



# TIMES

VOLUME-VIII | ISSUE-05 | OCTOBER - DECEMBER 2016



Cover Story



## CANCER FACTS FOR WOMEN

Cancer does not have a gender bias. But we do. We dedicate this issue to the 'stronger' sex | Pg.13

### AWARENESS EVENTS: SPREADING THE MESSAGE OF HOPE AGAINST CANCER



**WORLD NO TOBACCO DAY**  
31st May 2016



**NATIONAL CANCER SURVIVOR'S DAY**  
5th JUNE 2016



**INTERNATIONAL DAY OF YOGA**  
21st June 2016



**NATIONAL NUTRITION WEEK**  
1st- 7th Sep 2016



**CHILDHOOD CANCER AWARENESS MONTH**  
9th- 11th Sep 2016

# EDITORIAL



We at DSRC hold this belief that Nutrient Energy can rectify our system and help treat cancer from within. We know that Nutrient Energy is beneficial and favorable towards the upkeep of the quintessential ‘Central Life Force’ of human beings. Over 50 years of Research on Ancient Ayurveda based Nutrient Energy Treatment, suggest that this treatment enhances the ‘Central Life Force’, corrects the deviation in health conditions and heightens the development of the immunity system.

To prove the efficacy of the treatment, in the beginning of the research, it was applied on terminally ill patients when traditional therapeutic measures gave up. We brought in a combination of ancient knowledge and modern science. And then, it started to happen. The positive change in the body mechanism was starting to show. The cancer cells were weakening and the positive life force was gaining strength.

This was a breakthrough in the field of cancer treatment signifying that cancer could be defeated and that too from within by rectifying our system. Presently, all DSRC clinics have dedicated teams of experts, under guidance of the research panel, who are supporting the patient in every aspect to fight cancer.

“We welcome all to come and fight with us, with no prejudices in mind. Then that day will not be far when Cancer would just mean a casual health hazard”.

*Ashok K. Trivedi*

**ASHOK K. TRIVEDI**  
Managing Director

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by Ashok K. Trivedi, Managing Director, DSRC

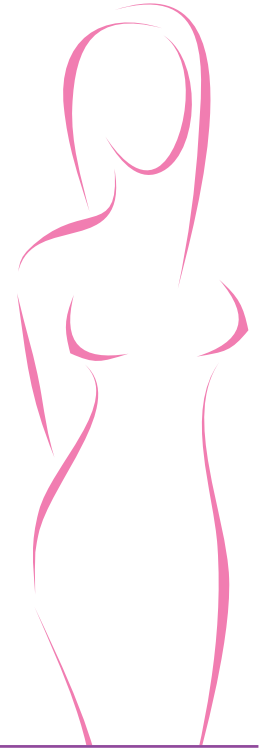
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by Dr. Richa Trivedi, MBBS, Consultant D.S.R.C., Varanasi

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## SOCIAL & CANCER AWARENESS EVENTS



**World No Tobacco Day**  
31st May 2016 17



**National Cancer Survivor's Day**  
5th JUNE 2016 17



**International day of Yoga**  
21st june 2016 18



**National Nutrition Week**  
1st-7th Sep 2016 18



**Childhood Cancer awareness Month**  
9th-11th Sep 2016 18



# CANCERS OF MOUTH ARE AMONG THE MOST PREVENTABLE CANCERS, IF CAUGHT EARLY.



Dr. Geethanjali Mada  
B.A.M.S, D.E.M  
Clinic in charge (Medical)  
D.S.R.C, Bengaluru

Oral cancer is the most common cancer in India; as 4 in 10 of all cancers are oral cancers.

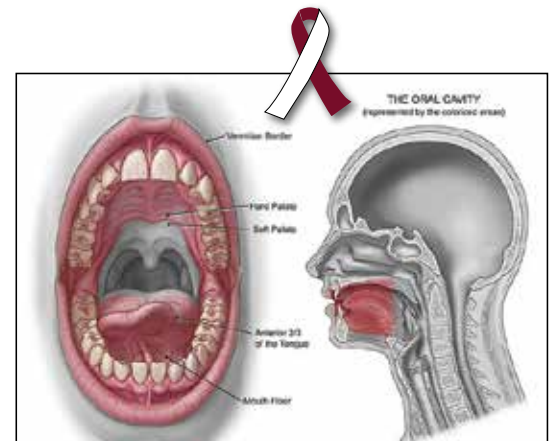
Annually 130,000 people succumb to oral cancer in India. The reason for high prevalence of oral cancer in India is primarily because tobacco is consumed in the form of gutkha, quid, snuff or misri. Oral cancer belongs to a larger group of cancers called head and neck cancers. Most develop in the squamous cells found in the tissues that line the mouth and lips. They are most often discovered after they have spread to the lymph nodes of the neck. Early detection is key to surviving oral cancer.

**One of the biggest oral cancers are tobacco and alcohol** especially when both products are used on a regular basis. Other risk factors include HPV infection (a sexually transmitted virus), chronic facial sun exposure, a previous diagnosis of oral cancer, a family history of



**risk factors of related alcohol use,** products are used on factors include HPV (transmitted virus), a previous diagnosis of oral or other types of cancer.

Symptoms of oral cancer include a sore on the lips or mouth that won't heal, a mass or growth anywhere in the mouth, bleeding from the mouth, loose teeth, pain or difficulty with swallowing, trouble wearing dentures, lump in neck, ear-ache that won't go away, dramatic weight loss; lower lip, face, neck, or chin numbness, white, red patches in mouth or lip. Many times people will notice a sore mouth but usually will not take it too seriously and just wait for it to go away. During this period of waiting, the cancer may be metastasizing or spreading. Regular dental or doctor examinations usually discover many oral cancers. Some of the tests used to confirm the diagnosis include a biopsy along with X-rays, CT scans, MRIs, or PET scans to determine if the cancer has spread. Cancers of the mouth are among the most preventable cancers. One of the most important things you can do is visit a doctor once a year for a complete oral examination.





# FOOD & CANCER PREVENTION



Prof. Dr. Jaydip Biswas  
**MBBS, MS, FRCS, FACS, DMRT,  
 FAIMS, FAIS, FICS**  
 Consultant Surgeon & Oncologist

Director, Chittaranjan  
 National Cancer Institute



According to World Health Organisation (WHO), one-third of all cancer cases are preventable. Prevention offers the most cost-effective long-term strategy for the control of cancer. Foods as a whole play a dual role in carcinogenesis - certain constituents of food are responsible for building the ambient environment to support growth of cancer cells, while there are some foods that inhibit or block malignant process.

