

Mitra Sandesh

June 1, 2023

I CAN & I WILL

Published studies have shown that cancer patients who had high levels of spiritual well-being reported better quality of life, a lower level of depression, less death anxiety, and a lower level of distress. Spirituality is a source of strength that helps in coping with the cancer treatment, making sense of their cancer experiences during illness and find meaning in their lives.

“ The first thing I do every morning is to thank God, for he has given me more than what I deserve ”

Amar Bhaskar



Complementary & Alternative Medicines (CAM) vs Integrative Medicine in Cancer Management

Dr. Raghavendra Rao

Ph.D in Yoga and Life Sciences, Director- Central Council for Research in Yoga and Naturopathy, Ministry of AYUSH Govt. of India, New Delhi

During the session, Dr Raghavendra highlighted the stressful and strenuous journey through cancer treatment and addressed how the treatment procedure itself may be detrimental to the emotional well-being of the patient. He explained how Ayurveda, Yoga, Unani Siddha & Homeopathy (AYUSH), also referred to as complementary and alternative medicine (CAM) provide a broad range of healing philosophies, approaches, and therapies. These therapies are used to prevent illness, reduce stress, prevent, or reduce side effects and symptoms, and control or manage the disease. Various surveys show that interest in Complementary and alternative medicine is high among cancer patients.

Dr. Raghavendra highlighted the point that 25% of the patients take recourse to these therapies during the first line of treatment and over 90% take recourse to these therapies mostly with advanced disease.

Continued...

Highlighting the difference in approach between CAM and Integrative Medicines, he explained that CAM is the term for medical products and practices that are not part of standard medical care. During cancer treatment this is used mainly to help cope with the side effects of the treatment such as nausea and fatigue, ease the worries of cancer treatment and related stress etc. Integrative medicine is an approach to medical care that combines conventional medicine with CAM practices that have scientifically shown to be safe and effective and often addresses the physical, mental and spiritual aspects of health.

Dr Raghavendra also explained about the medicinal herbs used in CAM therapies. Studies of potential anticancer drug-herb interactions have revealed the fact that some of these may interfere with the standard treatment in both the positive or negative effect. Only those that are proven to be effective through randomized controlled clinical trials are advocated as part of integrative medicine approach.

Further, Dr Raghavendra recommended Yoga as a good healer during and post treatment for reducing anxiety, improving quality of life, mood and depressive symptoms, fatigue and sleep.



Dr Swaroop's Corner

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

LEARN & KNOW

Brain cancer :

Brain tumors are abnormal growths that originate from within the brain or its surrounding tissues, affecting people of all ages. Symptoms may include persistent headaches, seizures, vision or hearing changes, speech difficulties, and personality changes. The exact causes are unknown, but definite risk factors such as radiation exposure, genetic conditions, and family history can increase the likelihood of developing brain tumors.

Early detection and prompt treatment are crucial. Diagnosis involves imaging tests (such as MRI and CT scans) and biopsies (often by a neurosurgeon). Treatment options include surgery, radiation therapy, and chemotherapy; mostly used in combination based on the tumor's type, size, and location.

Raising awareness about brain tumors is essential for timely recognition of symptoms. Understanding the importance of early intervention can lead to better outcomes and improved quality of life for those affected by brain tumors.

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.