



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

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DOCS IN US PRESCRIBE RADIATION THERAPY FOR PROFITS ?

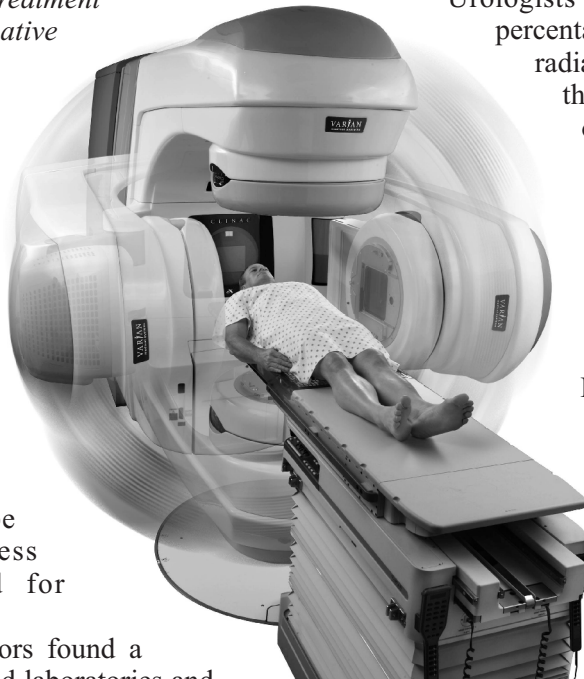
Doctors with financial interest in treatment more likely to ignore cheap alternative ways.

Doctors who have a financial interest in radiation treatment centres are more likely to prescribe such treatments for patients with prostate cancer, Congressional investigators say in a new report.

The investigators, from the Government Accountability Office, said that Medicare beneficiaries were often unaware that their doctors stood to profit from the use of radiation therapy. Alternative treatments may be equally effective and are less expensive for Medicare and for beneficiaries, the report said.

In other recent studies, the auditors found a similar pattern when doctors owned laboratories and imaging centers that billed Medicare for CT scans and magnetic resonance imaging. The latest study focused on a common and costly treatment for prostate cancer known as intensity-modulated radiation therapy, which directs highly concentrated beams of radiation at cancerous tumors. In many cases, it said, doctors who recommend the treatment have financial relationships with those who provide it. For example, a group of urologists may own radiation therapy equipment that is used by other doctors in the same medical group to treat patients.

James C Cosgrove, a director of the health care team at the Government Accountability Office, said that "financial incentives" appeared to be contributing to the higher use of this type of radiation therapy for patients with prostate cancer, one of the most common cancers in men.



Urologists "referred a substantially higher percentage of their prostate cancer patients" to radiation therapy when the doctors owned the equipment — linear accelerators — or had financial ties to those who provided the treatment, the report said.

The report comes as Congress is looking for ways to save money in Medicare and to make fundamental changes in the formula used to calculate payments to doctors treating Medicare patients.

"When you look at the numbers in this report, you start to wonder where health care stops and profiteering begins," said Senator Max Baucus, a Montana Democrat who is the chairman of the Senate Finance Committee. "We have a law on the books designed to prevent these conflicts of interest, but an increasing number of physicians are skirting the law for personal gain."

Representative Sander M Levin of Michigan, the senior Democrat on the Ways and Means Committee, said that "this analysis confirms that financial incentives, not patients' needs, are driving some referral patterns."

The investigators said Medicare had no easy way to know when doctors referred patients to entities in which the doctors had financial interests.

Doctors should be required to note such relationships on the claims they file with Medicare, the report said.

The Obama administration disagreed with this recommendation. Such a requirement, it said, would be "complex to administer and may have unintended consequences."

- Times of India, August 20, 2013

OVARIAN TISSUE GRAFT OFFERS INFERTILITY CURE

In a world first, an infertile Australian woman has conceived after growing new eggs in ovarian tissue transplanted into her abdomen, a breakthrough doctors say has the potential to revolutionize fertility treatment.

The woman, known only by her first name, Vali, is nearly 26 weeks pregnant with twins after previously being rendered infertile by treatment for ovarian cancer, Sydney Morning Herald reported on Monday.

