



# CARF

# News Bulletin

(Official Publication Of The Cancer Aid & Research Foundation)

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

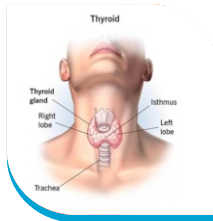
Member : International Cancer Information Service Group, Toronto, Canada.

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

## THYROID CANCER

### WHAT IS THYROID GLAND?

The thyroid gland is a butterfly shaped, red-brown endocrine gland situated in front of the neck, extending from the level of 5th cervical vertebra to the first thoracic vertebra. It is made up of a central isthmus or bridge that connects the right and left lobes of the organ



### WHAT IS ITS FUNCTION?

Secretes thyroid hormones that regulate body metabolism (T3, T4) and also secretes calcitonin that maintains calcium homeostasis.

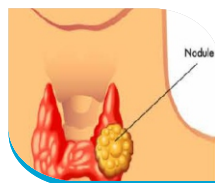
Iodine is none of the main building blocks of both hormones. Iodine is absorbed into our bloodstream from food in our bowel. It is then carried to the thyroid gland, where it is eventually used to make thyroid hormones. To make the exact right amount of hormones, the thyroid gland needs the help of another gland: the pituitary gland. The pituitary gland "tells" the thyroid gland whether to release more or less hormones into the bloodstream.

An overactive thyroid (also known as hyperthyroidism) occurs if the thyroid gland makes too much hormones. An underactive thyroid (hypothyroidism) is where the gland doesn't make enough hormones. Both of these imbalances can lead to a great number of symptoms.

### WHAT ARE THE FEATURES OF THYROID ENLARGEMENT?

Sometimes the whole thyroid gland becomes enlarged (diffuse goitre), and sometimes individual lumps called nodules grow in the gland (nodular goitre).

In most cases, an enlarged thyroid or nodules aren't caused by anything serious. They are only rarely cancer. But it's still important to see a doctor if you notice any changes in your thyroid gland. 60% of the population can have thyroid nodules, but only 8-15% of the nodules are malignant.



### What Are Its Risk Factors?

Factors that may increase the risk of thyroid cancer include:

▶ **Female sex**- Thyroid cancer occurs more often in women than in men. Experts think it may be related to the hormone estrogen. People who are assigned female

sex at birth generally have higher levels of estrogen in their bodies.

▶ **Exposure to high levels of radiation**-Radiation therapy treatments to the head and neck increase the risk of thyroid cancer.

▶ **Certain inherited genetic syndromes**-Genetic syndromes that increase the risk of thyroid cancer include familial medullary thyroid cancer, multiple endocrine neoplasia, Cowden syndrome and familial adenomatous polyposis. Types of thyroid cancer that sometimes run in families include medullary thyroid cancer and papillary thyroid cancer.

### HOW DOES IT CLINICALLY PRESENT?

Most thyroid cancers don't cause any signs or symptoms early in the disease. As thyroid cancer grows, it may cause:

▶ A lump (nodule) that can be felt through the skin on your neck

▶ A feeling that close-fitting shirt collars are becoming too tight

▶ Changes to your voice, including increasing hoarseness  
Difficulty swallowing

▶ Swollen lymph nodes in your neck

Pain in your neck and throat

### WHAT ARE THE SIGNS OF CANCER?

▶ Rapid growth

▶ Neck Swelling

▶ Fixity to surrounding structures

### HOW TO WORKUP A PATIENT WITH THYROID NODULE?

• **PHYSICAL EXAMINATION**- Examination of the neck should be done to feel the lump and to know its size, extent, consistency, relation to surrounding structures. Complete history of onset, duration and progress of the swelling should be elicited.

• **THYROID FUNCTION TESTS**- Blood levels of thyroid-stimulating hormone (TSH) and hormones produced by your thyroid gland might clues about the health of your thyroid

• **ULTRASOUND IMAGING (USG)**- High frequency sound waves are used to create pictures of thyroid gland, by placing the ultrasound probe in your lower neck

• **CYTOLOGY**- A long thin needle is passed into your thyroid, through the skin. Ultrasound imaging is typically used to precisely guide the needle and remove

some cells from the thyroid. The sample is sent to pathologist.

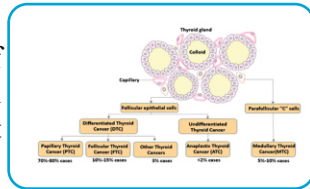
•**A IMAGING TEST THAT USES A RADIOACTIVE TRACER-** A radioactive iodine scan uses a radioactive form of iodine and a special camera to detect thyroid cancer cells in your body. It's most often used after surgery to find any cancer cells that might remain. This test is most helpful for papillary and follicular thyroid cancers. Any cells that take up the iodine are shown on the radioactive iodine scan images.

•**OTHER IMAGING TESTS-** CT scan or MRI of the neck can be done to complement USG for knowing the local extent of the tumour

•**GENETIC TESTS-** It is generally recommended for Medullary carcinoma which can be inherited from parents to children.

## WHAT ARE THE TYPES OF THYROID CANCER?

•**PAPILLARY THYROID CARCINOMA-** 70-80% of all thyroid cancers. Known for lymph node metastases. It has very good prognosis



•**FOLLICULAR THYROID CARCINOMA-** 10-15% Known for distant metastases. They are radioiodine avid tumours

•**ANAPLASTIC CARCINOMA-** Most undifferentiated aggressive variant. It has got worst prognosis and poor survival outcomes

## WHAT ARE THE TREATMENT OPTIONS

Most people diagnosed with thyroid cancer have an excellent prognosis, as most thyroid cancers can be cured with treatment. Treatment options depend on the type and stage of your thyroid cancer, patients overall health, and their preferences.

