25th Foundation Day Celebration
12th Chemoport Training Programme
Cancer Awareness Program with Indira Gandhi Delhi Technical University for Women
Faith Over Fear - Saluting The Survivors
Public Lecture on Community Based Cancer Prevention & Screening
Cancer Awareness Program with Win Over Cancer
Cancer Awareness Program with Chhattisgarh Administration
Cancer Awareness Program with Li & Fung India
Cancer Awareness Program with Geodis India Pvt. Ltd.
Cancer Awareness Program with Bilaspur, Chhattisgarh Administration
Cancer Awareness Program with Durg, Chhattisgarh Administration
Cancer Awareness Program with Raipur, Chhattisgarh Administration
CME with Indian Medical Association (IMA) Ludhiana, Punjab

- Cancer Awareness Program with Bastar, Chhattisgarh Administration
- Cancer Awareness Program with Panel Builders India Private Limited
- Cancer Awareness Program with Li & Fung India
- CME with Indian Medical Association (IMA) Kaithal, Haryana
- Oncology Forum’s 4th DMSOG Meet
- NURSICON 2021
- Cancer Awareness Program with Ocean Network Express (India) Private Limited
- Cancer Awareness Program with Anmol Sahara (NGO)
- CME with Indian Medical Association (IMA) Outer West Branch
- Different Methods of Instruments Cleaning / Washing in C.S.S.D. & T.S.S.U.
- Cancer Awareness & Screening Camps
- Welocme to RGCIRC Family
- RGCIRC - Star Employees
- RGCIRC in News
RGCIRC celebrated its 25th Foundation Day on Monday, 18th October 2021. The event was celebrated at Hotel Crowne Plaza, Rohini, New Delhi where awards for Long Standing Contribution & Dedicated Service, Outstanding Performance, Meenakshi Memorial, Best Outsourced Workers, Chairman's Appreciation, Best Resident, Clinical IT Implementation, Best Ward, Best Service Provider and Corona Warriors were given to the dedicated real life heroes who stood strong as a pillar & showed the exemplary courage & dedication for their duties in the ongoing pandemic conditions of COVID-19.

Mr. Rakesh Chopra (Chairman), Mr. D. S. Negi (Chief Executive Officer), Dr. Sudhir K. Rawal (Medical Director, RGCIRC Rohini) & Dr. Gauri Kapoor (Medical Director, RGCIRC, Niti Bagh) thanked all the employees for their dedication & hardwork in making RGCIRC, a leading cancer care centre.

This year, Dr. A. K. Chaturvedi (Chair, Radiology), Dr. D. C. Doval (Chair, Medical Oncology), Dr. A. K. Dewan (Director, Surgical Oncology) and Dr. Sudhir Kumar Rawal (Medical Director - RGCIRC, Rohini) were felicitated for their remarkable contribution & efforts in elevating cancer care at RGCIRC to the level of leading centres of the world.

12TH CHEMOPORT TRAINING PROGRAMME

After a long gap due to the COVID-19 pandemic, the Department of Surgical Oncology, RGCIRC organized 12th training course in Chemoport Insertion on 30th September - 01st October 2021 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 session 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, Peritoneal Port Insertion and snaring of fractured Port catheter. The course was highly gratifying and we received an excellent feedback.
CANCER AWARENESS PROGRAM WITH INDIRA GANDHI DELHI TECHNICAL UNIVERSITY FOR WOMEN

RGCIRC organized Cancer Awareness Program Indira Gandhi Delhi Technical University for Women, New Delhi on Friday, 1st October 2021 on virtual platform. Dr. Indu Aggarwal, HOD - Department of Preventive Oncology delivered a lecture on Awareness about Common Female Cancers - Breast & Cervical Cancer. The lecture was very well appreciated by the gathering.

FAITH OVER FEAR - SALUTING THE SURVIVORS

RGCIRC organised Cancer Survivorship Program Faith over Fear - Saluting the Survivors on Tuesday, 05th October 2021 at RGCIRC, Niti Bagh, New Delhi.

In this program Padmashree Prof. Dr. Lalit Kumar (Head of Department of Medical Oncology, IRCH, AIIMS) was present as the Chief Guest. Apart from him Mr. Rakesh Chopra, (Chairman), Mr. D. S. Negi (CEO) Dr. Gauri Kapoor (Medical Director - RGCIRC Niti Bagh), Dr. Manish Sharma (Consultant - Medical Oncology), Dr. Sunny Malik (Consultant - Anaesthesiology and Critical Care & Pain Medicine) Dr. Leena Dadhwal (Consultant - Surgical Oncology), Dr. Seema Singh (Consultant - Surgical Oncology), Dr. Vikalp Singh (Head Operations), Cancer Survivors and the patients undergoing treatment were also present and enjoyed the panel discussion, inspiring talk, positive messages related to cancer, music program etc. organized here.

During this, Cancer Fighters and Survivors shared the story of battling cancer, they were also honored on the occasion. Among all these activities, the main attraction of the program was the motivational laughter session with eminent comic poet Padmashree Shri. Surendra Sharma, who made everyone roll in his style.

PUBLIC LECTURE ON COMMUNITY BASED CANCER PREVENTION & SCREENING

In continuation of public lecture series, RGCIRC organized the public lecture on Friday, 08th October 2021 on virtual platform. Dr. R. A. Badwe, Director - TMH, Mumbai delivered awareness lecture on Community Based Cancer Prevention & Screening. The session / lecture was moderated by Dr. Jaskaran Singh Sethi, Sr. Consultant - Radiation Oncology. The lecture was attended by more than 400 people and very well appreciated.
RGCIRC participated in Cancer Awareness Program organized by Win Over Cancer in association with Shivaji College, Delhi University on Monday, 11th October 2021 on virtual platform. Dr. Vaishali Zamre, Sr. Consultant & Chief of Breast Surgical Oncology Unit - 2 delivered a lecture on Breast Cancer: What You Should Know!

RGCIRC organized Cancer Awareness Program with Chhattisgarh Administration on Tuesday, 12th October 2021 on virtual platform. Dr. Indu Aggarwal, HOD - Department of Preventive Oncology delivered a lecture on Awareness about Common Female Cancers - Breast & Cervical Cancer.

RGCIRC organized cancer awareness talk in association with Li & Fung India, Gurugram, Haryana on Thursday, 28th October 2021 on virtual platform. Dr. Leena Dadhwal, Consultant - Surgical Oncology delivered a lecture on Cancer Awareness & Prevention. The lecture was very well appreciated by the gathering.

RGCIRC organized cancer awareness talk in association with Geodis India Pvt. Ltd., Gurugram, Haryana on Thursday, 28th October 2021 on virtual platform. Dr. Leena Dadhwal, Consultant - Surgical Oncology delivered a lecture on Cancer Awareness & Prevention.

RGCIRC organized Cancer Awareness Program with Bilaspur, Chhattisgarh Administration on Monday, 08th November 2021 on virtual platform. Dr. Anjali Kakria, Consultant - Radiation Oncology delivered a lecture on Awareness about Common Female Cancers - Breast & Cervical Cancer.

RGCIRC organized Cancer Awareness Program with Durg, Chhattisgarh Administration on Tuesday, 09th November 2021 on virtual platform. Dr. Anjali Kakria, Consultant - Radiation Oncology delivered a lecture on Awareness about Common Female Cancers - Breast & Cervical Cancer.

RGCIRC organized Cancer Awareness Program with Raipur, Chhattisgarh Administration on Thursday, 11th November 2021 on virtual platform. Dr. Vaishali Zamre, Sr. Consultant & Chief of Breast Surgical Oncology Unit - 2 delivered a lecture on Awareness about Common Female Cancers - Breast & Cervical Cancer.
**CANCER AWARENESS PROGRAM WITH BASTAR, CHHATTISGARH ADMINISTRATION**

RGCIRC organized a Cancer Awareness Program with Bastar Administration on Saturday, 13th November 2021 on virtual platform. Dr. Vaishali Zamre, Sr. Consultant & Chief of Breast Surgical Oncology Unit - 2 delivered a lecture on **Awareness about Common Female Cancers - Breast & Cervical Cancer**.

**CME WITH INDIAN MEDICAL ASSOCIATION (IMA) LUDHIANA, PUNJAB**

RGCIRC organized a CME in association with IMA Ludhiana on Friday, 12th November 2021 at IMA House, Ludhiana, Punjab. Dr. Vineet Talwar, Director – Medical Oncology delivered a lecture on **Environment and Cancer** and Dr. Narendra Agrawal, Sr. Consultant – Hemato-Oncology & Bone Marrow Transplant spoke on **Management of Hematological Malignancies**.

**CANCER AWARENESS PROGRAM WITH PANEL BUILDERS INDIA PRIVATE LIMITED**

RGCIRC organized cancer awareness talk in association with Panel Builders India Pvt. Ltd., Faridabad, Haryana on Wednesday, 17th November 2021 on virtual platform. Dr. Seema Singh, Consultant - Surgical Oncology delivered a lecture on **Cervical Cancer: What You Should Know!**

**CANCER AWARENESS PROGRAM WITH LI & FUNG INDIA**

RGCIRC organized cancer awareness talk in association with Li & Fung India, Gurugram, Haryana on Friday, 03rd December 2021 on virtual platform. Dr. Manish Sharma, Consultant - Medical Oncology delivered a lecture on **Breast Cancer: What You Should Know!**

**CME WITH INDIAN MEDICAL ASSOCIATION (IMA) KAITHAL, HARYANA**

RGCIRC organized a CME in association with IMA Kaithal on Friday, 03rd December 2021 at Mannat Hotel and Restaurant, Kaithal, Haryana. Dr. Pankaj Goyal, Consultant – Medical Oncology delivered a lecture on **Recent Updates in Breast Cancer Management** and Dr. Himanshu Rohela, Consultant – Orthopedic Oncology spoke on **Recent Updates in Orthopedic Oncology**.
RGCIRC organized **Oncology Forum’s 4th DMSOG Meet** in association with Delhi Musculoskeletal Oncology Group (DMSOG) on Wednesday, 08th December 2021 at India Habitat Centre, Lodhi Road, New Delhi. The theme of the meeting was **Ewings Sarcoma - Metastatic at Presentation.**

Dr. Himanshu Rohela, Consultant - Orthopedic Oncology gave opening remarks. The topics of scientific lectures were “Metastatic Ewing Sarcoma - Has Anything Changed?”, “Systemic Treatment in Metastatic Ewings Sarcoma - Curative Intent”, “Local Control in Metastatic Ewing Sarcoma - is There a Role?”, “Palliative Treatment in Metastatic Ewing Sarcoma” followed by panel discussion where two cases were discussed. Eminent faculty from Delhi NCR shared their views on various aspects of management of this rare disease. The objective of this conference was to discuss case studies of stage 4 bone cancer patients and to explore alternative options which are adopted by eminent faculties in the Capital state.