A team at Melbourne IVF and The Royal Melbourne Hospital managed to help the woman grow egg follicles and produce two healthy eggs after transplanting her own frozen ovarian tissue into her abdomen. Only one baby has been born before in Australia after ovarian tissue transplant, and fewer than 30 globally, but this is the first time the tissue has been successfully transplanted at an entirely different site in the body to where it was taken from, the report said.

The Royal Melbourne Hospital has collected about 300 samples from women it says could now go on to become pregnant.

- Times of India, September 3, 2013

Thoughts Of**Dr. [Capt.] Ritu Biyani**

Dental Surgeon &
Cancer Survivor turned
Cancer Crusader
Founder & Project Director,
HIGH>>>WAYS... INFINITE
Member - UICC, IAPC, SIS

My contact with the word 'Cancer' is multi angled. One being a dental surgeon my academic front helped me study and understand tumors and oral cancers from books and later with real patients.

Second, my own personal adventure with breast cancer in Sept 2000. Instead of drowning myself into self pity and gloom, I studied, observed and felt my cancer experience. This further equipped me with an unique understanding of the illness and its challenges from both patient and professional perspective.

I was blessed and lucky in many ways, but its not so with apprx. 70% of cancer cases which come in advance stages in our country... Lack of AWARENESS, accessibility, AFFORDABILITY, fear, shyness, ect. are still major speed breakers.

This propelled me to the third angle - cancer campaigner and activist. Post cancer with maps in hands I set about driving many untrodden paths across India. Dispelling myths, stigmas, and ignorance, instilling awareness to more than 1,80,700 adults and youth from prevention to end of life care and cancer survivorship and connecting those in need to resources and expertise. This gave me an opportunity of having open honest dialogues with participants be it tribal, remote, rural, urban even bastis and understanding the ground realities.

Cancer in India is a growing menace. Eradicating cancer is still a very far - fetched dream. However, controlling and reducing the high incidence of advance cases of cancer, adapting preventive and protective lifestyles for risk reduction are few of the major steps which is not very difficult to work on. Considering the vast population of India scattered over myriad at times complex geographical, socio - economical, cultural, religious and literacy and language web barriers for health care delivery, mere 'copy and paste' western do's and don't on cancer control may not mostly work. We need to innovate and adapt to the needs and understanding of our communities, practicalities and feasibilities

Awareness still remains the primary necessity today to sensitize and empower common people, providers and administrators in every nook and corner of the country to make informed choices, for early detection and better outcome.

Survivors, media and role models can play a strong positive role to help bring about a gradual change in attitude and practices.

More government, public private sector aided cancer hospitals, will work wonders. Simple, feasible yet measurable, economically viable and DEDICATED steps will help us come closer to reduce the cancer burden. All this is not so easy but it's not so difficult also.

Still miles to go under the blue skies.....

Vinegar test could bring down cervical cancer deaths

Vinegar, a household ingredient, can be the state's solution to fighting cervical cancer, the Tata Memorial Hospital has proposed to the government. A study conducted by the research centre showed that visual inspection of the cervix after application of vinegar or acetic acid (VIA) screening technique brought down the deaths by 31% in 1.5 lakh women in Mumbai's slums. The Tata Memorial Centre has proposed to the state government to train community health workers to conduct VIA across the state.

The study was conducted across 20 slum clusters over 12 years. Women involved in the study did not have a history of cancer and were between 35 and 65 years. Research estimated that VIA testing has the potential to prevent 22,000 cervical cancer deaths in India and 72,600 deaths in developing countries. "Five decades ago, western countries too had a high incidence of cervical cancers but with access to PAP smear testing and change in lifestyle, the number has reduced," said Dr Gauravi Mishra, project coordinator of the study. Owing to the high cost of PAP smear test, doctors said, a VIA could be helpful in India.

During the study, 376 women were detected in the pre-cancerous stage. "In such cases, we use simple treatments like freezing the lesions to eradicate cervical cancers. They are unlikely to develop cancer in future," said Dr Indraneel Mittra, professor emeritus, TMH, who conceptualized the study in 1996. "Our doctors are part of panels in the health ministry. We will try to push the VIA testing implementation," said Dr A D'Cruz. The health department may involve the testing in its project on non-communicable diseases.