•**OBSERVATION-** Treatment might not be needed right away for very small papillary thyroid cancers (papillary microcarcinomas) because these cancers have a low risk of growing or spreading. Active surveillance may be considered. The health care provider might recommend blood tests and an ultrasound of your neck once or twice a year.

•**SURGERY-** Most patients with thyroid cancer will require surgery in the form of removing one half of the gland (hemithyroidectomy) or the entire thyroid (total thyroidectomy). Thyroid cancer often spreads to nearby lymph nodes in the neck. An ultrasound examination of the neck before surgery may reveal signs that cancer cells have spread to the lymph nodes. If so, the surgeon may remove some of the lymph nodes in the neck.

•**RADIOIODINE ABLATION-** In patients with high risk co-morbidities and are unfit for surgery.

## WHAT ARE THE SURGICAL COMPLICATIONS

•**INJURY TO THE RLN-** There can be injury to the recurrent laryngeal nerve which can lead to temporary or permanent change in voice. It can occur in 10-15% of patients.

•**HYPOCALCEMIA-**

Injury to the parathyroid glands situated close to the thyroid can disturb the calcium levels in the blood.

Tests might measure:

Other than the 2 most common complications, there are risks of post surgical bleeding and intra-operative injury to the food pipe.

•**RADIOACTIVE IODINE-** Radioactive iodine treatment uses a form of iodine that's radioactive to kill thyroid cells and thyroid cancer cells that might remain after surgery. It's most often used to treat differentiated thyroid cancers that have a risk of spreading to other parts of the body.

Differentiated thyroid cancer types, including papillary, follicular and Hurthle cell, are more likely to respond. Anaplastic and medullary thyroid cancers usually aren't treated with radioactive iodine.

Radioactive iodine treatment comes as a capsule or liquid that patient has to swallow.

Higher doses may cause side effects like Dry mouth, Mouth pain, Eye inflammation or Altered sense of taste or smell.

## HOW TO FOLLOW UP AFTER TREATMENT

After surgery to remove all or most of the thyroid, Blood tests are done to see if all of the thyroid cancer has been removed.

Tests might measure:

•**Thyroglobulin** - a protein made by healthy thyroid cells and differentiated thyroid cancer cells

•**Calcitonin** - a hormone made by medullary thyroid cancer cells

•**Carcinoembryonic antigen(CEA)** - a chemical produced by medullary thyroid cancer cells

These blood tests are also used to look for signs of cancer recurrence.

•**Neck USG** - is done 6 to 12 months after surgery to look for any structural disease

## DO PATIENTS REQUIRE THYROID HORMONE REPLACEMENT?

Thyroid hormone therapy is a treatment to replace or supplement the hormones produced in the thyroid. Thyroid hormone therapy medication is usually taken in pill form. It can be used to:

**Replace thyroid hormones after surgery.** If the thyroid is removed completely, patients need to take thyroid hormones for the rest of their life to replace the hormones their thyroid made before operation.

Patients might also need thyroid hormone replacement after having surgery to remove part of the thyroid, but

not everyone does. If thyroid hormones are too low after surgery (hypothyroidism), the health care team might recommend thyroid hormones.

**Suppress the growth of thyroid cancer cells.** Higher doses of thyroid hormone therapy can suppress the production of thyroid-stimulating hormone (TSH) from the brain's pituitary gland. TSH can cause thyroid cancer cells to grow. High doses of thyroid hormone therapy might be recommended for aggressive thyroid cancers.

### TREATMENTS FOR ADVANCED THYROID CANCERS

Aggressive thyroid cancers that grow more quickly may require additional treatment options to control the disease. Options might include:

**Targeted drug therapy.** Targeted drug treatments focus on specific chemicals present within cancer cells. By blocking these chemicals, targeted drug treatments can cause cancer cells to die. Some of these treatments come in pill form and some are given through a vein.

**Radiation therapy.** External beam radiation uses a machine that aims high-energy beams, such as X-rays and protons, to precise points on your body to kill cancer cells. Radiation therapy might be recommended if your cancer doesn't respond to other treatments or if it comes back. Radiation therapy can help control pain caused by cancer that spreads to the bones

**Chemotherapy.** Chemotherapy is a drug treatment that uses chemicals to kill cancer cells. There are many different chemotherapy drugs that can be used alone or in combination. Chemotherapy may help control fast-growing thyroid cancers, such as anaplastic thyroid cancer.

**Destroying cancer cells with heat and cold.** Thyroid cancer cells that spread to the lungs, liver and bones can be treated with heat and cold to kill the cancer cells. Radiofrequency ablation uses electrical energy to heat up cancer cells, causing them to die. Cryoablation uses a gas to freeze and kill cancer cells. These treatments can help control small areas of cancer cells.

### HOW LONG DO PATIENTS WITH THYROID CANCER LIVE?

Most of the patients (90-95%) with thyroid cancer live a near normal life after treatment. Even for patients with distant metastases, the prognosis is better than other cancers in the human body.

### WHAT IS THE TAKE HOME MESSAGE?

- If there is any swelling in the thyroid gland, it is better to consult an head neck oncosurgeon immediately as early diagnosis is the key to cure.
- Majority of thyroid cancers are low risk and have 90-100 % survival
- RAI and TSH suppression are required for higher risk groups
- Systemic therapy should be considered only for

symptomatic, progressive disease

#### Dr. Kartik Vasudev Krishan

MBBS, MS, MCH (Head & Neck Oncosurgery)  
Consultant Head Neck Oncosurgeon, Tata Memorial Hospital  
HCG cancer centre, Mumbai



