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Onco-Illuminati

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REHABILITATION AFTER BRAIN TUMOURS

NUTRITION & CANCER

ORAL HEALTH MANAGEMENT IN H&N CANCERS

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ÉDITORIAL

National Cancer Survivor Day *Dr.Vikas Roshan*

A cancer survivor is anyone living with a history of cancer. These are the superheroes who always help newly diagnosed cancer patients. They fly to reach the newly diagnosed cancer patient and share their experience and make them mentally strong to tackle the problematic situation during cancer treatment. It is an annual event that is dedicated to celebrating the post-cancer recovery, life, associated scars, and gathering support for families .This day also demonstrates that we have productive and active cancer patients. These survivors are the inspiration for cancer patients, and thousands of people gather to honour them and show the world that life after cancer can be fruitful and rewarding. Family, friends and medical professionals should celebrate this day to connect and recognise those who have supported along the way. Many survivors fulfil their dreams and find happiness again after cure. Cancer survivor day is the idea that there is hope for a brighter future and demonstrate that life after a cancer diagnosis is reality. Cancer treatment is getting better, and many patients are getting cured, and there are millions of survivors now in India. we take this opportunity to express gratitude.

"Life after Cancer can be Fruitful and Rewarding"

World No Tobacco Day 2021

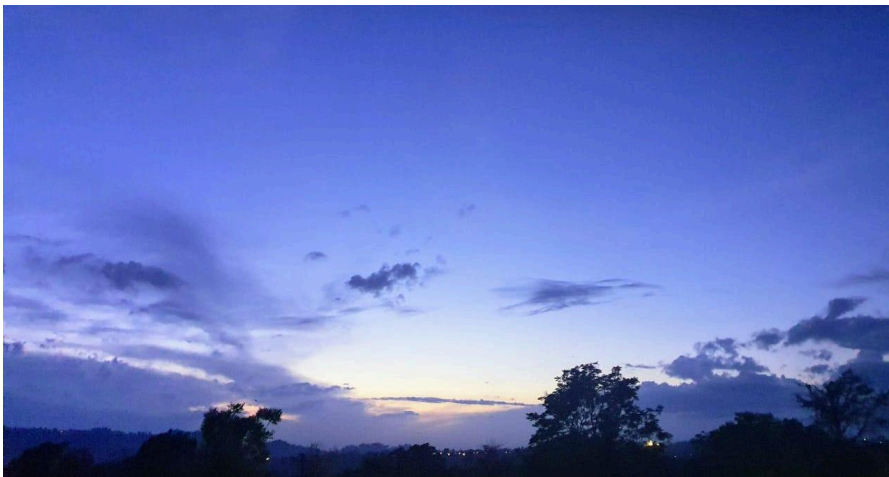
There is a well-known song called "Har fikr ko dhuen mein" and we know the reality is different and not very safe for physical and mental health. May 31 is observed as World's No Tobacco Day and there is no doubt that Tobacco became one of the biggest global threats and a leading cause of death and disability in the world.

Cancers are usually named as per their organ of origin and presented as:

- Thickening, a swelling, lump in any parts of the body
- Hoarseness of voice,
- Blood with vomiting or stools
- Blood with cough,
- Difficulty in eating,
- Loss of appetite, fatigue
- Sudden weight gain and weight loss

Cancer screening

Oral cavity cancers can be easily screened by just examination to look for any lesion. Similarly, for lung cancer, people who are smoking (daily one packet) for 20 years or two packets in a day for 10 years and age more than 50 years are eligible for cancer screening. The screening tools can be discussed with cancer physicians. In the concluding remark please stay away from smoking to stay healthy and avoid passive smoking too. Consult your doctor, government helpline (1800-11-2356) for counseling regarding de-addiction. "Try to work on quitting smoking from now".



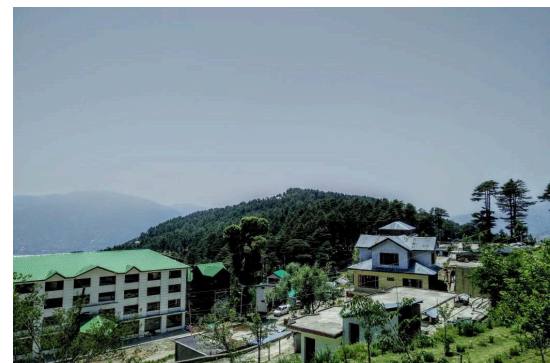
"The only place success comes before work is in the dictionary." –Vince Lombardi

Smoking and Cancer Risk

Here are few risk factors caused by smoking:

- Smoking acts as a direct irritant to the body cells from the lips to cells of lung alveoli to cell lining of the food pipe.
- Smoking also affects the DNA of the cell, this DNA is like an instruction manual for cell division and cell death. Cell follows all the rules written in this instruction manual. Smoking leads to a change in the instructions and leads to mutations in normal. These lead to cancer formation.

- Smoke also affects the immune system and weakens it and leaves the body unable to resist infection and cancer invasion. Everyone knows smoking causes cancer but it becomes quite difficult to leave it for good because the substance Nicotine that is excitatory for the brain. Every time person smokes, it leads to euphoria but slowly this effect wears off and smokers increase the frequency to get the same effect.



