



News Bulletin

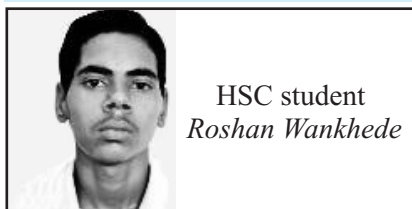
(Official Publication Of The Cancer Aid & Research Foundation)

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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

TEEN CANCER VICTIMS HAIL STATE'S GUTKA BAN



HSC student
Roshan Wankhede

GOVT'S MOVE WILL HELP MANY BOYS LIKE US



Sonu Solanki

Roshan Wankhede (18) would have passed his HSC exams this year, but for a medical problem. He had to undergo surgery for removal of nearly half of his upper jaw. Roshan has been suffering from last-stage mouth cancer for over a year. Roshan was 13 years old when he started consuming tobacco because of peer pressure. A sachet or two occasionally soon turned to seven to eight sachets a day. "I wanted to do what all my friends did. Of the 50 students in our class, 10 used to consume paan masala. It was all for fun," said the Amravati resident. "My parents didn't know that I had this habit," he said. What started as small ulcers developed into full-fledged cancer on the roof of Roshan's mouth in a matter of months. Local doctors advised him to go to Tata Memorial Hospital, as they were sure that the problem was more than just ulcers.

"We had to remove half of his upper jaw and reconstruct it with the flesh of his thigh. He also underwent chemotherapy and radiotherapy following his surgery. Presently, he is able to consume only liquid food and has difficulty in speaking clearly," said Dr Pankaj Chaturvedi, oral oncologist at Tata Memorial Hospital, who conducted the surgery on Roshan.

"There are 70% chances of recurrence of the cancer and he has to come to us for followups every three months,"

he added. At an age when most boys step into adulthood, Sonu Solanki used to pray for death. While working in a shopping mall at the age of 15, Sonu (now 29), caught the habit of chewing tobacco. "Boys my age were put on night shifts to guard and clean the mall. In order to avoid sleeping on duty, they often chewed tobacco. Little did I know that this small habit would turn into an addiction," said Sonu.

Sonu said he used to consume about six packets of gutka every day and despite several warnings from his family members, he continued to chew it even while he was in school. By 17, he had mouth cancer, for which he had to undergo surgery. Sonu also developed a boil in his left cheek, which swelled up with pus. "It was so painful that I would often cry and pray for it all to end," he said. Doctors detected cancer in the first stage and performed a surgery. They removed a bone from Sonu's jaw, along with both tonsils. Sonu had spoken during the sensitization program for MLAs in the Maharashtra Vidhan Sabha a few months back. He had urged CM Prithviraj Chavan to ban gutka in the state. Today, he said he is happy to know that gutka has been banned. "The state has done a great job. The government's move will help many boys like me," he said.

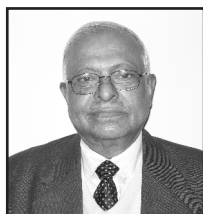
- Times of India, July 14, 2012

CAVEAT IN SC OVER GUTKA BAN

A day after the Bombay high court (HC) upheld the decision of the state cabinet to ban gutka and paan masala, the food and drug administration on Monday filed a caveat before the Supreme Court (SC). "After the HC refused to stay the ban on gutka and paan masala, we filed a caveat before the apex court so that if gutka manufacturers move SC, our plea will be heard before any order is passed," a senior FDA official told ToI. After a prolonged delay of over a decade, the state cabinet had on July 11 decided to ban sale, manufacture, stocking and consumption of gutka and paan masala and accordingly, an official notification was issued on July 19. Subsequently, on July 28, more than a dozen gutka and paan masala manufacturers had filed a writ petition before the high court, challenging the ban.



- Times of India, September 18, 2012

Thoughts Of

Dr. Biswajit Sanyal,
MD, Head, Radiation Oncology
Navodaya Cancer Hospital &
Research Centre, Bhopal.

Cancer Problem as I saw over 5 decades

My first encounter with cancer patient goes back to 1965 when I was working as house officer at All India Institute of Medical Sciences, New Delhi. People used to visit the Dept. with advanced fungating growth with gross disfigurement and great pain. Over the last 5 decades, there has been no significant change in the clinical spectrum of presentation of cases. We used to see less than 5% of cases in early stages of the disease of presentation. That figure has gone up to 10 % - 20% in hospital attendance at recent times.

