



Can Cure

Issue 12. January - April 2023

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.

Lessons Learnt From Life

A short insight shared by a senior citizen (age 85) cancer survivor.

1. Acknowledge and Appreciate Yourself. Don't wait for others to recognise your value.
 2. Try to accept people for what they are and not what you want them to be. Relationships work better if you take your loved ones as they are and you are not looking to mould them to your expectations.
 3. Pay attention to your breathing. Breath connects you to a different level of thought and emotion. Begin your day by just silently observing your breathing.
 4. Believe in yourself, the power is within you. When everything seems to be against you, change the way you see yourself and say to yourself '**you are doing it**'.
 5. Spend time on yourself each day, to know your thoughts and to let them go.
- Keep what is useful and discard what is not.

Activities at the Foundation During the last 4 Months - Making a Difference

Women's Cancer Initiative - Tata Memorial Hospital and Nag Foundation were the academic organisers of the 8th Edition of the Year-In-Review held in Mumbai from the 20th to the 22nd of January.

The scientific program of the Year-in-Review stems from data presented at major breast cancer meetings and noteworthy publications from peer-reviewed journals, likely to make an impact on our daily clinical practice.

The popularity of the Year-in-Review for Breast Cancer relies on an unbiased selection of high-quality research that is presented in an interactive form and discussed in the Indian context. A wide range of topics were reviewed ranging from Translational Science to Supportive Care.

The meeting was classified in the following sessions:

- Loco-Regional Therapies in Breast Cancer
- ER+ve Breast Cancer
- HER2+ve Breast Cancer
- Triple Negative Breast Cancer
- Translational Science and Supportive Care
- Keynote Presentations and Panel Discussions

The participants got clear visibility on how they could apply this information to their immediate practice, as well as keeping in mind the potential of new research.

Support Group Meetings - Sharing is Caring!

A cancer awareness marathon was organised by 'Umeed', a newly formed support group for all types of cancer survivors. Members of the Breast Friends Support Group used this event to show their solidarity and support to the participants by making chocolates. These were distributed to the participants.



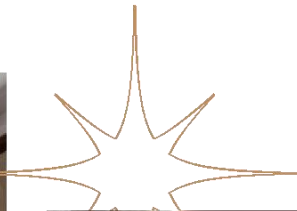
The foundation also supported and sponsored 100 participants for the 'Umeed ki Run' Marathon on 5th February 2023 for World Cancer Day being 4th February. Patients diagnosed with various types of cancers, oncologists, nurses, survivors and their caregivers all ran or walked to show their support and care.

The run was filled with a spirit of camaraderie and hope.



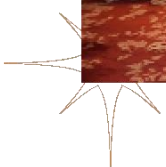
The Breast Friend's Monthly support group meeting was held on 17th February. Ms Bina Mahtani, a health advocate and lifestyle guru, conducted a session on Insights on Living Life to the Fullest. The session also focused on Energy Flow by Qi Jong and Lymphatic Massage, which was helpful for the survivors.





International Women's Day celebrated on the 8th of March is an occasion to celebrate the progress made towards achieving gender equality and women's empowerment. We at the Nag Foundation celebrate this day to acknowledge the incredible courage and resilience of our breast cancer patients and survivors.

It was a fun-filled afternoon with talks by Rebecca D' Souza and Sameera Singh, after which the women swayed to the rhythm and beats of popular music led by Prashant Sarsar. It was followed by a delicious spread for lunch. Our gratitude to Panchshil Foundation and Ritz Carlton Team for making this day memorable.



Support Group at Surya Sahyadri Hospital

Surya Sahyadri Hospital, a Multifaculty 65 bedded Hospital, has a dedicated cancer unit offering all modes of treatment: surgery, chemotherapy and radiation. The hospital also has the government sponsored Mahatma Jyotirao Phule Jan Arogya Yojana (MJPJAY) scheme which provides cashless quality medical care to beneficiaries for catastrophic illnesses requiring hospitalisation for surgeries and therapies. Many patients are able to get the best quality care with the help of these schemes.

To help patients at the Surya Sahyadri Hospital cope and adjust to the diagnosis and treatment of cancer, it was decided to hold a monthly support group at the hospital itself.

27th March saw the first support group. The session allowed patients and caregivers to express their fears, emotions and concerns.



