

# **News Bulletin**

(Official Publication Of The Cancer Aid & Research Foundation)

Member: UICC (International Uniun against Cancer), Geneva, Switzerland.
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Internet Journal of Head & Neck Surgery [www.ispub.com] - official scientific journal of CARF

# BREAST CANCER

# What are the common breast problems with which patients present to the Breast Specialist?

- Breast Pain (Most Common in Premenopausal)
- Nipple Discharge (Milk/ Serous/Greenish/Blood & single/Multiple duct)
- Breast Lump (Mostly benign)
- · Redness of skin
- Orange peel / Thickened skin
- Inversion of nipple
- Nipple ulceration
- Discrepancy in size

## What are the signs/symptoms of breast cancer?

- Lump in the breast / Swelling of the breast
- Skin dimpling or puckering
- Rash or redness of skin
- Nipple discharge especially if blood stained
- Inverted or displaced nipple of recent onset
- Swelling in the armpit or the collarbone area

#### What is breast aware?

- Being breast aware means getting to know how your breasts look and feel so you know what is normal for you.
- You will then be more confident about noticing any unusual changes that might be a symptom of breast cancer.
- If you notice a change, even if you feel well, it's important to visit breast specialist.

#### Breast self-examination - When & How

- Try to get used to looking at and feeling your breasts regularly for instance, when you are in the bath or shower, using body lotion or getting dressed.
- You don't need to feel your breasts in any special way. If you check them as part of your usual routine you won't need to worry that you aren't doing it often enough. (4-6 weeks)
- Decide what you are comfortable with and what suits you best.
- Inspect in front of the mirror and feel with the flat and straight fingers kept together while lying down and with opposite hand for convenience
- Remember to check systematically all parts of your breasts, your armpits and up to your collarbone.
- Everyone's breasts look and feel different. Some people have lumpy breasts, one breast larger than the other or breasts that are different shapes. Some have one or both nipples pulled in (inverted), which can be there from birth or

happen when the breasts are developing.

#### The Breast Cancer Care checklist

- Look at and feel your breasts so you know what's normal for you.
- Do this regularly to check for changes (every 4-6 weeks).
- Tell your doctor as soon as possible if you notice a change.
- Clinical breast examination yearly from age 20 years
- Screening mammogram 2-3 yearly from age 45-75 years

#### Breast cancer incidence

- Most Common cancer in India (Globocan 2018). The mortality is higher in India despite incidence being lower compared to western world. Why?
- a) Lack of awareness.
- b) No breast cancer screening & diagnosis of disease during advanced stage.
- c) Unavailability of appropriate medical facilities in many parts of the country
- 10% are Familial
- 1% are in Males

#### The risk factors for breast cancer are:

- Age, Female sex, Family history of breast or ovarian cancers.
- OC Pills, Hormone replacement therapy.
- Obesity, smoking, early menarche, late menopause, No breast feeding, nulliparity.

#### How to prevent Breast cancer?

- The option of choosing prophylactic surgery should be available to the patients With BRCA mutation positive for familial breast cancer along with the choice of reconstruction.
- Breast cancer is widely thought to be a life-style disease, related to diet, obesity, stress, habits & oestrogen exposure. Appropriate interventions could be beneficial, such as
- a) Encourage breast feeding
- b) Limit alcohol & quit smoking
- c) Exercise daily
- d) Weight control and lose body fat

# Screening (Early detection of disease to avoid the morbidity of treatment and improve quality of life and longevity)

• Despite opportunities for early diagnosis, a significant proportion of patients still present late in our country.

• The management of breast cancer has evolved significantly over the last 25 years; from a disease that spelt universal mutilation and morbidity, we are today able to restore normal quality of life in the majority.

