



**Rajiv Gandhi Cancer Institute  
and Research Centre**

A Unit of Indraprastha Cancer Society  
Registered under "Societies Registration Act 1860"

# Insight

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January - March 2019



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## RGCON 2019 – 18<sup>TH</sup> ANNUAL INTERNATIONAL CONFERENCE THORACIC ONCOLOGY-“TRANSLATING RESEARCH INTO PRACTICE”

RGCIIRC organized its 18<sup>th</sup> Annual International Conference (RGCON) from 8<sup>th</sup> to 10<sup>th</sup> February 2019 at Hotel Crown Plaza, Rohini, New Delhi. The theme of this international conference was Thoracic Oncology-“Translating Research Into Practice”.

The conference offered three days of intense academic activities spanning didactic lectures, live workshops, panel discussions to proffered poster presentation.

The educational programme addressed the contemporary and critical issues, and recent advancements pertaining to the needs of practicing medical oncologist, surgical oncologist, radiation oncologist, pathologist and radiologist at all levels and postgraduate students

The conclave turned out to be a huge success with an enthusiastic participation from all parts of India and abroad. The event provided the platform where delegates interacted with the International & national esteemed faculty and refined their knowledge in all the respective fields of Oncology. The Conference provided an ideal forum where not only the latest happenings in the field of Oncology were discussed, it also unveiled an upcoming approach, research work and the scope of future advancements in Oncology practice.

The Raman Chadha Oration was delivered by Dr. Kumar Prabhash, Professor, Medical Oncology, Tata Memorial, Hospital, Mumbai. Dr. K. K. Pandey Memorial session was delivered by Dr. Diego Gonzalez Rivas, Department of Thoracic Surgery, Coruña University Hospital, Coruña, Spain and Mr. K. K. Mehta Oration was delivered by Dr. Ramaswamy Govindan, Professor Department of Medical Oncology, Washington University Medical School, St. Louis (USA). On the 2nd day the abstracts were presented and on 3rd day the winners were felicitated at the valedictory function.

RGCON 2019 was organized by team consisting of Dr. Munish Gairola, Director, Radiation Oncology, Dr. Ullas Batra, Sr. Consultant & Chief of Thoracic, Medical Oncology, Dr. L. M. Darlong, Sr. Consultant and Head of Thoracic Surgical Oncology and Dr. Sunil Pasricha, Consultant, Histopathology.





## SOIICON 2019 - 1<sup>ST</sup> ANNUAL INTERNATIONAL CONFERENCE OF SOCIETY OF ONCOLOGIC IMAGING INDIA (SOII)

SOIICON 2019, the 1<sup>st</sup> Annual International Conference of Society of Oncologic Imaging India (SOII) was held from 8th-10th February, 2019 at Hotel Crowne Plaza, New Delhi. The theme of the conference was Thoracic Oncologic Imaging “Integrating Radiology into Oncology Practice” and highlighted the need and importance of radiologists getting involved in clinical decision making process. The multi-disciplinary approach of the meeting covered all aspects of thoracic oncologic radiology and the attendees loved every lecture and session as was evident by the packed hall. The highlight of the conference was a full session on Artificial Intelligence and Deep learning. A few sessions were jointly held with the RGCON 2019. The conference was a great success and included Faculty and attendees from across the world including USA, Europe, Malaysia, Mauritius, Bangladesh, Nepal and all parts of India.

Dr. Arvind K. Chaturvedi  
Organizing Chairman  
SOIICON 2019

Dr. Abhishek Bansal  
Jt. Organizing Secretary  
SOIICON 2019



## NURSICON 2019 - FIRST NATIONAL NURSING CONFERENCE “EXCELLENCE IN ONCOLOGY NURSING” ENRICHING LIFE: A COMPREHENSIVE APPROACH

With great pride and honor, The Department of Nursing at Rajiv Gandhi Cancer Institute and Research Center (RGCIRC) Delhi, conducted first national nursing conference, NURSICON 2019 on 10<sup>th</sup> and 11<sup>th</sup> January 2019 at Hotel Crowne Plaza, Rohini, Delhi.

The theme of the program was “Excellence in Oncology Nursing” Enriching Life: A Comprehensive Approach

Chief of Nursing, Ms. Madhumita Dhall welcomed all the dignitaries and delegates to the knowledge extravaganza. The conference began with felicitation of Guest of honor Ms. Indira Sharma (First Chief of Nursing-RGCIRC) and Chief Guest Maj Gen Annakkutty Babu (ADGMS), followed with lamp lighting ceremony.



The event brought together more than 250 delegates from different health care organisations in the country. The Conference continued with poster presentations, case presentations, workshops, panel discussions and interactive sessions by experienced faculties regarding excellence in oncology nursing. Various aspects, challenges related to oncology nursing were discussed and highlighted by various dignitaries.

Cultural programs were arranged in the first day evening by Nurses from RGCIRC, enjoyed and highly appreciated by the delegates and faculties. The event concluded with a vote of thanks by Ms. Victoria Massey (Deputy Nursing Superintendent).



## ASOCON 2019 - 4<sup>TH</sup> ANNUAL NATIONAL CONFERENCE OF ANAESTHESIA SOCIETY FOR OBESITY

RGCIRC participated in 4<sup>th</sup> Annual National Conference of Anaesthesia Society for Obesity held on 11<sup>th</sup> to 13<sup>th</sup> January 2019 at Ahmedabad, Gujarat. Dr. Shikha Modi from Anaesthesia (1<sup>st</sup> Year DNB Resident) delivered an oral presentation on "Respiratory Implications in Morbidly Obese Patient in Major Robotic Neobladder Surgery" which was co-authored and moderated by Dr. Itee Chowdhury, Sr. Consultant - Anaesthesiology.

## 7<sup>TH</sup> CHEMOPORT TRAINING COURSE

The Department of Surgical Oncology, RGCIRC successfully organized the 7<sup>th</sup> training course in Chemoport Insertion on 21<sup>st</sup> -22<sup>nd</sup> January 2019 at RGCIRC, Rohini, Delhi. This 2 days course was held for doctors from various oncology centres who desired to learn this technique. It entailed interactive sessions by the faculty of RGCIRC as well as hands on training in the operating rooms. The topics covered were Chemoport Insertion, Hickman's Catheter Insertion, Pediatric Port, Arm Port and Peritoneal Port Insertion. The course was highly gratifying and we received an excellent feedback.





## CME – IMA SOUTH DELHI

RGCIRC organized a CME in association with IMA South Delhi on Tuesday, 29<sup>th</sup> January 2019 at RGCIRC, Niti Bagh, New Delhi. Dr. Leena Dadhwal, Consultant - Surgical Oncology delivered a lecture on “Management of Gynaecological Malignancies”, Dr. Sajjan Rajpurohit, Consultant - Medical Oncology spoke on “How to Identify a Cancer Patient” and Dr. Sunny Malik, Consultant - Pain Management spoke on “Blocks for Pelvic Pain” in the said CME.



## STRIDE AGAINST CANCER - WALK FOR LIFE 2019

On the occasion of World Cancer Day 2018, RGCIRC participated in “Stride Against Cancer - Walk for Life” organized by Can Support on Sunday, 3<sup>rd</sup> February 2019 at Rajpath, New Delhi. Thus, for this event, Team of RGCIRC; Finance Department, Counseling Department, Marketing Department, Staff Nurses, Social Worker, Volunteers from Lymphoma Support Group India, Volunteers from Indian Cancer Society walked hand in hand with cancer survivors, cancer patients, caregivers of patients and students of different schools, colleges and thousands of other people from all walks of society marched at India Gate to support the fighters, salute the survivors and give a message of hope to all. Walking along people with cancer can give a new lease of life is what motivated us to participate in this event.



## METASTATIC BREAST CANCER PRECEPTORSHIP

RGCIRC organized a preceptorship programme on Metastatic Breast Cancer on 2<sup>nd</sup> & 3<sup>rd</sup> February 2019 at Hotel Crown Plaza, Rohini Delhi. This conference was organized for young Medical practitioners, oncologists and DM and DNB Medical oncology students across Delhi NCR. This meeting was designed to allow clinicians and young oncologists to stay up-to-date and assimilate new information into daily clinical practice. The highlight of the conference was case presentation and tumour board discussion involving multiple specialties to cover all aspects of breast cancer management and a full session on recent advances in metastatic breast cancer. This multi-disciplinary approach of the meeting covered all aspect of metastatic breast cancer management, highlighted the importance of integrated approach and attendees loved every lecture and session as evident by the packed hall. Spearheaded by an esteemed faculty, the programme provides a platform for clinicians not only in basic evaluation & treatment but also for emerging new trends. The conference was followed by dinner and cocktail at the Dining hall, Crowne Plaza. The conference was a great success and included faculty and attendees from across the northern India and also delegates from Philippines.

