

2022

HAPPY NEW YEAR

October to December 2021

Internal Newsletter

- 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

25TH FOUNDATION DAY CELEBRATION

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.

CANCER AWARENESS PROGRAM WITH WIN OVER CANCER

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!**

CANCER AWARENESS PROGRAM WITH CHHATTISGARH ADMINISTRATION

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.**

CANCER AWARENESS PROGRAM WITH LI & FUNG INDIA

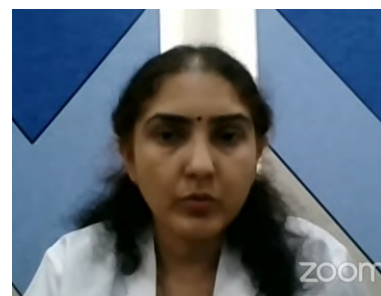
RGCIRC organized cancer awareness talk in association with Li & Fung India, Gurugram, Haryana on Thursday, 28th October 2021 on virtual platform. Dr. Leena Dadhwal, Consultant - Surgical Oncology delivered a lecture on **Cancer Awareness & Prevention.** The lecture was very well appreciated by the gathering.

CANCER AWARENESS PROGRAM WITH GEODIS INDIA PVT. LTD.

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.**

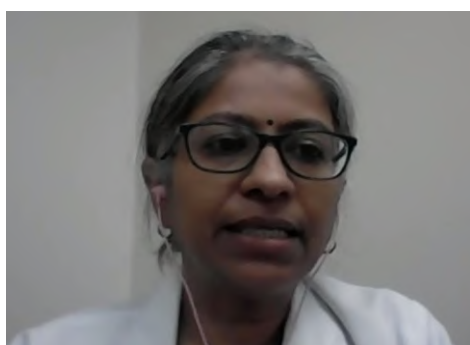
CANCER AWARENESS PROGRAM WITH BILASPUR, CHHATTISGARH ADMINISTRATION

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.**



CANCER AWARENESS PROGRAM WITH DURG, CHHATTISGARH ADMINISTRATION

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.**



CANCER AWARENESS PROGRAM WITH RAIPUR, CHHATTISGARH ADMINISTRATION

RGCIRC organized Cancer Awareness Program with Raipur 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.**

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 BASTAR, CHHATTISGARH ADMINISTRATION

RGCIRC organized 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**.

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**.

ONCOLOGY FORUM'S 4TH DMSOG MEET

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.

DIFFERENT METHODS OF INSTRUMENTS CLEANING / WASHING IN C.S.S.D. & T.S.S.U.

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 270C to 430C 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 Worm, 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 in association with Parliament Training and Research Wing at Parliament House, Delhi on Friday, 22nd October 2021.

Cancer screening camp in association with Parliament Training and Research Wing at Parliament House, Delhi on Monday, 25th October 2021.

Cancer screening camp in association with Parliament Training and Research Wing at Parliament House, Delhi on Tuesday, 26th October 2021.

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

Cancer screening camp in association with Khushii & Israel Embassy at Mukund Pur, Delhi on Monday, 15th 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 Mansarovar 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.

WELOCME 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

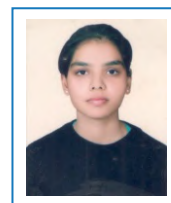
November



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. Anubhav Singh
GDA
Housekeeping Department

RGCIRC IN NEWS



THE ECONOMIC TIMES

20 Dec 2021



Rajiv Gandhi Cancer Institute
and Research Centre

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Affordable
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Faculty

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State-of-the-art
Equipment




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DelhiTimes

8 November 2021

2 DELHI TIMES, THE TIMES OF INDIA

VARIETY/LEISURE

New therapies hold promise for cancer cure: Doctors

New therapies are not only making curing cancer easier and faster, but improving the quality of life while having the least detrimental effect on the body.

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 Vineet Talwar, Director, Medical Oncology at RGCIRC, presented new vistas in cancer cure 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



Dr Sudhir K Rawal, Medical Director and Chief of Genito Uro Oncology, RGCIRC



Dr Vineet Talwar, Director, Medical Oncology, RGCIRC

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 analgesic (painkiller) drug requirement post-operation."

Dr Talwar says, "So far chemotherapy was mainly used for the treatment of cancer. Now targeted therapy and im-

munotherapy 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 main-

taining good quality of life in the patient."

"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.

Disclaimer: The views/suggestions/opinions expressed in the article are the sole responsibility of the experts.



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The Daily Guardian

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30 Sept 2021

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 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 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, oesophageal 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.

The Daily Guardian

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21 Dec 2021

EVENT

NURSICON 2021 CELEBRATES NURSES' CONTRIBUTION IN EVOLVING HEALTHCARE

CORRESPONDENT
WASHINGTON

With the healthcare scenario evolving at a fast clip, the nursing fraternity 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 organised 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



D.S. Negi addressing the gathering during Nursicon 2021.

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 that 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



Dr Gauri Kapoor & Lt. Col. Madhumita Dhall.

cancer patients is immense. "RGCIRC has always emphasised 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.

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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. 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.Phil. and other advanced degree programmes, added Dhall.



The Pioneer, 05 Oct 2021

EAT SENSIBLY



People with cancer need extra nutrition. DR VINEET TALWAR tells you how nutrition has a major role to play in

recovery from cancer and even post treatment

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.

Frequent malnutrition in cancer patients could be because of any of the four reasons including decreased dietary intake, increase in the body's diet requirements but not consuming enough, loss of nutrients 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 a patient with cancer needs approx. 2200 calories per day. However, nutrition in cancer patients is so compromised that an estimated 20 percent of people with cancer may die from the effects of malnutrition rather than cancer itself.

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.

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 starvation does not increase survival but could be detrimental due to high nutritional needs during and after therapy.

Cancer patients and conquerors 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 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 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

The Statesman

PEOPLE'S PARLIAMENT, ALWAYS IN SESSION

19 Dec 2021

NEWSFEED

Nursicon-2021



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The Statesman

www.thestatesman.com

PEOPLE'S PARLIAMENT, ALWAYS IN SESSION

03 Oct 2021

NEWSFEED

'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."



DELHI, UP

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TOP STORY

04 Oct 2021

Good nutrition is a must during treatment of cancer: RGCIRC

New Delhi

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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.

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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.

DELHI, UP www.topstoryonline www.topstorypaper.com www.facebook.com/topstorypaper

TOP STORY

19 Dec 2021

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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.

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DELHI, UP

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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 Malig-

nancies.

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.

Indian Horizon

18 Nov 2021

New perspectives in cancer care in India: RGCIRC

Delhi, 17, Nov, Two of the leading specialists from Rajiv Gandhi Cancer Institute & Research Centre (RGCIRC), 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 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.

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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.

Indian Horizon

30 Sept 2021

Good nutrition is a must during treatment of cancer: RGCIRC

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 (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% 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.

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Indian Horizon

20 Dec 2021

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.

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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.

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punjabtimes

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Punjab | 15 Nov 2021

New Perspectives In Cancer Care In India: RGCIRC

Media News

Ludhiana, November 14

English Daily **punjab times** REPORT

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.

THE

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Forecast: Sunny. Temp: Max. 22°C, Min. 11°C. Humidity: 10% Sunrise: 07:09 Sunset: 05:38

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22 Dec 2021

Nursicon 2021 dedicated to nurses' duty

HANS BUSINESS

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 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 Madhumita Dhall, Director of Nursing, RGCIRC.

ide CENTRAL Chronicle

Madhya Pradesh | 23 Dec 2021

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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

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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.)

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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.

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Art as healing brings strokes of happiness for patients in India

IANSLive

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. Premsagar, 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," Premsagar said.

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Punjab | 14 Nov 2021

8 New perspectives in cancer care in India: RGCIRC

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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.

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.

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.



Photo Credit : IANS

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.

"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.

