



CARF

News Bulletin

(Official Publication Of The Cancer Aid & Research Foundation)

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

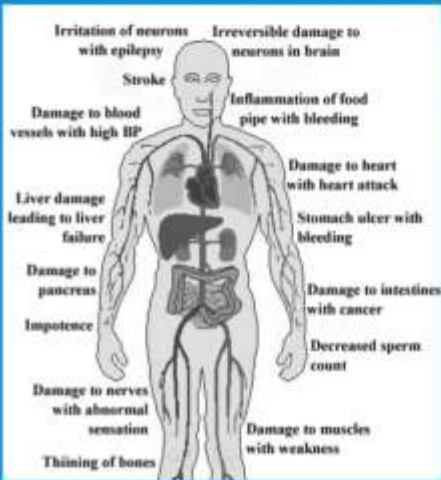
Associate Member: INCTR (International Network for Cancer Treatment and Research), Brussels - Belgium

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

DRINKING ALCOHOL OR SMOKING TOBACCO: symbol of smartness or certificate of stupidity?

• Alcohol caused around 33,00,000 deaths in 2012, which is more than the deaths caused by AIDS, tuberculosis and violence combined! This actually translates into 1 death every 10 seconds! Alcohol caused 7.6% of all global male deaths and 4.0% of female deaths! Like tobacco, alcohol also causes a lot of cancers. But most people are not aware about it. Alcohol is causally related to cancers of mouth, pharynx, larynx, esophagus, colon-rectum, liver, and female breast, as per 2014 World Cancer Report

Effects Of Alcohol



Mode of death	proportion of total death attributable to alcohol
Heart attacks, Strokes	33.4%
Unintentional injuries (Accidents, falls, drowning, choking, animal bites)	17.1%
Liver Cirrhosis & pancreatitis	16.2%
Cancers	12.5%
Murders & Suicides	8.7%
Infectious diseases(TB, Pneumonia, AIDS, etc.) (due to decreased immune capacity)	8.0%
Alcohol use disorders, epilepsy	4.0%
Neonatal period complications	0.1%

(Source: WHO, Global status report on alcohol, 2014)

• Tobacco is the single largest cause of preventable premature deaths, throughout the world. Most oral cancers, 87% lung cancers, 22% heart attacks, 27% paralytic strokes and a huge proportion of deaths due to TB & other distressing lung diseases are attributable to tobacco. 1 in 2 tobacco smokers get killed prematurely, dying around 10 yrs earlier than what they were expected to live..... 50% of heart attacks in the young age group of 30-44yrs are attributable to tobacco. Smoking alone causes 10,00,000 deaths/yr in India! And 10% of these, i.e. 1,00,000 deaths, are in innocent passive smokers; family, friends, etc of smokers!

• As per a 20 year long study done by American Cancer Society, tobacco alone is responsible for 30% of the Cancer deaths! Tobacco causes many other cancers also besides oral & lung cancer. Oral cancer is a rare cancer in western world; but in India it is the most common cancer. Just because of the habit of chewing tobacco & supari. That is how carcinogenic tobacco is. **It is extremely important to make sure that our next generation remains away from addictive poisons like tobacco/ cigarettes/ pan masala/ alcohol/ etc.**

• People already know about liver cirrhosis & cancers. Lets start spreading awareness about the other hazards of alcohol & tobacco. That will help more in decreasing the use of these addictive poisons; which will definitely result in a lower incidence of cancers.

• Even in developed countries, a huge proportion of road traffic accidents are attributable to alcohol



	USA	France	Canada
Road traffic accident fatalities involving alcohol	38%	30%	32%

• Alcohol increases desire to have sex; but gradually it impairs the performance when the person actually tries it. Alcohol & tobacco are common causes of impotence (inability to have penile erection). On using them for few years, they decrease a person's stamina for physical effort & make him appear less attractive. A lot of money gets wasted - often leading the person into a vicious circle of debt. Also his occupational performance keeps on deteriorating. **Thus in every way, alcohol & tobacco make you less masculine, not more!**

Dr. Dharav Shah

Thoughts Of

**Dr. (Mrs.) Rajshree Kumar**

Consultant, Gyn. Oncology,
Saifee Hospital,
St. Elizabeth Hospital,
Asian Heart Hospital,
Tilak Hospital.