"I may win and I may lose, but I will never be defeated." –Emmitt Smith

Tobacco and Cancer Risk

"Har fikr ko dhuyan"

But an important point to note here is that with nicotine, other harmful chemical substances also get inhaled which leads to cancer. Multiple cancers are associated with smoking like head and neck cancer, lung cancer, bladder, cervix, kidney, colorectal, liver, etc

Treatment for cancers is getting better but smoking and tobacco users are also increasing which leads to an increased incidence of cancer and this vicious circle goes on. In my clinical practice, I have seen patients with head and neck cancer who once cured, again comes with a second tumor in the same site or on another site like the lung.



Prevention is better than cure

This phenomenon is known as field cancerization this is because of smoking as already explained. Prevention is better than cure and the most important thing to prevent smoking-related cancers is to shun smoking. The important thing to mention here is second-hand smoke or passive smoking. It happens when non-smokers enter the environment where the smoker is smoking (please try to avoid inhaling smoke from other nearby smokers

Here are some facts about quitting smoking: · After quitting smoking for 10 years chances of getting bladder, oesophagus, and kidney decreases · After quitting smoking for 15 years chances of getting lung cancer drops by half. · After quitting smoking for 20 years chances of getting throat cancer and pancreas cancer chances drops off to the same as someone who does not smoke



www.oncofacts.in
we are committed to provide correct information.

PHYSICAL MEDICINE AND REHABILITATION

PHYSICAL THERAPY MANAGEMENT OF BRAIN TUMOURS

Treatment and assessment of the patients with neuro-oncological diagnoses need to be formulated according to the individual.

There are various factors to be considered, including tumour type, tumour aggressiveness, tumour location, tumour size, treatments and resulting side-effects, prognosis, baseline functional level, co-morbidities, family and social support, hobbies and activity level, and home environment. All of these will result in different clinical symptoms, impairments, and therapy needs.

Common impairments which may respond to therapy intervention include fatigue, impaired aerobic capacity, impaired strength, impaired balance and coordination, spasticity, visual-perceptual impairment, impaired safety awareness and judgment, and pain. When considering appropriate assessment and treatment of the older patients with neuro-oncological diagnoses, it may be helpful to keep in mind the four phases of care for patients with cancer as described by Dietz.



Positive Aspects

Supportive and Palliative Treatment

These are described as the preventative, restorative, supportive, and palliative phases. In the preventative phase, the focus is on education and early intervention to slow the effects of the tumour and prevent functional loss. In the restorative phase, treatment is focused on the return to independence in all functional

activities, including work in patients whose disease is considered cured or controlled. Focus during the palliative phase is on comfort and preservation of the support of patient and their family.



Only I can change my life. No one can do it for me.-Carol Burnett

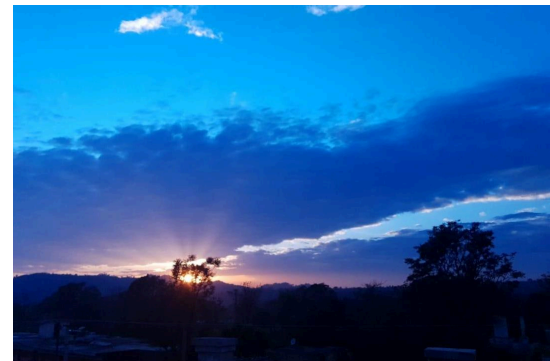
Quality of Life

In general, patients in this phase are in the end-stage of their disease. Despite these additional challenges faced by the patient with brain or spinal cord injury related to cancer versus traumatic insult, research has shown that patients with brain tumours make functional gains equivalent to patients with traumatic brain injury or stroke. Length of inpatient stay is often shorter for patients with the tumour for unclear reasons

However, some hypothesize that patients with tumours may have better psychosocial support and fewer behavioural issues than patients seen for the traumatic injury that facilitate discharge planning. Research demonstrates that age is not a factor in predicting quality of life for patients with brain tumor. Positive factors on quality of life include the following: freedom from depression, active social life, greater energy level, and fewer symptoms

Neurological Disorders

Negative factors include: more extensive tumor involvement, poor functional status, female gender, divorced status, being unable to work, undergoing chemotherapy, and tumor grade. There are differences from other neurological disorders that can be encountered when dealing with patients with neuro-oncological diagnoses, and these include uncertain prognosis, the possibility of progression or recurrence of disease, fatigue, medical fragility, and side effects related to various treatments including, most commonly, from surgery, radiation, and chemotherapy, as well as, the use of high dose steroids.



The brain is the organ of destiny, it holds within its humming mechanism, secrets that will determine the future of human race-WP

Diagnosis and Prognosis

The diagnosis of a brain or spinal cord tumor can be devastating to anyone, especially to the elderly. Besides the uncertainties of the diagnosis and prognosis of this disease, its medical treatment can also be very difficult due to the many complications and side effects that can occur. Coupled with the multiple factors that already challenge the elderly, care for these patients can be very complex. Understanding the journey that these patients experience is the first step in being able to assist in their care.

Physical therapists are essential members of the multidisciplinary team that serve these individuals. Our role as experts in function and mobility can greatly improve their quality of life even in end-of-life care. Strength may return over a period of weeks or months.

Notable examination findings for the patient with steroid myopathy include weakness in the neck flexors, and the muscles of the shoulder and pelvic girdle. Withdrawal of steroids and physical therapy are the only therapeutic options for steroid myopathy.

