



# CARF

# News Bulletin

(Official Publication Of The Cancer Aid & Research Foundation)

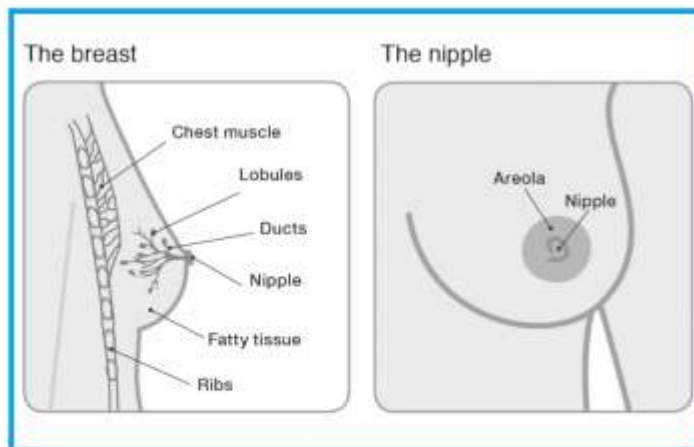
Member : UICC (International Union against Cancer), Geneva, Switzerland.

Member : International Cancer Information Service Group, Toronto, Canada.

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

## FEAR OF THE UNKNOWN: NOT ALL BREAST LUMPS ARE CANCER

Breast cancer is the most common malignancy among women in urban India. Seems like everyone knows someone in their family circle that has been diagnosed, or receiving treatment or has survived so many years post diagnosis. So naturally when a woman discovers she has a lump in the breast, she gets scared. She can only think of one thing and that is "it must be breast cancer". Sometimes this scariness leads them to avoid seeking medical care, they just want to postpone it, but by postponing it the problem does not go away. There are stories that well off woman also have been diagnosed with stage IV Breast Cancer (spread to bones and brain). I guess it is just fear of the unknown, but the best thing to do when one discovers that they have a lump on their breast is to seek medical advice.



Not all breast lumps are cancer, sometimes due to trauma there is fat necrosis. Breast fatty tissue heals by scar. This can feel like a lump, so unless one does a biopsy one will never know. More common benign growth of the breasts are : fibrocystic disease of breast, cysts (fluid filled ), inflammation of breast especially when one is breast feeding, atypical hyperplasia, papillomas, lipoma of breast etc.

One has to remember that in breast cancer the lump feels different from surrounding breast tissue, the skin over it may be different like orange peel (puckering of skin), nipples can be inverted or there could be bloody discharge from nipple, size and shape of breast may change. Family history of mother, aunt, grand-mother or sibling having breast cancer can also be there. Sometimes making a diagnosis can be challenging.

Not all breast cysts can diagnosed by examination and mammography/sonomammography. Sometimes one has to insert a needle and assess is it just filled with fluid, and assess the fluid under microscope. Biopsy a surgical procedure, excising the small lump and sending it for histopathological examination will clear doubt whether the lump is cancerous or not. So just by noticing a lump in the breast does not mean one has cancer, it simply means one has to go and seek advice from a health care professional. Don't be scared, it is better to find out and reassure that it is non cancerous than be in doubt. After all like other cancers , early diagnosis and treatment one has the best change. If one keeps putting off their biopsy and if it is cancer it may spread. Early diagnosis and treatment is essential for any disease. Remember though that not all lumps of the breast are cancerous, there are so many benign conditions of the breast as well. You just need to be 100 percent sure it is benign by undergoing few simple tests and procedures.

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

### 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**

### 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

[erpmanager@cancerarfoundation.org](mailto:erpmanager@cancerarfoundation.org),  
[carf@cancerarfoundation.org](mailto:carf@cancerarfoundation.org)



## Thoughts Of.....



**Dr . JAY R. GUPTA**  
B.P.TH. M.P.TH  
(Cardiopulmonary Physiotherapy)  
Associate Professor  
And Physiotherapy Consultant,  
Mumbai.

