



# Can Cure

**Issue 15. Jan – April 2024**

***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.***



## **HOW TO WORK BETTER**

***Dr Abhilash Patra, Research Fellow & Physiotherapist***

*Today's jobs are more inclined to be desk and chair oriented, where now sitting has become the new normal. Let us learn more about the effects of long term sitting.*

*Constant strain of the neck and shoulders causes a mis-alignment of the neck, shoulder and back. This can cause some short and long term side effects:*

### **Short Term side effects**

- Frequent headaches
- Neck and shoulder strain and pain
- Back pain
- Developing of tender points, the points which develop under the muscles (fascia) which become tender and sensitive to pain.
- Muscle spasms

### **Long term side effects**

- Frozen shoulder
- Spondylitis of neck (cervical) and back (lumbar)
- Sciatica, which is a tingling sensation that begins from the back and may extend to the ankle, can be localized as well.
- Increase in blood pressure, diabetes, indigestion, hemorrhoids, cardiovascular diseases, etc.

## What can you do to prevent these effects?

1. Take frequent breaks at work, one should stretch oneself every 30 minutes
2. Ergonomic sitting postures should be followed
3. Walking
4. Take frequent water breaks
5. Mild to moderate stretching every day

***Below are a few stretches which one can include to improve work performance and reduce physical fatigue***

## The Right Way to Sit



### Sitting Posture



Relax shoulders and keep head up.

Use the back of the chair to support your upright posture.

Keep arms relaxed. Elbows should bend at 90° or slightly lower

If available adjust chair arms so your arms are supported but relaxed.

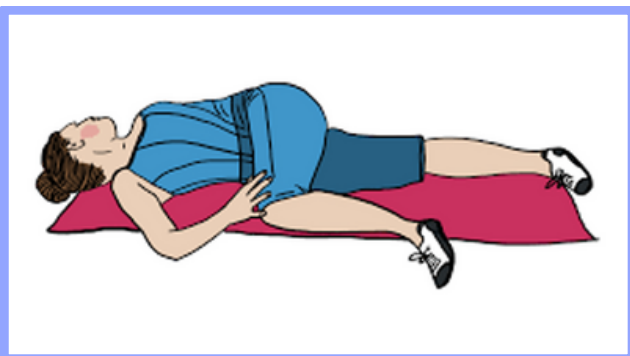
Knees at the same height or slightly lower than your hips.

Keep feet flat on the floor.

WorkPlaySpace.com



# Shoulder and Back Stretches



## ***Activities at the Foundation During the last 4 Months – Making a Difference***

The Foundation is committed to addressing patients' physical, psychosocial, and emotional needs, right from diagnosis to post-treatment. The Breast Friends Support group was started in the year 2010 with an aim of helping patients feel better, more hopeful and give opportunities to share their feelings, their struggles and their wins.

A question often posed by our patients and survivors is “What can I do to prevent a recurrence”. An emphatic answer has always been Exercise and Healthy Living.

Our first support group meeting of the year on 19th January 2024 began with a demonstrative class of Tai Chi. Tai Chi is a gentle, low-impact form of exercise in which practitioners perform a series of deliberate, flowing motions while focusing on deep, slow breaths. Research has shown that Tai Chi can help reduce fatigue in cancer patients. Tai Chi can improve muscle strength, flexibility, stamina, and posture. Mr Prashant Sarsar led the Tai Chi class, which was enjoyed by our patients. He patiently answered all their queries and also made various suggestions to patients with complaints of knee and back pain.





On 2nd February, a support group meeting was held at Sahyadri Hospital, Hadapsar lead by Akshata Parekh, an expressive art therapist. One of the common complaints faced by many patients and survivors is related to sleep and a request was made by many patients and caregivers to discuss this issue. Discussions in the group revealed that fear and anxiety was the reason why patients faced sleep issues. She provided valuable insights on how to recognize and address anxiety. The session ended with a few techniques to improving quality of sleep.

- ✓ Address one's Anxiety or Fear.
- ✓ Follow a routine.
- ✓ Schedule a specific time for sleep.
- ✓ Avoid eating a meal too close to bedtime.
- ✓ Physical activity can help.
- ✓ Don't rely solely on sleeping medications.
- ✓ Limit the time spent around bright lights or using electronics.

