



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

OVARIAN CANCER

The number one cancer among women from a global perspective is breast cancer followed by cervical cancer which can be picked up very early if screening is done. Despite several decades of research the same cannot be said about ovarian cancer. This disease usually present at a later stage(stage 3 or 4) by this time the prognosis is not so good. Like other cancers the prognosis is much better if picked up early which is often rare in ovarian cancers.

Worldwide in 2012 there were about 239,000 women who were diagnosed with ovarian cancer and 152,000 died due to this disease. Ovarian cancer is among the seventh most common cancer and the eight most common cause of death from cancer. All women have two ovaries which is the size of an almond, it is an important endocrine organ which produces hormones like estrogen and progesterone.

Who are at risk (likely) women who can get ovarian cancer?

Women who live in industrialized nations with the exception of Japan have shown higher incidence. Other factors are related to fertility, breast feeding, genetic and hormone replacement therapy.

Women who never had children are at increased risk of having ovarian cancer. This is directly related to ovulation. If a woman has few pregnancy for 9 months she will not ovulate and another 6 months she would be breast feeding, this is a protective factor. But women who have started their menstruation at an early age and who have menopause till there are in their mid 50's are at increased risk of developing ovarian cancer.

Women who take hormone replacement therapy after menopause, who have taken fertility medication and have not conceived, and obese are more likely to develop ovarian cancer. Other conditions like polycystic ovary syndrome and endometriosis are also associated with ovarian cancer. Genes also play a crucial role, about 10% of ovarian cancers are related to inherited genetic risk. If a woman with a gene mutations BRCA 1 OR BRCA2 have a 50% chance of developing this disease. If family history is positive then one has a 9.8 fold risk of developing this condition sometime in their life compared to women who do not have any family history. History of endometrial cancer (inner lining of uterus), colon cancer and other gastro intestinal cancers may indicate the presence of Lynch syndrome, which again has a higher risk of developing ovarian cancer. So knowing your family history is very crucial, so one can tests themselves and find out if they have a high risk.

There are however few protective factors like if a woman has been taking birth control pills for a long time, is protected of having ovarian cancer. The reason for this is during this period there is no ovulation, so there is no breach in the capsule of the ovary every month. Women who have undergone tubal

ligation and who breast feed their children also have protection.

It is also known as silent killer disease because early part of disease symptoms are usually absent. Even if there are any symptoms they are confused with women having indigestion, heartburn, bloating, difficulty eating, feeling full despite eating less or presenting with symptoms of irritable bowel disease. Many patients are picked up by physicians first and while being evaluated are diagnosed to have ovarian cancer. Once the cancer spreads inside of abdomen, or to near by organs, or liver /lungs they usually are picked up. Unless the ovary when it is small undergoes a torsion and patient presents with acute abdomen symptoms it is not picked up.

A pelvic examination can tell whether the ovaries are enlarged, any women who is menopausal and has enlarged ovaries should be further investigated to rule out ovarian cancer. Blood test such as CA 125 help in establishing a diagnosis but the drawback is that there are numerous conditions in which CA 125 is raised and not all types of ovarian tumors this level is high. Ultrasound, CT scan will help evaluate the extent of disease and whether it has spread outside the pelvis. If there is fluid collection inside the abdomen, this fluid can be tested for presence of cancer cells. If on X-Ray of chest fluid collected is noted, again fluid can be taken out and assessed whether it is due to spread of cancer or some other disease like TB. If the cancer has spread beyond the pelvis and looks inoperable, three cycle of chemotherapy can be given and case reassessed. In majority of cases patients respond and tumor size shrinks and surgery can be planned. The uterus, cervix along with the tubes and ovaries both sides (total abdominal hysterectomy with salpingo-oophorectomy) are removed, infra colic omentectomy (removal of omentum) is done along with lymph node removal. Depending upon disease extent (stage), grade/type of tumor post operative chemotherapy is advised. It is very essential that all patients of ovarian cancers are followed after their surgery. Recurrence may occur and if it does it usually happens in the first two years of diagnosis. So it is every essential that patient follows up every 3-4 months after surgery in the first two years. Then usually one is followed up every 6 months for the next 3 years. Usually a blood test (tumor marker) and CT scan is done. In few cases when the disease is picked up very early (confined to one ovary only) and it is not of any highly malignant variety, only that ovary is removed. These cases are counseled that they need to be followed up to evaluate whether or not the other remaining ovary can develop malignancy also.

