



A Newsletter of D.S.Foundation

# TIMES

VOLUME-VI ISSUE-02 JUNE-AUGUST 2014

## SAY NO TO **CANCER** WITH



## **NUTRIENT ENERGY**

**COUNSELLING**  
In and after Cancer



**GREEN TEA**  
for Good Health



**BREAKFAST**  
The Most Important Meal



Since the dawn of time, all forms of life have struggled to survive. They have fought, hunted and evolved for their place in the circle of life. Human Beings were no exceptions. Be it war, famine or disease; the universe had tried throwing all the heavy artillery at us. Of these weapons of mass destruction that came in the way of human survival, Cancer remains as one of the most feared.

How or why Cancer affects some and spares others is a question yet to be answered. What we need to do is to learn how to fight and eventually eradicate it completely from our lives. To start winning this ongoing war against this deadly disease, we must learn how it functions, and when conventional tactics fail, one must resort to other, more evolved and time-tested ways of combat.

The answer, more often than not, lies in simplicity. Simple but significant changes can drastically affect one's position in their fight against Cancer. D. S. Foundation has been created for exactly this purpose. To give the patients a fighting chance by raising awareness. Not only that, it strives relentlessly to aid needy cancer patients in their journey of survival.

This magazine is one step further in D. S. Foundation's commitment to fight the disease and harness the fear. As we discussed; some simple steps can catapult us towards a cancer-free future. One such step is opting for right nutrition. In this issue you will find many helpful articles and tips about how the **Right Nutrition** helps to prevent and fight cancer.

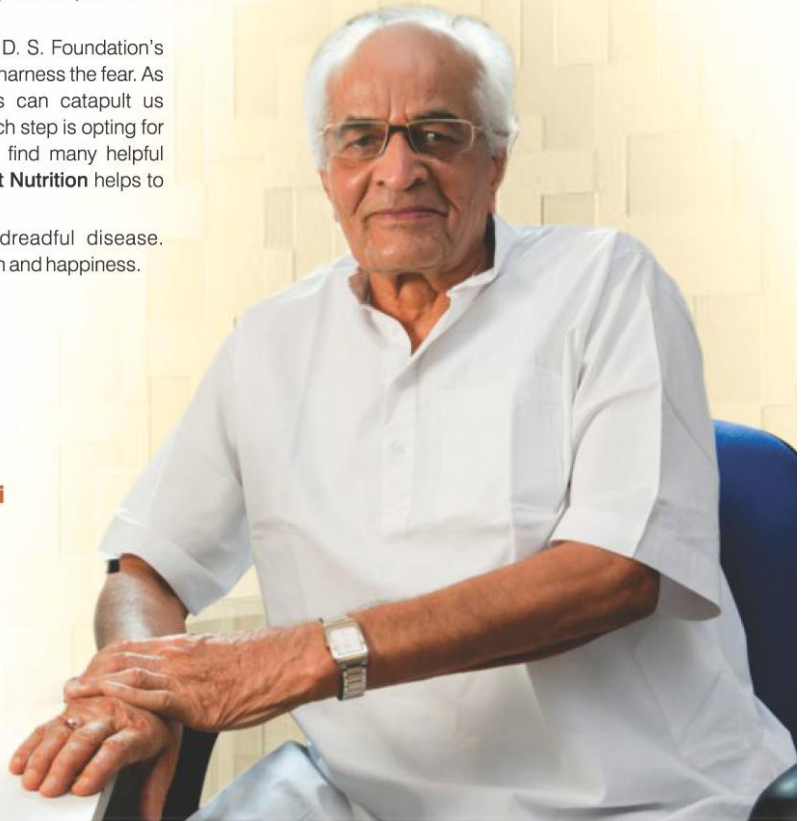
Join us in our war against this dreadful disease. Let's ensure a future full of hope, health and happiness.

Regards,



**Prof. Shiva Shankar Trivedi**  
 Founder Scientist DSRC

Where  
 the **Mind** is  
 without **Fear...**



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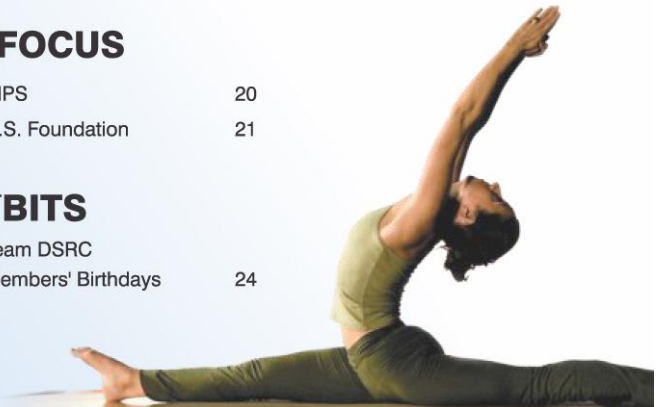


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# OVERALL HEALTH



## The Cancer Concern & Oral Cancer Awareness

Cancer, the lethal health concern of modern times is a leading cause of death worldwide. It is the second most common disease after cardiovascular disorders. In spite of good advancements of diagnostic technology and treatment, cancer is still a big health threat to our society. Cancer often creates fear which comes out of ignorance, myth and misconception. More than 30% of cancer cases can be prevented by modifying lifestyle or avoiding key risk factors and another one third of cancer cases can be reduced if they are treated and detected at early stage. It is therefore essential for every human being to have a basic knowledge about the dreadful disease, cancer. Each year, some 6 million people die from this disease and 10 million new cases are diagnosed; of which, more than half occur in developing countries. Twenty years from now, the cancer burden will be alarming due to ageing of the population, life style changes and increasing exposure to risk factors, says World Health Organisation (WHO). According to them, the toll will rise to 10 million deaths and 15 million new cases annually.

**About 130,000 people succumb to oral cancer in India per year.**

Oral cancer or mouth cancer is a subtype of head and neck cancer, which denotes any form of cancerous growth in the oral cavity. Possible symptoms of oral cancer include change in voice; sore, irritation, lump or thick patch in the mouth, lip, or throat; white or red patch in the mouth; feeling that something is caught in the throat; difficulty in chewing or swallowing; difficulty in moving the jaw or tongue; numbness in the tongue or other areas of the mouth; swelling of the jaw that causes dentures to fit poorly or become uncomfortable; pain in one ear without hearing loss. A person having any of these symptoms for more than 2 weeks should consult a dentist or doctor for an examination. These symptoms are just an indication; they do not necessarily mean cancer. An infection or another problem can cause the same symptoms. Oral cancer is the most common cancer in India. About 130,000 people succumb to oral cancer in India per year. Still, the ignorance regarding oral cancer is unbelievable. A

mass awareness programme about oral cancer, its causes, symptoms, treatment, associated problems and its prevention is urgently needed.