#### • Recommendations:

Breast examination by trained clinician every 2-3 years beginning at the age of 20 years and annually after 40 years. MRI screening for high risk young individuals. Screening X-ray mammography from Age 45-75

#### • Advantages of screening are:

- 1) Detects smaller tumours, hence unlikely to have nodal or systemic metastasis.
- 2) More likely to be cured with lumpectomy and sentinel node biopsy.
- 3) Less likely to need chemotherapy.
- 4) As the treatment needed is less, the morbidity is less & Quality of Life is better.
- 5) More chances of cure even though lesser treatment is given

#### What does the breast cancer treatment involve?

- 1) Surgery for cancer
- 2) Chemotherapy
- 3) Radiation Therapy
- 4) Hormonal Therapy
- 5) Surgery for reconstruction Plethora of options
- a) Autologous
- b) Implant based

#### Dr. Nikhilesh Borkar

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Dr Paresh A. Jain
Consultant Colon and Rectum
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# **Bleeding In The Stool: Is It Alarming?**

Bleeding in the stool is one of the most common symptom, I see in my clinic.

Everyone will have this problem, at least once in their lifetime. It is important to look at the associated complaints and review the things in totality. For eg. Bleeding with pain during motion(defecation) is more likely to be a cut (fissure) or external Hemorrhoid (piles, massa, moodvyadh) as

compared to painless bleeding where the cause can be more higher up in the intestine or may be internal Hemorrhoids (internal piles, massa, moodvyadh). Similarly, painless bleeding associated with constipation can be because of internal Hemorrhoids or could be due to cancer of intestine. Hence, it is important to treat as a whole rather than individual symptoms. Associated symptoms like weight loss or loss of appetite are linked more likely with cancer or inflammation of bowel. There is a strong myth that Hemorrhoids run in families and that's not the truth. Only similarity/ common factor is both are on two legs which increases risk of Hemorrhoids. Hence any symptom lasting for more than 3-4 weeks, needs to be addressed and evaluated by a doctor.

On consulting the doctor, a detailed history forms the most important part of entire consult since the diagnosis is made on history and examination is done mainly to supplement this diagnosis. This includes digital examination of the back passage as well as a small camera examination which is done at the same time, in the consulting room itself. Based on the findings further treatment is advised.

If on history and examination, cause of bleeding was a cut (fissure) or Hemorrhoid, medical management is recommended. For these cases, try to avoid surgical intervention as much possible since likelihood of recurrence is high despite intervention. Hence, I would keep surgery as a backup if medical management, with laxatives, stool softeners, dietary modifications and local muscle relaxants, fails. If cause of bleeding was higher up from the intestine, your doctor will refer to you a specialist for further testing which involves colonoscopy and if required biopsy.

Colonoscopy is a test in which a camera is put through the back passage and inside of intestine is examined. It is done under mild sedation so that you are comfortable during the procedure. Based on the findings, biopsies are taken to confirm the diagnosis. Another strong myth in society is that if you biopsy any cancer, it will spread. Biopsy is the gold standard test for diagnosing a pathological condition without which no treatment can be offered. If biopsy confirms cancer, further scans are recommended to get the exact stage of cancer and then the treatment is customised, keeping the patient's general condition in mind ( patient-centric approach). Intestine cancer, if diagnosed early, for example in stage 1, when it is restricted to inner layers of intestine wall, the long term survival (5 years survival) is about 95%. However, this number drops as each stage progresses and comes down to ~40% in stage 4. Hence it is very vital to catch this disease early and treat it accordingly. Incidence of intestine cancer is 1 in 20 i.e. 1 out every 20 will develop intestine cancer in their life time. It is the 2nd most common cause of cancer related death and is the 3rd most common cancer in the world. However, 60% of this cancer is missed or don't under screening and present at later stage. Hence, if prolonged symptoms, weight loss or loss of appetite, positive family history of intestine or ovarian cancer, consider yourself to be screened.

Take home message: Get yourself examined by your doctor or a specialist, if your symptoms last for more than 3-4 weeks.

# Worrying rise in number of non-smokers getting lung cancer

Lung cancer is not only diagnosed in smokers but a large population of non-smokers too, a new study claims. The study was published in the 'Journal of the Royal Society of Medicine'.



As estimated, around 6000 people, who never smoked, died of lung cancer in the UK. This number is greater than the number of deaths due to cervical cancer (900), lymphoma (5200), leukaemia (4500) and ovarian cancer (4200).

"For too long having lung cancer has only been thought of as a smoking-related disease. This remains an important association but, as this work shows, the scale of the challenge means there is a need to raise awareness with clinicians and policymakers of the other risk factors including indoor and outdoor air pollution," said Paul Cosford, lead author of the study.