Dr.(Mrs.) Rajshree Kumar
(Consultant, Gyn. Oncologist)



Dr. Vipul Khira

(Consulting Ayurvedic Physician)
Jewel Hospital,
Juhu, Mumbai.

Thoughts Of

PROSTATE CANCER & IT'S MANAGEMENT

What is Prostate Cancer?

Prostate Cancer develops in a man's prostate the walnut-sized gland just below the bladder that produces source of the fluid in semen. It's the most common cancer in men after skin cancer. Prostate cancer often grows very slowly and may not cause significant harm. But same types & more aggressive and can spread quickly without treatment.

SYMPTOMS: In the early stages run may have no symptoms later symptoms can include. 1.Frequent urination, especially at night. 2.Difficulty Starting or Stopping urination 3.Weak or interrupted urinary stream. 4.Painful or burning sensation during urination or ejaculation. 5.Blood in urine or semen.

ENLARGED PROSTATE OR PROSTATE CANCER : The Prostate can grow larger as men age sometimes pressing on the bladder or urethra and causing symptoms similar to prostate cancer. This is called Benign Prostatic Hyperplasia (BPH). It's not cancer and can be treated if symptoms become bothersome. A third problem that can cause urinary symptoms is prostatitis. This inflammation or infection may also cause a fever in many cases is treated with medicine.

RISK FACTORS YOU CAN CONTROL: Diet seems to play a role in the development of prostate cancer, which is much more common in countries where Dietary for particularly animal fat from red meat may boost male hormone levels and this may fuel the growth of cancerous prostate cells. A diet too low in fruits and vegetables may also play a role.

MYTHS ABOUT PROSTATE CANCER : Here are some things that will not cause prostate cancer too much sex, a vasectomy and masturbation . If you have an enlarged prostate (BPH) that does not mean you are at greater risk of developing prostate cancer. Researches are still studying whether alcohol use, STD'S, or prostatitis play a role in the development of prostate cancer.

SCREENING : DRE and PSA

Your doctor may initially do a Digital Rectal Exam (DRE) to feel for bumps or hard spots on the prostate. After a discussion with your doctor a blood test can be used to measure Prostate Specific Antigen (PSA) a protein produced by prostate cells. An elevated level may indicate a higher chance that you have cancer but you can have a high level and still be cancer free. It is also possible to have a normal PSA and have prostate cancer.

PSA TEST RESULTS : A normal PSA level is considered to be under 4 nanograms per milliliter (ng/ml) of blood. While a PSA above 10 suggests a high risk of cancer, But there are many exceptions.

Men Can have Prostate Cancer With a PSA less than 4.

A Prostate that is inflamed (prostatitis) or enlarged (BPH) can boost PSA level.

Prostate Cancer Biopsy -If a physical exam or PSA test suggest a problem your doctor may recommend a biopsy .

Yogasanas Practicing certain yogasanas regularly in the morning can help you in fighting Prostate Cancer with power and confidence. The most promising asanas.

A needle is inserted either through the rectal and scrotum – Multiple small tissue samples are removed and examined under a microscope. A biopsy is the best way to detect cancer and predict whether it is slow growing or aggressive.

PROSTATE CANCER IMAGING : Some men may need additional test to see if the cancer has spread beyond the prostate. These can include ultrasound, a CT scan, or an MRI scan. A radionuclide bone scan traces an injection of low level radioactive material to help detect cancer that has spread to the bone.