HEALTH

Updated on: Tuesday, October 26, 2021, 09:32 AM IST

Know how patients in India are healing through art therapy

IAN S

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. Premsagar, 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.



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.

दैनिक भास्कर

देश का सबसे विश्वसनीय अखबार

Dainik Bhaskar | Noida | 18 Nov 2021

एक स्वस्थ जीवनशैली कैंसर के खिलाफ जीवन रक्षक है : आरजीसीआई

नई दिल्ली। आरजीसीआईआरसी रोहिणी के दो अहम विशेषज्ञों 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 मेडिकल ओंकोलॉजी डायरेक्टर डॉ. विनीत तलवार ने पर्यावरण और कैंसर के बीच संबंधों पर शोध आधारित व्याख्यान और आरजीसीआईआरसी के सीनियर कंसल्टेंट, हेमेटो ओंकोलॉजी एंड बीएमटी, डॉ. नरेन्द्र अग्रवाल ने ब्लड कैंसर प्रबंधन के नए आयामों पर जानकारी साझा की। डॉ. विनीत तलवार 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 चिंताजनक रूप ले लिया है। धूम्रपान, वायु प्रदूषण, डीजल के धुएं से फेफड़ों के कैंसर की घटनाओं में वृद्धि हो रही है। प्लास्टिक कारखानों में, जहां बेजीन कंपाउंड्स का उपयोग किया जाता है, वहां काम करने वालों में मूत्राशय के कैंसर का खतरा होता है। इसी तरह फंगल टॉक्सिन्स के संपर्क में

आने वालों में लिवर कैंसर का खतरा अधिक होता है। डॉ. विनीत तलवार ने कहा, आधुनिक जीवन की वास्तविकताओं को टाला नहीं जा सकता है, लेकिन खुद को कैंसर से बचाने के

लिए सावधानी बरतने की जरूरत है। डॉ. तलवार ने कहा कि मोटापा, बैठे रहने वाली जीवनशैली, कम रेशे वाले आहार हमें विभिन्न प्रकार के कैंसर की चपेट में ले रहे हैं। ऐसे में एक स्वस्थ जीवनशैली कैंसर के खिलाफ जीवन रक्षक है। डॉ. नरेन्द्र अग्रवाल ने रक्त कैंसर के प्रबंधन पर नई जानकारी साझा की। भारत में रक्त से जुड़े कैंसर के मामले कुल कैंसर के लगभग 20% हैं। सामान्यतः रक्त कैंसर में ल्यूकेमिया, लिम्फोमा और मायलोमा शामिल हैं।

दैनिक भास्कर

देश का सबसे विश्वसनीय अखबार



Dainik Bhaskar New Delhi | 04 Oct 2021

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 एडवांस्ड स्टेज के करीब 80 प्रतिशत मरीज कुपोषण के शिकार होते हैं। जिससे शरीर की गतिविधियों और इलाज के नतीजों पर दुष्प्रभाव पड़ता है। ये बातें राजीव गांधी कैंसर इंस्टीट्यूट एंड रिसर्च सेंटर (आरजीसीआईआरसी) के मेडिकल ओंकोलॉजी डायरेक्टर डॉ विनीत तलवार ने यह बात कही। कैंसर के मरीजों में कुपोषण के चार कारण होते हैं। इसमें खुराक कम हो जाना, मुंह का स्वाद खराब होने, खाने में परेशानी, कब्ज आदि के कारण, शरीर की पोषण की जरूरत बढ़ने के बावजूद पर्याप्त भोजन नहीं करना, पोषण का कम हो जाना, उल्टीए डायरिया आदि के कारण और पाचन में गड़बड़ी के कारण जैसी स्थितियां शामिल हैं।

दैनिक भास्कर

देश का सबसे विश्वस्तरीय अखबार

Dainik Bhaskar Noida | 23 Dec 2021

नर्सिकॉन 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 समुदाय ही हाई-टेक और डिजिटल सेवाओं की पहुंच लोगों तक सुनिश्चित कर रहा है। कुछ दशक पहले इन स्वास्थ्यसेवाओं के बारे में लोगों ने सुना भी नहीं था। राजीव गांधी कैंसर इंस्टीट्यूट एंड रिसर्च सेंटर की ओर से आयोजित वार्षिक कार्यक्रम नर्सिकॉन 2021 में कोविड महामारी के इस संकटकाल में नर्सों के योगदान को सराहा गया। लेफ्टिनेंट कर्नल रिटायर्ड मधुमिता ढल, डायरेक्टर ऑफ नर्सिंग आरजीसीआईआरसी ने कहा हेल्थकेयर सेक्टर में नर्सें सक्रिय योगदानकर्ता और इनोवेटर के रूप में सामने आई हैं। लंबे समय तक नर्सिंग का मतलब केवल मरीज के बेड के किनारे खड़े रहकर सेवाएं देना ही था, लेकिन अब तस्वीर बदल रही है। नर्सिंग अब इससे कहीं ज्यादा आगे है।



दैनिक जागरण

Dainik Jagran | 17 Nov 2021

दोषपूर्ण जीवनशैली से बढ़ रहे कैंसर के मामले : डा. तलवार

जागरण संवाददाता, बाहरी दिल्ली : रोहिणी स्थित राजीव गांधी कैंसर इंस्टीट्यूट एंड रिसर्च सेंटर (आरजीसीआईआरसी) के विशेषज्ञों ने कैंसर की जांच और इलाज से जुड़ी नई पद्धतियों और तरीकों पर जानकारी साझा करते कई महत्वपूर्ण बातों को साझा किया है। आरजीसीआईआरसी के मेडिकल ऑन्कोलाजी डायरेक्टर डा. विनीत



डा. विनीत तलवार • जागरण आर्काइव

तलवार ने बताया कि लगातार बिगड़ते हुए पर्यावरण और दोषपूर्ण जीवनशैली के कारण देश में कैंसर के मामले बढ़ रहे हैं। पर्यावरण की रक्षा के लिए प्रयास और स्वस्थ जीवनशैली अपनाने से कैंसर के मामलों को कम करने में मदद मिल सकती है। उन्होंने बताया कि धूमपान, वायु प्रदूषण और डीजल के धुएं से

फेफड़ों के कैंसर की घटनाओं में वृद्धि हो रही है। प्लास्टिक काखानों में बेंजीन कंपाउंड्स का उपयोग किया जाता है, वहां काम करने वालों में मूत्राशय के कैंसर का खतरा होता है। इसी तरह फंगल टॉक्सिन्स के संपर्क में आने वालों में लीवर कैंसर का खतरा अधिक होता है। आरजीसीआईआरसी में हेमेटो ओन्कोलाजी सीनियर कंसल्टेंट डा. नरेंद्र अग्रवाल ने ब्लड कैंसर से जुड़ी जानकारियों को साझा किया।

उन्होंने बताया कि देश में रक्त से जुड़े कैंसर के मामले कुल कैंसर के लगभग 20 फीसदी हैं। पारंपरिक रूप से कीमोथेरेपी से ब्लड कैंसर का इलाज किया जाता है, जबकि कुछ मामलों में बोन मैरो ट्रांसप्लांट की आवश्यकता होती है।

Pioneer | 19 Nov 2021

स्वस्थ जीवनशैली करती है कैंसर से बचाव : विशेषज्ञ

प्रायनियर समाचार सेवा। नई दिल्ली

राजीव गांधी कैंसर इंस्टीट्यूट एंड रिसर्च सेंटर (आरजीसीआईआरसी), रोहिणी नई दिल्ली, के दो अहम विशेषज्ञों 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 स्वास्थ्य जीवनशैली महत्वपूर्ण है।

