TOBACCO & CANCER

• The figures on worldwide tobacco use are so large that they are numbing: there are about 1,200 million smokers (More than 15 billion cigarettes are smoked per day)

• There is also a significant proportion of smokeless tobacco users (Few Hundred million). Smokeless tobacco includes paan, guthka, supari etc.

• Cigarette smoking is estimated to cause many more than 1 million cancer deaths annually worldwide.

• Lung cancer is the dominant malignancy caused by smoking. The total number of cases is about 1.2 million annually, with 90% attributed to smoking.

• Lung cancer is on the rise in women due to the increase in the number of women smokers.

• The strongest determinant of lung cancer in smokers is duration of smoking, and risk also increases with the number of cigarette smoked.

• Cessation of smoking at any age avoids the further increase in risk of lung cancer caused by continued smoking. However, the risk of ex-smokers for lung cancer remains elevated for years after cessation, compared with the risk of never smokers.

• Other Cancers caused by Tobacco, include:
  1) Cancers of the urinary bladder, ureter, and renal pelvis.

  2) Cancer of the oral cavity, including the lip and tongue in both men and women. (Alcohol consumption in combination with smoking greatly increases the risk of oral cancer)

  3) Cancer of the esophagus (Food pipe)

  3) Laryngeal cancer (Voice Box) is caused by cigarette smoking, and the risk is greatly enhanced by alcohol consumption.

  4) Similarly, pancreatic cancer and stomach cancer are caused by cigarette smoking and are related to dose.

  5) Cigarette smoking is a cause of liver cancer, independent of the effects of hepatitis B and C virus infection and alcohol consumption.

  7) Myeloid leukemia (Blood Cancer) in adults is also causally related to cigarette smoking.

  8) Passive smoking can increase a non-smoker's risk of getting lung cancer. Other problems associated with passive smoking including heart disease, stroke and breathing problems.

  • Cigarette smoking is clearly the greatest preventable cause of cancer. It represents the largest known voluntary exposure to multiple carcinogens.
  • Cigarette smoking has the addictive power of nicotine, coupled with the simultaneous delivery of multiple carcinogenic (Cancer causing) compounds.
  • Prevention is better than cure and hence the only way to prevent tobacco related cancers is to enforce stringent measures to ban tobacco and tobacco products.

• Major successful methods of tobacco control legislation:
  a) To ban smoking in public places,
  b) Increased taxation
  c) Aggressive anti-tobacco advertising

• Mechanisms of tobacco-induced cancer have provided a strong framework for understanding the actions of tobacco carcinogens.

  1) An excellent understanding of the carcinogens in tobacco products is now an established fact.
  2) Themetabolism of carcinogens (Cancer forming agents) in the tobacco products, cause DNA damage and is an interim step to developing cancer.
  3) This in turn leads to genomic instability and ultimately to cancer due to the persistence of unrepaired DNA in tissues of people who use tobacco.

Dr. Marzi Mehta
MBBS, MS, DNB, Surgical Oncology

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, 2301 6000 / 2305 3602/3607, 2306 4441 / 4442
Thoughts of......

Dr. Prasad Kasbekar
M.S. M.ch. F.e.b.s.
Consultant Cancer Surgeon,
Mumbai.

THE ORAL CANCER MENACE:-
Oral cavity cancers include cancers of the lip, tongue, buccal mucosa, alveolus, floor of the mouth and the palate. Most often they are of the subtype characterised as Squamous Cell Carcinomas. The need to talk on these cancers arises from the markedly increased incidence seen in the Indian Population with it being the most common cancer in Indian males and the fifth most common cancer in Indian females. Mostly seen in the later ages (above 50 years age), oral cavity cancers are now being seen in younger and younger patients with people as young as 25 years also developing the disease. Causes for oral cancer mainly include tobacco and tobacco related product consumption, which is rampant amongst the Indian Population. Public health awareness campaigns seen especially in Cinemas and bus stands do not seem to have the desired effect in the population. Stronger methods need to be employed. However, although tobacco is the main culprit, other known causes also need attention especially for healthcare providers so that they can be vigilant towards scanning for possible cancer in patients. Chronic oral cavity infections mainly those such as dental caries leading to prolonged gingivitis is a possible risk factor, crooked teeth leading to persistent oral cavity micro-trauma is another cause. The importance of a healthy oral hygiene cannot be over emphasised, this is lacking in a majority of the population, especially the lower income strata. Other causes are there such as Human Papilloma Virus, but the etiological incidence is rare in our population.

