



Can Cure

Issue 14. Sept – December 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.



As we begin a new year, let us take stock of our mental health, so that we can begin 2024 with renewed energy and vision.

HOW HAVE YOU BEEN LATELY? ~

Tick what applies to you

Aggressive
Depressed
Failure
Hopeful
Lonely
Satisfied

Angry
Enthusiastic
Guilty
Irritated
Neglected

Anxious
Fatigued
Happy
Inspired
Regretful
Shameful

What are you doing about it?

Are you?

Exercising
Hanging out with friends
Journaling
Listening to music
Learning a new skill
Being Mindful
Meditating
Eating well
Balancing work and "Me" time

If you aren't, then 2024 is a good time to start.

By Rebecca D'Souza

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

SUPPORT GROUP MEETINGS – Sharing is Caring!

Support groups are an opportunity for patients to share personal experiences, feelings, coping strategies and even information about the disease and treatment. The Breast Friends support group meets once every month and discussions are based on various topics that would help in their survivorship.

24th November 2023

Cancer is a complex disease that not only affects the physical but also the psycho- social aspects of wellbeing. Another impact that often accompanies the diagnosis is the financial burden the disease has on the patient and their family.

During our monthly support group meeting, a focus group discussion on ‘The prevalence of financial hardship among Breast Cancer Survivors’ was conducted by Dr Abhilash Patra and Rebecca D’Souza. This discussion was in conjunction with a quantitative study that is looking at all aspects of survivorship.



The meeting concluded with some performances by our survivors showcasing their talents in music, song and dance.



CANCER AWARENESS AND SCREENING PROGRAMMES



It is a continuous effort by the Foundation to create a change in health behavior by reaching out into the community through our awareness and screening camps.

On the 7th of October, a Breast Screening Camp was organized by Dr Rohit Danane of the Abhaya – Indian Dental Association, at the Hira Dental Clinic, Thergaon.

Dr Prerana Kulkarni examined the women while Veena Gaikwad and Joan Fernandes maintained case reports and also guided the women with regard to breast health.



Dr. Prerana Kulkarni delivered an interactive talk on Breast Health to the women employees of the Ammunition Factory, Khadki on the 11th of October 2023. She spoke on recognizing breast cancer symptoms, treatment modules, and the importance of regular screening. She also gave insight of the importance of exercise and balanced diet.

Our team of Veena Gaikwad, Joan Fernandes and Eenakshi Ramchandani, interacted and answered various queries raised by the women post the talk.



INTERACTIONS

It is always an honour to meet our Donors in person and to present to them all our efforts and work.

The Founders of the Ramoo and Radhakrishnan Family Foundation, Mr Regu Ramoo and Mrs Usha Ramoo visited the Nag Foundation. The Nag Foundation Team – Rebecca D’Souza, Eenakshi Ramchandani, Veena Gaikwad and Joan Fernandes were present. They along with Mr Mayur Ghelani were given a presentation on Nag Foundation and the activities of the foundation.

An interactive meeting was arranged for them to meet with the cancer patients who have received financial aid and their care givers. The patients shared their stories and also how the help rendered to them gave them the encouragement to fight cancer. They expressed their gratitude to the donors for their compassion and generosity. Mr and Mrs Ramoo were very touched. It was an emotional time.



CONFERENCES

Dr Shona Nag was a part of the ESMO Pan Asian Guideline Adaptation consensus meeting held in South Korea from the 21st to the 24th of September 2023. The Pan-Asian Guidelines Adaptation (PAGA) project aims to adapt the ESMO Clinical Practice Guidelines by integrating Asian ethnic, scientific, socioeconomic, and local practice characteristics. Dr. Shona Nag represented our country and her insights in cancer treatments will definitely impact decisions on treatment guidelines.



The 11th Indian Breast Cancer Survivors Conference was held at the International Centre, Goa on 1st and 2nd October 2023. Patients and survivors from Pune, Mumbai and Goa attended this conference.

It was organized by Nag Foundation, Women's Cancer Initiative – Tata Memorial Hospital, Mumbai and Gokarna Oncology Medical Trust, Goa.