Dr. D.C .Doval

Organizing Chairman

MBC Preceptorship 2019

Dr. Chaturbhuj Agrawal

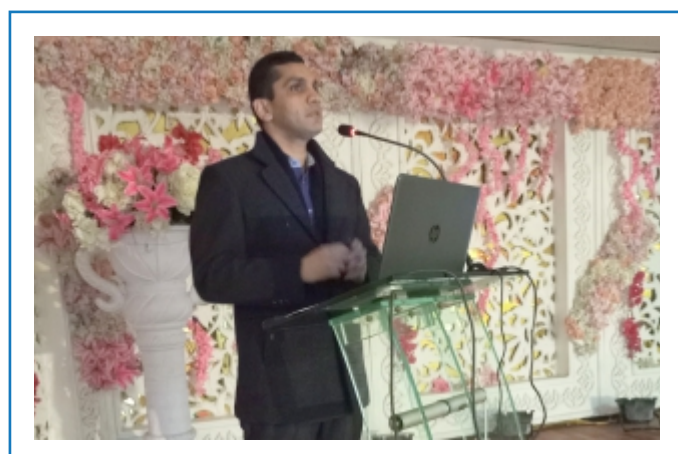
Jt. Organizing Secretary

MBC Preceptorship 2019



## CME - IMA JANAKPURI

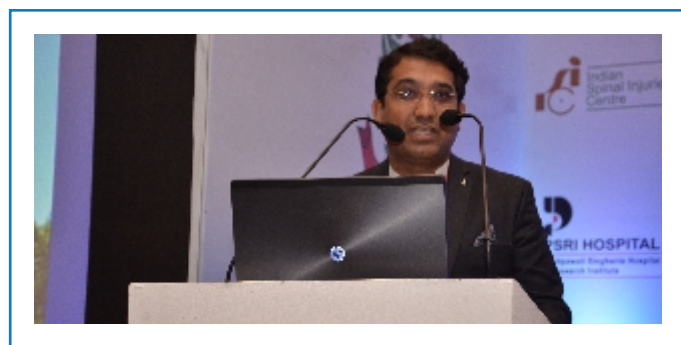
RGCIRC organized a CME in association with IMA Janakpuri on Saturday, 2<sup>nd</sup> February 2019 at IMA Medico House, Janakpuri, New Delhi. Dr. Sandeep Jain, Sr. Consultant - Pediatric Hematology Oncology delivered a lecture on "Approach to a Child with Suspected Cancer" and Dr. Abhishek Bansal, Consultant - Interventional Radiology spoke on "Interventional Radiology - Treatment Paradigms to Help Your Patients" in the said CME.





## ANNUAL CONVENTION OF IMA SOUTH DELHI

RGCIRC participated in Annual Convention of IMA South Delhi on Sunday, 3<sup>rd</sup> February 2019 at The Eros Hotel, Nehru Place, New Delhi. Dr. Sajjan Rajpurohit, Consultant - Medical Oncology delivered a lecture on "Era of Immunotherapy in Cancer" in the said conference.



## CME - IMA OUTER WEST BRANCH

RGCIRC organized a CME in association with IMA Outer West Branch on Saturday, 16<sup>th</sup> February 2019 at Hotel Radisson Blu, Paschim Vihar, New Delhi. Dr. Rajeev Kumar, Sr. Consultant -Surgical Oncology delivered a lecture on Breast Cancer Beyond Mastectomy and Dr. Vaibhav Jain, Sr. Consultant - Interventional Radiology spoke on Interventional Radiology for Clinicians in the said CME.



## AHPI GLOBAL CONCLAVE 2019

RGCIRC participated in AHPI Global Conclave - 2019 organized by Association of Healthcare Providers India (AHPI) on 15<sup>th</sup> - 16<sup>th</sup> February 2019 at Hotel Radisson Blu, Kaushambi, Ghaziabad. Mr. D. S. Negi, Chief Executive Officer chaired a session on Futuristic Models in Healthcare Delivery in the said conclave.



## CME - IMA ROHINI

RGCIRC organized a CME in association with IMA Rohini on Saturday, 23<sup>rd</sup> February 2019 at Hotel Crowne Plaza, Rohini, Delhi. Dr. Rishu Singla, Consultant - Radiology delivered a lecture on Vacuum Assisted Breast Biopsy and Dr. Manish Pruthi, Consultant - Musculoskeletal Oncology spoke on Overview of Bone and Soft Tissue Tumors in the said CME.



## CME - PHYSICIAN FORUM, SOUTH DELHI

RGCIRC organized a CME in association with Physician Forum, South Delhi on Saturday, 22<sup>nd</sup> February 2019 at Grills & Platters, Saket, Delhi. Dr. Sajjan Rajpurohit, Consultant - Medical Oncology delivered a lecture on "Approach towards patient with Symptoms of Cancer" in the said CME.



## CME - ASSOCIATION OF GENERAL PRACTITIONERS, SOUTH DELHI CHAPTER

RGCIRC organized a CME with Association of General Practitioners, South Delhi Chapter in India on Saturday, 23<sup>rd</sup> February 2019 at Grills & Platters, Saket, Delhi. Dr. Sajjan Rajpurohit, Consultant - Medical Oncology delivered a lecture on "Recent Updates in Ovarian Cancer" in the said CME.

## ANNUAL CONFERENCE - IMA DELHI NORTH ZONE

RGCIRC participated in Annual Conference of IMA Delhi North Zone on Sunday, 24<sup>th</sup> February 2019 at The Jehan, G. T. Karnal Road, Singhola, Delhi. Dr. Vandana Jain, Consultant - Gynae Oncology delivered a lecture on Robotics in Gynae Oncology and Dr. Sunil Kr. Khetarpal, Chief of Operations and Medical Superintendent chaired a session on Managing Problems Faced by Clinicians in Day to Day Practice in Difficult and Current Era in the said Conference.





## CME – IMA BAREILLY

RGCIRC organized a CME in association with IMA Bareilly on Saturday, 9<sup>th</sup> March 2019 at IMA Bhawan, Bareilly, UP. Dr. Kundan Singh Chufal, Sr. Consultant and Chief of Breast and Thoracic Radiation Oncology delivered a lecture on Organ Preservation Approaches in Oncology: from Cure to Quality of Life and Dr. Mudit Aggarwal, Sr. Consultant - Head & Neck Surgical Oncology spoke on Robotic Surgery in Head & Neck Oncology in the said CME.



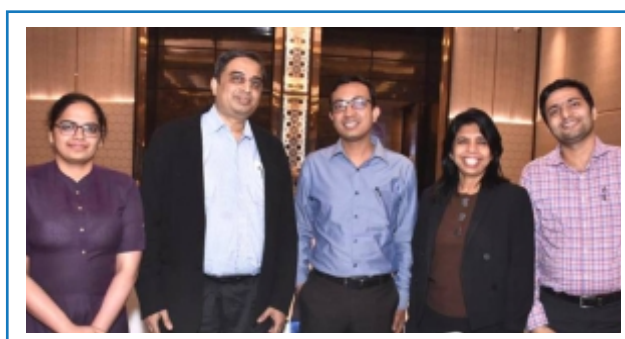
## 8<sup>TH</sup> CHEMOPORT TRAINING COURSE

The Department of Surgical Oncology, RGCIRC successfully organized the 8<sup>th</sup> training course in Chemoport Insertion on 11<sup>th</sup> -12<sup>th</sup> March 2019 at RGCIRC, Rohini, Delhi. This 2 days course was held for doctors from various oncology centres who desired to learn this technique. It entailed interactive sessions by the faculty of RGCIRC as well as hands on training in the operating rooms. The topics covered were Chemoport Insertion, Hickman's Catheter Insertion, Pediatric Port, Arm Port and Peritoneal Port Insertion. The course was highly gratifying and we received an excellent feedback.



## LAUNCH MEETING - DELHI GASTROINTESTINAL ONCOLOGY FORUM

On Saturday 16<sup>th</sup> March 2019, RGCIRC organized the Launch of the gastro intest wing of the Oncology forum at Hotel Crown Plaza, Rohini. The topic of the meet was 'Decision making in Rectal Carcinoma'. It was attended by many oncologists from Delhi, participating as faculty and delegates, The topics were a lecture on liquid biopsies in colorectal cancers, and cancers, and a panel discussion on short course RT in rectal carcinoma and delayed surgery. It was followed by a heated debate on management after Complete remission after CTRT in ca rectum. The meeting was organized by Dr. Swarupa Mitra, Dr. Shivender Singh and Dr. Sumit Goyal.



## LIVE WORKSHOP ON FREE FLAP

RGCIRC organized Live Workshop on Free Flap on Sunday, 17<sup>th</sup> March 2019 at Hotel Crowne Plaza, Rohini, Delhi. Dr. A. K. Dewan, Director – Surgical Oncology delivered opening remarks.