So how does one suspect a possible cancer of the Oral Cavity? Well some of the signs are as follows:-
1) Presence of an ulcer in the oral cavity or a mass in the oral cavity is usual tell tale sign of a cancer. Ulcers which do not heal over time, those which are painless are more likely to be cancerous. Always consult your dentist if you have the same and never rule out the possibility of cancer if you have it.
2) Bleeding from the oral cavity, especially on trivial trauma is also a sign of a possible hidden malignancy. Bleeding from gums should get investigated especially if present over a long time.
3) Loosening of teeth, falling of teeth is also a possible sign of cancer and should make you visit the dentist immediately.
4) Restriction of mouth opening and tongue movement are also important signs of a possible cancer underneath.
5) Lastly any swelling in the neck should be viewed with suspicion as it could indicate a possible cancer underneath. So if any of the above is positive then you should go visit your dentist immediately. And be encouraged to get yourself properly examined and investigated for the same. Here I must stress that an early intervention has a much better outcome thus getting yourself treated promptly will ensure that you will have a long and cancer free life.

So what are the treatment options for an oral cavity cancer?
The primary form of treatment is surgery, where the entire cancerous region is resected and the defect is then reconstructed to recreate the oral cavity. Based on the degree to which the cancer has spread, a person may need radiation with or without chemotherapy after the surgery. Certain patients may be so advanced that surgery may not be an option and the patient may need to be given only radiation and chemotherapy, the results of which are not so good.
So as a summary of this article, I would like to stress on a few points which if we do follow then I feel that the results and outcomes of oral cavity cancer can be drastically improved in our country.
1) Educate people not only on the etiological risk factors of oral cancer such as tobacco consumption, but also on the warning signs so they may seek intervention immediately.
2) Do not hesitate to aggressively examine and investigate any patient with suspected oral cavity cancer, however remote the suspicion.
3) Ensure treatment is initiated at the earliest, as delayed treatment has poorer outcomes. In fact, early treatment may even avoid the need for radiation or chemotherapy.
4) A lot of advances have taken place in the treatment of oral cavity cancers, recent advances have resulted in much better survival rates as well as better cosmetic outcomes. Many times cosmetic results are so good that the extensiveness of the surgery are almost totally masked.
5) In collusion with the above two points, I must also stress that one should take treatment from the correct specialist. The first intervention is always the best intervention, so taking your primary treatment from a specialised cancer surgeon will achieve the best outcomes and be the most cost effective.
Cancer patients may not lose all their hair during chemotherapy

