

Mitra Sandesh

April 1, 2024

I CAN & I WILL

No one is ever prepared to hear that their child is diagnosed with the life threatening dreaded disease. For most parents the first few weeks or months is a nightmare. Parents have a lot to manage after a child is diagnosed with cancer. First thing is to get rid of this feeling of guilt. Anybody can get cancer. Nothing you did caused your child's cancer. As parents, the most challenging part is, you have to not only manage your emotions you have to conduct yourself normal with your diagnosed child as well as your other children as much as you can. While sharing your feelings with your close family friends and relatives could help, on the contrary most parents choose to keep things to themselves and undergo enormous stress. Using support groups can help a lot and use their help to connect with parents of children with cancer.

“ A child diagnosed with Cancer is a unique enduring test for the parents and impacts the entire family ” Amar Bhaskar

Tarangini 2024 Performing Arts for a Cause



Tarangini is an initiative launched by Mitra CanCare Foundation featuring upcoming and established artists, performing arts of Indian Heritage. Tarangini organised an enchanting evening of Indian Classical Music - Soulful Melody by the 'God of Indian Violin' Padma Bhushan Dr. L Subramaniam on 29 March, 2024

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Dr. Beliappa, Director of Mitra CanCare welcomed the gathering and Mr. Amar Bhaskar, the Founder and CEO, acknowledged the contribution of various sponsors for the event.

The introduction and recognition of artists was followed by an enthralling musical performance by Padma Bhushan Dr. L Subramaniam, Vidwan V V Ramana Murthy on the Mridangam, Vidwan N Radha Krishnan on the Ghatam, Vidwan G Satya Sai, a renowned percussionist on the Morsing, Vidhushi B R Latha, a renowned Kanjira artist, and Dr. Ambi Subramaniam, who is hailed as the new king of Indian Classical Violin.

This musical evening witnessed a full house at the Chowdiah Memorial Hall, Bengaluru. It reinstated the spirit of appreciating our culture, art and tradition, along with a genuine intent of providing support and service to those affected by childhood cancer. Along with the mesmerizing performance, many stalls were put up just outside the auditorium.

There was an Artist's display of some of the splendid paintings by Mohit Varma and Dipali, along with Dr

from Swasth Rakshak table stall, YENRI table stall with Dr. Mayur and Dr. Soumyashree. The sponsors had their stalls too and they included Brigade Foundation, State Bank of India, Karle, Techser, HumanScale, LIC of India and others, who displayed their products and services.

Mitra had its very own stall with details about the organization, services, and interactive media displaying all the events conducted thus far. The stall had visitors enquiring about how to associate with Mitra and asking for more details via the pamphlets. Some people were visiting India for the first time, and they appreciated the efforts towards holistic cancer care.

Mitra CanCare Foundation is a not-for-profit organization founded with the mission of preventing cancer through awareness, and providing "patient advocacy" and much needed financial assistance to childhood cancer patients. The foundation also provides services in the areas of wellness, awareness, and support for cancer with a team of eminent oncologists, and various specialists in healthcare.

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.



Mitra Article



METASTATIC CANCER AS A CHRONIC DISEASE: ALL ABOUT PERSPECTIVES AND STRATEGIES Dr. Swaroop

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

Metastatic cancer, once considered a terminal diagnosis, is increasingly being viewed through a new lens—as a chronic disease that can be managed effectively with ongoing treatment. While not all metastatic cancers fall into this category, advancements in oncology have transformed the outlook for certain types of advanced cancer, allowing patients to live for many years with a good quality of life.

One notable example of metastatic cancer being treated as a chronic disease is metastatic breast cancer (MBC). In the past, MBC was associated with a grim prognosis, with median survival measured in months rather than years. However, with the advent of targeted therapies, hormone therapies, and immunotherapies, the landscape of MBC treatment has evolved significantly. Many patients with hormone receptor-positive MBC, for instance, can now expect to live for a decade or more with continuous treatment and close monitoring.

Another example is metastatic prostate cancer, particularly in cases where the cancer has spread to the bones. While metastatic prostate cancer is not curable, it can often be managed effectively with treatments such as androgen deprivation therapy (ADT), chemotherapy, targeted therapies, and radiation therapy. With appropriate treatment, many patients can experience long-term disease control and a good quality of life.

Similarly, certain types of metastatic colorectal cancer (mCRC) can be treated as a chronic disease. With a combination of surgery, chemotherapy, targeted therapies, and immunotherapies, some patients with mCRC can achieve long-term remission or stable disease, allowing them to lead fulfilling lives for many years.

The shift towards treating metastatic cancer as a chronic disease reflects not only advancements in medical science but also a paradigm shift in how we perceive and manage the disease. Rather than focusing solely on achieving a cure, oncologists now prioritize controlling the cancer, managing symptoms, and optimizing quality of life over the long term.

This approach involves personalized treatment plans tailored to the individual patient, regular monitoring of disease progression, and proactive management of side effects and occasional course corrections. This by default emphasizes the importance of patient education and shared decision-making.

However, it's essential to recognize that not all metastatic cancers can be treated as chronic diseases. The feasibility of long-term disease control depends on various factors, including the type and stage of cancer, the presence of specific genetic mutations, the patient's overall health status, and their response to treatment.

