

Dear Readers,

When we released our 1st issue of the CAF News Bulletin, we intended to have it as a six monthly Cancer News Bulletin. However, after its release in April 2003, there have been a spate of letters to us and in the local newspapers, requesting us to make it a quarterly issue.

We now bow to their request and take out the 2nd issue of the Bulletin after three months. We hope it will continue to come out regularly hereafter at this interval.

It is our desire to create an awareness among the people about this dreaded disease. If this News Bulletin is able to do something in that direction, we feel, it has served its purpose. Let us all, therefore, march together in that direction and establish a new India where a disease in this dreaded form, will be a thing of the past.

Editor

Release of 1st issue of “CAF News Bulletin”



From L to R - Mr. H. M. Dalwai, releasing the issue, Dr. Rehan A. Kazi, ENT & Cancer Surgeon, Mr. Sohail M. Lokhandwala, Ex. MLA & Prof. A. A. Kazi

Mumbai-The Cancer Aid Foundation held its periodic meeting at the Haj House, on 31st March 2003. Apart from the Trustees, those who attended this meeting as special invitees were Mr. Imran Furniturewala, Dr. M. A. Patankar and Mrs. Shehnaz Peshimam.

Looking back on the collection made during the last year, the members made various suggestions to argument the collection during the current year. It was also suggested that there is a need for another cancer hospital in the city. Mr. Imran Furniturewala, Chairman of the Memon Co-op. Bank Ltd, Mumbai

offered about 7 acres of land at Khopoli, a place less than 1 hour drive from Mumbai. The Foundation has now entrusted the entire issue of the proposed cancer hospital requiring land, finance etc. to Mr. S. Lokhandwala.

At the end, Mr. H. M. Dalwai, Ex. Minister, Govt. of Maharashtra, M.P. and Patron of the Foundation released the 1st issue of the ‘CAF News Bulletin.’ He expressed the hope that the News Bulletin will play an important role in creating awareness among the people about the cancer.

Breast Cancer On The Rise In City.

Mumbai today has the highest number of breast cancer patients among women in the country. Out of every 100,000 women, 35 are believed to be suffering from breast cancer in the city. According to the National Cancer Registry Programme reports, it has been noted that breast cancer is on the rise, especially in Mumbai and to some extent, in metros like Bangalore and Chennai.

“Of late it has been noted that cases of breast cancer have been on the rise,” says Dr. Surendra Shastri, HOD, Department of Preventive Oncology, Tata Memorial Centre, “35 out of every 100,000 thousand is definitely a big number. On the other hand, cervical cancer is on the decrease.” The number of patients suffering from cervical cancer is 18 out of every 100,000 women.

In the West, it is estimated that out of every hundred thousand, 110 women suffer from breast cancer. Says Dr BB Yeole of the Indian Cancer Society, “In the 70s, the picture was exactly the opposite – with breast cancer at 17 out of every 100,000 and cervical at 35 out of 100,000.”

While fat rich foods, lack of exercise and westernised lifestyle are considered as risk factors for breast cancer, familial predispositions and early menopause could also result in the problem. And in the case of cervical cancer, certain types of Human Papilloma Virus (HPV) are linked with around 95 percent of all such cases. Improved awareness and better sense of hygiene is believed to have brought down the number of cervical

cancer patients.

Unlike in the developed countries, where the average age of diagnosis for breast cancer is 59, in India it is around at 49 years. Early screening programmes in the West ensures early diagnosis for patients. “But here most of the cases we get come at an advanced stage,” explains Dr. Shastri. “Given the way things are in countries like ours, we don’t expect women to come for screening programmes. For there aren’t adequate facilities in place to take in the entire spectrum.” Besides there’s also reluctance on the part of women, points out Alka Kapadia, executive director. Cancer Patients Aids Association, which annually screens 5529 women who are covered under cancer insurance. “Educated urban women today are very much aware of the problem but when it comes to self examination, they are extremely apprehensive.”

Keeping this problem in mind, the Tata memorial Centre, under Dr. K. T. Dinshaw’s supervision, initiated two studies in the slum of Mumbai, with a sample size of 150,000 women each. The \$120,000 programme is funded by the National Cancer Institute, USA.

“Getting a mammography done for all women is not physically and economically possible,” says Dr Shastri. “The same is the case with colposcopy There is a lack of machines, trained radiologists, huge infrastructural costs. So through this programme we are hoping to be able to provide a quality alternative at the grassroots level.”

According to the findings of the study, VIA (visual inspection of cervix using acetic acid) just in itself or in combination with VILI (using Lugol’s iodine) is a cost effective screening test for cervical cancer. Even for clinical breast examination, it has been found that, if done by trained health providers, is helpful in down staging breast cancer. “Sometimes the health workers send patients with lumps in the breast,” says Dr Shastri, “mentioning its nature. And that’s an important step forward.”