Cancer scenario has shown dramatic change in regards to population affected by this malady. This is largely due to change in life style of our population. Mainly due to tobacco abuse among children and young adults. Statistics show increase in consumption of tobacco both in smoking and non-smoking (Ghutka) types. As a result cancers are increasing among younger population between the ages of 30 – 40Yrs and even below 30's. Thus cancer burden not only increased but also affected people in their prime of productive lives with its consequences in the family and country. Another significant change is taking place. The number of elderly population has shown gradual increase. So cancer specific to the aging population like cancer prostate, cancer colon and cancer lung are increasing. This aspect needs an urgent evaluation by the administration to make available treatment facility to these populations.

With gradual improvement in economy and change in life style among female population cancer breast gradually replacing the most common cervical cancers. Childhood cancers are not rare. One has to think of this disease if a child is brought with symptoms related to cancer. Leukemia is the most common presentation. Some of leukemia when properly treated can be cured. Solid tumors like soft tissue sarcomas, kidney tumors (wilm's tumor), Eye tumors (retinoblastoma) etc are frequently seen in these age group. When diagnosed in early stages majority of them are curable with proper treatment.

There has been a significant improvement in the facilities of diagnosis and treatment of cancers in the country. This is largely due to participation of corporate bodies, NGOs, philanthropic societies and also increase in fund allocation of the state and central Govt. both in cancer prevention, early diagnosis and treatment facilities.

Cancer has become a major cause of death and ill health in the country. Rational approach on cancer prevention, increasing diagnosis and therapeutic facilities in the periphery (district/ sub district) level will help the socio-economically weaker section of population who are the most unfortunate section of population greatly suffer from this dreaded disease.

Cancer does not mean death. The quality of cancer patient life has also significantly improved because of availability of quality treatment.

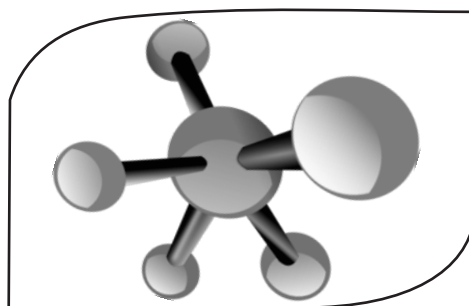


**Breastfeed
your
baby
to
stay
slim**

Breast feeding has long been believed to help mothers get their figure back after giving birth. A new study claims it could also help them stay slim for decades.

Researchers at the Oxford University found that women who breastfed their babies even for a few months after the birth were less likely to be obese 30 years later. They claimed that for every six months a woman gives her baby breast milk, she loses around two pounds, depending on her weight and height. Although this may not sound much, the researchers claimed it could help prevent thousands of deaths from cancer, heart problems and other illnesses related to obesity.

– Times of India, July 12, 2012

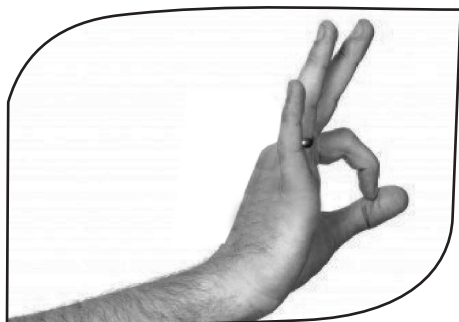


**This
molecule
can
prevent
cancer
spread**

Scientists have discovered that a molecule called flightless can control the speed with which cells move through various tissues, paving the way for treatments to stop spread of cancer from one tissue to another. Researchers from the University of Toronto found that “flightless” molecule named after its effects on fruit flies increases the “stickiness” that causes cells, including cancer cells, to attach to underlying tissue, which in turn, slows their movement throughout the body. “The study of flightless and its role in the control of cell movement offers the promise of developing new drugs and treatments to control diseases in which cell movement has gotten out of control,” Christopher A McCulloch, from the University said. “We hope that one day treatments to regulate cell movement could be used to bring under better control the spread of cancer cells from a tumour into the rest of the body,” McCulloch said.

Scientists used three groups of cells that made either normal amounts of flightless, or were genetically modified to produce no flightless, or to make above-normal amounts of flightless.