Dr. P. S. Bhandari, HOD, Plastic and Reconstruction Surgery, Lok Nayak Hospital Delhi, delivered the scientific lecture on Introduction of Head & Neck Reconstruction. Then our reconstructive & Microvascular Surgery team led by Dr. Rajan Arora, Sr. Reconstructive & Microvascular Surgery team, performed 3 free flaps; i.e. Free fibula, free ALT and Free Radial Artery Forearm Flap on 3 Ca Head & Neck patients. After completion of live workshop Dr. Rajan Arora delivered lecture on Tips for Young Microvascular Surgeons followed by vote of thanks.



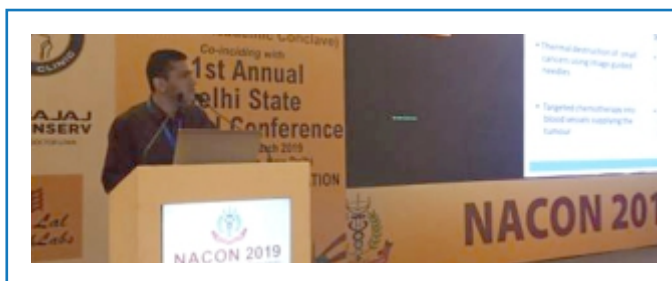
## CANCER CASE CAPSULE COMPETITION

RGCIRC's DNB team presented a case of aggressive blood cancer in which cutting edge modern technology targeted therapy was used in elderly man who presented with advanced blood cancer in serious condition and improved. The team including Dr. Sneha Bothra from Medical Oncology and Dr. Venkata Pradeep Babu K from Medical Oncology, Dr. Sravya from Radiation Oncology, Dr. Taruna Goel from Nuclear Medicine and Dr. Divya from Pathology from RGCIRC under the mentorship of Dr. Dinesh Bhurani, Director – Hematology & BMT and Dr. Rayaz Ahmed, Sr. Consultant - Hematology & BMT, contested against AIIMS team and won the prize in hematology as well as overall championship at the C4 case capsules organized by Max Hospitals at Russian Convention Centre, New Delhi on Sunday, 17<sup>th</sup> March 2019. Dr. Vineet Talwar, Director – Medical Oncology appreciated the team and encouraged students to participate in various conferences across India and abroad.



## 61<sup>ST</sup> ANNUAL DELHI STATE MEDICAL CONFERENCE - NACON 2019

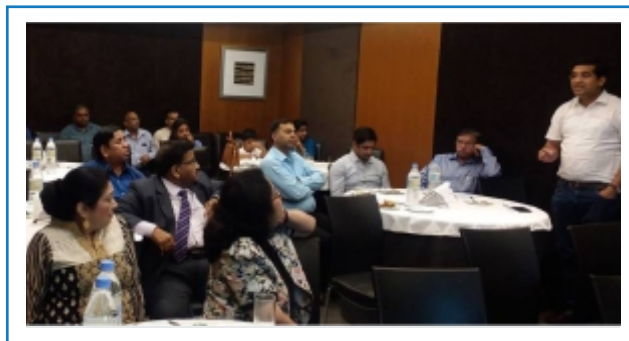
RGCIRC participated in 61<sup>st</sup> Annual Delhi State Medical Conference – NACON 2019 organized by Delhi Medical Association on Sunday, 24<sup>th</sup> March 2019 at Le Meridien, Windsor Place, New Delhi. Dr. Abhishek Bansal, Consultant – Interventional Radiology delivered a lecture on Interventional Radiology – Treatment Paradigms to Help Your Patients and Dr. Sunil Kr. Khetarpal, Chief of Operations and Medical Superintendent spoke on Common Medico Legal Issues in the said Conference.





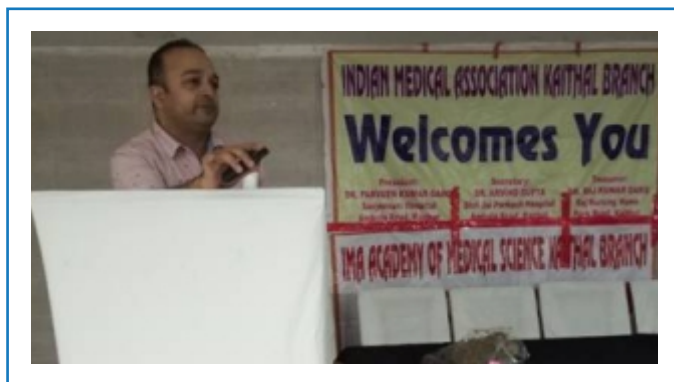
## CME – SNEHIL GROUP (SOUTH DELHI)

RGCIRC organized a CME in association with Snehil Group (South Delhi) on Saturday, 29<sup>th</sup> March 2019 at Hotel Visaya, Near Panchshila Club, New Delhi. Dr. Gauri Kapoor, Medical Director – RGCIRC, Niti Bagh and Director – Pediatric Hematology Oncology delivered a lecture on Approach to a Young Patient with Neck Nodes and Dr. Sajjan Rajpurohit, Consultant – Medical Oncology spoke on Cancer Vaccines – Myths or Reality in the said CME.



## CME – IMA KAITHAL, HARYANA

RGCIRC organized a CME in association with IMA Kaithal on Saturday, 30<sup>th</sup> March 2019 at Mannat Hotel, Old City, Kaithal, Haryana. Dr. Pankaj Goyal, Consultant – Medical Oncology delivered a lecture on Newer Advances in Hormone Positive Breast Cancer and Dr. Amitabh Singh, Consultant – Genito Uro Surgical Oncology spoke on Overview of Urological Malignancies in the said CME.

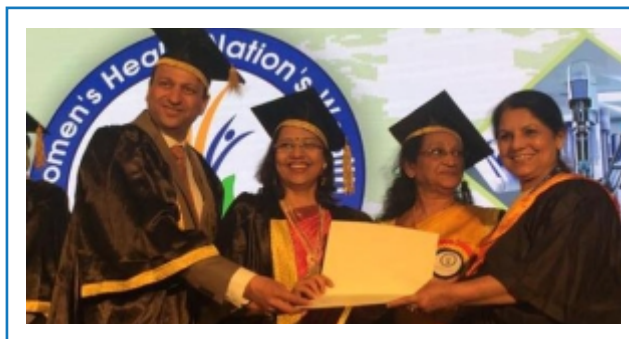


## CME – IMA KANPUR, UP

RGCIRC organized a CME in association with IMA Kanpur on Sunday, 31<sup>st</sup> March 2019 at Lofty Hall, Ganges Club, Arya Nagar, Kanpur. Dr. Mudit Agarwal, Sr. Consultant – Head & Neck Surgical Oncology delivered a lecture on Advances in Head & Neck Surgical Oncology and Dr. Abhishek Bansal, Consultant – Interventional Radiology spoke on Interventional Radiology – Treatment Paradigms to Help Your Patients in the said CME.

## CONGRATULATIONS TO DR. RUPINDER SEKHON

Indian College of Obstetricians & Gynecologists (ICOG) felicitated Dr. Rupinder Sekhon, Sr. Consultant & Chief of Gynae Oncology with Fellowship Award in 62<sup>nd</sup> All India Congress of Obstetrics & Gynaecology - AICOG 2019 on Friday, 11<sup>th</sup> January 2019 at Gayatri Vihar, Palace Grounds, Bengaluru.



## RADIO CAMPAIGN

On the Occasion of World Cancer Day, Dr. Gauri Kapoor, Medical Director - RGCIRC Niti Bagh and Director - Pediatric Hematology Oncology interviewed on 104.8 Ishq FM on Monday, 4<sup>th</sup> February 2019

## CANCER AWARENESS AND SCREENING CAMP



 **Rajiv Gandhi Cancer Institute and Research Centre**  
A Unit of Indraprastha Cancer Society  
Registered under "Societies Registration Act 1860"

### WE THE WOMEN CELEBRATING LIFE



**Date: Friday, 8<sup>th</sup> March 2019**

 **Rajiv Gandhi Cancer Institute and Research Centre**  
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Get to know  
Cervical Cancer,  
protect yourself  
from it.