The Times of India – 28.02.2003



31st May - No Tobacco Day

31st May was observed all over the world as No Tobacco Day. The idea of this was to create an awareness among the people about the harmful effect of smoking / chewing tobacco.

CAF on this occasion published and mailed to its readers a beautiful leaflet entitled “Understanding

Head & Neck Cancers – Q & A.” by well-known Cancer Surgeon, Dr. Rehan A. Kazi

President A. P. J. Abdul Kalam has given assent to the Anti Tobacco Act, banning promotion of tobacco use. The WHO roped in film and fashion personalities to send the message against the evil of tobacco usage. By virtue of its size, popularity and reach, Bollywood also has the power to influence attitudes and consumer behaviour.

The Fight Against Cancer Shows Signs Of Success

Anyone who has recently lost a loved one to cancer may be inclined to think that little progress has been made in conquering this complex disease. That would be very wrong.

The advances in the last 50 years in understanding the causes of cancer and in detecting and treating it have turned many once fatal cancers into curable and, sometimes, preventable diseases.

In 1953, the American Cancer Society published what was to become an annual analysis of “Cancer Facts and Figures.” It stated that the “only means of curing cancer are by X-rays, radium and surgery,” that the cancer society was “studying the smoking habits of 200,000 men to determine if there is any connection between lung cancer and smoking,” that “the number of cancer patients who were cured last year could have been doubled by early diagnosis and prompt treatment” and that “last year cancer took the lives of some 3,200 children.”

Today, we know that cancer is not one disease, but at least 100 different diseases, perhaps even thousands. Accordingly, there are scores of treatment combinations, each created to cure or arrest a type of cancer. Treatments include hundreds of drugs, immunotherapy and advanced forms of radiations that are often combined with surgery to cure once-fatal cancers, including childhood leukemia, Hodgkin’s disease, non-Hodgkin’s lymphoma, melanoma and many formerly fatal cancers of the breast, colon and prostate.

Today we know that smoking causes more cancers than any other single factor, and it still causes an overwhelming majority of cases of lung cancer, the leading cause of cancer deaths in men and women. Up to 90 percent of the 157,2000 lung cancer deaths that will occur this year could have been prevented if people did not smoke. Avoiding the primary cause of lung cancer remains critically important, because there

is not yet any effective way to screen for early signs of the disease, which is usually not detected until it is advanced.

In contrast, amazing progress has been made in treating childhood cancers, although their causes remain a mystery. Even though far more children are alive in the United States than in 1952, fewer than half the number who died of cancer that year will be killed by cancer in 2003, about 1,500 children from birth to

Many cancers are now curable or even preventable.

14 years old. Just since the mid-1970's, survival rates for children with acute lymphocytic leukemia, the most common childhood cancer and one that in the 1950's was always fatal, have increased to 85 percent from 53 percent. Cure rates for some less common childhood cancers approach 100 percent.

As recently as a decade ago, the survival rate for women who developed inflammatory breast cancer, a particularly aggressive form, was only 15 percent. Today, with combinations of chemotherapy, followed by surgery, more chemotherapy and radiation, about 70 percent of women who develop this cancer can expect to beat it.

After cancer has escaped from its site of origin, the ability to cure it plummets sharply. Although some cancers are so aggressive that early detection may not be helpful, in most cases it is lifesaving. For example, when colorectal cancer is detected while still apparently localized, 90 percent of patients are alive five years later, and most are cured.

But after this cancer has spread to adjacent organs or lymph nodes, the five-year survival rate drops, to 65 percent, and when the cancer has spread to other distant organs, the rate drops, to 9 percent.


For women with breast cancer that is diagnosed as localized, the five-year survival rate is 97 percent, up from 72 percent half a century ago. For regional spread at diagnosis, the rate is 78 percent; for distant spread, 23 percent.

Fifty year ago, one American in seven died of cancer. Today, it is one in four. The difference reflects two facts. The leading cause of death, heart disease, has drastically declined as a cause of death since 1970, especially in men, and the life expectancy of Americans continues to climb.

The job of conquering cancer is far from over, but to accomplish it will require the joint efforts of

researchers, clinicians and especially every one of you.

The New York Times – 12.04.2003



“How would it happen?” the doctor asked the middle-aged farmer as he set the man’s broken leg. “Well, doctor, 25 years ago...”

“Never mind the past. Tell me how you broke your leg this morning.” “Like I was saying... 25 years ago, when I first started working on the farm, that night, right after I’d gone to bed, the farmer’s beautiful daughter came into my room. She asked me if there was anything I wanted. I said, “No, everything is fine.” “Are you sure?” she asked. “What does this story have to do with your leg?” said the doctor.

