

# **TIMES**

VOLUME XI • ISSUE 08 • SEPT-DEC 2019



Better awareness is the  
first step in fighting Cancer



## FACING YOUR FEARS

**Y**ou have just been diagnosed with cancer. What do you do; what can you do? Unless you have been diagnosed with cancer, you cannot imagine the fear or the shock that follows the delivery of those fateful words. It is a very tough reality when it is just too hard to change anything.

But if you are prepared to invest in a bit of time and energy, learning about yourself and the way in which you behave and react to different situations, you can change your perspective. Once you become aware of your potentially harmful behaviour patterns you can be coached to learn new and healthier methods to cope with stressful situations. You can defuse many of your fears by facing up to them and dealing with them. This is the way your fears lose their power over you. There are many things you can do to cope with your feelings during treatment so they do not ruin your quality of life.

Council for Cancer Care (CCC) & MITWA are two initiatives by DSRC which work as a non-profit organization to support the patient with vision of Minimize the threat of cancer, through successful prevention, best treatment and support, to minimize the impact of cancer terror.

D. S. Research Centre has a far-sighted vision to reach its inventions to ever-aging life. We welcome all to join this fight without any prejudices and the day will not be far away when Cancer will be history.



**Ashok K. Trivedi**

Managing Director

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**Dr. Geethanjali Mada**  
Ayurvedacharya, B.A.M.S, D.E.M  
Clinic In-charge (Medical)  
D.S.R.C, Bengaluru

## Awareness is the best prevention

“An ounce of prevention is better than a pound of cure”  
*Benjamin Franklin*

Cancer incidence and mortality are rapidly growing worldwide. Only 5-10% of all cancer cases can be attributed to genetic defects, whereas the remaining 90-95% have their roots in environment and lifestyle. Significant portion of cancers could be prevented through lifestyle changes and cancer outcomes are significantly better if diagnosed early.

It so happens that most people do not initially have any symptoms and might not see a doctor, until the disease has progressed potentially making it difficult to treat.

Routine screening is the best way to catch cancer in early changes. It is estimated that more than 30% of all

cancers maybe prevented by modifying or avoiding key risk factors, which include tobacco use, alcohol intake, obesity, sedentary lifestyle, unhealthy diet like spicy, fried, preserved, processed, junk food; stressed life, radiation exposure, chronic inflammation, carcinogens (cancer causing substances).

Sometimes, cancer develops without warning signs. But, majority of the cases have warning signs. The earlier you detect possible signs of cancer, better is the chance of survival. Staying vigilant and being aware of bodily changes increases chances of detecting certain cancers early.

### Some of the warning signs of cancer are:

- Change in bowel or bladder habits.
- A sore that does not heal.
- Unusual bleeding or discharge.
- Thickening or lump in the breast or elsewhere.
- Indigestion or difficulty in swallowing.
- Obvious change in wart or mole.
- Nagging cough or hoarseness of voice.
- Unintentional weight loss etc.

Cancer awareness is an increasingly important issue in the light of raising cancer incidence and associated cost. As a collective or as individuals, everyone can do their part in reducing the burden of cancer.



# Importance of awareness in Cancer prevention



**Dr. Jayalatha Nethagani**  
Director  
MNJ Hospital, Hyderabad



## Prevalence of Cancer in India:

According to statistics from 2018, around 2.25 million people are living with cancer, and more than 1.1 million people are diagnosed each year. Around 8 lac patients die each year from cancer, with oral cavity, breast, lung, cervix cancers being the most common types of cancer. On an average, more than 1300 Indians succumb to the dreaded disease every day of which cancers resulting from tobacco use contribute to most deaths. Statistics show that around 33% of cancer diagnoses are caused by tobacco use, whereas almost 20% of cancer cases are due to individuals' poor lifestyle choices. It is estimated that new cancer cases or its incidence in India will to grow by 25% by the year 2020.