आरजीसीआईआरसी के मेडिकल ओंकोलॉजी डायरेक्टर डॉ. विनीत तलवार ने पर्यावरण और कैंसर के बीच संबंधों पर शोध आधारित व्याख्यान और आरजीसीआईआरसी के सीनियर कंसल्टेंट, हेमेटो ओंकोलॉजी एंड बीएमटी, डॉ. नरेंद्र अग्रवाल ने ब्लड कैंसर प्रबंधन के नए आयामों पर जानकारी साझा की।

डॉ. विनीत तलवार ने कहा कि, बिगड़ते पर्यावरण और दोषपूर्ण जीवनशैली के कारण देश में कैंसर के

● **राजीव गांधी कैंसर इंस्टीट्यूट एंड रिसर्च सेंटर में बीमारी की जांच व इलाज के बारे में दी जानकारी**

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 चिंताजनक रूप ले लिया है। धूम्रपान, वायु प्रदूषण, डीजल के धुएं से फेफड़ों के कैंसर की घटनाओं में वृद्धि हो रही है। प्लास्टिक कारखानों में, जहां बेंजीन कंपाउंड्स का उपयोग किया जाता है, वहां काम करने वालों में मूत्राशय के कैंसर का खतरा होता है। इसी तरह फंगल टॉक्सिन्स के संपर्क में आने वालों में लिवर कैंसर का खतरा अधिक होता है। डॉ. नरेंद्र अग्रवाल ने रक्त कैंसर के प्रबंधन पर नई जानकारी साझा की।

पंजाब केसरी

युवा भारत युवा अखबार
PunjabKesari.com PunjabKesari.com @punjabkesaricom

Punjab Kesari | Punjab | 17 Nov 2021

एक स्वस्थ जीवनशैली कैंसर के खिलाफ जीवन रक्षक

लुधियाना, 16 नवम्बर(स.ह.): राजीव गांधी कैंसर इंस्टीच्यूट एंड रिसर्च सेंटर के 2 अहम विशेषज्ञों ने कैंसर की जांच एवं इलाज से जुड़ी नई पद्धतियों, इनोवेशन और तरीकों पर लुधियाना के डॉक्टरों के साथ हुए कॉन्क्लेव हुआ। मैडीकल ऑन्कोलॉजी डायरेक्टर डॉ. विनीत तलवार ने पर्यावरण और कैंसर के बीच संबंधों पर शोध आधारित व्याख्यान प्रस्तुत किया। वहीं सीनियर कंसल्टेंट, हेमेटो ऑन्कोलॉजी एंड बी.एम.टी., डॉ. नरेन्द्र अग्रवाल ने ब्लड कैंसर प्रबंधन के नए आयामों पर विचार रखे। कॉन्क्लेव की अध्यक्षता आई.एम.ए. लुधियाना की प्रेसिडेंट डॉ. सरोज अग्रवाल ने की।

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।

पंजाब केसरी

Punjab Kesari | 22 Dec 2021

‘कोरोना काल में नर्सों का योगदान रहा अहम’



नई दिल्ली, (पंजाब केसरी): स्वास्थ्य सेवा का परिदृश्य तेजी से बदल रहा है और इस बदलाव के बीच नर्सिंग समुदाय ही हाइटेक 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। राजीव गांधी कैंसर इंस्टीच्यूट एंड रिसर्च सेंटर की ओर से आयोजित वार्षिक कार्यक्रम नर्सिकॉन 2021 में कोविड महामारी के इस संकट काल में नर्सों के योगदान को सराहा गया। लेफ्टिनेंट कर्नल (रिटायर्ड) मधुमिता ढल, डायरेक्टर ऑफ नर्सिंग आरजीसीआईआरसी ने कहा कि, 'हेल्थकेयर सेक्टर में नर्सें सक्रिय योगदानकर्ता और इनोवेटर के रूप में सामने आई हैं। लंबे समय तक नर्सिंग का मतलब केवल मरीज के बेड के किनारे खड़े रहकर सेवाएं देना ही था, लेकिन अब तस्वीर बदल रही है। नर्सिंग अब इससे कहीं ज्यादा आगे है।' आज हेल्थकेयर सेक्टर में इन्फॉर्मेशन एवं डिजिटल टेक्नोलॉजी अहम हो गई है। नर्सों ने अपना कौशल विकास करते हुए खुद को टेक्नोलॉजी के अनुकूल न केवल ढाला है, बल्कि खुद को टेक्नोलॉजी के अनुरूप खुद को आगे बढ़ाया है।

नवोदय टाइम्स

Navodaya Times | 23 Dec 2021

नर्सों के योगदान को सराहा किया गया सम्मानित

नई दिल्ली, 22 दिसम्बर (नवोदय टाइम्स): कोरोना काल में डॉक्टरों ने जहां बढ़-चढ़कर सेवा दी, वहीं नर्सों ने भी दिन रात एक कार दिया। नर्सों की सेवा की सराहना और उनको सम्मान देने के लिए राजीव गांधी कैंसर इंस्टीट्यूट एंड रिसर्च सेंटर की ओर से आयोजित नर्सिकॉन 2021 का आयोजन किया गया।

डायरेक्टर ऑफ नर्सिंग लेफ्टिनेंट कर्नल (रिटायर्ड) मधुमिता ढल ने इस अवसर पर कहा कि हेल्थकेयर सेक्टर में नर्सों सक्रिय योगदानकर्ता और इनोवेटर के रूप में सामने आई हैं। लंबे समय तक नर्सिंग का मतलब केवल मरीज के बेड के किनारे खड़े रहकर



सेवाएं देना ही था लेकिन अब तस्वीर बदल रही है। सीईओ डीएस नेगी ने कहा कि मजबूत नर्सिंग स्टाफ पर जोर दिया है। इस समय हमारे पास विशेष रूप से प्रशिक्षित 700 से ज्यादा नर्सों हैं। इसके साथ ही हमारे रोबोटिक इलाज में मदद के लिए 18 प्रशिक्षित रोबोटिक नर्स भी हैं।



ਪੰਜਾਬੀ ਜਾਗਰਣ

ਆਰਜੀਸੀਆਈਆਰਸੀ ਨੇ ਕਰਵਾਇਆ ਸੰਮੇਲਨ ਪੱਤਰ ਪ੍ਰੇਰਕ, ਲੁਧਿਆਣਾ

: ਰਾਜੀਵ ਰਾਧੀ ਕੈਂਸਰ
ਇੰਸਟੀਚਿਊਟ ਐਂਡ ਰਿਸਰਚ ਸੈਂਟਰ
(ਆਰਜੀਸੀਆਈਆਰਸੀ) ਦੇ ਦੋ
ਪ੍ਰਮੁੱਖ ਮਾਹਿਰ ਲੁਧਿਆਣਾ ਵਿਖੇ
ਸ਼ਹਿਰ ਦੇ ਡਾਕਟਰਾਂ ਨਾਲ ਕੈਂਸਰ ਦੇ
ਨਵੇਂ ਇਲਾਜ, ਖੋਜ ਅਤੇ ਇਲਾਜ
ਦੇ ਤਰੀਕਿਆਂ ਬਾਰੇ ਸੰਮੇਲਨ ਕਰਨ
ਲਈ ਪਹੁੰਚੇ। ਡਾ. ਵਿਨੀਤ ਤਲਵਾੜ,
ਡਾਇਰੈਕਟਰ ਆਰਜੀਸੀਆਈਆਰਸੀ
ਵਿਖੇ ਮੈਡੀਕਲ ਓਨਕੋਲੋਜੀ ਨੇ
ਵਾਤਾਵਰਨ ਅਤੇ ਕੈਂਸਰ 'ਤੇ ਖੋਜੀ
ਭਾਸ਼ਣ ਪੇਸ਼ ਕੀਤਾ, ਜਦੋਂ ਕਿ
ਆਰਜੀਸੀਆਈਆਰਸੀ ਵਿਖੇ ਡਾ.
ਨਰਿੰਦਰ ਅਗਰਵਾਲ, ਸੀਨੀਅਰ
ਕੰਸਲਟੈਂਟ ਹੋਮਾਟੋ ਓਨਕੋਲੋਜੀ
ਅਤੇ ਬੀਐੱਮਟੀ ਨੇ ਹੋਮਾਟੋਲੋਜੀਕਲ
ਨੁਕਸਾਨਦੇਹ ਦੇ ਪ੍ਰਬੰਧਨ ਬਾਰੇ ਨਵੀਂ
ਜਾਣਕਾਰੀ ਸਾਂਝੀ ਕੀਤੀ। ਇਸ
ਸੰਮੇਲਨ ਦੀ ਪ੍ਰਧਾਨਗੀ ਡਾ. ਸਰੋਜ
ਅਗਰਵਾਲ, ਪ੍ਰਧਾਨ ਆਈਐੱਮਏ
ਲੁਧਿਆਣਾ ਨੇ ਕੀਤੀ।