“When it dawned on me what she meant, I fell off the roof!” replied the farmer.

Study Confirms Link Between Obesity And Cancer

Encouraging people to shed their excess weight could prevent some 90,000 cancer deaths a year, a study found.

The 16-year study of 9,00,000 men and women conducted by scientists for the American Cancer Society showed that excess weight and obesity accounted for 14 percent of all cancer deaths in men and 20 percent in women. The results were published in the New England Journal of Medicine.

The study found that carrying around extra pounds is second only to smoking in terms of its overall effect on cancer mortality, raising the risk by as much as 50 percent to 60 percent for the heaviest people.

“As a society, we have not really acknowledged the contribution of obesity to chronic disease in general and cancer in particular, said Eugenia Calle, director of analytic epidemiology at the American Cancer Society and lead author of the study.”

“We are not taking it seriously enough to turn it around. We are not acting on it.” The study focused on 4,04,576 men and 4,95,477 women, of whom 57,145 died of cancer.

The researchers found that the heaviest members of the group were those with the highest risk of dying of cancer, showing that weight played a greater role in cancer formation than previously known. “Overweight and obesity has a very broad impact on cancer across most cancer sites,” Calle said. “That’s not something that’s really in the consciousness of people.”

The good news, Calle says, is that losing weight should reverse the effect. “There’s every reason to assume that if you could lose weight and sustain the loss, then your cancer risk would decrease,” says Calle.

The researchers recommended stronger efforts to promote exercise and a healthy diet.

Some 65 percent of the adult population was overweight or obese, according to the Centers for Disease Control and Prevention.

Health Facts

- Juvenile rheumatoid arthritis is arthritis that causes joint inflammation and stiffness for more than 6 weeks in a child of 16 years of age or less.
- Cancer is a group of more than 100 diseases. Although each type of cancer differs from the others in many ways, every cancer is a disease of some of the body’s cells.
- If you’re healthy, your body has between 10 to 12 pints of blood.

Mid Day – 28.04.2003



Dr. Kazi in Holy Family Hospital

Dr. Rehan A. Kazi, well known ENT & Head, Neck Cancer Surgeon has been invited to join the Holy Family Hospital, Bandra, Mumbai as a consultant surgeon from 1st July 2003. His services now will be available at the nearest place to the patients from the suburbs of Mumbai.

Cancers In Digestive System On The Rise

Expert Doctors have said cancers of the digestive system are on the rise in India mainly due to erratic life styles, irregular eating habits and indulgence in smoking, alcohol etc. Also it occurs due to genetic predisposition. In India, cancer of the food pipe is most common amongst cancers in stomach, pancreas,

liver, large intestine etc. Thus it becomes important to detect these cancers in early curable stages before it spreads to other organs.

“Endoscopy in Gastrointestinal Cancer,” a single theme evidence based meeting was organized by the Digestive Disease Centre – Endoscopy Research Foundation, Mumbai on Sunday at the Taj Land’s End, Bandra. About 100 expert cancer specialists from the city discussed the latest options of Gastrointestinal cancer, its detection and the latest treatment techniques. Evidence-based presentations on the role of endoscopy in Gastrointestinal cancer and consensus based discussions through interactive symposia were the highlights of the meeting.

Dr. Amit Mahadeo, managing trustee of the foundation and chief coordinator of the conference said, “Cancer is a creeping ulcer caused by unintentional, erratic and uncontrolled growth of group of cells in the body. These ‘mad’ cells eat other body parts leading to destruction. Lately, cancer has not even spared the human digestive system. And being a deep-seated organ system, cancer in these body parts go untraced for a long time. This conference is an effort to educate the common man about the dreaded disease ‘Cancer.’”

The Asian Age – 28.04.2003

CANCER AID FOUNDATION

- Cancer Aid Foundation is registered under the B.P.T. Act, 1950 vide No.19625 (Mumbai)
- All donations to the Cancer Aid Foundation are exempted under 80G of the Income-Tax Act, 1961 and valid up to 2006.
- Last year the Foundation extended financial help to 35 cancer patients covering most of the big hospitals in Mumbai and Sushrut Hospital, Nasik.

The Foundation appeals to all of you to send your donation to this humanitarian cause. The Crossed cheques / bank Demand Drafts can be drawn in the name of “**Cancer Aid Foundation**” and sent on the Office Address.

We invite your suggestions and comments on **CAF News Bulletin**. All views expressed in the CAF News Bulletin belong to the author. The Foundation need not necessarily subscribe to them.

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