## Importance of Awareness about cancer:

When it comes to cancer, it is important to remember that early treatment is the best treatment. According to studies, knowledge of cancers other than those related to tobacco was very low among the communities, with a poor awareness of warning signs and symptoms. Ignorance and denial lead to delayed diagnosis and treatment. Other than the fear of invasive treatment, disfigurement and financial burden, the ill-placed belief that a cancer patient will always die makes patients and their families refuse specialized treatment.

Lack of awareness is the biggest problem and is a huge barrier to early detection and treatment of cancers. This lack of awareness is mainly caused by a general lack of information and poor health literacy.

With the cancer epidemic haunting the nation, we all need to arm ourselves with knowledge. Experts say that the future of the battle against cancer depends about people's awareness about their body and the lifestyle changes they make.

It is important to create awareness in the communities through educational programs on cancer prevention, preventable cancer risk factors, benefits of early diagnosis, and availability of screening facilities.

## WHAT CAN WE DO?

**The following strategies can be followed to increase awareness in the communities about cancer:**

- Conducting extensive screening drives from the grassroots level upwards to cover all rural areas making effective use of all channels.
- Tobacco cessation programs with counseling outlining the various risk factors associated with both smoke and smokeless tobacco use.
- Compile and create informative and targeted brochures, posters, and educational literature about cancers with quick reference guides for the most prevalent cancer types.
- Making early detection accessible to rural areas with the help of governmental and non-governmental organizations, and strengthening of existing organizational strategies and policies.
- Reaching out to schools, colleges, offices, factories, residential locations and evoking social activism to bring about awareness in their respective arenas.
- Making informercials and short films which can be shown in various platforms in various languages.
- A dedicated effort on disseminating information through various social media outlets and using Internet effectively.
- Conducting lectures and open forums with medical and social experts on devising and upgrading strategies periodically.



**Dr. Megha Chafekar**  
BAMS, MD (Ayurvedacharya)  
DSRC, Mumbai

## Importance of awareness in Cancer prevention

“ Cancer is the second-leading cause of death in the world. Essentially, cancer prevention is all about awareness ”

For awareness and prevention of Cancer there are different awareness months / days of individual Cancers . Information and education are the keys to cancer prevention, early detection and sound decision-making about treatment options.

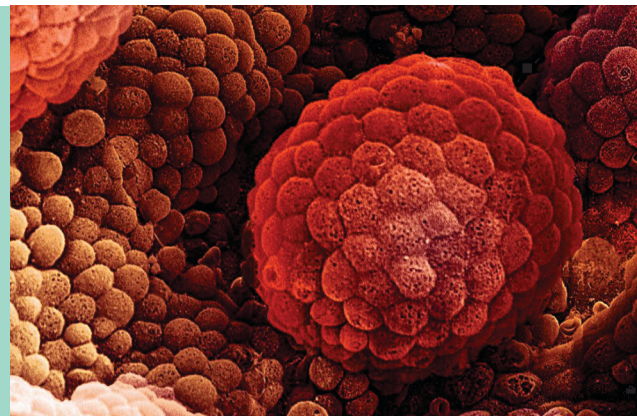
The paradox with cancer is that an estimated two-thirds of all cancers are preventable . Doctors and other

experts have often voiced that they'd rather prevent cancer, than have to diagnose, treat and cure it, because they could then save the patient of all the pain and agony of treatment.

However, it's well-accepted that your chances of developing cancer are affected by the lifestyle choices you make.

### So simple lifestyle changes can make a difference. Follow these cancer-prevention tips.

- Don't use tobacco
- Eat a healthy diet
- Maintain a healthy weight and be physically active
- Protect yourself from the sun
- Get vaccinated
- Avoid risky behaviors
- Get regular medical care



During regular health check up in diagnostic blood tests and screening ,if any pathology is observed ,cancer can be diagnosed in early stage. Early detection is important because when abnormal tissue or cancer is found early, it may be easier to treat.