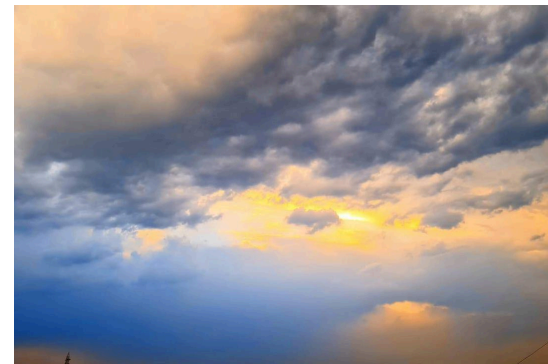


"A JOURNEY OF A THOUSAND MILES BEGINS WITH A SINGLE STEP." – LAO TZU

Malignant Gliomas

This weakness is potentially reversible if steroids are completely withdrawn. However, if steroids must be continued, then the smallest possible dose should be considered. A recent study by Jones et al. demonstrates that cardiorespiratory fitness, isokinetic strength, and cross-sectional muscle area are significantly reduced in patients with malignant glioma

The results of their pilot study also appear to demonstrate that cardiopulmonary exercise testing could be a safe tool to evaluate function in patients with clinically stable, newly diagnosed and untreated post-surgical primary glioma. The American College of Sports Medicine (ACSM) recommends that exercise programs for patients with cancer diagnosis meet the goal of maintaining cardiovascular endurance, muscular strength,



When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left, and could say, 'I used everything you gave me' -Eema Bombeck



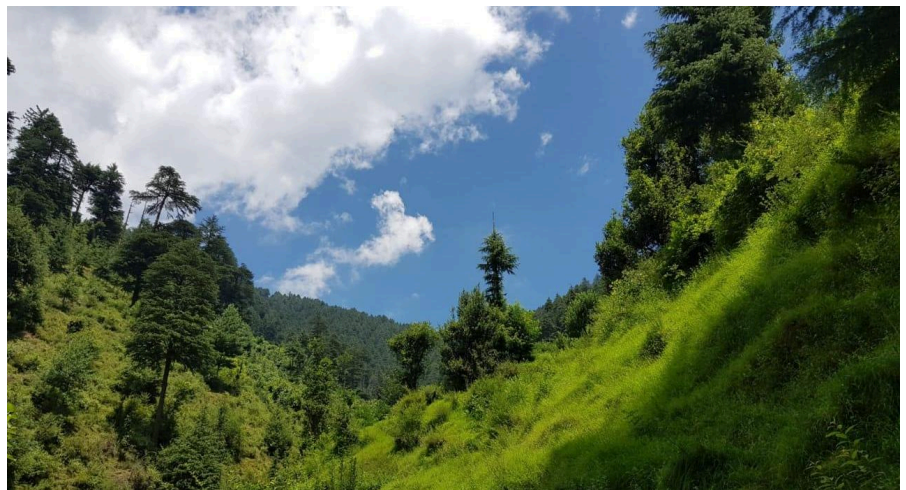
Exercise twice or thrice weekly at least

Benefits include decreased nausea, decreased fatigue, increased endurance, and improved quality of life. The 2008 US Department of Health and Human Services (US DHHS) Physical Activity Guidelines for Americans recommend weekly aerobic activity of 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise or an equivalent combination as well as two to three weekly sessions of strength training for major muscle groups and stretching of major muscle groups on days which other exercises are performed

Energy conservation techniques

Energy conservation techniques include: pacing, delegating tasks, prioritizing activities, scheduling activities during the day according to peak energy levels, limiting naps to 20–30 minutes, and avoiding multitasking.

Pain Patients with spinal cord tumour may experience both somatic and neuropathic pain. Pain can be related to bony metastases, spinal cord compression, or compression by the tumor on nerve roots. Pain caused by compression of the spinal cord is often worse in the recumbent position due to increase pressure.



Problems lead to guideline -VR

Avoid Multitasking

Fatigue Fatigue is one of the most commonly complained of symptoms in patients with a cancer diagnosis. It can also be one of the most difficult to treat. Regular exercise is one of the few treatments that has proved effective in addressing this issue in patients with cancer. Other techniques to address fatigue include energy conservation techniques, distraction, and psychosocial interventions.

Balance difficulties can be multi-factorial. It can be directly due to injuries related to the tumour itself, as a complication from the medical therapies or a combination of both. The vestibular system may be directly dependent on tumour location or indirectly through mass effect or oedema.

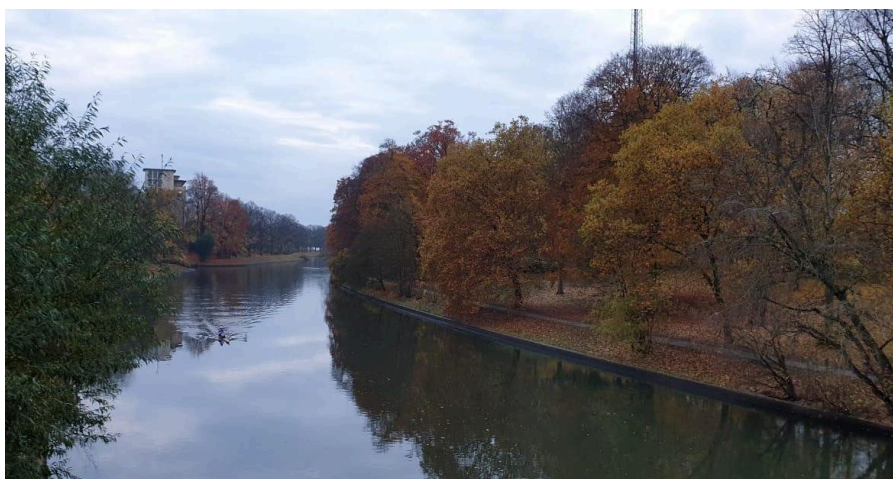


When something is important enough, you do it even if the odds are not in your favor. ELON MUSK

The musculoskeletal system may affect balance in patients with brain and spinal cord tumour through deficits in strength, decreased proprioception and peripheral neuropathy. Visual deficits may also interfere with balance and are discussed further in this paper.

