



SANKALP

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Editorial

Friends

Financial year 2020 has welcomed all of us with unprecedented challenge. The world came to a stand still due to an unknown virus Covid19. The economy saw a kneejerk impact with the whole country witnessing a lock-down for over a month. Millions lost their jobs. Billions witnessed a loss of their earning levels. Emotional quotient was so high that all charities, be it private, corporate or Government, got diverted to combatting Covid19. As a result, social organizations dealing with other issues were left orphaned, starved of funds.

Covid came, everything stopped, but cancer didn't stop. Since last three months, we have seen suspended or curtailed onco OPDs at all large hospitals. Public transport has been shut down/ curtailed for over three months now. The entire supply chain of medicines have seen blockages. Cancer suspects, patients and survivors have been struggling on diagnosis and continuation of treatment. In several cases the disease progressed due to delay, making treatment difficult and expensive. To make the things worst, several cancer patients lost their budgets to continue treatment due to loss of earnings. We have seen loss of precious lives during this period.

Necessity is the mother of invention. Win Over Cancer has taken several innovative initiatives to ease the life of cancer patients and survivors. These initiatives have started showing results as well and have been briefed in this quarter's edition.

Regards

Arun Gupta

Section I: Combatting Covid19 – New Initiatives

A. Project Survive:

Under this program, Win Over Cancer helps members of cancer impacted families get skill development training near their house to become bread earners. We also offer scholarships for these training to deserving cases. The program is being run through various partner organizations.

To prevent spread of Covid19, all training centres were shut down in the fourth week of March 2020. These have remained closed for the entire quarter. We identified two-fold challenges for candidates in coming days viz.:

- a. Uncertainty over opening of livelihood training centres
- b. Availability of jobs in the market

Win Over Cancer has identified 18 online training portals providing livelihood trainings and is now offering training to its beneficiaries through these portals. Two beneficiaries have been enrolled under the program

At a time when companies are struggling to survive and employees are facing retrenchment, searching new employment avenues is tough. Win Over Cancer has decided to focus on promoting entrepreneurship among our beneficiaries with a vision to make future “employers” out of them. Win Over Cancer team has been mapping various policies of the Central Government and various State Governments which promote and support Start-ups. During the last three months, the team has already mapped 436 policies issued by the Central Government and seven State Governments. Analysis of more policies is underway. Going forward, under project “Survive”, Win Over Cancer will help candidates identify livelihood training avenues and provide them scholarships. Once the training is complete, we will help them identify various schemes where they can get incubation and funding support under Central and State Government policies and mentor them in stabilizing their ventures. Two beneficiaries have been identified under the program during this quarter

B. Patient Support program:

The next big challenge was to ensure that patients in remote locations continue to get an uninterrupted access to medicines and other health facilities.

During this quarter, Win Over Cancer has tied up with two start-ups in health care space viz.



Dava Dost is one of the largest pharmacy for generic medicines in India. Trustmedi is an online market place for a host of health services including online consulting from doctors, medicine supply, ambulance services to name a few.

During this quarter, more than 100 cancer patients have subscribed to Dava Dost for their regular medicines supplies and are saving more than Rs 1 lac per month

C. Patient Advocacy:

Win Over Cancer constantly works on raising various issues and problems being faced by cancer patients. We have been interacting with the State Government through e-mails, twitter and even via print media. During this period, we sent several representations on various problems being faced by cancer patients due to lock down. Amar Ujala newspaper interacted with three of our beneficiaries and came out with an exhaustive coverage on the matter.

Our efforts fructified when the Government of Haryana opened up Cancer OPDs in Government hospitals in the very first phase of unlock one and implemented two of our recommendations which aim at helping cancer patients located in remote areas. We are thankful to the State Government for these decisions.

Section II: Activities for the Quarter

D. Prosthetic bra program:

The biggest lock-down of history post Covid19 impacted Cancer OPDs in all major hospitals... Locked borders, suspended courier services and shortage of funds were few major challenges. We were short of manpower as our team was working from home. **As a result, we had to suspend our OPDs for Free Distribution of Prosthetic Bra at AIIMS.** Our prosthetic bra beneficiaries had been approaching us for help and we had to help them. The moment un-lock 1 was implemented, the family took the charge We decided to distribute prosthetic bra packets by courier. **Result, during the month of June 2020, we provided prosthetic bra to 76 .** During the last quarter of 2020-21, 76 patients from 14 states have benefited from our Prosthetic bra distribution program, where 152 pcs were distributed to them, enriching them with savings of Rs.646,000.