Early diagnosis aims at reducing the proportion of patients who are diagnosed at late stage.

Early diagnosis of Cancer generally increases the chances for successful treatment by focusing on detecting symptoms of patients as early as possible.

Early diagnosis improves cancer outcomes by providing

care at the earliest possible stage and is therefore an important public health strategy in all settings.

In areas where the majority of patients are diagnosed at late stage, early diagnosis can have a great impact and build health system capacity.

The goal of studying cancer is to develop safe and effective methods to prevent, detect, diagnose, treat, and, ultimately cure the Cancer. The better we understand the disease , the more progress we will make toward diminishing the tremendous human and economic tolls of cancer.

# The Concept of Misconceptions in Cancer



**Dr. Arnab Gupta**  
 Director & Consultant Surgical Oncologist  
 Saroj Gupta Cancer Centre & Research Institute  
 Thakurpukur, Kolkata

Cancer is as old as mankind. It was found in the mummy of Egypt from 5000 years back. Unfortunately, even now, people are unaware about its nature, its cause, its prevention and most importantly there are several misconcepts which make the problem even more complicated.

## SOME COMMON MISCONCEPTS

**Cancer means death-** Most cancers if detected early can be cured completely.

**Cancer is contagious-** it is not (apart from uterine cancer which can spread by a virus through multiple partners).

**Biopsy can cause cancer or spread of cancer-** Biopsy or any surgery does not cause a benign tumour to turn cancerous. Taking a small sample of tissue (mostly done by Fine Needle or a small punch forceps) do not cause any spread. The doctors can guide you regarding the best way of doing it.

**Surgery in cancer causes spread of cancer-** it is the reverse. The main treatment for most cancers in early stage is to remove the tumour along with some good healthy tissue margins and the neighbouring glands which may be involved. Removing a tumour partially is always bad and is never advisable. If the tumour is big and when complete surgical excision is not possible, chemotherapy (anti-cancer drugs) or radiotherapy is used to reduce the size and make it operable.

**Cancer is hereditary-** in 95% cases they are not. So there is no need to panic if only one member in the family had cancer, as it may be just accidental. However, if there are 2 or more members who are affected, it will definitely be advisable to see an Oncologist who can assess the risks and order relevant tests.

**Chemotherapy is painful and causes severe vomiting and permanent hair-loss-** Although some strong chemotherapies which are administered in advanced

diseases may cause vomiting, anaemia, etc., these can be counteracted by some preventive medications. Hair-loss is only temporary and does not occur with most of the chemotherapies.

**Cancer can cause a very painful death-** fortunately with different medicines which are now available and also with radiotherapy in some cases; pain can be very well controlled in advanced diseases where the patient can not be cured. A new modality is Interventional pain therapy where the nerves conducting pain to the brain can be blocked by injection at specific sites.

### Take home messages:

Cancer is preventable by avoiding the risk There is no need to think that one should not do tests as that may cause cancer or expose the fact that he or she is harbouring cancer. On the contrary, it is prudent to detect a cancer or a pre-cancerous area which can then be completely cured. More it is neglected, worse is the result and more aggressive and expensive will be the treatment. It is important that the families give maximum support to the victims rather than staying away in fear. Even in advanced stages symptom control can be well achieved with the Palliative care team and different Support groups. Together we must fight to remove all the misconceptions and try and prevent this potentially preventable and curable disease.



# FIGHTING CANCER WITH RIGHT NUTRITION



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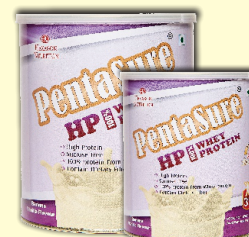
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1kg