### PHYSIOTHERAPY REHABILITATION OF LUNG CANCER PATIENTS

It's taken for granted that rehabilitation is part of the recovery process for many medical conditions, yet Physiotherapy Lung Rehabilitation for people with lung cancer is less commonly prescribed. The reason is not a lack of efficacy – rehab can make a significant difference for some people with lung cancer. It is useful

When can physiotherapy lung rehab help and what should you know when you talk to your doctor?

#### What is Physiotherapy lung rehabilitation?

Physiotherapy Lung Rehabilitation is a coordinated approach to improving quality of life that uses the expertise of several specialties. Some of these include respiratory therapists, physical therapists, occupational therapists, nutritionists, psychologists, exercise physiologists, and more. Even though "breathing easier" might be one goal of rehab, we know that many factors work together to improve or impede quality of life in people with cancer.

Physiotherapy Lung Rehabilitation is different than chest physical therapy (also called chest physiotherapy.) Chest physical therapy involves techniques used to remove excess mucous from the lungs.

#### What Happens During Physiotherapy Lung Rehabilitation

There are several components to physiotherapy rehab. A mainstay of this treatment is education. This may include information about your cancer, nutritional information, breathing techniques, and methods for coping with the stress of a cancer diagnosis.

Sessions with a specialist may include:

- A walk test. Before beginning rehab a therapist will often check your baseline lung. She may also do something called a 6-minute walk test - which will look at the distance you can walk on a firm surface for 6 minutes comfortably.
- Instruction in breathing techniques. For example, the technique known as diaphragmatic to strengthen the diaphragm and decrease the fatigue of breathing, and pursed-lip breathing to help decrease the sensation of shortness of breath.
- Energy conserving techniques. This may include ways to be more active with less shortness of breath. For example, you may be instructed on Tips for Avoiding Shortness of Breath with Eating.

- Instruction in the use of medications to help breathing – Such as How to Use Inhalers Properly.
- Aerobic exercise – Such as walking on a treadmill or using an exercise bike to improve endurance and increase lung capacity.
- Weight lifting – To build strength in breathing muscles.
- Training respiratory muscles to assist respiration.
- Relaxation techniques and coping strategies.
- Nutrition counseling.
- Psychological support – Psychologists may help you understand how emotions and psychological stress can affect your breathing.

#### How does it help People with Lung Cancer?

Though it hasn't been studied as extensively for lung cancer as it has for COPD, studies have found that Physiotherapy Lung Rehabilitation (in the right situations and at the right time during treatment) may:

- Improve the ability to exercise and do day to day activities.
- Lessen complications of lung cancer surgery (see below.)
- Improve pulmonary function.
- Improve quality of life.
- Lessen shortness of breath.
- Improve lower extremity strength.
- Improve co-existing medical conditions. It's not uncommon for people with lung cancer to also have emphysema and COPD. Studies have found that in these patients, pulmonary rehab results in less shortness of breath, better exercise performance, and better health-related quality of life.

#### Physiotherapy Lung Rehabilitation Before Lung Cancer Surgery

Research is just beginning that looks into the role of pre-operative pulmonary rehab on surgery outcomes. What we are learning so far is that rehab may:

- Decrease complications following surgery.
- Improve breathing so that potentially curative lung cancer surgery can be done.
- Possibly improve outcomes after lung cancer surgery.
- A few small studies found that people who had rehab before surgery had shorter hospital stays, less morbidity (that means sickness) near the time of surgery, and had a shorter duration of needing a chest tube following surgery.

#### When Should Physiotherapy Lung Rehabilitation Be Started?

Your oncologist, thoracic surgeon, or pulmonologist will need to work with you to determine the best time for Physiotherapy Lung Rehabilitation. One study found that rehab shortly after thoracotomy resulted in increased pain, and suggested that it might be better to wait 3 or 4 months after major chest surgery to begin rehab.