**Cervical Cancer is one of  
the most common cancer among Indian women.  
Regular PAP Smear Test can save your life.**







 **Rajiv Gandhi Cancer Institute and Research Centre**  
A Unit of Indraprastha Cancer Society  
Registered under "Societies Registration Act 1860"

**THERE'S A VERY SIMPLE CURE FOR CANCER**

**PREVENTION**

Our Prevention & Awareness Department helps you do just that

 **Rajiv Gandhi Cancer Institute and Research Centre**  
A Unit of Indraprastha Cancer Society  
Registered under "Societies Registration Act 1860"

**WOMAN! IT'S YOUR TIME**  
LET'S CELEBRATE THIS WOMEN'S WEEK AS CANCER PREVENTION WEEK.  
Celebrating Women's Week, 8<sup>th</sup> - 16<sup>th</sup> March 2019\*



## CANCER AWARENESS AND SCREENING CAMP

Cancer Screening Camp at Shahabad Dairy, Delhi on Monday, 7<sup>th</sup> January 2019

Cancer Screening Camp at Agar Nagar, Part - 3, Delhi on Wednesday, 9<sup>th</sup> January 2019

Cancer Screening Camp at Agar Nagar, Delhi on Monday, 14<sup>th</sup> January 2019

Cancer Screening Camp at Shahabad Dairy, Delhi on Monday, 16<sup>th</sup> January 2019

Cancer Awareness Program at Mukundpur, Delhi on Thursday, 17<sup>th</sup> January 2019

Cancer Screening Camp at Mukundpur, Delhi on Friday, 18<sup>th</sup> January 2019

Cancer Screening Camp at Village Chattarpur, Delhi on Saturday, 19<sup>th</sup> January 2019

Cancer Screening Camp at Manuskriti School, Faridabad on Sunday, 20<sup>th</sup> January 2019

Cancer Screening Camp at Jain Nagar, Delhi on Monday, 21<sup>st</sup> January 2019

Cancer Screening Camp at Bhagya Vihar, Delhi on Wednesday, 23<sup>rd</sup> January 2019

Cancer Awareness Program at Mukundpur, Delhi on Thursday, 24<sup>th</sup> January 2019

Cancer Screening Camp at Rama Vihar, Delhi on Friday, 25<sup>th</sup> January 2019

Cancer Screening Camp at Shahabad Dairy, Delhi on Monday, 28<sup>th</sup> January 2019

Cancer Awareness Program in association with Integrated Institute of Technology, Dwarka, Delhi on Tuesday, 29<sup>th</sup> Jan 2019

Cancer Screening Camp at Mubarakpur Dabas, Delhi on Wednesday, 30<sup>th</sup> January 2019

Cancer Screening Camp at Agar Nagar, Delhi on Friday, 1<sup>st</sup> February 2019

Cancer Awareness Program at Radisson Blu, Paschim Vihar on Wednesday, 4<sup>th</sup> February 2019

Cancer Screening Camp at Shahabad Dairy, Delhi on Wednesday, 6<sup>th</sup> February 2019

Cancer Screening Camp at Kisan Garh, New Delhi on Thursday, 7<sup>th</sup> February 2019

Cancer Screening Camp at Jain Nagar, Delhi on Monday, 11<sup>th</sup> February 2019

Cancer Screening Camp at Shahabad Dairy, Delhi on Wednesday, 13<sup>th</sup> February 2019

Cancer Screening Camp at Jain Nagar, Delhi on Friday, 15<sup>th</sup> February 2019

Cancer Screening Camp at SDA, C Block, New Delhi on Friday, 15<sup>th</sup> February 2019

Cancer Screening Camp at Masjid Moth, New Delhi on Saturday, 16<sup>th</sup> February 2019

Cancer Screening Camp at Rama Vihar, Delhi on Monday, 18<sup>th</sup> February 2019



## CANCER AWARENESS AND SCREENING CAMP

Cancer Screening Camp at Pratap Vihar, Delhi on Wednesday, 20<sup>th</sup> February 2019

Cancer Screening Camp at Shahabad Dairy, Delhi on Friday, 22<sup>nd</sup> February 2019

Cancer Awareness Program at Mukundpur, Delhi on Thursday, 23<sup>rd</sup> February 2019

Cancer Screening Camp at Agar Nagar, Delhi on Monday, 25<sup>th</sup> February 2019

Cancer Screening Camp at Savita Vihar, Mukundpur, Delhi on Wednesday, 27<sup>th</sup> February 2019

Cancer Screening Camp at Indian Women's Press Corps, Windsor Place, New Delhi on Friday, 1<sup>st</sup> March 2019

Cancer Screening Camp at Agar Nagar, Delhi on Friday, 1<sup>st</sup> March 2019

Cancer Screening Camp at Jain Nagar, Delhi on Tuesday, 5<sup>th</sup> March 2019

Cancer Awareness Program in association with CEE at MCD Primary School, Sector -3, Rohini, Delhi on Wednesday, 6<sup>th</sup> March 2019

Cancer awareness Health talk at Noida on Wednesday, 6<sup>th</sup> March 2019

Cancer awareness Health talk at New Delhi on Thursday, 7<sup>th</sup> March 2019

Cancer Awareness Program in association with CEE at MCD primary School, Sector – 7, Rohini, Delhi on Thursday, 7<sup>th</sup> March 2019

Cancer awareness Health talk at Niti Bagh, South Delhi on Friday, 8<sup>th</sup> March 2019

Cancer Awareness Program in association with Arya Mahila Ashram, at Central Ridge Reserve Forest, New Delhi on Saturday, 9<sup>th</sup> March 2019

Cancer Screening Camp at Shahabad Dairy, Delhi on Monday, 18<sup>th</sup> March 2019

Cancer Awareness Program in association with Delhi Institute of Advance Studies, Rohini, sector - 25, New Delhi on Monday, 18<sup>th</sup> March 2019

Cancer Screening Camp at Agar Nagar, Delhi on Wednesday, 20<sup>th</sup> March 2019

Cancer Screening Camp at Ramesh Enclave, Delhi on Friday, 22<sup>nd</sup> March 2019

Cancer Screening Camp at Jain Nagar, Delhi on Wednesday, 27<sup>th</sup> March 2019

Cancer Screening Camp at Shahabad Dairy, Delhi on Friday, 29<sup>th</sup> March 2019

Cancer awareness Camp at Kewal Park, Azad Pur, Delhi on Sunday, 31<sup>st</sup> March 2019

Cancer Screening camp at Niti Bagh, South Delhi from 8<sup>th</sup> March to 31<sup>st</sup> March 2019



Join RGCIRC family

<https://www.facebook.com/RGCIRC>



Like it.



Share it.



Love it.



## Welcome to the RGCIRC Family



Lt. Col (Retd) Dr. Nidhi Vohra Maggon  
ENT Specialist - Preventive Oncology



Dr. Sohag Datta Roy Chowdhury  
Consultant - Surgical ICU

## RGCIRC - Star Employees

JANUARY



Ms. Arti  
Star Employee



Ms. Sunita  
Star Performer



Ms. Nisha  
Star Employee

FEBRUARY



Ms. Geeta Khatri  
Star Employee



Mr. Sandeep Singh  
Star Performer



Mr. Jomon Jose  
Star Employee

MARCH



Ms. Mamta Kaushal  
Star Employee



Mr. Pasang Chokyi  
Star Employee



Mr. Ruchi  
Star Employee

## RGCIRC IN NEWS

## Business Standard

# Lung Cancer in focus as RGCON and SOIICON begin on 8th Feb

ANI | New Delhi [India]

Last Updated at February 9, 2019 12:20 IST

The 18th edition of RGCON, one of the largest annual international meets on Cancer in the country will be held from 8-10th February 2019. RGCON is flagship conference of Rajiv Gandhi Cancer Institute and Research Centre (RGCI and RC), New Delhi.

The theme of RGCON this year is "Thoracic Oncology: Translating Research into Practice" with special emphasis on Lung Cancer. As one of the most high profile oncology events, RGCON 2019 will have international experts participating from countries such as USA, UK, Australia, Netherlands, Spain and Switzerland.

The organizing committee of RGCON 2019 includes Dr. Ullas Batra, Sr. Consultant, Chief of Thoracic Medical Oncology (RGCI and RC), Dr. Munish Gairola, Director, Radiation Oncology (RGCI and RC), Dr. L.M. Darlong, Head, Thoracic Oncosurgery (RGCI and RC) and Dr. Sunil Pasricha, Consultant, Histopathology (RGCI and RC).

"Lung cancer is considered curable in only 15 percent of cases, as most cases are detected in later stages. However, there is light at the end of the tunnel. With new research and new therapeutic strategies like targeted therapy and immunotherapy there has been an improvement in lung cancer survival. The RGCON 2019 theme "Translating research into practice" reflects this changing paradigm, and aims to bring together leading experts in the field of thoracic oncology to collaborate and conquer thoracic cancers," said Dr. Ullas Batra.

As an important highlight of RGCON this year, SOIICON 2019 will be held concurrently with RGCON. SOIICON is the first annual conference of Society of Oncologic Imaging India (SOII),

the august body of radiologists engaged in cancer management. SOIICON is being held to underscore the pivotal role that imaging has come to occupy in cancer diagnosis and management.

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"The advances in imaging have led to the availability of enormous information about cancer behavior. Right from the diagnosis to staging and response evaluation, imaging studies have assumed a central role in management of cancer," said Dr. Sudhir Kumar Rawal, Medical Director and Chief of Genito Uro - Oncology Services, RGCI and RC.