-Times of India, June 4, 2013

Cavities linked to lower risk of some cancers

People with more cavities in their teeth may have a reduced risk for some head and neck cancers, a new study suggests. That's because lactic acid bacteria produced by cavities may be protective against cancer cells, researchers said.

- Mumbai Mirror, September 14, 2013

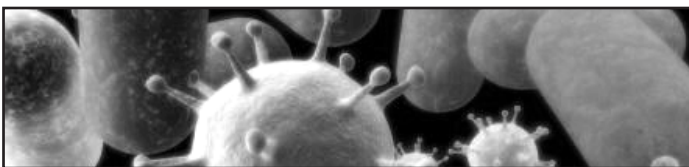
New GM purple tomatoes tastier and longer-lasting



Humble tomatoes can now be made both better-tasting and longer-lasting, thanks to a new research with purple Genetically modified (GM) varieties. "Working with GM tomatoes that are different to normal fruit only by the addition of a specific compound, allows us to pinpoint exactly how to breed in valuable traits," said professor Cathie Martin from the John Innes Centre. The research could also lead to GM varieties with better flavour, health and shelf life characteristics because even higher levels of the compounds can be achieved. The purple GM tomatoes have already been found to prolong the lives of cancer-prone mice and in the latest findings they also more than double the normal shelf life of tomatoes from an average of 21 days to 48 days.

- Times of India, May 25, 2013

Deaths due to infectious diseases down



Deaths due to tuberculosis and some other communicable diseases went down in the city in 2012 compared to 2011. The reason? "Our health workers have been going from house to house, and not only been checking people for fever and symptoms of tuberculosis, but also spreading awareness against lifestyle problems like diabetes," said additional municipal commissioner (health) Manisha Mhaikar. The BMC introduced quicker and high-tech diagnostic facilities, counsellors to motivate patients and better monitoring systems in a two-year plan to intensify Mission Mumbai for TB Control, Mhaikar said. Deaths due to pneumonia, too, went down in the period concerned. "But often, pneumonia is not the final cause of death. It itself may trigger other infections and in turn multi-organ failure. In that case, the cause of death is termed as sepsis or organ failure. Or if the heart stops beating, heart attack will be put as the cause of death," said an officer from the statistical department of the BMC. Sepsis is, in fact, a worrying trend. Commonly known as sepsis in the medical fraternity, sepsis is the commonest cause of death in intensive care units, say doctors. "Sepsis is basically an infection of the blood or any part of the body. It can be caused by virtually anything—viruses, bacteria, parasites, injuries," said Dr Khusrav Bajan, intensivist at Hinduja Hospital. "When there is an infection in the body, the body's response (systemic inflammatory response syndrome) is activated to fight it. The number of white cells increases. If the infection is small, the body wins. But if the infection is big, the organs start failing, because of the combined attack of infection and the body's response."

- Times of India, May 28, 2013

Gadget sniffs out bladder cancer in just 30 minutes



Scientists have developed a new device that can 'smell' bladder cancer from certain odours in the urine and give an accurate diagnosis within 30 minutes. Researchers from the University of Liverpool and University of the West of England, (UWE Bristol), built the device, called ODOREADER that contains a sensor which responds to chemicals in gas emitted from urine.

The device, constructed in the laboratories at UWE Bristol's Institute of Biosensor Technology, analyses this gas and produces a 'profile' of the chemicals in urine that can be read by scientists to diagnose the presence of cancer cells in the bladder. There are currently no reliable biomarkers to screen patients for bladder cancer in the same way that there are for breast and cervical cancers. Previous research has suggested that a particular odour in the urine could be detected by dogs trained to recognize the scent, indicating that methods of diagnoses could be based on the smell of certain gases. The device works by inserting a bottle containing the urine sample into the device. About 30 minutes later the ODOREADER is capable of showing the diagnosis.