Patients undergoing chemotherapy may no longer lose all their hair.
Tata Memorial Hospital (TMH), Parel, recently completed trials of an imported technology that will reduce hair loss in patients during chemotherapy.
Trials on the scalp-cooling technology, which reduces the side effects of chemicals on hair follicles during chemotherapy, started two years ago and the hospital said it is now ready to offer the technique to its patients.
The hospital said the trial achieved 56% hair retention rate during radiation among patients and 85% hair regrowth after treatment, compared to almost 100% hair loss and 12% regrowth rate among patients, who were not part of the trial.
Dr Iyoti Bajpai, professor of department of medical oncology at TMH, said, “Chemotherapy targets rapidly dividing cells in the body which also affects hair, leading to alopecia (baldness). Through scalp-cooling technology, we limit the damage of hair follicles by reducing the temperature of the scalp to around 18 degrees, before, during and after chemotherapy. This causes vasoconstriction, which reduces blood flow to hair follicles by narrowing down the blood vessels, minimising hair loss.”
The trial has been conducted with two most commonly used drugs in cancer chemotherapy — taxane and anthracycline.
“Through the trial, we just wanted to find out the success rate of it so we have incorporated the two most commonly used drugs in the process. So, even though the trial was only on patients suffering from breast cancer, it would be useful for all cancer patients,” added Bajpai. The result showed that the success rate of taxane was higher than anthracycline.
The clinical trial was done on 51 women undergoing treatment for breast cancer. A patient wears a cooling cap with attached coolant tubes for at least 30 minutes before chemotherapy. The tubes remain connected to a refrigeration unit which circulates the coolant to the cap. The refrigeration is kept below -4 degrees with help of cooling crystals. After chemotherapy, the standard post-cooling time is 90 minutes. Doctors said many cancer survivors, especially women, feel stigmatised after going bald.
Dr Shripad D Banavali, head of department, paediatric oncology, TMH, said the technology will help younger patients in their psychological improvement. “Young patients go into depression after going bald. The new technology can provide hope to hundreds of patients. So far, this was available only in western countries,” said Banavali.
The hospital has procured two machines from the US which has been given free of cost as it is for a clinical trial. Even though it had approval of Food and Drugs Administration, TMH had to run the clinical trial to check if it can be used among patients in India.
The hospital said priority will be given to in-house patients, especially girl children. There would be a minimal charge but it hasn’t been decided. The department has submitted a research paper on the trial in an international journal for reviews.

Hindustan Times-Oct 16, 2019

Now, cancer biggest killer in rich countries.

Cancer has become the leading cause of death in rich nations, overtaking heart disease, according to the results of two landmark, decade-long global surveys of health trends released Tuesday.
Heart disease remains the leading cause of mortality among middle-aged adults globally, accounting for more than 40 per cent of deaths, the data showed.
It was thought to have been responsible for around 17.7 million deaths in 2017.
But in richer countries, cancer now kills more people than heart disease, according to the twin studies published in The Lancet medical journal.
“The world is witnessing a new epidemiologic transition among the different categories of non-communicable diseases, with cardiovascular disease no longer the leading cause of death in high-income countries,” said Gilles Degenais, emeritus professor at Laval University, in Quebec.
He said his team’s study showed that cancer was the second most common cause of death globally in 2017, accounting for just over a quarter (26 per cent) of all deaths.
Degenais said as heart disease rates fell globally, cancer could become the leading cause of death worldwide “within just a few decades“.
The study followed more than 160,000 adults, in high-, middle-, and low-income countries over the course of decade.
It determined that people in poorer nations were on average 2.5 times more likely to die from heart disease than those in richer ones.

Mumbai Mirror-Sept. 04, 2019
Thank you again to all staff & supporters of CARF.
Thank you
Yours Truly
Amit & Parul
9975625747

Dear Sir/Madam,

This is a postcard from our patient with an extremely painful and debilitating illness. She is undergoing treatment at a hospital in our city but is unable to afford the necessary medication. We are in urgent need of financial support to help her continue her treatment.

Thank you for your kind support.

Best wishes,

Amit & Parul
Cancer Aid & Research Foundation (CARF) celebrated Christmas and New Year with cancer patients on 28th December 2019. There were various programs organised for the kids suffering from cancer. The event was graced by the presence of Mr. Sanjay Khan, well known Actor & Director who was the chief guest of the function. The event had an highlight as CARF’s co Founder Prof. Dr. Rehan A Kazi was present during the function and spent some quality time with the cancer patients. Mr. Shahbaz Khan, renowned Actor and Mr. Dilip Sen, singer and music composer also were present during the function. Mr. Shamsh Mulla, Chairman, Mrs. Savita Nathani, CEO and Mr. Ali Khan Actor and Trustee of CARF also were part of the event. Cheques were distributed to the cancer patients. Magic show and mimicry show was organised for entertainment of the cancer patients.