The primary ingredients of diet that increases cancer risk are foods containing saturated fat, processed meat, red meat, salt-cured, charred foods and very hot drinks. The bitter tasting cereals, nuts and corn contain aflatoxins, which are converted to epoxide in the liver causing damage to cellular DNA. Grilled, tandoori and fried foods contain certain polycyclic aromatic hydrocarbons that may lead to cancer. Cancer can be controlled if detected early, however the disease is diagnosed at a late stage. Research is going on around the world to improve treatment strategies, but the treatment is expensive, time consuming and often not that much effective due to serious side effects and development of drug resistance. Considering limitations in early detection and successful treatment of cancer, preventive interventions have attracted increasing attention and significant research efforts. In spite of the above constraints nature has bestowed upon us with rich dietary sources of fruits, vegetables, spices which are low in fat, high in fibre. Natural products due to their long association in human life, high tolerability, low toxicity and known biological activities are gaining in importance as molecules for cancer research. A healthy diet containing these compounds is intricately linked to cancer prevention.

**They are low in fat content, salt and sugar. The main cancer fighting foods are whole grains (raisin bran, barley, oatmeal, oat bran muffins, popcorn, brown rice), fruits (berries, avocado, pomegranate, grapes, apricots, citrus fruits etc), vegetables (green leafy, cruciferous, umbelliferous, allium vegetables etc) and legumes (lentils, beans, split peas, chick peas etc). The most popular beverage tea is blessed with some ingredients, which can prevent and fight cancer. Indian gourmet, apparently quite rich is based on recipes that contain various herbs and spices, which are gifted with anticancer properties. Most common names are turmeric (curcumin), saffron etc which apart from their flavor and aroma are equipped with antioxidant properties. The role of dietary products from fruits and vegetables for prevention and treatment of cancer is a novel approach and needs considerable attention.**

It is a challenge to the scientific community to make the best out of these phytochemicals in different population who are at risk for cancer. Cancer preventive strategies can be classified into primary, secondary, and tertiary prevention. Primary cancer prevention is meant for general population and those at increased risk of cancer development. Secondary prevention is employed in patients with

pre-malignant lesions that may progress to cancer. Tertiary cancer prevention is employed in preventing cancer recurrence (local invasion and/or distant metastasis) or second primary tumor among those who already have developed the disease.

Foods rich in anticancer properties may act as efficient chemopreventive agents. Therefore it is advisable to have a better health, naturally, by cancer fighting foods and stay away from cancer.



# Cancer specific nutrition with EPA

**Prosure** is clinically proven to

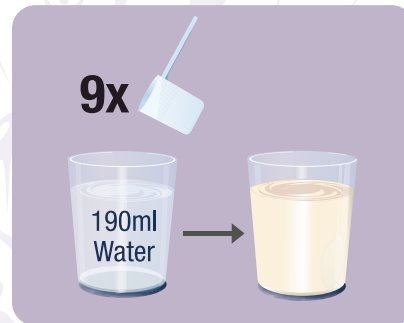
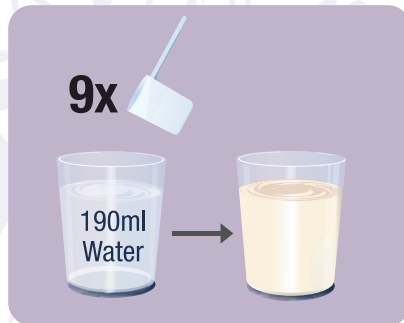
Help reduce inflammation<sup>1-3</sup>

Help promote weight gain<sup>2,4-6</sup>

Help build or maintain muscle<sup>7,3,5,8</sup>

Improve QoL<sup>7,2,9</sup>

**9 Scoops to be taken twice daily**



Efficacy is supported by a wealth of evidence

**20**  
CLINICAL  
STUDIES

**26**  
PUBLICATIONS

1. Garcia-Almeida JM, et al. Clin Nutr Suppl. 2010;5(2):140. 2. Guarcello M, et al. Nutr Ther Et Metab. 2007;25(1):25-30. 3. Ryan AM, et al. Ann Surg. 2009;249(3):355-363. 4. Read JA, et al. Support Care Cancer. 2007;15:301-307. 5. Fearon K, et al. Gut. 2003;52:1479-1486. 6. de Luis DA, et al. Ann Nutr Metab. 2005;49(2):95-99. 7. Sanchez-Lara K, et al. Clin Nutr. 2014;33:1017-1023. 8. van der Meij BS, et al. J Nutr. 2010;140(10):1774-1780. 9. van der Meij BS, et al. Eur J Clin Nutr. 2012;66(3):399-404.

# Effective Cancer Management

“Cancer” – Since years this disease has threatened mankind and it's increasing evidence in population has further added to the fear about this disease in people's mind. During our seminars we come across patients who have been taking conventional treatments for Cancer from renowned hospitals since years but when it is asked to them that what do they know about the disease, the answer is – “I have Cancer and it leads to death...”. This is the only definition of Cancer most of the people have. Unfortunately the scenario remains same even for the urban population.



Dr. Poorneshwar Sawant  
BAMS, MS Ayurvedacharya,  
D.S Research Centre

When asked what do they know about the disease, the answer almost always is,

**“I have Cancer and it leads to death...”**

This fear of death is inseparably associated with cancer and hence most of the people when they come to know that they are having cancer, just give up instead of fighting against it. Fear overcome it. It is very essential to disease you are suffering as only curable now and it doesn't truth we all should propagate should be thoroughly educated factors, correct line of treatment to hygiene to be maintained, and after the treatment, etc.

Treated patients must modifications they should of disease. Moreover there people's mind about Cancer communicable disease, it is it produces germs in patient's same entities, there is no treatment these are false beliefs and it's a high right away from the society.



comes from ignorance & knowledge is the only tool to have correct knowledge of the then you can win over it. Cancer is necessarily lead to death is the amongst the masses. Patients about disease pathology, its risk be adopted, diet to be followed, precautions to be taken during

know about the lifestyle adopt to avoid recurrence are various myths in like; cancer is a caused by virus or bacteria and body, cancer and tumor are the available for last stage cancer etc. All time we should eradicate such myths

# COMBATING CERVICAL CANCER



Dr. K. Uma Devi  
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Cervical cancer does not spare the rural or urban, rich or poor and is No1 cancer among Indian women. Its time we save our Indian woman and give her a better tomorrow.

