

Mitra Sandesh

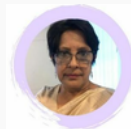
March 1, 2023

I CAN & I WILL

Studies have shown that overall uncertainty has been the key source of psychological distress in people diagnosed with cancer. Patients' first reaction is one of shock and denial followed by emotional turmoil and the inability to function. Eventually they all adopt coping strategies with help from family and support groups.

“The best way to stay strong during cancer treatment is to stay physically active”

Amar Bhaskar



World Cancer Day 2023 IN CONVERSATION WITH VEER MITRAS Dr. Nalini Rao, Radiation Oncology Consultant



Mr. Parameshwaran
CANCER VICTOR



Mr. Glen
CANCER VICTOR



Mr. Suresh V
CANCER VICTOR



Mrs. Vamdana
Ramnane

4th February, 2022 was observed internationally as World Cancer Day to unite the world together in the fight against cancer. Close the Care Gap is the current (2022-2024) theme, which aligns with the vision and mission of Mitra CanCare Foundation.

To celebrate psychological and physical win over Cancer, an hour of panel discussion was organised on the World Cancer Day with Veer Mitras, those special individuals who have dared to meet cancer face-to-face and emerge victorious. The panel discussion was led by Dr. Nalini Rao, to inspire patients to take up cancer care with a positive mindset to emerge a victor themselves.

International Childhood Cancer Day

15th Feb 2023

The Mitra CanCare Foundation organized a program for kids going through treatment, at **Kapur Children Block, Department of Paediatric Oncology, Kidwai Memorial Institute of Oncology** on 18th Feb 2023.

A Magic Show was performed by Prof. S Sathyamurthy, Fastest Magician of India. Around 125 kids who were taking treatment on that day, eagerly waited for the event and overjoyed to participate in the show.

The program started with Invocation Song by **Ms Nanditha**, followed by Mitra CanCare welcome and address from **Dr Arun, HoD - Paediatric Oncology, Kidwai Memorial Institute of Oncology.** **Dr Suneetha** representing **Mitra Medical Advisory Council**, also addressed the gathering with crisp messages for children's parents to stay positive and complete the full prescribed treatment, as most childhood cancer cases are curable to large extent. After the show, Mitra Team distributed some toys and goodies to all the children.

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 Swaroop's Corner

MD radiation oncology, DM medical oncology,
MRCP SCE medical oncology

LEARN & KNOW

COLORECTAL CANCER: CLUES NOT TO MISS

The colon and rectum are vital parts of the digestive tract. Colorectal cancer usually develops slowly, starting with small growths called polyps on the lining of the colon or rectum. While most polyps are harmless, some can become cancerous over time. Symptoms of colorectal cancer can include changes in bowel habits, blood in the stool, abdominal pain, and unexplained weight loss.

Risk factors for colorectal cancer include age, family history, a personal history of inflammatory bowel disease, and a diet high in red and processed meats. Screening tests, such as colonoscopies and stool tests, can detect colorectal cancer early, when it is most treatable.

Treatment for colorectal cancer typically involves surgery to remove the cancerous tissue, and may also include radiation therapy, chemotherapy, targeted therapy and/or immunotherapy. Early detection and treatment are crucial for improving the prognosis of colorectal cancer.



Note

The contents of this Newsletter are only for information and has not dealt with any issue in detail. Any action taken or proposed to be taken must be in consultation with professionals and not merely based on the articles / news/ views and updates herein. Mitra CanCare Foundation disclaims all liability on action taken without professional and/or medical advice.

International Childhood Cancer Day



Kit Sponsor:



Donors:



Supporting Organization:

