

A CALL FOR AWARENESS

Fighting Breast Cancer



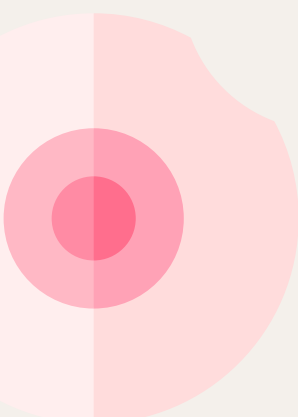
A HOLISTIC APPROACH WITH ANCIENT AYURVEDA

Fighting Breast Cancer



Breast cancer is a significant health concern, affecting one in eight women in their lifetime. While breast cancer in men is rare, an estimated 2,150 men will be diagnosed annually. Thankfully, mortality rates from breast cancer have declined since the 1990s due to improved screening, self-examination, and increasing awareness. This eBook aims to empower you with vital knowledge about breast cancer, emphasizing early detection, treatment options, and the holistic healing approaches available.

Understanding Breast Cancer



Breast cancer occurs when breast cells mutate and become cancerous, leading to the formation of tumors. These cancerous cells can invade adjacent tissues and spread to distant organs.

Metastatic Breast Cancer

When breast cancer is limited to the breast and nearby lymph nodes, it is referred to as early-stage or locally advanced. However, when it spreads to other parts of the body, it is known as metastatic breast cancer or stage IV breast cancer. Common sites for metastasis include:

- Lymph Nodes
- Bone
- Lungs
- Brain
- Liver

Understanding these stages is crucial for effective treatment and management.

Screening and Early Detection Importance of Regular Screening



Women in their 20s and 30s should have a clinical breast exam every three years, while those over 40 should get an annual exam. Regular screenings have significantly lowered mortality rates since the 1990s.

Self-Breast Exam Techniques

A breast self-exam allows women to monitor for changes at home. The best time to do this is 3–5 days after your period starts. If you've gone through menopause, choose the same day each month.

- Look for changes in skin texture, such as dimpling or puckering, and any unusual discharge from the nipple.
- Observe the shape and outline of each breast for significant changes.
- Check if the nipple turns inward.

Early detection is crucial for effective treatment outcomes.

Prevention Strategies



Adopting a proactive approach to breast health can make a difference. Here are some strategies:

- **Lifestyle Modifications:** Regular exercise, maintaining a healthy weight, and a balanced diet can help reduce breast cancer risk.
- **Awareness of Family History:** Understanding your genetic background can guide preventive measures and screening practices.
- **Monitoring Risk Factors:** Keep track of personal risk factors and consult healthcare providers for personalized strategies.

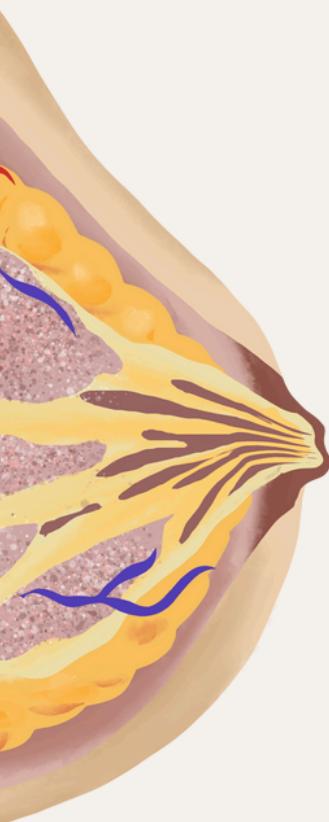
Treatment Options for Breast Cancer

Standard treatments for breast cancer include:

- Surgery: Removing the tumor and surrounding tissue.
- Chemotherapy: Using drugs to kill cancer cells.
- Radiation Therapy: Targeting cancer cells with high-energy rays
- .

D.S. Research Centre's Unique Approach

At the D.S. Research Centre, we employ a unique approach through Nutrient Energy Therapy (NET), which integrates ancient Ayurveda by Experts. This holistic method focuses on harnessing the body's natural healing processes to promote recovery and improve overall quality of life, even in advanced stages of the disease. Patients have found relief and hope through this combination, creating a pathway toward healing and recovery.



Living with Breast Cancer



Living with breast cancer involves navigating emotional and psychological challenges. Here are some key points to consider:

- **Emotional Support:** Seek support from family, friends, and support groups to share experiences and feelings.
- **Positive Outlook:** Maintaining a positive attitude can greatly influence your journey and recovery.
- **Practical Advice:** Focus on day-to-day activities that bring joy and fulfillment to your life.