The story dates back to 1985, when a young woman of age 32 was diagnosed with Stage 3b cancer cervix. She presented at an advanced inoperable stage and hence she underwent radiotherapy. I was delighted to see this lady again 25 yrs later, hale and hearty accompanying her daughter for her delivery.

The secret ..she underwent the course of radiation, took measures to boost her immunity, led a healthy life with a well balanced diet and continued to live with a positive outlook in life.

She is one of the lucky few to have conquered cancer, despite the advanced stage.

The natural history of cervical cancer has been well delineated. It is preceded by well defined precancerous lesions which slowly progress to invasive cancer taking over 10 to 15 years.

If these lesions could be detected early and treated adequately, the incidence and mortality from the disease could be brought down. Cervical cancer is a preventable disease ..

Cancer cervix can be prevented and can be cured totally at its early stages.  
Women need to undergo regular screening in order to diagnose the disease at its preinvasive and early stages.  
Healthy life style and treatment can save patients from this dreaded disease

PAP smear, colposcopy, visual inspection after staining with iodine (VILI) and with acetic acid (VIA) are the screening methods which are easily available in our country. The preinvasive disease can be picked up early and treatment modalities at this stage are 100% successful.

Deaths due to cancer cervix has become negligible due to the well organized screening programmes in developed countries .

But the scenario in India is grim due to the poor resources for establishing a thorough screening programme and the lack of awareness of the condition among the general public.

Another good news...the disease can be prevented by yrs. GARDASIL and cervarix are the two types of vaccines HPV types 16 and 18 and Gardasil against HPV types. 16, 18, 6

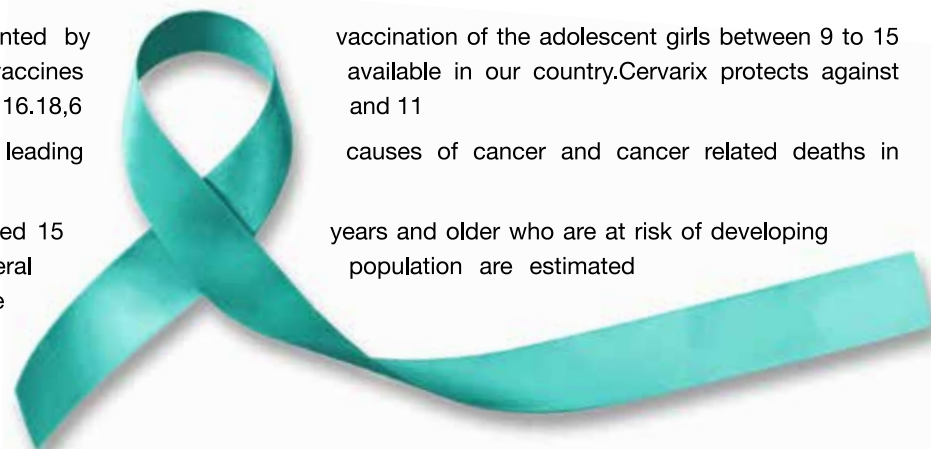
In India cancer of cervix and cancer of breast are the leading women

India has a population of 432.20 million women aged 15 cervical cancer. About 5.0 % of women in the general to harbor cervical HPV -16/18 infection at a given time and 82.7 % of invasive cervical cancers are attributed to HPVs 16 or 18 and vaccination for prevention is a boon .

vaccination of the adolescent girls between 9 to 15 available in our country. Cervarix protects against and 11

causes of cancer and cancer related deaths in

years and older who are at risk of developing population are estimated





# PREVENT CANCER NATURALLY WITH MINERALS

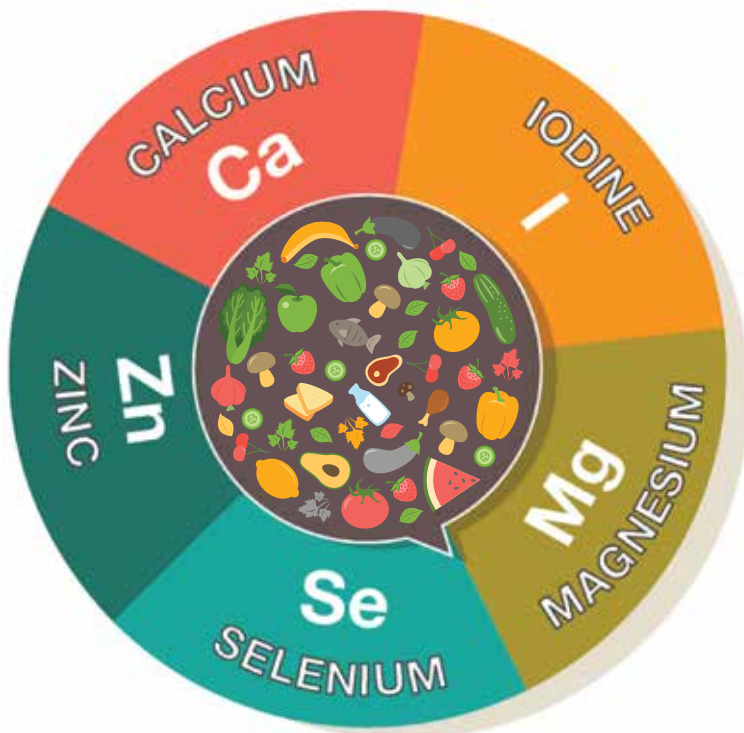
A variety of different nutrients are crucial for our body to prevent cancer. The best way to beat cancer naturally is to adopt a life-style to prevent it. Healthy, nutrient-rich food is an essential part of any anti-cancer plan. Here are my picks for the top 5 minerals that help protect against cancer



Ms. Barnali Nandi  
Purkayastha  
M.Sc., Food & Nutrition,  
Dietitian cum C.I.C., D.S.R.C.,  
Guwahati

**Calcium** : A proven protector against colon cancer, this mineral is integral for maintaining the health of bones and teeth, blood clotting, and cellular metabolism. Excellent sources include: nuts and seeds, carrot juice, dark green vegetables, salmon and sardines, sea fish.

**Iodine** : This mineral is found in sea salt. It helps protect the body from breast cancer and is required for energy and the growth and repair of healthy tissues. Salt fortified with high amount of Iodine is always better.



**Magnesium** : This mineral protects against cancer in general, maintains the pH balance of the blood, as well as aids in the formation of your body’s genetic material—RNA and DNA. While damaged genetic material can put you at risk for cancer, magnesium helps with the repair work. It is found in many foods, including: nuts, fish, brown rice, whole grains, and green vegetables.