Another common complaint of pain for patients with primary brain

Using techniques such as guided imagery, biofeedback, and breathing techniques may be beneficial to reduce pain and anxiety Vision It is common for patients with brain tumor to have visual problems due to compression to the optic nerves or visual processing areas of the brain including scanning, reducing environmental hazards in the home by removing throw rugs, obstacles, and using brightly colored tape to mark the edges of steps if depth perception is an issue



It always seems impossible until it's done. Nelson Mandela

Impaired sensation, or persons who are unable to provide feedback regarding pain due to cognitive or communication impairments. The patient may also benefit from a review of neutral posture and ideal body mechanics in relation to their specific area of injury. Pain-related to spasticity may be alleviated with regular stretching and range of motion exercises. Patients with decreased mobility and sensation related to spinal tumor with bowel and bladder

caused either directly by the tumor or indirectly by pressure resulting from midline shift or edema. Patients may have visual field cuts, issues processing visual information, blurred or double vision. Often this is treated . medically with steroids, but patients may also benefit from treatment with patching or use of prisms. Patients and family can be educated in compensation techniques.

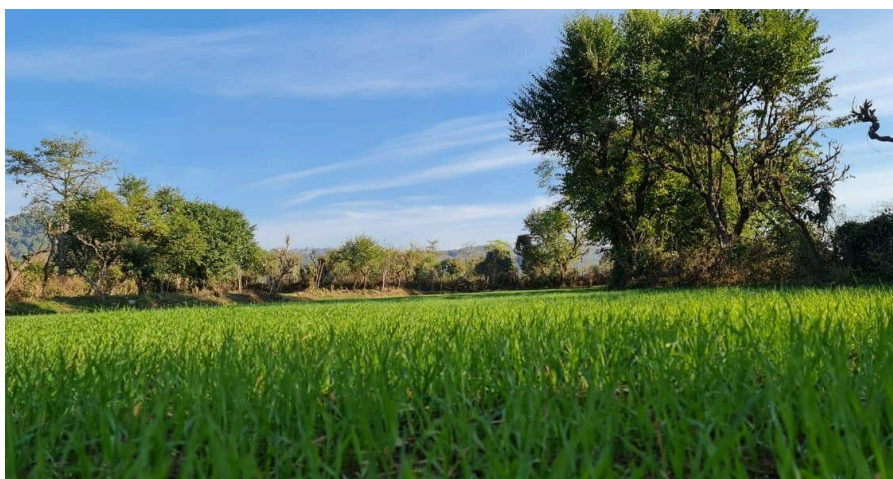


Motivation is the art of getting people to do what you want them to do because they want to do it.-Dwight Eisenhower

cognition Attention, memory, and awareness can also be evaluated using clinical observation and activity analysis. Observe the patient in a number of settings and activities, e.g. in a quiet versus busy room. Attention may vary by position change (lying, sitting).

The diagnosis of a brain or spinal cord tumor can be devastating to anyone, especially to the elderly. Besides the uncertainties of the diagnosis and prognosis of this disease, its medical treatment can also be very difficult due to the many complications and side effects that can occur.

Physical therapists are essential members of the multidisciplinary team that serve these individuals. Our role as experts in function and mobility can greatly improve their quality of life even in end-of-life care. However, more evidence is still needed to prove the efficacy of our physical therapy interventions, and rehabilitation in general, for these patients with neuro-oncological diagnoses.



A good head and a good heart are always a formidable combination. Nelson Mandela

finally, use a functional baseline measure by selecting a relevant practical task as the basis of your evaluation and assessment. Patients with cognitive impairments may benefit from maintaining a regular routine and using tools such as journals and calendars to serve as reminders and document events.

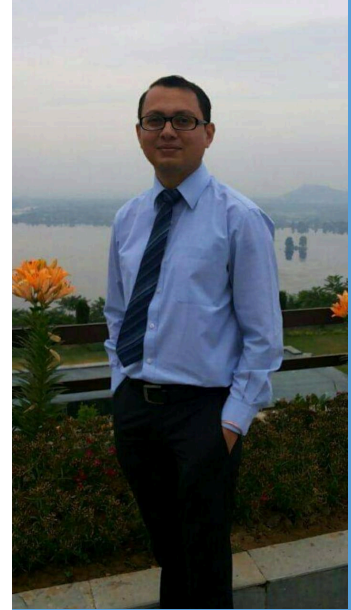
Coupled with the multiple factors that already challenge the elderly, care for these patients can be very complex. Understanding the journey that these patients experience is the first step in being able to assist in their care.



In every walk with nature one receives far more than he seeks. John Muir

NEVER GIVE UP

Do you believe in these lines “Never give up..” I still remember the day when my elder son was born..I was standing beside my wife while she was screaming with pain and I was telling her again & again that “don’t worry all will be fine, Don’t Give Up...” And after some time she was holding a beautiful soul wrapped in pink sheet in her arms, leaving behind all her pain. She looked towards me and smiled. That day i realised that 9 months she had gone through so much phases, suffered so much pain but never gave up just because she was carrying a life in her and she had a ray of hope that all will be fine one day
So that day was the day when she was holding the baby in her lap. And friends Today is the day when you have to believe that you are also carrying a life in you.