Remember, you are not alone in this fight.


Empowerment Through Knowledge



Knowledge is power. By educating yourself and others about breast cancer, you can contribute to a supportive community.

- Encourage Discussions: Raise awareness about breast cancer and its impact within your social circles.
- Participate in Awareness Campaigns: Get involved in community events focused on breast cancer awareness and education.
- Support Research and Initiatives: Consider contributing to organizations that fund breast cancer research and support services.

Together, we can make a difference.



Breast Cancer Survivors: Stories of Hope and Resilience

Breast cancer is not just a physical battle; it's also an emotional and psychological one. The strength of survivors is a testament to the power of timely treatment, self-awareness, and hope.



Sarojamma's Journey

Four years ago, Sarojamma, a housewife from Pentad, received the news no woman wants to hear—she had breast cancer. “I knew life was going to take a complete U-turn,” she recalls. Faced with a series of grueling treatments, she remained optimistic and sought care from D.S. Research Centre.

Today, Sarojamma is leading normal and healthy life from years and shares her story of survival, stressing the importance of regular check-ups and the power of a holistic approach. Her journey reflects the hope that many breast cancer patients can hold onto when they receive the right treatment at the right time.



“Cancer is not just a fight against the disease, it’s a fight to reclaim your life,” says Dr. Geethanjali Mada, one of the leading experts at D.S. Research Centre. She emphasizes the importance of vigilance, particularly for women with a family history of the disease. “Early detection can be the difference between a long life and a missed opportunity, she adds.



The Story of Krishna Saha...

Krishna Saha, a young woman from West Bengal, faced the shock of an aggressive breast cancer diagnosis. After enduring surgeries, chemotherapy, and immense pain, her condition worsened, and conventional treatments seemed to fail. Desperate for a solution, she came to D.S. Research Centre.

Here, through Experts help, Krisha's health slowly began to improve. Her body, once weakened, started to regain strength, and with it, her hope was restored.

"Cancer is tough, but so are you."

This Breast Cancer Awareness Month, Krisha's story reminds us that there is always hope, even in the darkest moments. Reach out to us for support and guidance on your healing journey.




In Krisha's words

I thought I had no options left, but Experts at D.S. Research Centre gave me a second chance at life."

This Breast Cancer Awareness Month, let Krisha's story inspire you to never give up. We're here to support your journey to recovery.


Mrs. Radha Lahoti



Radha's journey was filled with uncertainty after her initial treatments showed no improvement. Her family felt the weight of despair, but they never lost faith. They turned to D.S. Research Centre, where Radha found not only a tailored treatment plan but also the encouragement she needed. Her daughter expressed, "When my mom got better, it felt like our lives were back on track. We learned to cherish every moment together."

In my darkest moments, my family's love and the care from D.S. Research Centre brought light back into my life.

Mrs. Israwati Devi



Israwati's family felt helpless as her condition worsened. However, when they reached out to D.S. Research Centre, they discovered a compassionate team that truly listened to their concerns. Her husband shared, "We were at our lowest point, but the kindness and understanding we received turned our despair into hope."

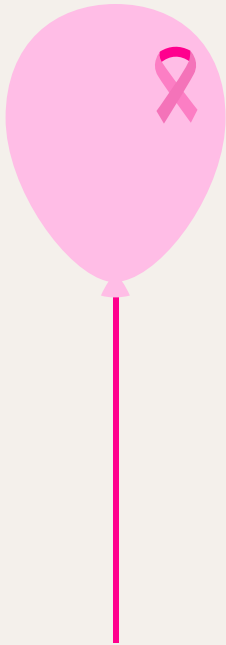
I found not just treatment, but a community that uplifted me and my family. Together, we conquered my cancer.

A Journey of Resilience: The Story of Mrs. Uma Puttundu



In December 2010, retired WBCS officer Mrs. Uma Puttundu faced a life-altering diagnosis: breast cancer. After discovering a lump, she hoped for a negative test result but was met with the harsh reality of malignancy. Refusing to let fear consume her, she resolved to fight back.