Tobacco use, including chewing tobacco and excessive alcohol consumption are estimated to account for approximately 90% of oral cancers. Chewing tobacco is in a way inviting cancer. Be it in the form of Gutkha, Paan, Khaini, snuff or misri; it is very dangerous.

Oral cancer is the most easily detectable and curable of all cancers but still most of the patients come to know of it only at last stage. At the initial stage people hardly pay attention to commonly observable symptoms. Any type can be treated if detected in the early stages and can be uprooted. Myths and misconceptions about cancer need to be addressed and must be debunked by more and more participation from NGOs, press and media, philanthropic social organizations, Govt. and Non-Govt. sector hospitals. Illiteracy is a common cause and poverty makes the treatment beyond reach of the majority. Thus it is time to start a mission to educate the general population on oral cancer and the deadly tobacco habit. Goal should be to make India free from the deadly claws of oral cancer through early detection and prevention. Need of the hour is that a multi-disciplinary approach is needed for oral cancer treatment and should be available at all RCCs, Government and private hospitals and tertiary care centres.



**Dr. Jaydip Biswas**

MBBS, MS, DMRT, FAIMS, FICS

Director, Chittaranjan National Cancer Institute  
Kolkata, India

## Right Nutrition is the Best Insurance Against

# Cancer

According to National cancer institute over 30% of these death can be credited to wrong diet.

Nutrition is a process in which food is taken in and used by the body for growth, to keep the body healthy and to replace tissues. Eating a plant based healthy diet and being physically active is the best insurance against cancer as well as heart disease and diabetes. Even healthy eating habits and good nutrition can help patients deal with the effects of cancer and its treatment. Some cancer treatments work better when the patient is well nourished and gets enough calories and protein in the diet. Patients who are well nourished may have a better prognosis and quality of life.

Every year 12 lakh people are diagnosed with cancer and more than 5 lakh people die from the disease. According to National Cancer Institute over 30% of these death can be credited to wrong diet. This means that the average person can greatly lower the risk of getting cancer simply by changing the diet.

There is no proper ways to prevent cancer but one can reduce the risk of having it. Leading a healthy lifestyle can help lower the risk of developing

certain kinds of cancer. One can do this by:

- Eating a healthy balanced diet
- Maintaining a healthy weight
- Drinking less alcohol
- Quit smoking
- Protecting skin from sun damage

Regarding balanced diet, some components of food like Phytochemicals, Antioxidants, Omega 3 fatty acids may play a role in decreasing the risk of developing cancer. Phytochemicals are the chemicals found in plants that protect them against bacteria, viruses and fungi. The action of phytochemicals varies by colour and type of food. They may act as antioxidants, nutrient protectors or prevent carcinogens from forming, e.g., Lycopene is found primarily in tomato. When cooked, it appears to reduce the risk of cancer and heart attacks. Antioxidants are the substances that inhibit the oxidation process and act as protective agents. They protect the body from the damaging effects of free radicals that attack healthy cells and change their DNA, allowing tumour to grow, e.g., Vitamin C, Vitamin E, Beta Carotene etc. Omega 3 fatty acids have a delaying or reducing effect on tumour development in breast and prostate cancer.



**Dr. Mousumi Sinha**

BAMS, MD  
Ayurvedacharya  
DSRC - Guwahati

# In the Fight for Cancer: Speed up recovery time with **RIGHT NUTRITION**

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61g X 4 sachets  
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- Ideal for oral and enteral (tube) feed



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Palliative care is defined as an approach that improves quality of life of patients and their families facing the problems associated with life threatening illness, through means of early identification, impeccable assessment and treatment of pain and other problems; physical, psychosocial and spiritual (WHO).

Taking care of children suffering from life threatening diseases like cancer is a specialized aspect of palliative care. This does not end with active total care of child's body, mind and spirit but also involves giving support to the family. Healthcare providers taking care of children need to understand a child's physical, psychological and social distress, assess and ameliorate the same.

Ideally palliative care begins along with curative treatments, and not after all curative attempts have been discontinued. It



## Role of Palliative Care in Cancer

"Cure sometimes, treat often, comfort always".

also doesn't discontinue on the death of the patient, but continues in support of the bereaved family, till they come to terms with the loss.

The concept of palliative care evolved as a science in the 1960s first in UK by Dame Cicely Saunders. This field has grown rapidly, over the last few decades. It is only of late that the focus is shifting back on the symptoms, thus following the Hippocratic dictum of "Cure sometimes, treat often, comfort always".

The common man has little understanding of palliative care and often assumes that it is merely a form of end of life-care, leading to a negative approach to it, and causes needless distress to the patient and family when recommended. Serious efforts are required to educate one and all that it is a longitudinal process which can be applied along with curative treatment and is not limited to terminal care.

Patients are encouraged to take care of themselves to the extent possible, beyond which their care givers are trained to manage the patient. Yet, throughout this time, doctors and nurses are behind them to provide professional help when necessary. This multi-dimensional approach empowers the patients and their families.

### Principles of palliative care:

In a number of life limiting diseases like cancer, pain is an important symptom. With severity reaching up to very severe, it occurs in over 75% of cases and is usually associated with other symptoms. Pain and symptom management is therefore an important component of Palliative care. The WHO has therefore recommended the following principles of palliative care to be adopted globally.

- Provides relief from pain and other distressing symptoms.
- Affirms life and regards dying as a normal process.
- Never intends to hasten or postpone death.
- Integrates the psychological and spiritual aspects of patient care.
- Offers a support system to help patients to live as actively as possible until death.
- Offers a support system to help the family cope during the patient's illness and in the period of bereavement.

- Uses a team approach to address the needs of patients and their families, including bereavement counselling, if indicated.
- Enhances the quality of life, and may also positively influence the course of illness.
- Is applicable early in the course of illness, in conjunction with other therapies that are intended to prolong life. Such as chemotherapy or radiation therapy and includes those investigations needed to better understand and manage distressing clinical complications.
- It is Low tech and High touch.