#### What About People With Inoperable Lung Cancer?

Even people with advanced lung cancer may benefit from physiotherapy rehab. In addition, many people with stage 4 disease do not have surgery, and therefore may be able to begin a rehab program right away without waiting for surgical incisions to heal.

(To be Continued.....)



### How to Get Started

The best place to start is by talking to your lung cancer doctors to learn about Physiotherapy Lung Rehabilitation programs in your area. Many of the larger cancer centers offer these services on an outpatient as well as inpatient basis. If your physicians are not aware of programs, you can check:

- In California, the California Society for Physiotherapy Lung Rehabilitation has a list you can search for providers.
- In Canada, the Canadian Lung Association has a list of pulmonary rehab programs.
- In the U.K., you can check with the British Lung Foundation regarding rehab sources.

### Risks

Risks associated with Physiotherapy Lung Rehabilitation are primarily the risks inherent with any exercise program. If someone has unstable heart disease, exercise can increase the risk of arrhythmias or heart attacks. For people with osteoporosis, the risk of bone injury is greater. For those on chemotherapy, the risk of infection when in contact with others should be considered. For people who have had surgery, it's important that the surgical site is well healed to avoid the risk of a surgical incision opening.

### Does Insurance Cover This Treatment?

It's important to check with your insurance provider to see what will be covered by your particular plan. If treatment is not covered, you may want to consider entering one of the clinical trials that are studying the benefit of physiotherapy lung rehab for people with lung cancer. If you aren't sure where to start, there is a Lung Cancer Clinical Trial Matching Service that provides free help in searching clinical trials available worldwide.

### Why Haven't I Heard About Physiotherapy Rehab for Lung Cancer?

Talking with lung cancer survivors I'm aware that many people have never heard about physiotherapy rehab. Part of the reason is a lack of awareness about these services – even by physicians.

Hence physiotherapy lung rehabilitation is one of the essential part of the treatment of lung cancer patients pre and post-operative including above protocol of physiotherapy rehabilitation with having long term goal and short term goal following with physical and functional diagnosis by giving physiotherapy management with follow up for long term in the form of lung rehabilitation directly improving quality of life and preventing dependency for work and specially making him confident for his economical, social and psychological aspect of life by providing various help.

Hence physiotherapy rehabilitation of lung cancer patient is completed .hence its my sincerely request that please follow physiotherapy rehabilitation for cancer with the help of physiotherapy lung rehabilitation services through pulmonary physiotherapist.



Mangoes are full of antioxidants that prevent breast cancer, prostate cancer, and colon cancer. The tropical fruit also helps prevent leukemia

MumbaiMirror, April 17, 2016

### 'Vegetarian Gene' Puts Indians At Cancer Risk

Could there be a vegetarian gene? A new study has revealed that eating green could be in our genes.

The Cornell University researchers have found evidence of



a genetic variation, called an allele, which has evolved in populations that have historically favoured vegetarian diets, such as in India, Africa and parts of East Asia.

They also discovered a different version of this gene adapted to a marine diet discovered among the Inuit in Greenland, who mainly consume seafood.

The vegetarian allele evolved in populations that have eaten a plant-based diet over hundreds of generations. The adaptation allows these people to efficiently process omega-3 and omega-6 fatty acids and convert them into compounds essential for early brain development and if they stray from a balanced omega-6 to omega-3 diet, it may make people more susceptible to inflammation, and by association, increased risk of heart disease and colon cancer.

