

Mitra Sandesh

May 1, 2023

I CAN & I WILL

Cancer is fast becoming a common disease in India. Even though cancer may be life-threatening, many people have successful treatment and live with cancer for a very long time. Cancer and its treatment may cause some changes in how you look, feel, and think about yourself. For most people with cancer, "Learning to Live" is one of the biggest challenges they have ever faced.

“Staying involved in life and helping others makes you feel good about yourself and thus helps you cope with the disease.”

Amar Bhaskar



I have Thyroid

Dr. R.P Deo

Consultant Onco Surgeon, Head & Neck Oncologist at Dr.Rudrappa Hospital, Manipal Hospital, Aster Hospital, (Bengaluru) and Mahavir Cancer Sansthan, (Patna).

I HAVE THYROID, seeming like a fashion statement and status symbol!

A large majority do not know the exact problem! It is the most common endocrine disorder, especially in ladies. Lifestyle changes such as sedentary habits, dietary indiscretions, prolonged periods of inactivity, lack of formal exercise, and stress all can affect Thyroid gland function.

During the course of the session Dr Deo highlighted key facts about Thyroid gland and its function in our body. The throid gland traps Iodine from our diet and produces the hormone Thyroxin which is essential for metabolism and neuromuscular co-ordination. Requirement of Thyroxin varies as per the life cycle from childhood to old age. In ladies Thyroid undergoes cyclic changes throughout their reproductive age causing a waxing and waning effect on the gland

Continued...

every month. The gland like all other organs can have either genetic, metabolic inflammatory or neoplastic disorders having specific signs and symptoms. Elaborate history and clinical examination is good enough to diagnose most Thyroid disorders.

Dr. Deo also highlighted about the Goitrogenic cooked vegetables like Broccoli, Cauliflower, Brussels Sprouts, Raddish which hampers the synthesis of Thyroid hormones, while consumption of iodized salt and certain iodine rich dairy products, eggs, fish prawn etc. would enhance the thyroid function.

Thyroid cancer is the commonest endocrine and pediatric type of cancer. Thyroid cancers are generally friendly and very slow growing types and almost 100% curable. Surgery is the most effective ways of treatment.

Dr Deo also gave precautions for all who are on supplementary hormones to have the regular checkups at 4 monthly intervals and discouraged any self medication increasing or decreasing the dosage as any unsupervised medication regarding thyroid could be dangerous for ones health.



Dr Swaroop's Corner

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

LEARN & KNOW

Urinary bladder cancer: do not miss the subtle symptoms!

The urinary bladder is the reservoir which collects urine produced by the kidneys prior to voiding. Cancer of the urinary bladder (CaUB) is one of the more common malignancies in India, more so among men. Common risk factors predisposing one to CaUB are smoking, exposure to chemicals such as hydrocarbons, and certain parasitic infections.

Early symptoms of CaUB include pain during urination, increased frequency in urination, or noticing blood in the urine. A significant proportion of CaUB are diagnosed in early, pre-invasive stages where excision and intravesical chemotherapy or BCG immunotherapy is curative. However in the advanced stages, a multimodal approach involving chemotherapy, surgery and/or radiation therapy becomes important. At times, it may be necessary to remove the urinary bladder and to create an artificial pathway for passing urine.

Thus, early detection not only increases the chance of survival, but also improves the likelihood of avoiding the removal of one's urinary bladder.

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

The contents of this Newsletter are only for information and has not dealt with any issue in detail. Any action taken or proposed to be taken must be in consultation with professionals and not merely based on the articles / news/ views and updates herein. Mitra CanCare Foundation disclaims all liability on action taken without professional and/or medical advice.