**3rd NATIONAL & 8th ANNUAL NURSING CONFERENCE - NURSICON 2021**

NURSICON 2021: RGCIRC nursing team lead by Lt Col Madhumita Dhal, Director of Nursing organized 3rd National & 8th Annual Nursing Conference **NURSICON 2021** on 17th - 18th December 2021 at Hotel Crowne Plaza, Rohini, Delhi. The theme of the conference was **“Making a difference in every life we touch: The future of nursing navigating beyond horizon”.**

Lt Col Madhumita Dhal welcomed the gathering and the conference was inaugurated by Brig (Dr.) Kanchan Sharma (Chief Guest), Mr. D. S. Negi (CEO), Dr. Gauri Kapoor (Medical Director - RGCIRC, Niti Bagh), Dr. Vineet Talwar (Director - Medical Oncology) & Dr. Pinky Yadav (COO & MS).

Different aspects of nursing related scientific sessions were covered by the speakers in the conference. There were also other activities like panel discussion, quality improvement project presentation, poster competition and quiz competition.

Topic for Panel Discussion was on **A voice to lead - A vision for future healthcare** and poster competition was on **Your Health is Our Priority**. Nearly 250 nurses from Delhi NCR actively participated in all activities of the event.
On second day, post scientific session there was short entertainment program which included classical dance and orchestra group & an informative skit on infection control practices by infection control team.

The conference was successfully winded up with motivation and appreciation from all dignitaries and delegates.

CANCER AWARENESS PROGRAM WITH OCEAN NETWORK EXPRESS (INDIA) PRIVATE LIMITED

RGCIRC organized cancer awareness talk in association with Ocean Network Express (India) Private Limited, Okhla, New Delhi on 14th & 15th December 2021 on virtual platform. Dr. Leena Dadhwal, Consultant - Surgical Oncology delivered a lecture on Cancer Awareness & Prevention.

CANCER AWARENESS PROGRAM WITH ANMOL SAHARA (NGO)

RGCIRC organized cancer awareness talk in association with CanSupport & Anmol Sahara (NGO) on Wednesday, 15th December 2021 at Gautam Nagar, Delhi. Dr. Seema Singh, Consultant - Surgical Oncology delivered a lecture on Cervical Cancer: What You Should Know!

CME WITH INDIAN MEDICAL ASSOCIATION (IMA) OUTER WEST BRANCH

RGCIRC organized a CME in association with IMA Outer West Branch on Saturday, 18th December 2021 at Hotel Radisson Blu, Paschim Vihar, New Delhi. Dr. Vaishali Zamre, Sr. Consultant & Chief of Breast Surgical Oncology Unit - 2 delivered a lecture on Oncoplastic Breast Surgery: Widening Horizons of Breast Conservation and Dr. Abhishek Bansal, Consultant - Interventional Oncology spoke on Interventional Oncology: Minimally Invasive Treatment Options. The CME was very well appreciated by the gathering.
The purpose of cleaning is to remove visible soil, invisible soil and many others microorganisms as possible. Different methods of cleaning/washing are:

**Manual Cleaning** - This is simple, cost – effective method, can be done easily with the help of a brush with fairly stiff bristles while keeping the brush below the surface of water in order to prevent release of aerosols. Cold water is preferred.

**Ultra Sonic Cleaner** - Ultra sonic cleaner is very useful for jointed instrument in ultrasonic sound is transmitted at frequencies generally beyond the range of human hearing. Ultrasonic cleaners can have frequencies as high as millions of vibrations per second, when ultrasonic waves pass through a liquid, it makes liquid vibrate very fast about from 20,000 to 38,000 vibration per second.

Each time the water is to be changed; bath temperature for cleaning instrument should be between 270°C to 430°C and run the machine for 5 to 10 minutes, keeping the lid close. Instruments placed in the sonic cleaner should always be kept open.

Note: Some items which should not be placed in sonic cleaner include chrome-plated and ebonized instruments and those made of plastic cork, glass, wood, chrome and rubber. Needles & very delicate instrument should not be cleaned by sonic method.

**Washer-disinfector** - Use spray arms of turbo jets and steam, hot water or a mixture of steam and hot water. It is a device which cleans, decontaminates and disinfect dry medical devices. Washer-disinfector is intended to reprocess medical devices working in combination with detergents, enzyme cleaners & Lubricants.

Washer-disinfector cleans the instrument or equipment by a spray-force action known as impingement. This process involves several successive steps including re-rinse by cold water to remove blood and albumin substances. A detergent washes with hot water. Final steam heat cycle (hot water + steam). Hot and Cold water temperature is 40-60degree C for at least 5 minutes.

**Points to Remember During Cleaning of Instruments**

1. Whenever possible instruments should be cleaned and disinfected immediately after use.
2. Always clean brand-new instruments prior to first sterilization.
3. Strictly adhere to dosage, exposure time and temperature specifications provided for Cleaning and disinfection.
4. Always open hinged instruments prior to preparation.
5. As far as possible disassemble all instruments before treating them.
6. Be sure to use only suitable cleaning tools and accessories.
7. Do not overload washing machines and ultrasonic cleaning devices.
8. Never use metal brushes or metal sponges for manual cleaning.
9. Rinse thoroughly and carefully after cleaning. If possible, use demineralized water.
10. Dry sufficiently after rinsing.
11. Worn, corroded, deformed, porous or otherwise damaged instruments must be sorted out and discarded.
12. For hygienic reasons, instruments must be sent through the complete preparation cycle before they are submitted for repair.
13. Hinged / jointed instruments must be treated with paraffin oil based lubricant (not applicable to flexible endoscopes and accessories).
14. Following assembly, subject each instrument to a functional test. Hinged instruments must be lubricated prior to carrying out the test.
15. Instruments with a ratchet should only be closed at the first tooth/notch before sterilization.
16. Sterilization is no substitute for cleanliness!
CANCER AWARENESS & SCREENING CAMP

Cancer screening camp in association with Rotary Club Delhi at Muni International School, Mohan Garden, Uttam Nagar, New Delhi on Sunday, 1st October 2021.

Cancer awareness talks in association with Parliament Training and Research Wing at Parliament House, Delhi on Friday, 22nd October 2021. Dr. Swarupa Mitra, Sr. Consultant and Chief of Gastrointestinal and Genitourinary Radiation Oncology, Dr. Indu Aggarwal, HOD - Department of Preventive Oncology and Dr. Vandana Jain, Consultant - Gynae Oncology were delivered awareness lectures in the said program.

Cancer screening camp at Vasant Vihar, New Delhi on Saturday, 13th November 2021.


Cancer screening camp in association with Khushii & Israel Embassy at Sangam Vihar, Delhi on Monday, 15th November 2021.

Cancer awareness talk in association with Khushii & Israel Embassy at Sangam Vihar, Delhi on Monday, 15th November 2021. Dr. Indu Aggarwal, HOD - Department of Preventive Oncology delivered a lecture on Cancers Awareness & Prevention.

Cancer screening camp in association with Khushii & Israel Embassy at Sangam Vihar, Delhi on Tuesday, 16th November 2021

Cancer screening camp in association with Khushii & Israel Embassy at Mukund Pur, Delhi on Tuesday, 16th November 2021.

Cancer screening camp in association with Khushii & Israel Embassy at Sangam Vihar, Delhi on Wednesday, 17th November 2021.

Cancer screening camp in association with Khushii & Israel Embassy at Mukund Pur, Delhi on Wednesday, 17th November 2021.

Cancer screening camp in association with Khushii & Israel Embassy at Sangam Vihar, Delhi on Thursday, 18th November 2021.
Cancer screening camp in association with Khushii & Israel Embassy at Mukund Pur, Delhi on Thursday, 18th November 2021.

Cancer awareness talk in association with Khushii & Israel Embassy at Mukund Pur, Delhi on Thursday, 18th November 2021. Dr. Anurita delivered a lecture on Cancers Awareness & Prevention.

Cancer screening camp in association with Khushii & Israel Embassy at Sangam Vihar, Delhi on Friday, 19th November 2021.

Cancer screening camp in association with Khushii & Israel Embassy at Mukund Pur, Delhi on Friday, 19th November 2021.

Cancer screening camp at Shipra Suncity, Indirapuram, Ghaziabad on Wednesday, 24th November 2021.

Cancer screening camp at Kalkaji, Govindpuri, New Delhi on Saturday 27th November 2021.

Cancer screening camp in association with Meri Pahal Foundation at West Punjabi Bagh, Delhi on Sunday, 28th November 2021.

Cancer screening camp in association with Khushii NGO at Madanpur Khadar, Delhi on Friday, 3rd December 2021.

Cancer screening camp in association with Rotary Club, Vasant Kunj on Saturday, 04th December 2021 at Vasant Kunj, New Delhi.

Cancer screening camp in association with Anganwadi Centre (ICDS) at Bhagya Vihar, Delhi on Thursday, 9th December 2021.

Cancer screening camp in association with Anganwadi Centre (ICDS) at Rama Vihar, Delhi on Friday, 10th December 2021.

Cancer screening camp in association with Anganwadi Centre (ICDS) at Begam Vihar, Delhi on Monday, 13th December 2021.

Cancer screening camp in association with Anganwadi Centre (ICDS) at Pooth Kalan Village, Delhi on Wednesday, 15th December 2021.

Cancer screening camp in association with Anganwadi Centre (ICDS) at Sukhbir Nagar, Delhi on Friday, 17th December 2021.