**Selenium** : This mineral help proper detoxification of the body. Because toxins/toxics build- up in the body is linked to cancer, hence assisting your body with its natural, ongoing detoxification processes helps lessen your risk of cancer. In research, low dietary levels of selenium have been correlated with higher cancer incidence. Supplementation with selenium is a valuable cancer prevention tool .

**Zinc** : This mineral help proper detoxification of the body. Because toxins/toxics build- up in the body is linked to cancer, hence assisting your body with its natural, ongoing detoxification processes helps lessen your risk of cancer. In research, low dietary levels of zinc have been correlated with higher cancer incidence. Supplementation with zinc is a valuable cancer prevention tool .

The goodness of Indian spices with cancer-fighting properties and the necessity of their inclusion to our eating habits.

**Turmeric/Curcumin:** This is the king of spices. Turmeric contains the powerful polyphenol Curcumin that has been clinically proven to retard the growth of cancer cells causing prostate cancer, melanoma, breast cancer, brain tumour, pancreatic cancer and leukemia amongst a host of others. Curcumin promotes 'Apoptosis'- (programmed cell death/cell suicide) that safely eliminates cancer breeding cells without posing a threat to the development of other healthy cells.

**Fennel:** Loaded with phyto-nutrients and antioxidants, cancer cells have nothing but to accept defeat when the spice is fennel. 'Anethole', a major constituent of fennel resists and restricts the invasive activities of cancer cells. It suppresses the enzymatic regulated activities behind cancer cell multiplication. A tomato-fennel soup with garlic make for an ideal entree prior to course meal.

## 8 MAGICAL INDIAN SPICES THAT PREVENT CANCER

**Saffron:** A natural carotenoid compound called 'Crocetin' is the primary cancer-fighting element that saffron contains. It not only inhibits the progression of the disease but also decreases the size of the tumour by half, a complete goodbye to cancer. Though it is the most expensive spice in the world a few saffron threads come loaded with benefits you won't regret paying for. Saffron threads can be used in milk, soups, and porridges.

**Cumin:** Yes, it aids digestion and that is why we like chewing a handful of cumin seeds at the end of every meal. However, its health benefits go beyond. A portent herb with anti-oxidant characteristics, cumin seeds contains a compound called 'Thymoquinone' that checks proliferation of cells responsible for prostate cancer. So, instead of loading your usual snack options with calories and oil, add this seasoning to your bread, fried beans or sauce, tadka dal and make the dish rich in flavour and high on health.

**Cinnamon:** It takes not more than a half teaspoon of cinnamon powder every day to keep cancer risk away. A natural food preservative, cinnamon is a source of iron and calcium. Useful in reducing tumour growth, it blocks the formation of new vessels in the human body. Some of the effective ways of including cinnamon in your diet are: **Start your day with a cup of cinnamon tea | Make your breakfast meal a super healthy one by adding this spice to your morning oatmeal! | Honey and cinnamon in your glass of milk before going to bed.**

*Others: Cloves, anise, basil, fenugreek, mustard, mint leaves, rosemary, Limonin (fresh lemon), virgin olive, vinegar and avocado are other cancer-fighting diet components.*

**Capsaicin (Chilli/Bell peppers):** A promising spice with anti-cancer properties. Capsaicin induces the process of apoptosis that destroys potential cancer cells and reduces the size of leukemia tumour cells considerably. It can be concluded that apart from setting our tongues on fire, bell peppers can scare cancer pathogens off too.

**Ginger:** This humble spice boasts of medicinal qualities that help lowering cholesterol, boost metabolism and kill cancer cells. Easily added to vegetable dishes, fish preparations and salads, ginger enhances the flavour in cooking.

**Garlic:** The most powerful anti-cancer spice. It lowers the risk of developing all types of cancers especially colon, stomach, intestinal, and prostate cancer. It has strong antibacterial properties as well as the ability to block formation and halt activation of cancer-causing substances. It stops cancer growth and kills cancer cells. Recommended adult dosage of fresh garlic approximately one clove per day.



Ms. Kalpana Rani Pedagogu  
Dietitian, D.S.R.C- Hyderabad

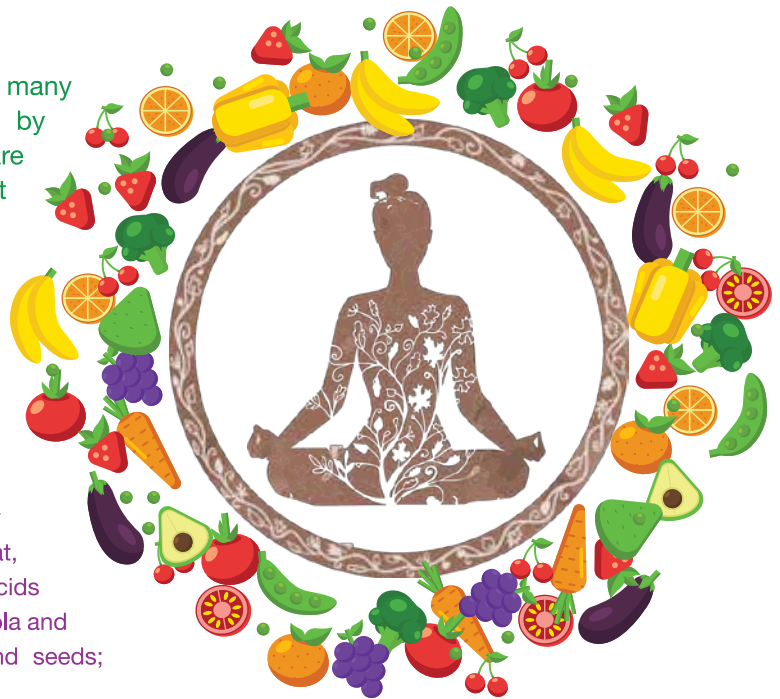
# NUTRITION AND YOGA DURING AND AFTER CANCER TREATMENT

For a cancer patient who is struggling through treatment and trying to manage chronic pain, the storm of stress can be overwhelming. In addition to traditional treatments, some patients and family members are interested in exploring services that address the mind, body, and spirit to help them manage side effects, stress and help them to recover faster without any treatment.

## DOES ANTIOXIDANTS HELP IN CANCER?

Antioxidants include vitamin C, vitamin E, carotenoids and many phytochemicals helps to prevent cell damage caused by chemical reactions with oxygen. In cancer treatment cells are damaged very fast so antioxidants helps to prevent that damage.