400g



1kg

400g





## Kick out **Cancer** with **Plant Based Diet**

**Barnali Nandi Purkayastha**

M.Sc. Nutrition | Dietitian cum Clinic In-charge,  
DSRC Guwahati

Cancer is increasing worldwide. Patterns of cancer are also changing. The plasticity of cancer patterns implicates environmental factors as determinants of cancer, and nutrition influences key cellular and molecular processes that characterize cancer. Epidemiology identifies associations between aspects of diet, nutrition, and physical activity with cancers. Some nutritional exposures (alcohol and processed meat) are likely causal factors. Cancer protection mainly derives from a systemic metabolic environment that promotes healthy cell replication and tissue integrity. Such a nutritional state can be attained avoiding excess adiposity through healthy dietary patterns rich in plant foods (legumes, whole grains, pulses, vegetables and fruits), with modest meat, fish and dairy, low in alcohol and salt preserved foods, and an active way of life,

avoiding sedentary behaviors.. The development of cancer, in particular, has been shown to be heavily influenced by your diet.

Although many things influence the risk of developing cancer which are typically beyond one's control but by leading a healthy life style by limiting alcohol consumption, maintaining a healthy weight, being physically active and most important is to say no to tobacco in any form we can control the lethal ailment

Many foods contain beneficial compounds that could help decrease the growth of cancer. **EAT HEALTHY!!!!**

**PREVENT CANCER.** Reduce your risk for cancer by improving your diet. You have the power to change your eating habits.

### Eat More Plant Foods

Start by reducing dietary fat intake, especially animal fat. Make your diet rich in plant foods include vegetables, whole grains, legumes (lentils, beans and peas), nuts, and seeds. These foods provide vitamins, minerals, and other plant compounds that have cancer-protective effects. They also provide fiber, which protects against colorectal cancer.

Most plant foods in their natural form are lower in calories than many other foods. Eating mostly plant foods to meet your nutrient needs can satisfy your hunger while making it easier to stay at a healthy weight.

Make plant foods the focus of your meals and snacks.

**Cancer is treatable and beatable...together we can...creating awareness amongst public is the need of the hour...let us save our world from CANCER.**





Let's awaken to  
**CANCER,**  
Let's make our future  
**BULAND**

We are proud to be a part of rise of awareness and awakening against cancer. It's time to take the fight ahead.

Overall Cancer incidences are higher in the North-East states compared to the rest of India. It is time to fight fire with fire and the arms against Cancer are awareness, repeated check-ups and greater initiatives by individuals to keep Cancer at bay.

Being a leading manufacturer of quality wood products beyond the satisfaction of customers with continuous process supported by strong R&D and automated production and management system, KHANDELWAL SAW MILLS PVT. LTD. feels the necessity to awaken the mass regarding the evils of Cancer.

It salutes the efforts of D.S.Research Centre regarding the treatment of cancer along with spreading awareness in the region.

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## Alkalinity Reduces **CANCER**

**Manjari Bajpai**

M.Sc. (Food and Nutrition)  
Dietitian, DSRC, Varanasi

Decreased body ability to synthesize enzymes necessary to run our physiology and metabolism combined with our modern acidic diet and our unbalanced lifestyle, gradually turns our body over-acidic. Acidosis or body over-acidity impairs our immune system as well, and over time, brings most chronic diseases, such as heart failure, diabetes, osteoporosis, obesity, Cancer etc.

The alkaline diet is based on a theory that by eating certain foods or drinking certain kinds of beverages, one can change the body's acid level, or its pH levels. The pH value ranges from 0 to 14: Something that is alkaline is 7.1–14.0, Neutral: 7.0, and Acidic: 0.0–6.9 on the pH scale. The pH of the body vary throughout and is tightly regulated.

Some studies have shown that cancer cells thrive in highly acidic environments. Thus, a diet high in alkaline foods (high pH) can raise the body's pH levels (make the

body more alkaline) and make the body a poor environment for cancer. Studies have also found that an alkaline environment may make certain chemotherapy drugs more effective or less toxic.