– Times of India, August 6, 2012



Ring fingers hold clue to prostate cancer survival

Men with short ring fingers fight tumours better as they have lower levels of testosterone, which helps prostate tumours grow, a new research has found. Experts at Seoul National University in South Korea found that cancer victims responded well to an anti-tumour drug if their ring finger was shorter than the index finger — next to the thumb.

Doctors who tested the theory on 142 volunteers found those with short ring fingers responded better to dutasteride, a drug that fights cancer by blocking the effects of testosterone on the prostate, the Daily Mail reported. Several studies show finger length is linked to the risks of conditions ranging from heart disease and osteoarthritis to depression and Motor Neurone Disease.

The difference between the two fingers is determined by exposure to testosterone while a baby is still in the womb. Men tend to have a longer ring finger while women tend to have ring and index fingers that are similar in length. But it can vary considerably from person to person.

The latest findings suggest doctors might soon be able to predict who will respond best to treatment by measuring men's fingers. Although the men in the study did not have cancer, they did have enlarged prostates, a common condition in men over 50 where the prostate grows and blocks the flow of urine. Dutasteride has been used for years to treat BPH and prostate cancer. The volunteers took the drug every day for six months. When their prostate glands were measured to see if they had shrunk, there was a much bigger reduction in men with short ring fingers. "These results suggest finger length might predict the response to dutasteride treatment," a report in the British Journal of Urology said.

– Times of India, August 17, 2012

CHARITY SALE !

All proceeds from the sale of articles made by poor cancer patients will go towards their welfare.



Aroma Therapy Lamp



Tiffin Bag



Candles



Pen Box



Crochet Bag

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



A new tech that can cut side effects of chemotherapy

Scientists claim to have developed a new technique which dramatically reduces the harmful side effects of chemotherapy by blocking an oxygen-sensitive enzyme and streamlining the blood flow. Researchers from VIB/KU Leuven, Belgium have found that chemotherapy combined with specific PHD2 inhibitors would make it more effective while reducing the harmful side effects. The effectiveness of chemotherapy is limited by the difficulties of delivering the anti-cancer drugs to the actual tumour, researchers said in a statement. Tumours are characterised by abnormally shaped blood vessels — they are irregular in shape, have weak textures and easily tear.

These leaking blood vessels prevent anti-cancer drugs from reaching tumour cells while promoting metastasis. Secondly, chemotherapy can have seriously harmful effects on healthy organs, leading even to heart and kidney failure. Earlier research had already shown that reduced activity of the oxygen sensor PHD2 under hypoxic conditions resulted in a more streamlined vasculature.

In the new study, Rodrigo Leite de Oliveira, Sofie Deschoemaker and Max Mazzone used mouse models to prove their earlier hypothesis that streamlining blood flow by inhibiting PHD2 can render cancer treatments more effective.

Firstly, the better formed blood vessels ensure that the anticancer drugs are distributed throughout the tumour, thus increasing their impact.

They also allow for smaller doses a significant advantage when administering toxic drugs. The researchers further proved that inhibiting PHD2 results in the production of anti-oxidant enzymes were able to neutralise the harmful side effects of chemotherapy.

– Times of India, August 16, 2012

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



Reducing salt in your food can cut cancer risk

Cutting down on salty foods such as bread and breakfast cereals may reduce the risk of developing stomach cancer, a study has found.

Eating too much salt is not all about sprinkling it over fish and chips or Sunday lunch, the vast majority is already inside food. WCRF, a UK charity that gives advice on how cancer can be prevented through diet, physical activity and weight, said that people should take less salt and the content of food should be labelled more clearly.

Too much salt is bad for blood pressure and can lead to heart disease and stroke, but it can also cause cancer, the 'BBC New' reported.

The recommended daily limit is 6 g, about a level teaspoonful, but the World Cancer Research Fund said people were eating 8.6 g a day.

Some food labels list the sodium content instead of the amount of salt — sodium is a component of salt. To work out how much salt a food contains, multiply the sodium content by 2.5.

– Times of India, July 24, 2012



Coffee may help fight common skin cancer

Increasing the number of cups of coffee you drink daily could lower your risk of developing the most common form of skin cancer, a new study has claimed, but cautioned that one should not start consuming the beverage excessively based on this finding.