Studies suggest that people who eat more vegetables and fruits (rich of antioxidants) may have a lower risk for some types of cancer. And cancer survivors should also



## DO DIFFERENT TYPES OF FAT AFFECT CANCER RISK AND SURVIVAL?

There are evidences that types of fat, such as saturated fats, may increase cancer risk. There are little evidence that other types of fat, like monounsaturated, polyunsaturated fats and omega-3 fatty acids reduce cancer risk. (Monounsaturated fats can be found in in canola and olive oil, olives, avocados, peanuts, and many other nuts and seeds; omega-3 fatty acids can be found in fish and walnuts.)

In one study, high saturated fat intake reduced survival from prostate cancer. In another study, monounsaturated fat intake lowered the risk of death from prostate cancer.

## DOES FLAXSEED SLOW THE GROWTH OF CANCER CELL?

Flaxseed is a good source of vitamins, minerals, and fiber, and is also high in omega-3-fatty acids. A small studies shows, patients with breast or prostate cancer who were put on a flaxseed rich diet before surgery had lower rates of cancer cell growth (in their tumors) than the patients on other diets.

## IS YOGA HELPFUL TO CANCER SURVIVORS?

Gentle yoga poses for cancer patients can work magic on many levels. First of all, yoga used as therapy for cancer can help clear out toxins accrued during cancer treatment more effectively. Yoga asanas stimulate not just muscles, but also increases blood flow, balances the glands and enhances the lymphatic flow in the body, all of which enhances the body's internal purification processes.



Ms. Shreya Tak  
(Yoga teacher and  
Lifestyle Transform coach)  
MD in yoga;  
M.Sc in Foods and  
Nutrition



# !! UNDERSTANDING CANCER !!

Cancer has so far been hidden behind the layer of thick haze. It was suffered daily, but not known. Even the scientists who reached the depth of genes and the computers that solved several tricky issues could not find out causes of cancer. This is purely the responsibility of science to reveal what cancer is. Thus nobody mustered courage to write or speak about cancer. The clean slate is in fact waiting for the propitious day. As the cancer is turning more and more offensive day after day, the terrified is also entrenched on the front. A lot has been written on the slabs of caution, and something more is written every day.



Ashok K. Trivedi  
Managing Director,  
D.S Research Centre

The first front relates to the search of our feelings and the alertness to find out if anything like cancer is developing in our bodies. One has to remain alert that as soon as the apprehension grows, tests should be carried out and the treatment started without any loss of time. But the problem is that notice-board is filled with so many notices that the reader infers that the only way out for him is to enquire about the vacant bed in a cancer hospital and get admitted there. The doctors say the delay may allow the auspicious time of starting the treatment to slip out of hand.

The second front relates to the collection of information regarding causes of cancer. Not a single bush covered with the haze is there where cancer has not taken away a human being. The bushes of restraint and regimen are no exception now. No area of bushes has so far been declared as a cancer area. Newspapers, magazines, books and the seminars highlight new details about the health issue guidelines to detect cancer. The number of these guidelines is very large and is constantly increasing. Acting upon these guidelines to find a way out of cancer would make the life of a person very disgusting and suffocating. He will feel better to be left open before cancer rather than following the guidelines. What else can he do?

**“Adopt any course,  
the risk of cancer is looming large either way...”**

Causes of cancer can be properly and definitely elaborated if it is understood, defined and the results of its treatment come to the fore. D.S. Research Centre has done away with the unsteadiness of metabolism of health and cancer treated and patient response very well towards the treatment. The possibility of cancer increases with the increase in the unsteadiness. Thus factors that increase the unsteadiness of metabolism are really responsible for the growth of cancer. In brief correction in deviated metabolism can help to get rid of disease.

## **Excessive unsteadiness of metabolism of normal cells is cancer**

The unsteadiness of normal cells gives birth to cancer cells and nourishes them. If there is no unsteadiness, it will not be possible for cancer cells to take birth, nor will it have an environment to increase. This excessive unsteadiness is cancer. Whenever the question of eradicating cancer arises, the unsteadiness of normal cells will have to be stopped. Increase in the unsteadiness means increase in cancer. And its decrease means the decrease in cancer.



# CANCER FACTS FOR WOMEN

According to a study by the World Health Organization, one in 12 women in urban India will develop cancer in their lifetime.

Approximately 40

**“... Don’t deny the diagnosis; try to defy the verdict.”**

*Norman Cousins*



per cent of new cases of cancer in India afflict women. In the past decade, breast cancer has overtaken cervical cancer as the most common cancer among women in Indian cities such as Mumbai and Delhi. Also, India has the highest rate of cervical cancer in the world. One in every 10 cancer deaths worldwide is in urban India. What's more alarming, 75-80 per cent of patients are in advanced stages of this deadly disease.

**The cancers that most often affect women are breast, cervical, oral, ovarian, endometrial, lung, and colon cancer.**

The Best Defence against Cancer, Early detection –

Finding a cancer early before it has spread – gives you the best chance to do something about it. Knowing about these cancers and how they can be prevented or found early can save your life.

## BREAST CANCER



Breast cancer is the most common cancer that women may face in their lifetime (except for skin cancer). It can occur at any age, but it is much more likely to occur after age 40 and as you get older,

### What you can do

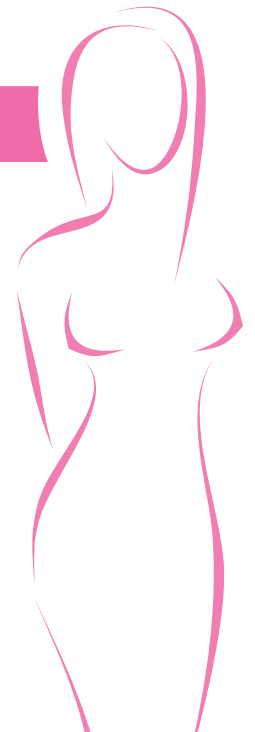
The best defence is to find breast cancer as early as possible, when it is easier to treat. Finding breast cancer early is called “early detection.” Here is what you can do to help find breast cancer early.

Have a clinical breast exam by your doctor every three years during your 20s and 30s and every year starting at age 40.

Report any breast change to your doctor without delay. Breast self-exam (BSE) is an option for women starting in their 20s.

Talk to your doctor about whether you need a mammogram starting at age 40.

If you have a family history of breast cancer or have had breast cancer before, be sure to tell your doctor about this history because you may need to have additional tests and start testing earlier.



