundation (CARF) just for them on 11th January, 2017 gave them a reason to smile. All the kids enjoyed to the core by participating in dancing, singing, games, etc. Mr. Shamshi Mulla, Chairman distributed Christmas gifts to all the kids, followed by refreshment. To add to the fun, Santa Claus entertained the children and distributed sweets. Their parents accompanying them were happy to see their child enjoying and a smile on their face. This small gesture is to let them know that we care and love them.



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Mumbai Marathon 2017



On 15th January 2017, CARFIANS participated with great zeal & vigour in the **Standard Chartered Mumbai Marathon 2017**. This time our theme was "All types of cancer – Awareness". As a mark of support towards this theme the CARFIANS & volunteers wore a hand glove depicting all types of cancers for public awareness. The main objective behind the involvement in this Marathon was to raise funds by selling Marathon Bibs, the proceeds of which are utilised towards the funding and services for cancer treatment of poor and needy cancer patients. This year a total of Rs. 1,46,803/- was raised for this noble cause. Many thanks to 'Baby Cell' for supporting CARF's campaign & mission and for being "UNITED AGAINST CANCER".



CARF wishes Happy Birthday to:



Mr. Jayant Patil	16 th Feb
Mr. Sajid Nadiadwala	18 th Feb
Mr. Vaseem Shaikh	10 th Mar
Prin (Mrs.) Rashida Kazi	20 th Mar
Mr. Shamshi Mulla	21 th Mar

World Cancer Day



World Cancer Day takes place every year on 4th February and is the single initiative under which the world can unite to raise the profile of cancer in a positive and inspiring way. On this occasion CARF conducted a free medical camp for Swing & Hit Cricket Tournament at Bangladesh ground, Bhayander, in co-ordination with Fete and Bash Event Planners. This medical camp was organised for all the youngsters participating in the cricket tournament, thus raising awareness among the youth of our country. CARF guide books, Flyers and bulletins were also distributed.

Women's Day

"Life is not measured by the number of breaths we take, but by the moments that take our breath away." Such is the life of every woman in our society who strives hard to make a living for them and their family. CARF celebrated World Women's Day by appreciating women staff



Mrs. Savita Nathani - CEO
Felicitating Mrs. Rehana Kazi

for their marvellous work. To mark this support and appreciation Mrs. Rehana Kazi was selected as 'The Woman of CARF - 2017' on 8th March 2017 at Carf office.

Mrs. Rehana Kazi has been part of Carf's journey for almost a decade and has strived hard with her meticulous work for the Foundation. She is an inspiration for many working women in our society. She is a true role model for everyone as she has worked hard all throughout her life to look after her family and ensure a bright future for her son. She has worked with many organisations before joining CARF. To embark her journey to succeed in life and be a role model, CARF appreciated her as 'The woman of CARF - 2017.' CARF wishes Mrs. Rehana Kazi for a bright future.

Road Safety Drive

World Road Safety Day is a worldwide campaign aimed at renewing the commitment of the general public to perform their activities safely without meeting with accidents throughout the year. It is celebrated on 4th March every year. On the occasion of World Road Safety Day, CARF organised a Road safety Drive at 'S' Bridge Signal, Byculla. Carfians placed stickers on Road Safety on the vehicles and made people aware about the importance of Road safety. Booklet on Cancer was also distributed to make awareness about Cancer. Everyone was very enthusiastic about the drive as it was a new way of making people aware about the safety measures and such safety drives are a must for the well being of the society.



Holi



Holi, the festival of colors, was celebrated on the 13th of March 2017. 'Holi' comes from the word 'hola' which means sacrifice. And the festival is a reminder that we must live our lives in a spirit of service and sacrifice.

Holi symbolises victory of our higher aspirations over our lower, base desires. It is the burning of our petty, material desires at the altar of our goal of self-development. It stands for the victory of good over evil, a theme that runs through every Indian festival. For it is impossible that those who live their lives by truth will ever be overcome by the corrupt.

CARF celebrated Holi in a unique way this year on Saturday 11th March 2017 with Cancer patients. The main motto of CARF was to celebrate the festival of colour in an Eco friendly environment. Nowadays, we face difficulty in coping with environmental problems and global warming so CARF decided to do their bit for the environment. Carfians started the day by making colourful Rangoli with flowers. Carfians celebrated Holi with cancer kids. The celebration began at 4 pm and the kids enjoyed a lot. Colourful flowers were used to play, rather than colours. The evening was ended by giving snacks to the cancer patients. Overall, everyone celebrated Holi in its true spirit and ensured the goodness be spread into everyone's lives.

CSR Donation by GAR Corporation Pvt. Ltd

Corporate Social Responsibility (CSR) is an important Value practiced by GAR Group. As part of a noble cause, the Founder Chairman of the Organization decided to involve CARF for their CSR Activity. Established in 1982, GAR Corporation Pvt. Ltd. is Hyderabad's leading real estate based developer of tech – enabled urban spaces, with a rightful focus of creating world class commercial and residential developments.

Since 1982, GAR has become a leader in Hyderabad's real estate development sector under the watchful leadership of its Founder and Chairman, Mr. G Amarender Reddy and ably supported by his younger son Mr. Abhinav Ram Reddy.

As part of their CSR activity, the Company donated a sum of

Rs. Two lakh for the treatment of Master Shreyas who was suffering from Burkett lymphoma a type of Cancer. This noble gesture and donation has helped save the life of Master Shreyas.

Mr. G. Amarender Reddy, Chairman GAR Corporation Pvt. Ltd believes that while focussing on creating a strong and great company, it is also important to be passionate towards building a better community through CSR programs.

We are grateful to the entire team of GAR Corporation, especially Mr. G Amarender Reddy and Mr. Abhinav Ram Reddy for supporting CARF in this United Fight Against Cancer.

- Est. 2001 : Regd. No. E - 19625 (Mum.)
- 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, Byculia (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.

- **Chief Editor : Mr. Shamshi Mulla, Chairman - CARF**
- **Editor : Mrs. Savita Nathani, CEO - CARF**
- **GM-Event Management : Mrs. Tabassum Khan**

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save lives of the poor and needy cancer patients

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