



CARF

News Bulletin

(Official Publication Of The Cancer Aid & Research Foundation)

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

Associate Member: INCTR (International Network for Cancer Treatment and Research), Brussels - Belgium

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

DR. REHAN A. KAZI – 1ST RECIPIENT OF THE CARF & PROF. BELLUR RAJASHEKHAR CHAIR IN HEAD & NECK CANCER RESEARCH AND VOICE RESTORATION, MANIPAL UNIVERSITY



A Professorial Chair titled “CARF & Prof. Bellur Rajashekhar Chair in Head & Neck Cancer Research and Voice Restoration” was constituted between Manipal University and CARF (Cancer Aid and Research Foundation, Mumbai) a registered medical NGO, and a member of UICC (Union International against Cancer), Geneva, Switzerland on the 18th day of January 2012. The chair was officially initiated by the signing of a MOU between CARF and Manipal University in the presence of University officials- Dr. Ramdas Pai, Chancellor, Dr. H.S. Ballal, Pro Chancellor, Dr. Vinod Bhat, Pro Vice Chancellor, Dr. G. K. Prabhu, Registrar and the CARF team comprising of trustees, Dr. Raj Tendulkar, Mr. Shamshi Mulla. This chair bears the name of the Foundation and Prof. Dr. Rajashekhar (Dean, Manipal College of Allied Health Sciences) as an acknowledgement of his pioneering work as a Speech Pathologist over the last several years. This endowed professorial chair is the first of its kind in India and its chief aim is to foster research in the field of head and neck cancer. Dr. Rehan A. Kazi Head & Neck Cancer Surgeon & Scientist was unanimously appointed by the selection panel as the 1st recipient of the Chair. Prof. Rehan Kazi has trained and worked at the best cancer centers in the world (such as The Royal Marsden Hospital, UK; Institute of Cancer Research, UK & Maria Sklodowska Curie Memorial Institute, Poland.) This has allowed him to develop a global perspective on cancers and be at the helm of cutting edge technology/research in head and neck cancers.

Winner of the 2006 Byer's Award from the AHNS for his PhD work, he is currently involved in newer research in quality of life, functional outcomes and their implications in head and neck cancer using subjective and objective methods. Over the past few years, he has published more than 100 peer-reviewed scientific papers, 7 books and numerous chapters in leading head and neck textbooks. He is also actively involved in the teaching of medical undergraduate / postgraduate students in ENT especially head and neck and the supervision of MSc./MD and PhD students. It is hoped that he will build upon the recognized research strengths of the Manipal University and help develop strong translational research programs in Head & Neck cancers and voice restoration. CARF established in 2001 is the largest NGO in India related to cancer. It has made significant contribution in the area of cancer by providing generous funding and services for cancer treatment, education, research, screening, awareness, boarding and lodging for cancer patients and their families.

“ gift of legacy ”



CARF gives you a golden opportunity by way of legacy, even after your death to make a real difference to someone's life. Leaving a share of your property, leaving a gift of money, leaving specific items of property in your will can make a significant difference in our mission to eradicate death caused by cancer due to lack of funds for treatment. For further enquiry please contact : nandini_frd@cancerarfoundation.org

Thoughts Of



Prof. Manoj Sharma

CARF Awardee for Excellence in Oncology,
Professor of Radiotherapy and Advisor,
Cancer Control, Govt. of NCT of Delhi.

A larger bulk of cancer patients remains to be Indian females. Unfortunately in some centres their numbers are more than males. Ironically still most of the female cancers are curable if detected in early stages and are preventable at their best.

There are about 5 lac women- very young to very old who die of various gynec cancers every year, cervix cancer constitutes the largest number followed by ovarian and endometrial cancers. Vulvo-vaginal, chorio-carcinoma, sarcomas and fallopian tube related are few to be added to the list.

Females get cancers of 8 sites extra than what males suffers. In addition they also suffer from the same cancers as males barring the prostate.

My cancer awareness programme that was started some 35 years back was a "Cry in the Wilderness" as there was absolutely no stress on it and the budding cancer specialists considered conquering of cancer through the therapeutics as the most important thing. Scientific research slowly started dominating in the war against cancer but the cancer awareness and cancer education were not in vogue practiced.

These long years and the efforts has taught me so many lessons.

1. In Indian scenario cancer awareness and prevention is much more important than allocating funds for treatment facilities that are becoming increasingly prohibitive to common man..
2. Cancer awareness has to be perpetual and throughout the year.
3. The awareness programmes should be focused on a particular site or the problem related to cancer and discussion on cancer as a whole should be avoided lest it dilutes the core issue- whether gynec or paediatric or old age cancers.
4. Media - electronic as well as print is the only and the most powerful instruments, to be fully utilised for cancer awareness, it is more powerful than the targeted therapy or high energy radiation therapy equipments. There are however methods to deal with demanding media men who run after TRP and other materialist assets.
5. Opportunistic campaign: From railway station to bus stand to cinema halls to school - Cancer education should be utilised with tact.

'1 out of 9 dies in child eye cancer cases'



One out of every nine children suffering from retinoblastoma or childhood eye cancer, dies of the disease.

Data collected by Indian Council of Medical Research (ICMR) says that the disease has about 16% mortality rate. However, deaths are avoidable, say experts, if the disease is detected early.

Retinoblastoma is a rapidly developing cancer of the retina (the light-detecting tissue of the eye) and is likely to manifest in children having an abnormal retinoblastoma gene.

"If a family member had retinoblastoma, regular eye check-ups till the age of four are important," said Dr G Kumaramanickavel, advisor of academics, research and management at Aditya Jyot Eye Hospital, Wadala. As per ICMR figures between 2009 and 2011, of 1,561 cases of retinoblastoma detected in India, 256 children died. Retinoblastoma accounts for about 3.5% of total childhood cancers in the country, and about 2.6% in Mumbai.

"The cancer can spread to other parts of the body. Early detection can preserve vision. However, most patients come to us at an advanced stage," said Dr S Natarajan, MD of Aditya Jyot Eye Hospital.

Dr Natarajan will help all the major referral hospitals to create a registry of these cases. "Mumbai will be the focus as most patients come here for treatment," said Dr Natarajan.

— Times of India, May 25, 2012

Avocodos fights off cancer



The humble avocodos could hold the key to the elixir of life, says a new study which also claims that the fruit can help fight off diseases, including cancer, by tackling dangerous molecules.

— Times of India, April 24, 2012

Treat Cancer in Half-An-Hour

Gentler cancer takes only 30 minutes has been devised by British surgeons. The technique is just as effective as surgery but is cheaper and has fewer side effects. This means men are back on their feet and back at work sooner and are much less likely to suffer problems such as impotence and incontinence. The treatment, pioneered at the Royal Surrey County Hospital in Guildford, is an advanced



version of brachytherapy, a technique which has been used successfully for more than a decade. — Times of India, June 12, 12

Now, a special school for cancer - stricken kids



Realising that scores of children who come to Mumbai hospitals for lengthy treatment don't have access to their books and teachers, the civic body is planning to arrange a special school for them in Parel.

Cancer patients from all across the country consider Mumbai as the best option for treatment. And each year, many school-going kids from different states are brought to the hospitals in the city to undergo treatment for the disease. The prolonged and painful treatment takes them away from their homes, often forcing them to miss months of school and fall behind in their studies. Taking cognizance of this problem, the BMC's education department is planning to join forces with the NGO CanKids to set up a school for cancer-stricken children near Parel railway station.

The idea to prepare a separate school for these kids was conceived during Children's Day celebrations last year, when BMC officials announced that the classes would be held in Jagannath Bhatankar Municipal School in Parel, and in the event that rooms weren't available in the premises, the classes could be shifted to another municipal school on Sewri Cross Road at Kidwai Marg.

Mirza Baig, officer-in-charge of education at BMC, said, "We are undertaking this project under the guidance of the additional municipal commissioner Mohan Adtani. It was his idea to establish a separate school for cancer-stricken kids who are often deprived of proper school education. Therein lay the germ of the idea: why not to take one of our schools and earmark some of the classrooms specially for them? Many of the children come for treatment from other states, and have to stay in the city for treatment for long durations. The children will also feel better studying together with other kids who are undergoing treatment as well.