## CERVICAL CANCER



Cervical cancer can affect any woman who is or has been – sexually active. It is much more likely to occur in women who have – or have had – a virus called the human papilloma virus (HPV). This virus is passed on during sex. Cervical cancer is also more likely to occur in women who smoke, have HIV or AIDS, have poor nutrition, and who do not have regular Pap tests.

### What you can do

A Pap test can find changes in the cervix that can be treated before they become cancer. The Pap test is also very effective in finding cervical cancer early, when it is highly curable. Here is what you can do to prevent cervical cancer or find it early:

You should begin having Pap tests by age 30. Testing should be done every three years.

If you are 50 years of age or older, you can be tested every 5 years.

If you are 65 years of age and have had 2 negative Pap tests in a row, you do not need to be tested anymore, unless you have symptoms

If you have had a hysterectomy with removal of the uterus and cervix, you may stop testing, unless the surgery was done as a treatment for cervical cancer. If you still have your cervix, you should still be tested.

Other tests used in India for cervical cancer include the VIA and VILI tests. Talk to your doctor about your options for cervical cancer testing.



## ENDOMETRIAL CANCER



Endometrial cancer (cancer of the lining of the uterus) occurs most often in women aged 50 and older. Having an early onset of menstrual periods, late menopause, a history of infertility, or not having children can also increase the risk. Women with a personal or family history of hereditary non-polyposis colon cancer (HNPCC) or polycystic ovary disease, or those who are obese are also more likely to have endometrial cancer.

### What you can do

Watch for signs and symptoms, such as unusual spotting or bleeding not related to menstrual periods, and report these to your doctor.

## ORAL CANCER



People who use tobacco are at the greatest risk for oral cancer. All types of tobacco use increase your risk for oral cancer. This is one of the most common cancers in India. Women have been shown to be at a higher risk than men.

### What you can do

Oral cancer can be detected in the early stages with an oral exam. Ask your doctor about how often you should have an oral exam. Quitting all types of tobacco use greatly reduces your risk for oral cancer. The best prevention is to avoid tobacco use altogether.

## OVARIAN CANCER



Ovarian cancer is more likely to occur as women get older. Women who have a personal or family history of hereditary non-polyposis colon cancer, ovarian cancer, or breast cancer are also more likely to have this disease. Women who do not have any of these conditions can still have ovarian cancer.

### What you can do

There are no effective and proven tests today for finding ovarian cancer early (like mammograms for breast cancer). There are some tests that might be used in women who have a high chance of having ovarian cancer. You should see a doctor right away if you have persistent symptoms of swelling of the abdomen, digestive problems (including gas, loss of appetite, and bloating), abdominal pain, feeling like you need to urinate all the time, pelvic pain, back pain, or leg pain. A pelvic exam should be a part of a woman's regular health exam.

Your well being is pivotal for the planet's well being.  
*Do take care.*



## LUNG CANCER



Smoking is the most common cause of lung cancer, but some people who do not smoke can also have lung cancer. Smoking is the cause for more than 80 percent of all lung cancers.

### What you can do

Lung cancer is one of the few cancers that can often be prevented. If you are a smoker, ask your doctor or nurse how they can help you quit. If you don't smoke, don't start. If your friends and loved ones are smokers, help them quit.

## OTHER CANCERS



Stomach cancer and cancer of the esophagus are also common in India. There are no recommended screening tests for finding these cancers early. Most are diagnosed by the presence of symptoms.

### What you can do

Always be alert for any of the following symptoms and if you do have a new symptom that does not go away, do not delay in talking with your doctor.

Stomach cancer. The most common symptom is sudden weight loss without trying to lose weight and loss of appetite. You might also have indigestion, heartburn, nausea, or a vague discomfort in the stomach area.

Cancer of the esophagus. The most common symptom is difficulty with swallowing that gets worse over time. Pain and weight loss can also occur.



**“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.”**

– Helen Keller

## COLON CANCER



Any adult can have colon or rectal cancer, but most colon cancers are found in people aged 50 or older. People with a personal or family history of this cancer, or who have polyps in their colon or rectum, or those with inflammatory bowel disease are more likely to have colon cancer. Also, eating a diet mostly of high-fat foods (especially from animal sources), being overweight, smoking, and being inactive can make a person more likely to have colon cancer.

### What you can do

Most colon cancers almost always start with a polyp. Testing can save lives by finding polyps before they become cancerous. If precancerous polyps are removed, colon cancer can be prevented. Eating a low-fat diet that is rich in fruits and vegetables may also make you less likely to have colon cancer. Talk to your doctor about getting tested for colon cancer. Also, tell your doctor if you have close family members who have had colon cancer. You may need different tests started at an earlier age.

## TAKE CONTROL OF YOUR HEALTH AND REDUCE YOUR CANCER RISK

Stay away from tobacco.(passive smoking)

Maintain a healthy weight.

Get moving with regular physical activity.

Eat healthy with plenty of fruits and vegetables.

Avoid alcohol.

Know yourself, your family history, and your risks. Have regular check-ups and cancer screening tests.



**“ I do not think of myself as a cancer patient today.”**  
- Ratna Chatterjee

New Alipore, Kolkata's Ms. Ratna Chatterjee. Well over 50 years of age. She lives alone after marrying off her only daughter. She does all her daily chores alone by herself and she is completely self-dependent. Just a few years back though deadly fangs of cancer engulfed her. She lives the nightmare even today.



Talking about it, Ms. Chatterjee says, "The year was 2006, I suddenly realized experiencing pain in my chest while eating anything. I had difficulties eating as well. When I consulted a local doctor, he passed it as 'gastric problems'. Treatment started but the problems persisted. Finally, I consulted a specialist. He advised 'endoscopy' and that was it. Reports showed cancer; "Esophageal cancer" to be precise, in medical terms. The only solution was chemotherapy and radiation, as my doctor said. But then my body was not prepared to bear the brunt of chemotherapy. Hence, I thought of doing homeopathic treatment instead. Unfortunately, losing a near friend suffering from cancer who was also doing homeopathic treatment made me paranoid.



In the mean time, I visited Varanasi to my daughter's home where her husband informed me about D.S. Research Centre. This small information completely transformed the rest of my life.

