



Can Cure

Issue 16. May – August 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.



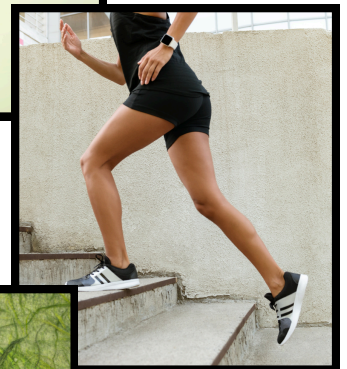
Our Vision : From Cancer Care to Cure

Our Mission : Promoting Excellence in Cancer care through Education, Research, Advocacy and Support.

Advocacy & Awareness

30% of cancer cases can be prevented by making small changes in one's lifestyle. Paying more attention to what one eats, exercising atleast 4 times a week and managing one's stress can reduce the risk of cancer.

Understanding cancer, its symptoms and the benefits of regular screening is the main emphasis of our awareness and screening programmes. An effort is made to reach out to both male and female population. We screen for oral, breast and cervical cancer.





In the last quarter, 5 awareness and screening camps were held at Swarovski India Pvt Ltd. Ranjangaon, Weikfield Foods Pvt. Ltd, Bakori and Lonikhand and Ness Wadia College of Commerce, Pune.

The camps were held in association with Rotary Pune Metro Charitable Trust for their Anubandh Cancer Screening Project

284 men were screened for oral cancer, while 122 women were screened for oral, breast and cervical cancers. About 95 students from Ness Wadia College of Commerce attended the session on mental health and its impact on physical wellbeing.



*If you are interested in promoting cancer awareness and screening within your organisation, we can conduct such camps for your employees. You can contact us at **admin@nagfoundation.org***

Patient Survivorship and Rehabilitation

Cancer Survivorship begins with the diagnosis of cancer and beyond. It helps patients and caregivers manage physical, emotional and the social impact of cancer with the goal of assisting patients and survivors manage side effects, monitor for recurrence, and long-term care. The goal is to enhance quality of life, support recovery, and address ongoing health and psychological needs.

Dance Fit



Dance is an emerging force in cancer care, influencing positive change in areas such as body appreciation, self image, social connection, stress relief, and quality of life. Existing literature indicates that dance can alleviate symptoms of mental health conditions linked to cancer such as depression and anxiety.

The weekly Dance Fit activity by Justine Bhatt continues. This initiative has benefited our patients by increasing their range of motion, flexibility and stamina as well as impacting their mental well-being.

The Dance Fit class is held every Wednesday at the K.K.Nag Pvt. Ltd Campus, Koregaon Park, Pune from 4.00 pm to 5.00 pm.

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. Studies have shown that regular practice of Tai Chi helps in dealing with cancer related fatigue, improves sleep quality and helps one cope with sadness and depression. As a part of our survivorship programmes Tai Chi was introduced to patients receiving chemotherapy at the Day Care. Prashant Sarsar, who has trained in Tai Chi, conducts a class once a week for our patients at the Sahyadri Hospital, Hadapsar



Support Group



A meeting of women cancer patients and survivors connected to each other through their experience and emotions.

The Breast Friends Support group meets once a month, where patients and survivors get a chance to talk about their feelings and work through them as well as learn ways to deal with the practical problems they face during and after treatment.

After the hot summer and then the incessant rain, a meeting was held on the 30th of August 2024. An emotional expression through an Art Activity was conducted. The importance of acknowledging one's emotions was discussed, it ended with a Sentence Completion Activity.

Lymphoedema Management

Lymphoedema is a swelling in the arm, hand, breast, or chest that can develop after breast cancer treatment. It can occur after surgery or radiation therapy that removes or damages lymph nodes in the underarm area. At the Foundation, we provide lymphoedema management services. This includes education about recognising lymphoedema symptoms, prevention and management.

We have two pneumatic compression machines which help in reducing swelling. Patients are trained in compression bandaging and exercise.

