

Mitra Sandesh

October 1, 2022

I CAN & I WILL

Facing cancer twice has taught me many things in life. "What lies behind us and what lies ahead of us are tiny matter, compared to what lies within us". That is our inner strength, will and positive attitude to fightback and regain your own control.

“ After the shocks of cancer diagnosis wear out, accept the change with determination, you will find your own way forward.”

Amar Bhaskar



Women & Wellness

Dr. Rani Bhat 

Head & Senior Consultant – Division of Gynaecological Oncology, Apollo Hospitals, Bangalore

In India, women's health is not an openly discussed topic. Always putting others first, the Indian women have a tendency to ignore personal problems. In some cases, it might even be considered a taboo to talk about health irregularities of women. This often happens at the cost of their own health. If she is already suffering from stress and anxiety, this could make it worse and even lead to depression affecting all those around her as well. Dr Rani discussed about common problems in women and signs and symptoms which should be addressed and should not be ignored. Women should eat healthy and get regular checkups done. Another, much needed awareness session about a largely ignored topic on women health was held by the Mitra CanCare Foundation. Large number of participants joined and participated in the Q&A session.



TARUNI MITRA LAUNCH

Launched by Ms. Lakshmi Venkatesh
on September 17, 2022, Saturday

Understanding the specific needs for women in our society, we have designed a forum specially for women called Taruni Mitra which focuses on **Women & health and well-being**. The programs and topics are carefully planned to help women understand the **importance and timely interventions in their health and well-being**.

Taruni Mitra was launched with an inaugural address by **Ms. Lakshmi Venkatesh**, President, Inner Wheel Club of Rotary Bangalore West. Having worked extensively in health projects like Pulse Polio, Creating Breast feeding awareness, Heomphilla and Thalesemmia support services Lakshmi has significant experience in leading such long term initiatives and is looking forward to create social impact with such programs.

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.



Dr Lata's Corner LEARN & KNOW

Q : Have you noticed any changes in your breast ?

Normally, just before menstruation, due to hormonal changes, many women notice change in breast size / tenderness / lumpy feeling on palpation. However, after the age of 25 years, SELF EXAMINATION, viz., inspection and palpation should be a routine, best done immediately after periods every month.

Inspection: Look for the difference in the size of the breast, discoloured flaky skin over breast and nipples, dimpled skin, pulled in nipples. Stand in front of the mirror with both hands raised above the head for visual examination.

Palpation: next, feel for any lump in the breast and armpits; also look for blood tinged or any abnormal discharge from the nipple. Feel for thickened skin over the breast.

These changes may be due to breast cancer. Lump in breast can be non-malignant like fibroid. Ultrasound of breast and armpit can detect the lump, but biopsy confirms the diagnosis.

DO NOT IGNORE. Seek medical consultation.



Note

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