दैनिक जागरण

Dainik Jagran | 24 Dec 2021

‘नर्सों का योगदान सराहनीय’

जासं, गहरी दिल्ली : राजीव गांधी कैंसर इंस्टीट्यूट एंड रिसर्च सेंटर की ओर से वार्षिक नर्सिकान 2021 का आयोजन किया गया। इसके अंतर्गत स्वास्थ्य सेवा के क्षेत्र में नर्सों के योगदान पर चर्चा की गई और कोरोना काल में नर्सों की भूमिका और योगदान की सराहना की गई। इस मौके पर सेवानिवृत्त लेफ्टिनेंट कर्नल और रिसर्च सेंटर में नर्सिंग की डायरेक्टर मधुमिता ढल ने कहा कि स्वास्थ्य सेवा के क्षेत्र में नर्सें सक्रिय योगदान देने वाली और इनोवेटर के रूप में सामने आई हैं। उन्होंने कहा कि लंबे समय तक

नर्सिंग का मतलब केवल मरीज के बेड के किनारे खड़े रहकर सेवाएं देना ही था, लेकिन अब तस्वीर बदल रही है। नर्सिंग अब इससे कहीं ज्यादा आगे है। आज हेल्थकेयर सेक्टर में सूचना और डिजिटल तकनीक अहम हो गई है। ऐसे में नर्सों ने अपना कौशल विकास करते हुए खुद को तकनीक के अनुकूल ढाला है और खुद को खुद को आगे बढ़ाया है। कैंसर अस्पतालों में नर्सों की विशेष भूमिका का उल्लेख करते हुए उन्होंने कहा कि अन्य बीमारियों की तुलना में कैंसर के मरीजों की देखभाल बहुत अलग है।

आज समाज

www.aajsamaj.com

Aj Samaj | Delhi NCR Front Page | 23 Dec 2021

सम्मेलन

कैंसर के इलाज की नई टेक्नोलॉजी और थेरेपी पर जानकारी साझा की

कैंसर इलाज की नई पद्धतियों से बढ़ी है उम्मीद

आज समाज नेटवर्क

कैथल। नई पद्धतियों ने कैंसर के इलाज की दिशा में उम्मीद बढ़ाई है। इनसे एडवांस्ड स्टेज के कैंसर के मामलों में भी इलाज की उम्मीद बढ़ी है। इन थेरेपी से न केवल कैंसर का इलाज आसान हुआ है, बल्कि मरीज ठीक भी जल्दी होता है और सर्वाइवल रेट भी बढ़ जाता है। नई दिल्ली स्थित राजीव गांधी कैंसर इंस्टीट्यूट एंड रिसर्च सेंटर (आरजीसीआईआरसी) के कैंसर विशेषज्ञों ने इंडियन मेडिकल एसोसिएशन, कैथल द्वारा आयोजित डॉक्टरों के सम्मेलन में कैंसर के विभिन्न प्रकार के इलाज की नई टेक्नोलॉजी और थेरेपी पर जानकारी साझा की। आरजीसीआईआरसी के मेडिकल ऑन्कोलॉजी कंसल्टेंट डॉ. पंकज गोयल ने स्तन कैंसर के एडवांस्ड स्टेज के इलाज से जुड़े नए



तथ्यों पर बात की, जबकि ऑर्थोपेडिक ऑन्कोलॉजी कंसल्टेंट डॉ. हिमांशु रोहेला ने सारकोमा यानी हड्डियों के कैंसर के नए इलाज की जानकारी साझा की। डॉ. पंकज गोयल ने बताया कि टारगेटेड थेरेपी स्तन कैंसर के इलाज की दिशा में आशीर्वाद की तरह सामने आई हैं, जिनमें स्तन कैंसर के स्टेज-4 में भी सफलतापूर्वक इलाज की संभावना रहती है। इन थेरेपी को इंजेक्शन या टेबलेट के माध्यम से दिया

जाता है। पहले की इलाज की पद्धतियां ब्रेन मेटास्टेसिस (वह स्थिति जिसमें कैंसर की कोशिकाएं मूल स्थान से फैलते हुए दिमाग तक पहुंच जाती हैं) के मामले में बहुत कम कारगर थीं। अब ऐसे बहुत से मामलों में सर्जरी या रेडिएशन की जरूरत नहीं रहती है। नई थेरेपी से दिमाग तक कैंसर के फैलने की आशंका भी बहुत कम हो जाती है। आर्थोपेडिक ऑन्कोलॉजी कंसल्टेंट डॉ. हिमांशु रोहेला ने इस दौरान

आरजीसीआईआरसी में इस्तेमाल होने वाले इलाज के तरीकों को प्रस्तुत किया। इन तरीकों में कैंसर प्रभावित अंगों को बहुत ज्यादा नुकसान पहुंचाए बिना ही इलाज करना संभव होता है। इनमें मेगाप्रोस्थेसिस, टोटल फीमर रिप्लेसमेंट और पेल्विक बोन रिप्लेसमेंट शामिल हैं। उन्होंने लिक्विड नाइट्रोजन थेरेपी का भी विशेष तौर पर उल्लेख किया। यह एक सुपर स्पेशियलिटी थेरेपी है। देश में इसकी उपलब्धता बहुत कम है, लेकिन हड्डियों के कैंसर के मामले में इसके नतीजे बहुत उत्साहजनक मिले हैं। इस थेरेपी के तहत द्यूमर बोन को हटा दिया जाता है और उसे लिक्विड नाइट्रोजन में डुबोया जाता है। लिक्विड नाइट्रोजन द्यूमर को खत्म करता है, लेकिन हड्डियों को नुकसान नहीं पहुंचाता है। यह थेरेपी सस्ती भी होती है।

ਪੰਜਾਬੀਆਂ ਦਾ ਤਰਜਮਾਨ

ਸਥਾਪਿਤ 1920

ਅਕਾਲੀ ਪੱਤ੍ਰਕਾ

Akali Patrika, Jalandhar

ਜਲੰਧਰ

Akali Patrika | Punjab | 15 Nov 2021

ਰਾਜੀਵ ਗਾਂਧੀ ਕੈਂਸਰ ਇੰਸਟੀਚਿਊਟ ਐਂਡ ਰਿਸਰਚ ਸੈਂਟਰ ਦੇ ਦੋ ਪ੍ਰਮੁੱਖ ਮਾਹਿਰਾਂ ਮੁਤਾਬਿਕ ਇਕ ਸਿਹਤਮੰਦ ਜੀਵਨਸ਼ੈਲੀ ਕੈਂਸਰ ਖਿਲਾਫ ਜੀਵਨ ਰਖਿਅਕ