In conclusion, while metastatic cancer remains a formidable challenge, recent advances in treatment have transformed the outlook for many patients, allowing them to live well for many useful years, and sometimes decades.

If you wish to contribute to this news letter, Kindly submit your article to: contact@mitracancare.org



Note

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Mitra Article



WINNING BATTLE AGAINST CHILDHOOD CANCER

Mr V Amar Bhasker

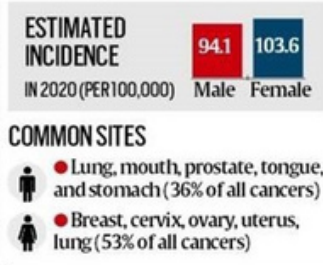
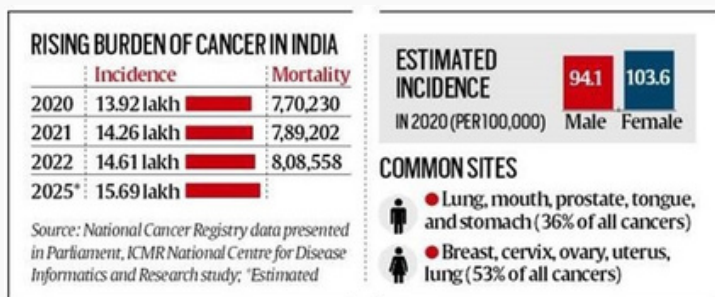
Founding Director and CEO

While Childhood Cancer is treatable and, in most cases, curable, Indian your parents are financially challenged.

According to National Cancer Registry Programme and Indian Council of Medical Research reports 2020 predicts a 12% rise in cancer cases in India in the next 5 years increasing the total cases to over 15 lakhs.



An individual's risk of developing cancer has increased substantially in recent years and largely depends on a range of factors including lifestyle, behavioural, genetic, and environmental.



Having a child with cancer is one of the most painful and difficult situations a family can face. Childhood cancer is curable if diagnosed early and treated appropriately. Globally 95% of the children get treated and get back to normal life. In India the percentage is 50-60% as most young parents cannot afford to get their child treated completely and abandon the treatment midway. Childhood cancer incidence is increasing in India, around 50,000 new childhood cancer cases (age starting from infants upto 14 years) are diagnosed every year and the number is increasing year on year.

Cancer in children is quite different from that in adults in many ways. We do not know the causes of cancer in children and cannot be attributed to any of the adult habits which could potentially be the cause.

The types of cancer in children are mainly blood cancer

(leukaemia, lymphoma) and bone cancer (sarcoma). Treatment methods include radiation, chemotherapy, Surgery, Bone Marrow Transplant, Targeted therapies etc. the duration range from 6 months to 2+ years and more depending on the case. On an average the cost of minimal treatment per child is approx. Rs 3 Lacs in a low cost hospital and could range to excess of Rs.30 Lacs or more in a private hospital.

If diagnosed early there is 85% chance of cure in childhood cancer however affordability of the treatment for the presumably young parents below 30 years to spend from their small savings at that stage of their life and even for those parents in the range of 30- 35 years who would run out of funds quickly after the initial spend is a big issue of concern in our country.

The financial burden for the parents and the family far outweighs the situation and many parents are not able to ensure the complete treatment for the child. Not completing the proper treatment may leave the child vulnerable for the disease in future. While the above is the scenario for middle class levels, the scenario is much worse and beyond description for the under privileged children and families.

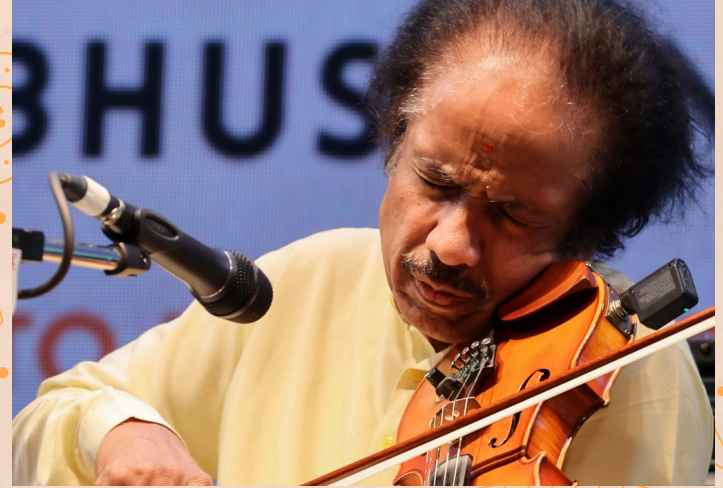
Childhood cancer is always frightening to think about, but the good news is that with best modern therapy many childhood cancers are highly treatable now. The treatment is expensive and in India young parents of children undergoing cancer treatment are financially challenged and thereby unable to ensure continuity of the treatment and may often end up with a relapse situation. Providing and facilitating economic or financial support to the family impacted by childhood cancer is essential. This could help reduce the number of instances of losing children to the disease, for lack of money.



Invocation Song



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Art Exhibition



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