The diet recommends eating more Vegetables (like Broccoli, Cucumber, Spinach), Fruits (like Watermelon, Cantaloupe, Berries), Nuts (like almonds, raisins, hazelnuts), Herbs (Aloevera, Giloy, Ashwagandha, Brahmi), Beverages (like Green Tea, Herbal Tea, Coconut water) and drinking lots of water and cutting back on sugar, alcohol, meat and processed foods. All of these things will help improve overall health, help lose weight and even help lower cancer risk.

Our body possesses an amazing ability to self prevent and help cure most deadly chronic diseases. To succeed this role, our body needs the right foods and the right lifestyle.

**The alkaline diet basically reinforces good, old-fashioned healthy eating. Alkaline diet should consist of:**

- **At least 80% of alkaline-producing foods**
- **No more than 20% of acid-forming foods**
- **Alkaline water**



# INDOOR ACTIVITIES

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## BLOOD DONATION CAMP



## MOTHERS DAY



## INCEPTION DAY

MUMBAI



HYDERABAD



## NATIONAL CANCER SURVIVORS DAY



## INTERNATIONAL YOGA DAY



## WORLD NO TOBACCO DAY



## WORLD CANCER DAY



# Paramedics: Skilled Healthcare Community



**Prof. Dr. Chhanda Banerjee**

Principal, TIPS  
M.S. (General Surgery), M. ch. (Plastic Surgery)  
Prof. & HoD (Ex) Plastic Surgery of IPGME & R, Kolkata.

Rapid advancement in technology, the need for quality medical facilities and mushrooming private and corporate hospitals have thrown up numerous opportunities for skilled paramedics. However, it's a demanding job as emergency medical services and facilities operate 24x7.

India is a hub of medical tourism with lakhs of people visiting the country for cheap medicinal treatment from neighboring countries. The advance infrastructure, expert doctors and interactive attendants makes the country a favorite health destination. To meet this growing demand in the health sector country is desperately demanding paramedical professionals along with medicos.

Almost all the diagnostic procedures are carried out by the paramedical staff and they have emerged a vital cog in the wheel of the health care delivery system. The population explosion coupled with the mushrooming of private and corporate hospitals has provided numerous opportunities for skilled paramedics. A specialised paramedic who facilitates for better diagnosis, treatment and therapy and assist the doctors make up for almost 60 per cent of the total health workforce. As per the survey by WHO 60 lakh more paramedical professionals are required by 2015 and 90 lakh people by 2020.

Paramedical is not just restricted to nursing and hospital administration, the vast field covers dozens of courses in its domain, the prominent among these are medical lab technology, operation theatre technology, physiotherapy and occupational therapy, optometry, pharmacy, nursing, radiography, radiotherapy, hospital administration, management medical records administration, and many more.



Tripura Institute of Paramedical Sciences started its journey with a mission in 2009 as an as an PPP Model Joint Venture Institute with Govt. of Tripura affiliated to Tripura Central University. Our College puts stress on both quality and quantity supported by our dedicated faculty & guest lectures, Seminars and workshops are arranged frequently by eminent personalities of the industry. The students benefit directly from the professional environment in which they study and live.

Our Paramedical institute is fully geared to meet the challenge and demand of professionals, by gradually reducing the gap between the demand and supply, by continuously producing top grade specialists. The college is gradually carving a niche for itself and it is not compromising the quality. Today we have students from almost 16 states throughout the nation. Students of TIPS are associated with more than 100+ renowned brands and government establishments in healthcare sector in India and across the globe too.

We aim and focus to transformation of our students altogether into a different league where they would not be recognized by TIPS rather TIPS would be recognized by its students.

## Tripura Institute of Paramedical Sciences

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Website: [www.tipsindia.co.in](http://www.tipsindia.co.in)





## The only **TIP** you need for success in paramedical sciences is **TIPS**

Paramedical Sciences takes a new meaning if it is taught well, which is what we have been trying at TIPS for 11 years

From emergency medical care provider, who provides primary medical and trauma care to becoming successful at spinal injury management, fracture management, obstetrics, management of burns and assessment, and evaluation of general incident scene, it is not about making students great professionals, it is about building them to become outstanding human beings. That is what we try at TIPS along with our experienced teachers and exceptional infrastructure which consists of:

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Internships | Informative Central & Supportive Libraries | Innovative &  
Integrated Curriculum For All The Courses

Prompt & Active Placement Cell



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My mom has stage 4 cancer,  
**pain is unbearable,**  
 and I can't cope anymore!