Cancer awareness talk in association with Rashtriya Swayamsevak Sangh at Mansarover Bhawan, Ghaziabad, UP on Saturday, 18th December 2021. Dr. Indu Aggarwal, HOD - Department of Preventive Oncology delivered a lecture on Cancers Awareness & Prevention.

Cancer screening camp in association with Anmol Sahara (NGO) on Monday, 20th December 2021 at Gautam Nagar, Delhi.

Cancer Awareness Program in association with Khushii NGO at Mukund Pur, Delhi on Tuesday, 21st December 2021. Dr. Indu Aggarwal, HOD - Department of Preventive Oncology delivered a lecture on Cancers Awareness & Prevention.

Cancer screening camp in association with Khushii NGO at Mukund Pur, Delhi on Wednesday, 22nd December 2021.

Cancer screening camp in association with Rotary Club of South Delhi at Dukh Niwaran Samiti, Vasant Vihar, New Delhi on Friday, 24th December 2021.

Cancer screening camp in association with Anganwadi Centre (ICDS) at Rajeev Nagar, Delhi on Wednesday, 29th December 2021.
WELCOM TO RGCIRC FAMILY

Dr. Vaishali Zamre  
Sr. Consultant & Chief  
Breast Surgical Oncology Unit - 2

Mr. Bishwajit Das  
General Manager  
Human Resource

Dr. Bhuva Dipen Mansukhbhai  
Consultant  
Medical Oncology

Mr. Ashish K. Gautam  
Manager  
Information Technology

RGCIRC - STAR EMPLOYEES

October

Ms. Kiran  
Nursing Aide  
Nursing Department

Mr. Rishi Kumar  
Sr. Executive  
TPA Desk

Mr. Harish Kumar  
GDA  
TPA Desk

Ms. Jyoti Malik  
Staff Nurse  
Nursing Department

Ms. Kavita Dahiya  
Staff Nurse  
Nursing Department

November

Ms. Parul Jain  
Sr. Executive  
Patient Care Services

Ms. Pooja Chauhan  
Sr. Staff Nurse  
Nursing Department

Ms. Bharti Kaushik  
Staff Nurse  
Nursing Department

Ms. Monika Jewar  
Sr. Staff Nurse  
Nursing Department

Mr. Amubahv Singh  
GDA  
Housekeeping Department
RGCIRC IN NEWS

500+ BEDS
Ethical & Affordable Treatment
Renowned Faculty
Latest State-of-the-art Equipment
Organ Based Multi-Disciplinary Centres of Excellence

YOUR TRUST IS OUR MISSION

- Sector - 5, Rohini, Delhi - 110085 | Tel.: +91- 11- 4702 2222 | E-mail: info@rgcirc.org
- Mahendra Kumar Jain Marg, Niti Bagh, South Delhi, New Delhi - 110049 | Tel.: +91- 11- 4582 2222, 2200 | E-mail: info@southdelhi@rgcirc.org
Web : www.rgcirc.org
New therapies hold promise for cancer cure: Doctors

Cancer experts from Rajiv Gandhi Cancer Institute and Research Centre (RGCIRC), Delhi, shared new technologies and therapies for treating different kinds of cancers. Dr. Sudhir K. Rawal, Medical Director and Chief of Genito Uro Oncology at RGCIRC, shared new insights on Robotics in Uro Oncology while Dr. Vinmeet Talwar, Director, Medical Oncology at RGCIRC, presented new vistas in cancer care through targeted and immunotherapy.

“Robotic surgery has revolutionised cancer surgery, especially for the cancers of the prostate, urinary bladder, kidney and uterus. RGCIRC has the distinction of having undertaken maximum number of cancer surgeries through robotics in South Asia,” says Dr. Rawal.

He adds, “Robotic surgeries have unique advantages over traditional surgeries as the incision is very small, it causes less blood loss, less pain, leads to early recovery, entails less hospital stay and less amount of anti-inflammatory (painkiller) drug requirement post operation.”

Dr. Talwar says, “So far chemotherapy was mainly used for the treatment of cancer. Now targeted therapy and immunotherapy is also being used for the treatment of cancer. Targeted therapy drugs look for targets at the cancer sites and are given in addition to conventional chemotherapy drugs to increase the killing of cancer cells and, thereby, increase survival rates and maintain quality of life in the patients.”

“In case of immunotherapy, the immune system of the body is charged up to such an extent that the natural killer cells of the body itself fight against the cancer cells and push them out of the body,” adds Dr. Talwar.
Diet and Cancer

Good nutrition is a must during treatment of cancer: RGCIRC

Correspondent
NEW DELHI

Nutrition has a major role to play in recovery from cancer and even post-treatment. An estimated 80% of advanced cancer patients suffer from malnutrition causing adverse effects on body functions and treatment outcomes. This was stated by Dr Vineet Talwar, Director, Medical Oncology at Rajiv Gandhi Cancer Institute & Research Centre (RGCIRC). He was presenting a public lecture on the subject of Diet and Cancer on the occasion of the 25th anniversary of RGCIRC.

Referring to the reasons for frequent malnutrition in cancer patients, Dr Talwar stated that it could be because of any of the four reasons including decreased dietary intake (due to sore mouth, difficulty in eating, constipation etc.), increase in body’s diet requirements but not consuming enough, loss of nutrients (due to vomiting, diarrhoea etc.) or impaired digestion (due to radiation/chemotherapy-induced enteritis etc.).

People with cancer need extra nutrition. For instance, the calories required per day for a healthy individual is 1800 while a patient with cancer needs approx 2200 calories per day. However, nutrition in cancer patients is so compromised that an estimated 20% of people with cancer may die from the effects of malnutrition rather than cancer itself, said Dr Talwar.

There is a need for proper planning and counselling of nutrition since cancer treatments could lead to loss of desire to eat, constipation, changes in smell, nausea, vomiting etc. He advised to take small frequent meals of home-cooked food and drink plenty of fluids to negate side effects of chemotherapy and radiotherapy.

Dr Talwar also endeavoured to bust several myths regarding nutrition for cancer patients and those who have conquered cancer. According to him, drinking red juvices like pomegranate and beetroot alone doesn’t lead to an increase in Haemoglobin count.

There is another myth that starvation would deprive a growing tumour of nutrition and therefore help in the treatment of cancer. Dr Talwar said that research has shown that starvation does not increase survival but could be detrimental due to high nutritional needs during and after therapy.

Dr Talwar also advised cancer patients and conquerors to steer clear of all the claims about superfoods/dietary supplements and food-related advice populated on social media. According to him Indian diet, besides being healthy, is also a wealthy diet with a wealth of all kinds of nutrition required including turmeric, salt, micronutrients, garam masala a mixture of different spices each with unique properties and anti-oxidants. A general thumb rule is to eat food with 40% Carbohydrates, 40% fats and 20% proteins, he advised.

Dr Talwar also emphasised a hi-fibre diet which he said can lead to a lower incidence of colorectal, lung, oral, oesophagal and stomach cancers. Few studies have also pointed to the role of fruits and vegetables in improvement in cancer survival. Five servings of fruits and vegetables each day are ideal, he said.

Besides good nutrition, Dr Talwar strongly advocated the need for exercise. Moderate to intense physical activity for half an hour for five days in a week or vigorous activity for 20 minutes for three days a week can do a lot of good, he said.
NURSICON 2021 CELEBRATES NURSES’ CONTRIBUTION IN EVOLVING HEALTHCARE

With the healthcare scenario evolving at a fast clip, the nursing profession plays an ever-increasing role in ensuring that the delivery of high-quality care is possible for the delivery of high-quality care. In the changed scenario, nurses are not just about bedside care but a lot more. Today information and digital technologies dominate healthcare. Nurses have a crucial role to play in not only keeping pace with the technology but to be ahead of the technology curve”, said Dr. Gauri Kapoor, I.L.L. Col. Madhumita Dhall.

LTC (Retd.) Madhumita Dhall, Director of Nursing, RGCIRC. Speaking about the pivotal role played by nurses at a dedicated cancer facility like RGCIRC, Dhall said that care for cancer patients is vastly different from care for patients suffering from other diseases. Nurses take care of cancer patients need to have specialised skills. Besides, dedication and empathy required for cancer patients is immense. “RGCIRC has always emphasised on robust nursing staff considering their key role in cancer care. Currently, we have more than 700 nurses exclusively trained for delivering high quality oncology care. Besides, we have dedicated IB trained robotic nurses for aid in the pioneering robotic treatment offered by us”, said D.S. Negi, CEO of RGCIRC.

RGCIRC has been recognised as a centre of excellence for training in Ultrasound Guided Pci Line Insertion. This procedure is being done entirely by the nursing team headed by Robina Massey. She’s the pioneer of this ultrasound guided pci Line training. Not only that, RGCIRC also training doctors and nurses from across India in this procedure. More than 120 candidates have been trained in Ultrasound Guided Pci Line Insertion across the country. Nursing is a dynamic field evolving with time and offers ample scope for growth. Today we have nurses that are not only post graduates but also equipped with M.Phi, and other advanced degree programmes, added Dhall.

There are several myths regarding nutrition for cancer patients and those who have conquered cancer. Drinking red juices like pomegranate and beetroot alone doesn’t lead to an increase in haemoglobin count. There is another myth that starvation would deprive a growing tumour of nutrition and therefore help in treatment of cancer. Research has shown that star-vation does not increase survival but could be detrimental due to high nutritional needs during and after therapy.

Cancer patients and caregivers should steer clear of all the claims about super foods/ dietary supplements and food-related advice populated on the social media. Indian diet, besides being healthy, is also a healthy diet with a wealth of all kinds of nutrition required including turmeric, salt, micro nutrients, garam masala, a mixture of different spices each with unique properties and antioxidants. A general thumb rule is to eat food with 40 per cent carbohydrates, 40 per cent fats and 20 per cent proteins. Hi-fibre diet which can lead to lower incidence of colorectal, lung, oral, esophageal and stomach cancers. Few studies have also pointed to the role of fruits and vegetables in improvement in cancer survival. Five servings of fruits and vegetables each day is ideal, he said. Besides good nutrition, there is a need for exercise. Moderate to intense physical activity for half an hour for five days in a week or vigorous activity for 20 minutes for three days a week can do a lot of good.

