

Mitra Sandesh

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I CAN & I WILL

It can be hard for people who have not had cancer to understand how you're feeling, therefore it may help to talk to people who have been in your situation. Other cancer victors can share their experiences. They can tell you what to expect during treatment. They can guide you how to cope with the treatment. They can help you adapt to the situation. They lend their ears to you with patience. Connect to them through a cancer patient support group.

“ **The best way to cope with cancer is to develop your own ways to deal with it.** ”

Amar Bhaskar



Towards' a Holistic Thinking - Health & Wellness from a whole new perspective

Dr. Jyothsna Rao, PhD Biotechnology

- Involved in : * Stem cell based clinical research
- * Holistic approach to cancer therapy
- * Complimentary Alternative Medicine
- * Cancer Vaccines & Immunological profiling

HAPPY NEW YEAR Dear Readers !!

Mitra Cancare's last Swasth Mitra Program was conducted on **16th December 2023** By **Dr Jyothsana Rao**. Modern day living is rife with stress and the constant triggers cause imprints in our lives. These get manifested into chronic conditions and become a major cause of worry. It is worth our time to adhere to the adage "prevention is better than cure", very easily said than done says Dr.Jyothsna.

Dr Jyothsna stressed on the point chronic stress is the single most reason for life style diseases like diabetes, hypertension, cancer etc. Chronic stress pre-disposes us to such conditions. Stress effects the immune system and many of the life style diseases are latent and take time to manifest. The attack is severe when the immune system is weak.

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Today there are blood tests available to check stress levels of individuals and accordingly take a holistic approach to ones health issues.

During the session Dr Jyothsna explained the holistic or integrative approach to health and what it really looks like and the different ways it can help one achieve "optimal health" from the inside out. Treatment of chronic diseases like cancer are highly intensive interventions and thereby drastically effect the immune system. T-cell transfer therapy is a type of immunotherapy that makes your own immune cells better able to attack cancer. An integrative and complementary plant based therapy approach would greatly help in setting right the immune system. Dr Jyothsna also shared about the ayurvedic product swasth rakshak which can help boost the immune system.

Dr Jyothsna concluded the session expressing the fact that there is an urgent need to change the paradigm in our everyday lives to bring a change in our lives. These approaches seek to address the underlying causes of illness and disease rather than just treating the symptoms.



Dr Swaroop's Corner

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

LEARN & KNOW

Embracing Innovation, Revolutionizing Cancer Treatment

"In the ever evolving and dynamic landscape of cancer therapies, recent groundbreaking approaches are offering immense hope. Approches such as immunotherapy and precision medicine were alien terms as recent as a decade ago! While immunotherapy harnesses the body's own immune system to combat cancer cells, precision medicine tailors treatments to an individual's genetic profile, maximizing effectiveness and minimizing toxicities. In the case of hematological malignancies, technologies like CAR-T cell therapy engineer a patient's immune cells for targeted cancer destruction. Additionally, liquid biopsies provide non-invasive ways to diagnose tumors and monitor treatment response. Radiation therapy is not to be left behind. Refinements in software and hardware has made radiation therapy more safer and less toxic than ever before! Collaboration between research, technology, and medical communities is fostering unprecedented progress. And this is indeed a transformative era in cancer care.

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.