[https://www.business-standard.com/article/news-ani/lung-cancer-in-focus-as-rgcon-and-soiicon-begin-on-8th-feb-119020900233\\_1.html](https://www.business-standard.com/article/news-ani/lung-cancer-in-focus-as-rgcon-and-soiicon-begin-on-8th-feb-119020900233_1.html)

Business Standard, 9<sup>th</sup> Feb 2019





## Lung Cancer in Focus as RGCON and SOIICON Begin on 8th Feb

Thursday, 07 Feb, 4:40 pm

The 18th edition of RGCON, one of the largest annual international meets on Cancer in the country will be held from 8-10th February 2019. RGCON is flagship conference of Rajiv Gandhi Cancer Institute & Research Centre (RGCI&RC), New Delhi.

The theme of RGCON this year is "Thoracic Oncology: Translating Research into Practice" with special emphasis on Lung Cancer. As one of the most high profile oncology events, RGCON 2019 will have international experts participating from countries such as USA, UK, Australia, Netherlands, Spain and Switzerland.

The organizing committee of RGCON 2019 includes Dr. Ullas Batra, Sr. Consultant, Chief of Thoracic Medical Oncology (RGCI&RC), Dr. Munish Gairola, Director, Radiation Oncology (RGCI&RC), Dr. L.M. Darlong, Head, Thoracic Oncosurgery (RGCI&RC) and Dr. Sunil Pasricha, Consultant, Histopathology (RGCI&RC).

"Lung cancer is considered curable in only 15 percent of cases, as most cases are detected in later stages. However, there is light at the end of the tunnel. With new research and new therapeutic strategies

like targeted therapy and immunotherapy there has been an improvement in lung cancer survival. The RGCON 2019 theme "Translating research into practice" reflects this changing paradigm, and aims to bring together leading experts in the field of thoracic oncology to collaborate and conquer thoracic cancers," said Dr. Ullas Batra.

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Dailyhunt, 9<sup>th</sup> Feb 2019

**YAHOO!**  
NEWS

## Lung Cancer in focus as RGCON and SOIICON begin on 8th Feb

ANI  
7 February 2019

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Yahoo, 9<sup>th</sup> Feb 2019

# अमर उजाला

New Delhi | 11th January 2019

## नर्सिंग से जुड़े विभिन्न पहलुओं पर चर्चा

नई दिल्ली। राजीव गांधी कैंसर इंस्टीट्यूट एंड रिसर्च सेंटर (आरजीसीआईआरसी) के नर्सिंग विभाग ने बुधवार को दो दिवसीय नर्सिंग कॉन्फ्रेंस 'नर्सिकॉन 2019' का आयोजन किया। इस दौरान नर्सिंग से जुड़े विभिन्न पहलुओं पर चर्चा की गई। नई दिल्ली के रोहिणी स्थित एक होटल में नर्सिंग के क्षेत्र से जुड़े लोगों को प्रशिक्षित करने और उनकी मुश्किलों को समझने का प्रयास किया गया। लेफ्टिनेंट कर्नल (सेवानिवृत्त) मधुमिता धल्ल ने बताया कि शुरुआती दौर में कैंसर का इलाज मुख्य तौर पर ऑपरेशन के जरिये होता था। ऐसे में नर्स की भूमिका ऑपरेशन के मरीजों की देखभाल करना था। धूरे

Amar Ujala, 11<sup>th</sup> January 2019



New Delhi | 11th January 2019

## नर्सिंग कॉन्फ्रेंस नर्सिकॉन आयोजित

राजीव गांधी कैंसर इंस्टीट्यूट एंड रिसर्च सेंटर द्वारा नर्सिंग कॉन्फ्रेंस नर्सिकॉन का आयोजन किया गया। इस दौरान ओकोलॉजी नर्सिंग से जुड़े विभिन्न पहलुओं पर चर्चा की गई। रोहिणी स्थित होटल क्राउन प्लाजा में आयोजित इस कॉन्फ्रेंस में विभिन्न प्रतिष्ठित लोगों ने इस क्षेत्र से जुड़ी चुनौतियों पर प्रकाश डाला। कार्यक्रम के विषय में लेफ्टिनेंट कर्नल (सेवानिवृत्त) मधुमिता धल्ल, चीफ ऑफ नर्सिंग, आरजीसीआईआरसी ने बताया कि शुरुआती दौर में कैंसर का इलाज मुख्य तौर पर ऑपरेशन के जरिए होता था। ऐसे में नर्स की भूमिका ऑपरेशन के मरीजों की देखभाल करना था। समय के साथ कैंसर के इलाज की दिशा में आमूलचूल परिवर्तन हुआ है।

Navodaya Times, 11<sup>th</sup> January 2019

## दैनिक भास्कर

Noida | 11th January 2019

## कैंसर नर्सिंग से जुड़े विभिन्न पहलुओं पर दो दिवसीय नर्सिंग वार्ता का आयोजन

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के लिए कोमेथोपेपी और रेडिएशन थेरेपी का विस्तार होने से इस क्षेत्र में नर्सों की भूमिका और उनके लिए अवसर बढ़े हैं। उन्होंने बताया कि पिछले दो दशक में कैंसर की जांच, इलाज और नर्सिंग में क्रांतिकारी बदलाव हुए हैं। कैंसर से बचने वाली की संख्या लगातार बढ़ रही है और साथ ही नर्सिंग के क्षेत्र में पेशेवर जानकारी की आवश्यकता भी बढ़ी है। समय के साथ-साथ नर्स की भूमिका देखभाल करने वाले, सौख देने वाले, परामर्श देने वाले और प्रशासक के रूप में बढ़ी है। नर्सिंग के क्षेत्र में बढ़ती संभावनाओं और चुनौतियों को ध्यान में रखते हुए आरजीसीआई के नर्सिंग विभाग ने नर्सिंग के क्षेत्र से जुड़े लोगों को प्रशिक्षित करने और उनकी मुश्किलों को समझने के लिए इस दो दिवसीय नर्सिकॉन का आयोजन किया।

Dainik Bhaskar, 11<sup>th</sup> January 2019

## Indian Horizon

New Delhi | 11th January 2019

## Rajiv Gandhi Cancer Institute Organises First National Nursing Conference 'Nursicon 2019'

DISCUSSION & TALKS ON CHANGING TRENDS, TRAINING, CARE, PROSPECTS, CHALLENGES IN THE NURSING FIELD TOOK PLACE DURING THE CONFERENCE

Delhi, 10 Jan: The nursing department of Rajiv Gandhi Cancer Institute and Research Center (RGCIRC) organized the first National Nursing conference, Nursicon 2019. In this conference organized at Hotel Crown Plaza in Rohini, New Delhi, various aspects, challenges related to oncology nursing were discussed & highlighted by various dignitaries. The theme of the Nursicon 2019 was Excellence in Oncology Nursing, Enriching Life: A Comprehensive Approach.

During the two days conference discussion and talks took place on various topics that included; Changing Trends in Oncology Nursing Practice: Value-Based Care and an Empowered Patient, New trends and recent nursing care approaches in pediatric oncology, Safe Practices are Key for Nurses Handling Chemotherapy Medications - Theory Vs Practice, Role of nurse in Immunotherapy: The next frontier in cancer treatment, Exploring Nursing Challenges in oncology, Role of an oncology nurse as a nurse navigator, Hyperthermic Intraperitoneal chemotherapy: Nurses Role and Opportunities, Nurses Perspective in Cancer Prevention and Health promotion, and Health promotion, looked for opportunities of neutropenic patients, Role of nursing personnel in Laboratory testing, The Pivotal Role of Nurse in Pain management & Palliative care for oncology patients, Role of nurse in Oncology rehabilitation, patient and family education among others.

Talking about the conference, Lt Colonel (Retd) Madhumita Dhall, Chief of Nursing, RGCIRC said, "In the past, the major cancer treatment was surgery, and the role of the nurse was limited to inpatient care of the surgical patient. As chemotherapy and radiation therapy evolved as treatment modalities, nurses looked for opportunities to contribute to cancer care."

"Last two decades have seen a revolution in the evolution of newer techniques in the area of cancer diagnosis, treatment and oncology nursing. Cancer survival rates have improved and nursing has experienced a shift that acknowledged the importance of professionalism in nursing. Over the years the practice of oncology nursing has attained the role of direct caregiver, educator, consultant, administrator, and researcher. Oncology nursing extends to all healthcare delivery settings from prevention, screening, treatment to palliation," she added.

National Express, 11<sup>th</sup> January 2019



## Outlook

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Home • Website • Society • World Cancer Day: With Lifestyle Changes, Cancer Can Be Prevented

## World Cancer Day: With Lifestyle Changes, Cancer Can Be Prevented

Adopting good lifestyle practices to prevent non-communicable diseases, particularly cancer, is the need of the hour.

LACHMI DEB ROY | 31 FEBRUARY 2019

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A lifestyle which involves excessive smoking and drinking, lack of physical exercise (leading to obesity and hormone imbalance) and a poor diet is the culprit for the rising number of cancer cases. World Health Organization's (WHO) International Agency for Research on Cancer stated that cancer will claim 9.6 million lives in the world this year. India will account for 8.17 per cent of the same. Another report by the Lancet reinforced the same saying cancer is India's second biggest killer after heart disease.