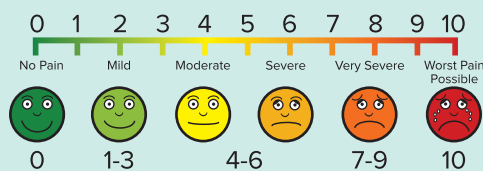
Prashanthi, Kurnool

**Q. It was December 2017 when my Amma was officially diagnosed with stage 2 cervical cancer. She went through radiotherapy and chemotherapy and though the doctors were hopeful that it would shrink the tumour, it didn't. Instead, it grew and eventually developed in stage 4 around last year. Now we are looking for options which help to get back on normalcy either through palliative or alternative treatment options, pain is one part which make the things measurable, pain killers have limited time effects, how to stay positive especially when it's at a very late stage and has spread to her bones. Kindly advice!**

**A.** Its ok to feel like this, you just need to decide what will be best for you - you are responding normally to a life crisis but give yourself a break - talk to your parents about how you feel, make a list of complications and her response! giving pain killer or any other medication in such scenario is only a temporary solutions, pain management approach. Cancer pain takes many forms. It can be dull, achy, sharp or burning. It can be constant, intermittent, mild, moderate or severe. How much pain you feel depends on a number of factors, including the type of cancer you have, how advanced it is, where it's situated and your pain tolerance. If the pain interferes with your life or is persistent, report it. It might help to keep track of your pain by jotting down:

- How severe the pain is
- What type of pain (stabbing, dull, achy) you have
- Where you feel the pain
- What brings the pain on
- What makes the pain worse or better

**What pain relief measures you use — such as medication, massage, and hot or cold packs — how they help and any side effects they cause**



Using a pain-rating scale from 0 to 10 — with 0 being no pain and 10 being the worst pain imaginable — might help you to report your pain to your doctor. Ancient Ayurveda based Nutrient Energy Treatment help to innumerable cancer patient to overcome from the pain to provide better quality of life and many fight successfully. Along with timely management of disease, these treatment stretched the life span as well as the general health of numerous Stage IV cancer patients, many among them had metastasis of liver, brain, lungs, prostate, pancreas, kidney, cervix, etc. These cases are worth studying. They impart immense strength to the cancer patients to live with the determination to halt the fear and fight the disease.

**Do you have questions or concerns about your cancer treatment?**

Having complete trust in your cancer care team and treatment plan is essential. We welcome any question you may have. Kindly write us on [info@dsresearchcentre.org](mailto:info@dsresearchcentre.org).



**Dr. Geethanjali Mada** (BAMS, DEM )  
 CONSULTANT AYURVEDACHARYA  
 D.S. RESEARCH CENTRE



## Coping with your feelings during cancer treatment



There are many things you can do to cope with your feelings during treatment so they do not ruin your appetite. Here are some ideas that have worked for other people.

**Eat your favourite foods on days you do not have treatment.** This way, you can enjoy the foods, but they won't remind you of something upsetting.

**Relax, meditate, or pray.** Activities like these help many people feel calm and less stressed.

**Talk with someone you trust about your feelings.** You may want to talk with a close friend, family member, religious or spiritual leader, nurse, social worker, counsellor, or psychologist. You may also find it helpful to talk with someone who has gone through cancer treatment.

**Join a cancer support group.** This can be a way to meet others dealing with problems like yours. In support group meetings, you can talk about your feelings and listen to other people talk about theirs. You can also learn how others cope with cancer, treatment side effects, and eating problems. CCC & MITWA are two initiative by DSRC to support the patient with vision of Minimize the threat of cancer, through successful

prevention, best treatment and support, to minimize the impact of cancer terror.