They will be given extra care, and will receive help with subjects like Maths, science and languages. These students can join the classes from June, and we will start their admission process as soon as the classrooms are ready for them. The NGO CanKids will bring these students for admission, irrespective of the board or state they hail from. They will have access to all the facilities that other students in BMC students get. That could include free uniforms, books, bags and shoes etc."

Geeta More Patil, chief officer of the Public Partnership Cell in BMC's Education department, said, "This is an excellent idea that the higher authorities in the BMC have thought of. These students have to stay away from their schools for a long time while they are being treated for their illness. So in order to help them keep abreast of their studies, the BMC is teaming up with an NGO." - Midday, April 21, 2012

Dental X-rays tied to brain tumour



*More Than
1 Session In A
Year May Up
Risk Of
Developing
Meningioma*

People who have received more than one dental x-ray a year are twice as likely to develop a common type of brain tumour, claims a new study, suggesting that the procedure should be undertaken as less as possible.

A team led by researchers from the Yale University School of Medicine in the US found that people who reported having more than one dental x-ray a year were 1.4 times to 1.9 times more likely than those who did not to have diagnosed with meningioma, a common but potentially debilitating type of non-cancerous brain tumour.

Individuals who reported receiving these exams when they were younger than 10 years old had a 4.9 times increased risk of developing meningioma. "The study highlights the need for increasing awareness regarding the optimal use of dental X-rays, which unlike many risk factors, is modifiable," said lead author Elizabeth Claus, a professor at Yale and a neurosurgeon at Brigham and Women's Hospital in Boston.

However, she said people should not overreact to their findings. "Our take home message is don't panic. Don't stop going to the dentist."

According to the researchers, dental x-rays are the most common synthetic source of exposure to ionising radiation for individuals — the primary environmental risk factor for developing meningioma. These tumours grow in the lining inside the skull. Most are slow growing but they can cause problems if they start to press on the brain, and they can be lethal. The study found that over a lifetime, individuals who developed meningioma were more than twice as likely as those in the control group to report having received bitewing exams - which use X-ray film held in between the teeth - yearly or more frequently.

They also found a link between meningioma risk and the panorex dental exam (which uses an X-ray outside the mouth to develop a single image of all of the teeth).

-Times of India, April 11, 2012

CHARITY SALE !

For inquiry call : Mr. Gajendra Sharma
(Cancer Survivor, Officer Rehabilitation CARF)
on **2300 5000**

ATTENTION READERS !

To enable us to communicate with you effectively, we request you to kindly send us your email ID, date of birth and change of address if any, to
tabassum.shaikh@cancerarfoundation.org
carf@cancerarfoundation.org

High tobacco use in city worries docs



One in three adults in Mumbai consumes tobacco on a regular basis. What's more, one in ten is likely to die a premature death if the current pattern continues.

Latest statistics presented by Tata Memorial Hospital say that of the 20.5 million-strong population of Mumbai and its neighbouring areas (including Thane and Navi Mumbai), an estimated six million people use tobacco—in form of cigarettes or gutka. If immediate action is not taken to control the use, then about two million people are likely to die prematurely—in productive age-group—in the near future. The scary picture has prompted about 7,400 doctors in Mumbai, Thane and Navi Mumbai to support an anti-tobacco campaign under the umbrella of the Association of Medical Consultants. Activists say consultants can persuade a patient to give up the tobacco habit at an early stage and prevent its culmination in cancer.

Tobacco causes 20% of all deaths Mumbai: The Association of Medical Consultants on Sunday pledged to fight tobacco consumption. "Doctors need to play an active role in tobacco control. As medical practitioners, we also need to prevent the reason for the disease. We have asked all the members to counsel patients against tobacco consumption," said Dr Kishore Adyanthaya, president of the AMC. "When a patient comes to a doctor for something as normal as fever or cold, he can be counselled against the use of tobacco. When unwell, the patient is vulnerable and thus would understand the importance of dropping the habit much better than if advised elsewhere," said Dr Pankaj Chaturvedi, surgical oncologist at Tata Memorial Hospital. So a patient will now read about the hazards of tobacco consumption on posters in the waiting area outside a consulting doctor's room, followed by "opportunistic counselling" inside. According to experts, tobacco is the leading cause of 90% of the ailments affecting the mouth, 60% of heart diseases, 50% of cancers and 20% of all deaths. According to the Global Adult Tobacco Survey (GATS), which was done in India in 2009-2010, 31.4% of Maharashtra's population uses tobacco in one form or the other. What is scary is the fact that the addiction builds up in individuals who start consuming tobacco before the age of 15 years.

