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Can Cure is the Nag Foundation's Newsletter that helps create awareness about various issues related to Cancer and its treatment. It is an opportunity for our members, both doctors and patients, to share their insights and testimonies with you.



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CANCER AND COVID 19 VACCINES:

- Cancer patients who are newly diagnosed with cancer (yet to be started on treatment), undergoing active anticancer therapy, and those who have completed anticancer therapy, can safely take the COVID19 vaccine.
- As per NCCN (National Comprehensive Cancer Network) guidelines, administering the COVID19 vaccine to cancer patients is a priority.
- Not just patients undergoing active chemotherapy; but also patients who are taking other anticancer treatments such as immunotherapy, targeted therapies (intravenous or oral), can also receive the COVID19 vaccine safely.
- All cancer patients including those with solid malignancies (for example: breast cancer, lung cancer, head and neck cancer, and many others); hematological malignancies (for example: leukemia, lymphoma, and myeloma); patient who have undergone stem cell transplantation (SCT)/bone marrow transplantation (BMT) are advised to take the COVID19 vaccine.
- There are no consolidated guidelines about safety, efficacy, and ideal time for administering the COVID19 vaccine to cancer patients, as the current data is based on the available evidence of about the one and half years duration; so, it is recommended that the vaccine should be taken as soon as it is available.

- There are no established guidelines as such regarding ideal timing for administering the COVID19 vaccine during anticancer treatment.
- There should be a gap of at least 3 to 7 days between the vaccine dose and the anticancer therapy, based on treatment protocol. This timeline is based on our experience while treating patients with anticancer therapy and patients getting vaccinated, as there are no standard timelines about the interval between the vaccine dose and the anticancer treatment dose.
- Radiation therapy (RT) and the COVID19 vaccine: Patients undergoing RT can take the COVID19 vaccine safely, whenever it is available to them.
- It is found that the side effect profile occurring post vaccination (for example: fever, chills, body ache, headache), is no different as compared to the general population, either in terms of frequency or severity.
- Surgery and COVID19 vaccine: Patients planned for surgery or who have already undergone surgery, should receive the vaccine about 8 to 10 days prior to planned surgery or after recovery from the surgery.
- COVID19 vaccination in patients with hematological malignancies should be guided by physician's advice based on various parameters such as type of malignancy, treatment protocol, complete blood counts and other biochemical parameters.
- Those patients who have undergone SCT/BMT, are recommended to take the vaccine at least 3 months after the transplant, as patients remain on immunosuppressive medications (including steroids) which may interfere with the body's immune response towards the vaccine.
- The time interval between COVID19 vaccine administration and Immunology (I-O) drugs, is also not standardized. So, taking the vaccine either before or after Immunotherapy, whenever it is available, is recommended.
- Apart from the COVID19 vaccination in cancer patients, relatives, caregivers/ caretakers of cancer patients should also be vaccinated, which is equally important.

GOOD NIGHTS

A good night's sleep revives the mind and energizes the spirit.

Many physical ailments can be related to the way we sleep.



Questions to ask ourselves

- Do I fall asleep as soon as I touch the bed?
- Is my sleep disturbed?
- Do I feel tired even after a 'good' night sleep?
- Do I feel sleepy during the day?

If your answer to any of these questions is 'Yes', then you need to work on improving the quality of sleep.

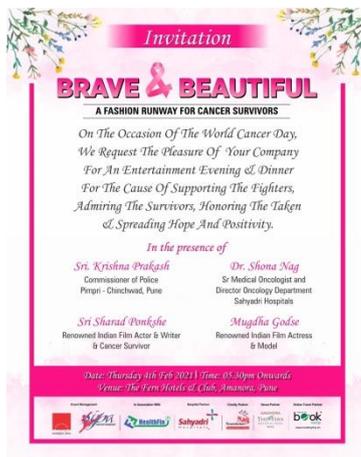
A few tips to help sleep hygiene:

- Exercise daily
- Eat more fibre
- Avoid caffeine and alcohol
- Use your bedroom only to sleep
- Keep a consistent sleep schedule
- Avoid use of technology before sleeping
- Try having a warm glass of milk before sleeping
- A 10 to 15 minute hot shower before sleeping is known to affect the quality of sleep
- Try having 'pink noise' in the background to drown out any jarring sounds .
Eg. of pink noise , the noise of the waves on the seashore or the patter of the rain on the ground

In case you have been having problems sleeping for a long time, its best to seek professional help to address the cause and the reason behind your insomnia.

GLIMPSES OF WHATS BEEN HAPPENING IN THE FOUNDATION

A Fashion Runway by our Cancer Patients and Survivors was organized on 4th February 2021 for World Cancer Day.
Special Thanks to Dr Sonia Basu and Magic Box for a well organised show.