Cervical Cancer

Cervical cancer is one of the leading causes of cancer death in women in developing countries such as ours. We lose women in the prime of their life, which has tragic affects on the entire family. The most sad aspect of this cancer is that it is highly preventable, since cervix (the opening of the uterus) is the most accessible organ of our body. All a woman has to do is to go for a pelvic examination and undergo a screening test for early detection. Primary underlying cause of cervical cancer is infection with Human Papilloma Virus HPV, which is sexually transmitted. HPV are responsible for 70% of cervical cancer. Long before cervical cancer starts it has a pre-cursor stage known as cervical intraepithelial neoplasia (CIN). This precursor stage can vary from 10-20 years, so we have almost 2 decades to detect CIN before invasive cancer actually starts.

So options what do we have today? We have the vinegar test, which is also known as Visual Inspection with Acetic acid VIA (usually 3-5% vinegar), Pap test/ Liquid based cytology or HPV DNA. Let us start with the first test VIA: it is a simple and inexpensive test, results are immediately known after a minute of applying acetic acid to the cervix and noting changes, and it can be done in an outpatient setting. If one sees raised and thick white plaques or acetowhite epithelium it is a positive test. Areas of CIN and invasive cancer undergo maximal coagulation due to their higher content of nuclear protein. It can also be positive in cases where there is increased nuclear protein present, as in squamous metaplasia (where one cell type changes into another due to ph of vagina), in healing and regenerating epithelium associated with infection, leukoplakia and condyloma.

Conventional cytology Pap Smear test is named after Greek doctor Georgios Papanikolou, popularly known as the Pap test. It has drastically brought down the number of cases of cervical cancer in the west, since its introduction. Unfortunately the same results have not been achieved in our part of the world. It involves several steps, first a speculum examination, collecting a sample from outside of cervix and then another one from inside the cervix, smearing it on a slide and then fixing it. Then these slides are stained in the lab and analysed. The accuracy of

cytological testing largely depends on the quality of services, including sampling techniques (taking and fixing smears), and preparation and interpretation of smears in laboratory. Under the best conditions in developed countries or research settings, conventional cytology can detect up to 84% of precancer and cancer. However if the conditions are poor then the sensitivity is as low as 38%. Of course the cost is also higher than VIA, and results often take between couple of days to a week (depending upon the lab). Ideal time to get a Pap test would be midcycle or 10-12 days after menstruation. Taking a smear during menstruation is not recommended.

Liquid based cytology (LBC) this has been introduced in the mid 1990's and increasingly used in developed countries. Instead of smearing the cervical cells on a slide, the service provider transfers where the slide is prepared. Lab staff need to be specially trained. The advantage with this is even the person undergoing the test can collect their own sample at home and sent it to the lab. The same fluid can be tested for HPV DNA sampling as well. The specimens obtained are more representative of areas sampled with fewer false negatives. However it is more expensive than conventional Pap test, staff need to be specially trained.

HPV DNA screening methods: new screening procedures are based on detected high risk HPV responsible for cervical precursor and cancer. Like LBC a sample is collected from cervix or vagina using a swab or small brush, and placed in a small container with a preservative solution. Women can collect samples on their own or can go to their gynecologist. Current tests require sophisticated and expensive lab equipment, less costly tests for HPV are under development and has been experimented in demonstration projects in India as well. If any of these tests are positive (any suspicious lesion) your gynecologist will ask you to go for colposcopy, and if needed a biopsy is done. Colposcope is examination of the cervix, vagina and vulva with a colposcope, which provides illumination and magnification (40-60 times) allowing for extensive inspection. Any suspicious lesion is biopsied and precancer/cancers can be detected.