B. Patient Support

A large section of the population in India is living just above poverty line. Unfortunately, these people are devoid of any benefit under existing social security schemes of the Central/ State Governments like Ayushman Bharat, CGHS, ECHS etc. While most of the NGO's focus on BPL category patients who are already covered under various Government health schemes, Win Over Cancer supports patients above poverty line but falling in lower income group.

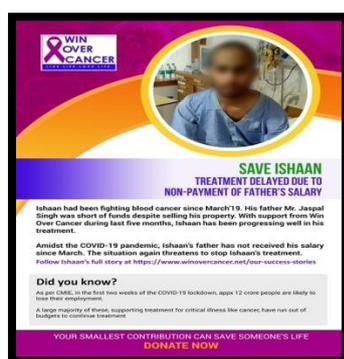
This quarter, we supported two patients. Below is the summary of the same:

A. **Isha Sharma:** Isha was being treated for breast cancer at Tata Memorial Hospital Mumbai. Her radiation was due in the first week of April for which she travelled along with her husband all the way from western UP to Mumbai in the last week of March 2020. The abrupt declaration of lock-down came down heavily on the family. They were stuck in Mumbai due to lockdown. The radiation could not be deferred. They were short of resources to continue treatment and lock down prevented them to come down to home town for any help.

At this point of time they came in touch with Win Over Cancer. Despite all the challenges, we mobilized Rs 1.5 lacs within a time frame of seven hours for the family to help them with the cost of treatment and the cost of boarding and lodging at Mumbai. By the grace of God, the patient has completed her radiation and is recovering well

B. **Ishaan:** Last year **Win Over Cancer** had helped **Ishaan** complete his bone marrow transplant. He was undergoing maintenance therapy which was equally important to ensure that the disease does not come back. In May, during a follow up call with our beneficiaries, we came to know that Ishaan's father had not received his salary since March since his company was completely shut down due to lock-down. He had run out of funds and this was delaying Ishaan's maintenance therapy.

Win Over Cancer was also short of funds. But we had to help Ishaan. We mobilized a crowd funding campaign for Ishaan and within a matter of three days, were able to mobilize enough funds for Ishaan to fund his upcoming cycle of treatment.



C. **Financial Rehabilitation (Project Survive):**

Due to lock-down training centres were closed during the whole quarter. However, two new candidates have been identified as a beneficiary under the new version of the project. Their training is yet to start

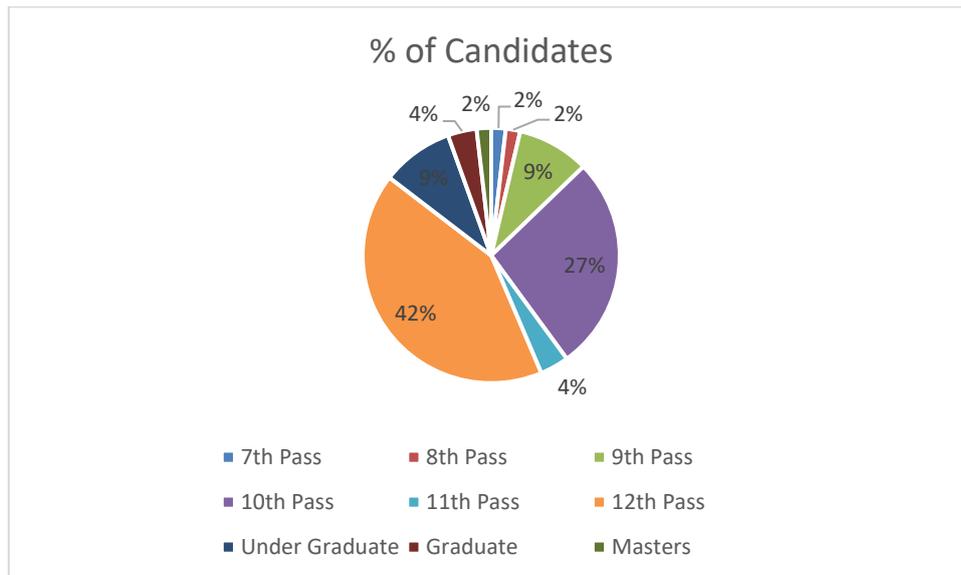
The financial year 2019-20 ended on an encouraging note on the impact of project survive.