On the occasion of International Womens Day, a support group meeting was held on 16th March 2024 at the Ritz Carlton Hotel, Pune. The event was sponsored by Panchshil Foundation and The Ritz Carlton Hotel Pune.

The meeting began with a fun icebreaker to introduce the women to each other so they felt more comfortable together, after which they formed smaller groups. Each group was asked to use various art materials provided to them to create a collage that best describes the group as a whole.

It was a wonderful experience to see patients bond over crayons and craft. This was followed by a dance fitness session choreographed by Justine Bhatt, with foot tapping music, she made exercise fun and easy. The meeting ended with a delicious buffet lunch which was enjoyed by all the ladies.



On March 11th, 2024, an hour long session on Self-Love was held jointly with Sahyadri Hospital, Hapadsar at their premises. The session used Movement therapy to help patients get in touch their innermost feelings.



### ***A New Initiative in Survivorship***

Exercise is prescribed to help patients and survivors deal with various physical and psychological issues that may be a result of both the diagnosis and or the treatment of cancer. Research has proved that exercise reduces the risk of lymphedema and recurrence of cancer.

Experience with our patients and survivors showed that they are irregular with their exercise. 'Dance Fit' is a Nag Foundation initiative to help our patients make exercise a part of their life.

The dance class would be held once a week with Justine Bhatt as our dance instructor. Started in the scorching month of April with our first class, this initiative helps them with fitness and flexibility, keeping in mind the mobility of some survivors.

A promotional poster for 'DANCE FIT'. It features a woman in a white top and blue pants dancing. The text on the poster includes: 'DANCE FIT', 'Join us now for an enjoyable dance session that not only brings fun but also enhances your fitness.', 'Date: 8th May 2024', 'Mentor: Justine', 'Register on 9326060014 as we have limited seats', and 'Dance class will be held once a week every Wednesday'. The Nag Foundation logo is at the bottom left.

**DANCE FIT**

Join us now for an enjoyable dance session that not only brings fun but also enhances your fitness.

Date: 8th May 2024

Mentor: Justine

Register on 9326060014 as we have limited seats

Dance class will be held once a week every Wednesday

Nag Foundation



# ***Cancer Awareness and Screening Programmes by Nag Foundation***

Cancer is a leading cause of death both globally, as well as in India. Being better informed about cancer helps in early detection; the earlier cancer is detected, the better is the outcome of treatment. It is a continuous effort by the Foundation to create a change in health behavior, making the community aware of cancer and healthy lifestyles.

Dharampur is a small town 332 kms away from Pune in the state of Gujarat. It is famous for the Shrimad Rajchandra Ashram. Every year, the ashram organizes a 7 day Mega Multi Speciality Medical camp for people from the surrounding areas where medical facility is unavailable. This year our team was a part of this endeavour. Our team consisting of Dr Prerana Kulkarni, Dr Abhilash Patra, Dr Atul Dobare, Veena Gaikwad and Joan Fernandes attended the Oral, Breast and Cervical Screening camp which was held for 2 days i.e. 3rd and 4th January. The team screened over a hundred men and women. Special thanks to Mr. Mayur Ghelani, who coordinated our participation.





*4th February is celebrated internationally as 'World Cancer Day', it is a day earmarked to raise awareness of cancer and to encourage its prevention, detection, and treatment. At the foundation, various talks were organized to create awareness of cancer.*

What kind of information is discussed in our awareness talks? Information about the biology of cancer, recognizing general symptoms of cancer, how is cancer treated and the risk of developing cancer. Special emphasis is given to preventive factors such as nutrition, role of physical exercise and focus of mental health.

*5th February 2024 Talk at LIC Corporate Office, Shivajinagar.*

Nag Foundation has partnered with Rotary Pune Metro Charitable Trust for their Anubandh Cancer Screening Project. The objective of the project is to reach out into the community to make screening possible. The target area for this project is villages around Pune. The foundation is committed to screening both male and female. For the men, it is screening of oral cancers and for the women we screen for oral, breast and cervical cancer. Suspicious cases are then referred to the empanelled hospital for further confirmatory diagnosis. The Foundation is committed to screen 1000 men and women.

Our first camp for this project took place on the 6th of February 2024 for the K.K.Nag Pvt Ltd employees at their Urse branch. Over a 120 employees underwent screening for oral cancer and 3 women employees were screened for breast cancer. Special thanks to Dr Abhilash Patra for conducting both the talk on Tobacco usage and Oral screening. His talk was much appreciated.