ਲੁਧਿਆਣਾ, 14 ਨਵੰਬਰ (ਮੀਡੀਆ ਨਿਊਜ਼)—ਰਾਜੀਵ ਗਾਂਧੀ ਕੈਂਸਰ ਇੰਸਟੀਚਿਊਟ ਐਂਡ ਰਿਸਰਚ ਸੈਂਟਰ (ਆਰ.ਜੀ.ਸੀ.ਆਈ.ਆਰ.ਸੀ.), ਦੇ ਦੋ ਪ੍ਰਮੁੱਖ ਮਾਹਿਰ ਲੁਧਿਆਣਾ ਵਿਖੇ ਸਹਿਰ ਦੇ ਡਾਕਟਰਾਂ ਨਾਲ ਕੈਂਸਰ ਦੇ ਨਵੇਂ

ਇਲਾਜ, ਖੋਜ ਅਤੇ ਇਲਾਜ ਦੇ ਤਰੀਕਿਆਂ ਬਾਰੇ ਇੱਕ ਸੰਮੇਲਨ ਆਯੋਜਿਤ ਕਰਨ ਲਈ ਪਹੁੰਚੇ। ਕੰਨਕਲੇਵ ਇੰਡੀਅਨ ਮੈਡੀਕਲ ਐਸੋਸੀਏਸ਼ਨ (ਆਈਐਮਏ) ਲੁਧਿਆਣਾ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਆਈਐਮਏ ਭਵਨ ਲੁਧਿਆਣਾ ਵਿਖੇ ਕੰਟੀਨਿਊਇੰਗ ਮੈਡੀਕਲ

ਐਜੂਕੇਸ਼ਨ (ਸੀਐਮਈ) ਲੜੀ ਤਹਿਤ ਆਯੋਜਿਤ ਕੀਤਾ ਗਿਆ। ਡਾ: ਵਿਨੀਤ ਤਲਵਾਰ, ਡਾਇਰੈਕਟਰ - ਆਰਜੀਸੀਆਈਆਰਸੀ ਵਿਖੇ ਮੈਡੀਕਲ ਓਨਕੋਲੋਜੀ ਨੇ ਵਾਤਾਵਰਣ ਅਤੇ ਕੈਂਸਰ 'ਤੇ ਚੰਗੀ ਤਰਾਂ ਖੋਜੀ ਭਾਸਣ ਪੇਸ਼ ਕੀਤਾ ਜਦੋਂ ਕਿ ਆਰਜੀਸੀਆਈਆਰਸੀ ਵਿਖੇ ਡਾ: ਨਰਿੰਦਰ

ਅਗਰਵਾਲ, ਸੀਨੀਅਰ ਕੰਸਲਟੈਂਟ - ਹੋਮਾਟੋ ਓਨਕੋਲੋਜੀ ਅਤੇ ਬੀਐਮਟੀ ਨੇ ਹੋਮਾਟੋਲੋਜੀਕਲ ਨੁਕਸਾਨਦੇਹ ਦੇ ਪ੍ਰਬੰਧਨ ਬਾਰੇ ਨਵੀਂ ਜਾਣਕਾਰੀ ਸਾਂਝੀ ਕੀਤੀ। ਇਸ ਸੰਮੇਲਨ ਦੀ ਪ੍ਰਧਾਨਗੀ ਡਾ: ਸਰੋਜ ਅਗਰਵਾਲ, ਪ੍ਰਧਾਨ ਆਈਐਮਏ. ਲੁਧਿਆਣਾ ਨੇ

ਕੀਤੀ। ਵਾਤਾਵਰਨ ਵਿੱਚ ਵਿਗਾੜ ਅਤੇ ਨੁਕਸਦਾਰ ਜੀਵਨ ਸ਼ੈਲੀ ਦੇਸ਼ ਵਿੱਚ ਕੈਂਸਰ ਦੀਆਂ ਘਟਨਾਵਾਂ ਵਿੱਚ ਵਾਧਾ ਕਰਨ ਦਾ ਕਾਰਨ ਬਣ ਰਹੀ ਹੈ। ਡਾ: ਵਿਨੀਤ ਤਲਵਾਰ ਨੇ ਕਿਹਾ ਕਿ ਵਾਤਾਵਰਨ ਦੀ ਸੁਰੱਖਿਆ ਅਤੇ ਸਿਹਤਮੰਦ ਜੀਵਨ ਸ਼ੈਲੀ ਅਪਣਾਉਣ

ਨਾਲ ਕੈਂਸਰ ਦੇ ਮਾਮਲਿਆਂ ਨੂੰ ਘੱਟ ਕਰਨ ਵਿੱਚ ਮਦਦ ਮਿਲ ਸਕਦੀ ਹੈ, ਖਾਸ ਤੌਰ 'ਤੇ ਪੰਜਾਬ ਵਰਗੇ ਰਾਜ ਵਿੱਚ ਜਿੱਥੇ ਕੈਂਸਰ ਚਿੰਤਾਜਨਕ ਅਨੁਪਾਤ ਵਿੱਚ ਹੈ। ਸਿਗਰਟਨੋਸੀ, ਹਵਾ ਪ੍ਰਦੂਸਣ, ਡੀਜਲ ਦੇ ਧੂੰਏਂ ਕਾਰਨ ਫੇਫੜਿਆਂ ਦੇ ਕੈਂਸਰ ਦੀਆਂ ਘਟਨਾਵਾਂ ਵਿੱਚ ਵਾਧਾ ਹੋ ਰਿਹਾ ਹੈ।



डेली हिन्दी मिलाप

Daily Hindi Milap | Punjab | 16 Nov 2021

एक स्वस्थ जीवनशैली कैंसर के खिलाफ जीवन रक्षक है- आरजीसीआईआरसी

लुधियाना, 14 नवंबर: 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 ओन्कोलॉजी डायरेक्टर डॉ. विनीत तलवार ने पर्यावरण और कैंसर के बीच संबंधों पर शोध आधारित व्याख्यान प्रस्तुत किया। वहीं आरजीसीआईआरसी के सीनियर कंसल्टेंट, हेमेटो ओन्कोलॉजी एंड बीएमटी, डॉ. नरेन्द्र 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। धूम्रपान, वायु प्रदूषण, डीजल के धुएं से फेफड़ों के कैंसर की घटनाओं में वृद्धि हो रही है। प्लास्टिक कारखानों में, जहां बेंजीन कंपाउंड्स का उपयोग किया जाता है, वहां काम करने वालों में मूत्राशय के कैंसर का खतरा होता है। इसी तरह फंगल टॉक्सिन्स के संपर्क में आने वालों में लिवर कैंसर का खतरा अधिक होता है।

ਹੱਕੀਮਸ਼ਾਹ ਦਾ

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ਪਹਿਰੇਦਾਰ

Daily Pehredar | Punjab | 17 Nov 2021

ਰਾਜੀਵ ਗਾਂਧੀ ਕੈਂਸਰ ਇੰਸਟੀਚਿਊਟ ਐਂਡ ਰਿਸਰਚ ਸੈਂਟਰ ਦੇ ਦੋ ਪ੍ਰਮੁੱਖ ਮਾਹਿਰਾਂ ਮੁਤਾਬਿਕ ਇਕ ਸਿਹਤਮੰਦ ਜੀਵਨਸ਼ੈਲੀ ਕੈਂਸਰ ਖਿਲਾਫ ਜੀਵਨ ਰਖਿਅਕ