Some of the major contributors to lung cancer in non-smokers include secondhand smoke, occupational carcinogen exposure, and outdoor pollution. Indoor cooking is also a key factor contributing to lung cancer.

Cosford also said, "By delivering on the promise of a clean air generation we can reduce the number of lung cancers among those who have never smoked."

Busting the myth of lung cancer's association with smoking, co-author Mike Peake said: "Despite advances in our understanding, most people who have never smoked do not believe they are at risk and often experience long delays in diagnosis, reducing their chances of receiving curative treatment".

He added, "The stigma of smoking has been the major factor behind the lack of interest in, knowledge of and research into lung cancer. Therefore, in many ways, never-smokers who develop lung cancer are, as a result, disadvantaged."

"Drawing attention to the contribution of underlying risk factors to lung cancer in never-smokers presents opportunities to reinforce efforts to tackle other major public health challenges," he opined.

Times of India - April 27, 2019

# New research aims to control cancer before finding a cure

The "anti-evolution" project will focus on turning cancer into a disease controllable with drugs for many years, similar to AIDS

Cancer scientists in Britain are launching what they call the world's first "Darwinian" drug development programme in a bid to get ahead of cancer's ability to become resistant to even the newest treatments and recur in many patients.

While not abandoning the search for an ultimate cure, the "antievolution" project will re-focus on turning cancer into a

disease controllable with drugs for many years.

This would be a little like HIV, the virus that causes AIDS, the scientists told reporters at a briefing.

"Cancer's ability to adapt, evolve and become drug-resistant is the cause of the vast majority of deaths from the disease and the biggest challenge we face in overcoming it," said Paul Workman, chief executive of Britain's Institute of Cancer Research (ICR) – a charity and research institute which will lead the new Centre for Cancer Drug Discovery.

The centre, funded with 75 million pounds (\$96.5 million) from the ICR, will "seek to meet the challenge of cancer evolution head on", Workman said, by blocking its process of evolution.

Teams at the new centre will initially focus on two possible paths to doing this.

The first, known as "evolutionary herding", involves selecting an initial specific treatment that forces cancer cells to adapt in a way that makes them highly susceptible to a second drug, or pushes them into an evolutionary dead end.

The second will explore a possible new class of drugs to target cancer's ability to evolve and become resistant to treatment. These potential drugs would be designed to block the action of molecules called APOBEC proteins, found in the body's immune system.

Researchers hope a new class of APOBEC inhibitors could be developed and given alongside targeted cancer treatments to try and keep cancer at bay for much longer.

Combination therapies using multiple current or new treatments will also be explored, Workman said.

Olivia Rossanese, a specialist in cancer drug discovery who will head the new centre's biology team, said the idea was to build a global hub of expertise in anti-evolution therapies so scientists could "stop playing catchup" with cancer.

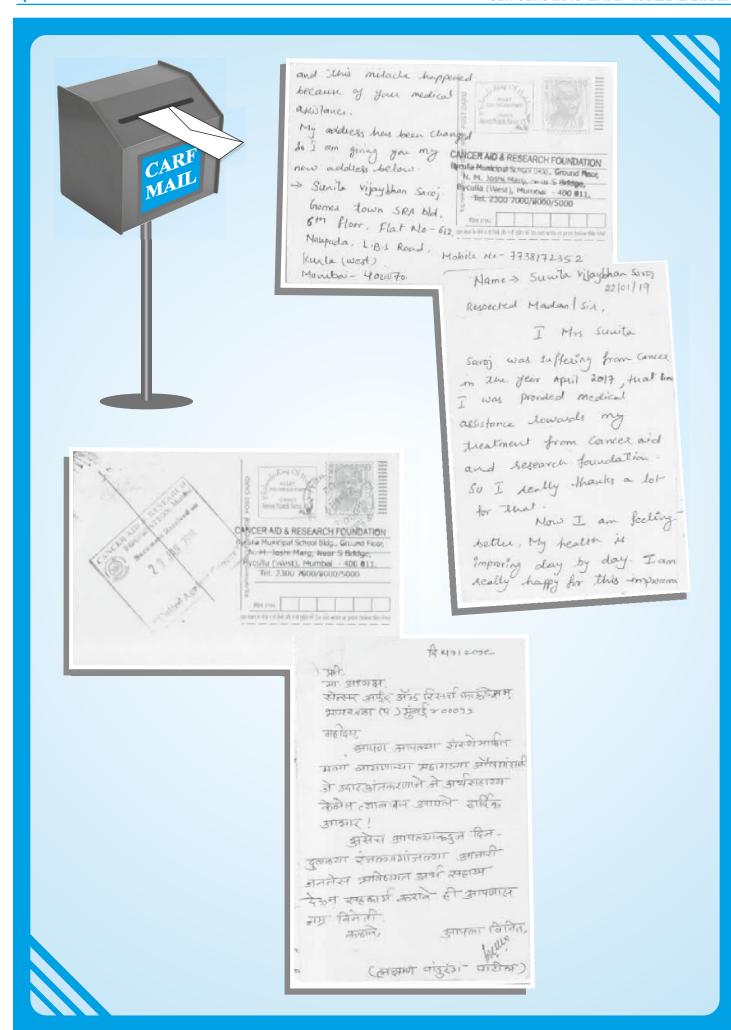
"This Darwinian approach to drug discovery gives us the best chance yet of defeating cancer," she said, "because we will be able to predict what cancer is going to do next and get one step ahead."

