



SANKALP

INTRODUCTION

Friends, welcome to the second edition of this year's quarterly newsletter "Sankalp" of Win Over Cancer. It has been our continuous endeavour to increase interaction with our readers. From this edition, we are pleased to introduce two interesting sections viz.

- ✚ Health and wellness section on Cancer.
- ✚ A question and answer session section, where questions related to Cancer and health will be addressed, and

Hoping that these new additions will provide a fruitful read to all of you.

Activities of the quarter

July to September is a tough period in North India due to monsoons, the field activities have been slow and we focussed on connecting with beneficiaries via electronic media. Below is a glimpse of activities and programs conducted during this period:

A. Prosthetic bra program

Weekly Prosthetic bra distribution at AIIMS OPD: Our Wednesday program at AIIMS OPD is running successfully. Mrs. Kavita Gupta is leading the program and almost 700 patients have benefited from the free distribution of Prosthetic bra at AIIMS.

In the three months' time, 137 patients from 16 states have benefited from our Prosthetic bra distribution program, where 274 pcs were distributed to them, saving them from a cumulative cost of 23.3 lacs.

B. Patient Support

Below is the summary of patients being supported by your NGO:

- ✚ *12 Year Old Nitin – He was sponsored for PER Scan which confirmed remission. Treatment completed. Patient under maintenance*
- ✚ *12 Year old Sakeer: Sakeer is the 12 year old son of a fruit vendor. We helped him during him treatment by providing him with a financial assistance of Rs. 1,53,000. Treatment completed. Patient under maintenance*
- ✚ *27 year old Rajri: The patient is under revision and Win Over Cancer has sponsored her follow-up tests.*

- ✚ 35 year old Akash Tyagi - Treatment completed. Patient under maintenance
- ✚ 17 year old Akaash: He is a son of a daily wage laborer from Hissar and we provided him with a financial assistance of 1,50,000.
- ✚ 16 year old Tanuj: He is a poor patient from rural Haryana and we supported him with a sum of Rs. 1,00,000
- ✚ 18 year old Govind Yadav: He is an orphan from Mathura and we supported with a sum of Rs. 1,00,000
- ✚ Mangat Singh from Chindwara: He is an old landless farmer and was sponsored for Pet Scan.

C. Awareness Drives:

- ✚ National Skill Development Corporation: Over 150 staff members attended the session given by Dr Sumant
- ✚ College of Vocational Studies, Delhi University: Over 120 students made aware of Breast cancer by Ms Kavita Gupta
- ✚ Online awareness program launched: Approximately 12,000 people were reached through personal e-mails, and we received responses from over 5500 people

D. Financial Rehabilitation:

- ✚ School fee for Vivek: We supported Vivek, a Cancer survivor by providing for his school fees and now he has been promoted to class XI
- ✚ Nishtha Singh: she is the daughter of Mangat Singh from Chindwara and we enrolled her to Tally Education Training Centre
- ✚ Master Nitin: Win over Cancer has supported him with his school fees.

E. Media Recognition:

Our program was featured and covered in 'Meri Delhi'

F. Awards:

In an event organised in Ashoka Hotel, Delhi, Ministry of Small and Medium Enterprises (MSME) conferred our co-founder Ms Kavita Gupta with the prestigious "Nari Chetna Puraskar". She was awarded for her innovation "Low cost Breast Prosthesis" and our program for "Free distribution of this prosthesis to breast cancer survivors"

G. Work in progress:

We are currently working on expanding and scaling the work of our foundation. We propose to open two new OPD programs in AIIMS and one in P.G.I Chandigarh.

Funding has been a major concern at Win Over Cancer and we seek continued support from our patrons

H. New Developments:

In our continued endeavour to maintain professional and transparent working, Win Over Cancer constituted an advisory board consisting of several renowned doctors like Dr Dinesh Panderkar, Dr Rahul Bhargava, Dr. Sumant Gupta, Dr Prashant Mehta and national and internationally renowned professionals, industrialists and philanthropists.

ADVISORY BOARD MEMBERS		
Dr. Dinesh Pendharkar Chief Mentor and Executive Board Member	Dr Sumant Gupta Medical Director and Executive Board Member	Dr Rahul Bhargav Mentor and medical director
Dr Prashant Mehta Medical Director	Kamal Aggarwal Advisor and Mentor	Ravindra Gupta Advisor and Mentor
Ramesh Sharma Advisor and Mentor	Rishabh Sawansukha Advisor and Mentor	Neeraj Sehgal Advisor and Mentor
Rajiv Kapahi Advisor and Mentor	Rashmi Rungta Advisor and Mentor	Shishir Mandya Advisor and Mentor
Kavita Mishra Advisor and Mentor	P.S.Parameswaran Advisor and Mentor	Dr Narayana. G. Hegde Advisor and Mentor
Vineeta Jain Advisor and Mentor	Praful Gupta Advisor and Mentor	Manoj Sharma Advisor

I. Landmarks:

Win Over Cancer completed its three years of registration in September, and to commemorate the event we put together a video, sharing our journey and experience over the years. Please do watch it and become a part of our journey. You can watch the video on the following link:
<https://www.youtube.com/watch?v=BKoyYPTqjU&t=15s>



G. Talk:

Our co-founder Mrs. Kavita Gupta was invited to VIT, Vellore, for a TedTalk on her journey against Cancer with Win Over Cancer, over the past few years. The video has been officially released on Youtube in the month of September, and can be viewed through the following link:

<https://www.youtube.com/watch?v=skzDkKBMT78>



Thank you for the support and we will keep working harder to achieve our mission and vision.