**Dr. Lingegowda K.B.**

Professor and Head - Dept.  
of Palliative Medicine

 Kidwai Memorial Institute of Oncology  
Bangalore, INDIA

Patient is observed to have peri-orbital swelling; edema all over the body & so the most probable diagnosis that we can arrive to is "Nephrotic Syndrome". Another patient observed with a non-healing ulcer over foot with history of trauma and tingling numbness. Here, the most probable diagnosis is "Diabetic foot". A fever with increasing temperature and relative bradycardia most probable diagnosis is "Typhoid". This is how a doctor's day starts.

Medical curriculum means always having a busy schedule - never ending exams, journals, tutorials, dissections, experiments, case presentations, studies and so on. Case presentations become an important part of our life for four and half years. Symptoms, signs, diagnosis and a few more terminologies were

hammered each day. We always know the effect of the disease on the patient, its progress & the outcomes of the progression. This routine becomes so obvious to us that we often fail to realize the transformation of a "patient" to just a "case" to be presented. A cancer patient, once declared, is somebody, who from the very core, knows he is fighting an enemy who is neither visible nor invisible. Its presence within is going to defeat many hopes, hobbies and passions of life.

Months ago, being a part of Ray of Hope, an initiative by D. S. Research Centre, our team had the chance to visit a few guest houses which give shelter to hundreds of cancer patients & help them receive treatment in an unknown city. We went there as professionals wanting to treat them & left as humans touched by the harsh effects of this disease. These patients leave behind their homes in search of a treatment, a cure. Not only are they tormented by the disease & the failing health, they also have to face homesickness, economic burdens & loneliness.

Patients from all parts live together in such guesthouses, where their conversations revolve around their disease. Is chemotherapy painful? When will my hair start growing back? How do I afford more treatment? Will I ever be Cancer free? Disease thus overtakes their life.

This reality is undefined to the general masses that are not a part of it, unseen to people who are not looking for it.

Cancer drains physical, mental, social & economic sections of a life. Every moment, they live the death and fear of cancer.

Such moments ignite the need for a Ray of Hope!

We have seen many cancer patients after that & treated them out of their misery. However, our need for Ray of Hope must be constant & thriving.

This ignition led us to realize that we need to come together, to join our hands in the fight of millions of cancer patients!

What we can do may seem nothing to us but is going to improve a day of someone's life. Make them happy for one day; change their expression for few moments.

If you make them forget about their disease for a moment, you, yourself are a Ray of Hope.

# Why Ray of Hope...

**Let us save our world from cancer...**



**Dr. Saurabh Trivedi**  
MBBS  
Consultant, DSRC



# Role of Proper Counselling in Cancer

Cancer!!!

Let's  
Talk

## What is counselling?

Counselling can be defined as direction or helpful suggestions regarding a decision or future course of action. In broad sense it can be defined as; need of someone who can listen to us, understand us and if possible guide us for our problems.

## Why counselling is necessary?

One thing is for sure that counselling will not treat the disease but it is essential when a person is suffering from a disease like cancer and it may help to handle the difficulties during the diagnosis and treatment in a better way.

A good counselling can help a patient or a person related with the patient, to find a way to make things less difficult to deal with. Many times they find it difficult to deal with their diagnosis and feel like a bit lost amongst all the treatments and hospital appointments. Even more agonizing than the mortality rate is the emotional and psychological suffering inflicted by cancer.

The declaration of "having cancer" or "suffering from cancer" can turn a person's life totally upside down. It may pose a bad impact on family relations, financial conditions and a lot of other practical problems.

Many people feel comfortable and supported by talking to friends or close family members. But as these persons are not trained people; listening each and every complaint of the patient may irritate them. Moreover they may feel helpless in providing relief to patient, so, it is better to seek a good counsellor who can listen to you and help you sort with your feelings and find ways to coping with them.

## Counselling of a newly detected case:

The first thing comes in the mind of a cancer patient is that "I am going to die." The self-confidence of the patient drops down and the stress level is so high that only the stress can cause many symptoms e.g. Anorexia, Insomnia, Palpitation, Bowel problems etc.

We can see that two days before the diagnosis, general condition of patient is satisfactory and as soon as the diagnosis is made, he becomes seriously ill. So proper counselling for boosting his self-confidence and inner strength is very necessary. He should know that he is suffering from just a disease and a proper treatment will lead him a better life or totally healthy life.

## Counselling of critically ill patient:

The most common trouble of a cancer patient is anxiety and depression. It happens that many a times the patient himself or their closer relatives know that disease is in advanced stage and the person don't have a lot of life span left. Obviously this is a time when thinking about death is very disappointing and frightening. Knowing what to expect and being prepared to deal with it can aid to get the care and support needed.

## After treatment:

Having cancer is a life changing experience. And being cured is something like coming back into life after touching death. So when treatment finishes; sharing your experience, thoughts, sufferings, feelings and advice with other people or discussing about how you have managed the condition, what side effects you had and how you survived them is very helpful for someone who is in similar situation.

So, proper counselling and mental support is essential for cancer patient and his/her relatives.



**Dr. Richa Tripathi**

BAMS, MD  
Ayurvedacharya  
DSRC - Mumbai

# Nutrition in Liver Cancer

Eating is probably the last thing one wants to do while suffering from Liver cancer. The disease itself and its treatments can make food unappealing. However, one must eat to maintain proper body weight and strength to fight cancer and to achieve this, some basic tips should be kept in mind to plan a nutritious diet for the patients.

## Small and frequent meals:

A Liver Cancer Patient's diet should consist of small and frequent meals (six to eight smaller meals a day, instead of three large ones). Eating frequently at a regular interval of 2-3 hrs will not make the patient full and heavy. Sometimes, due to progression of the disease and the treatment, patients often feel nausea. In such cases, Ginger is the best thing. It can be taken in tea or can be used as a candy to keep in mouth to avoid nausea. Instead of the regular food of chapatti, dal, rice, vegetables etc. on the plate, one can go for some semisolid type of diet having full nutrition but in a different form, so the withdrawal symptom should not be there.

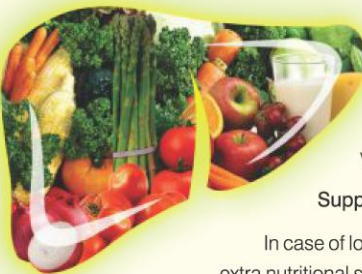
## Macro Nutrients:

Because the liver is responsible for detoxification, in case of liver cancer, patient should avoid processed foods and foods that have lots of chemicals. One should choose natural and organically grown foods. To keep up with the content of the diet, one can include egg-whites, fish and poultry as they are rich in CHOLINE and METHIONINE, known cancer fighting agents.

3-4 tsp oil is allowed on daily basis and low fat diet is recommended. Thus, instead of Whole eggs and fatty red meats, fish, poultry and egg whites recommended with some

healthy preparation methods like broil, poach or bake, instead of charbroiling or frying.

To maximize the strength of immune system, cancer-fighting foods must be included. Antioxidants found in fruits and vegetables are powerful vitamins that protect against cancer and help the cells in your body to function. Colourful fruits and vegetables are rich in phyto-chemicals, which is an immune-boosting nutrient. Garlic, ginger, curry powder, turmeric, basil and coriander, not only add flavour, but they add a cancer-fighting punch of valuable nutrients.



## Supplements:

In case of low intake by the patient with liver cancer, some extra nutritional supplements should be used like, high protein or hepatic nutritional supplements.

## Dry-fruits and Milk Products:

To meet the nutritional requirement of the patient, Cow's milk, yoghurt, buttermilk can be added to the daily diet. Small serving of dry fruits as "Cashew" which contains pro-anthocyanidins (a class of flavanols that actually starve tumors and stop cancer cells from dividing) along with Almonds, Pistachios and walnuts that are storehouses of important anti-oxidants, reduce cell death and risk of cancer.



**Mrs. Manjari Bajpai**  
M.Sc. (Food and Nutrition),  
Dietitian, DSRC - Varanasi



## Stand Strong & Protected with **Anti-Cancer Diet**

**You have the power to change your eating habits...**

Start by reducing dietary fat intake, especially animal fat. Make your diet rich in fruits, vegetables, nuts, beans and whole grains.

**Start small...**

No one can overhaul their food habits overnight. Add a few servings of fruits and vegetables to your diet each day to reduce your cancer risk. Mix some dark, leafy greens like spinach in your salad. Eat a peach or other brightly coloured fruit as snacks.

**Limit alcohol intake...**

Alcohol consumption is linked to increased risk of mouth, oesophagus, pharynx, larynx, liver and breast cancers. So beware before it's too late.

**Eat less red meat and say no to processed meat...**

Too much red meat can increase your cancer risk. Also try to skip processed meats like bacon, ham, pastrami, salami, sausage, hot dogs and pepperoni. Choose fish, poultry or beans instead of beef, pork or lamb. When you eat meat, choose lean cuts and eat smaller portions. Prepare meat by baking, broiling or poaching at lower temperatures, rather than by frying in fat or broiling/grilling at excessively high temperatures.

**Antioxidants, Phytochemicals and Cancer...**

Antioxidants such as vitamin C, lycopene and beta-carotene, which are present in many fruits and vegetables, are crucial to

prevent cancer. Studies suggest that people who eat meals that are rich in fruits and vegetables have a lower risk of cancer. A variety of chemicals known as phytochemicals, which are available in plants, also seem to protect cells from harmful compounds in food and in the environment, as well as prevent cell damage and mutations.

Foods such as broccoli, berries and garlic showed some of the strongest links to cancer prevention. They're low in calories, fat and power-packed with phytochemicals and antioxidants that may help reduce your cancer risk.

**GOOD HEALTH ADDS LIFE TO YEARS!**



**Barnali N. Purkayasthya**

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

# Snaan inside waala

We bathe everyday to get rid of dirt on the outside, but what about the dirt that goes inside us? With the lifestyle we lead today filled with pollution and stress, it's important that we bathe from inside too, with **Tetley Green Tea**. It has 5 times the anti-oxidants\* which help in keeping you healthy inside. Green tea helps in purification\*\* and cleansing from within, leaving you beautiful outside, and inside.



**5x**  
Multi-oxidants  
more than an apple\*

Citrus & Spice



Aloe Vera



Lemon & Honey



**Tetley**  
GREEN TEA

To know more call 080-2362 3932 or log on to [www.tetleygreentea.com](http://www.tetleygreentea.com)

\*A cup of Tetley green tea is known to contain 5 times the quantity of antioxidants found in an apple (USDA Database for the Flavanoid Content of Selected Foods, Release 3, Sep 2011) based on internal analysis (1.8g/120ml) \*\*When brewed, green tea is approximately 99% water, so drinking it regularly will help maintain hydration and make an important contribution to your daily fluid requirements and health. Water helps remove waste products from the body. (EFSA Journal 2011;9(4):2075 ). The antioxidant action of polyphenols in green tea is known to increase the antioxidant capacity of blood (Canadian FIA Claims, Chapter 8.5.3, Table 8-2). Anti oxidants scavenge harmful free radicals formed inside the body (ICMR Bulletin, Vol 33, Apr-May, 2003), thus help you stay healthy. [TetleyGreenTea](#) [tetleygreentea](#)

# GREEN TEA to Boost Health & Prevent Cancer

## TOP 5 REASONS TO START DRINKING GREEN TEA

Extensive research and findings have indicated that polyphenolic compounds present in tea may reduce the risk of a variety of illnesses, including cancer and heart disease. Interestingly, most of these studies involve Green Tea. This potent beverage is very commonly available, inexpensive & abundant in nutrition.

### HEALTH BENEFITS OF GREEN TEA

#### Antioxidants from Green Tea Lower the Risks of Cancer

Antioxidants are compounds that protect cells from the damaging effects of free radicals which cause degeneration and cancer. Studies show that this antioxidant property of Green tea protects against cancers of lung, liver, colon, prostate and breast. EGCG, the main compound present in green tea, also decreased the incidence of duodenal tumors.

#### Green Tea Lowers DNA Damage in Heavy Smokers

Cigarette smoking is a known cause of lung cancer and many other respiratory diseases. It contains many compounds that can damage DNA directly or indirectly. It is believed that long term consumption of more than 4 cups of decaffeinated green tea decreases the toxicities produced by heavy smoking.



#### Green Tea decreases the Risk of Heart Disease

Green tea consumption has been shown to reduce the risk of high blood pressure and also high blood cholesterol. Many studies have shown preventive effects of green tea against atherosclerosis.

#### Green Tea helps in Maintaining Oral Health

Green tea has been believed to help adults in maintaining a good dental health and prevent themselves from dental caries, cavities and even oral cancer. This sugar free drink helps in staying away from many oral diseases.

#### Green Tea Improves Brain Function

It is believed that people who drink green tea have greater activity in the working-memory area of their brains. Green tea has also been shown to help block the formation of plaques that are linked to Alzheimer's disease.



**Vidhi Maniar**

M.Sc.Clinical Nutrition & Dietetics  
Dietitian cum Assistant Clinic In charge  
DSRC (Mumbai)

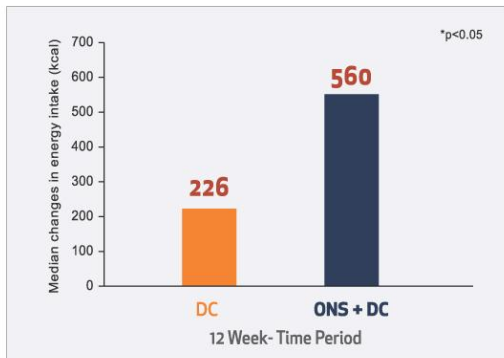
# Helps Meet the Nutritional Requirement<sup>3</sup> In patients with cancer

COMPLETE, BALANCED NUTRITION  
**Ensure**®

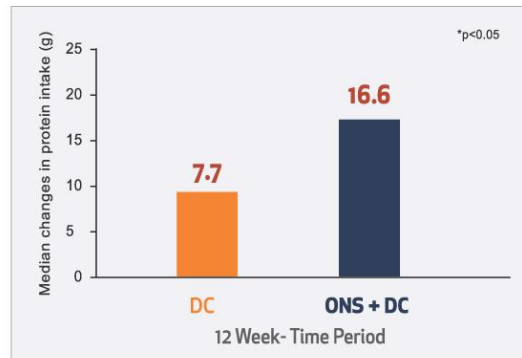


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**148%** increase with Ensure



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- » Scientifically Designed Complete and Balanced Nutrition
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- » Provides Soluble Fibre – FOS<sup>#</sup>
- » 28 Essential Vitamins and Minerals - Including Anti-oxidant Micronutrients

A Complete and Balanced Nutrition for  
Better Quality of Life



3. Huynh D et al. Improved nutritional status from an oral nutritional supplementation with dietary counseling in post discharged malnourished patients in India.

\* Study done with Ensure in Hospitalized patients of medical ward

<sup>#</sup> FOS - Fructo Oligosaccharide

# BREAKFAST The Most Important Meal of the Day

Eating breakfast is important for both children and adults. There are good reasons for that.

When we wake up in the morning, our body has been fasting or going without food during the hours we were asleep. Eating breakfast means we "break the fast" and give our body and brain the energy they need to function. Its kick starts your metabolism for the day. If you give your body fuel to burn, early on, it will burn more calories throughout the entire day. Breakfast also helps you to think clearly, making your day a better one. It is a healthy eating pattern. By eating breakfast, we will feel more satisfied and be less likely to overeat later in the day. If you are trying to lose weight, don't try to cut calories by skipping breakfast. Studies have shown that most people who have lost weight had breakfast everyday. Skipping breakfast is associated with obesity.

We can do better at work and school with breakfast. Studies have shown that adults who eat a healthy breakfast are more efficient during their workday than those who don't. Children, who don't have breakfast get sleepy at school, face difficulty in paying attention and tend to eat more junk food later in the day. Kids, who do eat breakfast get higher test scores and perform better in sports.

Breakfast is a great opportunity to eat nutritious foods like whole grains, fruits, vegetables and dairy products to ensure we are getting all the vitamins and minerals we need. It can be a cereal or muesli with milk, oats porridge with nuts and fruits, a simple Indian breakfast like idli, poha, dosa, dhokla, pongal, vegetable upma, bread toast, simple salad, sprouts or just fruits.

So, break free from inhibitions and pamper your appetite with a healthy-hearty breakfast, everyday.



**Anuradha Arisetty**

M.Sc. (Food and Nutrition)  
Dietitian - DSRC Bangalore



# Yoga in Cancer

Worldwide, yoga is widely popular today. But Yoga is much more than twisting postures and breathing techniques or means to have a well-toned body. It is an attitude, a lifestyle, an unconditional approach to events and experiences of life.

Research shows that Yoga therapy, which involves lifestyle modifications, physical postures, breathing techniques, relaxation techniques and mediation, is known to modulate neural, endocrine and immune functions at the cellular level.

Hypoxia or decreased levels of oxygen occurs in a number of bodily conditions particularly when rapid tissue growth exceeds blood supply. In Cancer, cells of the body divide abnormally, out of control, having the ability to invade other tissues and organs, impairing their normal function. Recent studies in Cancer show that tumour growth and recurrence even after therapy is promoted by a kind of cells called Cancer Stem Cells (CSCs). Hypoxia is found to support CSCs.

Studies show that practice of Kapalabhati, a yogic kriya significantly increases blood oxygen saturation. Another study showed that Pranayama is even more effective than Asanas in improving oxygenation.

Research studies on breast cancer patients showed that Yoga helps in reducing anxiety, depression, fatigue and stress thereby improving quality of life. Practicing Yoga was found to reduce chemotherapy induced nausea and vomiting. It also improves sleep and reduces anxiety of therapy. Yoga is found to reduce post-operative complications in breast cancer patients and improves physical function in post-surgery recovery.

Negative thoughts bring powerful destructive emotions. Emotions affect the Autonomic Nervous System and stimulate endocrine glands producing a cascade of stress related hormones & reactions in the body. If this process

keeps happening repeatedly, then it produces long lasting effects in the body, becoming expressed as stress related disorders. It is believed that stress could be one of the prime factors for cancer.

So the solution is to prevent stress by keeping the mind under control. But it is very difficult to control the mind and thoughts. So Yoga uses the body to attain the control of the mind.

Asanas (postures) positively affect the endocrine glands and the nervous system, by stimulating them, removing toxins and making their functioning smooth. Pranayama practices balance and improve breath by improving oxygenation, regulating and improving the functioning of the Nervous System.