### TATA MEMORIAL, 3 HOSPITALS TIE UP TO CUT KID'S WAIT FOR TRANSPLANT

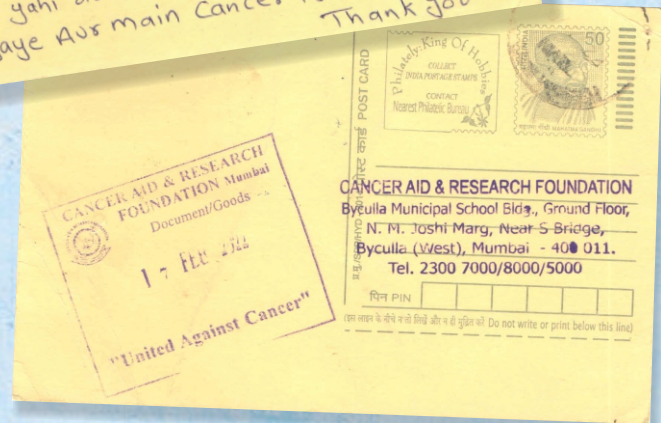
MUMBAI: In a bid to cut down the waiting list of children with cancer who require bone marrow transplant, city's leading cancer-care centre, Tata Memorial Hospital, has started a unique partnership with three pediatric hospitals. As per the arrangement, Tata Memorial Hospital refers some pediatric patients who urgently require a bone marrow transplant to Wadia Hospital next door in Parel, the BMC-run Comprehensive Thalassemia Care (CTC) in Borivli or the privately run SRCC Children's Hospital at Haji Ali. The transplant is offered at the same subsidised cost price as at Tata Hospital, which is a central government-funded organisation, or funds are raised through donations for patients who cannot afford to pay. "Tata Memorial Hospital is at all times oversubscribed, with a long waiting list for all types of treatment. For bone marrow transplant alone, we get 200 registrations every year," said Dr Girish Chinnaswamy from the pediatric oncology department. The hospital manages to complete the transplant for about a tenth of this number annually.

Bone marrow transplants are needed by patients with certain types of blood cancers like leukemia or lymphoma. At Tata Hospital, around 100 patients undergo bone marrow transplant every year. "But 70-75 of these patients are adults," said academic director Dr Sripad Banavali. The burden of adulthood cancer is huge, while it is comparatively low or rare in the pediatric age group. To bridge the demand-supply gap in bone marrow transplants, the doctors came up with partnerships. The practice started a few years back, but took off during the Covid pandemic. "In this financial year so far, we have managed 100 transplants through these partnerships," said Shalini Jatia of the hospital's IMPACCT Foundation that provides all-round care for children coming for treatment. Dr Mamata Mangalani from CTC Borivli said her centre performs at least two transplants for patients referred from Tata Memorial Hospital. Dr Minnie Boudhanwala from Wadia Hospital said her hospital arranges funds for the referred children. Tata Memorial Hospital provides free treatment, food and shelter for most of the 2,000-odd pediatric patients who register for treatment annually. "The number of cancer cases is rising, even among children. We are raising funding and making arrangements for care, but more needs to be done," said Dr Banavali.

# CARF MAIL



02/07/22  
 मैं ज़ास्मीन कुस्मान रॉय  
 # तेरे दिल से शकरीया करना चाहती हूँ  
 Cancer Aid & Research foundation Ka Jo mujhe  
 Chemo ki Dawa ke liye madad ki Hai. Main  
 Kabhi nahi bhuloge Aap ko Jo mere halat  
 Thi Usmain Aap Ka bahot Bada Haath  
 Hai. Main Jeetana Shuriga Karu Aap Ka  
 Kam hai Bas Dil se yehi dua Kar Madad  
 Aap hamesha zarorat madh loge Karne  
 Karte ho Aur Hum sab ki dua leke ho  
 Main mera Road main Rehti hu Sir Bas  
 Aap yahi dua Karne ki mera Ilagj Pura  
 hojaye Aur main Cancer free Hojaya.  
 Thank you.



22/06/22  
 To -  
 CANCER AID RESEARCH FOUNDATION  
 Firstly I am very thankful for your kinding help. If you r not helping me I think I ~~could~~ not be alive.  
 I am very glad to knowing you that now I am fine. Hope your foundation is always there for help. My blesses always for your foundation. Thanks  
 A lot to you.



## New Year 2022 Celebrities video



**Kumud Mishra**  
Indian Actor



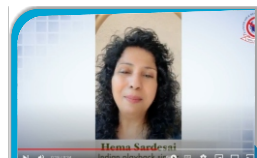
**Anees Bazmee**  
Indian Film Director, Writer and Producer



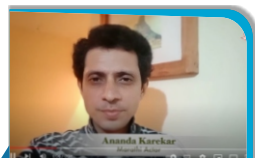
**Anup Jalota**  
Indian Singer, Musician and Actor



**Ashok Saraf**  
Indian Film Actor, Stage Actor and Comedian



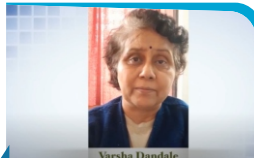
**Hema Sardesai**  
Indian Playback Singer



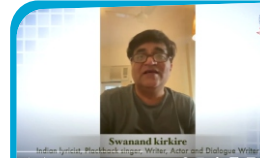
**Ananda Karekar**  
Marathi Actor



**Sanjay Jadhav**  
Indian Cinematographer and a Hindi and Marathi Film Director



**Varsha Dandale**  
Marathi TV and Film Actress



**Swanand Kirkire**  
Indian Lyricist, Writer, Actor and Dialogue Writer



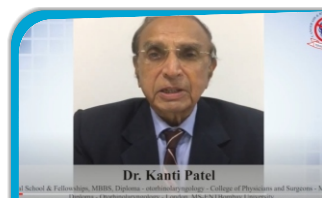
## New Year 2022 Doctors wishes video



**Dr. Khuzema Fatehi**  
Fellowship in Head and Neck Surgery  
Tata Memorial Hospital,  
Oral Cancer Specialist in SRV Hospital,  
Mumbai.



