

EDITORIAL



PANCREATIC CANCER

The burden of pancreatic cancer (PC) has continuously increased worldwide. It is a serious health concern and fourth leading cause of cancer-related death in United States of America and 19th leading cause in India. More than 90% of pancreatic tumors have inception from the ductal epithelium of pancreas consequently termed as pancreatic ductal adenocarcinoma. The danger components for pancreatic cancer incorporate smoking, obesity and high utilization of processed meat. Most common symptoms are back pain and dyspepsia with additional disturbing manifestations like the new onset of diabetes, jaundice, and unconstrained profound vein thrombosis and weight reduction. The tumors spotted in the head region of pancreas, the determination is actually productive and they are

diagnosed relatively early because of biliary involvement. Nonetheless, the tumors in the body and tail of pancreas regularly stay asymptomatic until late in disease stage. Most of the patients (~80%) are identified with unresectable locally advanced or metastatic stage and the major cause is the delayed diagnosis and lack of specific blood or urine biomarkers to identify patients with increased risk of developing pancreatic cancer. The investigation which help in diagnosis are CECT abdomen, Abdominal MRI, USG and image guided biopsy (preferable) or FNAC.

Despite the fact that the survival rate for most cancers has been increased lately in a couple of decades, little change is seen in the case of pancreatic cancer. The usual survival rate for pancreatic cancer patients is under six months, and just 3% patients survive over 5-years. The reason is attributed to various factors including silent nature in early stages, aggressive tumor biology, the low scope of surgical management, and lack of effective systemic therapies. Although, the current procedures including surgery, chemotherapy, radiation, and immunotherapy, have made great advances in diminishing tumor frequencies and death rates, pancreatic cancer remains a continuous

challenge for us. Improvement in surgical techniques and adjuvant treatment with chemotherapy and targeted therapy has increase the survival significantly. Post adjuvant treatment maintenance strategies with oral drugs are also under active research. Personalized medicine is also making continuous positive impact in treatment paradigm.

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Dr. Sourabh Rawat, MS, MCH

ROLE OF CHEMORADIATION IN PANCREATIC CANCER



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At presentation, only 10–20% of patients with pancreatic adenocarcinoma have potentially resectable cancers, 40% have locally advanced unresectable tumors, and 40% have metastatic disease.

Standard treatment is resection followed by adjuvant chemotherapy. Gemcitabine plus capecitabine or modified FOLFIRINOX regime is the preferred chemotherapy in adjuvant setting.

Adjuvant chemoradiation is recommended in patients with R1 resection and positive lymph nodes. If considering chemoradiation due to positive margins, chemotherapy should be given prior to administration of CRT.

However, only approximately half of the patients who undergo tumor resection actually receive adjuvant chemotherapy. Furthermore, approximately half of the resections are microscopically incomplete (R1); one quarter of patients will develop disease recurrence within 6 months

The goal of neoadjuvant treatment is down staging and, in combination with an oncological

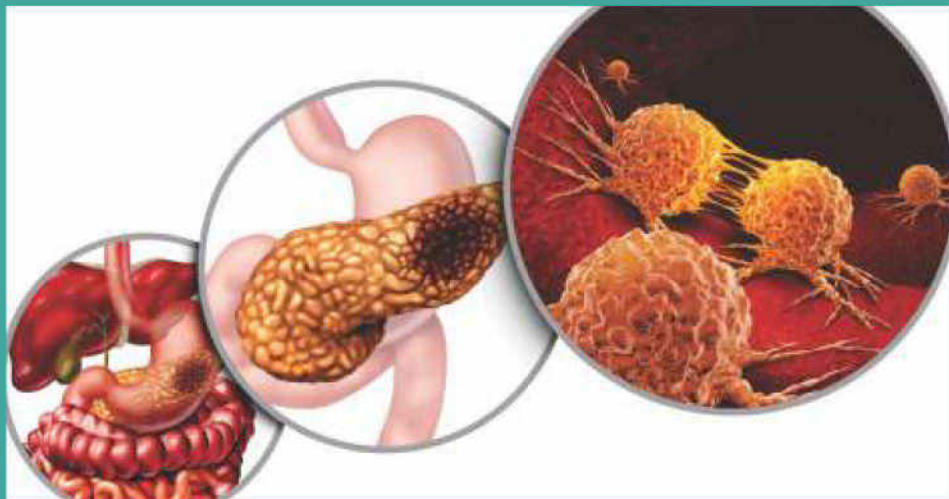
resection, increasing the chances of survival. R0 resection rate is an important prognostic factor, diminishing local and distant recurrence rates, hence improving survival.

