



Can Cure

Issue 17. Sept – Dec 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

A study conducted in rural India to understand the range of cancer awareness showed that although most (96.5%) of the participants were aware of cancer, the common risk factors and warning signs of cancer were known to only a few. Specific risk factors for cervical and breast cancers were, however, not known to a majority (79.9% and 72.2 % respectively).

Our awareness and screening programmes aims to raise awareness about cancer, its prevention, and the importance of early detection and treatment.

In the last quarter, 5 awareness and screening camps were held at Green Tokri, K.K.Nag Pvt Ltd . Ranjangaon, Marriott Suites Hotel, Suzlon and Sarole Village.

These were in association with Rotary Pune Metro Charitable Trust for their Anubandh Cancer Screening Project.

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

Cancer Advocacy, Tanya D'Souza

"I sit in front of my doctor and I freeze, I don't know what to ask and how to ask my doubts and queries"

When we visit a doctor, we often prepare ourselves with questions and doubts that beset us. But, most often we forget or we are too anxious to ask them.



Here is a list of probable questions we can ask to our doctors. These questions are specific to cancer.

- 1) What kind of cancer do I have, and how serious is it?
- 2) What caused the cancer? Is it genetic?
- 3) How fast is the cancer growing?
- 4) Has the cancer spread to other parts of my body, or is it only in one place?
- 5) How will the cancer affect my daily life?
- 6) What are my chances of beating the cancer?
- 7) What are my treatment options at the moment?
- 8) How long will my treatment last, and what will it be like?
- 9) What side effects might I have from the treatment?
- 10) Are there any risks with the surgery or other treatments I might have?
- 11) How often will I need to have check-ups or tests?
- 12) How will I know if the treatment is working?
- 13) Is there anything I should avoid at this time? Food, habits, etc.?
- 14) What are the chances that the cancer might come back after treatment?
- 15) What can I do if I'm having trouble paying for treatment or need emotional support?

These questions are a check list for patients and caregivers so that when sitting in front of the doctors all their queries can be answered.

Patient Survivorship and Rehabilitation

Survivorship begins with diagnosis and through the rest of the patient's life.

Our Survivorship programme helps patients live with cancer and manage the physical and emotional changes that come after treatment.

The purpose of these programmes is to help patients live a healthy and happy life.

The survivorship programme focuses on the following:

A) Palliative & Pain Care:

Palliative care is a specialized medical care that focuses on improving quality of life and reducing suffering for people with serious illness.



Our Palliative Care services to the patients in the Oncology department of Sahyadri Hospital, Hadapsar include symptom assessment, pain management, other symptom management and counseling. The care givers are also counseled and provided support. For terminal care patients requiring hospice care that focuses on comfort, dignity and quality of life, they are guided to Cipla Palliative Centre or Vishranti Hospital. Around 200 patients and caregivers were helped. This continues to be supported by Live Life Love Life Charity Foundation, Pune.

B) Exercise:

Exercise helps cancer patients' deal with issues related to fatigue, sleep, treatment side effects, anxiety and depression.

To motivate patients to make exercise a part of their lifestyle, Nag Foundation has begun a weekly Dance Fit class led by Justine Bhatt.

9 months since its inception, benefits like increased range of motion, flexibility and stamina has improved the patients/ survivors' physical and 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.



C) Psychotherapy:



A diagnosis of cancer is accompanied with myriad emotions that greatly affects a patient's quality of life. Psycho – social counselling is available for patients and caregivers to help them cope with anxiety, depression and fear of recurrence. Psycho – education to help them understand disease and treatments to improve patients compliance is available.

D) Meditation and Breathing:

Meditation can help in reducing stress and anxiety. It can also boost our immune system. Prashant Sarsar, who has trained in Tai Chi continues to conduct one on one mindful meditation sessions once a week for our patients at the Sahyadri Hospital, Hadapsar at the Onco Day Care.



E) Lymphedema Management:

Lymphedema is swelling in the operated arm or leg due to the build-up of lymph fluid. It is a side effect of the surgical intervention in cancer.

Management of lymphedema includes manual lymphatic drainage, compression bandaging and use of the lymphapress, which is also available at the foundation.

F) 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.

On 14th Dec 2024, a support group was held to celebrate the spirit of Christmas, with dance and snacks.



Initiatives

The 12th Annual Indian Breast Cancer Survivors Conference

Nag Foundation, Pune and the Women's Cancer Initiative, Tata Memorial Hospital, Mumbai, held the 12th Indian Breast Cancer Survivors Conference on the 17th and 18th October 2024. The conference took place at Hotel Shree Panchratna, Pune.

The conference is a platform for survivors across Maharashtra and health care professionals to come together to share, learn and advocate for an optimal and healthy survivorship. Programmes were charted out mindfully based on the needs of patients and survivors. Sessions are based on Bone Health, Coping with long and short term side effects of treatment, Lymphoedema, Sexuality, etc.

Elaine Abreo, a Survivor, and Praful Chandawarkar inaugurated the conference.

Elaine has been a huge supporter of the Breast Friends Support Group. Praful Chandawarkar, founder of Live Life Love Life Charity Foundation and has financially supported Nag Foundation for many years.



Dr Shona Nag's session on Survivorship emphasized the various aspects of survivorship and its importance.

Dr Nita Nair, Medical Oncologist very ably led the panel discussion on long and short term side effects of treatment.

The panelist included Surgical, Medical and Radiation Oncologists, a Dentist, a Neurologist, a Gynecologist, a Physician and an Orthopedic specialist.



Dr. Rama Sivaram spoke on sexuality and intimacy and also led the session on Managing Lymphoedema. Dr Pranjali Gadgil share her insights on Why, What and how Follow ups happen. Dr Maithili Bokil's interactive session on Nutrition will help our patients to improve their eating habits and their nutritional status.



Rebecca DeSouza and Sushma Patil's interactive session on mental health was both insightful and practical, Sushma Patil, Genetic Counselor explained the interaction of genetics and cancer and helped clear many fears and doubts.



Justine, our dance therapist, with her style and charisma was able to get everyone to dance and move their bodies.



***Our gratitude to our partners S L Kirloskar Foundation,
Watumull Sanatorium Trust and our donors.
The conference was well attended by breast cancer patients
and survivors from Pune, Mumbai, Wai, Ranchi & Hyderabad.***

Dr Shona Nag and Ms Rebecca DeSouza attended the Second edition of the Annual BMC Chhattisgarh Cancer Conclave, 20th –22nd September held in Raipur. Dr Shona Nag moderated the panel session “NGO Brainstorming and The Way Forward”, while Rebecca represented Nag Foundation as one of panelists.



The 25th International Psycho-Oncologist Society (IPOS) World Congress was held in Maastricht, Netherlands from 24th to 27th Sept 2024. The theme of the congress was “Cancer in Context”. The conference was an opportunity for researchers and psychologists to share their experiences and work with professionals from around the world. Rebecca DeSouza attended the conference



Patient Welfare (Sept - Dec 2024)

General Aid to Patients – ₹. 5,56,034/-

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 –

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