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I CAN & I WILL

There is healing power in positive thinking. The power of positive thinking is so pervasive, that most oncologists recommend their patients to developing a positive mental attitude to help overcome the setbacks and side effects during treatment of cancer and assist in the recovery.

“ Surround yourself with people who induce positivity all around you. ”
Amar Bhaskar



Kick cancer Before it kicks you : Tips to reach the Finals

Dr. Prabhu Nesargikar

Consultant, Upper GI Onco Surgeon, Bariatric & Endoscopic Surgeon, HCG Hospitals

“While the incidence of cancer has increased worldwide, Cancer is a disease, which has moved from being a death sentence, to now being a chronic disease where patients live longer lives than before. Cancer is like a visitor you can't ignore who can cause serious impact derailing your routine, your plans, your work, your sleep, and your relationships. You need to muster enormous amount of energy, self-discipline, resilience,

and courage to endure the visit. Dr Prabhu spoke about Group stages – Diet, Physical Wellbeing, Vaccination and Social Wellbeing which could be important factors in increasing or decreasing the chances of disease. Obesity and Cancer Causation

- In Women- causes more oestrogen production
- Impacts Breast, kidney, bowel, womb etc.
- Be in healthy weight pyramid

Continued...

Actually we have maintenance contract for periodically servicing for everything in our household and ignore the most important person in the house, that is you !

Many people keep asking why should I go for screening when I am healthy and there are no adverse signs or symptoms. Dr Prabhu explained precious lives can be saved if screening is done regularly, cancer like disease early detection is the key for treatability. Screening is the best tool we have to detect many cancers early.

Lastly Dr prabhu summarized with a very nice quote, It is not just the length of life, quality of life matters, cancer could affect both. There are many ways to reduce the risk of cancer, ensure you pick the right habits and the right lifestyle and implement them.

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 Swaroop's Corner

MD radiation oncology, DM medical oncology, MRCP SCE medical oncology

LEARN & KNOW

Gastric Cancer- Early detection saves lives

Cancers which develop within deep seated organs often tend to grow silently till they reach an advanced stage, thus leading to poor outcomes. The stomach being one such deep seated organ, and stomach cancers are seldom detected early in India.

Gastric (stomach) cancer is one of the more common malignancies affecting people in Southern India. Majority of patients diagnosed with gastric cancer often retrospect that they indeed had symptoms of upper abdominal pain and discomfort. But often, these symptoms are brushed away with a 'self-assigned' diagnosis of 'gas trouble' or 'gastric problem'. There are countless instances where people with gastric cancer are misdiagnosed as gastritis and have taken antacids and over the counter medicines for months. Early detection, in stage-I makes stomach cancer curable with relatively less effort and less intense management.

It is thus important that long standing pain or discomfort in the upper abdomen requires medical evaluation which may include endoscopy.



Note