Mumbai Mirror - May 17, 2019

# One lamb chop a day hikes bowel cancer risk by 20%

Eating a bacon sandwich, beef or sausages on just four days a week significantly increases the risk bowel cancer, despite being well within government dietary guidelines, experts have warned. The equivalent of one bacon rasher or lamb chop a day, on average, raises an individual's risk of bowel cancer by around 20%, the University of Oxford researchers said. Processed meats, like ham, bacon and sausages, have been classed as cancer-causing carcinogens by the World Health Organisation, which suggested the same is very probably true for red meat. While cancer risks have previously been shown to increase above 50g of processed meat a day, the latest Cancer Research UK funded study found sizeable increased risk at lower levels. The findings, published in the 'International Journal of Epidemiology', show those averaging 76g of red and processed meat a day saw their risk of bowel cancer rise by a fifth compared to people eating 21g a day.

Times of India - April 19, 2019



















Christmas and New Year is celebrated every year with full enthusiasm at Cancer Aid & Research Foundation (CARF). The celebration was started by introduction and welcoming of children and guests. The event started by games session for cancer patients by Mr. Siddharth Chanda (Volunteer), who interacted, with the kids and played many games. He also taught them some poetry. It was followed by welcoming of Santa Claus where the children danced and welcomed the Santa Claus and gifts and chocolates were distributed. Children were also given Snacks and Cakes by our donor. The second half of the event was completely fun filled. A team of performers from St. Xavier's College, Fort readily agreed to perform for the cancer patients. They sang many songs and the children enjoyed to the core. Children even requested to play their favourite numbers and danced to it. Overall, it was a well enjoyed event.

# **Cancer Survivor**

## Ms. Pratiksha Baban Kedekar

I was suffering with tooth pain in 2017 and visited a dental doctor. Doctor asked me to remove the tooth and I got it removed. After removing it there was a continuous blood flow from my mouth. We again

visited the doctor, he asked us to get CBC done. The report showed that my platelet count and hemoglobin has decreased. I got hospitalized and was in the ICU, But my platelet count was not increasing. Then the doctors suggested to do bone marrow test and the reports showed it is a blood cancer. I am from a small family so hearing the word cancer was a big setback for us. The financial burden for the treatment was also huge for us. So we were suggested to approach CARF for help. CARF helped me throughout my treatment and has helped me a lot. I have completed my chemo cycles and I am doing well. Thanks to CARF for the timely help.

# Chappy Birthday

# **CARF** wishes Happy Birthday to:

Mr. Jayant Patil 16th Feb. Mr. Sajid Nadiadwala 18th Feb. Mr. Ali Khan 9th Mar. Mr. Vaseem A. Shaikh 10th Mar. Mrs. Rashida Kazi 20th Mar. Mr. Shamshi Mulla 21st Mar. Mr. Madhu Chavan 1st Apr. Mr. Hamid M. Ansari 1st Apr. Mr. Narayan Rane 10th Apr. Mr. Aziz Mulla 10th Apr. Mr. Aslam M. Fakih 7th May. Mr. Shams Ahmad Dean 7th May. Mr. Jayant Tipnis 13th Jun.

