



Can Cure

Issue 11. July - Dec 2022

Can Cure is the Nag Foundation's Newsletter that helps create awareness about various issues related to Cancer and its treatment. It is an opportunity for our members, both doctors and patients, to share their insights and testimonies with you.



Survivorship with Breast Friends - A Survivor speaks from the Heart

I was invited by Aditya Birla Hospital to share my journey through cancer, where I shared my experiences of being closely associated with '**Breast Friends**', a support group by the Nag Foundation.

A diagnosis of cancer is a traumatic experience for both the patient and their family. During the treatment phase, the medical team is there to guide and prepare the patient through the entire treatment protocols.

However, after treatment is over and the visits to the hospital and to the doctor are limited to follow ups, that is the time when one experiences a mix of physical, emotional and psychological effects of both the diagnosis and treatment.

Most patients are strong and have a sound support system. But many need help to cope with various survivorship issues that come post treatment. Breast Friends helps with connecting newly diagnosed patients with survivors. It is a platform where one can share their experiences, what worked for them during treatment, especially dealing with the side effects of chemotherapy. Breast Friends regularly organise talks on lifestyle issues, diet, exercise, understanding the language of cancer, etc. The fun sessions help us build stronger relationships with each other. The annual Indian Breast Cancer Survivors Conference organized by Nag Foundation helps us reach out to more patients and doctors.



Sushma Dubey

The Breast Friend Support Group is an initiative of Nag Foundation to help patients and survivors connect with each other as well as address any issue they face during and after their treatment.

The support group is open to all women irrespective of where they have taken their treatment.

Meetings are held every month.



Activities at the Foundation During the last 6 Months - Making a Difference

Support Group Meetings - Sharing is Caring!

Our monthly support group meeting was held on 24th September at the National Institute of Naturopathy in Pune. Dr. Jyoti Kumbhar conducted the session on Nutrition and Lifestyle.

She gave a brief introduction to Naturopathy which uses a wide range of therapies to support human wellness. Dr. Jyoti emphasized on dealing with past hurts, disappointments, rejections etc to experience wellness. Her session was informative and much appreciated.



On 10th October, a special support group was held for the patients and caregivers at Sahyadri Hospital, Shastri Nagar. This was the first time a support group meeting was held in the hospital. Patients were invited to share their experiences of dealing with the diagnosis. The session ended with a singsong by patients and caregivers.



Our December support group meeting was full of laughter and good food. During the meeting, we learnt the art of chocolate making and healthy salads with a twist. It was nice to see our survivors and patients stir up a yummy salad and sprinkle it with laughter and sisterhood.





Cancer Awareness and Screening Programmes by Nag Foundation

It was a continuous effort by the Foundation to create a change in health behavior. Making the community aware of cancer and healthy lifestyles.

On 20th July, a Breast Cancer Awareness and Lifestyle camp was conducted by the team at the Bohri Masjid, Ravivar Peth, initiated by Saifee Ambulance.



On 22nd July, a Breast Cancer Screening camp was held at Renuka Mata Mandir, Keshav Nagar, Pune.

On 23rd July, a Breast Cancer Screening camp was conducted at Dada Gujar School, Taravade Vasti, Pune.



Talking about breast cancer to the teachers of Bishops School, Camp, Pune on the 8th of September.





The Swarovski India factory at Ranjangaon, comprises of mainly women workers.

A two-day camp on for Breast Cancer Awareness and Screening was conducted at their premises on 19th and 20th September.



Understanding the importance of managing stress in a healthy manner, the management of The Bishops School, Camp invited the Nag Foundation team to conduct an interactive session on **“A Healthy Mind is a Healthy Body”**.





On 1st October, a Screening camp was held at Vision Hospital. The camp was earmarked for the surrounding slums of Keshavnagar, Mundhwa.

On the occasion of World Mental Health day, which is celebrated on the 10th of October all over the world, an expressive art workshop was organized for the employees of Sayhadri Hospital, Shastri Nagar, on the 11th of October 2022.

An interactive workshop was organized by Vidyarthini Manch, a forum for girl students of Ness Wadia College of Commerce on the 15th of November 2022. A session on 'Understanding Self a Healthy Mind', to discuss issues regarding mental health and its impact on health was conducted by Rebecca D'Souza.



Conferences

An Abstract, “**Improving Survivorship Programs: Recognizing Psycho-Social Unmet Needs**” was submitted by Rebecca D’Souza and Dr. Shona Nag to the World Cancer Congress, Geneva 2022. The abstract was accepted and presented by Rebecca D’Souza in Geneva. The World Cancer Congress organized by the Union for International Cancer Control brought 122 countries together to discuss, share, learn and collaborate.