Mr. Anuj Mahajan
Motivational Speaker
and Banker

So after all this one day you will also look towards your loved ones with smile leaving all your pain behind. With this hope just say one thing every morning “I will never Give up”. There are times when you will be surrounded with lots of emotions, with pain you may cry and wish for it all to end ; at that time remember this line written by famous comedian of all times Charlie Chalpin “cry as much as you want to , but make sure when you are finished , you don’t cry for the same reason again.”

Sometimes you must have asked God.. “Why me” .. Now next time when this question comes in your mind then just remember of all those beautiful moments that God gave you since you are born.. I believe there would be so many.. Then with so many lovely memories why you are regretting your present that too shall pass.

C challenge – your limits
A Ambition – to live
N Nurturing – your life
C onfidence – that all will
be fine
E enthusiasm – a charisma
to inspire
R resilience – to recover

R

Remember your first injury, when your mother administered the medicine and told you that son don't worry it will be cured soon, at that time it was not only the medicine that healed you but the trust you had on your mother's words . So now where is that trust gone? My friends keep faith and trust that you will be fine, and then see how soon you will be fine. Everyone have given different abbreviation to Cancer but in my view **CANCER** stands for

श्रीमद्भगवद्गीता के अनुसार मनुष्य को जीवन की चुनौतियों से भागना नहीं चाहिए, और न ही भाग्य और ईश्वर की इच्छा जैसे बहानों का प्रयोग करना चाहिए। मनुष्य विश्वास से ही बनता है आप जैसा विश्वास रखते हैं वैसे ही बन जाते हैं सुख, खुशी और भाग्य का निर्माण मनुष्य के आंतरिक विश्वास से ही होता है।



We should challenge our limits for ambition to live, We need to nurture our life with a confidence that all will be fine, Lives with enthusiasm with the inspiration to resilient.

C challenge – your limits

A Ambition – to live

N Nurturing – your life

C confidence – that all will be fine

E enthusiasm – a charisma to inspire

R resilience – to recover

In end I like to share a quote here “It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust, sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds;

who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.” So my friend Just Never Give Up..

Nutrition in Cancer Patients

Diet plays a very major role in fighting against all the Diseases. When we talk about Cancer, Diet or we can say a Balanced diet play a important role even before and after treatment. People with cancer need to maintain a healthy body weight and eat nutritious foods. Sometimes the side effects of cancer treatment can cause a person to eat less and lose weight. Losing weight without trying can make you weak and malnourished. On the other hand, some cancer treatments may cause weight gain. Prepare Patient for cancer treatment:- Until treatment starts you will not know what, if any, side effects or eating problems you may have. If you do have problems, they may be mild. Many side effects can be controlled and many problems go away when cancer treatment ends.



Deep Shikha
Dietician
GMC Kathua

Try small and Frequent meals

Eat a healthy diet and stay about the same weight before treatment starts. Eating a healthy diet and maintaining weight before treatment helps you stay strong, lower your risk for infection, cope with side effects better, and have a greater chance of receiving treatment without unplanned breaks. Ask your dietitian about Proper diet that can help with eating problems.

Ways to Get the Most from Foods and Drinks:- During treatment, you may have good days and bad days when it comes to food. Here are some ways to manage: Instead of heavy Three major meals in a day , try small and frequent meals . Eat plenty of protein and calories. This helps you keep up your strength and helps rebuild tissues harmed by cancer treatment. In short get all essential nutrients and maintain healthy weight. Eat when you have the biggest appetite.

Its okay if you feel like you can't eat a lot of different foods. Eat the foods that sound good until you are able to eat more, even if it's the same thing again and again. But most important don't skip your meal. Drink plenty of liquids. It is even more important to get plenty to drink on days when you cannot eat. Drinking a lot helps your body get the liquid it needs. One should drink approx. 2.5-3 Lt of liquid a day.

Make sure your juices and milk products are pasteurized

Taking Special Care with Food to Avoid Infections:- Some treatments may weaken the immune system, and this can raise the risk of an infection. A food-borne infection happens when harmful bacteria, viruses, or fungi contaminate food and make you sick.. When this happens, you need to take special care in the way you handle and prepare food. Be careful to: Keep hot foods hot and cold foods cold. Put leftovers in the refrigerator as soon as you have finished eating. Wash properly all raw fruits and vegetables with a brush and water before you eat them. Soak berries and other foods that are not easily scrubbed in water, then rinse.

A Good diet is the most powerful weapon we have against Disease and sickness.... – T. Colin Campbell

Wash your hands, knives, and counter tops before and after you prepare food. This step is most important when preparing raw meat, chicken, and fish. Wash your hands each time you touch raw meat, chicken, or fish. Use one cutting board for meat and another one for fruits and vegetables. Cook meat, chicken, and eggs thoroughly.

Eggs should be hard, not runny. Meats should not have any pink inside. To be sure meat, chicken, turkey, and fish is safe, use a meat thermometer and cook to the safe temperature Make sure your juices and milk products are pasteurized. Eat nuts that are shelled and roasted.



Wash properly all raw fruits and vegetables with a brush and water before you eat

Make sure your juices and milk products are pasteurized

Do not:- Eat raw fish or shellfish, such as sushi and uncooked oysters. Eat raw nuts. Use foods, condiments, or drinks that are past their freshness date. Buy foods from bulk bins. Eat at buffets, salad bars, or self-service restaurants. Eat foods that show signs of mold. Eat any perishable foods that have been sitting at room temperature longer than 2 hours. Eat leftovers that have been in the refrigerator longer than 1 days.