Says Dr Saljan Rajpurohit, Head of Unit, Department of Medical Oncology at Rajiv Gandhi Cancer Institute & Research Centre, Delhi, "The stage of the cancer is very important with respect to the outcome of the cancer treatment and if the cancer is detected in early stage, the chances of cure are more than 90%. We have certain cancers which can be really diagnosed very early like breast cancer, cervical cancer in women and head & neck cancer and lung cancer and prostate cancer in men. Cancers can be cured to a high success rate of more than 90% if they are detected in the early stage."

Cancer has always been considered a death sentence for years. People have fear of listening to the word cancer. "In today's world, I would say that cancer is very much curable and even if it is not cured, in large percentage of cases it can be very well controlled. In near future when we have more advanced cancer treatments, then cancer will only be a sun sign and not be any other term," adds Dr Rajpurohit.

Dr Mandeep S Malhotra, Head- Breast, Head & Neck Oncology Surgery said, "Adopting good lifestyle practices to prevent non-communicable diseases, particularly cancer is the need of the hour. We need to ensure we have a balanced diet and engage in regular physical activity. In high income countries our diets are marred with preservatives and added flavours. A lot of hidden carcinogens are entering our bodies. Tobacco consumption, alcohol intake and substance abuse has increased leaving the body weak and the immune system vulnerable. Lung cancer is also occurring in people who have never smoked as well. Statistics reveal that 15 percent of patients diagnosed with lung cancer have no history of tobacco use. This could be because of exposure to second hand smoke, asbestos exposure, air pollution (outdoor and indoor), and exposure to radon gas, diesel exhaust fumes or a genetic predisposition."

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There are two prominent trends that have observed in the last year. Firstly, breast cancer incidence has gone up by 39.1 per cent over the last decade, making it the most prevalent type of cancer. The second trend indicates a high rate of re-occurrence or dual occurrence of cancer. A survivor's risk of getting a new cancer diagnosis is 14 percent greater than someone who never had cancer. This is a worrying fact but to counter it, we need to create awareness about regular check-ups and counselling even after one is completely cured."

Actor Manisha Koirala, who won a tough battle against ovarian cancer, feels the disease came into her life as a gift as her vision is now sharper, mind clearer and her perspective realigned. As she completes six years of being cancer-free, she shares her story - one marked by apprehensions, disappointments and uncertainties - and the lessons she learnt along the way. In her memoir 'Healed: How Cancer Gave Me a New Life', she talks about her treatment in the US and the care provided by the oncologists there to how she rebuilt her life once she returned home. Manisha says her book is a result of intense soul-searching and she has plunged deep into the dark, bottomless pit of painful memories and woven a story out of them.

"It has taken a lot of courage to confront and relive my experiences. But I needed to do so in order to become a true storyteller for the readers' sake as well as my own," she says. She was diagnosed with ovarian cancer in 2012.

Manisha says for a decade, she had abused her body. "The poor lifestyle I had been leading made my body susceptible to diseases. Had it not been cancer, some other malady would have struck me. In hindsight, on a dark, lonely night, I still wonder what it could have been and whether it would have been better or worse," the book, co-authored with Neelam Kumar and published by Penguin Random House, says.

"I think cancer came into my life as a gift. My vision is sharper, my mind clearer, my perspective realigned. I have succeeded in transforming my passive-aggressive anger and anxiety into more peaceful expressions," Manisha writes.

She says post-recovery, she has succeeded in transforming her passive-aggressive anger and anxiety into more peaceful expressions.

She took a break from acting in 2012 and returned five years later with the coming-of-age drama 'Dear Maya', Netflix's 'Lust Stories' and 'Sanju'. The comeback was not so easy. "At first it was difficult for me to take on the role of a character artist as I had been used to playing the heroine. Then I saw the blessing in this. Having plunged into the depths of my emotions, I could now express the intricate complexities, deeper nuances and profounder layers of each character."

In her words, she began her 'second innings hesitatingly', with a Kannada film. Manisha looks back at the period just after her foray into films in the early '90s with a 'lot of regret and sadness'. When films happened suddenly, she was just 19-years-old and not ready to handle Mumbai.

"Its unfamiliarity and expanse scared me. For a young, unsexposed Nepalese girl, Bollywood was a terrifying experience. Unsure of how I should be behaving and interacting on the film set, I hid myself behind books. They protected me from my fear of interacting with everyone who seemed to be so sure of themselves," she says. She then decided to do something to overcome her shyness and feeling of awkwardness.

"Alcohol came to my rescue. I loved the feeling of confidence it gave me, loosening me up, wiping out my inhibitions. Fortified by drinks, my shyness disappeared and I became quite at ease while socialising. Emboldened, I took to drinking more and more, she writes. Parties became a way of life for her. Either friends would party at her home or she would go over to theirs, Manisha says. In school, too she was a shy, introverted girl who found solace in books.

Says Neelam Kumar, author and cancer survivor who co-authored the book 'Healed—How cancer gave me a new life', "After I was struck by cancer a second time in 2013, I felt an urgent need for two things. First, a joyous Indian book on cancer to motivate me. Second, an empowering Indian book that would keep me emotionally engaged to tide over my bad times. Since I found neither of these, I simply wrote both. Necessity, they say, is the mother of invention." Kumar feels that while a lot has been done in the area of providing the best medication, little has been done in the field of providing emotional empowerment for cancer patients. My heart soared high the day my book 'Healed—How cancer gave me a new life' by Manisha Koirala and Neelam Kumar (Penguin Random House) zoomed on to become a bestseller within two weeks of its launch.

Dr Sankruthi P Murthy, Consultant Oncologist, BGS Gleneagles Global Hospitals, Bangalore comments "Cancer encompasses complex diseases with many possible causes. Tobacco related cancers form the major bulk of cancer burden and the most important avoidable cancer risk factor. Lifestyle modification like avoiding red processed meat, increase in the portion of vegetables, moderate daily activity, routine screening and even vaccinations for viral related cancers like cervical cancer can help prevent cancer."

(With inputs from PTI)

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OUTLOOK VIDEOS



Outlook-World Cancer Day, 4<sup>th</sup> Feb 2019



## SPOTLIGHT WORLD CANCER DAY

# THE BIG C AND HOW EARLY DETECTION HELPS

FEBRUARY 4 IS OBSERVED AS WORLD CANCER DAY ALL OVER THE WORLD. THE GOOD NEWS IS THAT NEW TECHNOLOGIES AND TREATMENTS MEAN INCREASING CURED CASES. BY BINDU GOPAL RAO

The burden of cancer has doubled over the last decade. According to a Indian Council of Medical Research report, India will register more than 17.3 lakh new cancer cases and more than 8.8 lakh deaths due to the disease by 2020. Cancer is caused by accumulated damage to genes. A number of forces can cause such damage to genes which results in cancer. Certain lifestyle choices such as tobacco and alcohol are known to increase your risk of cancer. Secondhand smoke is also responsible for cancer. The environment around you may contain harmful chemicals that can increase your risk of cancer. So how do you recognize the symptoms and get help?

The main reason for the rising incidence of cancer among people today is their diet. Diet rich in animal protein found in meat, egg, poultry, fish, dairy and processed foods forms top two reasons for the rise in cancer. "Casein forms 87 per cent of milk protein and is the worst protein as it is 100 per cent related to cancer growth. Animal proteins are directly shown to increase cancer cell growth," says Karan Kakkad, Founder, Reverse Factor. Currently several factors such as breast cancer, cervical cancer, oral cancer and lung cancer constitute for almost 41 per cent of cancer burden

in the country. Oral cancer and lung cancer are the most common types of cancer found among men whereas breast cancer is the major cause of cancer deaths among women. Several factors such as rising tobacco use, increased industrial emission, adulteration and high-risk lifestyle habits like fast food and lack of exercise have led to an increase in the incidence of cancer in India.

Most cancers are genetic in nature and involve mutation of the key genes resulting in uncontrolled cell proliferation and the cancer cell becomes immortal. If you notice any unusual changes or anything that does not go away even after its treatment, check for cancer. Some of the most common signs and symptoms of the disease include unexplained or sudden weight loss, loss of energy, lumps, yellowing, darkening or redness of skin, pain, indigestion, bleeding, breathlessness and swollen lymph nodes. To detect cancer early, there are some screening tests for certain cancers. "In females self breast examination after age of 20, mammography yearly after age 40 and PAP smear test (for cervical cancer) are

advised. In males who are consuming tobacco products, oral cavity examination and X-ray chest; and for prostate cancer detection, PSA (blood test) are advised," says Dr. Sanjay Dushet, Oncologist, Nonsati Super Speciality Hospital.