Crocheting affirmations for our new patients

Faith and Lynn, our talented survivor-volunteers, have made these special hand crochet flowers with motivational messages for our patients starting on chemotherapy.



World Tobacco Day was celebrated on 31 May 2021

A collage depicting the harmful facts of Tobacco use was posted on social media and shared with friends and colleagues.

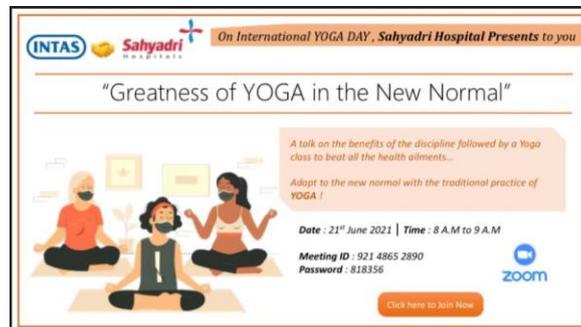


TOGETHER WE CAN

Our support group meetings encouraging our patients, survivors and caregivers to know more about the cancer experience continued every month. Virtual meetings and webinars were held in association with the Global Support Group with Dr. Bhawna Sirohi and Dr. Shona Nag as moderators.

The image displays four promotional posters for Global Breast Cancer Support Group Meetings, arranged in a 2x2 grid. Each poster features the NICCI (Urban Cancer Care) and Nag Foundation logos at the top. The top-left poster is for a meeting on 'Social Media & Internet Misinformation' held on April 19, 2021, at 06:00 PM onwards, moderated by Dr. Bhawna Sirohi and Dr. Shona Nag, with Dr. Richard Simcock as the speaker. The top-right poster is for a 'Session on Covid Vaccines and Cancer' held on May 17, 2021, at 06:00 PM onwards, moderated by Dr. Bhawna Sirohi and Dr. Shona Nag, with Dr. Suneetha Narreddy as the speaker. The bottom-left poster is for 'Maintaining Relationships with your Loved Ones' held on June 28, 2021, at 06:00 PM onwards, moderated by Dr. Bhawna Sirohi and Dr. Shona Nag, with Dr. Rebecca Desouza as the speaker. The bottom-right poster is for 'Exercise and Breast Cancer' held on July 19, 2021, at 06:00 PM onwards, moderated by Dr. Bhawna Sirohi and Dr. Shona Nag, with Dr. Catherine Harper-Wynne as the speaker. All posters include Zoom meeting links, IDs, and passwords, and are managed by RiveRoute.

Yoga for Breast Cancer and a breathing session was held virtually for the Support Group on 21st June. It was well attended and beneficial to all who attended.

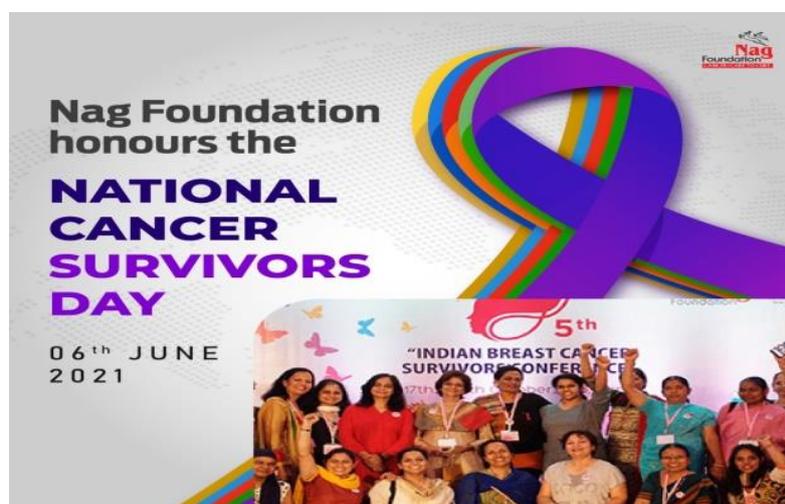


Life Beyond Breast Cancer, A Make-up and Skincare Talk was conducted on 6th June 2021 for our support group



SALUTE TO THE BRAVEHEARTS

The Nag Foundation honours patients and caregivers for their strength and determination in the fight against cancer on the occasion of the National Cancer Survivors Day on 6th June 2021



BEING THE DIFFERENCE

Patient Aid (May to July 2021)

Aid to patients for Herceptin/Radiation – **Rs 1,87,066.**

General Aid to patients – **Rs 1,31,124.**

If the Nag Foundation has made a difference to the lives of our patients and enabled individuals to reconsider health priorities, it is because of the empathy and the generosity of our patrons and donors. We would like to thank –

Shrimati Budhwanti Chand Trust- Pravesh Kumar Bahri
Yasmin Gojer
Kavas Patel
K. K. Nag Pvt. Ltd.
Suresh Samant
Stephen Sangale

A special thank you to all our donors who wish to remain anonymous.

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