**Dr. Deepak Chhabra**  
Mdepartment of Oncosurgery / Surgical Oncology,  
Ms (Bom) - DNB, MRCS (Edin, UK),  
FICS Surgical Oncologist,  
Specialist HBP training,  
Clinical Fellow Minimal Invasive Robotic Surgery,  
Lilavati Hospital, Mumbai.



**Dr. Kanti Patel**  
Medical School & Fellowships, MBBS, Diploma -  
otorhinolaryngology - College of  
Physicians and Surgeons - Mumbai,  
Diploma - Otorhinolaryngology - London,  
MS-ENT Bombay University HN  
Reliance Foundation Hospital and Research Centre,  
Mumbai.



**Dr. Sangeeta Mudliar**  
Medical School & Fellowships, MBBS, Diploma  
- otorhinolaryngology  
- College of Physicians and Surgeons - Mumbai,  
Diploma - Otorhinolaryngology - London,  
MS-ENT Bombay University  
HN Reliance Foundation Hospital and Research Centre,  
Mumbai.

Cancer Aid & Research Foundation (CARF) shared the video of the New Year's best wishes dedicated to CARF by all the renowned celebrities and doctors on its social media platforms for conveying the gratitude among all our well wishers.

### DOCTORS LIVE SESSIONS:

We at CARF believe in doing different things in unique manner each time. Therefore, the live doctor's sessions programmes which we introduced during the Covid-19 lockdowns through our CARF Facebook page have been continued since then by us. During the different events such as the cervical cancer awareness month, Breast cancer awareness month several live sessions have been organized so far by us through various renowned cancer oncologists, specialist doctors and surgeons for imparting knowledge to the people about the diseases. CARF is thankful to everyone for their active participation during this session and also all the queries about the topic was answered through these sessions.



**Presenter: Dr. Suhas V. Aagre**

MBBS, DM (Medical Oncology),  
Consultant Medical Oncologist &  
Hemato - Oncologist,  
Hiranandani Hospital, Powai  
Asian Cancer Institute, Mumbai  
Apollo Hospital, New Mumbai  
**Topic: Cervical cancer**  
**Session date: 21.01.2022**



**Presenter: Dr. Aditya Patil**

Consultant Neuro & Spine surgeon  
MS, MCH - Neurosurgery  
Fellowship in Surgical Neuro-Oncology  
(Tata Hospital)  
**Topic: Brain Cancer Awareness**  
**Session date: 27.04.2022**



**Presenter: Dr. Abhinav Zawar**

MBBS, MD Medicine,  
DM Medical Oncology,  
(Tata Memorial Hospital, Mumbai),  
MRCP (SCE, UK), TMH Mumbai,  
Consultant Medical Oncology,  
Kamalnayan Bajaj Hospital,  
Aurangabad  
**Topic: Lung cancer**  
**Session date: 25.05.2022**

## CARF wishes Happy Birthday to:

Mrs. Muzdan Mulla	3rd Feb.	Mr. Anup Jalota	29th July
Mr. Jayant Patil	16th Feb.	Shri. Jadhav Bhaskarao B.	1st August
Mr. Sajid Nadiadwala	18th Feb.	Mr. Uttam Prakash Agarwal	11th August
Mr. Ali Khan	9th Mar.	Prof. Dr. Rehan A. Kazi	24th August
Mr. Vaseem A. Shaikh	10th Mar	Adv. Aziz H. Visram	31st August
Mr. Shamshi Mulla	21st Mar.	Pereira Rev. Fr. Joe	6th September
Mr. Hamid M. Ansari	1st Apr.	Mr. Mahesh Bhatt	20th September
Mr. Narayan Rane	10th Apr.	Justice (Retd.) Shafi S Parkar	1st October
Mr. Aziz Mulla	10th Apr.	Mr. Khan Mohammed Arif Nasim	21st October
Mr. Aslam M. Fakih	7th May	Mrs. Savita Nathani	2nd November
Mr. Shams Ahmad Dean	7th May.	Mr. Usman Kazi	6th November
Mrs. Geeta Gawli	20th July	Dr. (Mrs.) Irfana Rehan Kazi	24th November
		Mrs. Surekha Lokhande	18th December

### MISSION SAHAY



Mission Sahay" is a one day free medical health check-up camp conducted by CARF at different locations for resolving the health related issues among the under privileged population. CARF has been effectively conducting such medical camps so far, which has been quite beneficial to the general public in many ways.

#### The list of Mission Sahay is as below

(1) 11. Jan. 2022 at Saibaba Mandir, Parerawadi pipeline, Mohili village, Sakinaka, Mumbai. (2) 19<sup>th</sup> May, 2022 at Shivsena Shakha 139, Mankhurd Station (W) (3) 31<sup>st</sup> May, 2022 at Dr. Baba Saheb Ambedkar Hall, Matunga Labor camp, opp. Tata power house (4) 9<sup>th</sup> June, 2022 at Khindi pada dargah, Bhandup (W) (5) 7<sup>th</sup> July at Best Kamgar vasahat, Ghatkopar (E) (6) 18<sup>th</sup> July, 2022 at Sarvodaya Society, Gokhle nagar, opp IIT Main Gate, Powai (7) 4<sup>th</sup> Aug, 2022 at Babasaheb Ambedkar Bhavan, Kannamvar Nagar 1, Vikhroli (E) (8) 17<sup>th</sup> Aug, 2022 at Dattaguru Samajik Seva Sanstha, C.P.W.D Holding Depot Ghatkopar (W) Bhandup West (9) 29<sup>th</sup> August 2022 at Byculla office. (10) 7<sup>th</sup> Sept, 2022 at Shivsena Shakha 120, Dharamveer Sambhaji Chowk, Surya Nagar Vikhroli (W) (11) 27<sup>th</sup> May, 2019 at Andheri – Ghatkopar Link Road (12) 22nd June, 2019 at Mulund West (13) 29<sup>th</sup> June, 2019 at Ghatkopar East. (14) 15<sup>th</sup> Sept, 2022 at Madrasa Pankhe Shah Dargah, LBS Marg, Ghatkopar (W) (15) 29<sup>th</sup> September at Surya Nagar, Sarvajanic Navratra Utsav Mandal, Ambedkar Chowk, Vikhroli (W) (16) 17<sup>th</sup> November at Shiv Prabha, Ghatkopar Andheri Link Road, Khadi No. 3 Rajiv Nagar, Sakinaka, Mumbai. (17) 29<sup>th</sup> November at Jai Hind Society, Lal Bahadur Shastri Marg, Mumbai. (18) 18<sup>th</sup> December, 2022 at Jai Santoshi Nagar, Himalaya society road, near Sainath school, Ghatkopar (W)



A short view of our Mission Sahay camps held at different locations.

26<sup>th</sup>  
January

### HAPPY REPUBLIC DAY



Republic Day is a moment of pride as the entire nation comes together to celebrate the power of complete democracy. It also signifies the essence of equality without any discrimination. CARF also supported this orientation by celebrating Republic day with active participation by organizing several events on this day, with all CARFIANS wearing tri-color attire and also promoted the patriotic arduour of this day through various social media posts on its social network channels.



CARFIANS celebrating Republic Day – a moment of pride.

## 4<sup>th</sup> February | WORLD CANCER DAY



CARF organized several activities for the Cancer patients on occasion of World Cancer Day on 4<sup>th</sup> February'2022 at the Vikhroli office. These activities included raising awareness about cancer through our informative session, followed by screening movie, games, and lunch for children. Also, Happy meal kits were distributed among the children. This event was supported by our chairman and CEO respectively. It was gracefully attended by cancer patients making our hard efforts a successful one.



Women's day celebration at CARF



## 25<sup>th</sup> March | FUN & MASTI EVENT



CARF organized a small "fun & masti event" for all the cancer patients on 25<sup>th</sup> March'2022 at the Vikhroli office. This event was conducted with a sacred aim to pay respect to all those who are fighting the hard battle of cancer with a hope to win over it.



Fun & Masti event for Kids hosted by CARF.



## 28<sup>th</sup> February | CHEQUE DISTRIBUTION FOR CANCER PATIENTS

CARF have been always devotedly supporting the cancer patients and other diseased people from poor socio-economic background. On 28<sup>th</sup> February 2022, a cheque distribution programme was organized for all the cancer patients at our Vikhroli office at the hands of Shri. Nusrat Javed Khan, Chief Accountant, on behalf of M/s. Nadiadwala Grandson Entertainment Pvt Ltd, who is also our CSR partner and has been always supporting us by giving their valued time and hard efforts in all such generous events. This event was also supported by , Chairman and CEO respectively.

## 7<sup>th</sup> April | WORLD HEALTH DAY



On 7<sup>th</sup> April annually, World Health day is celebrated world-over to commemorate the founding of World Health organization (WHO) in the year 1948. The theme for World health day for this year 2022 is – "Our planet, our health." On this great occasion, Cancer Aid & Research Foundation (CARF) also supported the great theme, by organizing free medical health check up for the cancer patients and their families. The event was also graced by our chairman – Mr. Shamshi Mulla and CEO-Mrs. Savita Nathani. Our sacred aim behind conducting this event was to facilitate the health care benefits and health awareness among them which will help to lead a good healthy life and well being. It gives us tremendous pleasure that our hard efforts in organizing this event benefited many of the poor and under-privileged people.



Free medical checkup organized by CARF on World Health Day



## 8<sup>th</sup> March | INTERNATIONAL WOMEN'S DAY

International women's day is celebrated world-over on 8<sup>th</sup> March every year. It was celebrated in the year 1911 over a century back, since then which became a global day to appreciate and acknowledge the social, economic, cultural and political powers of women. This day is dedicated for all women with an aim to make the world more diverse, equitable and inclusive for women. This year, the theme for International Women's Day is 'Gender equality today for a sustainable tomorrow.' Cancer Aid & Research Foundation (CARF) conveyed the best wishes to every woman for the beautiful moments by every working woman.



## 25<sup>th</sup> April | FOOD KIT DISTRIBUTION ON HOLY MONTH RAMADAN

CARF has been always deliberately parting its role in every divine and generous act in a dignified manner in responding to poverty, suffering and starvation. CARF has sacredly organized this pure task of food distribution in the form of distributing food kits on this great occasion of holy month of Ramadan on 25<sup>th</sup> April 2022 at Musafir Khana, Parel. The event was successfully arranged, which was participated by

many cancer patients and their families. This event was also graced by our Chairman and CEO, CARF respectively.



Food kits distribution by CARF during holy month of Ramadan at Noori Musafir Khana, Parel.



## 31<sup>st</sup> May | ANTI TOBACCO DAY



"Anti - tobacco day" – also known as "No Tobacco day", is observed world-over on 31st May every year. The main objective of celebrating the Anti- tobacco day world-over is to promote and encourage the common public to reduce and avoid tobacco usage or its products consumption as it results into some lethal diseases like cancer, heart issues or even death.



CARF organized self-awareness activities on Anti-tobacco day.



## 14<sup>th</sup> June | WORLD BLOOD DONORS DAY



On 14<sup>th</sup> June every year World Blood donor's day takes place world-over. CARF supports this event through various awareness programmes and conducting blood donation camps at different locations. We thank and appreciate all the blood donors' world-over for their divine act! Today's blood donor can be tomorrow's blood receiver. Donate blood Save lives!



CARF supporting World Blood Donor's day.