- Times of India, July 10, 2013

Sunscreen prevents skin aging



Daily use of sunscreen not only guards against skin cancer but also fights wrinkles to keep the skin looking younger for long, a first-of-its-kind study has claimed. Researchers from Queensland Institute of Medical Research (QIMR) have revealed that daily use of broad spectrum sunscreen slows down the ageing process of skin, as well as preventing skin cancer. The study of 900 young and middle-aged men and women showed that after four and a half years, those who applied sunscreen most days had no detectable aging of the skin.

- Times of India, June 5, 2013

Tobacco firms press to end ban on gutkha

With the one-year ban period on the sale of gutkha and paan masala fast drawing to a close in two months'time, the authorities are coming under pressure from tobacco companies and even certain politicians not to extend the ban. Dr Pankaj Chaturvedi of Tata Hospital, who spearheaded the campaign that resulted in the ban has said that he has been facing tremendous pressure from various politicians not to re-notify the ban for a second year.

Tata Hospital apart, the commissioner of Food and Drugs Administration (FDA) is also under pressure from tobacco companies which are supported by few politicians, not to support extension of the ban, according to sources from the FDA. The ban was implemented after the Food Safety and Standards Act was passed, stating that no product should contain any substance injurious to health. Tobacco and nicotine, it specifically mentioned, should not be used as ingredients in any food products.

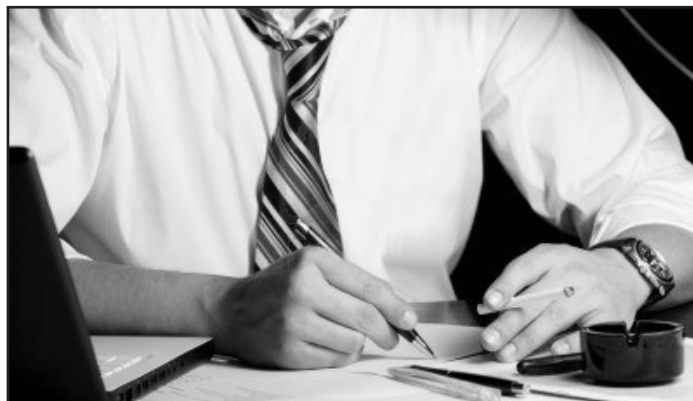
The FDA has to submit a report to the government by July 19, regarding extension of the ban. Speaking to Mumbai Mirror, Dr Chaturvedi who is associate professor of the Head & Neck Dept of Tata Hospital, said that with the deadline fast approaching, representatives of the tobacco lobby were frequently meeting him and even writing to him not to re-notify the ban. "While they want the ban on both gutkha and paan masala to be lifted, they have said that if not gutkha, at least I should not peruse the banning of paan masala. I don't want to mention names, but a couple of politicians too approached me, asking me why Tata Hospital wanted to intervene in the matter, and to let the State decide." Recently, the FDA commissioner met with Tata Hospital doctors, the Salaam Bombay Foundation and other anti-tobacco activists to seek their opinion on the extension of the ban. Dr Chaturvedi said, "Some tobacco companies want paan masala to be excluded, but how can we do that? Our study clearly suggests that paan masala too contains certain supari which causes cancer and other respiratory problems. In fact, we have patients who only chewed paan masala, but are suffering from mouth cancer. We will place such facts before the State Cabinet."

In India, 10 lakh smokers and tobacco chewers die every year. Over 90 per cent cases of oral cancer are caused by tobacco use. An FDA official, on condition of anonymity, said that in the past year FDA seized around Rs 16 crore worth gutkha and paan masala in the state. "Obviously tobacco companies are unhappy about this and their representatives have been frequenting the FDA office, trying to convince the authorities that paan masala should be deleted from the ban clause," he said.