Win Over Cancer released a detailed impact report on project “Survive”

This year, 55 candidates have been enrolled under the “Win Over Cancer – Tally-Together” program and applications of 4 candidates are under evaluation.

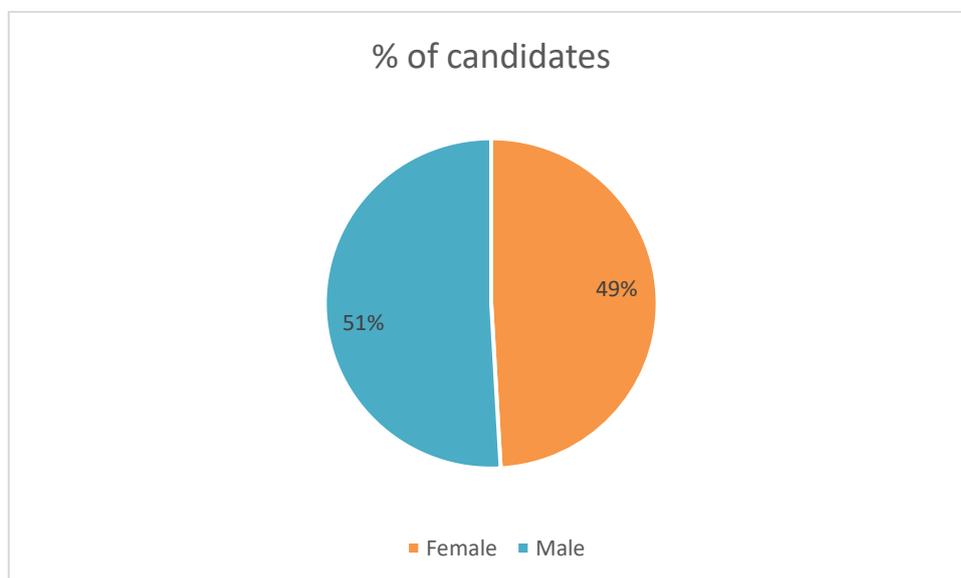
With our mutual efforts 22 youngsters have been successfully placed in jobs after completing their training. 24 candidates are undergoing training. 8 candidates could not be placed after completing their training because of the lockdown. One candidate was ended up being self-employed. All these have been benefited from scholarships after a detailed due diligence of their medical and socio- economic background. Some of the highlights of the project during this year were:

A. Average qualification of the candidates:



85% of the beneficiaries were school drop-outs. Cancer in the family and loss of an earning member forced these children to abandon their studies and look for odd jobs. The program not only gave them a career progression, in most cases, these children have promised to resume their education in the near future