But to gain the benefits out of Yoga, one must practise Yoga as per it principles. In a general way, **the principle of practice can be summarised as follows:**

- Attain and release the posture in slow, steady and rhythmic manner. Never hurry.
- Attain the position and maintain it as per your personal capacity.
- Breathe normally through the nose. Don't hold your breath.
- Relax those parts of body that are not directly used in the posture.
- In the final position count your breath to fix your mind.
- Be aware in every moment and enjoy the experience.



**Meena Manoj Kumar Ayer**

MA (Yogashastra)

MS Psychotherapy & Counselling



# Cancer Fighter **Speaks**

An intimate Interview with **Mrs. Uma Puttundu**

She was in a terrible state of mind after diagnosed with Cancer...post operation refused to take chemotherapy. Retired WBCS officer Mrs. Uma Puttundu reveals every aspect of her cancer fight to DS Times.

## Tell your story from the beginning...

It was long long ago. I completed my graduation in Economics from Bethune College and post graduation from Calcutta University. It was in the mid 60's; I got married to a person who was in IRS (Indian Revenue Service). Post marriage, after clearing WBCS, I joined as an Employment Officer in Labour Dept., under the Govt. of West Bengal. I have a daughter who graduated from Jadavpur University in Electrical Engineering. Fortunately, she also followed our way and preferred to be a WBCS cadre, presently working as a Joint Commissioner under the Dept. of Commercial Taxes.

## What was your feeling when you came to know that you have Cancer?

During December 2010, I felt some pain in my right breast and after close diagnosis got confirmed about the existence of a lump there. Doctor asked me to pass through some test suspecting Cancer. On the other hand, I was very much

confident about not having Cancer. Though as soon as I came to know about the malignancy, I didn't lose my heart and had strong feelings that whatever it may be, I must come out from this trauma.

## How did you come to know about D. S. Research Centre?

After getting operated, doctors asked me to go through 6 cycle of Chemotherapy. I already heard about the side effects of Chemotherapy, so I denied going through the process and consulted other doctors too. Suddenly my colleague informed me about D. S. Research Centre. He told me that his wife was under treatment and got positive result.

## What other treatments you had undergone before D. S. Research Centre?

The only treatment I had undergone was the surgery part. I did refuse Chemotherapy and directly came to D. S. Research Centre for further treatment. It was in the month of May, 2011.

## How was the treatment at D. S. Research Centre? Was it different from other treatment you had undergone?

One thing I can say for sure, my disease has not relapsed yet and nowadays I am taking medicine on an interval basis. I am very much fine and the medicine worked for me.

## Are you interested in participating in any kind of awareness programme organized by D. S. Research Centre?

If my body permits, I am always there to do that. Otherwise my best wishes are always with the organization.

## How do you plan your future?

Being the only senior member of the family, I have to do all the house work including Banking, Investment, Daily shopping etc. by my own. I am very happy and enjoying my life fully.

## Do you have anything to say to the Cancer Patients, still fighting for life?

All I can say that, don't lose your heart, face whatever the situation is, and wait for the right time to fight back.

Just **don't die before you die.**



*DS Times will showcase stories of Cancer Fighters in its every issue. Just keep reading till we present another heart-warming story of survival.*

Founder Scientists of D.S. Research Centre, Dr. U. S. Tiwari and Prof. Shiva Shankar Trivedi got an environment congenial to life and thinking which shaped their nature suited to research. They used to delve deep into nature and made adjustment between their studies and thinking. The stream of life continued to inspire them to go beyond the reach of modern science by the grace of nature. Their area of interest was the flow of creation. This is the same question that haunts everybody once or throughout his life. They had the inkling of conscious chemistry and the positive energy. This inkling is called hypothesis in the scientific terminology. The hypothesis is that the birth of a new direction in the chemical relationship of a substance is the creation of life.

Saint scientists of ancient India had named the conscious atoms presented for partnership in the conscious chemistry of the creation as "Anna". The study of ancient Indian ascetic literature reveals that they succeeded in making the genesis,

and its death is the death of the body. Birth, disease, health, weakness and death are manifested in the "process" and not in the "substance".

The primordial unit of the creation of body is 'cell'. Single cell creation is the first physical being. Metabolism is manifested in them, but the organs and the parts of this are yet to grow. Physical beings have been born out of the grain. This rule of the creation continues even today. That is why ancient Indian saint-scientists have described grain as the procreator, father and the eldest. Temperament is manifested by metabolism.

Thus the main sphere of work of treatment of diseases and healthcare is metabolism. If this firmly remains entrenched in its niche, several diseases could be prevented from striking and it will be difficult for the disease causing virus to get refuge in the body. Healthy metabolism is the resistance power of health.

## "Anna" The Stepping Stone of Evolution



growth and flow of the creation as a perceptible subject of applied science. They had prepared well-defined terminologies of that science.

By not coining a new word in place of 'Anna', the Trivedi brothers accepted the purport as established in cosmology of the saints for the nourishing energy. 'Anna' has the place in the conscious chemistry, what atoms of inanimate substances have in the chemical stream of inanimate substances. "Anna" is the first unit of the conscious chemistry. An atom has to accept a more complicated structure in order to enable itself for retaining consciousness. Grain is a conscious atom that has its own reason, direction of work and a resolve.

The process of evolution of living beings begins with its birth and this stream of consciousness remains vigilantly active in every unit of life. The metabolism creates the body by consciously uniting the grain atoms. Whether single or multi-shell, the totality of human being is represented by metabolism only. In reality, its birth is the birth of physical creation; its health is the health of the body; its illness is the illness of the body; its weakness is the weakness of the body

The processes of the living in which metabolism is manifested, are mass accumulation and catabolism. Under the mass, metabolism selects well-disposed grain atoms from the eatables. Under the accumulation, metabolism develops these grain atoms into the well-disposed grain atoms. And, under the catabolism, metabolism releases insipid grain atoms out of the body by losing its vigour and virility.

Thus sets out the stream of nourishing energy for the journey of life till the end.



**Mr. Ashok Kr. Trivedi**  
Managing Director  
D.S. Research Centre

# Cancer Awareness

## Taking it a step further with



At D. S. Research Centre we constantly strive to make our world a cancer-free place. Over the years, through relentless research, we not only secured a path-breaking alternative treatment for cancer but also understood that while dealing with it, awareness is a prime factor to fight it. With this understanding, we organise rallies, seminars, events and always try to create a platform where the general mass can come together and put a fight against this dreadful killer called cancer.

