

INDIAN CANCER SOCIETY

The Beacon of Hope Special Edition

Newsletter Date
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- Mr.S.Shreeram
COO - Indian Cancer Society

- Mr.Raj Kharkar -
Executive-Event
Management



Dear Friends,

It gives us immense pleasure to present to you the inaugural issue of Indian Cancer Society's quarterly newsletter 'The Beacon of Hope'. This issue covers major events that took place in the period of April - June' 2011. As a special edition, it also includes 'highlights of the year 2010 - 2011'.

Launch of Hope Express, Launch of the HDFC-ICS Cancer Cure Fund, Race of Hope, Art workshops for Children & Adults and Ugam's anniversary celebrations are some of the events being covered in this issue. Moreover, we have included articles of special interest which will provide the reader few tips to develop a healthy lifestyle and prevent cancer. We have also incorporated a world update section dealing with latest cancer news around the globe.

We would like to take this opportunity to extend our deep personal gratitude to all donors, volunteers and well wishers whose generosity has helped the Indian Cancer Society to continue vigorously with all its activities towards the welfare of underprivileged cancer patients and towards detection, awareness and cure of the disease with hope and determination. We will welcome suggestion from the readers to further enable and empower us to fulfill our mission.

Wishing you the best in health.

Regards,

Dr. Arun Kurkure
Managing Trustee & Hon. Secretary



Mr. Hari Mundra
Jt. Managing Trustee & Hon. Treasurer

I. EVENTS & PROGRAMS AT ICS

Rehabilitation Department - Art Workshops for Children & Adults

The Indian Cancer Society periodically holds Art Workshops at its Rehabilitation Centre in Parel. The purpose of these workshops is twofold. The first is their therapeutic value for adult and child cancer patients and survivors and the second is to introduce and expose our participants to new art forms so as to enhance their skills and help them innovate and create new designs, colors, and formats for different saleable products. The proceeds of the sales are used for the welfare of these patients and survivors. During the 15 month period i.e. (March 2010 – June 2011) three art workshops were held at Rehabilitation Center - Parel. Participants took part with great enthusiasm & pride.



Race of Hope

Indian Cancer Society in collaboration with **The Royal Western Indian Turf Club & The Poonawalla Group** organized 'Race of Hope' at Mahalaxmi Race course on 27th Feb 2011, in order to gather funds towards rehabilitation of cancer patients. The event was an opportunity to showcase the products made by cancer patients/ survivors at the ICS Rehabilitation Center at Parel. Thanks to the team of managing committee member Mr.Kiran Talcherkar. ICS received enormous publicity on this occasion. Brochures were distributed on this occasion.

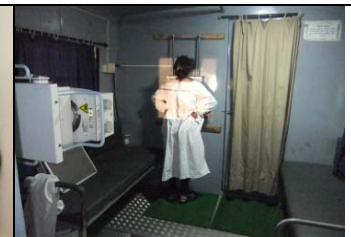


Cancer Detection & Awareness Programs - Launch of Hope Express

The Mobile Cancer Detection Program of ICS launched India's first Digital Mammography Van, named the Hope Express, a state-of-the-art Cancer Detection Van on 22nd Oct. 2010, devoted exclusively to women. This was made possible due to the massive world-wide fund drive undertaken by Mr.Alan Rosling and the British Business Group in memory of Late Mrs. Parveen Aga. The van has a Computerized Radiology system of Fuji for detection of Breast Cancer. The van also provides facilities for cervical checkup, thus covering the two most common cancers prevalent in women. During the 15 month period March 2010 – June 2011, **32 camps** were held for women with help of this specialized van.



Cancer Detection, Awareness Programs, Camps & Lectures



During March 2010 – June 2011, **103 detection camps** were held and Cancer Awareness and Educational Programs were conducted at various places such as schools, banks, colleges, private companies, NGOs and Government organizations. A **total of 7,801 participants** benefited from these programs. During the programs, information was given about cancer, causes and symptoms of cancer, types of cancer, cancer check up and its importance, cancer treatment and prevention. Pamphlets related to Cancer & Insurance were distributed among the participants to educate them about cancer.

Description	Total no. of Camps	Person Examined	Males	Females	No. of Suspected Cases
MCDC Camp	71	6758	2461	4297	145 (77 Males & 61 Females)
MAMOGRAPHY Camp	32	1043	NA	633	14 (Females)

Cancer Registry

Conferences

International Atomic Energy Association (IAEA) organized a workshop on Cancer Prevention, Detection and Cancer Registry at Tata Memorial Hospital during 28th April to 1st May 2010. Late Dr. B.B.Yeole was invited as a faculty member.