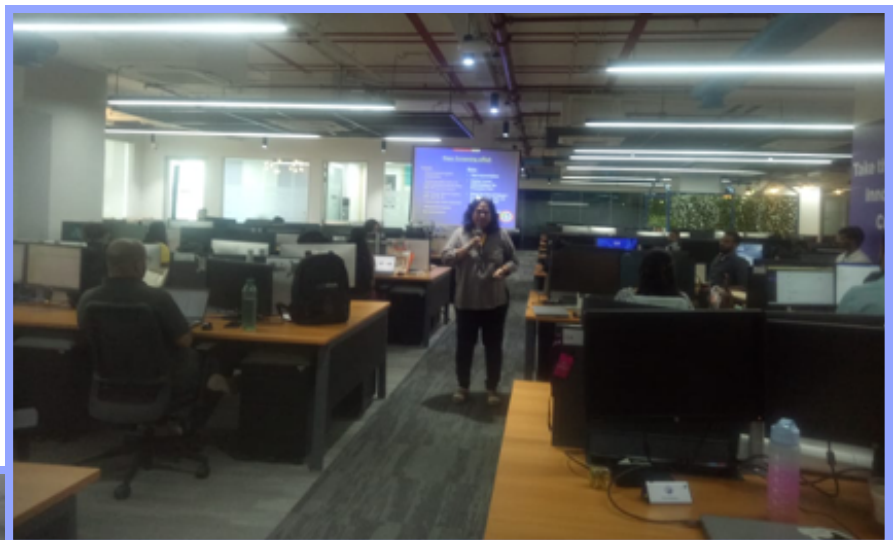


8th March 1857 was the day when female textile workers marched in protest of unfair working conditions and unequal rights for women in the state of New York, USA. From them it is observed, to celebrate the social, economic, cultural, and political achievements of women. Helping women make informed choices about their health is the purpose behind our awareness talks.

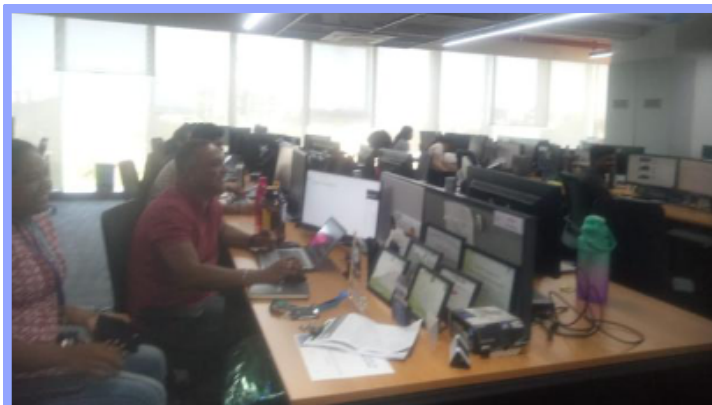
Two talks were organized on the 13th of March on the occasion of Women's Day.

A talk was organized at Sahyadri Hospital, Shastrinagar, for the women dentists of the Dental Association, Pune. It was an interesting learning experience. The discussion went beyond cancer and they shared their experiences of patients and survivors seeking dental care.

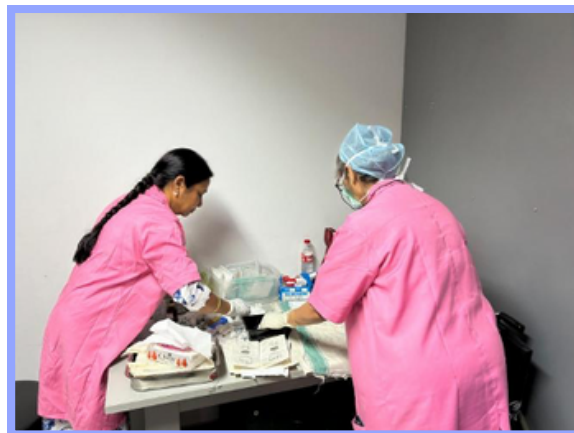
The second talk was at Sincro Digital Marketing (India) Pvt Ltd. Rebecca D'Souza conducted the talk and was accompanied by Veena Gaikwad and Joan Fernandes.