Researchers at Brigham and Women's Hospital of Harvard Medical School in Boston found that people who drank more cups of caffeinated coffee had a reduced risk of developing basal cell carcinoma, a common form of skin cancer which causes considerable morbidity despite being a slow-grower. "Our data indicate that the more caffeinated coffee you consume, the lower your risk of developing basal cell carcinoma," said Jiali Han, lead researcher. For the study Han and his colleagues conducted a prospective analysis of data from two longrunning study aimed at finding factors that influence people's health. Of the 112,897 participants 22,786 developed basal cell carcinoma during the more than 20 years of follow-up in the two studies. An inverse association was observed between all coffee consumption and risk of basal cell carcinoma.

– Times of India, July 19, 2012

'Ginseng can cut tiredness due to cancer



Ginseng, a herb which has been used in traditional Chinese medicine for thousands of years, can also help cancer patients fight off the tiredness caused by the condition, a new study has claimed.

A team at the Mayo Clinic Cancer Center in the US found that high doses of the herb American ginseng over two months reduced cancer-related tiredness in patients more effectively than a placebo. In the study, the researchers looked at 340 patients who had either completed cancer treatment or were being treated for the disease. They gave them a placebo or capsules having 2,000 mg of pure, ground American ginseng root. At four weeks, the ginseng provided a slight improvement in fatigue symptoms of the patients.

However, at eight weeks, it offered them significant improvement in general exhaustion — such as feelings of worn out, fatigued, sluggish, run-down or tired — compared to the placebo group. Dr Debra Barton, who led the study, said: "After eight weeks, we saw a 20-point improvement in fatigue in cancer patients, measured on 100-point standardized fatigue scale."

– Times of India, June 6, 2012

Vit D shields lungs from smoking

Vitamin D may protect your lungs against the effects of smoking, a new research has claimed. Researchers from Boston found that Vitamin D deficiency is associated with rapid decline in lung function over time in smokers, suggesting that vitamin D may have a protective effect against the effects of smoking on lungs.

– Times of India, July 21, 2012

Green Tea, gold could cure cancer

A combination of gold and green tea compounds could provide a treatment for prostate cancer, a study said. Researchers from the University of Missouri found that a combination of a compound in green tea leaves and radioactive gold nanoparticles were able to destroy the tumour cells. The tea compound, attracted to cancerous cells, helped to deliver the gold nanoparticles which were able to destroy the tumour cells.

– Times of India, July 26, 2012



CT Scan on kids ups cancer risk

Exposure For Those Under 15 Can Triple Leukaemia, Brain Ailment Prospect: Study

New Delhi: Children subjected to CT scans with high radiation doses face a three-time increased risk of leukaemia and brain cancer during their lifetime.

In the most conclusive evidence till date, a study published in the Lancet on Wednesday says radiation exposure received from two to three CT scans of the head in childhood (aged under 15 years) — giving a cumulative dose of around 60 milli - Grays (mGy) can triple the risk of later developing brain cancer. On the other hand, around 5 to 10 such scans (cumulative dose around 50 m Gy) could triple the risk of developing leukaemia.

The authors from the Newcastle University studied close to 180,000 patients who underwent a CT scan between 1985 and 2002 from 70% of the UK's hospitals.

A total of 74 from 178,604 patients were diagnosed with leukaemia and 135 of 176,587 were diagnosed with brain cancer. The authors say that, of every 10,000 people between the ages of 0-20 years receiving 10 mGy from a CT scan, there would be about one expected excess leukemia case, whereas there would be one excess case of brain cancer for every 30,000 people.

Applying the dose estimates for one head CT scan before the age of 10 years, this would translate into approximately one excess case of leukaemia and one excess brain tumour per 10,000 patients in the decade after the first exposure.

Lead author Dr Mark Pearce Pearce says, in the UK, the Ionising Radiation (Medical Exposure) Regulations mean that a CT scan should only be done when clinically justified. This might explain the relatively low levels of CT use in the UK compared with other countries. "The immediate benefits of CT outweigh the potential long term risks in many settings and because of CT's diagnostic accuracy and speed of scanning, notably removing the need for anesthesia and sedation in young patients, it will, and should, remain in widespread practice for the foreseeable future."

Reacting to the study eminent radiologist Dr Harsh Mahajan said, "I agree with the findings of the study. Unnecessary radiation exposure has been found to cause cancer. However, such high radiation doses were more common in CT machines used a decade ago. The present ones expose patients to lower radiation levels."

