



Can Cure

Issue 13. May - August 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.

Survivorship with Breast Friends - A Survivor speaks from the Heart



A short note of appreciation and gratitude

“My name is Sandhya Rai. I am from Darjeeling, West Bengal and would like to thank you for helping us in the times of need.

We would always be thankful to the Nag Foundation and The Ramoo and Radhakrishnan Family Foundation for helping us for my breast cancer treatment, when our family was facing the toughest time.

When all the doors were shut, Mrs Usha Ramoo came to help us along with the team at Nag Foundation.

We are so grateful for your financial help and all the blessings because of which today, my health is recovered and I will soon be living a normal life like other women.

Today is my last day in Pune, thanks to Nag Foundation members and Dr Shona Nag”.

(Dated 6th June 2023)

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

Support Group Meetings – Sharing is Caring!

The Breast Friends support group helps patients and survivors connect to share their emotions and anxieties. The support group meets once a month and focuses on issues faced by women. One of the growing concerns expressed by our members is the lack of flexibility and stiffness in the body, frozen shoulder, tennis elbow etc.



Our meeting on the 24th June was all about healing our body through exercise, Dr. Abhilash Patra, physiotherapist, demonstrated the various exercises that develop muscular strength. The session was much appreciated and helpful to all.

Olivia Mathews, a Cancer Patient who is a professional beautician spoke about how to feel confident during treatment using simple make up. She gave tips on skincare.



Cancer Awareness and Screening Programmes by Nag Foundation

It is a continuous effort by the Foundation to create a change in health behavior.
Making the community aware of cancer and healthy lifestyles.

The National Cancer Registry Programme Report 2020, released by the Indian Council of Medical Research (ICMR), revealed that 27% of all cancer cases in the country can be attributed to tobacco or tobacco products. 31st May is celebrated as World No Tobacco Day. And what better way to celebrate it than with people who make a difference in the people they meet.

An Awareness talk was organized by our social worker, Veena Gaikwad, for the Jail Police at the Yerwada Police Jail Campus, Pune. Dr Joy Ghose, on behalf of the Foundation spoke about tobacco, it's addictive qualities, it's effects on the body. He patiently answered all questions.





Dr Shri Inamdar represented the Foundation by participating in a Marathon on 28th May for World No Tobacco Day organized by LifePoint Hospital, Pune, to spread awareness about cancer.

A Breast Cancer Screening camp was held for the women residents of Malewadi, Hadapsar, on 15th June 2023 Dr Smita Gaikwad, Sr Mahima and Veena Gaikwad conducted the camp.



An Awareness and Breast Screening Camp was held on 12th August 2023 for the women residents of Runwal Housing Society at Nagar Road, Pune.

The interactive session conducted by Dr Prerana Kulkarni and Veena Gaikwad was greatly appreciated.



One of our survivors' husband who is employed at the Mars Wrigley Company, Khed City, took the initiative to create an Awareness of Cancer for the staff and employees. His own experience prompted him to reach out to others thereby breaking the stigma of cancer.

The Nag Foundation Team of Rebecca D'Souza, Eenakshi Ramchandani, Dr Prerana Kulkarni, Veena Gaikwad and Joan Fernandes, visited the factory and office on 14th August 2023.

The women employees interacted with Dr Prerana Kulkarni as she explained cancer, specifically Breast Cancer, to them. This was followed by clinical breast examinations. For the male employees, Rebecca D'Souza spoke about General Cancer and emphasized on tobacco use and its impact on health.



Conferences

1 Dr Joy Ghose attended the Asia – Pacific Breast Cancer Summit in Singapore on 4th– 6th May 2023.

On 8th May 2023, Dr Joy Ghose participated and was a panelist in a virtual panel discussion, “Knowledge gap in Ovarian Cancer: What should we know” on behalf of Nag Foundation for The World Ovarian Cancer Day.

Vaidehi Rajshekhar a current patient also participated in the discussion. Dr Ghose shared how Nag Foundation is working to support the combined goal of generation awareness regarding Ovarian Cancer.



2 Two abstracts submitted to the Multinational Association of Supportive Care in Cancer (MASCC) by Rebecca De Souza and Dr Abhilash Patra for Nag Foundation and Indian Institute of Public Health was accepted as E-Posters. The conference was held in the peaceful city of Nara, Japan, from the 20th to 22nd June 2023. Rebecca D'Souza presented both the abstracts.



