

Mitra Sandesh

August 1, 2022

I CAN & I WILL

Positive attitude plays a remarkable role in a person's ability to recover and heal. **VeerMitras** (Cancer Victors) help the patients to develop a positive posture and prepare them to muster strength to endure the treatment and emerge as victors.

Call for all VeerMitras to join our team and guide people in need.



Cancer and Common Man

Dr. R P Deo

Consultant, Head & Neck Oncology Surgery, Dr. Rudrappa E & T Hospital and Manipal Hospital, Bangalore

Mitra CanCare Foundation organised yet another thought-provoking knowledge sharing Webinar on Cancer delivered by Dr. R P Deo, Consultant, Head and Neck Oncology Surgery at Dr. Rudrappa ENT Clinic and Manipal Hospital. The program was well attended with lots of questions. He started the speech with an anecdote "Only thing we know is that we don't know" which summarises our

understanding and dealing with cancer. During his speech Dr. Deo covered a whole lot of topics that included Myths, Symptoms, Diagnosis, Prevention, Community Awareness, Cancer Management and Social Issues. He brought out various issues including lack of Government Program despite the fact that it is the 8th largest cause of death. For detailed report, please visit [Mitra CanCare Website](#).

“Positive attitude begins with you, from within you.”

Amar Bhaskar



Mitra CanCare launches Multi-lingual website

Launched by Dr. R P Deo and Dr. Belliappa M S on July 4, 2022, Tuesday

In line with our mission to provide people-centric and appropriate technology leveraged services and information, we have made the Mitra CanCare Multi-lingual Website available simultaneously in **English** and **Kannada**. Crores of Kannada speaking population in small towns and villages too can now get appropriate information about Cancer awareness, prevention and non-medical support services for patients. The website is also designed to be viewed clearly from mobiles.

Dr. R P Deo and Dr. Belliappa M S, during their inaugural address, stressed on the importance of **prevention as against cure** and the importance of **educating the community on cancer prevention**. We are grateful and thankful for their inspirational support and guidance.

IF YOU FIND THIS MEANINGFUL, DO SHARE IT WITH YOUR FAMILY AND FRIENDS AND DO INFORM US OF THEIR E-MAIL ID SO THAT WE CAN ADD THEM TO THE MAILING LIST.



Dr Lata's Corner LEARN & KNOW

Q : Do you have a headache?

Headache is a common symptom that bothers everyone. It can sometimes be accompanied by vomiting.

Causes - Headache may be due to migraine, hypertension, tension headache or due to lesions in the brain like tumors, infection, bleeding and brain injury. Defect in the eye can cause headache.

Headache later in the evening is most often due to tension headache. A sudden early morning headache with or without vomiting can be due to space occupying lesions like brain tumors (either malignant or benign), tuberculoma, brain abscess, aneurysm of arteries.

Sudden onset of headache which is progressive in intensity, sometimes associated with vomiting, change in gait especially in children, are a symptom of concern.

BE ALERT! and seek medical support. Don't self medicate with pain killers.



Note

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