I went there and explained all my problems and complications to D.S.R.C.'s chief researcher Prof. Shiva Shankar Trivedi. Talking to him, I started to believe that my sufferings will come to an end only here with the treatment of D.S.R.C. So, when Gurujii advised me to start the process of Ancient Ayurveda based Nutrient Energy Treatment, I did not think twice. Miraculously, within a few days, my weakness subsided and my self-belief and confidence increased considerably. The pain that used to trouble me

after eating decreased as well. I started doing small chores at home and as per advice, used to do regular check-ups. The reports were pretty positive and boosted my self-confidence. I could literally feel winning over the dreaded disease day by day! Today, I am completely normal and leading a normal life. I stay alone today and do all my work by myself. I manage my whole house all alone and I have no complaints. I go to D.S. Research Centre alone by myself. Interacting with the doctors there gives a huge boost to my morale, and I even advice other cancer sufferers to go to D.S.R.C. and they seem to be doing good. The best part of my treatment period for the last 7-8 years is that, I never had to visit any other place for any additional treatment. In fact I never felt the urge to do so."

*"The best part of my treatment period for the last 7-8 years is that, I never had to visit any other place for any additional treatment. In fact I never felt the urge to do so." - says Ratna Chatterjee*



Events

# WORLD NO TOBACCO DAY

31st May 2016

**World No Tobacco Day** is observed around the world every year on 31st May. It is intended to encourage a 24-hour period of abstinence from all forms of tobacco consumption around the globe. D.S. Research Centre organized for general awareness among the common people across all its centres through Mobile van promotion against tobacco usage and conducted awareness activities on the roads of Bengaluru, Guwahati, Kolkata, Mumbai and Varanasi.



We conducted interactive activities on the road at different points like quiz competition with young college students and general public awarding the winner with goodies and mementos along with D.S. literature to everyone where we halted for the activity

# NATIONAL CANCER SURVIVOR'S DAY

5th JUNE 2016



D.S. Research Centre celebrated and observed NATIONAL CANCER SURVIVOR'S DAY on 5th June, 2016. This day is meant to be dedicated to those who have survived cancer and leading a normal life. Thus, to specify the day and give this day its true meaning, D.S. Research Centre, across India invited our cancer fighters and survivors to give them an opportunity to celebrate their new lease of life.



Across the centres, we started the day with some refreshments for the former patients of D.S. Research Centre who were invited for the event. The main event resumed with the opening speech of our Ayurvedacharyas, followed by all our survivors who shared their journey and experience. They gratified D.S. Research Centre for their new lease of life.



## INTERNATIONAL DAY OF YOGA

21st June 2016

Yoga is a 5,000-year-old physical, mental and spiritual practice having its origin in India, which aims to transform both body and mind. The United Nations General Assembly declared June 21st as the International Day of Yoga. The declaration came after the call for the adoption of June 21st as International Day of Yoga by hon'ble Indian Prime Minister, Mr. Narendra Modi.



D.S. Research Centre celebrated INTERNATIONAL DAY OF YOGA on 21st June 2016 across India with some of our existing and old cancer fighters along with their family members. Expert yoga instructors practiced yoga postures to which every patient responded well and realized importance of Yoga for healthy living. The attendees were very happy to take part in this event.

## NATIONAL NUTRITION WEEK

1st- 7th SEPTEMBER 2016

National Nutrition Week was observed between 1st to 7th September on account of which we celebrated the week at our clinics, NGO and college across all our centres.

We had clinic activities where we distributed goody bags to the walk in patients. We had outdoor activities which were Canopy Activities on Dietary Consultation. We also conducted events at NGO with the slum children where we organized Health Camp with Diet consultation.

We also conducted events at colleges where we had seminars on Food & Nutrition with the enthusiastic students.

In all the events we distributed National Nutrition Week's leaflets and D.S. literatures to the attendees.



## CHILDHOOD CANCER AWARENESS MONTH

9th- 11th SEPTEMBER 2016

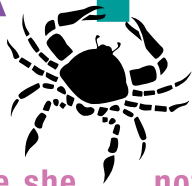


The ninth month of the year, September is observed as Childhood Cancer Awareness Month. In this regard, we organized various events for the children across our country to celebrate the month and also to make their parents aware about the dreaded disease.

We organized ART COMPETITION with the pediatric patients and distributed gifts among little angels at Cancer Hospitals.

We also conducted seminars at Schools discussing on Signs and Symptoms of Childhood Cancer. It was encouraging to see the enthusiasm among the young crowd at the event.

# WHEN LIFE BECOMES A QUESTION...



At 27 years of age she noticed a lump in her breast. Being a nurse she knew the consequences of it and without delay she consulted a surgeon. Her surgeon asked her to remove the lump. She underwent the surgery without any delay with in same week and discharged with few suggestions. One of it was rest well, other was to wait for a call with which she will be informed about the nature of her tumour and further treatment can be planned.

She was happy about getting rid of tumour but a cloud of fear followed her home.

What will the report say? What if the tumour is malignant? Am I a Cancer Patient? Am I dying sooner then she expected? Should I tell it to my parents?

These questions are always associated with shock, fear, depression, a feeling of end of life. One day she received a phone call from hospital asking her to meet her surgeon. It was alarming phone call for her and now she knew something wasn't right, she don't want to hear that had already came in her mind. She met her doctor very soon, and was informed that the tumour removed was malignant. The word "Cancer" it does something very terrifying, the news she got was very difficult to accept.

Cancer, once diagnosed is reputed to bring level of fear and a state of mind where people stop living the life and start living this deadly disease and fear associated with it constantly. Cancer not only affects person physically but mentally also.

Giving care and supporting your loved ones during this time can be very challenging. Apart from treatment part ofcourse which is very important, emotional and psychological support is very healpful during long term treatment procedure. Patient's moods and emotions may change everyday or even every hour, he/she may feel good today and terrible tomorrow. We have to accept this with love ,patience & care.

With time most people get adjusted with the disease and the treatment part and look forward in their life while some may need extra care &support. We need to assure them that they are not fighting alone, we are always there with them. We have to make them remember that their life before cancer was diagnosed to motivate them and make them understand that the situation is still the same and they need to be mentally strong to come out victorious.



Dr. Richa Trivedi  
MBBS, Consultant  
D.S.R.C., Varanasi



# Crafting the career graph of our aspired Paramedics...



Education is a gateway of prospects that opens up a career path for today's aspired students. Education in modern India has the challenge to create the futuristic needs coupled with exclusive career growth. Tripura Institute of Paramedical Sciences (TIPS), stands here as a bridging force between academia and corporate sector. TIPS started its journey long way back on 24th August 2009 as a Joint Venture college with Govt. of Tripura. Our Institute is affiliated to Tripura Central University and Indian Nursing Council. Our Institute initiation has been designed to play a key role to produce performance oriented professionals who will excel in their respective fields with excellence and shape the destiny of Health Care industry.