Main import aspect of screening is woman must undergo a screening test after the age of 30, if the test results are negative she can come for a follow up after 5 years or if she is symptomatic. Today we have several tests to detect precancer, but not enough woman are taking advantage, whatever test is available in your vicinity one must get screened! Whether it is VIA, or Pap it does not matter, what matters most is picking up the disease in its infancy and treating it before the onset of invasive cancer. As the old saying goes "prevention is always better than cure", so isn't it time for you to go for your screening test or recommend someone to go for it. As a friend of mine put it, "I go for screening every year on my birthday that is my gift to myself!"

Healthy Foods

Four tomatoes a day may reduce kidney cancer risk



Love tomatoes? You have more reasons to relish them as a tomato-rich diet may lower kidney cancer risk, especially in case of women. Women who eat more tomatoes or other

lycopene-containing fruits and vegetables may have a lower risk of developing kidney cancer, a study suggests.

According to the researchers, the amount of lycopene in the diet of the women who consumed lycopene at the highest level in the study would be equal to eating four tomatoes daily. Lycopene is an antioxidant that also gives tomato, watermelon, grapefruit and papaya its reddish colour.

the researchers looked at nearly 92,000 post-menopausal women. The amount of micronutrients including lycopene in their was estimated from the information they provided on questionnaires when they enrolled in the study.

During the study period, 383 women were diagnosed with kidney cancer. The results showed that only lycopene was associated with a lower kidney cancer risk. Women who consumed the highest amount of lycopene had a 45% lower risk of kidney cancer compared with those who ate the lowest amount. According to the study, women were likely to have received lycopene not just from tomatoes but also from tomato sauces and other fruits that contain lycopene.

Times of India 9 June 2014

Berry extract boosts cancer drug

LONDON A wild berry native to North America may strengthen the effectiveness of a chemotherapy drug commonly used to treat pancreatic cancer, reveals new research.

The team at King's College Hospital and University of Southampton tested the effectiveness of the extract of chokeberry (*Aronia melanocarpa*) in killing off cancer cells, probably by apoptosis (programmed cell death).

The berry is high in vitamins and antioxidants, including various polyphenols - compounds that are believed to mop up the harmful byproducts of normal cell activity.

The researchers used a wellknown pancreatic cancer cells in the lab to treat with a combination of gemcitabine drug and

chokeberry extract. The analysis indicated that 48 hours of chokeberry extract treatment of pancreatic cancer cells induced cell death.



Mumbai Mirror 19 Sept 2014

Now, a simple blood test can detect cancer

It Will Prevent Patients From Undergoing Costly, Unnecessary Invasive Procedures Like Biopsies

London A simple blood test developed by British scientists might turn out to be a giant leap in cancer diagnostics.

Researchers from the University of Bradford say their test will enable doctors to rule out cancer in patients presenting with certain symptoms, saving time and preventing costly and unnecessary invasive procedures such as colonoscopies and biopsies.

Early results have shown the method gives a high degree of accuracy diagnosing cancer and pre-cancerous conditions from the blood of patients with melanoma, colon cancer and lung cancer.

The Lymphocyte Genome Sensitivity (LGS) test looks at white blood cells and measures the damage caused to their DNA when subjected to different intensities of ultraviolet light (UVA), which is known to damage DNA. The results of the study show a clear distinction between the damage to the white blood cells from patients with cancer, with pre-cancerous conditions and from healthy patients.

Professor Diana Anderson, from the University's School of Life Sciences led the research.

"White blood cells are part of the body's natural defence system," she said.

"We know that they are under stress when they are

fighting cancer or other diseases, so I wondered whether anything measurable could be seen if we put them under further stress with UVA light. We found that people with cancer have DNA which is more easily damaged by ultraviolet light than other people, so the test shows the sensitivity to damage of all the DNA—the genome in a cell." This study looked at blood samples taken from 208 individuals. The samples were coded, anonymised, randomised and then exposed to UVA light through five different depths of agar (a type of culture medium).