Side Effects from Cancer Treatment Can Lead to Eating Problems :- Cancer treatments are designed to kill cancer cells. But these treatments can also damage healthy cells. Damage to healthy cells can cause side effects that lead to eating problems. Common eating problems during cancer treatment include: Appetite loss Changes in sense of taste or smell Constipation Diarrhea Dry mouth Lactose intolerance



"Our food should be our medicine and our medicine should be our food." – Hippocrates

Weight gain or Weight loss Some people have appetite loss or nausea because they are stressed about cancer and treatment. But once people know what to expect, they often feel better. Tips to manage Side Effects of treatment:- Cancer treatment often causes side effects. These side effects may make it difficult to eat or drink. Follow these tips to help you get the nutrition you need:

- If water tastes unpleasant to you, take in more liquid through foods and other drinks. For example, eat soup or watermelon and drink tea, milk, or milk substitutes. You can also flavor your water by adding a little bit of lemon.
- If food tastes bland, try seasoning it with flavorful spices. For example, try using lemon, garlic, pepper and rosemary. If your mouth is sore, you may need to choose non-acidic and non-spicy foods until it heals.
- Eat 5- 6 small meals throughout the day instead of 3 large meals. Make sure you reach your calorie goal with these smaller meals.
- If meat is no longer appealing, get protein from other foods. For example, try fish, eggs, cheese, beans, nuts, peanut butters, tofu, or high-protein smoothies or shakes.
- If you have a metallic taste in your mouth, suck on mints, chew gum, or try fresh citrus fruits. Use plastic utensils and cook in nonmetal pots and pans. Also, try brushing your teeth or rinsing your mouth before eating.
- If you have mouth sores or a gum infection, use a blender or food processor to make the texture of vegetables and meats smooth. For added smoothness and more calories, add butter, mild sauces, gravy, or cream.

Diet and nutrition after treatment Healthy diet or balanced Diet is important for cancer survivors because they may have a higher risk of other health conditions, such as heart disease, type 2 diabetes, and weakening of the bones. To lower the risk of other diseases follow common recommendations for good health. These include: Eating a nutrient-dense and plant-based diet Quitting smoking Maintaining a healthy weight Minimizing alcohol consumption Staying physically active Eat Balanced diet



Food is Fuel not therapy

EATING HEALTHY FOOD FILLS YOUR BODY WITH ENERGY AND NUTRIENTS. IMAGINE YOUR CELLS SMILING BACK AT YOU AND SAYING: 'THANKING YOU!'



Smoking and Cancer Risk

Poster Created by
ArihantRoshan, Heritage School.

There is a well-known song called "Har fikr ko dhuen mein" and we know the reality is different and not very safe for physical and mental health. May 31 is observed as World No Tobacco Day and there is no doubt that Tobacco became one of the biggest global threats and a leading cause of death and disability in the world. Cancer is caused by the body's cells going rogue and attacking the body. It defies immunity and invades the organs and leads to various complications. The body's defense system tries to contain it; most of the time, it succeeds, but it can also lead to cancer formation and dissemination.

Cancers are usually named as per their organ of origin and presented as:

- Thickening, a swelling, lump in any parts of the body
- Hoarseness of voice,
- Blood with vomiting or stools
- Blood with cough,
- Difficulty in eating,
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- Sudden weight gain and weight loss

Here are few risk factors caused by smoking

Smoking acts as a direct irritant to the body cells from the lips to cells of lung alveoli to cell lining of the food pipe.

Smoking also affects the DNA of the cell, this DNA is like an instruction manual for cell division and cell death. Cell follows all the rules written in this instruction manual. Smoking leads to a change in the instructions and leads to mutations in normal. These lead to cancer formation. · Smoke also affects the immune system and weakens it and leaves the body unable to resist infection and cancer invasion. Everyone knows smoking causes cancer but it becomes quite difficult to leave it for good because the substance Nicotine that is excitatory for the brain. Every time a person smokes, it leads to euphoria but slowly this effect wears off and smokers increase the frequency to get the same effect.

But an important point to note here is that with nicotine, other harmful chemical substances also get inhaled which leads to cancer. Multiple cancers are associated with smoking like head and neck cancer, lung cancer, bladder, cervix, kidney, colorectal, liver, etc. Treatment for cancers is getting better but smoking and tobacco users are also increasing which leads to an increased incidence of cancer and this vicious circle goes on.

In my clinical practice, I have seen patients with head and neck cancer who once cured, again comes with a second tumor in the same site or on another site like the lung. This

World No Tobacco Day

Prevention is better than cure and the most important thing to prevent smoking-related cancers is to shun smoking. The important thing to mention here is second-hand smoke or passive smoking.

Smoke affects the immune system

It happens when non-smokers enter the environment where the smoker is smoking (please try to avoid inhaling smoke from other nearby smokers). Here are some facts about quitting

Oral health management during cancer Treatment

Head and Neck cancer has become highly prevalent today. However, it hasn't made the battle any easier for those who have to go through it, or their loved ones. Oral cancer presents as a growth or sore in the mouth that does not go away.