I was constantly having pain in the nasal area and this was continuous for a month. When I observed, there was an increase of bone in one of the nose. We ignored it but it was increasing more and more and later on I was unable to breathe properly. I approached our family doctor and he did some scans and tests and immediately did surgery and took a little piece of the bone. This did not solve my pain and again CT-Scan was done. The report showed it’s a Juvenile nasopharyngeal Angiofibroma. Then doctor recommended to shift to another hospital for further treatment and care. Another surgery was needed to clear off my illness. We already had spend on my first surgery and another burden of surgery was too much to ask. In this moment of despair we approached CARF and CARF has helped me to get through this illness with the financial and medical help. Now I am completely fine after my surgery and leading a normal life. Thank you CARF.

CARF wishes Happy Birthday to:

- Mrs. Vardha S. Nadiadwala
- Mrs. Geeta Gawli
- Mr. Anup Jalota
- Shri. Jadhav Bhaskarao B.
- Mr. Uttam Prakash Agarwal
- Prof. Dr. Rehan A. Kazi
- Adv. Aziz H. Visram
- Rev. Fr. Joe Pereira
- Mr. Mahesh Bhatt
- Justice (Retd.) Shafi S Parkar
- Mr. Khan Mohammed Arif Nasim
- Mrs. Savita Nathani
- Mr. Usman Kazi
- Dr.(Mrs.) Irfana Rehan Kazi

6th July
20th July
29 July
1st August
11th August
24th August
31st August
6th September
20th September
1st October
21st October
2nd November
6th November
24th November
Independence Day

Independence day is celebrated every year on 15th August and it is celebrated all over India with great enthusiasm. This year CARF celebrated Independence Day in CARF office by wearing tricolour theme based clothes. CARFIANS also had special patriotic song session and other activities to lighten up the moment. Mr. Shamshi Mulla, Chairman & Mrs. Savita Nathani, CEO graced the occasion and participated in the celebration. Overall, the Independence Day was a moment of inspiration for all remembering the freedom fighters who strived hard to give us the freedom we enjoy.

Cheque Distribution for Cancer Patients

Late Prof. A. A Kazi was the man behind the beginning of CARF. To mark a remembrance of his life, CARF organised a small function with cancer patients on the death anniversary of Late Prof. A. A Kazi. The program began with a tribute to the founder of CARF and commemorating the success of CARF under his guidance. Sumptuous lunch was provided to the cancer patients. The event was sponsored by Nadiadwala Grandson Entertainment Pvt. Ltd.

World Rose Day

The rose is a symbol of love, care and concern. On September 22 every year, Rose Day is observed, for all the people all over the world who are battling with cancer. On the occasion of World Rose Day, CARF organised a special program for the children affected by cancer. Cancer kids were taken to Inox, Marine Lines for the screening of the popular movie known as “Lion King”. The children had a wonderful time visiting the movie theater and enjoying every minute of this movie. A Sumptuous lunch was also provided to all. Overall, it was a day filled with learning, fun and enjoyment. CARF wishes everyone a Happy Rose Day.

The world food crisis is affecting more than 3 billion people, which is approximately half of the total population. The increasing population may seem to be the main cause for this problem, however, it is not true. Thousands of people across the globe are not getting enough nutrition to survive, which is resulting in poor health condition and in some cases causes death. To support this noble deed of food crisis, it is celebrated as world food day on 16th October worldwide. To support the current factor about hunger and poverty in our country; our organization took a small step ahead in making a difference. On occasion of world food day, CARF organised a food distribution program at Sant Ghadge Maharaj Dharamshala at Dadar for all the cancer patients staying at the Dharamshala. More than 300 cancer patients were distributed healthy food. It was a moment of joy for the people present and the cancer patients.