MumbaiMirror, March 31, 2016

### Now, 'Guided chemo missiles' that target only cancer cells

Scientists have engineered novel proteins that work like 'guided missiles' which seek out cancer cells and deliver chemotherapy drugs to treat hard-to-reach tumours without harming healthy cells. Although chemotherapy drugs do often effectively kill cancer cells, they also damage other quickly dividing cells in the body, causing side effects ranging from cosmetic, like hair loss, to disabling. Sometimes, the drug dose needed to kill a tumour may be more than what a person's body can handle. This might happen if the tumour does not have much of a blood supply and very little of the drug, which is delivered through the bloodstream, can get in. A dose high enough to infiltrate the tumour could be deadly to other cells in the body. Some recently approved therapies get around this problem using antibodies to deliver a drug directly to tumours, bypassing healthy cells and possibly overcoming some of the uglier aspects of cancer chemotherapy. Now Jennifer Cochran, associate professor at Stanford University in the US, has built on this antibody approach using an engineered protein rather than an antibody to direct the drug to the tumour. Although the two techniques are conceptually similar, the specialised protein has the potential advantage of being able to pass through the barrier that protects the brain, thereby being able to treat brain tumours. It is also smaller than the antibody and might be able to reach dense tumours with little blood supply.

The Times of India, June 20, 2016





## Mail Box

DOCUMENT RECEIVED ON  
20 JUN 2016

"United Against Cancer"

क्षितिजा विश्वास मरगजे.  
मु. कांठवडी पो. खानापूर  
ता. भोर, जि. पुणे.  
पिन-412206  
दि. 15/6/2016.

प्रती,

सन्माननीय अध्यक्ष,  
कॅन्सर अँड अँड रिसर्च फाउन्डेशन

मी क्षितिजा मरगजे A.L. या  
आजारसाठी सह्याद्री हॉस्पिटल पुणे येथे उपचार  
घेत आहे. मी माझ्या उपचाराच्या खर्चासाठी  
आपणाकडे आर्थिक मदतीची मागणी केली होती  
आपण माझ्या अर्जाचा सहानुभूतीपूर्वक विचार  
करण मला माझ्या उपचारासाठी अर्थोस आर्थिक  
मदत केली.

सह्याद्री हॉस्पिटल पुणे येथे एक वर्षाची  
केमोथेरेपी पूर्ण झाली असून माझ्या प्रकृतीमध्ये  
चांगल्या प्रकाशाची सुधारणा झाली आहे. आपण  
केलेल्या सहकार्यामुळे मला नवजीवनच प्राप्त  
झाले अशी माझी प्रामाणिक भावना आहे. आपल्या  
संस्थेने केलेल्या बहुमोल आर्थिक सहकार्याबद्दल  
मी आपली शतकाः ऋणी आहे. भविष्यामध्ये मला  
काही गरज पडल्यास आपण मला निश्चित मदत  
कराल अशी माझा आहे. आपल्या सहकार्याबद्दल  
पुनश्च धन्यवाद!

आपली विश्वासू,  
क्षितिजा मरगजे.  
@kshitiija



**Dr. Anam Kazi** (M.B.B.S.)**Talk Program***Sub : "General Care & Well Being of Cancer Patients"*

The topic of the lecture was "General Care & Well Being of Cancer Patient". Dr. Anam Kazi delivered the lecture & explained in detail the causes that lead to Cancer & how early detection and prevention is beneficial to all if proper care is taken in time. There was an interactive session wherein Dr. Anam Kazi answered all the questions & queries asked by the patients & their relatives related to cancer. The lecture was very inspiring & informative to all. The session concluded by Dr. advising all to take good care & prevent cancer. The Chairperson thanked Dr. Anam Kazi for coming to our Foundation & sparing her valuable time in advising our patients.

**Cancer Survivor****Mrs. Sunita Shete**

Cancer is one of the most life threatening disease, but it is curable and not the end of the world. One of a cancer survivor named Sunita Shete, age 47 suddenly developed symptoms like palpable tumor in one of her breast, that got really painful with time and she had to visit her doctor for further investigations. In June 2013, she underwent mammography which was followed by biopsy. Medical reports diagnosed that she had Breast Cancer. Sunita had to undergo an emergency operation on 29 th Oct, which further scared her & her family, but she decided to standup & fight back. Her two sons have been very supportive towards her throughout this journey, that needs to be immensely appreciated.