ਪਹਿਰੇਦਾਰ

ਲੁਧਿਆਣਾ, ੧੬ ਨਵੰਬਰ (ਸੱਚਦੇਵਾ): ਰਾਜੀਵ

ਗਾਂਧੀ ਕੈਂਸਰ ਇੰਸਟੀਚਿਊਟ ਐਂਡ ਰਿਸਰਚ ਸੈਂਟਰ (ਆਰ.ਜੀ.ਸੀ.ਆਈ.ਆਰ.ਸੀ.), ਦੇ ਦੋ ਪ੍ਰਮੁੱਖ ਮਾਹਿਰ ਲੁਧਿਆਣਾ ਵਿਖੇ ਸਹਿਰ ਦੇ ਡਾਕਟਰਾਂ ਨਾਲ ਕੈਂਸਰ ਦੇ ਨਵੇਂ ਇਲਾਜ, ਖੋਜ ਅਤੇ ਇਲਾਜ ਦੇ ਤਰੀਕਿਆਂ ਬਾਰੇ ਇੱਕ ਸੰਮੇਲਨ ਆਯੋਜਿਤ ਕਰਨ ਲਈ ਪਹੁੰਚੇ। ਕੰਨਕਲੇਵ ਇੰਡੀਅਨ ਮੈਡੀਕਲ ਐਸੋਸੀਏਸ਼ਨ (ਆਈਐਮਏ) ਲੁਧਿਆਣਾ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਆਈਐਮਏ ਭਵਨ ਲੁਧਿਆਣਾ ਵਿਖੇ ਕੰਟੀਨਿਊਇੰਗ ਮੈਡੀਕਲ ਐਜੂਕੇਸ਼ਨ (ਸੀਐਮਏ) ਲੜੀ ਤਹਿਤ ਆਯੋਜਿਤ ਕੀਤਾ ਗਿਆ। ਡਾ: ਵਿਨੀਤ ਤਲਵਾਰ, ਡਾਇਰੈਕਟਰ - ਆਰਜੀਸੀਆਈਆਰਸੀ ਵਿਖੇ ਮੈਡੀਕਲ ਓਨਕੋਲੋਜੀ ਨੇ ਵਾਤਾਵਰਣ ਅਤੇ ਕੈਂਸਰ 'ਤੇ ਚੰਗੀ ਤਰ੍ਹਾਂ ਖੋਜੀ ਭਾਸਣ ਪੇਸ਼ ਕੀਤਾ ਜਦੋਂ ਕਿ ਆਰਜੀਸੀਆਈਆਰਸੀ ਵਿਖੇ ਡਾ: ਨਰਿੰਦਰ ਅਗਰਵਾਲ, ਸੀਨੀਅਰ ਕੰਸਲਟੈਂਟ - ਹੋਮਾਟੋ ਓਨਕੋਲੋਜੀ ਅਤੇ ਬੀਐਮਟੀ ਨੇ ਹੋਮਾਟੋਲੋਜੀਕਲ ਨੁਕਸਾਨਦੇਹ ਦੇ ਪ੍ਰਬੰਧਨ ਬਾਰੇ ਨਵੀਂ ਜਾਣਕਾਰੀ ਸਾਂਝੀ ਕੀਤੀ। ਇਸ ਸੰਮੇਲਨ ਦੀ ਪ੍ਰਧਾਨਗੀ ਡਾ: ਸਰੋਜ ਅਗਰਵਾਲ, ਪ੍ਰਧਾਨ ਆਈਐਮਏ. ਲੁਧਿਆਣਾ ਨੇ ਕੀਤੀ। ਵਾਤਾਵਰਣ ਵਿੱਚ ਵਿਗਾੜ ਅਤੇ ਨੁਕਸਦਾਰ ਜੀਵਨ ਸ਼ੈਲੀ ਦੇਸ਼ ਵਿੱਚ ਕੈਂਸਰ ਦੀਆਂ ਘਟਨਾਵਾਂ ਵਿੱਚ ਵਾਧਾ ਕਰਨ ਦਾ ਕਾਰਨ ਬਣ ਰਹੀ ਹੈ। ਡਾ: ਵਿਨੀਤ ਤਲਵਾਰ ਨੇ ਕਿਹਾ ਕਿ ਵਾਤਾਵਰਣ ਦੀ ਸੁਰੱਖਿਆ ਅਤੇ ਸਿਹਤਮੰਦ ਜੀਵਨ ਸ਼ੈਲੀ ਅਪਣਾਉਣ ਨਾਲ ਕੈਂਸਰ ਦੇ ਮਾਮਲਿਆਂ ਨੂੰ ਘੱਟ ਕਰਨ ਵਿੱਚ ਮਦਦ ਮਿਲ ਸਕਦੀ ਹੈ, ਖਾਸ ਤੌਰ 'ਤੇ ਪੰਜਾਬ ਵਰਗੇ ਰਾਜ ਵਿੱਚ ਜਿੱਥੇ ਕੈਂਸਰ ਚਿੰਤਾਜਨਕ ਅਨੁਪਾਤ ਵਿੱਚ ਹੈ। ਇੱਕ ਸਿਹਤਮੰਦ ਜੀਵਨ ਸ਼ੈਲੀ ਕੈਂਸਰ ਦੇ ਵਿਰੁੱਧ ਇੱਕ ਜੀਵਨ ਬਚਾਉਣ ਵਾਲਾ ਹੈ। ਡਾ: ਤਲਵਾਰ ਨੇ ਕਿਹਾ ਕਿ ਮੋਟਾਪਾ, ਸੌਣ ਵਾਲੀ ਜੀਵਨ ਸ਼ੈਲੀ, ਘੱਟ ਮੋਟਾਪੇ ਵਾਲੀ ਖੁਰਾਕ ਸਾਨੂੰ ਵੱਖ-ਵੱਖ ਤਰ੍ਹਾਂ ਦੇ ਕੈਂਸਰ ਦਾ ਸਕਿਅਰ ਬਣਾ ਰਹੀ ਹੈ। ਡਾ: ਨਰਿੰਦਰ ਅਗਰਵਾਲ ਨੇ ਬਲੱਡ ਕੈਂਸਰ ਦੇ ਪ੍ਰਬੰਧਨ ਬਾਰੇ ਨਵੀਂ ਜਾਣਕਾਰੀ ਸਾਂਝੀ ਕੀਤੀ ਜੋ ਭਾਰਤ ਵਿੱਚ ਕੁੱਲ ਕੈਂਸਰਾਂ ਦਾ ਲਗਭਗ 20% ਹੈ। ਆਮ ਖੂਨ ਦੇ ਕੈਂਸਰਾਂ ਵਿੱਚ ਲਿਊਕੇਮੀਆ, ਲਿਮਫੋਮਾ ਅਤੇ ਮਾਈਲੋਮਾ ਸ਼ਾਮਲ ਹਨ। ਡਾ: ਅਗਰਵਾਲ ਦੇ ਅਨੁਸਾਰ, ਹੋਮਾਟੋ-ਆਨਕੋਲੋਜੀ ਵਿੱਚ ਕੁਝ ਮਾਰਗ ਤੋੜਨ ਵਾਲੀਆਂ ਤਰੱਕੀਆਂ ਹੋਈਆਂ ਹਨ। ਬਲੱਡ ਕੈਂਸਰ ਦਾ ਰਵਾਇਤੀ ਤੌਰ 'ਤੇ ਕੀਮੋਥੇਰੇਪੀ ਨਾਲ ਇਲਾਜ ਕੀਤਾ ਜਾਂਦਾ ਹੈ ਜਦਕਿ ਕੁਝ ਨੂੰ ਬੋਨ ਮੈਰੋ ਟ੍ਰਾਂਸਪਲਾਂਟ ਦੀ ਲੋੜ ਹੁੰਦੀ ਹੈ।

ਪੰਜਾਬ ਟਾਈਮਜ਼

Daily Punjab Times | Punjab | 15 Nov 2021

ਰਾਜੀਵ ਗਾਂਧੀ ਕੈਂਸਰ ਇੰਸਟੀਚਿਊਟ ਐਂਡ ਰਿਸਰਚ ਸੈਂਟਰ ਦੇ ਦੋ ਪ੍ਰਮੁੱਖ ਮਾਹਿਰਾਂ ਮੁਤਾਬਿਕ ਸਿਹਤਮੰਦ ਜੀਵਨਸ਼ੈਲੀ ਕੈਂਸਰ ਖਿਲਾਫ ਜੀਵਨ ਰੱਖਿਅਕ