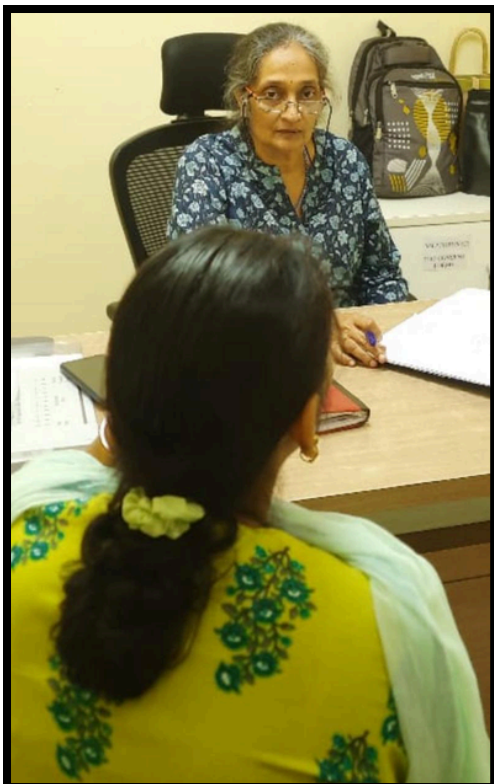
Wig Bank

Hair loss is the most common side effect of chemotherapy.

Although it is temporary, it has a deep psycho-social impact.

Patients who have completed their treatment and have purchased wigs during their treatment and no longer have use of the wigs they purchased, donate them to the Wig Bank. These donated wigs are shampooed and then given to patients who would like to use wigs, but cannot afford them.

Palliative Care



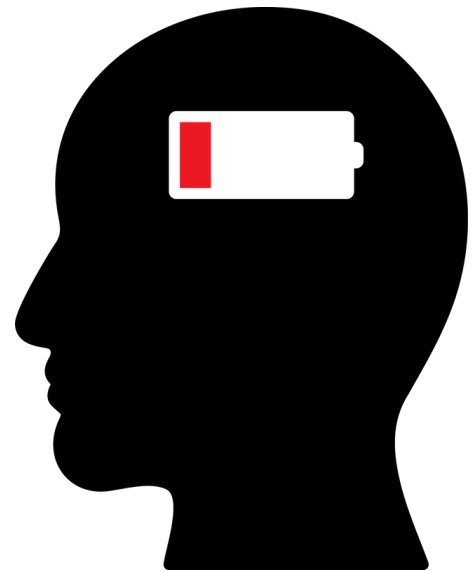
Palliative Care is a part of the management of cancer. Palliative Care includes symptom assessment, counselling, symptom management with special emphasis on pain management.

Dr Prerana Kulkarni has taken over as the Palliative Care Consultant for Nag Foundation from June 2024. If needed, she refers patients to Cipla Palliative Care Center in Warje, or Vishranti Palliative Centre in Bhavani Peth. Special counselling is provided to them as well as to their caregivers. This continues to be supported by Live Life Love Life Charity Foundation.

Research and Education

Current studies Burnout In Oncology

Stress undermines performance and affects relationships. Our burnout study, in collaboration with Sahyadri Multispeciality Hospital, wants to understand the level of burnout in oncologists and onco-nursing staff with a view of improving coping skills for these professionals. We have finished with data collection and are in the stage of data analysis



KAPB Study

Breast Cancer is one of the leading cancers in India. The aim of the study is to design an intervention programme that will help change health seeking behaviours in the community. We are in the process of data collection. We request you to be a part of this project. You can highlight the link below to follow it to our form online and fill in the survey.

<https://docs.google.com/forms/d/e/1FAIpQLSfRQFeASn9wNIHp-P1UH4NBGKo1pycF5RWjYRwmsNSH2tgIHw/viewform?pli=1>

INITIATIVES

The Onco-Nursing Training Program



Our team at the Foundation reached out to 24 hospitals, of which 15 hospitals confirmed their participation. We could only accommodate 4 nurses from each hospital for the training. Total nurses trained were 45.

The course was divided into 4 modules which were covered over a span of 4 Sundays. The modules were selected after detailed discussions with our oncologists.