An awareness talk was held on 20th March at See Cubic Inda Pvt Ltd for the women employees. A couple of male employees also attended the sessions as they were most interested in knowing more of the cervical vaccine.



On 18th and 19th April 2024, an Awareness and Screening camp for women was held at Ranjangaon for the female workers at Swarovski India Private Limited. The women were screened for Oral, Breast and Cervical Cancer. About 92 women were screened for Cervical Cancer using a Pap Smear test and 120 women for Oral and Breast Cancer. This was also for the Rotary Anubandh Project.



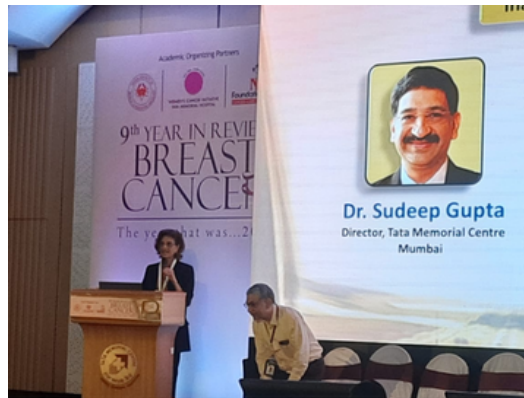


## CONFERENCES

The Year in Review is held every year in collaboration with Women's Cancer Initiative, Mumbai. The idea of this conference is to recapitulate the best breast cancer science every year in a Year in Review format. The theme of the meeting is 'Breast Cancer: The Year That Was...2023'.

The YIR conference was held in Mumbai from 12th January to 14th January 2024.

The conference covered surgical, radiation, medical, pathology, biomarkers, imaging related abstracts making this meeting truly multidisciplinary.



Dr Abhilash Patra presented an abstract on prevalence of financial hardship among breast cancer survivors in Maharashtra, India at the 11th Annual Conference of Indian Health Economics and Policy Association (IHEPA) 2024 which was organized at FLAME University, Pune on 17th to 19th January 2024. This was a Nag Foundation research study.





## INITIATIVES

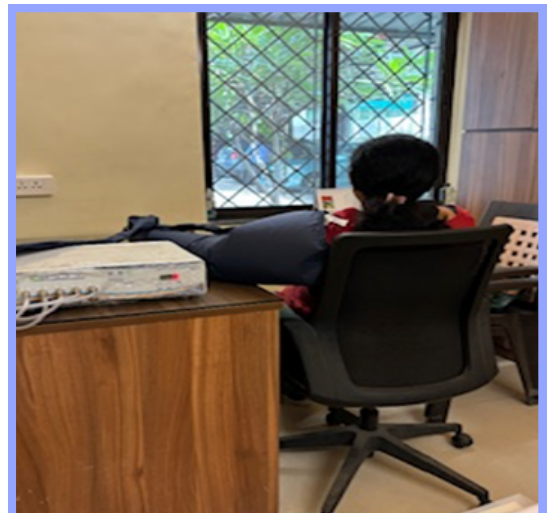
***World Cancer Day was celebrated and on 5th Feb 2024 with the Umeed Ki Run.***

***Milon Nag and Dr Shona Nag participated in the marathon along with Dr Shri Inamdar and our survivors.***



***Nag Foundation donated protein powder boxes to the cancer patients at Surya Sahyadri Hospital, Pune. This was facilitated by Elaine Abreo, one of our survivors.***

***Our thanks and gratitude to Devi Prabhu Charitable Trust for donating a Lympha Press unit, a Projector and 2 Laptops to the foundation. The Lympha Press unit will be used for patients with Lymphedema.***



# Patient Aid (Jan–Apr 2024)

## **General Aid to Patients – ₹ 26,67,286**

(of which, ₹ 3,09,074 was sponsored by The Ramoo and Radhakrishnan Family Foundation)

## **Herceptin Fund – ₹ 80,640**

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 –

Live Life Love Life Foundation

K. K. Nag Pvt. Ltd.

Maya Indur Thadani

Haresh Shamdasani – Shamdasani Foundation

Usha Ramoo – The Ramoo and Radhakrishnan Family Foundation

Neetu Watumull – Shree Krishna Ashraya Foundation

Satindra Bindra

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**A special thank you to all our donors who wish to remain anonymous.**

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