World Breast Cancer Awareness Day

The Breast Cancer Awareness Month, marked in countries across the world every October, helps to increase attention and support for the awareness, early detection and treatment as well as palliative care of this disease. CARF celebrates this day by organising various camps for awareness. This year an awareness drive was conducted in the premises of Bank of Baroda, Vikhroli wherein CARFIANS distributed Breast cancer awareness pamphlets and placed pink ribbon on all women in the area. All the staff wore pink shade dress to support the campaign.

Children’s Day

Children’s day is celebrated every year on 14th November to remember Pandit Jawaharlal Nehru, the first Prime Minister of India. During this day CARF organises various activities for the kids suffering from cancer. This year it was a special moment for the children as a special session was organised with Mr. Johnny lever, well known actor and comedian. The function was organised under the leadership of Mr. Ali Khan Actor and trustee of CARF. Mr. Shamshi Mulla, Chairman also graced the
occasion. Dr. Bharthi H. Lavkar, MLA of Versova constituency was present to show support for the noble work done by CARF for the needy cancer patients. Cheques were distributed to the cancer patients in the hands of the guests.

Campaigns
CARF conducts various online campaigns throughout the year in regards to awareness of different types of Cancer. In the month of September CARF started a month long campaign for Lymphoma and Leukaemia with an initiative to raise awareness for this dreaded disease. Various activities and campaigns were done on social media platform to raise awareness.

October month is promoted as Stoptober month every year. Stoptober is an initiative started by CARF to urge people to quit smoking for 30 days and see the change. It is said that if someone quits tobacco for 30 days they are likely to quit tobacco permanently.

November month is an important month in regards to online campaign as November is celebrated every year as Movember. Movember is an initiative started by CARF wherein we urge all Men to grow their moustache for 30 days. This campaign is to support all the men who are facing various types of men health issues. This year also the campaign was conducted and many men participated in the campaign. Here was a winner chosen after the campaign ended. The Man of Movember was selected as Mr. Alim Deshmukh.

Doctor’s Talk Several Doctor’s talk takes place every month at CARF office in Byculla. Every talk, we conduct has a different impact on every patient’s life. Life isn’t always fair; we just have to make the best of what we’re given. Through the various sessions we did try to offset the limitations caused by various cancer and cancer treatment for all the patients. The session is about explaining how a tumor can be benign or malignant, and the treatment for cancer is often successful if the cancer is detected in the early stages. The doctors also give a brief explanation of the most common types of cancer treatments which include surgery, chemotherapy and radiotherapy. The list of different doctor's talk that took place from the month of July to December 2019 are listed below.

- Cancer, Prevention & Care – 30th July, 2019 by Dr. Kiran Kalyankar.
- Cancer Awareness for Patient & Relatives – 23rd August, 2019 by Dr. Tariq Palla.
- Cancer Rehabilitation – 30th September, 2019 by Dr. Jay Gupta.
- Lung Cancer – 9th Nov, 2019 by Dr. Dr. Prasad Kasbekar.

Mission 'Sahay' is the idea by CARF to reach out to support the needy people by organising a door to door health check up and guidance. During the health check up, the team of Doctors, assistants and CARFIANS visit the area with the proper setup of ambulance and basic healthcare accessories and guide general public with the proper healthcare measures. Mission 'Sahay' aims at an initiative of eradicating lack of medical help to the down trodden people. General guidance and medical help is provided for not only cancer but also other illness. Over the last 6 months, there has been tremendous impact on the lives of the needy people and maximum awareness and treatments are given to cancer patients. CARF is one of the top medical NGO in the country and Mission Sahay is one step closer to becoming the top medical NGO internationally.
CARF wishes all its readers and well wishers

HAPPY NEW YEAR!
Life is short – dream big and make the most of 2020!

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- 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

Please draw your cheque in favour of Cancer Aid & Research Foundation and send it to its
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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

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

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