

# Mitra Sandesh

September 1, 2022

## I CAN & I WILL

Persons who are diagnosed of cancer are emotionally unstable and experience large levels of stress. Cancer Victors (VeerMitra) can help them regain their confidence and strength by making them understand that they are not alone and that cancer is manageable like many other diseases.



## Maintaining Health in Metros

**Dr. Mayur Vinaykumar Kaku** 

Senior Consultant Neurosurgery, HoD Yoga and Neuroscience, PES Medical College, Kuppam

"All lives depend on each other. Hence we need to come together as 'Vasudhaiva Kutumbakam' (the word is one family)" said Dr. Mayur stressing the importance of recognising how our actions affect other lives and in turn our own. There are around 100 towns with over 1 million population and the urbanisation is constantly increasing. Unplanned and congested cities present large health hazards to habitants.

Crowding, Air Pollution etc. are some of the issues that cities around the world are struggling to resolve. These issues have been proven to cause major health issues like HIV, Tuberculosis, Cancer etc. Dr. Mayur went on to explain how to overcome some of these issues and lead a healthy life. Another, much needed and timely, awareness session was held by the Mitra CanCare Foundation. The participants enjoyed the session.

“ Discover the joy of helping people manage cancer. ”

Amar Bhaskar

## Health is Wealth

Being healthy means that we are socially, mentally, and physically fit. Physical Health is all about how we maintain our body through diet, rest, and exercise. Mental Health manifests as our ability to perform our duties while keeping stresses under control. Social Health refers to our ability to manage our relationships with others around us, like the family and friends.

If we do not take care of our health, we will encounter many health-related issues later in life. When we entered our professional job, the work pressures like earnings, performance and career assumed greater importance. The focus on health took the back seat.

Dr. Fuller, a British physician, preacher and intellectual, way back in 17th century gave a beautiful quote "Health is not valued till sickness comes". What a true statement. Develop a lifestyle in which there is equal focus on health and work and lead a happy life.



## Dr Lata's Corner

### LEARN & KNOW

#### Q : Do you have persistent Diarrhoea or Constipation ?

If you are older than 40 years and you notice that your normal bowel habits have changed and show persistent symptoms of **Constipation** and narrow stool, it probably suggests an obstruction in the lumen (central opening) of the intestine.

Persistent **Diarrhoea**, streaks of blood in the stool, abdominal pain and feeling of incomplete evacuation of bowels are symptoms of concern. These symptoms are also seen in the case of Irritable Bowel Syndrome

If these symptoms are accompanied with anaemia, fatigue, or weight loss, one of the causes could be **Colo-Rectal Cancer** (Cancer in the Colon/Rectal regions). Obesity, excessive alcohol consumption or family history of polyp or bowel cancer, increases the risk.

Do not ignore the symptoms and consult your Doctor immediately. Lead 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.



Note

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