BLOGS

HEALTH AND WELLNESS

Topic of the month – Breast Cancer

The term “breast cancer” refers to a malignant tumour that has developed from cells in the breast. Usually breast cancer either begins in the cells of the lobules, which are the milk-



producing glands, or the ducts, the

passages that drain milk from the

lobules to the nipple. Less commonly, breast cancer can begin in the stromal tissues, which include the fatty and fibrous connective tissues of the breast.

Over time, cancer cells can invade nearby healthy breast tissue and make their way into the underarm lymph nodes, small organs that filter out foreign substances in the body. If

cancer cells get into the lymph nodes, they then have a pathway into other parts of the body.

The breast cancer's stage refers to how far the cancer cells have spread beyond the original tumour (see the Stages of breast cancer below for more information).

Breast cancer is always caused by a genetic abnormality (a "mistake" in the genetic material). However, only 5-10% of cancers are due to an abnormality inherited from your mother or father. Instead, 85-90% of breast cancers are due to genetic abnormalities that happen as a result of the aging process and the "wear and tear" of life in general.

Self-examination: it is the first step towards identifying potential breast cancer. Below are the steps to self-examine one's breast for lumps.

Step 1: Begin by looking at your breasts in the mirror with your shoulders straight and your arms on your hips.

Here's what you should look for:

- Breasts that are their usual size, shape, and color
- Breasts that are evenly shaped without visible distortion or swelling

If you see any of the following changes, bring them to your doctor's attention:

- Dimpling, puckering, or bulging of the skin
- A nipple that has changed position or an inverted nipple (pushed inward instead of sticking out)
- Redness, soreness, rash, or swelling



Breast Self-Exam —
Step 1

Step 2: Now, raise your arms and look for the same changes.

Step 3: While you're at the mirror, look for any signs of fluid coming out of one or both nipples (this could be a watery, milky, or yellow fluid or blood).



Breast Self-Exam — Steps 2
and 3

Step 4: Next, feel your breasts while lying down, using your right hand to feel your left breast and then your left hand to feel your right breast. Use a firm, smooth touch with the first few finger pads of your hand, keeping the fingers flat and together. Use a circular motion, about the size of a quarter. Be sure to feel all the tissue from the front to the back of your breasts: for the skin and tissue just beneath, use light pressure; use medium pressure for tissue in the middle of your breasts; use firm pressure for the deep tissue in the back. When you've



Breast Self-Exam — Step 4

reached the deep tissue, you should be able to feel down to your ribcage.

Step 5: Finally, feel your breasts while you are standing or sitting. Many women find that the easiest way to feel their breasts is when their skin is wet and slippery, so they like to do this step in the shower. Cover your entire breast, using the same hand movements described in step 4.



Breast Self-Exam — Step 5

Tips to minimize the risk of breast cancer

Tip #1: Get Into Healthy Habits. Maybe you picked up some bad habits in your teens and 20s, like smoking or eating junk food. This is the perfect time to make the changes that will turn into healthy lifetime habits later on. These include cutting back on sugar, eating more green veggies, organic proteins, and healthy fats, and lowering your consumption of alcohol. They also include drinking the right amount of fresh, pure water, and getting into a self-nurturing routine that includes stress-reduction techniques such as meditation and healthy forms of exercise.

Tip #2: Reduce the toxins around you. Toxins exist all around us, even if we can't see them. Get in the habit of going organic when it comes to your food sources and natural beauty products. Learn about how to create a "toxin-free" home; this includes reducing your exposure to Wi-Fi and cell phone electro-pollution. You have a lot you want to accomplish! Get in the habit of detoxing your body regularly through short-term fasts, enemas, or professionally-guided detox regimens. You will be helping your liver, kidney, and digestive system to function at its best so that you can be your most energized self.

Tip #3: Think twice about oral contraceptives. As convenient as they may be, those little pills are actually considered a Category 1 "Known and Probable Carcinogen" by the World Health Organization, alongside tobacco, diesel exhaust, and plutonium. In addition, a 2014 study done

by the American Association for Cancer Research found that *breast cancer risk increased by 50% in those who used oral contraception.*

QUESTION AND ANSWERS

Q1. Does wearing an under-wire and padded bra cause breast cancer?

Ans: No, Breast cancer can happen to anyone, it does not depend on the kind of bra one wears. Most common causes of breast cancer in recent times is lifestyle choices, climate change, obesity, adulterated and inorganic food, and 0.5 % due to heredity.

Q2. What are the ways to detect breast cancer at an early stage?

Ans: Out of all the Cancer, breast cancer is the one which can be easily detected.

Self-breast examination: It is the easiest way to detect a lump of one's breast, which could be cancerous.

Mammography: It is an x-ray picture of the breast. It can be used to check for breast cancer in women who have no signs or symptoms of the disease. It can also be used if you have a lump or other sign of breast cancer.

Q3. What are the lifestyle choices women need to adopt in order to minimize the risk of breast Cancer?

Ans: Easy lifestyle choices that can minimize the risk of breast cancer are given below:

1. *Watch your weight:* Being overweight or obese increases breast cancer risk.
2. *Exercise regularly:* Many studies have found that exercise is a breast-healthy habit.
3. *Limit alcohol:* Research has shown that women who have 2 to 3 alcohol drinks a day have about a 20% higher risk compared to women who don't drink at all.
4. *Limit time spent sitting:* Evidence is growing that sitting time increases the likelihood of developing cancer, especially for women.

The month of November is the Lung Cancer Awareness month and we would like to address some questions from you on the same, which would be helpful and informative for all our readers. Please do send in your questions to the following e-mail address:

zubeda@winovercancer.net

The senders of the questions will receive a cancer information booklet from Win Over Cancer.

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