On April 15th 2023, Shuchi Sharma, who is the Onco - Nutritionist at Sahyadri Multispeciality Hospital spoke about "Making Healthy Food Choices" The talk was interactive and full of practical suggestions



The survivors also celebrated Dr Shona Nag's 60th Birthday and showed their appreciation and love for her by presenting her with their handmade gifts.



The second Surya Hospital support group was held on 24th April. The session used art as a way to express their feelings. It was a different but a wonderful experience for the patients, most evident with the smiles on their faces.



Cancer Awareness and Screening Programmes by Nag Foundation

It was a continuous effort by the Foundation to create a change in behaviour related to health by making the community aware of cancer and healthy lifestyles. On 26th January, a Breast Cancer Awareness, Lifestyle and Breast Screening camp was conducted by the team of Dr Shona Nag, Dr Perna Kulkarni, Mrs Rebecca D' Souza, Eenakshi Ramchandani and Veena Gaikwad at Mithanagar, Kondhwa, where 80 women were screened.



Dr Shona Nag had a one-on-one Live Awareness talk on 14th March with Sonia Konjeti on the Pula Platform on Facebook. The viewers appreciated the points discussed.



The next Awareness and Screening Camp was held on 15th March at Tilak Maharashtra Vidyapeeth for Nursing Education. Dr Perna Kulkarni, our gynecologist, used this opportunity to train the nursing students on clinical breast examinations.



An Awareness and Breast Screening Camp was held on 19th April 2023 at Deep Griha. Deep Griha is an NGO that works for the empowerment of the marginalised through capacity building and sustainable urban and rural development programmes. They are situated in the slum area of Tadiwala Road.

The iBreast exam is a handheld device which can be used by non-medicos to identify breast lumps, in just a few minutes, without any pain or radiation

A demonstration of the iBreast Screening machine was also conducted.



Jio Platforms, Mumbai, and Nag Foundation have partnered together for a Pilot Project on the efficacy of thermal screening with AI. The study is to compare Thermal Breast Screening with Digital Mammography. The outcome is to ascertain the results of the handheld Thermal Screening camera which will be used in the field for early detection, that is painless and touch-free and without radiation. The camps were held on 26th and 27th April at K.K. Nag Pvt. Ltd. Corporate Office and on 12th and 13th May 2023 at Sahyadri Hospital, Hadapsar.



Palliative Care

Nag Foundation has initiated a Palliative Care services program. Dr Vijay Ramdasi, M.B.B.S., D. O. M.S. (Pune), will be the Palliative Consultant.

Dr Vijay Ramdasi will offer these services at Sahyadri Hospital, Hadapsar.

He will consult with both patients and care givers. He has also trained at TMCH, Mumbai and CIPLA, Warje.

Genetics Consultant

Dr Aparna Dhar has come on board as a Genetic Consultant with Nag Foundation.

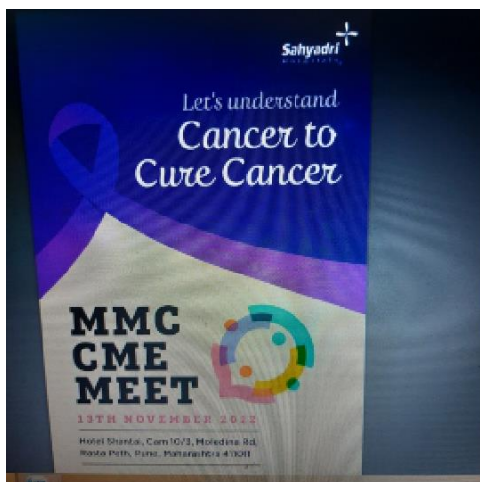
She will help towards counseling patients and at meetings and support groups.

A Special Visit

One of our donors who was on a visit to Pune, Mrs Joan Guha, showed an interest in seeing the Onco treatment facilities. She was taken to Sahyadri Hospital, Hadapsar, and Surya Sahyadri Hospital to see the Radiation unit supported by Nag Foundation.



Conferences



Sahyadri Hospital organised a CME for the doctor members of the Indian Medical Association on 15th March. Rebecca D' Souza, representing Nag Foundation, conducted a session on Handling Emotional Distress in Cancer Patients.

Patient Aid (January – April 2023)

General Aid to Patients – ₹10,16,317
(of which ₹3,51,678 was sponsored by The Ramoo and Radhakrishnan Family Foundation)

Herceptin Fund -- ₹3,98,980

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, support and the generosity of our patrons and donors. We would like to thank –

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