Synopsis of the Modules

The modules cover all treatment modalities of Surgery, Medical Oncology, Radiation Therapy and the Nursing Responsibilities for each of them. We also included Palliative and Survivorship issues.

The Nag Foundation arranged an Onco Nurses Training programme for the nurses in Pune. There were 4 modules which were held on 14th and 28th July, 11th August and 25th August 2024. 45 Nurses from 15 Hospitals across Pune attended these sessions. The sessions were for the full day.

Module 1

- Cancer General
- Principles of Cancer
- Oncology Emergencies
- Keeping Records
- Essentials of Communication in Nursing

Module 2

- Chemo – Port & PICC line
- Dealing with Chemo spills
- Dealing with Extravasation
- Onco – Nutrition – Why it is important

Module 3

- Commonly use Chemo drugs and their short & long term side effects
- Breaking Bad News
- Learning to relax
- Oncology Nursing Duties and Responsibility

Module 4

- Management of Lymphoedema
- Recognizing Distress in Patient / Caregiver
- Nursing in Surgical Oncology
- Nursing in Radiation Oncology
- Palliative Nursing
- Research and Nursing

The training programme began with the administration of a pre-test questionnaire to understand the existing knowledge among the nurses. This helped us to understand baseline knowledge and to improve on the topics for each module. It helped us tailor-make the training programme to the needs of the nurses. The same questionnaire was administered after the session to see change in knowledge and skills.

The training programme was much appreciated and helped many of the participants improve on their nursing skills and knowledge.

We take this opportunity to thank all our faculty who on a busy Sunday took time out to be a part of this initiative. A special thanks to the faculty from Tata Memorial Hospital who readily agreed to teach our nurses. And lastly to our nurses who gave up 4 Sundays to learn more, this showed their commitment and dedication to their profession.



A Magenta Study



Poorva Gadiya, a survivor and associated with Nag Foundation, was a Co Author of a paper of MAGENTA a Multinational patient survey assessing the awareness, perceptions and unmet needs in Genetic Testing and Counselling. She helped in writing the Manuscript for this study. 8 patients from 9 different countries (Argentina, Australia, Brazil, Egypt, India, Malaysia, Mexico, Russia & Taiwan) worked together to understand and measure awareness of Genetic Testing and counseling in Breast Cancer patients. The entire process took 2 years to complete, the project began in March 2022 and was completed in 2024. The research article is published in 'Frontiers in Oncology' the 3rd most cited and 6th largest Journal.

It was a proud moment for us at the Nag Foundation as Poorva represented the entire community of Breast cancer patients in India.

In her words. "All thanks to Dr Shona Nag, Rebecca D'Souza and Nag Foundation for suggesting my name. This is another thing that Cancer gives me!!, which wouldn't be possible otherwise".

TomoTherapy Radixact X9 System Launch

Sahyadri Multispeciality Hospital, Hadapsar, launched the first of its kind TomoTherapy Radixact X9 system integrated with VitalHold technology, a revolutionary advancement in Radiation Therapy. This system offers real-time adaptation based on imaging, ensuring accurate radiation dose delivery to the target while sparing healthy tissues. Our survivors were invited to be a part of this launch to showcase that life does not end with a diagnosis of cancer and that cancer is an opportunity to be the best version of themselves.

Our survivors and care givers walked the ramp to inspire a positive body image and then got every one to groove with their energetic dance performance.

Justine Bhatt, our Dance Fit trainer, choreographed and trained them.





Many thanks to our Women of Inspiration

Laila Shelke, Poonam Prasad, Seema Bhosle, Vijaya Kshirsagar, Nanda Kamble, Roshika Narang, Joan Fernandes, Veena Gaikwad and Sameera Singh who walked the ramp and rocked the stage.



Patient Aid (May–August 2024)

General Aid to Patients – ₹. 14,14,699.00

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

Live Life Love Life Charity Foundation

K. K. Nag Pvt. Ltd.

**Rotary Club of Pune Metro Charitable Trust– Anubandh
Project**

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

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