

# Mitra Sandesh

August 1, 2023

## I CAN & I WILL

Ask any person who has been diagnosed with cancer, and many may tell you that the loss of control that comes along with being told this terrifying news is one of the worst parts of it all. Although some degree of loss of control is inevitable, there is a lot that we can control, thereby helping to reduce some of the frustration and feelings of hopelessness that can accompany a diagnosis.

“Early acceptance allows you to regain control of your life.”

Amar Bhaskar



## STAY HEALTHIER LONGER – "A Longevity and Rehabilitation Medicine Approach to Life"

**Dr. Sameer Deo**

MD Physical Medicine and Rehabilitation ; Rehabilitation and Longevity Medicine Physician; Sleep, Nutrition, and Exercise Expert

MitraCanCare Program **STAY HEALTHIER LONGER** "A Longevity and Rehabilitation Medicine Approach to Life..." was conducted on 29th July 2023 by Dr Sameer Deo.

Health behaviors which maximize wellness also minimize illness! You can ensure sustained good health by understanding your personal risk for diseases and modifying your behaviors accordingly.

During the presentation, Dr. Sameer shared evidence-based methods for preventing, detecting, and treating cancer. He emphasized the importance of longevity, lifestyle, and rehabilitation medicine in achieving optimal health. According to Dr. Sameer, the future of medicine will be focused on maximizing wellness and minimizing illness.

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Dr. Sameer introduced us to the concepts of chronological and biological age, and how lifestyle modifications can promote optimal health. He explained that only 20% of our health is determined by genetics, and the rest is under our control.

Traditional medicine is reactive, and we often seek treatment only after the disease has progressed significantly. However, a proactive approach that involves personalized testing, scientific health optimization protocols, and early detection techniques can significantly improve our chances of preventing life-threatening conditions.

Lastly, Dr. Sameer discussed screening protocols for identifying the early onset of cancer, as well as ways in which sleep, nutrition, exercise, supplementation, and non-cancer-related drugs can be utilized to slow cancer progress and support recovery. He concluded with a simple 5-step longevity plan that includes testing and analyzing our health, defining our health goals, understanding the actions required to achieve our health goals, and implementing those actions to ensure we stay healthy longer.



## Dr Swaroop's Corner

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

## LEARN & KNOW

### Lung Cancer :

Lung cancer arises when abnormal cells grow uncontrollably in the lung tissues. Smoking remains the leading cause, responsible for 85% of cases. However, non-smokers can also be affected due to factors like secondhand smoke, air pollution, and genetic predisposition.

Early detection is crucial. Persistent cough, chest pain, wheezing, and unexplained weight loss could be warning signs. Diagnostic tools like CT scans aid in timely detection, enhancing treatment success. Treatment options encompass surgery, chemotherapy, radiation therapy, targeted therapy, and immunotherapy. A multidisciplinary approach ensures personalized care and improved outcomes.

Prevention is paramount. Avoid tobacco in all forms, limit exposure to pollutants, and embrace a healthy lifestyle. Supporting research and education can facilitate progress in combating this disease. By spreading awareness, we can collectively combat lung cancer. Stay informed, make healthy choices, and encourage others to do the same. Together, we can strive towards a world free from the clutches of lung cancer.

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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