The UVA damage was observed in the form of pieces of DNA being pulled in an electric field towards the positive end of the field, causing a comet-like tail. In the LGS test, the longer the tail the more is the DNA damage and the measurements correlated to those patients who were ultimately diagnosed with cancer (58), those with pre-cancerous conditions (56) and those who were healthy (94).

"These are early results completed on three different types of cancer and we accept that more research needs to be done; but these results so far are remarkable," said Professor Anderson. Professor Anderson believes that if the LGS proves to be a useful cancer diagnostic test, it would be a highly valuable addition to the more traditional investigative procedures for detecting cancer.



The Times of India 30 July 2014

CARF MAILBOX

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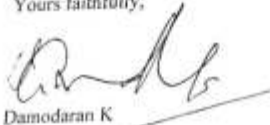
Dear Sir,

Thank you very much for your constant concern about the patients to whom you have extended valuable financial / medical assistance towards their treatments. I, being one of the cancer survivors, who have received financial assistance from you, would like to advise you that due to the proper treatment, prayers from well-wishers like your goodselves and above all blessings of almighty, I continue to enjoy good health and do not have any health problem.

There is no change in my residence address.

Thanking you again and I wish you all success in whatever you aim for in future towards helping needy and poor cancer patients.

Yours faithfully,


Damodaran K

Dear sir

मी कु. मुकुंद मारुती काप ठाव चौचिंदे
वर्निकोंड पोस्ट चौचिंदे ता महाड जि. शयगाड
आपल्या कॅन्सर रज एन्ड रिसर्च फाउन्डेशन ने
आम्हाला जी आर्थिक मदत केली त्याबद्दल
मी व माझे कुटुंब आपले आभारि वाहेत आंधो
आपका केलेली ही मदत आम्हाला मोलाची
ठरली आहे

आता माझी प्रकृती पूर्णपणे सुधारली
आहे आणि मला कोणताही त्रास होत नाही
मी पूर्ण बरा झालो आहे. एवढ्या कठीण परिस्थितीत
आम्हाला तुमची मोलाची साय निकाली पुन्हा एकदा
आपले शुभ शुभ आभार मानतो

धन्यताद !

आपला विश्वासु

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मुकुंद मा. काप



WORLD ROSE DAY

Rose Day celebration at Sir J.J Group of Hospitals, Byculla on 22nd September 2014

J.J. Team: Dr. Mohan Jagade (Head Surgeon- ENT), Dr. Suhail Sayed (ENT Surgeon),

Dr. Bela Verma (Pediatric ward in Charge), Dr. Nitin Bawdekar (Medical Superintendent) , Staff Nurses and Resident Doctors. Cancer Aid and Research Foundation arranged International Rose Day Celebration with the patients of Sir. J.J Group of Hospitals and Grant Medical College, Byculla. Roses, fruits and gifts were distributed to all the patients in the pediatric ward and cancer ward of the hospital. Rose Day banners were put up in and around the walls of the ward. The hospital staff also came forward and participated in the distribution of gifts and roses. All the patients were extremely happy and motivated by this kind gesture. CARF is happy to bring a smile on their faces.



Cancer Survivor



Mr. Aatish Manna

In 2005, due to fever and swelling in my neck, I visited the Doctor. At NRS- Kolkata, I was treated for 10 days. However after no relief in symptoms, doctor advised to go to Mumbai. My uncle staying in Mumbai took me to Tata Memorial Hospital, where I was diagnosed "Acute Lymphoblastic leukemia" (Blood Cancer). The world came crashing down, my parents who reside in a small village of East Midnapur, WB had heard about cancer the first time.

My Father is a farmer, I have four sisters and I am the youngest. My parents are illiterate they did not understand anything about this disease and its prognosis. At that time I was only 12 years old and studying in 7th Standard, I was unaware of what I was suffering from and its seriousness.