International Union against Cancer (UICC) organized a workshop on Cancer Registry and Epidemiology at Tata Memorial Hospital during 22-24 Sept 2010. Late Dr.B.B.Yeole was invited as a faculty member.

Meetings

ICMR-NCRP arranged the 26th ARM at Bangalore during 1-4 December 2010. Late Dr.B.B.Yeole and Mrs.S.S.Koyande attended the same.



Research Project

Cancer Registry has undertaken research project on "Estimation of Population based survival rates for the major cancer sites registered in Mumbai Cancer Registry during 2002 to 2004" in collaboration with International Association of Research on Cancer.

Training Programmes

During February 28-March 4, 2011, UICC/ IARC, Lyon-France in collaboration with TMH has organized a Training Course on "Cancer Registration and Descriptive Epidemiology: Principles and Methods" in Mumbai. From Mumbai Cancer Registry, Mrs.Anupama Phadke, Graduate Assistant, Miss Vaishali Thorat, Research Assistant and Mr. Omkar Gaikar, Computer Assistant were deputed for the same course.



Survivorship Program - 'Ugam' celebrates its 2nd Anniversary.

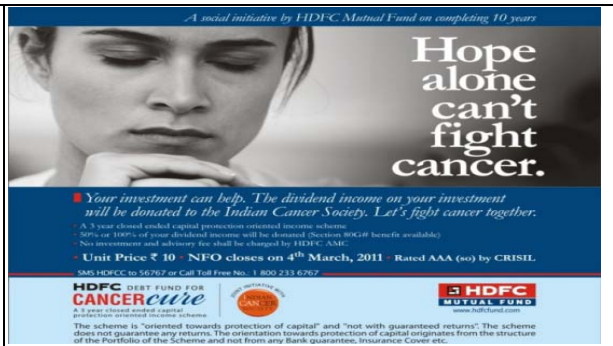
'Ugam' celebrated its **2nd Anniversary** on 5th June 2011 at the Choksi auditorium of the Tata Memorial Hospital, Mumbai. 150 cancer patients and survivors (who are called Victors by the 'Ugam' team) and their parents came to help celebrate the occasion.

The Chief guests were **Mrs. Anita Garware & Mr. Amol Gupte**. The program ended with the screening of a beautiful movie, "Stanley ka Dabba" which depicts the story of an orphan boy who decides to have a normal education in spite of all odds and without letting any of his school friends know that he is an orphan or that he is a child laborer at night.



ICS Cancer Cure Fund - A Joint Initiative With HDFC AMC

In a joint initiative with ICS, HDFC AMC launched a unique HDFC Debt Fund for Cancer Care on March 11, 2011. It was a 100% debt oriented closed ended fund of a 3 year term with capital protection. **The unique feature of this fund was that it offered the investor an option to donate the dividend declared by this fund to ICS to finance the treatment costs of underprivileged patients suffering from cancer.** Based on the choice made by the investor at the time of application. The money raised through donation of dividend income by investors of "HDFC Cancer Cure Fund" will be utilized by ICS for the treatment costs of needy and under-privileged cancer patients across the country.



II. EMPLOYEE SECTION

Remembering Dr. Yeole

Dr. B.B. Yeole who worked for 35 years, at Indian Cancer Society & headed Cancer Registry Division in the capacity of Director suddenly passes away on 18th Jan 2011. As an Epidemiologist, being one of the national experts, he contributed to the success of cancer registry operations in the country and abroad. He made several presentations in scientific forums both on national and international levels. His contributions for research in cancer have been very significant which is evident from his scientific publications, more than 100 scientific papers, both in national and international journals.

He was an excellent human being showering utmost affection on people around him. He was known for his simplicity and straight forward approach in handling his work. He will be missed by one and all at ICS.



III. CANCER NEWS

Expert Panel: Cell Phones Might Cause Brain Cancer

'Limited Evidence' Suggests Cell Phones 'Possibly Carcinogenic'-By [Daniel J. DeNoon](#)
WebMD Health News; Reviewed by [Laura J. Martin, MD](#)

Experts are weighing in on the latest health topic scaring the world - cell phones radiation. The World Health's Organization International's Agency for Research on Cancer (IARC), the expert panel that the American Cancer Society rely on for evaluation of cancer risks, has recently announced that cell phones might cause brain cancer. The IARC has found cell phones to be "possibly carcinogenic", which means they cannot say with certainty if it actually causes cancer, but it's still pretty scary stuff.

Here's what they had to say:

May 31, 2011 -- The expert panel that evaluates [cancer](#) risks today said that cell phones might possibly cause [brain cancer](#).