The doctors advised her to go through 8 cycles of Chemotherapy and Radiation to get totally cured from the deadly disease. Sunita is a beautician by profession & runs her own parlor. On hearing about CARF from reliable sources she contacted us for financial help.

Today she is totally cured & has to take tablets for consecutive 5 years till 2019. She is thankful and very grateful to CARF for all the financial & the continuous moral support received throughout her treatment.

We wish Sunita good health and a long life with her family. She has handled the sickness herself beautifully.

**CARF** *Wishes Happy Birthday to :*

Mr. Madhu Chavan	1 <sup>st</sup> April	Mr. Aslam M. Fakih	7 <sup>th</sup> May
Mr. Hamid M. Ansari	1 <sup>st</sup> April	Mr. Shams Ahmad Dean	7 <sup>th</sup> May
Ms. Vanisha Panchanathan	9 <sup>th</sup> April	Mr. Jayant Tipnis	13 <sup>th</sup> June
Mr. Narayan Rane	10 <sup>th</sup> April	Prof. A. A. Kazi	20 <sup>th</sup> June
Mr. Aziz Mulla	10 <sup>th</sup> April		



# World Anti Tobacco Day



“World Anti Tobacco Day” is celebrated annually with the main objective to urge tobacco users in our country to abstain from using tobacco products and also with a hope of providing assistance to those trying to quit. It's an opportunity to highlight all the problems and health complications associated with tobacco chewing or smoking and to make our community tobacco free and have healthy people. CARF organised a “Free Medical Camp & Blood Test” for the general public at Trimurti OM Mitral Mandal, Omkar Sadan, Gold Fitness Gym, Shree Ganesh Nagar, Lalbaug Market, Lalbaug to encourage people to reduce or completely stop tobacco consumption. There was a very good response as we had around 90 people from all walks of life taking total advantage of this “Free Medical Camp”.

CARF also participated in a “Public Awareness” program on the occasion of “World Anti Tobacco Day”. It was organised by Indian Medical Association, Mumbai Branch at Shahid Bhagat Singh Ground, Opp. Shivsena Shakha, Kalachowki, Mumbai.

A lecture on “Anti Tobacco & Cancer” was delivered by CARF Doctor. She explained how Tobacco consumption leads to common diseases that affects the heart, liver and lungs. The effects depend on the number of years that a person smokes and on how much the person smokes. The main purpose of this lecture was to spread awareness and encourage people to reduce or completely stop the tobacco in take in any form. Cancer awareness pamphlets were also distributed among masses to spread awareness.



On the event of “World Earth Day” in the month of April 2016, Cancer Aid & Research Foundation actively participated in this celebration by organising “Tree Plantation” program at Chandrashekhar Joshi BMC Garden, Kalachowki managed by Prajapita Brahma Kumari for all the CARFIANS. It was really a delightful & stimulating function.

Not to forget to mention our Cancer kids were also a part of this plantation function. CARF management spent quality time with them explaining & educating them of how to protect our greenery/plants & also about their value in our surroundings.

The following basic points were shared for healthy plantation:

- Make sure your plant gets enough of sunlight.
- Water them on a regular basis.
- Plants nutrition by adding manure.
- Keep weeds away.
- Kill Organic Insects.

The main purpose of having this activity was to highlight the importance of the very existence of trees in our environment, they are our BACKBONE & help communities achieve long-term economic and environmental sustainability and provide food, energy and income. Trees provide oxygen, improve air quality, climate amelioration, conserve water, preserve soil and support wildlife.



# Blood Donation Camp



CARF celebrated “Blood Donor Day” by participating in a “Blood Donation Camp” in collaboration with J.J. Group of Hospitals & Team. The camp was held at CST Station, Mumbai from 10 am onwards on 15th June, 2016 which continued till 5 pm. It was a great pleasure seeing such a good response from the public throughout the day. Around 92 active persons/ social activists donated blood. There were student volunteers from Jai Hind College along with the CARF team, who spent a lot of their energy & efforts in convincing the public to donate blood.