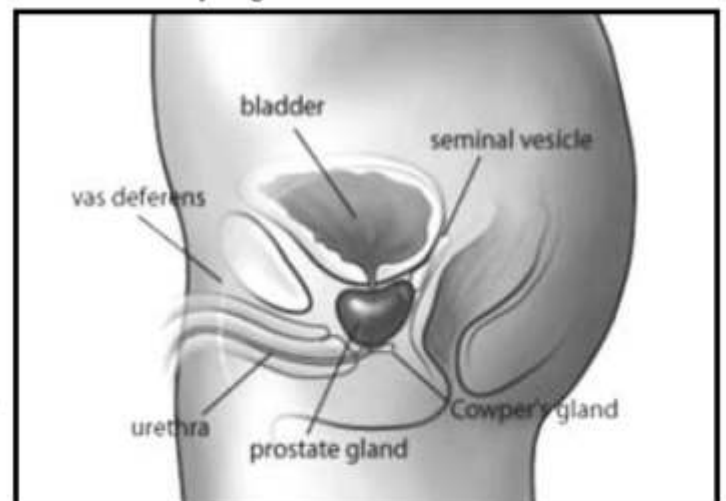
PROSTATE CANCER STAGING : Staging is used to describe how for prostate cancer has spread (metastasized) and to help determine the best treatment.

STAGE 1 - Cancer is small and still within the prostate.

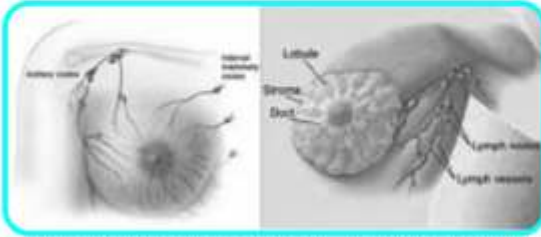
STAGE 2 - Cancer is more advanced but still confined to the prostate.

STAGE 3 – Cancer has spread to the after part of the prostate and near by seminal.

SURVIVAL RATES OF PC : The good news about prostate cancer is that it usually grows slowly and 9 of 10 cause are found in the early stages.



Garlic to keep breast cancer at bay, say Ayurveda experts



By A Staff Reporter
Worldwide, October is commemorated as breast cancer awareness month aimed at promoting effective management

and treatment of the disease. During this time when the survivors case studies are highlighted, Ayurvedic experts emphasised on preventing the disease before it strikes hard. The solution lies in the cabinet of our kitchen, in the form of garlic, which is considered as world's healthiest herb to treat several ailments including the horrifying breast cancer.

The disease which is still considered a taboo even in urban India has the prevalence rate at 25 to 31 percent among Indian women. WHO reports suggest, more than 70,000 women died in India due to breast cancer in 2012, which is more than any other country in the world. The disease can affect women in every age group however more commonly it concerns women in the age bracket of 30s and 40s and the number of cases are growing with each passing day. Nowadays, breast cancer is the most common disease in urban Indian and it is second most common problem among the rural women.

Experts at Patanjali Yogpeeth, yoga and ayurvedic centre, urge women to prevent the disease before it spreads its wings further. It is recommended to adhere to specific ayurvedic therapies and herbs to control the disease symptoms or to prevent it.

Ayurvedic physician and botanist, Acharya Balkrishna said, "One in eight women suffer from breast cancer worldwide and numbers are growing at a fast pace due to changing lifestyle and preferences. A well balanced diet, proper daily routine and adoption of ayurvedic therapies help in managing the disease effectively. Meditation, smoke therapy, naturopathy, panchkarma (detoxification procedures) are few helpful therapies to control the disease. Holistic treatment using medicinal herbs, Yoga and medicines are recommended to every patient undergoing healing from ayurvedic solution."

"Since the medieval times, garlic is used as a very helpful herb to cure several diseases due to its medicinal properties. Inclusion of supportive herbs and spices in one's diet nourishes the body and flushes out the cancerous cells and detoxify the body. Adopting a healthy and disciplined lifestyle, intake of green tea, products containing vitamin D and other herbs like fenugreek seeds, broccoli, tulsi, soya are also proved to be helpful in improving the immunity of the body", he added.