—Times of India, May 28, 2012

Brush teeth, cut cancer risk

Failing to brush teeth properly can increase the risk of cancer as higher levels of dental plaque is linked to chronic health problems, researchers have claimed.

Researchers said that infection and inflammation play a role in up to one in five cancers, and is a key element in gum disease caused by dental plaque. Those with the most bacteria on the surface of their teeth and gums had an 80% increased risk of premature death.



However, the Swedish researchers behind the study have admitted their findings do not prove a causal link between cancer and dental plaque. Poor mouth hygiene may be an indicator of other lifestyle factors associated with cancer.

Gum disease causes bad breath, bleeding gums and, if untreated, cavities, receding gums and tooth loss after plaque settles between teeth and under the gumline, the Daily Mail reported. It has been linked to chronic health problems including heart disease, thought to be caused by inflammation passing from the gums into the bloodstream, although US researchers have recently suggested the link may be coincidental.

The study tracked the health of 1,390 randomly selected adults from Stockholm for 24 years, starting 1985. All participants were in their 30s and 40s at the start of the monitoring, when they were questioned about factors likely to increase cancer risk, such as smoking and wealth. None had overt gum disease, but all had varying levels of plaque on the tooth and gum surface. By 2009, 58 had died, around a third of whom were women (35%). Of these deaths, 35 were caused by cancer.

—Times of India, June 13, 2012

Smoking dads can pass on cancer to kids

Smoking dads beware. A new study has claimed that smoking harms the father's DNA and you may pass on your damaged genes to your children, raising the risk of cancer. "Smoking harms the father's DNA, and these damaged genes can be inherited by his children," the Daily Mail quoted a new study. This raises the risk of youngsters developing childhood cancers, particularly leukaemia, the researchers warned. A fertile sperm cell takes three months to fully develop, so smoking fathers should kick the butt 12 weeks before conceiving to avoid the risk, Dr Diana Anderson of Bradford university said. PTI **'Physical activity cuts breast cancer risk'**

Physical activity — either mild or intense and before or after menopause — may reduce breast cancer risk, but substantial weight gain may negate these benefits — a new analysis has found.

—Times of India, June 26, 2012

IN THE FIGHT FOR LIFE

The moment a person receives news that cancer has struck, emotions of anxiety and fear set in, along with the instant thought of impending death. Courage is no longer a friend. Yet, there are a few who decide to stand up against their enemy and fight with all their will. Survivors, they are called; victors, not victims any more. Two such survivors - who serve as an inspiration for not just cancer patients, but all people without the will to live – are chronicled here.

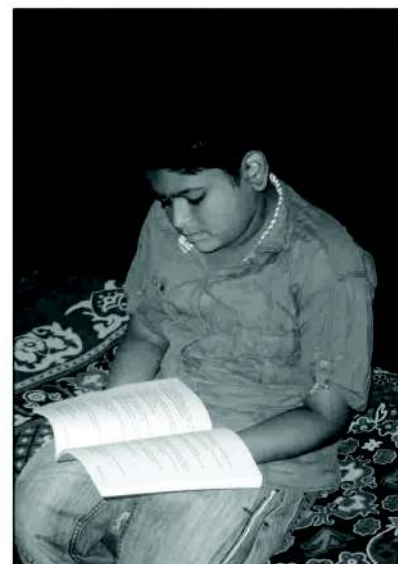


Mr Mohmed Saeed Sayed: B. Pharm, hails from Kanpur where he ran a flourishing chemist store, helping those seeking medical aid in the best possible way he could. However, the tables turned on him when he was diagnosed with cancer of the larynx in 2005. Having to travel to Mumbai for treatment meant putting the business at stake. But his health had to be seen to first. And slowly, his fears came to life as his business began to suffer and eventually he had to shut shop. A man with an undaunting spirit, Mohmed decided to tackle the situation positively. Keeping his responsibility towards his family in mind, he approached CARF where he was given timely help with medical and other facilities taken care of. And with the assistance of a friend, he is even able to earn a simple living today. By learning to make artificial bouquets using different materials such as Chinese plastic flowers, he began a successful business, supplying his artistic ware to various establishments in Mumbai.