THE role of chemoradiotherapy in neoadjuvant setting is being established. NCCN recommends neoadjuvant treatment with chemotherapy both with and without subsequent chemo-radiation in resectable and borderline resectable pancreatic cancer (BRPC).

The results of multicentre phase 3 randomised PREOPANC trial further established that NACRT

was associated with significantly better DFS and locoregional failure-free interval as well as with significantly lower rates of pathologic lymph nodes, perineural invasion, and venous invasion

In locally advanced disease, NCCN recommends both systemic therapy and induction chemotherapy followed by consolidative chemoradiation as an acceptable treatment option in neoadjuvant setting and in the adjuvant setting if the primary site is the only site of disease progression



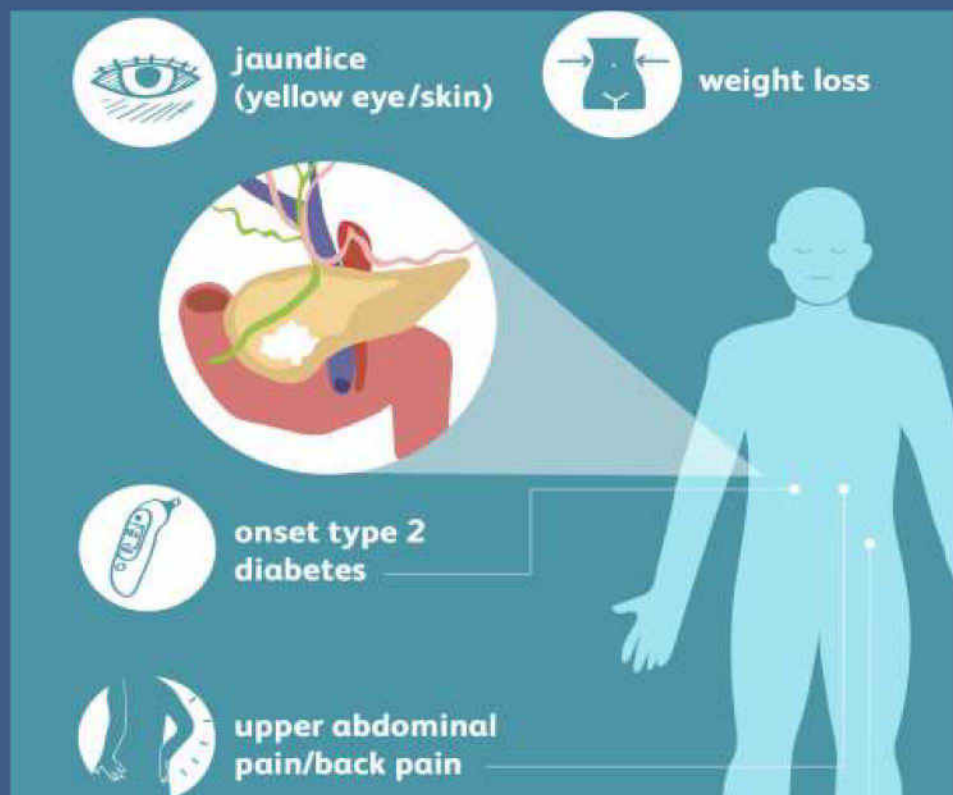
ABDOMINAL PAIN AND WEIGHT LOSS : SYMPTOMS OF PANCREATIC CANCER



Dr. Mukesh Jandu
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Most people with pancreatic cancer have abdominal pain and weight loss, with or without jaundice. 15 to 20 percent of patients have resectable disease at initial diagnosis. The majority have either locally advanced or metastatic cancer. A diagnosis of pancreatic ductal adenocarcinoma is associated with poor prognosis as a result of early micro-metastatic spread, and the 5-year survival rate for metastatic pancreatic cancer is approximately 2.9%. For patients with metastatic cancer, palliative systemic chemotherapy can improve disease-related symptoms and prolong life span. FOLFIRINOX is recommended for patients, (ECOG PS of 0 to 1 and another option Nab-paclitaxel and gemcitabine based chemotherapy. A modified FOLFIRINOX regimen has been described that was associated with similar outcomes to classic FOLFIRINOX (response rate 38 percent, median overall survival 11.2 months) but with a modestly more favourable toxicity profile. Those patients who are BRCA positive/HRR deficiency must be given Platinum Based therapy i.e (FOLFIRINOX or Gem+cis) followed by PARP inhibitor like Olaparib as maintenance therapy. Immune check point inhibitors like pembrolizumab used

in MSI high/dMMR/ TMB high in mutation negative ie, BRCA, BRAF, NTRK etc negative patient. NTRK targeted therapy i.e larotrectinib/Entrectinib has role in subsequent therapy in locally advanced and metastatic pancreatic cancer.



WELFARE PROJECTS

The hospital is providing 25% free hospital services in OPD and IPD, in this category BPL and Economically weaker patients are included. In addition to this hospital also having welfare project, wherein the entire treatment including the medicine is being provided free.

