

*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.*

---



**Dr Joy Ghose, MS, MCh, Surgical Oncologist**

## **Healthy Bones and a Happier Me**

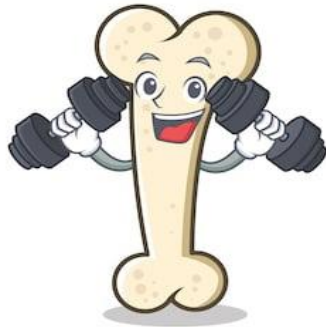
One of the most important aspects of our well-being is having strong and healthy bones. We know that as our age progresses, our bones become weaker and osteoporosis sets in. This problem is even more pronounced in those who have undergone treatment for cancer and its related ailments.

Osteoporosis is a disease of the bones, wherein the bones become weak and fragile; and are prone to fracture, even due to trivial trauma or stress. This is most pronounced in elderly women, who have undergone menopause. The hormone estrogen, has an important role to play in bone health of women. After menopause, the lack of estrogen causes bones to become fragile at a rapid rate and early osteoporosis.

Women, who have undergone treatment for cancer, have multiple other risk factors for bone fractures and injury. One of the common risk factors is hormonal treatment with medicines such as Anastrozole or Letrozole, which have been seen to increase the risk of osteoporosis and fractures. Those who are advised these medications also need to take measures to prevent osteoporosis by adding medicines known as bisphosphonates, either via injection or oral tablet form.

A healthy diet, adequate exercise, and regular exposure to sunlight are simple measures to keep our bones healthy. Calcium supplementation, when required, should be taken with the advice of a medical practitioner. A bone density test

provides valuable information regarding the status of our bone health and acts as a baseline measurement on which treatment can be tailored to each individual.



shutterstock.com • 735814912



hutterstock.com • 21300199



Akshata Parekh, Expressive Arts Therapy Practitioner | Counselor

### **Bringing our energies together to welcome 2021.**

Expressive arts therapy is the use of various arts like movement, visual art, music, drama, writing and sculpting to foster growth, healing and development.

Nag Foundation has made expressive art therapy available to patients at the oncology department, Sayadhri Hospital, Hadapsar.

Expressive therapy provides patients a safe space to explore their concerns, physical pain causing emotional distress, change in interpersonal relationships and recognizing their own resilience in overcoming the trauma of cancer.

I am in the final year of my master's in clinical Mental Health Psychology with a specialization in Expressive Arts Therapy from Lesley University, Boston.

As I walked into the centre on 1st January 2021, the day-care in charge requested me to do something special on the first day of the year.

We decided to use music as a medium to energize and bond with each other. After talking to them individually, we asked them to join us only if they felt up to it.

As the music came on, the patients gradually started to clap and move on their beds. Some patients started to sit up and dance, few others requested the nurses to

disconnect their intracath so that they could join the staff on the floor, dancing and going around meeting other patients. One could feel the joy in coming together in dance and music.

Patients shared with each other, memories of earlier New Year days spent with their families, while another patient felt that the activity inspired in them, feelings of being with a community full of energy and inspiration.

The arts have the power to create a space for expression, community and exploration. This experience of coming together was a reflection of the benefits, the arts can provide.



## PATIENT SUPPORT AND REHABILITATION

As a continued effort many virtual support group meeting were organized for patients, survivors and caregivers.

A support group meeting was organised after several months of virtual meetings for our survivors. It was a fun afternoon. The members enjoyed meeting in person after a long break.



A second Support Group Meeting was organized with a special programme to celebrate International Women’s Day. Akshata Parekh, an Expressive Art Therapist conducted a Drum Circle. The main objective of a Drum Circle is to share rhythm and get in tune with each other and themselves. The members thoroughly enjoyed learning and playing the drums. “Forgot my pain, helped me relax, Was in the now, and not in the bustle of my home” were some of the feedback shared by the survivors



**WORLD CANCER DAY** is celebrated every February 4. To express their emotional and psychological support, the onco-team put their feelings and thoughts onto canvas using the various medical supplies that are used in the daycare.





## CONTINUING MEDICAL EDUCATION PROGRAMMES FOR PROFESSIONALS

### 6th YEAR IN REVIEW



Year in Review provides dissemination of knowledge through online content, live meetings, lectures, conversations, information sharing, and constructive debates, ultimately improving clinicians' performance and patient outcomes throughout the world. Members of the year in Review community receive timely notifications of important upcoming meetings, additional coursework, CME opportunities, and educational materials.

### 'Understanding Terminal Illness with key focus on Cancer and it's impact on Mental Health'.

A training workshop conducted by Nag Foundation for Connecting India volunteers and stakeholders to help them. The workshop helped them understand the emotional and psychological impact of the diagnosis of cancer on the patient and their family.

#### **Patient Aid (July-December 2020)**

Aid to patients for Herceptin /Radiation – **Rs 4,37,081.00**

Aid to patients for Chemotherapy, Medicines and Surgery – **Rs 59,994.00**

#### **Patient Aid (January to April 2021)**

Aid to patients for Herceptin/Radiation – **Rs 89,595.00**

General Aid to patients – **Rs 98826.00**

On behalf of the Nag Foundation, we bid farewell to Srilata De our administrator. We thank her for her valuable contribution and wish her success in her endeavours.

We also welcome Eenakshi Ramchandani who will be taking over as administrator.

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

Asha Kalyan Thapa	K. K. Nag Pvt. Ltd.
Manu Yashpal Singh	Live Life Love Life
Nishant Ram	Samvedna
Saraswati Medicals	Medgenome Labs Limited
Bharat Sunder Vasandani	Inner Wheel Club Bombay
Minakshi Gupta	Glenmark Pharmaceuticals
Brian de Souza	Zydus Pharmaceuticals
Rupita Salon	Pubmatic India Pvt. Ltd.
C Bhiladvala	Mary V Helsabeck
Ashwini Malhotra	C R A Financial Services L.L.C.
Bharati Kelkar	Rooma Dubey
Ravinder Bindra	

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

**All donations are eligible under the 80 G Income tax exemption.**

**We are registered by the FCRA.**

**Website: [www.nagfoundation.org](http://www.nagfoundation.org)**

**Email: [admin@nagfoundation.org](mailto:admin@nagfoundation.org)**

**Contact: +91 9326060014**

**For Private Circulation Only**