Throughout the world, 4th February is celebrated as **World Cancer Day**. To commemorate the occasion and make people aware about the curse of cancer, our various clinics throughout the country observed World Cancer Day through Ray of Hope Walkathons and many other mentionable events.

Through these events, D. S. Research Centre took a pledge to eradicate the disease and bring a new Ray of Hope for humanity.



KOLKATA

We March Against Cancer...A Walkathon organised by DSRC on World Cancer Day



VARANASI

We Stand Proud and Undefeated against Cancer...Students on World Cancer Day



MUMBAI

College students participated in World Cancer Day Rally to ensure Ray of Hope



BENGALURU

Candle Light Assembly near Town Hall to celebrate World Cancer Day



GUWAHATI

Celebrities participating in a walkathon on World Cancer Day

# Efforts & Achievements



**Manish Srivastava**  
Head, Clinical Operations  
Additional responsibility  
Clinic In-Charge  
DSRC (Kolkata)



**Prerana Nikam**  
Clinic In-Charge  
DSRC (Mumbai)



**Sunil Singh**  
Clinic In-Charge  
DSRC (Varanasi)



**Sreerupa Chakraborty**  
Clinic In-Charge  
DSRC (Bengaluru)



**Barnali N. Purkayasthya**  
Clinic In-Charge cum Dietitian  
DSRC (Guwahati)

## KOLKATA



Renowned painter Wasim Kapoor in a Children's Painting Exhibition organised on World Cancer Day



Ray of Hope Walkathon on World Cancer Day

## GUWAHATI



Mahadev Deka (Mr. Universe), Kopil Bora (Actor), Zerifa Wahid (Actor), Minoti Barthakur (Cancer Survivor) participating on World Cancer Day Rally

## MUMBAI



DSRC's Mumbai Clinic team at a rally on World Cancer Day



Actor Arjun Bijlani talking on importance of Cancer Awareness

## VARANASI



Rally on World Cancer Day organised by DSRC, Varanasi



A huge number of students participated in World Cancer Day Rally



Flying Lanterns released near Town Hall Bengaluru to commemorate World Cancer Day

BENGALURU



A rally organised on World Cancer Day with School Children



Assembling at Town Hall after World Cancer Day Rally



A unique educational blend of **ancient** and the **advanced...**



### Ayurveda Pharmacy - A New Bold Step

Ayurveda, the 5000 years old, time tested system of healthcare is still honoured by the whole world. It's been dominating the Indian system of medicine since its inception. In India, more than 70% of the patients are still treated by this system of medicine. Blessed with nature's gift of biodiversity, it has the potential to govern the global healthcare market with its herbal and natural medicines. The medicinal plants and its products have an enormous demand in the global market at currently and would grow further in near future. India can export both the herbs and its products sharing the approximate global market of 3 trillion U.S. Dollars in 2020. The state of West Bengal has 200 odd manufacturers of Ayurvedic and Unani medicines out of more than 7000 such units spread all over India. To make use of its full potential and take lion's share of the global market, these manufacturers need to adopt modern technology and produce quality medicines following good manufacturing practices (GMP) as prescribed and guided by the AYUSH drugs control as well as the department of AYUSH. To compete with the global market, the Ayurvedic units need to maintain quality of production and develop newer processes maintaining GMP and internationally accepted norms, which can only be achieved by inducting Bachelors of Pharmacy in Ayurveda [B. Pharm. (Ayu)] in the manufacturing factories and other fields of herbal medicine.

With this a view in mind, the B. Pharm. Ayurveda, a 4-year degree course in Ayurveda was conceptualized in the year 2002, by the

members of an educational trust, namely, Bengal Institute of Pharmaceutical Sciences (BIPS) with the active participation and guidance from an advisory group comprising Prof. A.N. Basu, the then Vice Chancellor of Jadavpur University, Dr. C. M. Ghosh, the then Director of state pharmacopoeial laboratory and pharmacy for Indian medicines, Kalyani, Nadia, Dr. T. K. Chatterjee, Department of Pharmaceutical Technology, Jadavpur University and Mr. Prasant Pramanik, WBCS (ex), the then Joint Secretary, Department of Health and Family Welfare. Before giving shape to the course, the core advisory group held several seminars, discussions, debates for three years and prepared the blue print of the course which is unique in this country, as it moulds the ancient knowledge on drugs of natural origin with modern advances of science. The government of West Bengal was kind enough to finally agree officially to establish the joint venture institution with BIPS, with Jadavpur University agreeing to prepare the modules of the course and affiliate the same. The BIPS has set up a campus in the premises of the state pharmacopoeial laboratory and pharmacy for Indian medicine at Kalyani, Nadia and possesses a separate 13,500 sq.ft. well-furnished building with classrooms, laboratories, teachers' room etc. for its B. Pharm. (Ayu) Course. It has already been equipped with a state-of-the-art quality control laboratory. It has also ayurvedic medicines manufacturing facility and a medicinal plant garden with nursery on 33 acres of land which are believed to enrich the students with the knowledge of cultivation, production and quality control work simultaneously and even after completion of their study.



For more information, log on to:  
[www.bipstrust.org](http://www.bipstrust.org)

### Mr. Subir Kr. Pal

Chairman of the Governing Body  
Bengal Institute of  
Pharmaceutical Sciences  
Affiliated to Jadavpur University





**DS  
FOUNDATION**  
Energising Minds, Enhancing Lives



# Delivering Hope for Humanity

## About DS Foundation

DS Foundation is a non-profit organization established for the promotion of Health and Education. The vision, experience and dedication of our founder members had worked its magic and nowadays, the second-generation members are translating their dreams into reality. The philosophy of life being transient is practiced as retain relationships are today part of our family. Thus, our all subsequent activities have a common philosophy that is building a better environment-friendly community through health and education.

## Vision & Mission

DS Foundation was born with a mission to be the best in all that it does. Committed to meeting global standards, yet rooted to traditional values and ethics, through concern, care and competence. DS Foundation aspires to empower people, with better knowledge and understanding of illnesses so they can make more informed choices about their treatment and future management.