ਲੁਧਿਆਣਾ, 14 ਨਵੰਬਰ (ਮੀਡੀਆ ਨਿਊਜ਼- ਰਾਜੀਵ ਗਾਂਧੀ ਕੈਂਸਰ ਇੰਸਟੀਚਿਊਟ ਐਂਡ ਰਿਸਰਚ ਸੈਂਟਰ (ਆਰ.ਜੀ.ਸੀ. ਆਈ.ਆਰ.ਸੀ.), ਦੇ ਦੋ ਪ੍ਰਮੁੱਖ ਮਾਹਿਰ ਲੁਧਿਆਣਾ ਵਿਖੇ ਸਹਿਰ ਦੇ ਡਾਕਟਰਾਂ ਨਾਲ ਕੈਂਸਰ ਦੇ ਨਵੇਂ ਇਲਾਜ, ਖੋਜ ਅਤੇ ਇਲਾਜ ਦੇ ਤਰੀਕਿਆਂ ਬਾਰੇ ਇੱਕ ਸੰਮੇਲਨ ਆਯੋਜਿਤ ਕਰਨ ਲਈ ਪਹੁੰਚੇ। ਕੰਨਕਲੇਵ ਇੰਡੀਅਨ ਮੈਡੀਕਲ ਐਸੋਸੀਏਸ਼ਨ (ਆਈਐਮਏ) ਲੁਧਿਆਣਾ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਆਈਐਮਏ ਭਵਨ ਲੁਧਿਆਣਾ ਵਿਖੇ ਕੰਟੀਨਿਊਇੰਗ ਮੈਡੀਕਲ ਐਜੂਕੇਸ਼ਨ (ਸੀਐਮਏ) ਲੜੀ ਤਹਿਤ ਆਯੋਜਿਤ ਕੀਤਾ ਗਿਆ। ਡਾ: ਵਿਨੀਤ ਤਲਵਾਰ, ਡਾਇਰੈਕਟਰ - ਆਰਜੀਸੀਆਈ ਆਰਸੀ ਵਿਖੇ ਮੈਡੀਕਲ ਓਨਕੋਲੋਜੀ ਨੇ ਵਾਤਾਵਰਣ ਅਤੇ ਕੈਂਸਰ 'ਤੇ ਚੰਗੀ ਤਰ੍ਹਾਂ ਖੋਜੀ ਭਾਸ਼ਣ ਪੇਸ਼ ਕੀਤਾ ਜਦੋਂ ਕਿ ਆਰਜੀਸੀਆਈਆਰਸੀ ਵਿਖੇ ਡਾ: ਨਰਿੰਦਰ ਅਗਰਵਾਲ, ਸੀਨੀਅਰ ਕੰਸਲਟੈਂਟ - ਹੋਮਾਟੋ



ਓਨਕੋਲੋਜੀ ਅਤੇ ਬੀਐਮਟੀ ਨੇ ਹੋਮਾਟੋਲੋਜੀਕਲ ਨੁਕਸਾਨਦੇਹ ਦੇ ਪ੍ਰਬੰਧਨ ਬਾਰੇ ਨਵੀਂ ਜਾਣਕਾਰੀ ਸਾਂਝੀ ਕੀਤੀ। ਇਸ ਸੰਮੇਲਨ ਦੀ ਪ੍ਰਧਾਨਗੀ ਡਾ: ਸਰੋਜ ਅਗਰਵਾਲ, ਪ੍ਰਧਾਨ ਆਈਐਮਏ. ਲੁਧਿਆਣਾ ਨੇ ਕੀਤੀ। ਵਾਤਾਵਰਣ ਵਿੱਚ ਵਿਗਾੜ ਅਤੇ ਨੁਕਸਦਾਰ ਜੀਵਨ ਸ਼ੈਲੀ ਦੇਸ਼ ਵਿੱਚ ਕੈਂਸਰ ਦੀਆਂ ਘਟਨਾਵਾਂ ਵਿੱਚ ਵਾਧਾ ਕਰਨ ਦਾ ਕਾਰਨ ਬਣ ਰਹੀ ਹੈ। ਡਾ: ਵਿਨੀਤ ਤਲਵਾਰ ਨੇ ਕਿਹਾ ਕਿ ਵਾਤਾਵਰਣ ਦੀ ਸੁਰੱਖਿਆ ਅਤੇ ਸਿਹਤਮੰਦ ਜੀਵਨ ਸ਼ੈਲੀ ਅਪਣਾਉਣ ਨਾਲ ਕੈਂਸਰ ਦੇ ਮਾਮਲਿਆਂ ਨੂੰ ਘੱਟ ਕਰਨ ਵਿੱਚ ਮਦਦ ਮਿਲ ਸਕਦੀ ਹੈ, ਖਾਸ ਤੌਰ 'ਤੇ

ਪੰਜਾਬ ਵਰਗੇ ਰਾਜ ਵਿੱਚ ਜਿੱਥੇ ਕੈਂਸਰ ਚਿੰਤਾਜਨਕ ਅਨੁਪਾਤ ਵਿੱਚ ਹੈ। ਸਿਗਰਟਨੋਸੀ, ਹਵਾ ਪ੍ਰਦੂਸ਼ਣ, ਡੀਜਲ ਦੇ ਪ੍ਰਦੂਸ਼ਿਤ ਕਾਰਨ ਫੇਫੜਿਆਂ ਦੇ ਕੈਂਸਰ ਦੀਆਂ ਘਟਨਾਵਾਂ ਵਿੱਚ ਵਾਧਾ ਹੋ ਰਿਹਾ ਹੈ। ਜਿਹੜੇ ਲੋਕ ਪਲਾਸਟਿਕ ਦੀਆਂ ਫੈਕਟਰੀਆਂ ਵਿੱਚ ਕੰਮ ਕਰਦੇ ਹਨ ਜਿੱਥੇ ਬੈਂਜੀਨ ਮਿਸ਼ਰਣ ਵਰਤੇ ਜਾਂਦੇ ਹਨ, ਉਨ੍ਹਾਂ ਨੂੰ ਪਿਸਾਬ ਬਲੈਡਰ ਦੇ ਕੈਂਸਰ ਦਾ ਖਤਰਾ ਹੁੰਦਾ ਹੈ। ਇਸੇ ਤਰ੍ਹਾਂ ਫੰਗਲ ਟੋਕਸਿਨਸ ਦੇ ਸੰਪਰਕ ਵਿੱਚ ਆਉਣ ਵਾਲੇ ਲੋਕਾਂ ਨੂੰ ਜਿਗਰ ਦੇ ਕੈਂਸਰ ਦਾ ਖਤਰਾ ਬਹੁਤ ਜ਼ਿਆਦਾ ਹੁੰਦਾ ਹੈ। “ਆਧੁਨਿਕ ਜੀਵਨ ਦੀਆਂ ਹਕੀਕਤਾਂ ਤੋਂ ਪਰਹੇਜ਼ ਨਹੀਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ ਪਰ ਆਪਣੇ ਆਪ ਨੂੰ ਬਚਾਉਣ ਲਈ ਸਾਵਧਾਨੀ ਵਰਤਣ ਦੀ ਲੋੜ ਹੈ”, ਡਾ: ਵਿਨੀਤ ਤਲਵਾਰ ਨੇ ਅੱਗੇ ਕਿਹਾ। ਇੱਕ ਸਿਹਤਮੰਦ ਜੀਵਨ ਸ਼ੈਲੀ ਕੈਂਸਰ ਦੇ ਵਿਰੁੱਧ ਇੱਕ ਜੀਵਨ ਬਚਾਉਣ ਵਾਲਾ ਹੈ। ਡਾ: ਤਲਵਾਰ ਨੇ ਕਿਹਾ ਕਿ ਮੋਟਾਪਾ, ਸੌਣ ਵਾਲੀ ਜੀਵਨ ਸ਼ੈਲੀ, ਘੱਟ ਮੋਟਾਪੇ ਵਾਲੀ ਖੁਰਾਕ ਸਾਨੂੰ ਵੱਖ-ਵੱਖ ਤਰ੍ਹਾਂ ਦੇ ਕੈਂਸਰ ਦਾ ਸ਼ਿਕਾਰ ਬਣਾ ਰਹੀ ਹੈ।

दैनिक सवेरा

अंधेरे से उजाले की ओर...