Standing at almost 6 years of journey from beginning our students are today working in reputed hospitals and multispecialty hospitals all over the nation. Our students are today part of more than 50 different big names in healthcare sector like Tata Memorial Hospital, Tripura Medical College & B R Ambedkar Memorial Teaching Hospital, ILS Hospital, AMRI Hospital, Narayana Healthcare, Neotia Health care, Medica Super specialty Hospital, Bangalore Institute of Oncology are to name a few.



## TRIPURA INSTITUTE OF PARAMEDICAL SCIENCES

(A Joint Venture with Government of Tripura)

Affiliated to Tripura Central University Hapania, Amtali, Tripura (West), Pin -799014

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# INCEPTION DAY CELEBRATIONS, 2016

**D.S. Research Centre Bengaluru celebrated its 6th anniversary** keeping up with its tradition of serving the mankind. The 6th anniversary celebration of D.S research Centre was marked with free health check-up camps held at Jogupalya, Ulsoor and Cambridge Layout on 15th, 18th -19th August 2016. Apart from the health check-up camps we had organised a cultural night for our cancer survivors; Cancer patients and associates.



*Milestone doesn't mean you reached somewhere, it means you achieved something..!!!*

**D. S. Research Centre, Mumbai** team was very glad to share the moment of happiness for completing 5th year in the Mumbai region.





## INCEPTION DAY CELEBRATIONS, 2016

**D. S. Research Centre, Kolkata** commenced its new set up from 2009 in Kankurgachi (the initial set-up was in Burra Bazar since 1984). From the commenced date Kolkata Centre has endured the hope for West Bengal, Eastern region as well as for the cancer patients in Bangladesh. Standing at the threshold of 7 years on 23rd October, 2016, our Kolkata Centre has been spreading HOPE to more than 15,000 patients.

The existing cancer fighters of DSRC Kolkata were invited at our venue DS BHAWAN for the morning session where lamp lighting and press meet was conducted.

The evening session was held at Eco-Vista banquet hall in presence of our cancer fighters, their family members and all clinic members with their families. Prominent Doctors who were the guest of honour were felicitated along with our Cancer fighters. Cake cutting was conducted followed by cultural activities like song and dance by clinic members.

Popular singer Kartik Das Baul and his Band "Bolpur Blues" gave a grand performance on the occasion. It was a day to remember for a long time to come.



**D.S. Research Centre, varanasi** celebrated the 5th Inception Day of its New Upgraded Clinic on 10th November, 2016.

Renowned reporter Mr. Nirankar Singh was the guest of honour. There was cultural programme by DSRC Members along with skit and fashion show to raise the awareness about cancer and spread the message that victory over cancer is a reality today.

The event was also attended by our cured cancer fighters who narrated their story and thanked DSRC for their new lease of life.

**It was a very successful event and an evening to cherish for a long time to come.**



# CELEBRATING BIRTHDAYS IN THE FAMILY



 Pooja. C 2-Aug	 Sampurna Bhattacharjee 4-Aug	 Deepshikha Pandey 5-Aug	 Barnali Nandi Purkayastha 8-Aug	 Vriguram Patra 12-Aug	 Pratiksha Korade 14-Aug	 Raju Mazumder 17-Aug	 Bittu Kumar Singh 20-Aug	 Nabaruna Ganguly 20-Aug	 P.Kalpna Rani 21-Aug
 Subhadeep Biswas 22-Aug	 Sangita Muhury 22-Aug	 Vivek Kr. Sah 28-Aug	 Rajiv Mehera 5-Sep	 Dolly Das 5-Sep	 Sandeep Chakraborty 14-Sep	 Gutta Swarnamala 14-Sep	 Priya Sharma 20-Sep	 Kakoli Pal 24-Sep	 Parag Gurunath Ayir 1-Oct
 Shivani Singh 7-Oct	 Tanaya Goswami 7-Oct	 Suman Biswas 10-Oct	 Dinesh Lal Das 12-Oct	 VIMAL SRIVASTAV 13-Oct	 Sumana Singha 23-Oct	 Bhumika Borah 24-Oct	 Shambhavi Upadhyay 24-Oct	 Mirajul Haque 25-Oct	 Vikas Kr. Pandey 25-Oct
 Shafaque Yasin 25-Oct	 Pinki Baishya 28-Oct	 Shelly Ray 28-Oct	 Kalipada Das 28-Oct	 Sangeeta Bora 28-Oct	 Dr. Saurabh Trivedi 28-Oct	 Krushali Rajani 31-Oct			



## KODRA

Ms. Krushali Rajani  
Dietitian, D.S.R.C. Mumbai



Kodra is also called as Kodo Millet is high in fiber and antioxidant. It controls diabetes and reduces constipation.

*Replace your rice with this high fiber Millet!!*

### INGREDIENTS:

• Kodo millet/Kodra- 1 cup • Water-1 & ½ cup • Chopped carrot, beans, green peas- 1 cup • Onion-1 • Ginger garlic paste-1tsp • Green chilli-2 • Mint leaves-12 • Salt- as needed

**to temper** • Ghee – 1 tbsp • Cinnamon- 1 inch piece • Fennel seeds/saunf- 1 tsp • Bay leaf- 1

### METHOD:

• Heat a small pressure cooker with oil/ ghee. In medium flame, add cinnamon, fennel, bay leaf. Do not let fennel change its colour. Add onion and give it a stir. Add ginger garlic paste.

• Fry for a minute in medium flame. Add the chopped veggies, mint leaves. Fry in medium flame for about 2 mins. You can add a little salt for the veggies.

• Add washed, drained millet to it and mix well. Let it dry. Flame should always in medium.

• Add water, salt and bring to boil. mix well and cook for a whistle in medium or low flame or in low flame possible for 12 mins





# CANCER!

It's time to bid goodbye

Leading a happy  
& healthy life after **combating cancer**  
**successfully** is now a reality for many...



For over 50 years, D.S. Research Centre's expert medical team has meant life for numerous cancer patients. Extensive research proves that proper treatment empowers body and mind to combat cancer. D.S. Research Centre today dedicates all its services to uproot the fear of Cancer. It has just one message to all "Come, let us save our world from cancer".

#togetherwecan  
#defeatcancer



LARGEST  
Ancient Ayurveda  
Cancer Care Chain



Our Clinics: Bengaluru | Guwahati | Hyderabad | Kolkata | Mumbai | Varanasi