- Mumbai Mirror, May 17, 2013



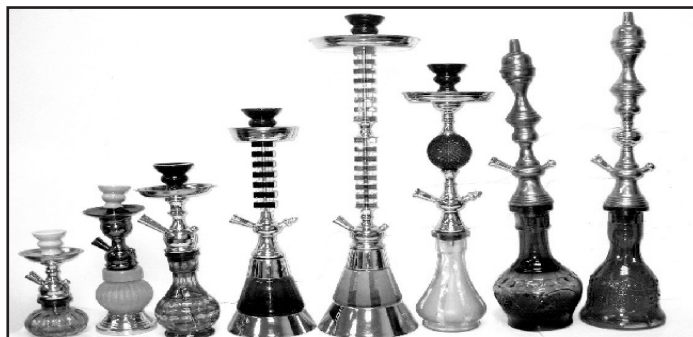
Sitting is the new smoking



EVEN if you are a complete teetotaler, spending four or more hours at the desk can cause health conditions such as obesity, diabetes, high blood pressure, cardiovascular disease, and multiple cancers, says shocking new research. Dr James Levine, a Mayo Clinic endocrinologist, has dubbed sitting as our generation's smoking, after 15 years of studying the grim consequences of spending too much time in a chair. For deskies who don't have an alternative, he recommends setting an alarm as a reminder to take a lap or two around the office. Even the tiniest movements can recharge the metabolic system that sitting has put to sleep.

- Times of India, April 28, 2013

'Hookah not a harmless alternative to cigarettes'



Smoking tobacco through a hookah, popular mostly among the college crowd, is not a harmless alternative to cigarettes, scientists warn. In a new study by University of California, San Francisco, researchers measuring chemicals in the blood and urine concluded that hookah smoke contains a different — but still harmful — mix of toxins. Peyton Jacob III, a UCSF research chemist, and Neal Benowitz, a UCSF tobacco researcher said hookah use exposes smokers to higher levels of carbon monoxide, especially hazardous to those with heart or respiratory conditions, and to higher levels of benzene, long associated with leukaemia risk.

- Times of India, April 20, 2013

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

Bite into a juicy watermelon



With the unrelenting heat bearing down on the city, what better way to cool down than to bite into a juicy watermelon? Not only does this fruit taste great but it also has a host of health benefits... Watermelons are packed with vitamin A (good for the eyes), vitamin C (boosts immunity, repairs wounds and promotes healthy teeth and gums) and vitamin B6 (improves brain function and converts protein to energy.) Rich in anti-oxidants, they are low in calories and make for a perfect health drink. Watermelons comprise 92% water and are devoid of fat and cholesterol. And because of their high water content, they also tend to make you feel full faster.

While buying watermelons, look out for those which are firm and slightly symmetrical. Keep an eye out for cuts. A slightly yellowish tinge on one side indicates that the watermelon is packed with juice and is sweet. The fruit is also packed with potassium, which is known to improve muscle and nerve function. It also reduces inflammation, which contributes to asthma, diabetes, colon cancer and arthritis.

- Times of India, April 19, 2013

Want to live longer? Eat walnuts



Eating a handful of walnuts just thrice a week is the key to a longer life, a new study has found. Scientists discovered that these edible seeds cut the risk of dying from cancer by 40% and from cardiovascular disease by at least 55%. In general, nut eaters in the research had a 39% lesser risk of death and walnut eaters in particular a 45% reduced threat. The study was done on 7,000 people aged 55 to 90.

- Times of India, July 17, 2013

EAT BETTER FEEL BETTER

Drinking coffee may cut womb cancer risk



A new study has suggested that the risk of developing womb cancer can be reduced by drinking coffee. The researchers also said that women can reduce their risk of developing the disease with at least 38 minutes of daily exercise and keeping a healthy weight.

- Mumbai Mirror, September 12,

Orange juice may keep cancer at bay



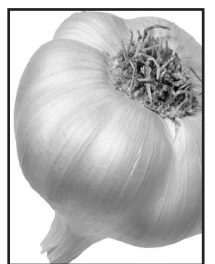
Orange juice has many potential positive effects when it comes to cancer, particularly because it is high in antioxidants from flavonoids such as hesperitin and neringinin, researchers said.

- Mumbai Mirror, September 16, 2013

Raw garlic can halve lung cancer risk

Eating raw garlic twice a week can nearly halve the risk of developing lung cancer, even lowering the danger for smokers by around 30 per cent, a new study has claimed. The study was published in the journal Cancer Prevention Research

- Mumbai Mirror, August 8, 2013



High sugar diet linked to bowel cancer



Snacking on sugary treats like biscuits, cakes, fizzy drinks, crisps and desserts could increase the risk of colorectal cancer, accordingly to a new UK study that looked at the diets of 2,000 bowel cancer patients and compared them with healthy people.