गन्तव्य, बदलाव, विकास, प्रगति, परिवर्तन, जन्म, शरीरका से प्रेरणा

Dainik Savera Times | Punjab | 16 Nov 2021

एक स्वस्थ जीवनशैली कैंसर के खिलाफ जीवनरक्षक है : आर.जी.सी.आई.आर.सी.

लुधियाना, 15 नवंबर (सवेरा) : राजीव गांधी कैंसर इंस्टीच्यूट एंड रिसर्च सेंटर (आर.जी.सी.आई.आर.सी.) के 2 अहम विशेषज्ञों ने कैंसर की जांच एवं इलाज से जुड़ी नई पद्धतियों, इनोवेशन और तरीकों पर लुधियाना के डाक्टरों के साथ एक कॉन्क्लेव में हिस्सा लिया। इस कॉन्क्लेव का आयोजन 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 ओंकोलॉजी डायरेक्टर डा. विनीत तलवार ने पर्यावरण और कैंसर के बीच संबंधों पर शोध आधारित व्याख्यान प्रस्तुत किया। वहीं आर.जी.सी.आई.आर.सी. के सीनियर कंसल्टेंट, हेमेटो ओंकोलॉजी एंड बी.एम.टी. डा. नरेन्द्र अग्रवाल ने ब्लड कैंसर प्रबंधन के नए आयामों पर विचार रखे। कॉन्क्लेव की अध्यक्षता आई.एम.ए. लुधियाना की प्रेजिडेंट डा. सरोज अग्रवाल ने की।

बिगड़ते पर्यावरण और दोषपूर्ण जीवनशैली के कारण देश में कैंसर के मामले बढ़ रहे हैं। डा. विनीत तलवार



कॉन्क्लेव के दौरान संबोधित करते डा. नरेन्द्र अग्रवाल व डा. 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।

धूम्रपान, वायु प्रदूषण, डीजल के धुएँ से फेफड़ों के

कैंसर की घटनाओं में वृद्धि हो रही है। प्लास्टिक कारखानों में जहां बेजिन कंपाउंड्स का उपयोग किया जाता है, वहां काम करने वालों में मूत्राशय के कैंसर का खतरा होता है। इसी तरह फंगल टॉक्सिन्स के संपर्क में आने वालों में लिवर कैंसर का खतरा अधिक होता है। डा. विनीत तलवार ने कहा कि एक स्वस्थ जीवनशैली कैंसर के खिलाफ जीवन रक्षक है। डा. तलवार ने कहा कि मोटापा, बैठे रहने वाली जीवनशैली, कम रेशे वाले आहार हमें विभिन्न प्रकार के कैंसर की चपेट में ले रहे हैं।

डा. नरेन्द्र अग्रवाल ने कहा कि भारत में रक्त से जुड़े कैंसर के मामले कुल कैंसर के लगभग 20 प्रतिशत हैं। सामान्यतः ब्लड कैंसर में ल्यूकेमिया, लिम्फोमा और मायलोमा शामिल हैं। डा. अग्रवाल के अनुसार हेमेटो-ओंकोलॉजी में उल्लेखनीय प्रगति हुई है। पारंपरिक रूप से कीमोथेरेपी से ब्लड कैंसर का इलाज किया जाता है, जबकि कुछ मामलों में बोनो मैरो ट्रांसप्लांट की आवश्यकता होती है। अब टारगेटेड थेरेपी और इम्यूनोथेरेपी ब्लड कैंसर के इलाज में अहम भूमिका निभा रहे हैं।

राष्ट्रीय सहारा

राष्ट्रीयता ■ कर्तव्य ■ समर्पण

Rashtriya Sahara | 23 Dec 2021

सराहनीय रहा कोविड के दौरान स्वास्थ्य सेवा में नर्सों का योगदान

नई दिल्ली (एसएनबी)। स्वास्थ्य सेवा का परिदृश्य 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 माहमारी के दौरान जिस सेवा भाव से अपने कर्तव्य का निर्वहन किया है वह सराहनीय है। विशेषज्ञों ने राजीव गांधी कैंसर



इंस्टीट्यूट एंड रिसर्च सेंटर की ओर से आयोजित वार्षिक कार्यक्रम नर्सिकॉन 2021 में कोविड माहमारी के इस संकटकाल में नर्सों के योगदान को सराहा गया।

लेफ्टिनेंट कर्नल (रिटायर्ड) मधुमिता ढल, डायरेक्टर ऑफ नर्सिंग

आरजीसीआईआरसी ने कहा 'हेल्थकेयर सेक्टर में नर्सें सक्रिय योगदानकर्ता और इनोवेटर के रूप में सामने आई हैं। लंबे समय तक नर्सिंग का मतलब केवल मरीज के बेड के किनारे खड़े रहकर सेवाएं देना ही था, लेकिन अब तस्वीर बदल रही है। नर्सिंग अब

इससे कहीं ज्यादा आगे है। आज हेल्थकेयर सेक्टर में इन्फॉर्मेशन एवं डिजिटल टेक्नोलॉजी अहम हो गई है। नर्सों ने अपना कौशल विकास करते हुए खुद को

टेक्नोलॉजी के अनुकूल न केवल ढाला है, बल्कि खुद को टेक्नोलॉजी के अनुरूप खुद को आगे बढ़ाया है।' आरजीसीआईआरसी के सीईओ डीएस नेगी ने कहा, 'कैंसर केयर में नर्सों की अहम भूमिका को देखते हुए हमेशा हमने मजबूत नर्सिंग स्टाफ पर जोर दिया है।

राष्ट्रीय सहारा

राष्ट्रीयता ■ कर्तव्य ■ समर्पण

Rashtriya Sahara | 19 Nov 2021

‘स्वस्थ जीवनशैली कैंसर के खिलाफ रक्षा कवच’

नई दिल्ली (एसएनबी)। राजीव गांधी कैंसर इंस्टीट्यूट एंड रिसर्च सेंटर रोहिणी में विशेषज्ञों 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 मेडिकल ओंकोलॉजी डायरेक्टर डा. विनीत तलवार ने पर्यावरण और कैंसर के बीच संबंधों पर शोध आधारित व्याख्यान में 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 चिंताजनक रूप ले लिया है। धूम्रपान, वायु प्रदूषण, डीजल के धुएं से

फेफड़ों के कैंसर की घटनाओं में वृद्धि हो रही है। प्लास्टिक कारखानों में, जहां बेजीन कंपाउंड्स का उपयोग किया जाता है, वहां काम करने वालों में मूत्राशय के कैंसर का खतरा होता है। इसी तरह फंगल टॉक्सिन्स के संपर्क में आने वालों में

लिवर कैंसर का खतरा अधिक होता है।

डा.तलवार ने कहा आधुनिक जीवन की वास्तविकताओं को टाला नहीं जा सकता है, लेकिन खुद को कैंसर से बचाने

के लिए सावधानी बरतने की जरूरत है। मोटापा, बैठे रहने वाली जीवनशैली, कम रेशे वाले आहार हमें विभिन्न प्रकार के कैंसर की चपेट में ले रहे हैं। ऐसे में एक स्वस्थ जीवनशैली कैंसर के खिलाफ जीवन रक्षक है। आरजीसीआईआरसी में हेमेटो ओंकोलॉजी एंड बीएमट डा. नरेंद्र अग्रवाल ने ब्लड कैंसर प्रबंधन के नए आयामों पर जानकारी साझा की।

पर्यावरण की रक्षा और स्वस्थ जीवनशैली अपनाने से मिलता है काफी लाभ

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