**Learn about eating problems and other side effects before treatment starts.** Many people feel more in control when they know what to expect and how to manage problems that may occur.

**Get enough rest.** Make sure you get at least 7 to 8 hours of sleep each night. During the day, spend time doing quiet activities such as reading or watching a movie.

**Do not push yourself to do too much or more than you can manage.** Look for easier ways to do your daily tasks. Many people feel better when they ask for or accept help from others.

**Be active each day.** Studies show that many people feel better when they take short walks or do light exercise each day. Being active like this can also help improve your appetite.

Talk with your doctor about medicine if you find it very hard to cope with your feelings.



## Council for Cancer Care

CCC or Council for Cancer Care is a non-profit organization empowering the fight against cancer since 2009.

### What we do:

As the incidence of Cancer rises, there is an obvious need to inform & educate the masses associated with cancer.

CCC empowers people against Cancer through Education, Early Detection and Support.

### EDUCATION

Various awareness seminars on signs & symptoms of cancer, prevention, benefits of healthy lifestyle, importance of yoga in cancer, etc. are organized to empower the masses with knowledge on the disease & ways to fight it.

### Early Detection:

Whether it may be a general health camp, a talk on self-breast examination, oral checkup or a cervical cancer screening, CCC plans various early detection programs to arm the masses in the fight against cancer.

### Support:

CCC compassionately provides cancer patients with support on emotional, financial & medical front so that they can glide through the disease smoothly.



Mitwa is a cancer patient's support group founded 3 years back, an initiative by D.S. Research Centre, started for the patients and their close ones, survivors and doctors to come under one platform and share their experience, their emotions and their zeal to fight against the deadly disease. The motto of this support group is to empower the sufferers with knowledge & positive hopes.

Support groups help many people cope with the emotional aspects of cancer by providing a safe place to share their feelings and challenges. It has been observed that support groups have measurable benefits in improving the coping and adaptation of members, reducing distress and levels of depression and enhancing self-esteem.

Mitwa allow people to talk about their experiences with others living with cancer, which can help reduce stress. Mitwa members may also discuss practical information. We at Mitwa conduct various workshops and seminars to help and educate patients and create more awareness by imparting them knowledge which can help them to fight the disease.



# Celebrating Birthday



## Amaranth Soup Superfood Turmeric

-Krushali Rajani  
DIETITIAN DSRC



### INGREDIENTS:

- 1/2 onion (thinly diced)
- 2 garlic cloves (minced)
- 1 carrot (thinly diced)
- 2 tbsp tomato puree
- 1 cup pumpkin puree
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground ginger
- 1 bay leaf
- 2 tbsp amaranth seeds
- 1 handful baby spinach
- olive oil
- salt
- black pepper
- 1 tbsp chopped almonds
- 1 tsp flaxseeds

### METHOD:

1. In a pot, heat a bit of olive oil and sauté diced onion for 5 minutes over medium-low heat. Add minced garlic and cook for a couple of minutes.
2. Add carrots and sauté for other 5 mins. Sprinkle turmeric, ginger, pumpkin and tomato puree
3. Incorporate 2 cups of water (room temperature) and the bay leaf and increase heat to maximum. When boiling, add amaranth, reduce heat to low and leave it simmer until amaranth is cooked, around 20 minutes.
4. Add baby spinach and cook for 5 minutes longer. You will see how the soup thickens, that's for the amaranth, and the longer you leave it, the thicker will get.
5. Garnish with chopped almonds, flaxseeds and serve!

www.dsresearchcentre.com

In **CANCER**,  
there is a huge  
difference between  
**Can** and **Sure!**



Experts, help innumerable cancer patients to fight & achieve quality of life through Ancient Ayurveda based treatment.

#togetherwecan | #defeatcancer

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