Rose Day - 22nd Sept 2012



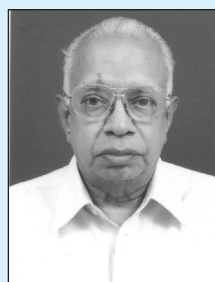
On the occasion of Rose Day, CARF distributed roses, toys and apples to young patients admitted in the J. J. Hospital's pediatric ward.

CARF's trustee Radio Jockey Rohini gave the patients a relief moment from their otherwise grueling treatment regimen by interacting with them in an entertaining way.

The chairman and Trustees take immense pleasure in cordially inviting you to the

CARF Oration & Awards 2012

Our Hon'ble Speaker



Dr. A. V. Lakshmanan

Advisor II Cancer Institute
Ex Director Cancer Institute,
Chennai.

Subject : The Evolution of
Medical Physics
and Nuclear Medicine

Date : **22nd December 2012**

Times : **3.00 to 6.00 pm**

Venue : **RANGSWAR,**
4th Floor, Yashwantrao Chavan Pratishthan
Gen. Jagannath Bhosale Marg,
Next to Sachivalaya Gymkhana,
Mumbai - 400 021.

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.



Nusrat Shaikh - 50 Yrs.

In the year 2007 while bathing Nusrat who was then 45 yrs old felt a lump in her left breast. Her neighbour urged her to see a doctor immediately. A biopsy revealed breast cancer. Nusrat was naturally really very worried. Her husband, her children and her sister in law were very supportive.

She came to CARF where she was provided timely help. A surgery and six cycles of chemotherapy and later radiation has made her cancer free. At present she is on no cancer medication. What really motivated her to keep going while she was sick was her growing up daughters and their marriages and the support and care she received from her family.

The message she wants to convey to those under treatment for cancer is ***“Cancer can be fought. Don't lose courage”***

*Cancer spells fear, trauma, expensive treatment, side effects and so much more.
Your help can save a precious life **PLEASE DONATE GENEROUSLY***



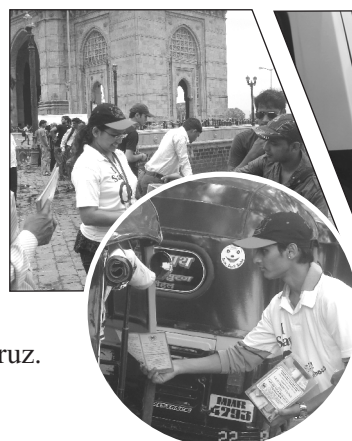
Marathon 2012

CARF in association with Wilson College's TYBMM students organized an early morning Marathon on 16th Sept aptly named "JALAA MAT!". This was to create awareness of the harmful effects of smoking and the harm caused to the ones who don't smoke.

CARF thanks Actresses Kainaz Motiwala and Nazia Hussain, RJADA, Models Alesia Raut and Ahran Choudhari and Mr. S. Ramaswamy (Sr. Manager, HPCL) for gracing the event.



CARF DRIVE



Gateway of India, Colaba.

Breach Candy.

Santacruz.

Prabhadevi.

Students of Jaihind & K. C. College volunteered to help CARF in its cancer awareness drive which was held in various parts of Mumbai.

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 - ✓ Cancer Research.
 - ✓ Cancer Education through CARF News Bulletin, Patients information leaflets and e-news letter.
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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 the favour of **Cancer Aid & Research Foundation** and send it to its

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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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Cancer Aid and Research Foundation has a Library containing cancer literature useful for Medical students, Researchers, Cancer patients and other interested readers who are keen to know more about cancer.

For membership and other enquiries contact :

Librarian: Mrs. Sandhya Tapase (M.L.I.Sc)

E-mail: sandhya@cancerarfoundation.org

Library Timings :
Monday – Friday,
1st & 3rd Saturday
10.00 a.m. to 6.00 p.m.



CARF will be participating in the Mumbai Marathon 2013. We want your support for the noble cause. We therefore make an earnest appeal to you, to kindly join us in the united fight for eradication of cancer by way of donation. All proceeds will go towards the funding and services for cancer treatment of poor and needy cancer patients.

COME JOIN US TO FIGHT AGAINST CANCER

For further enquiry please contact :
Tabassum Khan 9833817507 || tabassum@cancerarfoundation.org



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

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