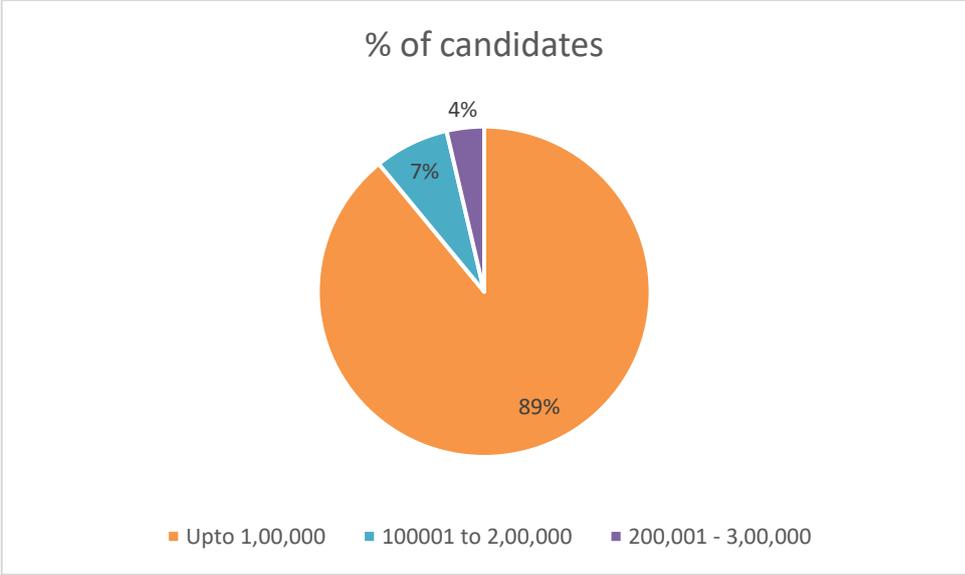
B. Women Empowerment



49% of our beneficiaries have been girls. In absence of this program, these girls would have ended into doing odd home jobs or subjected to social abuse or early age marriage.

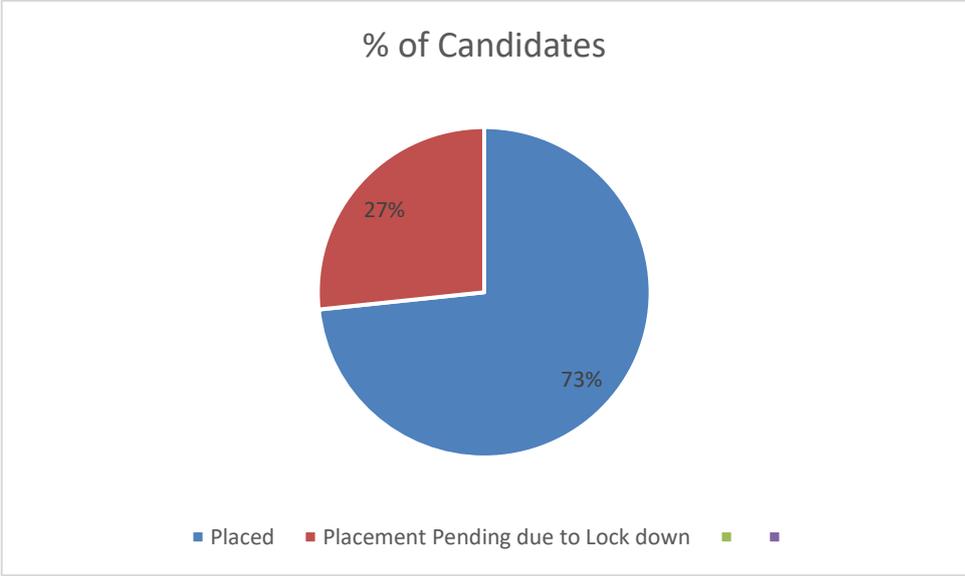
The program has played an important role in empowering these girls and help them create an individual identity

C. Average Annual Family Income(INR)



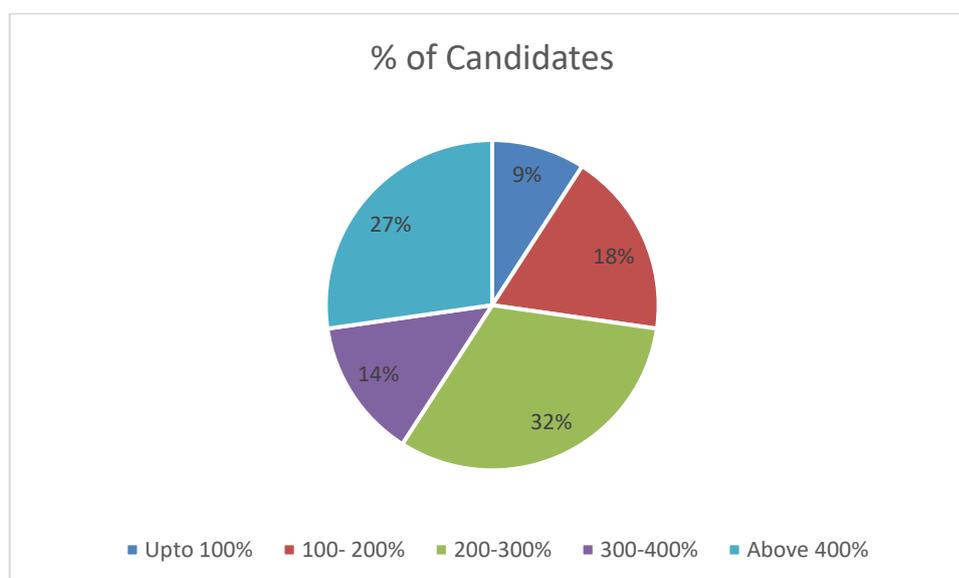
Loss of an earning member had actually shattered these families financially. Most of them had to sell of their assets viz. land, cattle etc and were not left with much to survive.