Dr Ketan Mahajan, Sr Physician, Patanjali Yogpeeth said, "It is heart wrenching for a woman to realise the fact that, this disease is hereditary too. Besides being physical impairment of the patient, it is an extremely emotional trauma too that a patient usually undergoes. Therefore, we at Patanjali urge every woman to embrace treatment such as yoga and meditation for the overall wellbeing of mind, body and soul. Coupled with physical exercises, playing leisure games and doing breathing exercises, it is advisable for a person who is more prone to contract the disease that she must give up the ingestion of toxic substances like coffee, alcohol and fast food. Herbs like brahmi, geloe, honey, allovera, multhi and others helps in regeneration of damaged cells. It is important to recognize the early signs and get one's mammography test done on the slightest of symptom like pain in the breast, lump, a rash or any discharge from the nipple."

Soap chemical may cause liver fibrosis and cancer

Triclosan is an antimicrobial commonly found in soaps, shampoos, toothpastes and many other household items. Despite its widespread use, researchers at University of California, San Diego School of Medicine report potentially serious consequences of long-term exposure to the chemical. The study, published Nov. 17 by Proceedings of the National Academy of Sciences, shows that triclosan causes liver fibrosis and cancer in laboratory mice through molecular mechanisms that are also relevant in humans.

"Triclosan's increasing detection in environmental samples and its increasingly broad use in consumer products may overcome its moderate benefit and present a very real risk of liver toxicity for people, as it does in mice, particularly when combined with other compounds with similar action," said Robert H Tukey, who led the study, together with Bruce Hammock.

The teams found that triclosan disrupted liver integrity and compromised liver function in mouse models. Mice exposed to triclosan for six months (roughly equivalent to 18 human years) were more susceptible to chemical-induced liver tumors. Their tumors were also larger and more frequent than in mice not exposed to triclosan.

The study suggests triclosan may do its damage by interfering with the constitutive androstane receptor, a protein responsible for detoxifying foreign chemicals in the body. To compensate for this stress, liver cells proliferate and turn fibrotic over time. Repeated triclosan exposure and continued liver fibrosis eventually promote tumor formation. Triclosan is perhaps the most ubiquitous consumer antibacterial. Studies have found traces in 97 percent of breast milk samples and in the urine of nearly 75 percent of people tested. Triclosan is also common in the environment:



Mumbai Mirror Nov 18, 2014

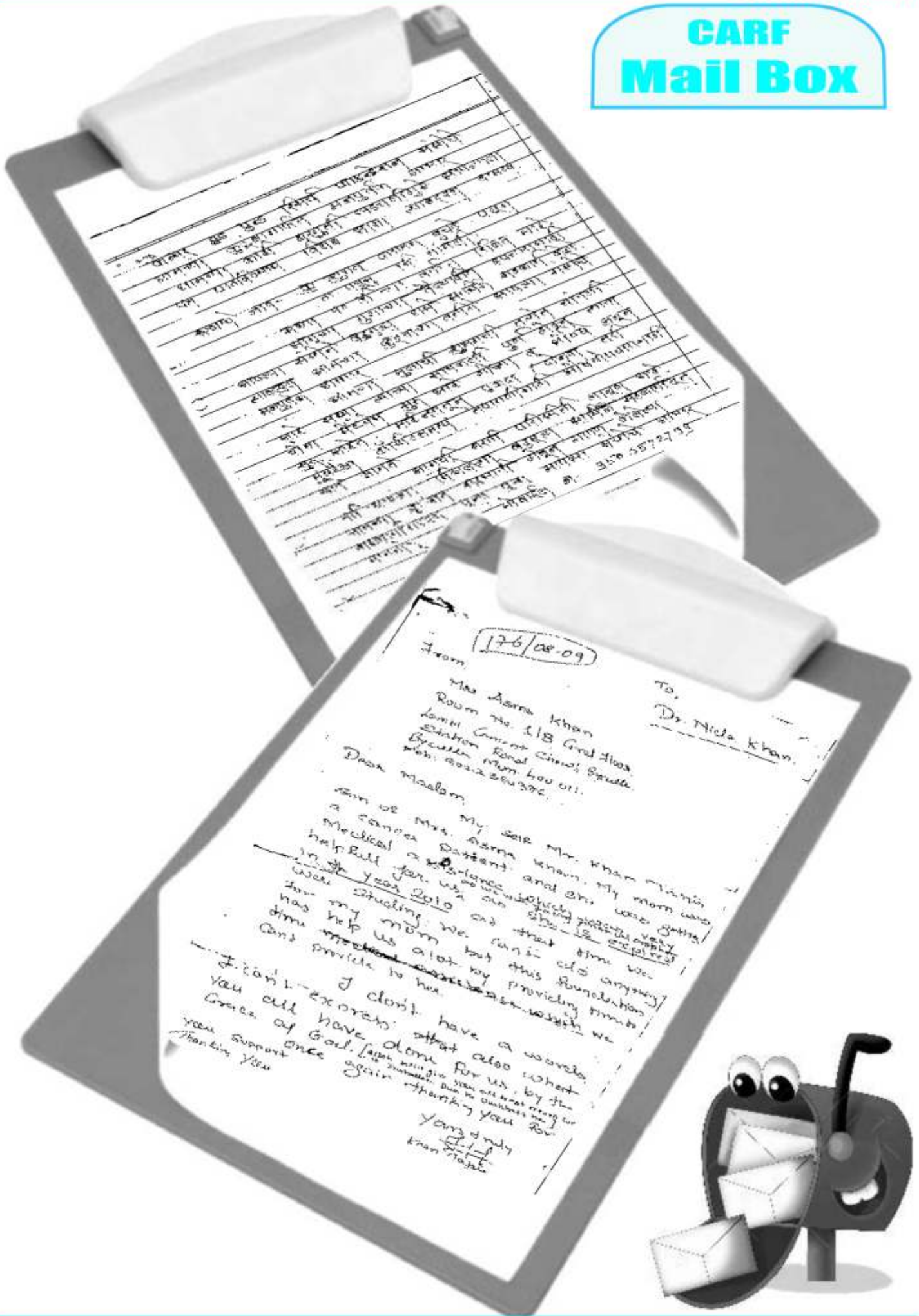
CANNABIS HELPS SHRINK BRAIN CANCERS



Scientists studies the treatment of aggressive brain cancer tumours in the lab and discovered that the most effective treatment was to combine active chemical components of the cannabis plant called cannabinoids.

Mumbai Mirror Nov 17,2014

CARF Mail Box



Handwritten text in Urdu on a clipboard, likely a list of names and details, possibly related to a medical or administrative record.

From: 17/6/08-09

To: Mrs Asma Khan
 Room No. 118 Grad 100a
 Lanki Cement Chandi Spindle
 Station Road Haveli Spindle
 Buzdar Mum. Haveli
 Mob: 9922256396

To: Dr. Nicola Khan

Dear maalam

My name is Mrs. Khan I am a cancer patient and she is my mother who help full for us in the year 2010 we were studying we are that time we have my mum has help us a lot by providing time cant provide to her.

I don't have a word that also when you all have done for us by the Grace of God. I can't thank you once again for your support. Thanking you
 Yours only
 Khan Talib



Head & Neck Surgical Workshop

Cancer Aid & Research Foundation (CARF)

Participated in Head & Neck Surgical workshop under the supervision of Dr.Mohan Jagade which was held at J.J.Hospital from 16th to 18th January,2015.



Cancer Survivor



Mr. Usman Kazi

The moment a person receives news that cancer has struck, emotions of anxiety and fear sets 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.