# Mission



AMBULANCE CARF has its mission of helping more and more cancer patients, but

through Mission Sahay, we have spread our wings to help more patients and needy people with their different social problems. This new initiative was started by CARF to reach out to the poor and needy people staying in the slums to make them aware about the ill effects of cancer and also provide general check up and guidance on their illness free of cost. A team of Doctors, Nurses, and CARFIANS visit the slums in Mumbai during this camp. During the last 6 months we have conducted camps at many locations across Mumbai. The list is as below.

## The list of Mission Sahay is as below.

- 1) 24th Jan, 2019 @ Vikhroli East (2) 31st Jan, 2019 @ Tagore Nagar (3) 23rd Feb, 2019 @ Kanamwar Nagar
- 4) 23rd March, 2019 @ Vikhroli East (5) 27th March, 2019 @ Bhandup West (6) 30th March, 2019 @ Morarji Compound (7) 11th April, 2019 @ Bhandup West
- 8) 13th April, 2019 @ Shivaji Talao (9) 25th May, 2019 @ Ghatkopar West (10) 27th May, 2019 @ Andheri -Ghatkopar Link Road (11) 22nd June, 2019 @ Mulund West (12) 29th June, 2019 @ Ghatkopar East.







26th January is celebrated as Republic day in India. CARF on the occasion of Republic day participated in the celebration by

wearing traditional wear in Indian flag colour. Everyone came well dressed in Green, Orange, White and Blue and clicked pictures in accordance with the flag. The event was graced by the presence of our chairman Mr. Shamshi Mulla & CEO, Mrs. Savita Nathani. Various patriotic songs were also played in the background during the day.





**CARF** 

CARF Drive was started few years ago to spread awareness among general public the ill effects of smoking and tobacco. During this

drive CARFIANS place stickers on vehicles and spread awareness among vehicle owners to quit tobacco and cigarettes. Stickers mentioning keep smiling and quit tobacco is placed on vehicles during the drive. In the last 6 months many CARF drives were conducted and participated by many volunteers from colleges like St. Xaviers College, Fort, Kirti College, Dadar, etc. The list of CARF Drives conducted in mentioned below.

- CARF Drive on 16th Jan 2019 @ Ghatkopar West
- CARF Drive on 24th Jan 2019 @ Vikhroli West
- CARF Drive on 29th Jan 2019 @ Matunga
- CARF Drive on 23rd March 2019 @ Vikhroli East
- CARF Drive on 12th April 2019 @ Bhandup West
- CARF Drive on 20th May 2019 @ Ghatkopar West







CARF organises doctor's talk by eminent doctors throughout the year to make people aware about different types of cancer

and other information which make an impact during the treatment and also for the prevention of the dreaded disease. During these sessions patients get to interact with the eminent doctors to clear their doubts and queries. This is very influential as everyone gets proper guidance of various topics.





# **Cheque Distribution For Cancer**

Patients CARF organised cheque distribution program for poor and needy cancer patients

at CARF Head office in Vikhroli. The program was conducted on various days during the month of February. On 7th February, Mr. Akbar Khan, Renowned Actor and Director visited CARF office and spent quality time with cancer patients and also distributed cheques to the needy. On 8th February, Mr. Ali Khan, Actor also visited CARF office and





got involved in cheque distribution for cancer patients. On 20th February many renowned celebrities like Mr. Ali khan, Mr. Ahsaan Qureshi, Mr. Arif Khan & Mr. K.K Goswami visited CARF office and supported CARF in its mission. Many cancer patients were distributed with cheques and also gifts to children.



World Cancer day is celebrated every year on 4th Feb worldwide to raise

awareness about cancer. This day is celebrated every year by CARF by conducting various activities. This year on 9th Feb

2019, CARF organised a medical camp for the people residing at Tagore Nagar no 3, Vikhroli East. The camp was conducted to raise awareness among general people about the importance of cancer awareness and the necessary tips to avoid cancer. Medical check up was conducted by a set of doctors and blood test was also conducted. More than 100 people came for the camp and got their free medical check up.





