

Mitra Sandesh

September 1, 2023

I CAN & I WILL

Can we have a normal life after cancer treatment? It can be hard to imagine, especially when the treatment can be as harsh as the disease. What can you do to adjust to the road ahead after cancer? Remember you are not alone, there are lots of people out there going through similar experiences. Seeking help and guidance from cancer patient support groups can really help you cope with the treatment.

“Adapt to the changes and you will find your new normal.”

Amar Bhaskar



EARLY DETECTION IS THE BEST PROTECTION

Dr. Joshna Naidu B M

MBBS, MS ENT, FHNO(RGUHS) FHNO(RCS,UK)
Consultant ENT, Head & Neck Oncosurgeon

MitraCanCare Program **EARLY DETECTION IS THE BEST PROTECTION** was conducted to enhance oral cancer awareness was conducted on 26th August 2023 by Dr. Joshna B M, MBBS, MS ENT, FHNO(RGUHS) FHNO(RCS,UK), Consultant ENT, Head & Neck Oncosurgeon

Our country sees about one lakh new cases of oral cancer every year. According to an ICMR study, more than 90% of these oral cancer cases are attributed to the usage of tobacco, alcohol and betel nut (supari/pan masala). However, another cause; contributing to less than 5% of oral cancer cases has been due to factors like broken teeth, decayed teeth, filled teeth and ill-fitted dentures, sharp teeth all could predispose a person to chronic mucosal trauma. Most common sites of oral cancers are the tongue, jaw or inner cheek.

Continued...

Oral cancer is the most common cancer in India amongst men (16.28% of all cancers), fifth most frequently occurring cancer amongst women (4.3% of all cancers) and the third most frequently occurring cancer in India amongst both men and women. Oral cancer is of significant public health importance to India. Squamous cell carcinoma represents more than 90% of all head and neck cancers. Usually involves the age group of 60-80years, however, can affect people in their 30-40s depending on the risk factors.

During the session Dr Joshna pointed out that the prognosis of the oral cancer worsens with the stage of the disease and hence early detection is crucial. Many a times, it's the lack of awareness among general population, facility or expertise to diagnose and treat the oral cancers that contributes to the increased oral cancer rate in India. Hence, we believe that the awareness and health promotion are the key to bring down the incidence of this menacing disease.



Dr Swaroop's Corner

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

LEARN & KNOW

Unmasking Blood Cancers: Knowledge is Empowerment

Blood cancers, including leukemia, lymphoma, and myeloma, affect countless lives worldwide. Raising awareness is pivotal to fostering understanding and support for those facing these diseases. These cancers originate in the bone marrow or lymphatic system, disrupting the production of healthy blood cells. While their exact causes are not always clear, genetic predisposition, exposure to certain chemicals, and immune system disorders may contribute. Signs and symptoms can be subtle, often mimicking common illnesses. Fatigue, unexplained weight loss, frequent infections, and easy bruising are potential indicators. Early diagnosis through blood tests and biopsies is essential for prompt intervention.

Treatment options range from chemotherapy and radiation to stem cell transplants and targeted therapies. Advances in research continue to improve outcomes and quality of life for patients. Prevention involves minimizing exposure to known risk factors, embracing a healthy lifestyle, and supporting organizations dedicated to blood cancer research. By spreading awareness, we break the stigma and inspire hope. Together, we can support those affected by blood cancers and work towards a future free from their grasp.

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.