Making the news every second day are alternative forms of treatment for cancer such as stem cell therapy, which today markets the use of animal cells for effective treatment. While measures towards a concrete cure are being rapidly considered, cancer continues to plague the lives of many; countless numbers of young, innocent victims included. One such heart-warming story begins with Mr.Usman Kazi, 64 year old survivor hails from Mumbai who displays immense

courage in his struggle against Oral Cancer.

They say all it takes to shatter one's world is the mere mention of the word, "Cancer" and the thought of losing a loved one to the dreaded disease. In June 2011, a knot near the neck kept on increasing then doctors realizing that the disease is extremely serious, referred him to oncologist surgeon. Usman's family took it hard as he is the sole bread winner in the family .A man with an undoubting spirit decided to tackle the situation positively. Keeping his responsibility towards his family in mind, he approached CARF(Cancer Aid & Research Foundation) where he was given timely help with medical and other facilities taken care of. Today he has successfully completed his treatment and is under the maintenance phase. Being a Cancer Survivor, CARF have employed him in it's own office at Byculla in order to encourage and enable him to earn his living and move forward in Society.

CARF wishes Happy Birthday to:

Mr.Jayant Patil	16 th Feb
Mr.Sajid Nadiadwala	18 th Feb
Mr.Vaseem Shaikh	10 th Mar
Mrs.Rashida Kazi	20 th Mar
Mr. Shamshi Mulla	21 th Mar

New Year & Christmas Party :

Date : December 29th 2014

Venue : BMC School Hall, CARF HO, Mumbai, Timing: 3:00 pm – 6:00 pm
Patients: 25 Cancer Kids and their families

Description: The event started with our host Harsh greeting all the children, staff and their families. It was followed by the inaugural speech by Mrs. Rashida Kazi (Chairperson), Mrs. Kazi (Chairperson), Mr. Shamshi Mulla (CEO), Mrs. Savita Nathani (GM), Mrs. Tabassum Khan (DGM), Mrs. Soleha Bukhari (Donor), Mrs. Sansare (Ex. Principal, St. George), Mrs. Aparna (Puppet Show organizer), Mr. Afzal (Magician) were felicitated on Stage, this was then followed by Gift distribution to Cancer Kids. Santa Claus distributed chocolates to all the children. There was a magic show performed by Mr. Afzal, a Cancer Survivor, and a puppet show for children. Dance performances by patient, Master Salman and by staff Bhakti and Zeba. Santa Claus distributed more gifts and chocolates to patients. Live counters of snacks like dosa, Uthappam, Hakka noodles, Gulab Jamun and Frooti were put up for patients and their families. It was an evening full of fun and enjoyment, in all it was a successful event and a great start of New Year 2015.



CARF Celebrates World Cancer Day



Cancer Aid & Research Foundation (CARF) celebrated World Cancer Day at Byculla Police Station with great zeal and vigour. S.Jayakumar, I.P.S. Deputy commissioner of Police, Zone-3 was the Chief Guest for the day. He was felicitated by Mr. Shamshi Mulla, CEO with a bouquet of flowers followed by felicitation of Mr. Keshav Patil, DCP (Traffic Institute) by Mrs. Savita Nathani, GM. Mrs. Tabassum Khan, DGM felicitated Mr. Popatrao Tivatne, ACP and Mr. Suresh Magdum, Sr. Police Inspector was felicitated by Dr. Fatima Syed. Mr. Mustafa Mulla, Social Activist, coordinated to make this event a success.



A short film on 'Oral Cancer' was screened in order to educate them about the ill effects of tobacco. Mrs. Tabassum Khan introduced CARF and its activities by a short speech in Marathi.

The highlight of this event was the Medical Camp for the police personnel. About 107 policemen/policewomen participated in the camp for check-up and also for pathology tests. Dr. Suhail Sayyed, Dr. Fatima Syed along with their team conducted the medical camp.



CARF is grateful to Mr. S. Jayakumar, I.P.S. Deputy Commissioner of Police, Zone-3 for granting permission to hold this event/camp on 'World Cancer Day' and for all the support and courtesy rendered to CARF.