It was my uncle who supported me in this crucial time. I came with my brother-in-law to Mumbai and along with him and my uncle I took 6 cycles of chemotherapy and completed 2 years of maintenance.

We came to know about CARF, from Tata Memorial Hospital. My brother in law immediately approached CARF. I was given financial help to cover all my chemo cycles. The staff was so supportive, knowing that I have being away from home, they treated me with lot of affection whenever I visited them. I am very well now only I am feeling more forgetful now- a- days.

Money was the major hurdle during my cancer treatment as I come from a very humble background but it was because of CARF that I am completely fine today.

Today I am 21 years old and studying in 2nd year BSc. I want to complete my graduation and work and support my family.

At CARF I learnt you must fight and survive, because life is beautiful.

stoptober

CARF supported "STOPTOBER" by joining hands in 31-day national stop smoking challenge. In this challenge over hundreds of thousand people across the World joined, who are hoping to kick their smoking habit during the month of October. Stopping smoking for 31 days means you're five times more likely to stop for good. Last year, thousands of people successfully quit smoking in the biggest mass participation stop smoking challenge ever. However, despite knowing the risks, many smokers still struggle to give up the habit.

So everyone, lets STOP smoking in October and support STOPTOBER!

Issued in public health interest by Cancer Aid and Research Foundation (CARF).

Move ber



The winner of this campaign
Mr. Ram Pawar - Man of the Movember.

The Cancer Aid & Research Foundation (CARF) has supported this public health initiative "the Movember Movement" which is an international movement. This movement helped save and improve the lives of men affected by prostate cancer, testicular cancer and mental health issues, where men have to grow a moustache and groom it well for the entire month of November as a sign of support to the cause of spreading awareness. Movember got its name from 'MO'ustache and

No'VEMBER'.

CARFIANS took part in the Movember campaign by growing moustache and thus showing support for men's health.

Breast Cancer Day

CARF organized a Breast Cancer screening for its female patients and staff on the event of Breast Cancer Day on 22nd October 2014. The event was held in the office Library from 3:00 pm to 5:00 pm. Patients shared their survivor stories. Mrs. Rashida Kazi talked about breast cancer and how women population needs awareness on the same. After that two breast cancer related films were shown only to female audience, this was then followed by a question answer session for patients. At the end of the event, Tea, Biscuits and Snacks were served to the patients. The snacks were organized by one of our Donors being the auspicious occasion of Diwali. Take home packets of snacks were also given away to patients.

The staff also participated in the breast cancer awareness by wearing pink clothes, pink ribbons and putting up awareness posters all over the office premises.



Childrens Day Celebration at McDonalds, Colaba

It was just fun party for young cancer kids to add some joyful moments in their lives. CARF organized a Party at Mcdonalds, Colaba for 23 cancer patients they played games, and danced. Snacks were served to their parents as well. The winners of the games were given special prizes. Program started at 11 am along with carf staff and kids. Kids were given happy meal which included a burger, fries, icecream, coke and toy. It was an enjoyable event with music, dance and games. Programme ended with return gifts distribution to cancer kids by CARF. **In all, CARF was happy to bring a smile on the children's faces on the event of Children's Day.**



Cancer Awareness Drive

We arranged cancer awareness drive at Malhar (Annual Festival of St. Xavier's College). The students were educated by CARF about cancer through cancer awareness leaflets and CARF news bulletin. A charity sale was also held.