## 20<sup>th</sup> June | FOUNDATION DAY



CARF is sharing here with the few wonderful moments of the 22<sup>nd</sup> Foundation day organized on 20<sup>th</sup> June 2022 at our Byculla office. Honorable guests –Mr. Hemant Pamnani, Social worker graced the auspicious occasion by his presence. Our CEO- Mrs. Savita Nathani welcomed all the guests attending the event. Lamp lighting at the beginning of the event was performed by Mr. Hemant Pamnani, supported by CARF Chairman – Mr. Shamshi Mulla and CEO- Mrs. Savita Nathani respectively. Then the event was followed by the wonderful speech from our Chairman – Mr. Shamshi Mulla about the functioning of CARF,

progress and achievements, thanking all the donors, supporters and the management. Then the event was followed by the wonderful speech from our Chairman – Mr. Shamshi Mulla about the functioning of CARF, progress and achievements, thanking all the donors, supporters and the management. There was Speech by our guest of honor – Mr. Hemant Pamnani encouraging the dedicated, hard efforts of CARF towards human welfare. Also Mr. Hemant Pamnani assured his best support in future activities of CARF. Few special events were conducted to serve the underprivileged cancer patients, such as cheque distribution followed by lunch. Then, free ration kits were distributed. All our functions were supported by M/s. Nadiadwala Grandsons Entertainment Pvt Ltd. We thank everyone for their presence; support and valued time for making this occasion a great one.



CARF organized 22nd Foundation Day – Cheque distribution programme to cancer patients at the hands of Chief Guest –Mr. Hemant Pamnani, Social worker.

## 21<sup>st</sup> June | YOGA DAY



On 21<sup>st</sup> June 2022 – on the occasion of International Yoga day, CARF organized the Yoga Prana Vidya (YPV) healing live session at Vikhroli office, headed by YPV healer –Ms. Sangeeta Das, which has proven beneficial to patients as they were able to learn about YPV, rhythmic yogic breathing exercise, forgiveness sadhna and divine group healing. Further we shall initiate to utilize these benefits derived from such sessions for the betterment and welfare of our cancer patients.



Yoga Prana Vidya (YPV) healing live session at Vikhroli office, headed by YPV healer –Ms. Sangeeta Das.

## 27<sup>th</sup> July | JAAVED JAFFREY EVENT AT BYCULLA

CARF hosted a Charity Event for cancer patients at Byculla office on 27<sup>th</sup> July 2022. The Guest of Honour for this event held was renowned Indian Film Actor and Choreographer - Mr. Jaaved Jaffrey. Our Chairman - Mr. Shamshi Mulla welcomed the Guest of Honour – Mr. Jaaved Jaffrey and every one attending this event. Introductory speech was given by our Chairman speaks about CARF, its progress and achievements, and he also thanked all the donors, supporters and the management. Then, Vote of thanks was given by our CEO-Mrs. Savita Nathani, followed by a speech, explaining about the functioning of CARF and different humanitarian projects like "Mission Sahay" being executed by CARF. Further, there was a speech from our Guest of Honour- Mr. Jaaved Jaffrey, who spoke about the



difficulties and sufferings being faced by Cancer patients nowadays in their life and he also appreciated CARF for its dedication in supporting the cancer patients for their treatment and daily activities. Also, Mr. Jaaved Jaffrey ensured to support CARF in all the future journeys. Cheque and ration kits were distributed to all the underprivileged cancer patients, who attended this event. The event was supported by M/s. Nadiadwala Grandsons Entertainment Pvt Ltd & M/s. Lupin Ltd respectively. We express our thanks and gratitude to everyone for their presence with support and precious time in making this event a successful one.

same. In our country, these types of blood cancers are more common among the top 15 cancers, and with proper cure and early diagnosis there are plenty chances of survival. During this September month, CARF will be hosting different activities for creating awareness about these diseases, along with several events which includes: Rose Day, World charity day, Live Doctor's session, with distribution of different hygiene kits, pamphlets and brochures composing the detailed information about these diseases. We ask for your support to ensure maximum awareness about the disease among every individual. Share this post with your family, friends and everyone you know to support our cause



Mr. Jaaved Jaffrey Spending his precious time with our cancer kids

22<sup>nd</sup> September | **ROSE DAY**



We feel the pleasure to share here with the few wonderful glimpses of our special event organized for cancer patients on the occasion of "World Rose Day" on 22nd September 2022. Our chairman – Mr. Shamshi Mulla and our CEO – Mrs. Savita Nathani – empowering the patients and their caregivers. Welfare activities for cancer patients included – fun activities for kids, Zumba dance, followed by roses and snacks distribution. The event was attended by many cancer patients making our efforts a resounding success. We thank everyone for their presence, support and valued time for making this wonderful day a great memorable one.

31<sup>st</sup> August to 9<sup>th</sup> September | **GANESH CHATURTHI FESTIVAL 2022**

This year 2022 Ganesh Chaturthi Celebrations were done everywhere as usual with utmost serenity and devotion. During this Ganesha festival, with support from M/s. Chinchpokli Sarvajanic Utsav Mandal, Parel Cha Vighnaharta, Parel Cha Raja and Akhil Surya Nagar Ganpati Mandal. CARF also celebrated the Ganesha festival from 31st August to 09th September- by hosting the stall for "Cancer Awareness Programme" with distribution of literature and pamphlets composing of cancer care. Also, Water bottles with biscuits were freely distributed among the devotees visited for Ganpati Darshan. We believe by organising such generous events during such divine festivals is the best way to worship God by worshipping the people the most humane way, God will be even happier. We thank to all devotees who attended the event for their kind courtesy and participation in the event. Shree Ganeshaya Namah!



Welfare & fun activities hosted for child patients on World Rose day.