Cancer can be cured if detected in the early stages. There are three stages of cancer — initiation, promotion and progression. Cancer can be easily reversed when it is in its first two stages by switching to a complete whole plant-based diet. Dr. Sejan Ragupurthi, Head of Unit, Department of Medical Oncology at Rajiv Gandhi Cancer Institute & Research Centre says, "If the cancer is detected in early stages, the chances of cure are more than 90 per cent. We have certain cancers which can be really diagnosed very early like breast cancer, cervical cancer in women and head and neck cancer and lung cancer and prostate cancer in men. Dr. Sunil Shet, Director and Clinical Lead, Pediatric Hematology, Oncology and Blood & Marrow Transplantation, Narayana Health Network Hospitals, avers, "If cancer is detected early majority of them can be cured. Treatment traditionally

is based on chemotherapy, surgery and radiotherapy. Recently immunotherapy is also playing an important role in some of the cancers and showing good results." Blood related cancers are amongst the most curable cancers. Hodgkins Lymphoma has a cure rate in excess of 70 per cent with early stage Hodgkins Lymphoma having a cure rate of more than 90 per cent.

Dr. Jayant Gawande, MD, DM (Medical Oncology) Consultant Medical Oncologist, Aditya Birla Hospital Pune says, "One can take measures to lower the risk of getting cancer. This includes following a healthy lifestyle, avoiding smoking and exposure to smoke, limit your alcohol intake, regular exercise and maintain a healthy weight, take vaccines to prevent cancer, know what you're being exposed to in your work environment and take protective measures, avoid risky behaviour and get regular medical care." Knowing your family history of cancer is also important to properly assess your risk factor for certain types of cancer. Cancer screening tests can be useful not only in detecting cancer, but also helping prevent it. Tests like the colonoscopy and Pap smear can detect abnormal changes before they turn cancerous. It is effective when done regularly. Dr. Arun Kumar Goel, Director - Surgical Oncology (Breast DMG), Max Super Speciality Hospital, adds, "Vaccination against hepatitis B and HPV vaccination are helpful interventions in cancer prevention. HPV vaccine is recommended for all girls from the age of nine years to 25 years and gives 75 to 80 per cent protection from cancer of cervix."

When cancer is diagnosed, timely treatment at centres that have the capability of complete cancer



treatment allows for high cure rates. Cancer treatment is possible by three different approaches: surgery, drug treatment and radiotherapy. The three arms of cancer care are called surgical oncology, medical oncology and radiation oncology.

With celebrities coming to the forefront and discussing their cases, hope remains for others as well. Take the case of actress Manisha Koirala who recently released her book 'Healed: How Cancer gave Me A New Life' that chronicles her battle with cancer. She has publicly admitted that the disease made her a better person and actor. Likewise cricketer Yuvraj Singh also released his book 'The Test of My Life: From Cricket to Cancer and Back' after he successfully survived lung cancer.

In fact today there are many people who are able to beat the disease. Take the case of Anuja Chavan, 47 and mother of two who discovered a lump inside her left breast around 10 years ago. Once it was diagnosed as being cancerous,

her world turned upside down. Initially she lost all hope but underwent surgery, chemotherapy, radiotherapy and hormonal therapy. Fighting against all odds she sprang back to life and attributes her triumph to love, care, sharing and understanding from her family and treatment and counselling from her doctors.

Priya Deshpande, 62, based in Mumbai, admits it was her will that led to her survival. After being diagnosed with breast cancer she was treated in Tata Hospital. "This phase taught me that sometimes survival during and after calamities we face is always gift for future life for others and myself. If our mind is strong, the power of mind is much bigger and better than the power of wind, will not turn us to another other path but to the path which we desire."

"Understanding what helps to prevent cancer is very important. Preventing cancer is better than cure," concludes Dr. Nanda Rajaneesh, surgical oncologist, Apollo Spectra Hospitals, Bengaluru.



FEBRUARY 2019

FEBRUARY 2019

Spice Route, 4<sup>th</sup> February 2019





## भारत में 8 में से 1 महिला स्तन कैंसर से पीड़ित, जानें इसके लक्षण, बचाव और इलाज के बारे में

नई दिल्ली, एजेंसी

Last updated: Sat, 23 Feb 2019 09:20 PM IST

भारत में हर आठ में एक महिला स्तन कैंसर की चपेट में है। न्यूज एजेंसी आईएनएस के मुताबिक विशेषज्ञों का कहना है कि स्तन कैंसर इस बीमारी के सभी प्रकारों में सबसे आम है और भारत में इससे पीड़ित महिलाओं की संख्या में तेजी से इजाफा हो रहा है।

नीति बाग स्थित राजीव गांधी कैंसर इंस्टीट्यूट एंड रिसर्च सेंटर के मेडिकल ओंकोलॉजी विभाग के प्रमुख डॉ. सज्जन राजपुरोहित का कहना है कि शरीर के किसी हिस्से में कोशिकाओं की असामान्य और अनियंत्रित वृद्धि को कैंसर कहा जाता है। लगातार बढ़ते रहने से इस टिशू के टुकड़े खून के रास्ते शरीर के अन्य हिस्सों में पहुंचते हैं और नई जगह पर विस्तार करने लगते हैं। इसे मेटास्टेसिस कहा जाता है।

डॉ. राजपुरोहित के मुताबिक स्तन कैंसर के बारे में जानने के लिए शरीर रचना के बारे में जानना बहुत जरूरी है। स्तन शरीर का एक अहम अंग है। स्तन का मुख्य कार्य अपने दुग्ध उत्पादक ऊतकों (टिशू) के माध्यम से दूध बनाना है। ये टिशू सूक्ष्म वाहिनियों (डक्ट) के जरिये निप्पल से जुड़े होते हैं। इसके अलावा इनके चारों ओर कुछ अन्य टिशू, फाइब्रस मैटेरियल, फैट, नाड़ियां, रक्त वाहिकाएं और कुछ लिम्फेटिक चैनल होते हैं, जो स्तन की संरचना को पूरा करते हैं।

यहां यह जानना महत्वपूर्ण है कि ज्यादातर स्तन कैंसर डक्ट में छोटे कैल्सिफिकेशन (सख्त कण) के जमने से या स्तन के टिशू में छोटी गांठ के रूप में बनते हैं और फिर बढ़कर कैंसर में ढलने लगते हैं। इसका प्रसार लिम्फोटिक चैनल या रक्त प्रवाह के जरिये अन्य अंगों की ओर हो सकता है।

स्तन कैंसर की चेतावनी वाले लक्षण :

किसी स्तन में या बाहों के नीचे गांठ

किसी स्तन के आकार, आकृति या ऊंचाई में अचानक कोई बदलाव दिखना

स्तन या निप्पल का लाल हो जाना

स्तन से साफ या खून जैसे द्रव का बहना

स्तन के टिशू या त्वचा का ज्यादा समय तक सख्त बने रहना

स्तन या निप्पल की त्वचा पर कुछ अलग दिखना या अनुभव होना (डिंपल दिखना, जलन होना, लकीरें दिखना या सिकुड़न अनुभव होना)

स्तन का कोई हिस्सा बाकी हिस्सों से अलग दिखाई देना

स्तन की त्वचा के नीचे कहीं सख्त अनुभव होना

सावधानियां :

उपरोक्त वर्णित लक्षणों में से एक या एक से ज्यादा लक्षण दिखने पर तत्काल विस्तृत जांच करा लेनी चाहिए। जल्दी पता लगने से बीमारी को बेहद कम इलाज और कम जटिलताओं के साथ ठीक किया जा सकता है।

कारण एवं रिस्क फैक्टर :

स्तन कैंसर का असल कारण अब भी पता नहीं चल सका है। हालांकि कुछ स्थितियां (रिस्क फैक्टर) स्पष्ट हैं, जिनमें स्तन कैंसर होने की आशंका रहती है और इन रिस्क फैक्टर वाली महिलाओं को लक्षणों पर लगातार ध्यान देते रहना चाहिए।

ये फैक्टर इस प्रकार हैं :

पारिवारिक इतिहास :

पारिवारिक इतिहास का रिस्क फैक्टर सबसे महत्वपूर्ण है। स्तन कैंसर पीढ़ी-दर-पीढ़ी आगे बढ़ता है। यदि फर्स्ट डिग्री रिलेटिव यानी सगे रिश्ते में किसी को स्तन कैंसर हो तो ऐसी महिला में स्तन कैंसर होने की आशंका अन्य की तुलना में करीब दोगुनी ज्यादा हो जाती है। दो जीन बीआरसीए1 और बीआरसीए2 इस बीमारी को आगे की पीढ़ी में ले जाते हैं और इनकी जांच से यह पता लगाया जा सकता है कि किसी महिला में पारिवारिक इतिहास के कारण स्तन कैंसर होने का खतरा है नहीं।

परिवार में किसी को किसी अन्य प्रकार का कैंसर होना :