It includes cancer of the lips, tongue, cheeks, floor of the mouth, hard and soft palate, sinuses, and pharynx (throat) which can be life threatening, if not, diagnosed and treated early. Now a days, the incidences of head and neck cancer is rising, and the complications involved in cancer management make oral health maintenance a lifelong challenge for the patients. Holistic management, effective communication between healthcare professionals, collective team work and last but not the least humane touch with the patient is the key to excellent quality patient care

We all know very well that the road leading to the treatment of head and neck cancer is quite tiresome and struggling in which the patient dies every single day and then again reincarnated the very next day like a phoenix. I must advise all the cancer patients to face the harsh reality of the life and put one thing in their mind damn clear that "Cancer may have started the fight, but they (patients) will have to finish it."



***Bhupinder Singh
President J&K
Dental Council***

PRIOR TO RADIOTHERAPY:

- The enumerated below procedures are the prerequisites prior to the commencement of Radiotherapy of the patient. • Pre-radiation extractions should be done 10–21 days earlier to avoid the risk of ORN.
- Before the onset of radiotherapy, all major surgeries should be performed 4–6 weeks in advanced. • A complete oral prophylaxis with a fluoride treatment and home care instructions for plaque control must be performed

Enjoy every day without worrying about the next. Diego Zamora

QUITTERS ARE WINNERS



Poster created by
Shambavi Gupta, Little
Champs Playway, Newplot

- The counseling of patient during the course of therapy is of utmost importance regarding denture wear. If a removable prosthesis is worn, it is important to ensure that it is clean and well adapted to the tissue. The patient should be instructed not to wear the prosthesis during cancer therapy, if possible, or at least, not to wear it at night.
- In case of patients with fixed denture wear, orthodontic treatment should be discontinued and fixed appliances be removed before the start of therapy.

DURING RADIOTHERAPY

During the course of therapy the following set of protocols must be adopted/adhered too in totality in order to curb the disease and obtain desired results.

- A high standard of oral hygiene is encouraged, including denture hygiene.
- The use of an alcohol-free chlorhexidine mouthwash is recommended.
- Antifungal medication is recommended following detection of oral candida.
- Every effort is made to reduce the effect of the xerostomia for quality of life and prevention of oral disease.

- Removable prosthesis may become difficult to wear, as such, the patients are advised to leave them out during the course of therapy. If there is any discomfort the patients should be examined by a member of the dental team ensuring that they are atraumatic and easily adjusted.
- To maintain oral comfort, certain food, drinks and mouthwashes which irritate the oral mucosa should be avoided.
- Elective dental treatment is avoided wherever possible during oral cancer therapy.

POST RADIOTHERAPY Once the patient has completed first set of radiotherapy his body becomes quite fragile and there is every apprehension that he may attract secondary infections, beside the disease, which makes the job of a doctor even more difficult. It's like fighting the war on two fronts simultaneously. To avoid any such complication, post-radiotherapy following things must always be adopted in order to keep the patient healthy and in high spirits

- Radiation patients should be monitored weekly as needed to ensure they are not developing mouth sores
- Patients should be advised to eat a small amount of meals 4-6 portion daily rather than three big meals

Denture Care

- Brush and rinse everyday use a soft bristle toothbrush as one made for cleaning of the denture.
- Sticky foods such as chocolate and pastries should be avoided

- Viral infections common in patients under radiotherapy treatment, continuing regular oral care will help to prevent infections.
- Tongue should be cleaned 2 or 3 times daily .

- Caffeine containing beverages, alcohol or strong flavours should be avoided
- Sugar-free candies, gums, and mint should be avoided
- To prevent dental caries - Strict daily oral hygiene maintained.

Candidiasis

- Candidiasis - Prevention is through regular dental hygiene, saliva substitutes and smoking and alcohol cessation. First line treatment includes topical miconazole, fluconazole. When systemic therapy is indicated, the first line drug is oral fluconazole.

Lastly in my view the most important thing which is above the medications and therapies is the positive attitude of the patient. It is the duty of the doctor to ensure that the patient remains positive during the therapy which not only helps the patient in his fight but also the doctor to win the war against an invisible enemy – CANCER. May God bless all the human kind.



"LET FOOD BE THY MEDICINE, THY MEDICINE SHALL BE THY FOOD."

"SUCCESS IS THE SUM OF SMALL EFFORTS, REPEATED DAY IN AND DAY OUT." – ROBERT COLLIER, AUTHOR

SARCOMA AWARENESS MONTH-JULY

Sarcoma is a rare malignancy but still prevalent in children. It is the tumour that arises from the soft tissues of the body. There are multiple subtypes as it emerges from blood vessels, bones, fat, nerves, muscles.

Since these tissues are found everywhere in the body so sarcoma can arise from anywhere, most of the tumour appears from limbs compared to the central body. There are various red flags associated with sarcomas, like swelling that suddenly started increasing in size, pain full swellings. Generally, these tumours stay in the body for long before they are located. These tumours are easily detected as bumps/lumps usually are peripheral, but it needs investigation such as CT scan and MRI at the doctor's discretion. These tumours have a liking for lungs, and CT lung is also done to rule out Lung Mets.

Sometimes Pet CT is also done for staging purpose. If these tumours are big and deep, they are challenging to treat and superficial, and minor tumours are easily treatable. The primary treatment for sarcomas is surgery, radiotherapy and chemotherapy. In localised tumours, generally, surgery is required, followed by radiotherapy. Surgery is usually limb-sparing, and typically, for limb-sparing surgeries, sometimes we use chemotherapy or radiotherapy before surgery. Sometimes surgery is not possible due to patient health and tumour location then these tumours are treated with radiotherapy alone. Tumours that spread to other organs treated with chemotherapy. There is a recent addition of oral targeted agents for stage IV patients after specific driver mutation for cancer.

