

# Mitra Sandesh

December 1, 2023

## I CAN & I WILL

Did you know that you are stronger than you think! The journey through cancer, you get thoroughly tested, both mentally and physically. You become stronger and you now know what you're capable of. Victory against cancer will result in a continuous growth of your inner strength. People who went through cancer reassess their priorities, make changes in various ways to bring a balance back into their life. They devote more time to themselves, friends and family or to hobbies.

“Cancer changes your perspective and makes you to look at things differently.”

Amar Bhaskar



## Is Liver Disease Preventable?

Dr. Naresh Bhat, MD, DM, Gastroenterology

\* Chief of Gastroenterology & Hepatology at Aster CMI Hospital, Bengaluru \* Chairman of the Indian NBI group and a core member of the Asia NBI group (ANBIG) \* Former President Indian Society of Gastroenterology

**Like our heart, the liver is a vital organ performing critical services.** It is one of the organs that is susceptible to our food and lifestyle choices. Dr. Naresh Bhat began his riveting presentation by explaining the functions of the liver. The liver runs non-stop to provide critical functions like detoxification, cholesterol production, metabolism, immune system, blood sugar balance, bile production, protein synthesis and storage of glycogen.

Dr Naresh explained the **four stages of liver disease.** A healthy liver turns to a fatty liver due to misuse. Further abuse causes scarring of the liver causing Hepatic Fibrosis. Continued negligence causes the liver to develop Cirrhosis resulting in severe scarring and disruption in liver function. This could lead to liver cancer.

What we put in our mouth decides the health of our liver. We tend to stretch our day due to work and social reasons. Dr. Naresh Bhat ended the session with a few lifestyle tips to keep our liver healthy.

## Abhaya - Connecting Cancer Conquerors

The program “**Abhaya - Connecting Cancer Conquerors**” was organised by Rotary Inner Wheel District 319 as part of National Cancer Awareness Webinar.

The program was inaugurated by **District Chairman Smt. Rekha Sridhar**, and followed by inspiring talks by Cancer Victors PDC Smt.Rajalakshmi, Smt.A.Kala and Smt.Sujatha Keni **sharing their journey of resilience and triumph over cancer.** This was followed by a session conducted by **Dr.Suneetha, Radiation Oncologist, Aster Hospital** and Medical Advisory Mitra CanCare Foundation on Awareness & Prevention of Common Cancer in Women.

The overall session was highly appreciated by one and all with large number of participants from **Rotary Inner Wheel clubs.** We thank Inner Wheel District chairman Smt.Rekha Sridhar and past district chairman Smt.Sobhana Ramesh for giving Mitra CanCare Foundation an opportunity to conduct the awareness session.



## Dr Swaroop's Corner

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

## LEARN & KNOW Navigating Chemotherapy

“Navigating chemotherapy involves proactive preparation and understanding potential challenges. Before treatment, establish clear communication with your treating team, sharing your medical history and concerns. Prioritize asking for a custom-made nutritional plan and consider joining a support group for crucial emotional support. Practical aspects, like transportation and work arrangements, should be planned in advance. During treatment, anticipate common side effects such as nausea, fatigue, and hair loss.

Communicate symptoms promptly to your healthcare team for effective management. Post-treatment, follow care instructions diligently, incorporating gradual physical activity and maintaining a balanced lifestyle. Recovery duration varies, so be patient and openly discuss concerns with your healthcare professionals. Emphasize emotional well-being through ongoing support and survivorship care planning. Remember, each individual's journey is unique, and personalized guidance from your healthcare team is crucial throughout this process.

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 your healthcare professionals and/or medical advisor.



Navigating Chemotherapy