



Can Cure

Issue 18. Jan – June 2025

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.



Our Vision: From Cancer Care to Cure
Our Mission: Promoting Excellence in Cancer Care through Education, Research, Advocacy and Support.

SURVIVORSHIP AND REHABILITATION



Our Survivorship programme helps patients live with cancer and manage the physical and emotional changes that comes after treatment. The purpose of these programmes is to help patients live a healthy and happy life.

The Survivorship programme focuses on the following:

- a) Exercise** - It helps survivors' deal with issues related to fatigue, sleep, treatment, side - effects, anxiety and depression.

To motivate patients into making exercise a part of their lifestyle, the Nag Foundation hosts a weekly Dance Fit led by Justine Bhatt. Twelve months since its inception, benefits like increased range of motion, flexibility and stamina have improved the patients/survivors' physical and mental well-being.

The Dance Fit class is held at the K.K.Nag Private Limited Campus, Koregaon Park, Pune. Every Wednesday from 4.00 pm to 5.00 pm.



b) Psychotherapy

A diagnosis of cancer is accompanied with a myriad of emotions that greatly affects a patient's quality of life. Psycho – Social Counselling is available for patients and caregivers to help them cope with anxiety, depression and fear of recurrence. Psycho – Education to help them understand the disease and treatments to improve patient's compliance is available.

c) Support Groups

A meeting of women cancer patients and survivors connect with each other through their experience and emotions.

The Breast Friends Support group meets once a month, where patients and survivors get a chance to talk about their feelings and work through them as well as learn ways to deal with the practical problems they face during and after treatment.

OUR HIGHLIGHTS SO FAR THIS YEAR

i) On 15th February 2025 we celebrated Valentine's Day with art, music and movement moderated by Akshata Parekh, an expressive art therapist.



ii) On 7th March 2025 a Support Group meet was held. This was well attended as Dr Banti Dharma, an Orthopedic Surgeon, discussed issues regarding Bone Health. Dr Kinjol Kamal, a Physiotherapist, taught exercises and gave a presentation on the exercises to be followed.



iii) Our 13th June 2025 Support Group meeting was held to encourage survivors and patients to emotionally express themselves. Laila Shelke, one of our survivors used clay to creatively process their emotions in a safe and non-judgemental environment.



iv) To celebrate International Yoga Day, the foundation organized a yoga class. Swapnali, a Hatha Yoga Expert who specializes in Women's Health, took the session.



A NEW INITIATIVE

Caregivers Support Workshop held for the first time in Maharashtra, India was held on 4th February 2025 in collaboration with Mrs Sonoo Thadaney and Dr Ranak Trivedi from Stanford University, USA.



Caregivers play a critical role in a cancer patient's journey, providing physical, emotional and psychological support.

However, their own challenges often go unnoticed.

The Caregivers Support Workshop aimed to address these challenges by:

- Educating caregivers about the psychological and emotional needs of breast cancer patients.
- Providing practical caregiving strategies to improve the quality of life for patients and caregivers.
- Creating a support network where caregivers could share experiences, seek guidance, and find solace in a community that understands their struggles.



With expert-led sessions, interactive discussions, and real-life testimonials, the workshop underscored the significance of caregiver well-being. Many attendees shared how the session empowered them with newfound confidence to navigate their loved ones' cancer journeys.



REPORTING ON THE 10TH YEAR IN REVIEW

The 10th Year In Review, Mumbai, 24–26th January 2025: Lessons Learnt, Dr Bhakti Ghodbole (DNB Med Onc student at Sahyadri Hadapsar)

Navigating the expansive and rapidly evolving field of breast cancer can be both daunting and exciting. With continuous advances in understanding the molecular subtypes of breast cancer, the emergence of novel targeted therapies, and the development of antibody-drug conjugates (ADCs), staying updated is essential yet challenging.



As a medical oncology resident, attending the 10th Year in Review – Breast Cancer Conference in January 2025 was a truly enriching experience. It marked my first participation in this flagship academic event, and it offered an excellent opportunity to immerse myself in the rapidly advancing field of breast oncology.

What made this experience particularly valuable was how effectively the sessions were structured—not only summarizing key clinical trial data but also discussing its real-world applicability in clinical practice especially the implications in our Indian scenario. I appreciated the emphasis on individualized treatment approaches, especially in HER2- low and triple-negative breast cancer, where the advent of newer ADCs and targeted agents is transforming therapeutic strategies.

The main conference sessions were meticulously organized. The abstract presentations were thoughtfully divided according to breast cancer subtypes—hormone receptor-positive, HER2-positive, and triple-negative breast cancer (TNBC)—which made it easier to absorb and translate the data into practical clinical decision-making.

The Interactive discussions and insights into ongoing and upcoming trials offered a well-rounded perspective that bridged evidence and clinical decision-making. For someone at the beginning of their oncology career, the conference was both inspiring and educational.

In summary, this conference was an enriching experience that reinforced my enthusiasm for the specialty. It highlighted the importance of continuous learning and let me be exposed to the dynamic nature of breast cancer management. I look forward to attending future editions and building upon this foundational experience.

ADVOCACY & AWARENESS

Two of the most common myths that prevail in our society is that “Cancer is contagious, always means a death sentence”.

Awareness programmes are important because they inform, educate and empower communities to change health behaviours.

In the last six months, 10 awareness and 4 screening camps have been held at corporates like Thornton Tomasetti, Sorensin, Planedge Consultants Pvt. Ltd, Bishop’s School, Kalyani Nagar, Sigma Engineered Solutions (3 lectures and Breast Screening), Yerwada Police Traffic Wardens (Female), St Felix High School and Yash Technologies.

The Male Prisoners of the open jail in Yerwada, were given an awareness talk for “World No Tobacco Day” on 31st May 2025. Our thanks to Dr Joy Ghose, Dr Atul Dongre and the Nag Foundation team who conducted the talk and Oral Screening.

The camps at Bishop’s School and the Traffic Police, Pune, were sponsored by Eisai Pharmaceuticals India Pvt. Ltd.

If you are interested in promoting Cancer Awareness and Screening within your organisation, we can conduct such camps for your employees.

You can contact us at admin@nagfoundation.org



CONFERENCE PARTICIPATION

Rebecca D'souza attended the Asia-Pacific Psycho Oncology Network (APPON) Conference from 16th January to 18th January in Chennai. APPON is a regional organization focused on the psychosocial aspects of cancer care in the Asia-Pacific region. It brings together professionals to address the emotional, social, and psychological well-being of cancer patients, survivors, and their families.

Dr Shona Nag attended the St Gallens conference in Vienna from 12th March 2025 to 15th March 2025. The Conference features updates on all relevant facets of Early Breast Cancer (EBC) care as well as state of the art lectures and hot topic debates and concludes with the renowned St.Gallen Consensus Session which formulates the world's foremost experts' recommendations to treat EBC around the globe.

‘CUM GRATIA’

With gratitude to our donors, a special mention to the Devi Prabhu Charitable Trust who have supported the Nag Foundation with a supply of Trastazumab and other Chemotherapy medicines for the needy patients and also to the Live Life Love Life Charity Foundation who will now support us with funds for patient aid.

PATIENT WELFARE (JAN - JUNE 2025)

General Aid to Patients – ₹. 5,09,750/-

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.

Our Gratitude to –

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

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