CARF ORATION & AWARDS 2014



Mrs. Rashida Kazi-Chairperson addressing the audience. On the dias (L to R): Mr. Humayun Jafri-Head PR Dept, Tata Memorial Hospital, Prof.Dr. Rehan Kazi-Hon. Chairman Advisory, Dr. Mohan Jagade-H.O.D, E.N.T, J.J.Hospital, Dr. Ravindra Shisve (IPS)-DCP Zone - 1, Mrs. Snehal Ambekar-Mayor of Mumbai & Dr. Anil D'Cruz-Director Tata Memorial Hospital.

Cancer Aid & Research Foundation is a registered medical NGO established in the year 2001 with a mission to help the poor and needy cancer patients. Our core objective is to supply anti cancer medicines free of charge to the patients so as to get them cured and enjoy a fresh lease of life. This year we celebrated **CARF Oration & Awards 2014 on 28 February 2015 from 3.00 to 6.00 pm at "Rangaswar" Y.B. Chavan Pratishthan.**

Mrs. Snehal Ambekar, Mayor of Mumbai Presided over the function and **Dr. Ravindra Shisve (IPS) DCP – Zone 1** was the Chief Guest. Neon laboratories Ltd. was the **Associate Sponsor** for this event. Prof. Dr. Rehan A. Kazi, Hon. Chairman-Advisory, Mrs. Rashida A. Kazi, Chairperson, Mr. Shamshi Mulla, CEO and Mrs. Savita Nathani, General Manager were also present. Other Guests were: Dr. Firuz Patel, Dr. Anil K. D'Cruz, Mr. Humayun Jafri, Dr. Mohan Jagade, and Mr. Sudip Mukherjee.

Ms. Yogita - Host of the day welcomed the gathering and Prof. Rehan A. Kazi continued by introducing the Awardees for their outstanding contribution in the field of Cancer.

The program started with the felicitation of all the Guests. **Lifetime Achievement Award** in the field of cancer was given to **Dr. Firuz Patel**, Ex-Professor –**RADIO THERAPY**, PGIMER, Chandigarh & who was also the Orator of this function. The topic of the oration was "Palliative Care – The 4th Arm of Cancer Management".

Award for Excellence in the field of Oncology was given to **Dr. Anil D'Cruz**, Director, Tata Memorial Hospital, Mumbai.

Award for Outstanding Contribution in the field of Cancer was given to **Mr. Humayun Jafri**, Head Public Relation Department at Tata Memorial Hospital, Mumbai.

The function was a grand success. Many doctors, medical students, patient's relatives and lay people benefitted by the talk



- Registered under the Bombay Public Trust Act, 1950.
- Donations exempted under 80G of the Income-Tax Act, 1961
- E-mail: cancerarfoundation@yahoo.com | carf@cancerarfoundation.org
- Website: www.cancerarfoundation.org
- Funding and services for cancer treatment including Surgery, Radiotherapy and Chemotherapy.
- Cancer Research. • Cancer Awareness and Education through CARF News Bulletin, Patients information leaflets and e-news letters. • Cancer screening and Detection Programme. • Anti Tobacco and Anti Cancer advocacy • Free Ambulance Service provided to cancer patients all over Mumbai • Counseling for cancer patients and their families • Cancer hotline. • Recreational activities for cancer patients • Providing free Anti Cancer Drugs, Prosthesis and Instruments to needy patients
- Providing career guidance and Rehabilitation to cancer patients and their relatives



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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FREE CANCER INFORMATION LEAFLETS & POSTERS

If you wish to avail of these leaflets and posters, please call us at the numbers given below and we will be glad to send them to you

Contact : 2300 5000 / 7000



ATTENTIONS 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 erpmanager@cancerarfoundation.org , carf@cancerarfoundation.org





CHARITY SALE !



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

For inquiry call on :
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PLEASE DONATE GENEROUSLY and help CARF
save lives of the poor and needy cancer patients

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