CARF wishes Happy Birthday to:

Mrs. Wardha S. Nadiadwala -	6 th Jul	Rev.Fr. Joe Pereira -	6 th Sept
Mrs. Geeta Gawli -	20 th Jul	Mr. Mahesh Bhatt -	20 th Sept
Ms. Ratoo Dara Dastur -	22 nd Jul	Justice (Retd.) Shafi S.Parkar -	1 st Oct
Shri Bhaskar Jadhav -	1 st Aug	Mr. Mohd Arif Nasim Khan -	21 st Oct
Dr.(Mrs.) Asra I. Kazi -	3 rd Aug	Mr. Usman Kazi -	6 th Nov
Mr. Uttam Prakash Agarwal -	11 th Aug	Dr. (Mrs.) Shaista Rizwan Kazi -	12 th Nov
Prof.Dr. Rehan Kazi -	24 th Aug	Mr. Vasudev Raval -	17 th Nov
Dr. Rizwan Kazi -	30 th Aug	Dr. (Mrs.) Irfana Rehan Kazi -	24 th Nov
Adv.Aziz H. Visram -	31 st Aug	Ms. Rohini Ramnathan -	19 th Dec

Mission Sapne TV show on colors with CARF, patient Sunita Ingale & Ranbir Kapoor



SoBo Films approached CARF with the concept of the program and wished to feature one of our patients in their series. Baby Sunita was selected among the few names given and Dr. Nida Khan and Shaima from PSD department accompanied Sunita and her family to the shoot in Filmcity. Ranbir Kapoor the celebrity guest worked as a vada pav vendor for a day and earned money. The money earned was multiplied by 100 and given to the patient as donation. Ranbir Kapoor met Sunita's family on the set and heard their heart warming story. The total amount patient received was 7, 67,000/- (Seven Lakh Sixty Seven Thousand Only) in cheque. Sonali Bendre was the host of the show. Sunita's parents were extremely happy with the donation and felt relieved towards the treatment expenses. They were also very grateful to CARF for introducing them to such an opportunity.



Chairman Emeritus Inaugurating CARF New Office

Inauguration Of CARF'S New Office On August 25th, 2014.



Prof. Dr. Rehan Kazi Felicitates CEO, Mr. Shamshi Mulla

CARF is delighted to announce the opening of its new office at Byculla.

The inaugural ceremony commenced with the cutting of the ribbon by the hands of its Founder Prof. A.A. Kazi.

Mrs. Rashida Kazi, Secretary-Gen. delivered the welcome speech and greeted the gathering.

Prof. Dr. Rehan A. Kazi, Chairman made the audience aware about the significance of CARF and described the objectives of CARF and its activities. He emphasized the need to continue the hard work which the Foundation is doing in order to cater to more and more cancer patients. He stressed on the importance of how these patients should be looked after and treated with respect when they approach us. He also pointed out various means of applications of this topic and hoped that the patients will be highly benefited.

Mr. Shamshi Mulla, Chief Executive Officer threw some light on the areas, particularly in which the Foundation is currently active. He described and explained the importance of reaching out to the patients and to put in efforts so that we come out with greater success. Chairman ended by wishing success for the Foundation.

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

CARF Oration & Awards 2014

Date : 28th February 2015 • Time : 3.00 to 6.00 pm

**Venue : Rangswar, 4th floor, Yashwantrao Chavan
Pratishthan, Gen. Jagannath Bhosle Marg, Mumbai - 21.**

- 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 / Thane • Counseling for cancer patients and their families • Cancer hotline. • Recreational activities for cancer patients • Providing free Anti Cancer Drugs, Prosthesis and Instruments to needy patients
- Providing career guidance and Rehabilitation to cancer patients and their relatives



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

Please draw your cheque in 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, Byculla (W), Mumbai - 400 011. **Tel. No : 0091-22-2300 5000 / 2306 4442 / 6455 6280-6303 (24 Lines) TeleFax: 2300 8000**

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

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Professor : University of Warwick, England

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- *Layout :* **Mr. Zaid Ansari**
- *Photography :* **Mr. Kamran Siddiqui**

CARF wishes all its readers and well wishers



Happy New Year

CARF will be participating in the Mumbai Marathon 2015. 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 : 23005000

Email : dgm2@cancerarfoundation.org / cancerarfoundation@yahoo.com

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

JOIN US AT :   

BOOK-POST

If undelivered
please return to :



To,

CANCER AID & RESEARCH FOUNDATION

Byculla Municipal School Bldg.,

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