In his own words, “By Almighty's grace and sheer hard work and determination,” he is able to look after his and his family's needs.

Master Abhishek D. Patil is a 14-year-old survivor who displays immense courage in his struggle against acute lymphoblastic leukemia. In August 2010, symptoms of fever, vomiting and blurred vision led to blood and bone marrow tests on the young boy, which revealed he was suffering from Acute Lymphoblastic Leukemia. Realising that the disease is extremely serious in children - which can result in a quick death, if not treated in time - Abhishek's family took it very hard as he is their only son. His father being the sole bread earner in the family with limited income could not afford huge treatment expenses. He approached CARF for help. With CARF's financial support – Abhishek's treatment started.

Abhishek decided to brave his fears and underwent 5-cycle chemotherapy treatment, during which he was physically too weak to even sit up. Being so ill and missing school was the toughest part of his challenge. But family and friends kept him motivated throughout. Today, he has successfully completed his chemotherapy and is presently under the maintenance phase which will last



for a year. Currently in the 10th standard, studying and trying his best to lead a normal life, Abhishek still finds it difficult, especially when he thinks of his friends playing cricket and going out. But he is grateful that he gave it his all and will continue, with God's blessings, to be a survivor.

Cancer spells fear, trauma, expensive treatment, side effects and so much more.

Your help can save a precious life
PLEASE DONATE GENEROUSLY



CHARITY PREMIERE SHOW A Charity show of Houseful 2 was organized in April at PVR Juhu in alliance with Nadiadwala Grandson Entertainment Pvt. Ltd., Videocon, Geetanjali & 3rd Rock Entertainment. Akshay Kumar, Zarine Khan, Jackueleine Fernandez, Asin Thottumkal, Shanaz Padmsee, Wardha Nadiadwala and Rajiv Paul graced the occasion. They interacted with the young cancer patients who were overjoyed.

CANCER CAMPS held by CARF

Opp. Jhula Maidan



On the occasion of Anti Tobacco Day medical camp was held at BMC Health Centre opp. Jhula Maidan, Mumbai. More than 200 people benefitted from the camp.



Bhiwandi

Kurla



At G.M. & Z.Fakih Charitable Dispensary, Bhiwandi (Top) and White House, Kurla (Bottom) various films on Cancer were screened. CARF News Bulletins, Brochures and other Cancer Information Leaflets were distributed.

- Registered under the Bombay Public Trust Act, 1950.
- Donations exempted under 80G of the Income-Tax Act, 1961
- E-mail: cancerarfoundation@yahoo.com | carf@cancerarfoundation.org
- Website: www.cancerarfoundation.org
 - ✓ Funding and services for cancer treatment including surgery, Radiotherapy and Chemotherapy.
 - ✓ Cancer Research.
 - ✓ Cancer Education through CARF News Bulletin, Patients information leaflets and e-news letter.
 - ✓ Cancer screening and Detection Programme.
 - ✓ Anti Tobacco and Cancer Advocacy.
 - ✓ Free ambulance service provided to patients all over Mumbai / Thane
 - ✓ Counselling for Cancer patients their families and cancer hotline.
 - ✓ Providing free Cancer Drugs, Prosthesis & Instruments, to poor cancer patients.



The Govt. of India has also permitted us to receive overseas contributions under FC(R) Act, 1976 vide Registration No. 083780936. The same can be credited to 'Cancer Aid & Research Foundation' S.B.A/c. No. 026104000088372. IDBI Bank, Prabhadevi Branch, Mumbai- 400 025. INDIA.

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

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



Prof. A. A. Kazi was awarded "Asia Pacific International Award" for the year 2012 by Global Achievers Foundation on 18th May, 2012, at Tashkent (Uzbekistan)

PLEASE DONATE GENEROUSLY and help CARF
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