Happiness & a sense of contentment filled the air and there were smileys all around till the very end for the selfless act of “Gift of Life” to someone in need. It was a great privilege & honour for CARF to be a part of this Blood Donor Day celebration.

*“Blood is meant to Circulate, Pass it around”.*

## Food Distribution Program on Foundation Day



20<sup>th</sup> June, 2016 was commemorated as “CARF Foundation Day”. It is a remarkable day in the history of CARF as it was on this day CARF was incorporated 15 years back. A day of honouring & celebrating the achievements over years and days to look forward to what is yet to come. It constituted the materialization of a long cherished dream of the visionary Chairman - Prof. A. A. Kazi.

Today is all about remembering and honouring all those who have served to make the Foundation the place it is today & to recognize their dedication and contribution of the hard work.

“Food Distribution Program” was arranged at Canshala (School for children with Cancer), Parel where snacks & gifts were given to the kids & also spent some happy moments with them. The kids presented a “Thank You” card which they

prepared, as mark of appreciation. Also at Noori Musafir Khana (a Dharamshala for Cancer Patients), Parel, packets of Food grains & clothes was distributed to around 100 cancer patients & toys were given to cancer kids.

Mrs. Rashida Kazi, Chairperson along with Mr. Shamshi Mulla, CEO & Mrs. Savita Nathani, COO were active participants in both the events.

## Workshop on

Candles, Crepe Paper, Flowers & Coasters Making

CARF is sincerely dedicated & works hard towards the welfare & upliftment of its Cancer patients / survivors. Its greatest strength is in its ability to represent cancer patients with a strong voice & to listen to the needs of the people affected with cancer. CARF organised a Training Workshop for the cancer survivors & their families wherein training was imparted of how to make wax candles, crepe paper flowers & coasters. Along with an

opportunity of earning an independent income, also their inner most hidden talents can be brought out in making these articles. We put up Charity Sale counters in Colleges, Malls & Exhibitions where all these articles made by the patients are displayed & sold. The funds raised in turn are fully utilised towards medical treatment of these patients.





- 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](http://www.cancerarfoundation.org) (New Website)
- 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 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

Dear All,

We are glad to inform you that 'Cancer Aid And Research Foundation's **name has been added to State Bank of India's website in the 'State Bank Collect, a Multi - Modal Payment Portal** not only this but you can also find the link of State Bank collect page through our website too. CARF and State bank of India has entered into an agreement whereby the donors visiting the CARF's allotted State Bank Collect page will be provided a facility to make payment / transfer funds to the account of CARF by using the various modes of payment. Now it is more easier to connect to us or join hands with our noble cause by contributing via this payment portal. Donors through State Bank Collect facility under Corporate Internet banking can generate online receipt immediately for funds transferred by them to CARF. There are various modes of payment for donation like net banking , debit card & credit card .

Please visit the link mentioned below for further details:-

<https://www.onlinesbi.com/prelogin/icollecthome.htm> & [www.cancerarfoundation.org](http://www.cancerarfoundation.org)

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

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

• **Chief Editor :**

**Prin. (Mrs). Rashida Kazi**

Fmr. Principal A. I. Girl's High school & Jr. College of Arts & Commerce, Mumbai. Chairperson, CARF

• **Chief Executive Officer : Mr. Shamshi Mulla**

• **Chief Operating Officer : Mrs. Savita Nathani**

• **Dy. Gen. Manager : Mrs. Tabassum S. Khan**

JOIN US AT :   

BOOK-POST

If undelivered  
please return to :



To,

**CANCER AID & RESEARCH FOUNDATION**

Byculla Municipal School Bldg.,  
Ground Floor, N. M. Joshi Marg,  
Near 'S' Bridge, Byculla (West),  
Mumbai-400 011. Tel. : 0091-22-2300 5000