- Mumbai Mirror, July 16, 2013

Free Medical Camp



A free medical health camp was held at Kazi Clinic, Dongri, Mumbai. CARF thanks doctors - Asra, Azra, Suhail, Kale and Mulla for screening more than one hundred and twenty five patients.

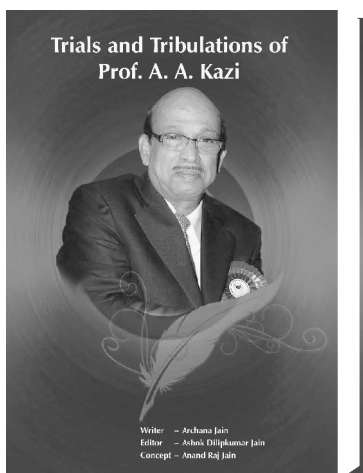
Distribution of Food Hampers



CARF team headed by Mrs. Rashida Kazi handed over food hampers to the poor people at Noori Musafir Khana, Mumbai during the month of Ramzan

Biography of Prof. A. A. Kazi (Founder Cancer Aid & Research Foundation)

- His Childhood
- His Education
- His Dreams
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- Political experience



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Contact : Mrs. Tabassum : 2300 5000 / 7000

CARF Drive



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

Generous Donors



CARF thanks Mr. Ketu Joshi (above) for donating a laptop to Cancer patient Master Arjit Sinha. CARF also thanks Parna Gosh (below) for donating a tricycle to Master Rudraksha



Rose Day

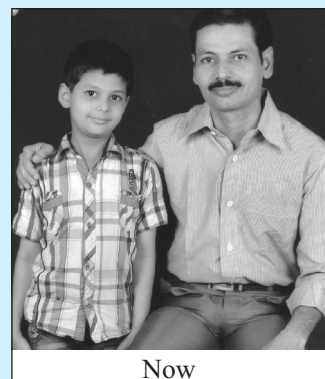


On the occasion of Rose Day CARF distributed roses, toys and fruits to young patients admitted in the J. J. Hospital's pediatric ward.

Master Saud Thange



Then



Now

Master Saud Thange, a small std II school student kept complaining of tummy ache. When the family doctor's medication didn't help he was advised sonography which revealed Neuroblastoma, a kind of cancer which occurs in children. A pall of gloom spread over the family. But they took change over their emotions and set out to get the best treatment for their son. Friends and neighbours provided the much needed emotional support and strength during Saud's treatment which consisted of 7 cycles of chemotherapy pre and post surgery.

CARF is very happy to have provided the timely financial help which saved the child's precious life. We thank all the donors, without whom this would not have happened

Saud is now hale and hearty. He just needs to do routine check-up to ensure everything is fine.

Breast Cancer Talk



Dr. Rajashree Kumar held a very informative talk on "Breast Cancer" for all the the female staff of CARF and some cancer patients at the Foundation.

Cancer Awareness Drive



Mumbai College students gathered at St. Xavier's College, for the Malhar Festival were educated by CARF about cancer through cancer awareness leaflets and CARF news bulletin. A charity sale was also held.

- 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.

Please draw your cheque in the favour of **Cancer Aid & Research Foundation** and send it to its
Adm. Office: **Cancer Aid & Research Foundation** Municipal School Bldg., Ground Floor, Near 'S' Bridge, N.M. Joshi Marg,
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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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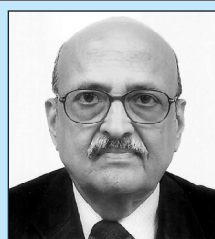
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The Chairman and Trustees take immense pleasure
in cordially inviting you to the

CARF Oration & Awards 2013

Date : 16th November 2013 Time : 3.00 to 6.00 pm

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



Our Hon'ble Speaker

Dr. I. S. Bala Krishnan

Ex Chief Medical Physicist,
Cancer Institute,
Adyar, Chennai – 20

CARF will be participating in the Mumbai Marathon 2014. 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 :
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