Our film 'In And Above Her Heart' was also selected at the World Cancer Congress. It was an opportunity to share our patient's cancer journey. Rebecca and Eenakshi represented the Foundation.



*With Dr. Anil D' Cruz,
President Union For International Cancer Control.*

THE INDIAN BREAST CANCER SURVIVORS CONFERENCE (IBCSC)

The Indian Breast Cancer Survivors conference addresses the needs of breast cancer survivors and gives them a platform where their doubts, fears, problems both physical and psychological could be addressed, as also an opportunity to connect with other survivors. It is a much-appreciated learning experience for our patients, survivors and medical professionals.

2022 saw our **10th Indian Breast Cancer Survivors Conference**, hosted by Nag Foundation in association with Women's Cancer Initiative. The conference was held in Mumbai this year on 5th and 6th November at the Tata Memorial Hospital. Patients and survivors from Mumbai, Pune, AhmedNagar attended, as well as 3 of our Breast



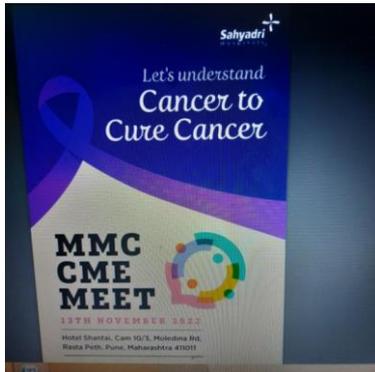
Friends support group members, who travelled specially to attend this conference from Goa, Hyderabad and Ranchi.

The conference was inaugurated by Dr. Sudeep Gupta, Dr. Shona Nag and Deveika Bhojwani along with 2 survivors - Snehal Tambe from Pune and Rashida Shaikh from Mumbai.

Panel discussions on Newer Treatments for Breast Cancer, short term and long term side effects of treatment and Role of Complementary and Alternate Therapies in Cancer were conducted and were helpful and informative.

The programme comprised of Genetic Aspects of Breast Cancer, Relationship and Intimacy, Newer Treatments of Breast Cancer, Discussing Breast Cancer Diagnosis with Children, Legal Rights of Cancer Patients, Tackling Anxiety and Depression, Prevention and Management of Lymphoedema, Nutrition, Yoga and a fun relaxing music and dance movement activity.





Sahyadri Hospital organized a CME for the doctor members of the Indian Medical Association on the 13th November. Rebecca D' Souza, representing Nag Foundation, conducted a session on Handling Emotional Distress in Cancer Patients.

Nag Foundation this year supported the Rotary Radiation Centre at Surya Sahyadri Hospital in Pune. Dr. Shona Nag at the inauguration of the Radiation Centre.



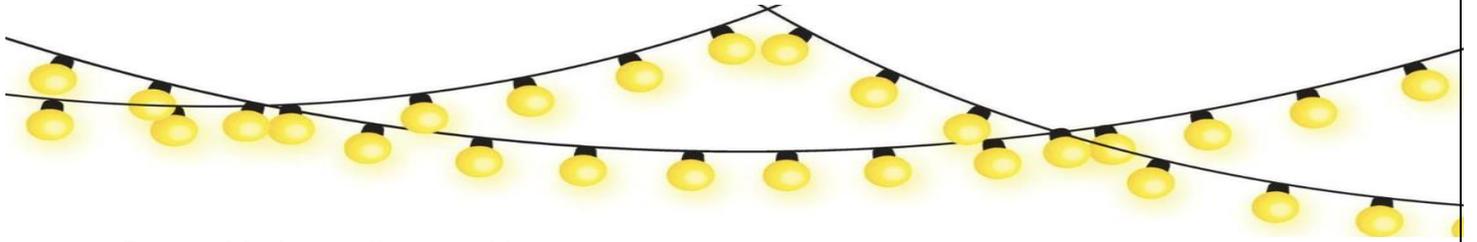
Patient Aid (July – December 2022)

General Aid to Patients – **Rs. 3, 44,014. 36**

Herceptin Fund -- **Rs. 1, 48,297.00**

If the Nag Foundation has made a difference to the lives of our patients and enabled individuals to reconsider health priorities, it is because of the empathy, support and the generosity of our patrons and donors. We would like to thank –

- Rooma Dubey
- Bipin Balakrishna
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A special thank you to all our donors who wish to remain anonymous.

NAG FOUNDATION WISHES YOU A VERY HAPPY NEW YEAR

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