The writer is Director, Medical Oncology, RGCIRC, Delhi.
‘Good nutrition is must during cancer treatment’

“Nutrition plays a vital role in recovery from cancer and even post treatment. An estimated 80 per cent of advanced cancer patients suffer from malnutrition causing adverse effects on their body functions and treatment outcomes,” stated Dr Vineet Talwar, director, medical oncology at Rajiv Gandhi Cancer Institute & Research Centre (RGCIRC). On the occasion of 25th anniversary of RGCIRC, the doctor said, “People with cancer need extra nutrition. For instance calories required per day for a healthy individual is 1800 while a patient with cancer needs approximately 2200 calories per day. However nutrition in cancer patients is so compromised that an estimated 20% people with cancer may die from effects of malnutrition rather than cancer itself.”
Good nutrition is a must during treatment of cancer: RGCIRC

New Delhi
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There is another myth that starvation would deprive a growing tumour of nutrition and therefore help in treatment of cancer. Research has shown that starvation does not increase survival but could be detrimental due to high nutritional needs during and after therapy, said Dr Talwar.

He also advised cancer patients and conquerors to steer clear of all the claims about super foods/dietary supplements and food related advice populated on the social media. According to him Indian diet, besides being healthy, is also a wealthy diet with a wealth of all kinds of nutrition required including turmeric, salt, micro nutrients, Garam masala a mixture of different spices each with unique properties and anti-oxidants. A general thumb rule is to eat food with 40% Carbohydrates, 40% fats and 20% proteins, he advised.

Dr Talwar also emphasized on hi-fibre diet which he said can lead to lower incidence of colorectal, lung, oral, esophageal and stomach cancers.

Besides good nutrition, Dr Talwar strongly advocated the need for exercise. Moderate to intense physical activity for half an hour for 5 days in a week or vigorous activity for 20 minutes for 3 days a week can do a lot of good, he said.
Nursicon 2021 celebrates nurses’ contribution in evolving healthcare

New Delhi

Nursicon 2021, the annual event organized by Rajiv Gandhi Cancer Institute & Research Centre, celebrated the pivotal role being performed by nurses especially after the onset of covid pandemic.

“Nurses have emerged as active contributors and innovators in the healthcare sector. For a long time, nursing meant bed-side care but in the changed scenario, nursing is not just about bed-side care but a lot more. Today information and digital technologies dominate healthcare. Nurses have skilled themselves to not only keep pace with the technologies but to be ahead of the technology curve”, said Lt. Col (Retd.) Madhumita Dhall, Director of Nursing, RGCIRC.

Speaking about the special role played by nurses at a dedicated cancer facility like RGCIRC, Dhall said, Care for cancer patients is vastly different from care for patients suffering from other diseases. Nurses taking care of cancer patients need to have specialised skills. Besides, dedication and empathy required for cancer patients is immense.

“RGCIRC has always emphasized on a robust nursing staff considering their key role in cancer care. Currently we have more than 700 nurses exclusively trained for delivering high quality oncology care. Besides, we have dedicated 18 trained robotic nurses for aid in the pioneering robotic treatments offered by us”, said D S Negi, CEO of RGCIRC.

RGCIRC has been recognized as a centre of excellence for training in Ultrasound Guided Pice Line Insertion. This procedure is being done entirely by the nursing team, headed by Robina Massey.

RGCIRC is also training doctors and nurses from across India in this procedure. More than 120 candidates have been trained in Ultrasound Guided Pice Line Insertion across the country.
TOP STORY

20 Nov 2021

Environmental degradation, faulty lifestyles leading to increase incidence: RGCIRC

New Delhi

Two of the leading specialists from Rajiv Gandhi Cancer Institute & Research Centre (RGCIRC), Rohini, shared information on new therapies, innovations and ways to diagnose and treat cancer under the Continuing Medical Education (CME) series. Dr Vineet Talwar, Director – Medical Oncology at RGCIRC presented a well-researched talk on Environment & Cancer while Dr Narendra Agarwal, Senior Consultant – Hemato Oncology & BMT at RGCIRC shared new insights on Management of Hematological Malignancies.

Environmental degradation and faulty lifestyles are leading to an increase in the cancer incidence in the country. Protecting the environment and adopting a healthy lifestyle can help reduce cancer cases especially in a state like Punjab where cancer has assumed worrying proportions, stated Dr Vineet Talwar.

Smoking, air pollution, diesel fumes are leading to an increase in incidence of lung cancer. Those working in plastic factories where benzene compounds are used are at risk of cancer of the urinary bladder. Similarly those exposed to fungal toxins have high risk of Liver Cancer.

"Realities of modern-day life can’t be avoided but one needs to take precaution so as to protect oneself", added Dr Vineet Talwar.

A healthy lifestyle is a life saver against cancer. Obesity, sedentary lifestyle, low roughage diet are all making us vulnerable to different kinds of cancer, stated Dr Talwar.

Dr Narendra Agarwal shared new insights on management of blood cancer which accounts for around 20% of the total cancers in India. Common Blood cancers include Leukaemia, Lymphoma and Myeloma.

According to Dr Agarwal, some path breaking advancements have taken place in Hemato-Oncology. Blood Cancers are traditionally treated with chemotherapy while some require bone marrow transplant. Now Targeted Therapy and Immunotherapy are fast taking the place of chemotherapy in treatment of blood cancers. Under immunotherapy, body’s own defense mechanism is modified to kill cancer cells.
New perspectives in cancer care in India: RGCI

Delhi, 17 Nov. Two of the leading specialists from Rajiv Gandhi Cancer Institute & Research Centre (RGCI&RC), Rohini, Delhi were in Ludhiana to hold a conclave with City based doctors on new therapies, innovations and ways to diagnose and treat cancer. The conclave was held in association with Indian Medical Association (IMA) Ludhiana at IMA Bhawan Ludhiana under the Continuing Medical Education (CME) series.

Dr Vineet Talwar, Director – Medical Oncology at RGCI&RC presented a well-researched talk on Environment & Cancer while Dr Narendra Agarwal, Sr. Consultant – Hemato Oncology & BMT at RGCI&RC shared new insights on Management of Hematological Malignancies. The conclave was presided over by Dr Saroj Agarwal, President IMA Ludhiana.

Environmental degradation and faulty lifestyles are leading to an increase in the cancer incidence in the country. Protecting the environment and adopting a healthy lifestyle can help reduce cancer cases especially in a state like Punjab where cancer has assumed worrying proportions, stated Dr Vineet Talwar.

Smoking, air pollution, diesel fumes are leading to an increase in incidence of lung cancer. Those working in plastic factories where benzene compounds are used are at risk of cancer of the urinary bladder. Similarly those exposed to fungal toxins have high risk of Liver Cancer. “Realities of modern-day life can’t be avoided but one needs to take precautions so as to protect oneself”, added Dr Vineet Talwar.

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According to Dr Agarwal, some path breaking advances have taken place in Hemato-Oncology. Blood Cancers are traditionally treated with chemotherapy while some require bone marrow transplant. Now Targeted Therapy and Immunotherapy are fast taking the place of chemotherapy in treatment of blood cancers. Under Immunotherapy, body’s own defense mechanism is modified to kill cancer cells. Different blood cancers occur at different age groups. Leukemia occurs in Children while Lymphoma and Myeloma generally occur in old age.

The symptoms of blood cancers include fever and bleeding from any part - nose, mouth etc in case of leukemia and lumps in neck in case of Lymphoma.

Good nutrition is a must during treatment of cancer: RGCI&RC

Delhi. 29 Sept. Nutrition has a major role to play in recovery from cancer and even post treatment. An estimated 80% of advanced cancer patients suffer from malnutrition causing adverse effects on body functions and treatment outcomes. This was stated by Dr Vineet Talwar, Director, Medical Oncology at Rajiv Gandhi Cancer Institute & Research Centre (RGCI&RC). He was presenting a public lecture on the subject of Diet & Cancer on the occasion of 25th anniversary of RGCI&RC.

Referring to the reasons for frequent malnutrition in cancer patients, Dr Talwar stated that it could be because of any of the four reasons including decreased dietary intake (due to sore mouth, difficulty in eating, constipation etc.), increase in body’s diet requirements but not consuming enough, loss of nutrients (due to vomiting, diarrhoea etc.) or impaired digestion (due to radiation/ chemotherapy induced enteritis etc.)

People with cancer need extra nutrition. For instance calories required per day for a healthy individual is 1800 while patient with cancer needs approx. 2200 calories per day. However nutrition in cancer patients is so compromised that an estimated 20% people with cancer may die from effects of malnutrition rather than cancer itself, said Dr Talwar.

There is need for proper planning and counselling of nutrition since cancer treatments could lead to loss of desire to eat, constipation, changes in smell, nausea, vomiting etc. He advised to take small frequent meals of home cooked food and drink plenty of liquids to negate side-effects of chemotherapy and radiotherapy.

Dr Talwar also endeavoured to bust several myths regarding nutrition for cancer patients and those who have conquered cancer. According to him drinking red juices like pomegranate and beet root alone doesn’t lead to increase in Haemoglobin count.

There is another myth that starvation would deprive a growing tumour of nutrition and therefore help in treatment of cancer. Research has shown that starvation does not increase survival but could be detrimental due to high nutritional needs during and after therapy, said Dr Talwar.

Dr Talwar also advised cancer patients and conquerors to steer clear of all the claims about super foods/ dietary supplements and food related advice populatated on the social media.

According to him Indian diet, besides being healthy, is also a wealthy diet with a wealth of all kinds of nutrition required including turmeric, salt, micro nutrients, Garam masala a mixture of different spices each with unique properties and anti-oxidants.
Nursicon 2021 celebrates nurses’ contribution in evolving healthcare

Delhi, 19 Dec: With the healthcare scenario evolving at a fast clip, it is the nursing fraternity that is making it possible for the delivery of high-tech and digital services that were unheard of even a decade ago. Nursicon 2021, the annual event organized by Rajiv Gandhi Cancer Institute & Research Centre, celebrated the pivotal role being performed by nurses especially after the onset of Covid pandemic.

“Nurses have emerged as active contributors and innovators in the healthcare sector. For a long time, nursing meant bed-side care but in the changed scenario, nursing is not just about bed-side care but a lot more. Today information and digital technologies dominate healthcare. Nurses have skilled themselves to not only keep pace with the technologies but to be ahead of the technology curve”, said Lt. Col (Retd.) Madhumita Dhall, Director of Nursing, RGCIRC.