## ROAD SAFETY DRIVE Road Safety Drive is



conducted every year to raise awareness about the safety measures to be followed during driving. CARF organised road

safety drive on 4th march at Vikhroli by placing stickers on vehicles and guiding general public with road safety measures. Many people supported the drive by letting the team place stickers and also taking vows to take safety measures during driving.



# Women's Day

Women's day is celebrated every year on 8th March. During this day, the hardship and importance of women in our lives is celebrated. On this day CARF organised a set of activities for all the women. Various

games and activities were conducted and all male staff contributed to gift all the women with flowers. Gifts were also distributed to the winners of games. During this day CARF announces a Woman of CARF for appreciating the good work. Mrs. Tabassum Khan, GM Event Management was selected as the Woman of CARF 2019.



Salute Awards On 18th March 2019, Mr. Shamshi Mulla, Chairman of

CARF and Mrs. Savita Nathani, CEO of CARF was felicitated by All India look Alike association for the noble work in the field of Cancer and being a role model for the society with Salute Award. The award function was held at Master Dinanth Mangeshkar Natyagruha, Vile Parle and the function was attended by many well known personalities. Mr. Agrif khan (Jr. Anil Kapoor) directed the event and celebrities like Mr. Ali Khan, Mr. Sunil Pal, Mrs. Sonika Gill, Mr. Mohd.







Salamat, etc were present. Many lookalikes performed during the event and overall the function was full of entertainment. Cancer patients were present during the event and everyone supported CARF in its mission for the well being of Cancer patients.

# **Anti Tobacco Dav**

Anti tobacco day is conducted every year on 31st May for promoting the awareness about the ill use of tobacco. During this day various awareness activities are conducted and CARF has been hosting such



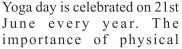
awareness activities from the past many years. This year CARF organised an awareness and fundraising campaign at Hiranandani Galleria. The campaign started at 11 in the morning and anti tobacco pamphlets were distributed among the people to raise awareness. Many people voluntarily came and understood the importance of no tobacco use and supported CARF in its mission.

# **World Blood Donor's Day**

14th June is celebrated every year as world blood donor's day. This day is celebrated worldwide to support all individuals to donate blood and support the need of blood scarcity. CARF has been organising various blood donation camps during this day from the past many years. This year such a blood donation camp was organised in association with BYL Nair Hospital blood bank at Dadar Railway station. More than 100 blood donors participated in the camp. Mr. Ali Khan, Actor was present during the camp for supporting the team and blood donors. Volunteers and interns from Kirti College and NMIMS College participated during the camp.









wellness is proclaimed through the world yoga celebrations. On this day, CARFIANS participated by performing various Yoga postures. Mrs. Savita Nathani, CEO taught everyone



different asanas so that they relax their body and the physical and mental wellness is maintained. During the asanas everyone relaxed their mind and body and attained peace.



It has been 19 years since CARF started and 20th June is celebrated as the foundation day of CARF. Every year foundation day is celebrated to



cherish the journey of CARF in this past many years and the achievements CARF has received. During this year, the celebration began with food grain distribution for needy cancer patients residing at noori musafir khana. Later, a function was organised at CARF office in Byculla for kids suffering from cancer. The function began with the sumptuous lunch provided by a donor and also gift distribution. The main function started with welcoming of chief guest Shri Arun Bakshi, Actor and Singer who even dedicated a song for the cancer patients. 'Simplicity' a live band performed for the cancer patients.













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- 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

Please draw your cheque in favour of Cancer Aid & Research Foundation and send it to its Head Office: Unit No. 103, Shivkripa Industrial Estate, Vikhroli West, Mumbai - 400 083 Tel.: 022-2300 7000/2301 6000 / 2305 3602/3607 / 2306 4443/0088 / 2307 0088 • Telefax: 2300 8000 Adm. Office: Municipal School Bldg., Ground Floor, Near 'S' Bridge, N.M. Joshi Marg, Byculla (W), Mumbai - 400 011. Tel.: 022-2300 5000 / 2306 4441 / 4442

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

- Chief Editor : Mr. Shamshi Mulla, Chairman CARF
- Editor: Mrs. Savita Nathani, CEO CARF
- GM-Event Management: Mrs. Tabassum Khan



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save lives of the poor and needy cancer patients

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