D. Program Outcome



Despite the lock-down due to Covid 19, 73% of the candidates who completed the training were successfully placed under the program

E. Overall Financial Impact (% age increase in family income)



As can be seen that the program significantly increased the family income of beneficiaries. In 32% cases, the income increased by four times while in 46% cases it increased by more than 3 times.

- D. Awareness campaigns:** Win Over cancer is committed to spread awareness about cancer. In the post Covid era when traditional events are not possible, we decided to use technology to counsel patients and survivors.

Can-fem and Win Over Cancer has launched a series of webinars. The series is based on a survey on post treatment issues being faced by Breast Cancer Survivors. These issues were identified during a joint study done by Canfem and TISS, Mumbai in 2019.

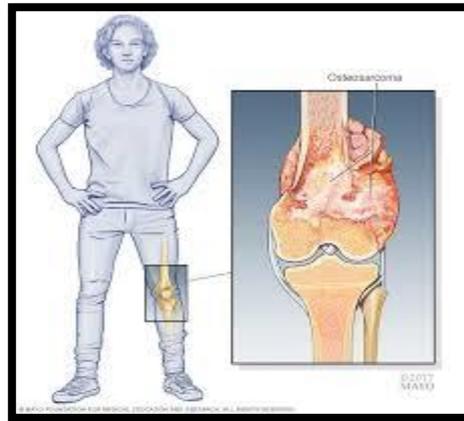
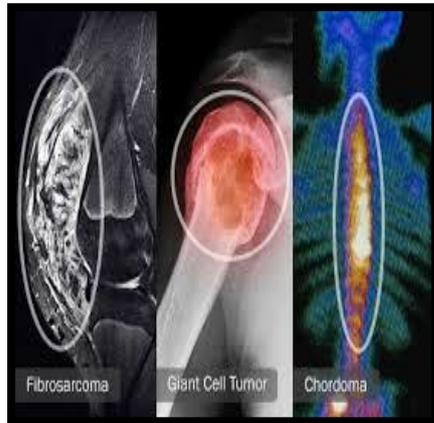
The study identified seventeen such issues which largely remain un-addressed due to lack of awareness. These issues have been clubbed into ten topics. One such topic is being picked for each webinar where questions from patients and survivors are answered by a panel of experts, In June, two such webinars were organized, The first one hosted on 4th June addressed issues related to "Management of Post-Surgery Lymphedema in Breast Cancer patients". In the webinar hosted on 19th June, audience concerns related to "Living with Cancer and COVID-19" were addressed.



Section E: Blogs

HEALTH AND WELLNESS

Topic of the month – Bone Cancer



OVERVIEW

Bone cancer can begin in any bone in the body, but it most commonly affects the pelvis or the long bones in the arms and legs. Bone cancer is rare, making up less than 1 percent of all cancers. In fact, noncancerous bone tumors are much more common than cancerous ones. The term "bone cancer" doesn't include cancers that begin elsewhere in the body and spread (metastasize) to the bone. Instead, those cancers are named for where they began, such as breast cancer that has metastasized to the bone.

Some types of bone cancer occur primarily in children, while others affect mostly adults. Surgical removal is the most common treatment, but chemotherapy and radiation therapy also may be utilized. The decision to use surgery, chemotherapy or radiation therapy is based on the type of bone cancer being treated.