Speaking about the special role played by nurses at a dedicated cancer facility like RGCIRC, Ms Dhall said, Care for cancer patients is vastly different from care for patients suffering from other diseases. Nurses taking care of cancer patients need to have specialised skills. Besides, dedication and empathy required for cancer patients is immense.

“RGCIRC has always emphasized on a robust nursing staff considering their key role in cancer care. Currently we have more than 700 nurses exclusively trained for delivering high-quality oncology care. Besides, we have dedicated 18 trained robotic nurses for aid in the pioneering robotic treatments offered by us”, said Mr D S Negi, CEO of RGCIRC.

RGCIRC has been recognized as a centre of excellence for training in Ultrasound Guided Picc Line Insertion.

This procedure is being done entirely by the nursing team, headed by Ms. Robina Massey. She’s the pioneer of this ultrasound guided picc Line training. Not only that, RGCIRC is also training doctors and nurses from across India in this procedure. More than 120 candidates have been trained in Ultrasound Guided Picc Line Insertion across the country.
New Perspectives in Cancer Care in India: RGCIRC

Media News
Ludhiana, November 14

Two of the leading specialists from Rajiv Gandhi Cancer Institute & Research Centre (RGCIRC), were in Ludhiana to hold a conclave with City based doctors on new therapies, innovations and ways to diagnose and treat cancer. The conclave was held in association with Indian Medical Association (IMA) Ludhiana at IMA Bhawan Ludhiana under the Continuing Medical Education (CME) series. Dr Vineet Talwar, Director – Medical Oncology at RGCIRC presented a well-researched talk on Environment & Cancer while Dr Narendra Agarwal, Sr. Consultant – Hemato Oncology & BMT at RGCIRC shared new insights on Management of Hematological Malignancies. The conclave was presided over by Dr Saroj Aggarwal, President IMA Ludhiana. Environmental degradation and faulty lifestyles are leading to an increase in the cancer incidence in the country. Protecting the environment and adopting a healthy lifestyle can help reduce cancer cases especially in a state like Punjab where cancer has assumed worrying proportions, stated Dr Vineet Talwar. Smoking, air pollution, diesel fumes are leading to an increase in incidence of lung cancer. Those working in plastic factories where benzene compounds are used are at risk of cancer of the urinary bladder. Similarly those exposed to fungal toxins have high risk of Liver Cancer. “Realities of modern-day life can’t be avoided but one needs to take precaution so as to protect oneself”, added Dr Vineet Talwar. A healthy lifestyle is a life saver against cancer. Obesity, sedentary lifestyle, low roughage diet are all making us vulnerable to different kinds of cancer, stated Dr Talwar. Dr Narendra Agarwal shared new insights on management of blood cancer which accounts for around 20% of the total cancers in India. Common Blood cancers include Leukaemia, Lymphoma and Myeloma. According to Dr Agarwal, some path breaking advancements have taken place in Hemato-Oncology. Blood Cancers are traditionally treated with chemotherapy while some require bone marrow transplant. Now Targeted Therapy and Immunotherapy are fast taking the place of chemotherapy in treatment of blood cancers. Under immunotherapy, body’s own defense mechanism is modified to kill cancer cells. Different blood cancers occur at different age groups. Leukemia occurs in Children while Lymphoma and Myeloma generally occur in old age. The symptoms of blood cancers include fever and bleeding from any part – nose, mouth etc in case of leukaemia and lumps in neck in case of Lymphoma.
Nursicon 2021 dedicated to nurses’ duty

HYDERABAD: Nursicon 2021, the annual event organised by Rajiv Gandhi Cancer Institute and Research Centre (RGCIRC), has been conducted to celebrate the pivotal role being performed by nurses, especially after the onset of Covid pandemic. With the healthcare scenario evolving at a fast pace, it is the nursing fraternity that is making it possible for the delivery of high-tech and digital services that were unheard of even a decade ago. “Nurses have emerged as active contributors and innovators in the healthcare sector. In the changed scenario, nursing is not just about bedside care but a lot more. Today information and digital technologies dominate healthcare. Nurses have skilled themselves to not only keep pace with the technologies but to be ahead of the technology curve”, said Madhumita Dhall, Director of Nursing, RGCIRC.
Nursicon 2021 celebrates nurses’ contribution

New Delhi, Dec 22:

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Good Nutrition Is A Must During Treatment Of Cancer: RGCIRC

There is need for proper planning and counselling of nutrition since cancer treatments could lead to loss of desire to eat, constipation, changes in smell, nausea, vomiting etc.

29 September, 2021 by BW Online Bureau

Nutrition has a major role to play in recovery from cancer and even post treatment. An estimated 80 per cent of advanced cancer patients suffer from malnutrition causing adverse effects on body functions and treatment outcomes. This was stated by Dr Vineet Talwar, Director, Medical Oncology at Rajiv Gandhi Cancer Institute & Research Centre (RGCIRC). He was presenting a public lecture on the subject of Diet & Cancer on the occasion of 25th anniversary of RGCIRC.

Referring to the reasons for frequent malnutrition in cancer patients, Dr Talwar stated that it could be because of any of the four reasons including decreased dietary intake (due to sore mouth, difficulty in eating, constipation etc.), increase in body’s diet requirements but not consuming enough, loss of nutrients (due to vomiting, diarrhoea etc.) or impaired digestion (due to radiation/chemotherapy induced enteritis etc.)

People with cancer need extra nutrition. For instance calories required per day for a healthy individual is 1800 while patient with cancer needs approx. 2200 calories per day. However nutrition in cancer patients is so compromised that an estimated 20 per cent people with cancer may die from effects of malnutrition rather than cancer itself, said Dr Talwar.

There is need for proper planning and counselling of nutrition since cancer treatments could lead to loss of desire to eat, constipation, changes in smell, nausea, vomiting etc. He advised to take small frequent meals of home cooked food and drink plenty of fluids to negate side-effects of chemotherapy and radiotherapy.

Dr Talwar also endeavoured to bust several myths regarding nutrition for cancer patients and those who have conquered cancer. According to him, drinking red juices like pomegranate and beet root alone doesn’t lead to increase in Haemoglobin count.

There is another myth that starvation would deprive a growing tumour of nutrition and therefore help in treatment of cancer. Research has shown that starvation does not increase survival but could be detrimental due to high nutritional needs during and after therapy, said Dr Talwar.

Dr Talwar also advised cancer patients and conquerors to steer clear of all the claims about super foods/dietary supplements and food related advice populated on the social media. According to him Indian diet, besides being healthy, is also a wealthy diet with a wealth of all kinds of nutrition required including turmeric, salt, micro nutrients, Garam masala a mixture of different spices each with unique properties and anti-oxidants. A general thumb rule is to eat food with 40 per cent Carbohydrates, 40 per cent fats and 20 per cent proteins, he advised.

Dr Talwar also emphasized on hi-fibre diet which he said can lead to lower incidence of colorectal, lung, oral, esophageal and stomach cancers. Few studies have also pointed to role of fruits and vegetables in improvement in cancer survival. Five servings of fruits and vegetables each day is ideal, he said.

Besides good nutrition, Dr Talwar strongly advocated the need for exercise. Moderate to intense physical activity for half an hour for 5 days in a week or vigorous activity for 20 minutes for 3 days a week can do a lot of good, he said.
Men, transgenders also at risk of breast cancer: Experts

Source: IANS
Author: IANS
Last Updated: Thu, Oct 28th, 2021, 19:41:20hrs

While breast cancer among women is well known, men as well as transgenders can also be at risk, said experts on Thursday.

The experts said that social stigma and lack of awareness hold back people from taking timely treatment, driving overall less survival rates for men than for women.

According to the American Cancer Society, a man’s lifetime risk of developing breast cancer is about one out of 833 men. But the signs and symptoms are the same as in cisgender men and women: with a nodule/lump/ulcer/nipple discharge sinus/nodule in underarm and around collar bone/skin changes.

“Since males don’t expect to get breast cancer commonly, they are not in the habit of checking their breasts on a regular basis. It might come as a shock to them to notice a lump in the breast. They might not even notice it soon, since it starts with a painless lump unless it becomes significantly prominent to be visible,” Dr Vaishali Zamre, Sr. Consultant and Head - Breast Oncology Unit-2 at Rajiv Gandhi Cancer Institute and Research Centre (RGCIRC), told IANS.

Among transgenders, hormone usage increases the risk of breast cancer, developing typically 3-4 decades after the usage.

A 2019 Dutch study revealed that breast cancer among women is to the tune of about 12 per cent while in men it is 0.1 per cent. At the same time the risk in a trans woman (born man but has female identity and transformed as woman by using feminising hormones) increases to 46 per cent as compared to the men with no hormone usage.

The study observed similar risk in women and transmen (born women, but has male identity and transformed as man by using masculinising hormones).

"The risk of breast cancer is higher in the transgenders who are on hormone therapy (sex affirming hormones) as compared to general population of men and women - cisgender men and women. The effect is more in trans women receiving the female hormones,” Dr Upasna Saxena, Consultant, Radiation Oncology, HCG Cancer Centre Mumbai, told IANS.

It is reported to be around 31-47 per lakh population of transgenders as reported in different studies. Also, they show a younger age at diagnosis, Saxena said.

More than the disease men and transgenders with breast cancers suffer from psycho-social impact because of the social taboo, the experts said. Many transgenders also remain uncomfortable to be open about their birth gender vs identity or use of hormones, delaying their treatment and survival rate.

Further, breast cancer affects men differently. As they have fewer breast tissues compared to women, the spread of the disease is faster than women.

"While it can make it easier to detect smaller lumps, however, it also means that the cancer has less room to grow within the breast. As a result, it may quickly spread to nearby tissues/organs,” explained Dr Meenu Walia, Senior Director, Medical Oncology, Max Super Speciality Hospital, Patparganj.
Art as healing brings strokes of happiness for patients in India

IGNSLive

New Delhi, Oct 25 | IANS | Touted as a Western phenomenon to date, art-based healing is seeing more and more health practitioners in India now turning towards it -- instead of only depending on diagnostic tools, allopathic and other medicines -- to treat certain conditions with terminally-ill patients and those suffering from various stress and neurocognitive disorders, especially in the pandemic times...