Abstract 1: Connecting Patients to Survivorship programs

Abstract 2: Perspective of Breast Cancer patients on Breast Cancer Survivorship Care in India

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The International Psycho-Oncology Society (IPOS) was created to foster International Multidisciplinary Communication about clinical, educational and research issues that relate to psycho-oncology.

This year the annual IPOS conference was held in Milan, Italy, from the 31st of August to the 3rd of September 2023.

An abstract detailing the efforts of the Nag Foundation in bridging the gap post treatment was submitted and was accepted.

Abstract: "Addressing Unmet Survivorship Needs"

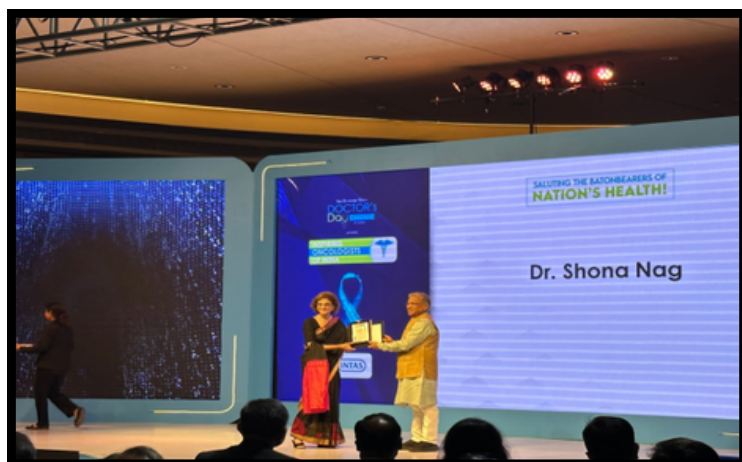
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The Biomarkers and Precision Oncology Forum 2023 held in Singapore on 21 – 22nd of July 2023 presented the latest research data and emerging trends aimed towards personalized therapies in Cancer Care. The aim of the conference is to help and educate oncologists to use Precision Medicines to help them identify patients who might be at a high risk of cancer and help patients choose the best care available.

Dr. Shona Nag was both a chairperson and a panelist at various sessions.



AWARDS



It was a great honour for the Nag Foundation when Dr Shona Nag, our Managing Trustee, was acknowledged for the impact she has on her patients and caregivers.

She was recognized for her contribution and has won an award from the Economic Times in Delhi, for being one of the "Inspiring Oncologists of India" on 30th June 2023

Samavedana, Pune, is a nongovernmental organization that works in the healthcare domain towards bridging the gap between essential healthcare and the deprived. On the occasion of their 20th anniversary, various programmes were organized and a souvenir book was released. Dr Shri Inamdar represented Nag Foundation at the release of their Souvenir. This anniversary celebration was partly supported by the Nag Foundation.



INITIATIVES

Palliative Care improves the quality of life of patients and that of their families who are facing challenges associated with the diagnosis and treatment of cancer, whether physical, psychological, social or spiritual. To help our patients, the Foundation has offered the services of Dr Ramdasi, a Pain Palliative Care Consultant. He is available to all patients at Sahyadri Hospital.



Molecular Tumour Board

The Molecular Tumour Board brings together experts in oncology, pharmacology, genetics and clinical trials to discuss the best options for individual patients based on the genomic alterations present in their cancer. The advantage of the Molecular Tumour Board is that it helps build patient trust, improve care coordination, and determine what factors may get in the way of patient adherence to a plan, giving the patient the best treatment outcome.

To give our patients the best treatment outcomes, the Foundation in collaboration with Sahyadri Hospital has facilitated a Molecular Tumour Board with Dr Aparna Dhar moderating the meeting. The Board meets twice a month via an online mode.

Dr Aparna Dhar is a Mayo Clinic College of Medicine and University of Glasgow trained Medical Geneticist and Genetic Counsellor. She has over fifteen years of experience in academia, hereditary cancers and personalized genomic testing for guiding patient treatment and management.

Patient Aid (May – August 2023)

General Aid to Patients – ₹. 11, 35,340. 00

(of which, ₹.9,41,796 was sponsored by The Ramoo and Radhakrishnan Family Foundation)

Herceptin Fund – ₹. 1, 71,360.00

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 –

Sarah Heine

Pravin More – Mars Wrigley

Live Life Love Life Foundation

K. K. Nag Pvt. Ltd.

Haresh Shamdasani – Shamdasani Foundation

Usha Ramoo – The Ramoo and Radhakrishnan Family Foundation

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

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