SIGNS AND SYMPTOMS OF BONE CANCER :- Signs and symptoms of bone cancer include:

- Bone pain
- Swelling and tenderness near the affected area
- Weakened bone, leading to fracture
- Fatigue
- Unintended weight loss

Types of bone cancer:-

1.Osteosarcoma

2.Osteosarcoma Open pop-up dialog box

Bone cancers are broken down into separate types based on the type of cell where the cancer began. The most common types of bone cancer include:

Osteosarcoma.:- Osteosarcoma is the most common form of bone cancer. In this tumor, the cancerous cells produce bone. This variety of bone cancer occurs most often in children and young adults, in the bones of the leg or arm. In rare circumstances, osteosarcomas can arise outside of bones (extraskelatal osteosarcomas).

Chondrosarcoma.:- Chondrosarcoma is the second most common form of bone cancer. In this tumor, the cancerous cells produce cartilage. Chondrosarcoma usually occurs in the pelvis, legs or arms in middle-aged and older adults.

Ewing sarcoma. Ewing sarcoma tumors most commonly arise in the pelvis, legs or arms of children and young adults.

Risk factors

It's not clear what causes bone cancer, but doctors have found certain factors are associated with an increased risk, including:

- Inherited genetic syndromes. Certain rare genetic syndromes passed through families increase the risk of bone cancer, including Li-Fraumeni syndrome and hereditary retinoblastoma.
- Paget's disease of bone. Most commonly occurring in older adults, Paget's disease of bone can increase the risk of bone cancer developing later.
- Radiation therapy for cancer. Exposure to large doses of radiation, such as those given during radiation therapy for cancer, increases the risk of bone cancer in the future.

Make an appointment with your doctor if you or your child develops bone pain that:

- Comes and goes
- Becomes worse at night
- Isn't helped by over-the-counter pain relievers

Bone Sarcoma Prevention:- While it is always good to maintain a healthy weight and to quit smoking or using tobacco, currently, there are no known lifestyle changes that can prevent bone sarcoma.

Bone Sarcoma Risk Assessment Program:- Recent studies have suggested that certain diseases are associated with increased risk of developing a sarcoma. These include Li-Fraumeni Syndrome, Von Recklinghausen's Disease, and retinoblastoma. Genetics is the science that looks at how traits (such as eye color) are passed down from parents to their children through genes. Genetic testing is a process in which the inherited genetic material, called DNA, is carefully tested for alterations. DNA is obtained from a simple blood test. Certain families may benefit from genetic testing. If you are likely to have an inherited cancer syndrome, you should talk to your doctor about genetic testing. Our cancer risk evaluation programs at the Abramson Cancer Center provide education about the benefits, limitations, and potential drawbacks of genetic testing to help you make the decision that is right for you.

You can take steps to reduce your risk of bone cancer by making changes in your everyday life. Take steps to:

- **Eat a variety of fruits, vegetables and whole grains.** Fruits, vegetables and whole grains contain vitamins, minerals, fiber and antioxidants, which may play a role in cancer prevention. Choose a variety of fruits and vegetables so that you get an array of vitamins and nutrients.
- **Drink alcohol in moderation, if at all.** If you choose to drink alcohol, limit the amount of alcohol you drink to no more than one drink a day for women and two for men.
- **Stop smoking.** Talk to your doctor about ways to quit that may work for you..
- **Maintain a healthy weight.** If you are at a healthy weight, work to maintain your weight by combining a healthy diet with daily exercise. If you need to lose weight, ask your doctor about healthy ways to achieve your goal. Aim to lose weight slowly by increasing the amount of exercise you get and reducing the number of calories you eat.
- **Limit processed meats.** A report from the International Agency for Research on Cancer, the cancer agency of the World Health Organization, concluded that eating large amounts of processed meat can slightly increase the risk of certain types of cancer.

A risk factor is anything that affects your chance of getting a disease such as cancer. Different cancers have different risk factors. For example, exposing skin to strong sunlight is a risk factor for skin cancer. Smoking is a risk factor for cancers of the lung, mouth, larynx, bladder, kidney, and several other organs. But having a risk factor, or even several, does not mean that you will get the disease. Most people with bone cancers do not have any apparent risk factors.

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