...Using a similar therapy, doctors at the Rajiv Gandhi Cancer Institute and Research Centre (RGCIRC) keep patients awake during brain tumour surgery.

"Imagine being able to talk to your doctor during brain tumour surgery without experiencing any pain and being able to give real-time feedback to the doctor. During Awake Surgery, the patient is speaking or singing and moving limbs while the brain tumour is being operated upon so that vital areas in the brain are not tampered with and the body functions remain intact," Dr. I.C. Premisagar, Chief of Neuro and Spine, Oncology Services, at RGCIRC, told IANS.

There are important centers in the brain such as speech area, language area, and limb movement area. Earlier there was a possibility of some harm occurring to any of these centres while removing the brain tumour as the patient would be unconscious.

Photo Credit: IANS

But since awake surgery is real time, it ensures that no deficit is created for the patient after surgery is done. And at the same time, maximum tumour can be taken out. For instance, if the speech centre is inside the tumour or very close to the tumour, care needs to be taken that the tumour is taken out carefully and the patient is not functionally disabled," Premisagar said.

YUGMARG

Punjab | 14 Nov 2021

New perspectives in cancer care in India: RGCIRC

LUDHIANA: Two of the leading specialists from Rajiv Gandhi Cancer Institute & Research Centre (RGCIRC), were in Ludhiana to hold a conclave with City based doctors on new therapies, innovations and ways to diagnose and treat cancer. The conclave was held in association with Indian Medical Association (IMA) Ludhiana at IMA Bhawan Ludhiana under the Continuing Medical Education (CME) series.

Dr Vineet Talwar, Director – Medical Oncology at RGCIRC presented a well-researched talk on Environment & Cancer while Dr Narendra Agarwal, Sr. Consultant – Hemato Oncology & BMT at RGCIRC shared new insights on Management of Hematological Malignancies. The conclave was presided over by Dr Sanj Aggarwal, President IMA Ludhiana.

Environmental degradation and faulty lifestyles are leading to an increase in the cancer incidence in the country. Protecting the environment and adopting a healthy lifestyle can help reduce cancer cases especially in a state like Punjab where cancer has assumed worrying proportions, stated Dr Vineet Talwar.

Smoking, air pollution, diesel fumes are leading to an increase in incidence of lung cancer. Those working in plastic factories where benzene compounds are used are at risk of cancer of the urinary bladder. Similarly those exposed to fungal toxins have high risk of Liver Cancer. "Realities of modern-day life can’t be avoided but one needs to take precaution so as to protect oneself,” added Dr Vineet Talwar.

A healthy lifestyle is a life saver against cancer. Obesity, sedentary lifestyle, low roughage diet are all making us vulnerable to different kinds of cancer, stated Dr Talwar.

Dr Narendra Agarwal shared new insights on management of blood cancer which accounts for around 20% of the total cancers in India. Common Blood cancers include Leukaemia, Lymphoma and Myeloma.

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Men, transgenders also at risk of breast cancer: Experts

IANSLive

New Delhi, Oct 28 (IANS) While breast cancer among women is well known, men as well as transgenders can also be at risk, said experts on Thursday.

The experts said that social stigma and lack of awareness hold back people from taking timely treatment, driving overall less survival rates for men than for women.

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"Since males don’t expect to get breast cancer commonly, they are not in the habit of checking their breasts on a regular basis. It might come as a shock to them to notice a lump in the breast. They might not even notice it soon, since it starts with a painless lump until it becomes significantly prominent to be visible," Dr Vaishali Zamre, Sr. Consultant and Head - Breast Oncology Unit-2 at Rajiv Gandhi Cancer Institute and Research Centre (RGCIRC), told IANS.

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Further, breast cancer affects men differently. As they have fewer breast tissues compared to women, the spread of the disease is faster than women. "While it can make it easier to detect smaller lumps, however, it also means that the cancer has less room to grow within the breast. As a result, it may quickly spread to nearby tissues/organs," explained Dr Meenu Walia, Senior Director, Medical Oncology, Max Super Speciality Hospital, Patparganj.

"For these and other reasons, around 40 per cent of men with breast cancer are diagnosed in stage 3 or 4, when the disease has already spread to other parts of the body. As a result, overall survival rates are lower for men than for women," Walia added.

Factors that increase the risk of male breast cancer include older age, exposure to oestrogen (majorly used for hormone therapy for prostate cancer), liver disease such as cirrhosis and obesity.

Family history also plays a role as some men inherit abnormal (mutated) genes (BRCA 1 BRCA 2) from their parents that increase the risk of breast cancer. Due to late detection, chances of surviving five years or more after diagnosis are, on average, very low.
Know how patients in India are healing through art therapy

IANS

Touted as a Western phenomenon to date, art-based healing is seeing more and more health practitioners in India now turning towards it -- instead of only depending on diagnostic tools, allopathic and other medicines - to treat certain conditions with terminally-ill patients and those suffering from various stress and neurocognitive disorders, especially in the pandemic times...

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There are important centers in the brain such as speech area, language area, and limb movement area. Earlier there was a possibility of some harm occurring to any of these centres while removing the brain tumour as the patient would be unconscious.

But “since awake surgery is real time, it ensures that no deficit is created for the patient after surgery is done. And at the same time, maximum tumour can be taken out. For instance, if the speech centre is inside the tumour or very close to the tumour, care needs to be taken that the tumour is taken out carefully and the patient is not functionally disabled,” Premsagar said.
एक स्वस्थ जीवनशैली कैसर के खिलाफ जीवन रक्षक है : आर्जीसीआई

नई दिल्ली। आर्जीसीआईआरसी रोहिणि के दो अहम विशेषज्ञों ने कैसर की जांच एवं इलाज से जुड़ी नई पद्धतियों, इंनोवेशन और तरीकों पर जानकारी साझा करते हुए इस बात पर जोर दिया है कि कैसर से बचने के लिए स्वस्थ जीवनशैली महत्वपूर्ण है। आर्जीसीआईआरसी के मेडिकल ओआर्कार्स डॉ. विनीत तलवार ने पर्यावरण और कैसर के बीच संबंधों पर रोग आधारित व्याख्यान और आर्जीसीआईआरसी के सीनियर कंसल्टेंट, हेमेस्ट्रो ओआर्कार्स एंड बीएमटी, डॉ. नरेंद्र अग्रवाल ने व्याय कैसर प्रबंधन के लिए आयोजन पर जानकारी साझा की। डॉ. विनीत तलवार ने कहा कि, बिगड़ते पर्यावरण और दोषपूर्ण जीवनशैली के कारण देश में कैसर के मामले बढ़ रहे हैं। पर्यावरण की रक्षा और स्वस्थ जीवनशैली अपनाने से विशेष रूप से पंजाब जैसे राज्य में कैसर के मामलों को कम करने में मदद मिल सकती है, जहां कैसर ने चिंताजनक रूप से लिया है। धूम्रपान, वायु प्रदूषण, डीजल के भंजे से फेफड़ों के कैसर की घटनाओं में वृद्धि हो रही है। प्लास्टिक कारखानों में, जहां बेजीन कंपांडिंस का उपयोग किया जाता है, वहां काम करने वालों में मुग्धार्थ के कैसर का खतरा होता है। इसी तरह फंगल टॉक्सिन्स के संपर्क में आने वालों में लिवर कैसर का खतरा अधिक होता है।

डॉ. विनीत तलवार ने कहा, आर्जीसीआई की वास्तविकताओं को दाला नहीं जा सकता है, लेकिन खुद को कैसर से बचने के लिए सावधानी बरतने की जरूरत है। डॉ. तलवार ने कहा कि मोटी पहल, बैठे रहने वाली जीवनशैली, कम रेस सालों आहार हमें विभिन्न प्रकार के कैसर की घटनाएं में लेने का खतरा है। ऐसे में एक स्वस्थ जीवनशैली कैसर के खिलाफ जीवन रक्षक है। डॉ. नरेंद्र अग्रवाल ने रक्त कैसर के प्रबंधन पर नई जानकारियां साझा की। भारत में रक्त से जुड़े कैसर के मामले कुल कैसर के लगभग 20% हैं। सामान्यतः रक्त कैसर में ल्युक्रेमिया, लिम्फोमा और मायलोमा शामिल हैं।
बीस फीसदी मरीजों को कैंसर की वजाय कुपोषण से जान जाने का रहता है खतरा

नई दिल्ली कैंसर से उबरने, इलाज के बाद भी पोषण की अहम भूमिका होती है। एक अनुमान के मुताबिक कैंसर के एडवांस्ट स्टेज के करीब 80 प्रतिशत मरीज कुपोषण के शिकार होते हैं। जिससे शरीर की गतिविधियों और इलाज के नतीजों पर दुर्दल्लुध पड़ता है।

राजीव गांधी कैंसर इंस्टीट्यूट एंड रिसर्च सेंटर (आरजीईआईआरसी) के मेडिकल ओंडाइलेजी डायरेक्टर डॉ बिनीत तलवार ने यह बात कहीं। कैंसर के मरीजों में कुपोषण के चार कारण होते हैं। इसमें खुराक कम हो जाना, मूत्र का स्वाद खराब होना, खाने में परेशानी, कब्ज आदि के कारण, शरीर की पोषण की जरूरत बढ़ने के बावजूद पर्याप्त भोजन नहीं करना, पोषण का कम हो जाना, उल्टी एडरिया आदि के कारण और पाचन में गड़बड़ी के कारण जैसी स्थितियां शामिल हैं।
नर्सिंगकॉन्न 2021 में स्वास्थ्य सेवा क्षेत्र में नर्सों के योगदान को सराहा गया

