

Mitra Sandesh

May 1, 2026

I CAN & I WILL

Cancer treatment is complex lengthy process that runs for several months together and thereafter maintenance or controlled management of the disease for years. The treatment plan is made of both the immediate intense treatment and the long term management of the disease. So one needs to be prepared to sprint through the short term challenges, and alongside consciously build up for the long term marathon run. As the treatment progresses, the sprints become tougher draining a lot of energy and you need to keep building-up at every cycle for the long term.

“ Undergoing cancer treatment is like a continuous marathon with multiple sprint cycles. ”
Amar Bhaskar

- Quit tobacco in every form
- Limit alcohol consumption as much as possible
- Take the HPV vaccine, especially for children aged 9 to 14 years
- Maintain proper dental care through brushing, flossing, and regular dental check-ups
- Be aware of warning signs through self-examination of the mouth, lips, face, neck, gums, cheeks, and tongue

Dr. Subramaniam also highlighted critical warning signs that should not be ignored, including mouth ulcers, persistent sore throat, voice changes, swallowing difficulties, lumps, ear pain, and numbness in teeth. The webinar offered practical guidance on adopting healthier habits, empowering participants to make informed choices for long-term health and cancer prevention.

BALAMITROTSAVA

RAMAIAH MEMORIAL HOSPITAL ON 4TH APRIL 2026
SRI SHANKARA CANCER HOSPITAL ON 22ND APRIL 2026

The first “Balamitrotsava” program for the Ramaiah Memorial Hospital was launched on Saturday, April 4, 2026. This will be conducted periodically at the hospital every six months as we establish relationships for our Akshaya Mitra services. This initiative has been designed as a creative and expressive platform for young children fighting cancer with courage and resilience.



HOW TO PREVENT HEAD & NECK CANCERS

DR. NARAYANA SUBRAMANIAM

Lead Consultant, Head and Neck Surgery & Oncology
Aster Hospitals, Bengaluru

Mitra CanCare Foundation organized an informative webinar on “How to Prevent Head & Neck Cancers,” addressing one of India’s most common yet preventable cancers. Head and neck cancers affect areas such as the mouth, throat, voice box, thyroid, and skull base, often developing silently until reaching advanced stages. The session was led by Dr. Narayana Subramaniam, Lead Consultant in Head and Neck Surgery & Oncology, who provided valuable insights into the different types of head and neck cancers, associated risk factors, and preventive lifestyle measures. Dr. Subramaniam emphasized that awareness is the greatest tool for prevention. He warned that even occasional smoking and alcohol consumption significantly increase the risk of oral cancer, describing the combination of tobacco and alcohol as a “super risk” and dangerous duo. Additional risk factors discussed included chewing betel nut and areca nut, poor diet, chronic mouth ulcers, family history, occupational exposure to wood and leather dust, and weakened immunity. Dr. Subramaniam outlined the five pillars of prevention:

We believe this will be a distinctive way to engage with the children while giving them and their parents a refreshing break from the trauma they are undergoing. The gathering was addressed by the COO of Ramaiah Memorial Hospital, Dr. Madan Gaekwad, followed by opening remarks from Dr. Santosh. Our sponsor for Ramaiah Balamitrotsava, Ms Sharada, Founder of S C Sharada & Associates graced the occasion and addressed the gathering, while Dr. Rasmi Palassery spoke about pediatric oncology and caregivers. Rtn. Krishnamurthy also graced the occasion and actively participated in the event. Mitra recognized the hospital for its service excellence, while Ramaiah Hospital, in turn, honored the Mitra Sevaks present with appreciation certificates.

This month, we also conducted our second Balamitrotsava program at Sri Shankara Cancer Hospital. The program began with a welcome address by Dr. Anand K.C., HoD, Pediatric Oncology and BMT. Overwhelmingly, around 42 children participated with their parents. The Sri Shankara Cancer Hospital staff extended their warm support to conduct the event alongside Mitra Sevaks. Balamitrotsava in Sri Shankara Cancer Hospital was also sponsored by S.C. Sharada Associates, and it was represented by a team that also got involved in conducting the activities along with Mitra Sevaks. Mitra Sevaks conducted activities for children’s parents as well, this time where parents got involved too and had some fun time.

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SRI SHANKARA CANCER HOSPITAL