The announcement comes from the International Agency for Research on Cancer (IARC). Like the World Health Organization, the American Cancer Society relies on IARC for evaluation of cancer risks.

"After reviewing all the evidence available, the IARC working group classified radiofrequency electromagnetic fields as possibly carcinogenic to humans," panel chairman Jonathan Samet, MD, chair of preventive medicine at the USC Keck School of Medicine, said at a news teleconference. "We reached this conclusion based on a review of human evidence showing increased risk of glioma, a malignant type of [brain](#) cancer, in association with wireless phone use."

In finding cell phones to be "possibly carcinogenic," the IARC means that heavy cell phone use might -- or might not -- cause a specific form of brain cancer called glioma. The finding means that research is urgently needed to find out whether cell phones actually cause cancer, and how they might do it.

The IARC estimates that some 5 billion people worldwide have mobile phones. Lifetime exposure to the magnetic fields created by the phones -- particularly when they are held tightly against the head -- rapidly is increasing.

Children are at particular risk, not only because their skulls are thinner but also because their lifetime exposure to cell phones likely will be greater than the exposure of current adults.

Putting Possible Cancer Risk in Perspective

It's important to put the possible risk into context. Kurt Straif, MD, PhD, MPH, head of the IARC Monographs Program, notes that the IARC currently lists some 240 agents as "possibly carcinogenic," including dry cleaning fluid and some commonly used pesticides. While the IARC doesn't make recommendations to consumers, Straif noted that there are precautions people can take.

"Some of the highest exposures come from using mobile phones for voice calls. If you text, or use hands-free devices, you lower exposure by at least [10-fold]," Straif said at the news conference. "So this is left to consumers to consider whether this level of evidence is enough for them to take such precautions."

Otis W. Brawley, MD, chief medical officer for the American Cancer Society, notes that the IARC is a highly credible group. But Brawley echoes Straif's advice: People who are worried can reduce their risk.

"On the other hand, if someone is of the opinion that the absence of strong scientific evidence on the harms of cell phone use is reassuring, they may take different actions, and it would be hard to criticize that," Brawley says in a news release.

John Walls, vice president for public affairs at CTIA, the trade group representing the wireless communications industry, notes that the IARC findings do not mean cell phones cause cancer -- and that the limited evidence on which the findings are based are far from conclusive.

"Based on previous assessments of the scientific evidence, the Federal Communications Commission has concluded that '[t]here's no scientific evidence that proves that wireless phone usage can lead to cancer.' The Food and Drug Administration has also stated that '[t]he weight of scientific evidence has not linked cell phones with any health problems,'" Walls notes in a news release. Samet and colleagues will publish a summary of their findings in the July 1 issue of *The Lancet*, which is still in press.

http://www.webmd.com/cancer/news/20110531/expert-panel-cell-phones-might-cause-brain-cancer?ecd=wnl_nal_060111

Health Tips for Healthy Lifestyle

Stress Management – Unhealthy ways Vs Healthy ways

- | | | |
|---|---|---|
| <input checked="" type="checkbox"/> Smoking | <input checked="" type="checkbox"/> Overeating | <input checked="" type="checkbox"/> Sleeping too much |
| <input checked="" type="checkbox"/> Drinking too much | <input checked="" type="checkbox"/> Withdrawing from friends/family | <input checked="" type="checkbox"/> Avoidance / procrastinating |

Healthy ways to cope with Stress

- | | | |
|--|--|--|
| <input checked="" type="checkbox"/> Avoid unnecessary Stress | <input checked="" type="checkbox"/> Alter the situation | <input checked="" type="checkbox"/> Acceptance of the things you cannot change |
| <input checked="" type="checkbox"/> Adapt to the Stress | <input checked="" type="checkbox"/> Practice Yoga & Meditation | <input checked="" type="checkbox"/> Make time for Fun and Relaxation |

Stress Management – The Easy way out...

Another helpful way to manage a stressful situation is to identify if the triggers - controllable or uncontrollable. If a trigger is controllable, then you can actually solve it by speaking with a counselor. You can employ problem-focused coping strategies, such as altering your thought process. However, if a trigger is uncontrollable, then any energy you put into the given situation, the energy is wasted & problem grows. It's better to let go of the problem. Let the higher power take care. It is better to focus on the things you can control such as the way you chose to react to problems. If there are unresolved emotions or distress related to an uncontrollable stressor, it is important to engage in emotion-focused coping strategies such as emotional expression, relaxation, breathing, distraction or physical exercise.

IV. ICS SCOPE of WORK

Rehabilitation of Cancer Patients and Cancer Survivors <ul style="list-style-type: none"> Physical Restoration Services & Prosthetics Psycho-social and Community Adjustment Services Financial Aid Counseling & Patient Services 	Awareness, Detection & Monitoring <ul style="list-style-type: none"> Cancer Detection Services / Camps State of Art Mobile Vans. Public Education and Awareness Programs Cancer Insurance Program 	Insurance Against Cancer <ul style="list-style-type: none"> Rs. 50,000 /- cover for only Rs. 421 per year Rs. 200,000 /- cover for only Rs. 1082 per year In collaboration with - The New India Assurance Company Limited
Child Care <ul style="list-style-type: none"> Childcare Center for Children Cancer Patients in collaboration with St.Jude Indian Childcare Centers. Free Accommodation Monthly Supply of Dietary Nutritive / Supplements / Ration for young Cancer Patients / Survivors Children's Workshops, Outings, Picnics, Entertainment Programs, Competitions etc. 	CANCER Registry - Mumbai & Satellite Cities <ul style="list-style-type: none"> Part of the National Cancer Registry Program Published 45 Monograph and 103 Scientific Papers Undertakes a number of special survivor studies 	Indian Journal of Cancer <ul style="list-style-type: none"> Internationally Recognised and Indexed Quarterly Publication

Vision of Indian Cancer Society

To be the Beacon of Hope in India's fight against cancer, by providing affordable and innovative solutions, for the Detection and Treatment of Cancer, and for the post treatment rehabilitation of its survivors.

Mission of Indian Cancer Society

- To Investigate, Research and Record its incidence, prevalence, causes and pathology and to facilitate treatment, cure and palliative care of cancer patients.
- Establish Cancer Survivorship Programs to help provide emotional, physical and financial support, post treatment, especially for the poor.
- Establish Special Home Care Centers on its own or in collaboration for children and adults affected by cancer and to assist in the formation of support groups.
- To do so with Compassion & Consummate care and by setting the highest standards of safety and hygiene.
- And finally to Erase the Fear of Cancer by promoting it as a treatable disease.

National Headquarters:		74, Jerbai Wadia Rd, Parel, Mumbai 400012 24139445/ 24125238			
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Mrs. Asha Kanodia					

V. AN APPEAL



"IT IS JUST NOT ENOUGH TO ADD YEARS TO LIFE. ITS EQUALLY IMPORTANT TO GIVE LIFE TO THE YEARS ADDED."

Please donate generously towards the Care & Cure of cancer patients. Donations are exempted from Income Tax Sec. 80 (G) of I.T. Act 1961.

*"Help us to help the indigent Cancer Patients who suffer in our country.
Gain thrice the value of the goods for the small price you pay.
Earn the blessings of the distressed by the kind relief you render.
Donation is invaluable and the act commendable"*

HOW YOU CAN HELP CANCER PATIENTS By Donating towards

• Medical Assistance/Aid	• Sponsoring Prosthesis
• Free Meal Scheme for underprivileged cancer patients	• Organizing Early Detection & Awareness Camps & Lectures
• Travel Assistance	• Buying our products
• By adopting a cancer patient	• Arranging for a Sale/exhibition at your Residence/Office/Institu
• Donation to our Food Bank	• Volunteering your time and services
• Donations in kind	• Spreading the word about ICS and its mission

You may donate articles ranging from clothes, utensils, domestic appliances, furniture, toys, footwear, etc. to raise funds to help needy cancer patients.

I would like to support Indian Cancer Society ✂ **Please cut here.....**

Your Name	
Organization Name	
Address	
Pan Card no	
Phone	
E-mail	
Date:	
Donation amount	
Purpose of donation	
Please accept my donation of Rs.----- for Cancer Research Purposes.	
Mode of Payment:	Cheque <input type="checkbox"/> Pay Order/DD <input type="checkbox"/> Cash <input type="checkbox"/>
Please accept my donation of Rs.----- for General Activities of the Society	
Mode of Payment:	Cheque <input type="checkbox"/> Pay Order/DD <input type="checkbox"/> Cash <input type="checkbox"/>
(Under section 80-G of IT ACT 1961, you can obtain 50% Income-tax deduction)	
.....	

Request to Readers : To enable us to effectively communicate with you, we request you to kindly send us your name, date of birth, address & email Id on events@ics@gmail.com.

Indian Cancer Society's video Internet Link: http://youtu.be/bSPPhJJjR_w (Control & Click to Follow)

HDFC_ICS - Donation Link

https://www.billdesk.com/hdfc/ics/hdfc_ics_donation.htm

ICS Donation Link

<http://www.indiancancersociety.org/donation/donation.asp>

HDFC Bank Links for ICS Donation

http://www.hdfcbank.com/campaign/donate_charity/donate_charity_nonreligious.htm