नई दिल्ली। स्वास्थ्य सेवा का परिदृश्य तेजी से बदल रहा है और इस बदलाव के बीच नर्सिंग समूचे जीवन का हाई-टेक और डिजिटल सेवाओं की पहुँच लोगों की सुनिश्चित कर रहा हैं। कुछ दशक पहले इन स्वास्थ्य सेवाओं के बारे में लोगों ने सुना भी नहीं था। राजीव गांधी कैंसर इंस्टीट्युट एंड रिसर्च सेंटर की ओर से आयोजित वार्षिक कार्यक्रम नर्सिंगकॉन्न 2021 में कोविड महामारी के इस संकटकाल में नर्सों के योगदान को सराहा गया। लेफ्टरीट डॉ. गिरीजा योगदान, डा. अंजु नरसिंग आर्जीसीआईआरसी ने कहा है। लेफ्टरीट कैंसर इंस्टीट्युट एंड रिसर्च सेंटर के मेरिन विधायक, डा. डिली तलवार ने कहा की इस संगठन का लगातार बढ़ता योगदान का प्रत्येक दिन होता है। इसके साथ ही, डा. विनोत तलवार ने कहा की इस संगठन का लगातार बढ़ता योगदान का प्रत्येक दिन होता है। इसके साथ ही, डा. विनोत तलवार ने कहा की इस संगठन का लगातार बढ़ता योगदान का प्रत्येक दिन होता है।
स्वस्थ जीवनशैली करती है कैंसर से बचाव : विशेषज्ञ

पायनियर समाचार सेवा। नई दिल्ली

राजीव गांधी कैंसर इंस्टीट्यूट एंड रिसर्च सेंटर (आरजीसीआईआरसी), रोहिणी नई दिल्ली, के दो आहम विशेषज्ञ ने कैंसर की जांच एवं इलाज से जुड़ी नई पद्धतियों, इनोवेशन और तरीकों पर जानकारी साझा करते हुए, इस बात पर जोर दिया है कि कैंसर से बचने के लिए स्वस्थ जीवनशैली महत्वपूर्ण है।

आरजीसीआईआरसी के डॉ. केविन देव, डॉ. मेजर ओंकार अग्रवाल, और डॉ. नरेंद्र अग्रवाल ने बताया कैंसर के बीच संबंधों पर शोध आधारित व्याख्यान और आरजीसीआईआरसी के सीनियर कंसल्टेंट, हेमेटो आंकड़ों एंड बीमारियों, डेंटल फॉरेस्ट्री और कैंसर प्रबंधन के नए आयामों पर जानकारी साझा की।

डॉ. केविन देव ने कहा कि, बिगड़ते पर्यावरण और दोषपूर्ण जीवनशैली के कारण देश में कैंसर के मामले बढ़ रहे हैं। पर्यावरण की रक्षा और स्वस्थ जीवनशैली अपनाने से विशेष रूप से पंजाब जैसे राज्य में कैंसर के मामलों को कम करने में मदद मिल सकती है, जहां कैंसर ने विचारानुभूत रूप से लिया है। भूगोल, वातावरण, बायो प्रूफ, ड्राइटर और इंटरन्शन के बुध तथा फेफड़ों के कैंसर की घटनाओं में हो रही है। विशालकाय कारखानों में, जहां ब्यंजन कंपाउंड्स का उपयोग किया जाता है, वहां अपने वालों में मृत्युदण्ड तथा कैंसर का उत्पन्न होता है। इसी तरह कैंसर टॉक्सिन्स के संपर्क में आने वालों में लिपक कैंसर का उत्पन्न होता है। डॉ. नरेंद्र अग्रवाल ने कहा कि रूपक कैंसर के प्रबंधन पर नई जानकारियाँ साझा कीं।
पंजाब कैसरी

‘कोरोना योगदान काल में नर्सों का अहम’

नई दिल्ली, (पंजाब कैसरी): स्वास्थ्य सेवा का परिदृश्य तेजी से बदल रहा है और इस बदलाव के बीच नर्सिंग समुदाय ही हायटेक और डिजिटल सेवाओं की पहुंच लोगों तक सुनिश्चित कर रहा है। कुछ दस्तक पहले इस स्वास्थ्य सेवाओं के बारे में लोगों ने सुना था। राजीव गांधी कैसर इलेक्ट्रॉनिक एंड रिसर्च सेंटर की ओर से आयोजित जारीकरण कार्यक्रम नर्सिंग 2021 में नर्सिंग महामहिम के इस सक्त काल में नर्सों के योगदान को समझाया। लेकिन जंगल इन्सोफर (इंटरनेट) में सुमित्रा ने, डॉ. ऑनिक्स आरजी-आईआई, आरसी ने कहा कि, हेल्थकेयर सेक्टर में नर्सिंग औपचारिकता और इंटरनेट के रूप में समस्या आई है। लेकिन सभी नर्सिंग का मात्र केवल मरीज के बीच दर्ज किए जाने वाले सुझावों ने देखी हुई, लेकिन अब तक वह बदल रही है। नर्सिंग अब इससे कहीं ज्यादा आगे है। इसके साथ ही इंटरनेट और डिजिटल टेक्नोलॉजी के अनुप्रयोग ने काम का बदला है, बल्कि यह नर्सिंग के सुझावों की अनुप्रयोग योगदान को आगे बढ़ाया है।
नर्स के योगदान को सराहा किया गया सम्मानित

ई. डिसेम्बर, 22 दिसेम्बर (नवोदय टाइम्स): कोरोना काल में डॉक्टरों ने जहां बड़े-बड़े कामों में सेवा दी, वहीं नर्स ने भी इस दर्द एवं तनाव को घटाने के लिए अपने समय, शक्ति एवं साक्षरता के साथ सेवा की। नर्स ने उपरोक्त कार्यों को सम्मानित किया गया है।

ड्रेसर्स टेलर नर्सिंग लेफ्टिनेंट कर्नल (रिटियर्ड) ममता मुंतिया देवी ने इस अवसर पर कहा कि हेल्थकेयर सेक्टर में नर्स सक्रिय योगदानकर्ता और इनमेटर के रूप में सामने आई हैं। इसमें समय के तक नर्सिंग का मतलब केवल केवल मरीज के बीच के निर्माण पहुंच रहकर सेवाएं देने ही था लेकिन अब तस्कर बदल रही है। नर्सिंग ड्रीम्स ने कहा कि मजबूत नर्सिंग स्टाफ पर दबाव दिया है। इस समय हमारे पास विशेष रूप से प्रशिक्षित 700 से न्याय नर्सेस हैं। इसके साथ ही हमारे रेगिस्ट्रल इलाज में मदद के लिए 18 प्रशिक्षित रोबोटिक नर्सेस भी हैं।
‘नर्सी का योगदान सराहनीय’

जासं, वाहरी दिल्ली: राजीव गांधी अंतर्गत स्वास्थ्य सेवा के क्षेत्र में नर्सी का योगदान पर चर्चाओं की गई और कोरोना काल में नर्सी की भूमिका और योगदान की सराहना की गई। इस मौके पर सेवानिवृत्त लेखिनेंट कर्नल और रिसर्च सेंटर में नर्सिंग की डायरेक्टर मधुमिला ठाकुर ने कहा कि स्वास्थ्य सेवा के क्षेत्र में नर्सी सक्रिय योगदान देने वाली और इनोवेटर के रूप में समान आई है। उन्होंने कहा कि लंबे समय तक नर्सिंग का मतलब केवल कर्मी के बदल के किनारे खड़े रहकर सेवाएं देना ही था, लेकिन अब तस्वीर बदल रही है। नर्सिंग अब इससे कहीं ज्यादा आगे है। आज हेल्थकेयर सेंटर में सूचना और डिजिटल तकनीक के अहम हो गई है। ऐसे में नर्सी ने अपना कौशल विकास करते हुए खुद को तकनीक के अनुकूल दाला है और खुद को खुद को आगे बढ़ाया है। कैसर अस्पतालों में नर्सी की विशेष भूमिका का उल्लेख करते हुए उन्होंने कहा कि अन्य बीमारियों की तुलना में कैसर के मरीजों की देखभाल बहुत अलग है।
आज समाज

कैंसर के इलाज की नई टेक्नोलॉजी और थेरेपी पर जानकारी साझा की
कैंसर इलाज की नई पद्धतियाँ से बढ़ी है उम्मीद

आज समाज नेटवर्क

केळकाल। नई पद्धतियों के कैंसर के इलाज की दिशा में उम्मीद बढ़ी है।
इसलिए एडवार्ड रेडेन के कैंसर के मामलों में भी इलाज की उम्मीद बढ़ी है।
इन थेरेपी से हुए केल्काल का इलाज आसान हुआ है, बल्कि मरीज टीका भी जल्दी होता है और रोगीकरण सभी भी बढ़ जाता है। नई थेरेपी लिंग नवीन गौरी केल्काल इंस्टीट्यूट एंड रिसर्च सेंटर (आरसीआयआयआय) के केळकाल थेरेपी अध्ययन और इनपुट देने के उपर. आरसीआयआय रक्षकों के सम्मेलन में कैंसर के नवीन थेरेपी अध्ययन के अध्ययन की नई टेक्नोलॉजी और थेरेपी पर जानकारी साझा की। आरसीआयआय रक्षकों के मेडिकल और ऑफिसर्स कंसल्टेंट्स डॉ. पंजील गोयल ने स्तन कैंसर के एडवार्ड रेडेन के इलाज से बढ़ी नए

तथ्यों पर नज़र की, जबकि ऑर्थोपैडिक और ऑफिसर्स कंसल्टेंट्स डॉ. हिमाशु रोहेला ने सालामो यांनी हस्तक्षेप के केळकाल के लए इलाज की जानकारी साझा की। हस्तक्षेप गोयल ने नवीन गौरी केल्काल इंस्टीट्यूट एंड रिसर्च सेंटर के इलाज की नई टेक्नोलॉजी और थेरेपी पर जानकारी साझा की। आरसीआयआय रक्षकों के मेडिकल और ऑफिसर्स कंसल्टेंट्स डॉ. पंजील गोयल ने स्तन कैंसर के एडवार्ड रेडेन के इलाज से बढ़ी नए

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नमोद जांपी वैमंत दिमोटिटिसिटैट ऩेंड विभवन मैटन दे दे पूर्व भविजन भवव घनिग विव निवांवर्थ नीदररूमेली वैमंत विलख नीदर नविवभव

शुमिस्वास्त्रा, 14 दम्भवा (नौम्वीशर योर्डूज़)-गांडर जांपी वैमंत दिमोटिटिसिटैट ऩेंड विभवन मैटन (आवली जी याभी आवली जी आवली.), दे दे पूर्व भविजन शुमिस्वास्त्रा यीग साख दे कङ्गदतं नास वैमंत दे देनें विलख, वेप अंगं विलख दे उर्मिला वरे डोपम वेन्दुदन आवें खसल वरट नयी घुले । कङ्गदतं नौम्वीशर योर्डूज़ वेन्दुदन जी योर्डूज़ नौम्वीशर दे मर्यादा नास आवें वेन्दुदन दे देनें शुमिस्वास्त्रा यीग वेन्दुदन वेन्दुदन वेन्दुदन जी योर्डूज़ नौम्वीशर आवें वेन्दुदन (नौम्वीशरी) नयी उद्वत आवेंसित बीडर विख्यात। दृ: विलियम उद्वत, बाँटवंदर आवें आवें वेन्दुदन नौम्वीशर यीग वेन्दुदन अवंतरोज़ी सङ्ग वैमंत खे देनें देनें कङ्ग आवें वेन्दुदन यीग यीग ठाई विलियम आवें आवें आवें आवें आवें वेन्दुदन बाँटवंदर आवें आवें आवें विलियम वेन्दुदन अवंतरोज़ी सङ्ग वैमंत दे दे दे पूर्व भविजन भवव घनिग विव निवांवर्थ नीदररूमेली वैमंत विलख नीदर नविवभव।
एक स्वस्थ जीवनशैली कैंसर के खिलाफ जीवन रक्षक है- आरजीसीआईआरसी

लुधियाना, 14 नवम्बर: राजीव गांधी कैंसर इंस्टीट्यूट एंड रिसर्च सेंटर (आरजीसीआईआरसी) के दो अहम विशेषज्ञों ने कैंसर की जांच एवं इलाज से जुड़ी नई पद्धतियों, इनोवेशन और तरीकों पर लुधियाना के डॉक्टरों के साथ एक कॉन्क्लेव किया। इस कॉन्क्लेव का आयोजन इंडियन मेडिकल एसोसिएशन (आईएमए) लुधियाना के सहयोग से आईएमए भवन, लुधियाना में किया गया। आरजीसीआईआरसी के मेडिकल ओपरोलॉजी डायरेक्टर डॉ. विनीत तलवार ने पर्यावरण और कैंसर के बीच संबंधों पर शोध आधारित व्याख्यान प्रस्तुत किया। वहीं आरजीसीआईआरसी के सीनियर कंसल्टेंट, हेमेटो ओपरोलॉजी एंड बीएमटी, डॉ. नरेंद्र अग्रवाल ने ब्लड कैंसर प्रबंधन के नए आयामों पर विचार रखे। कॉन्क्लेव की अध्यक्षता आईएमए लुधियाना की प्रेसिडेंट डॉ. सरोज अग्रवाल ने की बिगड़ते पर्यावरण और दोषपूर्ण जीवनशैली के कारण देश में कैंसर के मामले बढ़ रहे हैं। डॉ. विनीत तलवार ने कहा कि पर्यावरण की रक्षा और स्वस्थ जीवनशैली अपनाने से विशेष रूप से पंजाब जैसे राज्य में कैंसर के मामलों को कम करने में मदद मिल सकती है, जहां कैंसर ने चिंताजनक रूप ले लिया है। ध्रुवपाल, वायु प्रदूषण, दीजल के धुएं से फेफड़ों के कैंसर की घटनाओं में वृद्धि हो रही है। प्लास्टिक कारखानों में, जहां बेंजीन के ब्लॉकांड्स का उपयोग किया जाता है, वहां काम करने वालों में मृत्युश्लेष के कैंसर का खतरा होता है। इसी तरह फंगल टोक्सिन्स के संपर्क में आने वालों में लिवर कैंसर का खतरा अधिक होता है।
छुट्टियाँ, 14 दर्शन (मीडिया)
वित्त- उत्तरी वापसी कैपेशन लिस्टिंग में श्रेणी (बाल.सी.मि.
आरी.आर.मि.), इसे भूमिका भाषित किया गया
हुसियाबाद हिंदी में रखी हुई है। जब तक कि
वापसी नहीं होगी, उर्दू रूप में उपलब्ध
इनसान के माध्यम से जबरदस्ती में रहा
हुसियाबाद, हिंदी में लिखा जा सकता है।}

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एक चार भक्ती जीवनशैली कैसर के खिलाफ जीवनरक्षक है: आर.जी.सी.आई.आर.सी.

लुधियाना, 15 नवंबर (सावेरा) : राजीव शास्त्री कैसर इंडॉपीट एंड हिंदी रीटर्न (आर.जी.सी.आई.आर.सी.) के 2 आर्य निवेदियों ने कैसर की नाचा एवं इलाज से जुड़ी दुनिया वाली राजीवशास्त्री कैसर अब तक के साथ एक कॉमेंटेटर में हिस्सा लिया। इस कॉमेंटेटर का अभियुक्त इंडियन मैडीकल एसोसिएशन (आई.एम.ए.) लुधियाना के सहयोग से आई.एम.ए. भवन, लुधियाना में किया गया।

आर.जी.सी.आई.आर.सी. के मैडीकल ऑफिसर इस्टर्न जारी ने निवेदन एवं वकालत के बीच संबंधों पर होच्चल मिश्रित व्यवस्था प्रस्तुत किया। वहाँ आर.जी.सी.आई.आर.सी. के सेंटरल केन्द्र, हेमेटो औसीवार्ड एंड बी.एम.टी. डा. नरेंद्र अग्रवाल ने बांट कैसर प्रबंधन के लक्ष्य आयोगों पर विचार किया। कॉमेंटेटर की अभियुक्त आई.एम.ए., लुधियाना की में डा. सौरव अग्रवाल ने कहा।

विविधता परिवर्तन और रोज-रुझा जीवनरक्षक के कारण, कैसर के ममले के अलावा नहीं किया। डा. विनेता तलवार ने कहा कि परिवर्तन का रा एवं स्वस्थ्य जीवनरक्षक अपने से विशेष रूप से पंजाब जिसे राजा में कैसर के ममले को कम करने में मद्देत मिल सकती है, जहां कैसर ने भिन्नताओं का रुप में लिया है।

पुनर्मूल्यायन, बातु प्रदर्शण, सीजन के पूरे से फंटियों के कैसर की चिड़ियां में वृद्धि हो रही है। घरेलू विकास करने में जहां जीवन कंपानी का इनाम दिया जाता है, वहाँ काम करने वालों में मुक्तलांकन के कैसर का खतरा होता है।

इसी तरह पंजाब टाइम्स के संस्थापक आई.एम.ए. ने रूप निर्देश न्यायिक रूप से अधिकार का अधिकार दिखाया है। डा. विनेता तलवार ने कहा कि एक स्वस्थ जीवनरक्षक कैसर के खिलाफ जीवन रक्षक है। डा. तलवार ने कहा कि भारतीय अधिकार के आधार पर भारतीय जीवनरक्षक, कम रहे कहले आहार हमें विश्वास प्रकाश के कैसर की चोट में ले रहे हैं।

डा. नरेंद्र अग्रवाल ने कहा कि भारत में रक्षा में जुड़े कैसर के ममले कुछ कैसर के लक्ष्य 20 प्रतिशत है। सामान्य बैंड कैसर में लूकिंग, जमेसबुर्ग और मसलेंग्वार मशहूर हैं। डा. अग्रवाल के अनुसार हेमेटो- औसीवार्डों में उत्साहित प्रतीत हुई है। पारंपरिक रूप से कोई मेरी शरीर से कैसर का इल्तजा कम होना है, जबकि कुछ ममलों में बोन में ट्रांजसल का आवश्यकता होती है। अब यदि डायबेटिक और अनुरुपी बौद्धिक कैसर के उत्तरार्द्ध में अहम भूमिका निभा रहे हैं।
सराहनीय रहा कोविड के दौरान स्वास्थ्य सेवा में नर्सों का योगदान

नई दिल्ली (एसएनबी)। स्वास्थ्य सेवा का परिवृत्तत्व तेजी से बदल रहा है और इस बदलाव के बीच नर्सिंग समुदाय ही हाई-टेक और डिजिटल सेवाओं की पहुंच लोगों तक सुनिश्चित कर रहा है। कुछ दशक पहले इन स्वास्थ्य सेवाओं के बारे में लोगों ने सुना भी नहीं था। नर्सों ने कोविड महामारी के दौरान जिस सेवा भार से अपने कर्तव्य का निर्वाह किया है वह सराहनीय है।

विशेषता ने राजीव गांधी केंसर इंस्टीट्यूट एंड रिसर्च सेंटर की ओर से आयोजित वार्षिक कार्यक्रम नर्सिंग 2021 में कोविड महामारी के इस संकटकाल में नर्सों के योगदान को सराहा गया।

लेफ्टिनेंट करनल (रिटायर्ड) मधुमिता ठाकुर डायरेक्टर ऑफ नर्सिंग आर्जेजीसीआईआरसी ने कहा है कि केंसर केंडर में नर्सिंग की अनुकूलन और अपने खुद के लिए भूमिका की देखाई है। आर्जेजीसीआईआरसी के सीईओ मेघन नेगी ने कहा, "केंडर केंडर में नर्सिंग स्टाफ के अनुकूलन और आईआरसी के स्वीकार के केंडर केंडर में नर्सिंग का अहम भूमिका की देखाई है। हमने मजबूत नर्सिंग स्टाफ पर जोर दिया है।"
इसी तरह फंगल टॉक्सिन्स के संबंध में आने वालों में लिवर कैंसर का खतरा अधिक होता है। डा. तलवार ने कहा आधुनिक जीवन की वातावरणिकताओं को दांव नहीं जा सकता है, लेकिन खुद को कैंसर से बचने के लिए सावधानी बताने की जरूरत है।

पत्रकारिता की रक्षा और स्वस्थ जीवनशैली अपनाने से मिलता है काफी लाभ
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Website: www.rgcirc.org

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Mahendra Kumar Jain Marg, Niti Bagh, New Delhi - 110049
Tel.: +91 - 11 - 4582 2222, 4582 2200
Email: infosouthdelhi@rgcirc.org
Website: www.rgcirc.org