

# Mitra Sandesh

June 1, 2022

## 1 Welcome to the Inaugural

issue of Mitra Sandesh, the monthly update to our stakeholders and community at large, of happenings, news, views and learnings, as we take the first steps in the journey of Mitra CanCare Foundation, a not-for-profit company with the mission of cancer awareness, prevention, and people-centric non-medical support services.

## Mitra CanCare conducted an exclusive interactive session with Dr. Niti Krishna Raizada

Dr. Niti Krishna Raizada is the Director for Medical Oncology and Hemato-Oncology at Fortis Group of Hospitals, Bengaluru.



Covering wellness in women, awareness of types of cancer that could affect women and day-to-day steps to maintain a healthy living. This online webinar on 14th May 2022, was well attended by online participants, both women and men. In her talk, Dr Niti highlighted the following, with statistics:

a) Increased incidence of cancer in India especially in youth/productive workforce. b) The common types of cancer among women c) The most important role of timely prevention and methods of the same in different age-groups including vaccination d) Self-examination and Screening as an important part of prevention and early detection e) Tips for a healthy lifestyle and wellness programs.

Dr Niti also answered a wide range of questions from the participants.

## World No Tobacco Day – May 31, 2022

### Tobacco is a proven cause of high incidence of cancer.

Awareness and Prevention of Cancer is one of the core initiatives of Mitra CanCare Foundation. Tobacco is a proven cause of high incidence of cancer. We did our bit to enlighten the population on the subject through posters and a short message from a renowned Oncologist.



### World No Tobacco Day :

This is a day to take a check to seek and understand the close relationship between Tobacco consumption, in all forms, and incidence of cancer, and make a choice. A wise choice is to have no tobacco today and then everyday for the rest of your life. Choice is yours. Listen to this message from [Dr Belliappa M S](#), Senior Consulting Oncologist, Advisor & Mentor at Mitra CanCare Foundation.

Thank you for your patient reading. Do send your feedback/ comments/ suggestions by writing to us at [contact@mitracancare.org](mailto:contact@mitracancare.org)

If you find this meaningful, do share it with your family and friends and do inform us of their e-mail ID so that we can add them to the mailing list.



Note

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