

Mitra Sandesh

April 1, 2023

I CAN & I WILL

Cancer doesn't just affect the person who has it, everyone in family is touched by this. The immediate family is the first line of emotional support for the patients. They play a considerable role from diagnosis all the through the treatment. Patients seeking help from experienced support organizations could benefit more in navigating through the treatment.

“Joining a cancer patient support group always helps and makes you feel, “You are not Alone”.”

Amar Bhaskar



Make a Difference with Colon Cancer Awareness

Dr. Narasimhaiah Srinivasaiah

Associate Professor of Surgery, Apollo Hospitals. Head of Colorectal Services, Karnataka Region

In INDIA Colorectal Cancer is the 4th leading cancer in men and 6th leading cancer in women. Both men and women get Colorectal cancer. This cancer often starts with no symptoms. “YOU CAN STOP this cancer before it STARTS”. Oncologists suspect that the increase in Colorectal Cancer cases specially with young adults could be mainly due to Lifestyle changes, Obesity, Dietary habits, especially lack of fiber in diet and smoking. Early detection and treatment are crucial for improving the prognosis of colorectal cancer.

He recommended to work on the risk factors. He mentioned that the journey of cancer is: Prevention -> Screening -> Diagnosis -> Treatment -> Recovery / end of life . Hence Prevention is very vital with good eating habits and exercise. Look for the symptoms , for the routine changes- going more often urination, blood in urination can be symptoms of Colo-rectal cancer. Quickly get diagnosed.

Women's Day - Women Wellness and Awareness Program

8th March 2023

8th March 2023 was observed internationally as Women's Day. Mitra CanCare organized Taruni Mitra – women wellness and cancer awareness program for **LabCorps** on **9th March 2023** at their premises.

The program consisted of Women Wellness Session by **Dr Rekha Ahuja** followed by Cancer in Women Awareness by **Dr Suneetha**, from Mitra Medical Advisory Council. **Ms. Savita Shekhawat** shared Veer Mitra inspirational talk with the LabCorps women employees.

The program was **attended by around 370 LabCorps employees**, majorly women. The awareness and knowledge received by the participants from the informative session was well appreciated and an engaged Question and Answer session followed by the talk, helped them to clear many doubts.



Dr Swaroop's Corner

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

LEARN & KNOW

Head & Neck Cancer: Manageable but often lost in plain sight.

Head and neck cancers (HNC) are commonly linked to risk factors like tobacco, alcohol, HPV virus, and chronic irritation due to sharp teeth. While not all cases can be prevented, most are avoidable.

HNC are unique in that early detection is possible due to the rather accessible location of these cancers, leading to higher chances of successful treatment. While surgery alone is adequate in very early stages, most patients present in locally advanced stages and thus require a multi-modal approach involving surgery, radiation therapy, and chemotherapy.

For patients with metastatic and recurrent HNC chemotherapy and anti-EGFR targeted therapies have been the mainstay. However, of late, immunotherapy with PD-1 blocking checkpoint inhibitors has emerged as a promising treatment option with encouraging success rates.