स्तन कैंसर ही नहीं, परिवार में किसी को किसी भी अन्य प्रकार का कैंसर हो, तब भी सतर्क रहना चाहिए।

उम्र : 50 साल से ज्यादा की उम्र की महिलाओं में स्तन कैंसर का खतरा ज्यादा रहता है।

समुदाय :

कोकेशियन (मूलतः यूरोप के और पश्चिमी एशिया व भारत के कुछ हिस्सों के गोरे लोग) और यहूदी महिलाओं में अफ्रीकी-अमेरिकी महिलाओं की तुलना में स्तन कैंसर की आशंका ज्यादा रहती है।



<https://www.livehindustan.com/health/story-one-woman-from-eight-is-suffering-from-breast-cancer-in-india-know-its-symptoms-treatment-precautions-2419685.html>

RGCI Live Hindustan, 23<sup>rd</sup> Feb 2019



# नवभारत टाइम्स

## तेजी से बढ़ रहा है स्तन कैंसर, जानें किन महिलाओं को है ज्यादा खतरा

स्तन कैंसर का असल कारण अब भी पता नहीं चल सका है लेकिन कुछ स्थितियां हैं जो इसका रिस्क बढ़ाती हैं इन स्थितियों का पता हो तो आप लक्षणों पर सही समय पर ध्यान दे सकती हैं

Updated: Feb 24, 2019, 08:31AM IST

भारत में हर आठ में एक महिला स्तन कैंसर की चपेट में है विशेषज्ञों का कहना है कि भारत में इससे पीड़ित महिलाओं की संख्या में तेजी से इजाफा हो रहा है नीति बाग स्थित राजीव गांधी कैंसर इंस्टिट्यूट एंड रिसर्च सेंटर के मेडिकल ऑन्कोलॉजी विभाग के प्रमुख डॉ. सज्जन राजपुरोहित का कहना है कि शरीर के किसी हिस्से में कोशिकाओं की असामान्य और अनियंत्रित वृद्धि को कैंसर कहा जाता है

डॉ. राजपुरोहित के मुताबिक स्तन कैंसर के बारे में जानने के लिए शरीर रचना के बारे में जानना बहुत जरूरी है स्तन एक अहम अंग है स्तन का मुख्य कार्य अपने दुध उत्पादक ऊतकों के माध्यम से दूध बनाना है

स्तन की संरचना



ये टिशू सूक्ष्म वाहिनियों (डक्ट) के जरिए निप्पल से जुड़े होते हैं इसके अलावा इनके चारों ओर कुछ अन्य टिशू, फाइब्रस मटीरियल, फैट, नाड़ियां, रक्त वाहिकाएं और कुछ लिम्फेटिक चैनल होते हैं, जो स्तन की संरचना को पूरा करते हैं ज्यादातर स्तन कैंसर डक्ट में छोटे कैल्सिफिकेशन (सख्त कण) के जमने से या स्तन के टिशू में छोटी गांठ के रूप में बनते हैं और कैंसर में ढलने लगते हैं इसका प्रसार लिम्फोटिक चैनल या रक्त प्रवाह के जरिये अन्य अंगों की ओर हो सकता है

स्तन कैंसर का असल कारण अब भी पता नहीं चल सका है हालांकि कुछ स्थितियां स्पष्ट हैं, जिनमें स्तन कैंसर होने की आशंका रहती है और इन रिस्क फैक्टर वाली महिलाओं को लक्षणों पर लगातार ध्यान देते रहना चाहिए ये फैक्टर इस प्रकार हैं:

हार्मोन : स्त्री हार्मोन एस्ट्रोजन का ज्यादा साव स्तन कैंसर होने की आशंका बढ़ा देता है गभनिरोधक गोलियों का इस्तेमाल करने वाली और मीनोपॉज के बाद हार्मोन रिप्लेसमेंट कराने वाली महिलाओं में स्तन कैंसर का खतरा बढ़ जाता है

पारिवारिक इतिहास : पारिवारिक इतिहास का रिस्क फैक्टर सबसे महत्वपूर्ण है स्तन कैंसर पीढ़ी-दर-पीढ़ी आगे बढ़ता है अगर सगे रिश्ते में किसी को स्तन कैंसर हो तो ऐसी महिला में स्तन कैंसर होने की आशंका अन्य की तुलना में करीब दोगुनी ज्यादा हो जाती है

शराब : मोटापा और शराब का सेवन भी महिलाओं में स्तन कैंसर का खतरा बढ़ाता है

लक्षण

किसी स्तन में या बाहों के नीचे गांठ

- स्तन या निप्पल का लाल हो जाना
- स्तन का कोई हिस्सा बाकी हिस्सों से अलग दिखना
- स्तन की त्वचा के नीचे सख्त अनुभव होना

<https://navbharattimes.indiatimes.com/lifestyle/health/breast-cancer-in-increasing-rapidly-so-you-must-be-careful-about-the-symptoms/articleshow/68133431.cms>

# The Statesman

New Delhi | 9th March 2019

## THUMBNAAILS



**Women`s Day:** On the occasion of International Women's Day, Rajiv Gandhi Cancer Institute and Research Center (RGCIRC) organised a program at the Hotel Crowne Plaza Rohini. Organized on the theme of 'We The Women, Celebrating Life', the event was specially dedicated to cancer patients and cancer survivors, who shared their experiences and inspirational things along with the various activities during the program. Various fun activities, Interactive sessions with the experts, the fashion walk, talent hunt, nail art, quiz and photo shoot etc. mark the special day for guests, volunteers, patients, and survivors. SNS

The Statesman, 9<sup>th</sup> March 2019

## अमर उजाला

New Delhi | 10th March 2019

## कैंसर से जीती महिलाओं ने मनाया जश्न

राजीव गांधी कैंसर इंस्टीट्यूट एंड रिसर्च सेंटर में कार्यक्रम

अमर उजाला जयपुर

नई दिल्ली। राजीव गांधी कैंसर इंस्टीट्यूट एंड रिसर्च सेंटर (आरजीसीआईआरसी) ने कैंसर पीड़ित और कैंसर से जीने वाली महिलाओं के लिए 'वी द वूमन, सेलिब्रेटिंग लाइफ' थीम पर कार्यक्रम आयोजित किया। इसमें इन्टरैक्टिव सत्र के साथ-साथ विशेषज्ञों से चर्चा, फोटो शूट, नेल आर्ट, कैंसर सर्वेक्षण और अन्य का फैसन शो, टैलेंट हंट और क्विज आदि हुए।

राष्ट्रिय के एक होटल में हुए कार्यक्रम में महिलाओं ने अपने अनुभव साझा किए। संस्थान के खनिपर कन्सल्टेंट, खनिफल ऑन्कोलॉजी डॉ. राजीव कुमार ने कहा कि हमारा प्रयास है कि रोगी इसका उपयोग

विशेषज्ञों से चर्चा, फोटो शूट, नेल आर्ट कैंसर सर्वेक्षण का फैशन शो, टैलेंट हंट और क्विज भी आयोजित

इसे साधारण व रेगुलर कटौन मानकर स्वीकारात्मक रहे। कैंसर को हरने वाली महिलाओं ने कहा कि कैंसर के बाद भी सामान्य जीवन बिताया जा सकता है।

इस दौरान कैंसरों के साथ पील और नृत्य का भी कार्यक्रम हुआ। महिलाओं को कैंसर के लक्षण बने पहचान और इनके दिखने ही तत्काल डॉक्टर के लिए प्रेरित किया गया। डॉ. रविंद्र सेखीव, खनिपर कन्सल्टेंट ने बताया कि आयोजन में करीब 80 फीसदी बिमलाओं और 20 फीसदी कैंसर पीड़ितों ने भाग लिया।

Amar Ujala, 10<sup>th</sup> March 2019

## पंजाब केसरी GROUP का दिवस संस्करण नवोदय टाइम्स

New Delhi | 9th March 2019



**महिलाओं ने दी कैंसर से उबरने की प्रेरणा:** राजीव गांधी कैंसर इंस्टीट्यूट एंड रिसर्च सेंटर (आरजीसीआईआरसी) ने रोहिणी में एक कार्यक्रम का आयोजन किया गया। जिसमें कैंसर से लड़कर मौत को हरने वाली महिलाओं ने मित्रता का संदेश दिया। सर्जिकल ओफोर्सेजी के डॉ. राजीव कुमार ने बताया कि कैंसर को हरने वाली महिलाओं की जीत के पीछे उनका आत्मविश्वास बहुत ज्यादा काम आता है। 'वी द वूमन, सेलिब्रेटिंग लाइफ' थीम पर आयोजित कार्यक्रम विशेष रूप से कैंसर पीड़ित महिलाओं और कैंसर सर्वेक्षण को समर्पित रहा।

Navodaya Times, 9<sup>th</sup> March 2019

\*Above mention are just the glimpses of few media coverages, for more updates please log on to <http://www.rgcirc.org/news/>





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