## Initiatives in Health & Education by DS Foundation

### Council for Cancer Care:



**Council for  
Cancer Care**  
SURVIVING TOGETHER

Council for Cancer Care is a voluntary organization that works relentlessly to create mass awareness about Cancer – the disease itself and the measures for its prevention, counseling, motivation and treatment. The main objective of this organization is to take a holistic approach towards proliferation of knowledge about the disease and provide necessary advice to Cancer afflicted people. It is relentlessly campaigning with the help of local organizations/people in remote areas of West Bengal and other states of India, to spread cancer awareness among the general mass, who do not have any clear concept about Cancer. CCC

has been formed for serving individuals afflicted with Cancer and the members of this council are people who themselves were Cancer patients and faced the harsh realities of living with Cancer, but now, they are leading normal and healthy life.

### Tripura Institute of Paramedical Sciences:



In the year 2009, an agreement was signed with Government of Tripura to manage a yearly 500 intake capacity Paramedical Institute on PPP model under the name of Tripura Institute of Paramedical Sciences at Hapania, Agartala on 6.43 acres land and with a super architectural building.

### Bengal Institute of Pharmaceutical Sciences :



A state-of-the-art Institution in Kalyani, West Bengal, was established in association with Government of West Bengal and Jadavpur University. The objective is to train professionals who will be able to raise the standard of Ayurvedic medicine manufacturing to internationally accepted standards, for the worldwide growth of Indian System of medicine.

### Future Ventures

DS Foundation aspires to introduce Medical hub for Indian system of Medicine soon.



**Pankaj N. Trivedi**

Director  
D. S. Foundation



**Dr. Uma Shankar Tiwari,**  
 a visionary scientist from Varanasi  
 amazed the world with his  
 extraordinary findings in the  
 arena of alternative medicine.  
 He also pointed out that  
 not only modern medical science  
 but overall education  
 system must be upgraded  
 to ensure health  
 and happiness for all.  
 In the blessed memory of  
 Late **Dr. Uma Shankar Tiwari,**  
 D. S. Foundation  
 urges to make March 6th  
 memorable throughout the  
 nation and the world.



# Blood Donation

## Giving the Gift of Life

*"The gift of blood is the gift of life. Blood donation is a generous act. In our Country, someone requires blood every 2 seconds and one donation can potentially save 3 lives."*

To commemorate Dr. Uma Shankar Tiwari's memory and his good deeds, D.S. Research Centre organized a Blood Donation and Free Health Check-up Camp in association with Rotary - TTK Blood Bank in Bangalore and with Tata memorial hospital in Mumbai.

At Bangalore the effort received an overwhelming response with an active participation of 54 volunteers who came forward to donate blood. Free health-check-up was also done on the occasion. Total 27 units of blood were collected and handed over to Rotary TTK Blood Bank through this camp.

In Mumbai, volunteers donated 84 units of blood to cancer patients.



The event was inaugurated by the Honourable MLA Mr. N.A. Haris





Certificate of Appreciation given by Rotary Blood Bank - Bengaluru



Letter from Tata Memorial Hospital praising DSRC's noble effort



Letter of Appreciation from Tata Memorial Hospital



General health check-up before the donation process



Blood donation process going on



A jolly good fella congratulating a blood donor



# The Delightful Days...

## Celebrating Birthdays in DSRC Family

**VARANASI**


Ashok Tripathi  
DOB - 31 March



Vishambhar Nath Mishra  
DOB - 3 April



Ashok Kumar Pandey  
DOB - 5 April



Manjari Bajpai  
DOB - 4 February



KRITIKA GUPTA  
DOB - 14 April

**MUMBAI**


Jamila Khokhar  
DOB - 28 February



Mrs. Prerana Nikam  
DOB - 4 March

**KOLKATA**


Mr. Manish Srivastava  
DOB - 13 February



Ms. Priyanka Agarwal  
DOB - 23 February



Mr. Ashim Naskar  
DOB - 25 February



Ganapathi P.R.  
DOB - 13 March

**BENGALURU**


Miss. Sunayana Kalambe  
DOB - 17 April



Mr. Amit Pandey  
DOB - 11 April



Mr. Arup Dawn  
DOB - 15 April



Dr. Shibangi Das  
DOB - 20 April



Rehana Parveen  
DOB - 21 March

**GUWAHATI**


Dr. Lukumoni Dutta  
DOB - 1 March

## Cheers to Good Health & Long Life



**RECIPE:**  
**Ginger-Lemon Iced Green Tea**

Boil 200 ml water for 3-5 minutes with grated ginger, chopped 5-6 mint leaves, 1 pinch of cinnamon powder and 1 tsp of green tea leaves. Refrigerate this drink and serve chilled after adding lemon juice and sweetener/ honey.

**Your Summer Drink is Ready!**



## Take a Glorious Stride into a Prosperous Career

India requires  
**60 lakh**  
more paramedics  
by 2015



Tripura Institute of Paramedical Sciences is a joint venture with Govt. of Tripura and an initiative by DS Group to ensure the best in paramedical education. It is the ultimate destination to get the best training and become an industry-ready paramedic professional. State-of-the-art learning facilities, highly experienced faculties and a wide array of professional course open the door of possibility for every student.

After pursuing a course in the field of paramedical science, one can explore various career options available in the medical industry as medical lab technicians, radiography technicians, radiologists, physiotherapists, cardiac technicians etc.


Our recent recruiters are renowned healthcare providers like ILS Hospital, AMRI Hospital, Anandalok Hospital, Narayan Hridayalaya, Apollo Hospitals, Medica Super Specialty Hospital and many more.

for more information, log on to:

[www.bipstrust.org/tips](http://www.bipstrust.org/tips)

or find us on:  

Hapania, Amtali, Tripura - 799104

 0381 2370072





“ The doctor of the future will no longer treat the human frames with drugs, but rather will cure and prevent disease with nutrition.

*Thomas Alva Edison*

”  
The same ideology is cherished by us at D. S. Research Centre. Our Ancient Ayurveda based Nutrient Energy Treatment derived from human edibles, treats cancer from the root and also fortifies the healthy body cells to put up a fight against cancerous cells. This safe, pain & side-effect free treatment coupled with proper diet and some lifestyle modification has delivered a new ray of hope for cancer patients throughout the world.



LET US SAVE OUR WORLD FROM CANCER

An "ISO 9001:2008" Organization

[www.dsresearchcentre.com](http://www.dsresearchcentre.com)

**Our Clinics:**

Bengaluru : + 91 80 43414141  
Guwahati : + 91 361 2654140  
Kolkata : + 91 33 40164141  
Mumbai : + 91 22 42484141  
Silchar : + 91 361 6014141  
Varanasi : + 91 542 2394141

Find us on:    