

Issue 8, December 2021

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.



LIFE AFTER BREAST CANCER – NEW NORMAL

Dr Shona Nag

Director, Department of Medical Oncology- Sahyadri Hospitals, Pune

Once my treatment of Cancer is over, what should I expect? Would life change drastically? Will my life ever be the same? These are the questions that cloud a patients mind. The answer is different for every person. It is a challenge for every survivor to figure out how to return to everyday life while adjusting to the effects of the disease and its treatment.

What could help in the journey is changing our perspectives towards our health seeking behaviors and a few of the following suggestions.

- 1) Keeping a Follow Up schedule: The goal of which is to monitor recovery, manage side-effects and to check for recurrence.
- 2) Adjusting to possible long term side effects of the different modalities of cancer treatments: Physical, Psychological, Emotional and Social.
- 3) Keeping a Personal Health Record and Treatment Summary.
- 4) Identifying ways to cope with distress.
- 5) Changes in Lifestyles – Nutrition, Exercise and Attitude towards stress.
- 6) Putting oneself first as Priority.
- 7) Maintaining Family and work balance.
- 8) Reaching out for support.



At the Nag Foundation, through our various Supportive programs, we help our patients and caregivers to adjust and make the best of this New Normal.

CANCER AWARENESS

In our sustained effort to reduce late stage diagnosis through information and awareness, various discussions and camps were organized. The pandemic has affected our efforts but we try in various ways to reach out to the community.



Talking to a Self Help Group



Online



Online

Creating Awareness with a Difference

Nag Foundation and Sahyadri Hospital, collaborated with a women's biker group (Hirkanee Riders) to reach out to women in 9 districts of Maharashtra.

Ride Shakti for Breast Cancer Awareness

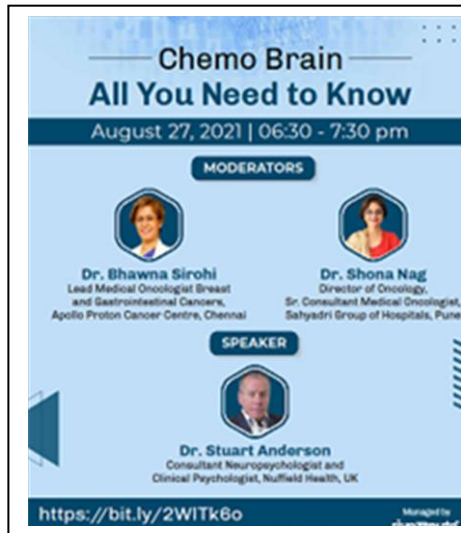


9 women on powerful bikes on the occasion of Navrati set out to reach out to underserved women to talk and teach Awareness about Cancer.

SUPPORT GROUP

As a part of our ongoing supportive activities, and in collaboration with Global Breast Cancer Support group, online support group meetings were organized.

18th December 2021 saw our offline support group meeting after a very long time. It was an afternoon of catching up with old friends and making new ones.



Our offline support group meeting

SURVIVORSHIP CONFERENCE

After a gap of a year, the 9th Indian Breast Cancer Survivors Conference was held on 9th October 2021. This was especially for patients and survivors who had Breast Cancer during the Covid-19 period. Keeping the regulations in mind, the numbers were limited to 60 patients from Pune only. It was a day of knowledge and fun.

The conference is a platform for survivors and health care professionals to come together to share, learn and advocate for an optimal and healthy survivorship. Our aim is to energize, educate and enable survivors, in women specific health issues. It is also a wonderful opportunity to connect with other cancer survivors and caregivers and learn from experts on a variety of survivorship topics.

The conference was inaugurated by Ms. Devieka Bhojwani, Dr. Sudeep Gupta, Mr. Milon Nag, Dr Sangeeta Wagh, Dr. Amrita Vaidya, Dr. Sonia Basu and Dr. Shona Nag.

The program included talks, presentations and panel discussions.

Dr. Shona Nag shared her insights on “Life after Breast Cancer- a New Normal”. A much needed talk on preparing our newly diagnosed patients on adjusting to changes in health choices and behaviours.

The three pillars of reducing the risks of recurrence, Nutrition, Exercise and Managing stress was elaborated by Dr. Joy Ghose in his session “The importance of Physical Exercise and Diet in the recovery from Breast Cancer”

Mrs Geetanjali Kale spoke on how she coped with Cancer through the Pandemic. Mrs Rebecca de Souza discussed increasing cognitive reasoning and focus through her interactive session ‘Brain Power’.

There was a panel discussion on frequently asked questions related to Breast Cancer Survivorship. The panel consisted of an Onco-Surgeon, Radiation Oncologist, Medical Oncologist, Gynecologist, Dentist, Caregiver and Survivors.

The moderator of the panel was Dr. Sudeep Gupta, M.D., D.M. Director ACTREC (Advanced Centre for Treatment, Research and Education in Cancer). The panel comprised of Ms. Deveika Bhojwani, Dr Joy Ghose, Dr Supriya Puranik, Dr. Sanjay MH, Dr Shriniwas Kulkarni, Dr. Dinesh Hingorani, Dr. Sonia Basu and Mr. Ankur Mathur. The diagnosis and treatment of cancer is difficult and misunderstood. The panel discussion was an attempt to clarify and answer questions that many a times remain unasked and unanswered. Questions ranged from Why Me to How can I prevent it from happening to my Children, from Sexual Intimacy to Body image, from Breast Reconstruction to Dental Care, from Mental Health to Supporting my Partner through cancer.

This session helped many survivors understand cancer and also plan their survivorship journey.

The afternoon sessions were on a lighter note with Art Therapy by Akshata Parekh, Healthy Cooking with Zahaan Irani and Dance and Movement to achieve emotional, physical and social connect, conducted by Prashant and Troupe.

The Mehendi and Make up stalls allowed women to recreate themselves and the Photo Booth captured moments.

Special Thanks to our volunteers and survivors – Faith, Lynn, Mehjabeen, Mughda, Sameera , Seema and Tanya.



FUN TIME AT NAG FOUNDATION

The entire team of doctors , nurses and volunteers, who on different occasions have contributed to the mission of Nag Foundation ,spent a day connecting with each other in fun and adventure.



BEING THE DIFFERENCE

Patient Aid (Sept-Dec 2021)

Herceptin/Radiation Aid to patients – **Rs. 3,37,253.00**

General Aid to patients – **Rs. 2,87,198.00**

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 and the generosity of our patrons and donors. We would like to thank –

Zehra Tyabji
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Sachin Bapat
N. N. Dange

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

***Warm Greetings for
A Merry Christmas & A Happy and Properous New Year.***

Website: www.nagfoundation.org

Email: admin@nagfoundation.org

Contact: +91 9326060014

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