

Mitra Sandesh

November 1, 2022

I CAN & I WILL

Cancer awareness is the key to early detection and screening is an important preventive measure. Early detection of disease may help in early treatment and may either cure the disease or improve the outcome and quality of life of the patient.

“ **Be Aware, Be Alert, Be Attentive; Don't Assume, Listen to your body.** ”
Amar Bhaskar



Taruni Mitra - Breast Cancer Awareness

Dr. Soumya Holla

Senior Breast Cancer Surgeon & Director, Holla Breast Centre, Bangalore

"With the increasing incidence of breast cancer, the only silver lining is early detection, increasing survival rates by 95%! Emphasis on prevention and early detection were the guiding forces behind this initiative to provide momentum for a movement of prioritizing health, by empowering women with the right knowledge and resources. Mitra CanCare Foundation was fortunate to have some of the best, highly experienced doctors and cancer victors share relevant knowledge during this event. The programme with an invocation song by Ms. Poornima Jayarao,

followed by the welcome address delivered by Dr. Beliappa MS. The Mitra CanCare Breast Cancer Awareness guide was launched. Mrs. Saraswathi Kasturirangan delivered the inaugural address, emphasizing on the importance of early detection along with the right attitude and support. Our guest speaker for the breast cancer awareness session, Dr. Soumya Holla, Senior Breast Cancer Surgeon, & Director, Holla Breast Centre, shed light on the prevalence, risk factors, treatment trajectory in different stages of the illness and preventive measures. The statistics about biological,



socio-cultural factors leading to changing patterns of the illness were eye openers for many. Ms. Jyothi Pai, representative from our event sponsor WIPFLI, highlighted the practices in her organization that supported women to take care of them-

selves and appreciated this initiative to talk about this often-sidelined topic of prevention. Ms. Anmol Agarwal, from our collaborating organization Lotus Diagnostic Centre, shared their vision to be a one stop solution for all health care assessments.

Cancer victor, Ms. Sharada talked about how cancer support groups help various stakeholders during the treatment and recovery period.

Veer Mitra Panel speakers Mrs. Girija Nadagoudar and Ms. Shruthi Bhimesh shared about their own journeys of overcoming the illness and becoming a source of support for other women.

Everyone went back with valuable information about their health, along with discount vouchers for screening/assessment.



Dr Lata's Corner LEARN & KNOW

Q : Have you noticed blood in stools?

Streak of blood on hard stool along with pain, while passing stools can be due to local cause like hemorrhoids (piles) or fissure in anal region. Blood in stools with mucus and pain in the abdomen can be due to rectal or intestinal infection.

Polyp in the colon, ulcers or colorectal cancer can present as bleeding per rectum.

Any bleeding through rectum needs immediate evaluation by a doctor who will do a physical inspection, rectal examination, assess the amount of blood loss by looking at the level of hemoglobin, and then may advise colonoscopy.

With prompt treatment of fissure one can avoid surgery, excision of polyp can prevent it from becoming cancerous, and early detection of colorectal cancer can improve the survival rate.

Consult your doctor immediately. Do not neglect. Be Aware and Be Healthy.

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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