It was a remarkably enlightening and useful conference for the survivors, with sessions that helped them understand and deal effectively with all aspects of survivorship. Sessions included talks on Recent Advances in the Medical Management of Breast Cancer, Mental Health, Genetics, Lymphedema, Exercise, Nutrition, Sexuality and Intimacy

Panel Discussions were an open forum that answered many questions, clarified doubts and gave solutions to problems that survivors face.

Speakers from Mumbai, Pune and Goa gave their valuable time and knowledge. We are thankful for the care and support they share with their patients and survivors. Many thanks to Dr Shona Nag, Dr Sherkar Salkar, Deveika Bhojwani, Dr Mandhar Nadkarni, Dr Devdutt Sail, Dr Rahul Kulkarni, Dr Shree Inamdar, Dr Smita Gaikwad, Dr Shreedharan, Dr Shivani Jain, Dr Abhilash Patra, Rebecca D'Souza and Dr Aparna Dhar who presented a virtual session on Genetics.





The Comprehensive Breast Collaborative Society aims to bring breast disease specialists from across India together under a single banner to encourage collaboration of data across India and to develop guidelines pertinent to the Indian subcontinent. Founding members include Dr Shona Nag, Dr Geeta Kadyapath, Dr Rosina Ahmed, Dr Nita Nair, Dr Bhawna Sirohi, Dr Vineeta Goel and Dr Selvi Radhakrishna.

14th October 2023 saw the first patient driven workshop on, 'Coping with Cancer' organized by the Comprehensive Breast Collaborative Society simultaneously in different cities of Mumbai, Pune, Raipur, Kolkatta, Chennai and Delhi.

Nag Foundation took the lead in organizing the same in Pune.

Dr Joy Ghose and Dr Shriniwas Kulkarni presented talks on Survivorship. The survivors also enjoyed movement and dance sessions with Akshata Parekh and Prashant Sarsar.

Many thanks to Veena Gaikwad and Joan Fernandes for reaching out to patients and convincing them to attend the same. Our gratitude to our volunteers Faith Pneumaka and Lyn Goddfrey for their constant support and to Diva Singh for giving character to our lunchroom.



Ecancer is a foundation that was set up to support oncology professionals through education. Every year the foundation organizes the Choosing Wisely meeting. The aim of the meeting is to drive patient focused care which is based on evidence, values, and systems and is financially viable and sustainable. The Choosing Wisely meeting was held on the 1st of November 2023 at Tata Memorial Hospital, Mumbai.

The Gordon McVie Lecture is a part of the Choosing Wise meeting instituted in honour of Dr. John Gordon McVie who was an international authority on the treatment and research of cancer. Dr Shona Nag was invited to talk about the Nag Foundation. "Delivering Outcomes that matter for Cancer Patients". She was presented the "McVie-Veronesi Award for her contribution to patient driven cancer care. Rebecca D' Souza and Eenakshi Ramchandani accompanied her for the conference.

INITIATIVES

As a part of an ongoing 'Burnout study in oncology professionals', a focus group discussion was organized on the 15th and 16th September 2023, for the Onco-nurses of Sahyadri Hospital. The focus group discussion is a small-group conversation led by a qualified facilitator. It is useful to learn more about people's perspectives on a certain issue and subsequently to direct future action.

The Molecular Tumour Board gets oncologists together along with a clinical expert to provide state-of-the-art and evidence-based assessment of molecular test results in order to guide the interpretation and integration of these results into clinical practice for cancer patients. Dr Aparna Dhar, our clinical genetist connects with the team to make a difference in the patients treatment and outcome. The Molecular Tumour Board continues to be a part of the foundation's initiative

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, the Pain Palliative Care Consultant.

He is available to all patients at Sahyadri Hospital. He consults with Cancer patients undergoing various treatments like chemotherapy, radiation and surgery. From June to December he has seen 103 new patients and has followed up with 158 patients.



Patient Aid (Sept – Dec 2023)

General Aid to Patients – ₹. 18, 46,328. 00
(of which, ₹.16,32,849.00 was sponsored by The Ramoo and Radhakrishnan Family Foundation)

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 –

Gool and Kavas Patel
Sandeep Walke
Dr Rohit Danane
Shoib Kazi
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Late Mrs Rooma Dubey
Mona Seervai
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