

Mitra Sandesh

November 1, 2024

I CAN & I WILL

What is the first thing to do when diagnosed with cancer? The first thing to do is to share it with the people closest to you both family and friends, do not suppress. Please let it out. It is normal for everyone to get angry and feel sad. Sharing of feelings with your near and dear ones will help you to calm your mind. Find the right people to support you and those who always standby you is crucial, it could be your family or it could be close friend.

“ Managing your emotions and staying calm after cancer diagnosis helps you to regain control and prepares you mentally for the treatment. ”

Amar Bhaskar



Women's Health Awareness and Care

Dr. Soumya Holla

Senior Breast Cancer Surgeon & Director, Holla Breast Centre, Bangalore

On October 26, 2024, the Mitra CanCare Foundation, in collaboration with the Rotaract Club of Bangalore Indiranagar, successfully conducted a specialized awareness session titled "Women's Health Awareness & Care." Held at Bishop Cotton Women's Christian College, the event focused on empowering young women and faculty with critical knowledge regarding breast health.

The keynote speaker, Dr Soumya Holla, Senior Breast Cancer Surgeon and Director of the Holla Breast Centre, delivered an insightful talk on early detection and preventive care. Dr Holla addressed common misconceptions, emphasized the importance of regular self-examinations, and highlighted how early intervention significantly improves health outcomes.

Dr. Holla's presentation went beyond medical jargon, offering a compassionate yet clinical look at the importance of breast health in the modern age.

She addressed several critical areas, including:

- **The Importance of Self-Examination:** Providing practical, step-by-step guidance on how regular self-checks can lead to life-saving early detection.
- **Debunking Myths:** Addressing common misconceptions and cultural stigmas that often prevent women from seeking timely medical advice.
- **Modern Treatment Landscapes:** Highlighting how advancements in medical science and surgical techniques have made early-stage intervention highly effective and less invasive.

The session was designed to be highly interactive, featuring a robust Q&A segment. Students and faculty members engaged deeply with Dr. Holla, asking pointed questions about lifestyle choices, genetic factors, and the psychological aspects of managing long-term health. Dr. Holla's ability to bridge the gap between complex medical facts and everyday wellness resonated strongly with the young audience.

The collaboration between Mitra CanCare and Rotaract highlights a shared mission to bridge the gap in healthcare awareness and create impact on community.



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