23<sup>rd</sup> September | **WORLD FITNESS DAY**

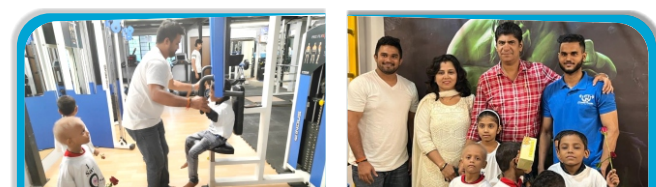
World Fitness Day is observed on 23<sup>rd</sup> September 2022, which has been created to motivate people around the globe to get fit. On this wonderful occasion, CARF arranged a fitness session for cancer kids at one of the best fitness centers known as "Fitness Thirst" at Vikhroli. We believe physical fitness is more important and play a significant role when it comes to your mental health as well. The kids were explained by the fitness trainer about the different equipments and how it works towards the body fitness. Also they were given a short session on excellent ways to start exercising. CARF is sharing herewith the glimpse of some of the wonderful fitness trends briefings given to the kids.



In association with M/s. Chinchpokli Sarvajanic Utsav Mandal, CARF hosted stall for "Cancer awareness programme" during Ganpati festival.

**SEPTEMBER**

Every September month is known as Leukemia & Lymphoma Awareness month. As we enter this Blood cancer awareness month, we remain steadfast in our mission to raise awareness of these common types of blood cancers – Leukemia & Lymphoma and support the patients diagnosed with the



Fitness session organized for child patients on World Fitness day at Fitness Thirst, Vikhroli.

**DOCTORS TALK**



**Presenter: Dr. Khuzema Fatehi**  
Surgical Oncology, Bombay Hospital  
SRV Hospital, Mumbai

Topic: Tobacco & Cancer | Session Date: 25.07.2022

Cancer Aid & Research Foundation (CARF) organized the Doctor's session on the topic of Tobacco & Cancer, hosted by Dr. Khuzema Fatehi on 25th July 2022, between 3pm to 4pm at Byculla office. The session was attended by many numbers of patients making it a great

one with their active participation during this session. We are thankful to everyone for their presence and valued time.

Cancer Aid & Research Foundation (CARF) is thankful to all, for their valued time and efforts for joining our Doctor's session on the topic of Thyroid Cancer, hosted by Dr. Kartik Vasudev Krishnan on 24th August 2022, at Byculla office. We believe we could answer all the queries about the topic.



**Presenter: Dr. Kartik Krishnan**

MBBS, MS, MCh (Head & Neck Oncosurgeon)  
Consultant Head Neck Oncosurgeon,  
Tata Memorial Hospital HCG cancer centre, Mumbai

Topic: Thyroid Cancer | Session Date: 24.08.2022

CARF thanks everyone for joining our Doctor's session on the topic of Leukaemia: when to suspect & how to take care during chemotherapy, by Dr. Purva Kanvinde on 24th September'2022, at Byculla office. We believe we could clear all the doubts about this topic. Stay connected



**Presenter: Dr. Purva Kanvinde**

Pediatric Hemato Oncologist at  
Bai Jerbai Wadia Hospital

Topic: Leukaemia: when to suspect &  
how to take care during chemotherapy | Session Date: 24.09.2022

with us for more information about further doctor sessions!

We feel the immense pleasure to share with few glimpses of our social events held on this "World Breast Cancer Awareness Day – 22nd October 2022 at Byculla office. CARF had organized a doctor talk session hosted by Dr. Deepanjali Adulkar on the topic of "Breast cancer awareness". Overall this event received an overwhelming response from many deserved



**Presenter: Dr. Deepanjali Adulkar**

MBBS (KEM), DNB, Fellowship (TMB),  
Ex. Consultant (Tata Memorial Hospital),  
Consultant Radiation Oncologist, HCG Cancer Centre, Mumbai

Topic: Breast Cancer Myths & Facts | Session Date: 22.10.2022

needy female patients. Thanking everyone for their time and efforts taken in making this event a successive one.



**Presenter: Dr. Mishil Parikh**  
Consultant Orthopaedic, Oncosurgeon  
Mumbai

Topic: Skeletally Related Events in Patients  
With Prostate Cancer | Session Date: 24.11.2022

We would like to convey our heartiest gratitude to Dr. Mishil Parikh for the knowledgeable session while giving his valuable time to discuss the topic "Skeletally Related Events in patients with Prostate Cancer" on 24th November 2022, at CARF, Byculla office". Your efforts are highly commendable! Thank you very much to all

the participants for joining our Doctor's session. We hope you could the get required information and clarify your queries related to the topic. Stay connected with us till further updates on our next doctor sessions

**1<sup>st</sup> October STOPTOBER**

October month is not only known as **STOPTOBER** month, but it is also the "**Breast cancer awareness month.**" We are very pleased with the overwhelming responses for the 28 days STOPTOBER challenge that has began from 1<sup>st</sup> October, which has been beneficial and helpful to many people in getting the right support to quit smoking. Also, we could conduct the Stoptober activities in a better way with several online campaigns, expert doctor sessions and create awareness with more information through our social media informative portals. Thanking everyone for their participation and support in making all the events during this October a great success.



People attending the Doctor talk session by  
Dr. Deepanjali Adulkar. on "Breast cancer awareness month."

**6<sup>th</sup> October MIND-STORMING MEETING WITH OUR HON. CHAIRMAN ADVISORY – PROF. DR. REHAN KAZI AT BYCULLA OFFICE**

Our Hon. Chairman, Advisory - Prof. Dr. Rehan Kazi had visited on 6th October'2022 at CARF, Byculla office. We had an inter-office meeting with respect to the functioning & progress of CARF, upcoming humanitarian, social projects along with a scheduled plan of implementation & execution in discussion with our managing team, HOD's and other senior staff members. The meeting has been very inspiring and effective for CARF.



Cheque & Ration kits distribution programme in the hands of our Hon. Chairman Advisory – Prof. Dr. Rehan Kazi.

7<sup>th</sup> October | CHARITY PROGRAMME

CARF organized a charity programme on 7<sup>th</sup> October 2022 at Byculla office for cancer patients. This event was composed of generous activities like Cheque & Ration kits distribution in the hands of our **Hon. Chairman Advisory – Prof. Dr. Rehan Kazi** for all cancer patients. This programme was attended by many cancer patients and their caregivers and also, we could reach many deprived communities in supporting their basic needs and medical treatment expenses.



Charity programme at CARF, Byculla office.

17<sup>th</sup> October | WORLD FOOD DAY

CARF celebrated "World Food Day" by organizing a food distribution programme at Sanjay Gandhi Nagar, Matunga Labour Camp. We were delighted to watch such a positive response of our hard efforts as we were able to feed with nutritious meal for many people. This programme was also supported by our Chairman Mr. Shamshi Mulla and CEO Mrs. Savita Nathani respectively. Further, we ensure to continue our dedicated mission of perform in such kinds of different social activities for the betterment and welfare of the deprived population.



Food distribution programme at Sanjay Gandhi Nagar, Matunga Labour Camp on occasion of "World Food Day."

28<sup>th</sup> October | FOOD DISTRIBUTION PROGRAMME

CARF organized a Food distribution programme on 28<sup>th</sup> October'2022 at Shree Gadge Maharaj Mission Dharamshala, Dadar, which was attended by many cancer patients & other needy people. It gave us the deepest pleasure of being part of this divine opportunity as this programme was attended by many people in need of food.



Food distribution programme at Shree Gadge Maharaj Mission Dharamshala, Dadar.

MOVEMBER



Mr. Amit Tiwari selected as "Man of Movember" for Movember Campaign 2022.

Our glorious Movember journey is towards the ceremonious end. It has been a wonderful month with a great initiative through which our Mo-bros have actively participated by growing their moustaches and our Mo-Sista's have been powerfully supporting them in this challenging journey of 30 days. We are taken up deeply by all our participants who have been supportive and active throughout this entire movement without giving up and also encouraged each other in their journey. We are thankful and grateful to our Chairman – Mr. Shamshi Mulla and Hon. Chairman, Advisory - Prof. Dr. Rehan Kazi for their encouraging support and participation in this Movember campaign.

14<sup>th</sup> November | CHILDREN'S DAY



On the occasion of "Children's day - 14<sup>th</sup> November'2022, CARF organized few heart-touching and happy moments for the child patients undergoing their treatment at the Bai Jerbai Wadia Hospital, by gifting roses & goody bags among them. This event became an outstanding one with the support and encouragement given by the managing team of the Bal Jerbai Wadia Hospital, eminent doctors and all the supporting staffs.



Heart touching moments for child patients by CARF at Bai Jerbai Wadia Hospital.

10<sup>th</sup> December | SAD DEMISE OF LATE PRIN. MRS. RASHIDA A. KAZI



With profound grief we inform the sad demise of Prin. Mrs. Rashida A. Kazi, Chairperson Emeritus and Co-Founder of Cancer Aid & Research Foundation (CARF), on Saturday, 10<sup>th</sup> December, 2022. CARF is immensely benefitted from her vision and leadership during her tenure. Her sudden and unexpected passing away will be an irreparable loss to CARF and our managing team. We pray may Almighty Allah rest her pure soul in peace and grant her JANNAT-UL-FIRDOUS (Ameen)!

28<sup>th</sup> December | A CHARITY TRIBUTE PROGRAMME

In the loving memory of our Co-Founder Late Prin. Mrs. Rashida A. Kazi, CARF hosted a charity event for cancer patients on 28th December 2022 at Byculla office. The event was graced by our Chief Guest - Dr. Zahir Kazi – Hon'ble President, Anjuman-I-Islam by his presence. This event was accompanied by Mr. Irfan Kazi, Financial Analyst & Member of Anjuman-I-Islam, Prof. Dr. Rehan Kazi- Hon. Chairman Advisory of CARF, Dr. Irfana Koita Kazi, Gynecologist & Infertility Specialist, Mr. Vasim Shaikh, Secretary General was also present with our Chairman – Mr. Shamshi Mulla & CEO – Mrs. Savita Nathani respectively. During this event, greetings to all the attendees were hosted by our GM (Event Management) – Mrs. Tabassum Khan followed by a solemn tribute for a few minutes to our Co-Founder Late Prin. Mrs. Rashida A. Kazi. A short film about CARF was shown to everyone. Then a short speech was given by our Chairman – Mr. Shamshi Mulla stating the functions and future goals of CARF and he also thanked all our Donors, Supporters, CSRs and the Management team. Further, there was a brief speech from Hon. Chairman, Advisory, CARF - Prof. Dr. Rehan Kazi. A speech appreciating and honoring the efforts of CARF was given by our Chief Guest – Dr. Zahir Kazi who ensured to be with CARF in all the journeys ahead. A lunch programme followed by charitable activities composing cheque and food kit distribution was organized for all the cancer patients. Overall the event was a memorable one with the support and encouragement from everyone



Memorable moments of our Charity Tribute programme in the loving memory of our Co-Founder Late Prin. Mrs. Rashida A. Kazi.

- 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

Please draw your cheque in favour of **Cancer Aid & Research Foundation** and send it to its  
**Head Office:** Unit No. 103, Shivkripa Industrial Estate, Vikhroli West, Mumbai - 400 083  
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 Byculla (W), Mumbai - 400 011. **Tel.: 022-2300 5000 / 2306 4441 / 4442**

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

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- **Editor : Mrs. Savita Nathani, CEO - CARF**
- **GM-Event Management : Mrs. Tabassum Khan**



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