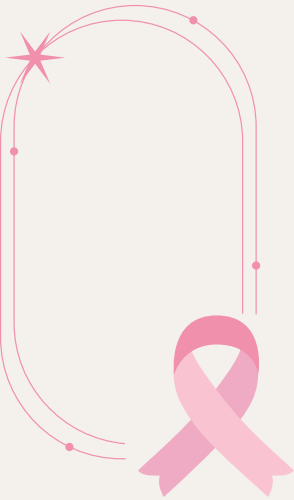
Post-surgery, her doctor recommended six cycles of chemotherapy, but Mrs. Puttundu declined due to concerns about the side effects. A colleague introduced her to D.S. Research Centre, where she found an alternative treatment path.



Arriving in May 2011, Mrs. Puttundu embraced her new treatment. "My disease has not relapsed yet, and I'm doing well," she shares. Today, she manages her household and enjoys life, expressing a desire to support awareness initiatives whenever possible. To others battling cancer, she offers powerful words of encouragement: "Don't lose your heart, face whatever the situation is, and wait for the right time to come. Don't die before you die."

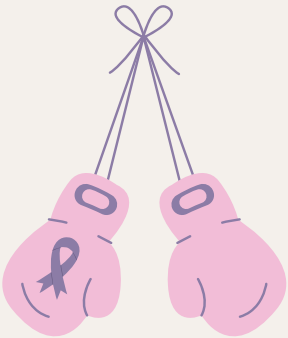
Mrs. Puttundu's journey is a beacon of hope, illustrating the strength of the human spirit in overcoming adversity.

A Journey of Strength: Uma Pradeep Gupta's Story



At just 41 years old, Uma Pradeep Gupta was confronted with a daunting diagnosis: right breast cancer. Registered for treatment on October 4, 2019, she began her journey at the D.S. Research Centre (DSRC). Initially, Uma showed no symptoms, and hope blossomed. However, by May 2019, she experienced hot flushes, strain in the anal region, and increased gastric troubles. With the help of the experts at DSRC, her concerns were addressed and tailored support was provided. Yet, her condition took a toll, leading to weakness in June 2019.

Uma remained asymptomatic until October 2019, indicating a positive response to the care she received. In February 2021, her treatment plan was adjusted, reflecting her stable condition. By January 2022, the frequency of her visits was modified, and in May 2023, it changed again, demonstrating her progress.



Throughout this journey, Uma also received parallel support from hormonal therapy. Today, she remains stable, embracing life with a resilient spirit.

Uma's story exemplifies the power of perseverance and the importance of expert guidance. Her journey inspires others battling cancer, reminding them that hope and strength can lead to brighter days.

A Message of Hope

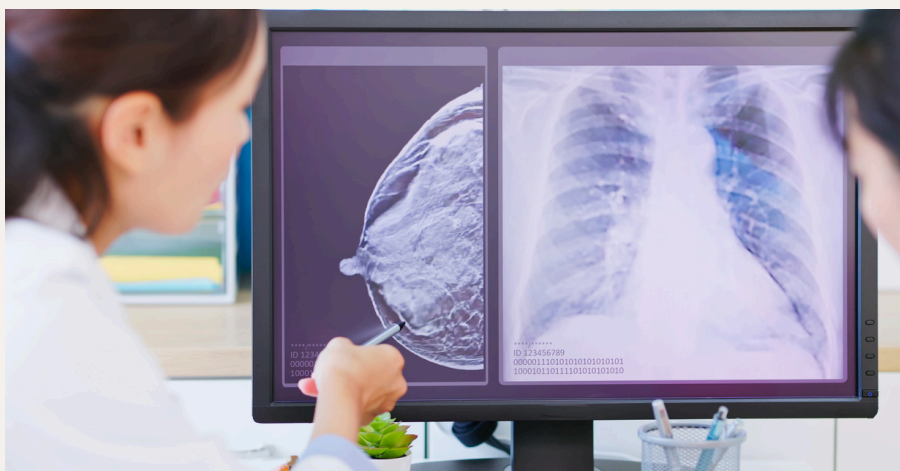
Breast cancer can feel like a daunting diagnosis, but with the right support and early detection, there is hope. At D.S. Research Centre, we believe that no patient should walk this journey alone. Through our innovative Nutrient Energy Treatment and dedicated care, we are empowering patients to live better, healthier lives despite their diagnosis.

Join us in our mission to raise awareness, encourage early detection, and offer holistic care to every patient battling breast cancer. Together, we can create a world where the fight against cancer is not just about survival, but about thriving.



Acknowledgments

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LET US SAVE OUR WORLD FROM CANCER

An "ISO 9001:2015" Organization

Breast Cancer Awareness Month: Finding Hope in Every Battle

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