VIKAS ROSHAN

ONCOFACTS

The majority of people are picked with sarcoma when their disease is about the size of a large orange. Soft tissue sarcoma patients wait to a tune of two years, i.e. between spotting symptoms and diagnosis.

As many as 40% of patients have diagnostic dilemma initially



Not all cancer is Pink

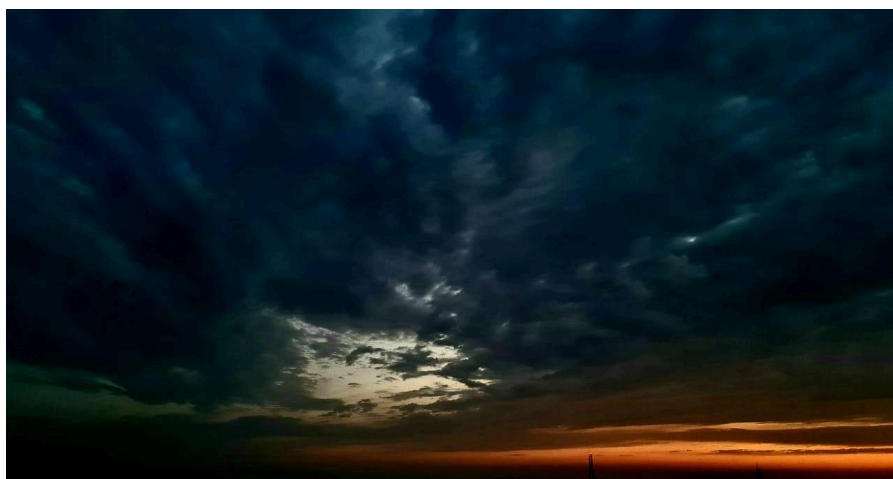
Is Distance a Barrier to Quality and Timely Cancer Diagnosis and Treatment – Why travel elsewhere, when quality healthcare is at your doorstep.

The most common myth among people is that the best cancer treatment is only available in the top metro cities only, even though many Tier-2 cities like Jammu etc. have now got world-class, reputed cancer care hospitals where all international protocols of cancer treatment are followed and provided to the patients by a team of

in the treatment of patients in clinical practice. The results of the literature review on the issue, show that increasing travel requirements are associated with more advanced disease at diagnosis, inappropriate treatment, a worse prognosis, and a worse quality of life. These results suggest that clinical oncologists

The travel time also can be considered a direct cost of cancer treatment that is usually borne solely by the patients and their families

travel are an important component of the full economic burden of cancer. Travel can be of particular importance for socioeconomically disadvantaged persons because the time costs associated with care can strain limited resources. The distance from the hospital (i.e., travel burden) also influences the choice of appropriate treatment by cancer patients. Some studies found that patients living farther from a radiation treatment facility more often underwent radical surgeries instead of conservative / less invasive surgeries. As we started the article with the surmise that the most common myth among people is that the best cancer treatment is only



We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far. Swami Vivekananda

expert doctors and nursing/support staff. The burden of travel from a patient's residence to health care providers in far-off cities of repute is an important issue that can influence access to diagnosis and treatment of cancer. Although several studies and discussions among various groups of doctors and even patients have shown that the travel burden can result in delays in the diagnosis and treatment of many common cancers, its role appears

and even the patients should always remember the specific travel burden problem for cancer patients, who often need health care services every week or every month for many years. A diagnosis at an earlier stage can allow for less invasive, more efficacious, and less costly management. The travel time also can be considered a direct cost of cancer treatment that is usually borne solely by the patients and their families. As such, the time costs associated with travel are an important



Mayank Puri
UH, AOI-ASCOMS



"If you are irritated by every rub, how will your mirror be polished?" — Rumi

ECHOES

Though, in my own personal view and experience as a doctor and Medical Administrator, the quality of cancer treatment and care depends majorly upon 5 factors, namely:

1. Expertise and speciality of the Cancer Super-Specialist who is treating the patient. 2. Regular & Timely Care - Availability of early diagnosis, treatment and regular follow-up care. 3. Adherence to standard treatment protocols which are according to the international guidelines of cancer treatments and care. 4. Technological Edge of the Provider - Use of latest technology and upgrades in machinery, software and protocols in Cancer care. 5. Support services – Expertise and training of Nursing team, Diagnostics and Ancillary team. If all the above 5 factors are available in any Oncology Hospital or Institute of your own city providing Comprehensive Cancer Care, my view just like the opinion of all major healthcare workers is that the patient shall always choose the hospital in their own city or the nearest city.

Luckily, Jammu city in the last 2 years, has got this state of the art and world-class cancer care treatments available in the city itself by the coming in of reputed

exclusive Cancer Care Hospitals, and now the residents of the area do not need to travel to other cities for Cancer treatments. Jammu is fast establishing its name in the region as the destination of choice for world-class Cancer Care for patients from Jammu, Kashmir and Ladakh region.

In hindsight, considering the current times of COVID-19 pandemic when travel restrictions and the risk of Covid-19 infection during long travels is high, it becomes more imperative and also convenient for the patient, to avail cancer care treatment in their own city at any of the Cancer Care Hospital which has all cancer care modalities like Medical Oncology, Radiation & Surgical Oncology and diagnostic procedures like PET-CT scan etc. under one roof, which follows all COVID-19 safety protocols strictly and follows international guidelines for cancer care.

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**#National Cancer
Survivor Day**