

# Mitra Sandesh

July 1, 2022

## I CAN & I WILL

The month of June is dedicated to VeerMitra (Cancer Victors) to celebrate life and encourage all those who are still battling, that it is possible to beat cancer. If you are a VeerMitra take some time to reflect and share your story with others.



## Mitra CanCare webinar on Prevention of Cancer – Tips and Tricks

**Dr. Tapaswini Pradhan, Senior Consultant, Surgical Oncology (Head & Neck), Indraprastha Apollo Hospital & Apollo Noida**

Dr. Tapaswini Pradhan gave a brief introduction to cancer and the increase in its prevalence. This online webinar on 18th June 2022 was well attended by both women and men. Her address focused on causes of cancer which can be targets for prevention through the following “Tips and Tricks” to prevent cancer from these causes.

The potential causes of cancer, from the lifestyle perspective, are :

- High BMI
- Low intake of fruits & vegetables
- Lack of physical activity
- Consumption of unhealthy substances like tobacco & alcohol

**“The best tip for prevention is to adopt a healthy environment & lifestyle and to avoid consumption of harmful substances like tobacco, alcohol and drugs.”**

“Cancer is not contagious, but victory over cancer can be.”

Amar Bhaskar



## International Yoga Day June 21, 2022

**Dr. Raghavendra Rao, Director, Central Council for Research in Yoga and Naturopathy, Ministry of Ayush, Government of India**

Regular practice of Yoga is known to keep all body organs in fitness and is supposed to improve immune response against diseases, including cancer. Invented in India and practiced in various forms all around the world, the Government of India celebrates the International Yoga Day with millions of people participating every year. Mitra CanCare has our own little contribution to make Yoga as part of your life with this message from Dr. Raghavendra Rao, Director, Central Council for Research in Yoga and Naturopathy, Ministry of Ayush, Government of India. He is a member of our Medical Advisory Council and a mentor for cancer prevention. Listen to Dr. Raghavendra’s message on Mitra CanCare Website [www.mitracancare.org](http://www.mitracancare.org)



## Dr Lata’s Corner LEARN & KNOW

**Q** : Do you have an ulcer in the mouth?

Mouth Ulcer is easy to spot. It appears as a sore on the tongue, lips, gums, cheeks, floor or roof of the mouth.

**Cause of Ulcer** : Most often it is due to injury, tongue bite or burn; bacterial, fungal, or viral infection are possible other causes.

**Symptoms** : Pain &/or irritation while brushing teeth or eating food. Sometimes painless to begin with.

**Course** : Most oral ulcers go away on their own; may need some medication to reduce pain and inflammation along with maintaining oral hygiene.

However, if your ulcer is painless, unusually large, does not heal, **DO NOT IGNORE**. Seek medical consultation. It can be due to cancer.

**BE AWARE!** and maintain a healthy lifestyle.

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.



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