DONATE A LIFE PROJECT

Under this project complete free treatment is provided to the following treatable Blood Cancers:-

Children 1-14 years of age with:-

- 1. Acute Lymphoblastic Leukemia Low Risk (ALL)
- 2. Acute Promyelocytic Leukemia (APML)
- 3. Hodgkin's Lymphoma (HD)
- Project Started in August, 2014
- 215 Children (ALL - 145, HD - 44, APML - 10, OS - 5, ES - 7, PNET - 4) received free treatment
- 142 Cancer Free
- Expenditure worth ₹6,99,69,682/- till Sept., 2022

Anticipated expenditure per patient: ₹5 lacs

Account Name: Bhagwan Mahaveer Cancer Hospital & Research Centre A/C Donate A Life Fund

Account Number: 07021131000885

Bank Name: Oriental Bank of Commerce

IFSC Code: ORBC0100702

WILM'S TUMOUR (KIDNEY CANCER) PROJECT

Under this project free treatment is provided to the children suffering from Wilm's Tumour (Kidney Cancer).

- Children in age group 1-10 with confirmed diagnosis of Wilm's Tumour attending the BMCHRC are recommended to be registered in the project category and provided free treatment (Except Outside Investigations) from the date of registration.
- Project started in May 2016.
- 14 patients registered for free treatment.
- Total expenditure till Sept., 2022: ₹21,33,570/-

Anticipated expenditure per patient: ₹3.5 lacs

Account Name: BMCHRC A/C Kidney Cancer Project

Account Number: 07021132000548

Bank Name: Oriental Bank of Commerce

IFSC Code: ORBC0100702

FREEDOM FROM CANCER PROJECT (CML)

Patient suffering from CML Blood Cancer are provided free treatment under this project.

1. After diagnosis of CML-CP by RQ-PCR for BCR-ABL - Test, patient is registered for free Imatinib therapy and treatment as per the approved protocol.
 2. The patient is given free treatment (Consultation, Routine Blood Test, Monitoring BCR ABL Test and Supply of Imatinib) as recommended by the consultant.
- August 2015 - September 2022: 280 patients registered under the project
 - 171 are receiving free treatment.
 - All patients are cancer free and leading a normal life.
 - Expenditure till Sept., 2022: ₹1,47,22,624/-

Anticipated expenditure per patient per year: ₹20,000/-

Account Name: Bhagwan Mahaveer Cancer Hospital & Research Centre A/C Cancer Mukti Fund

Account Number: 2911582309

Bank Name: Kotak Mahindra Bank

IFSC Code: KKBK0003538

ANNUAL SURVEILLANCE & EARLY DETECTION OF BREAST AND CERVICAL CANCER

- Post menopause (40+ age) women at high risk of developing cancer of breast and uterus are offered free annual screening by Mammography & Pap Smear.
- Of female teachers and female employees and spouses of their male counterparts of 40+ age residing in Jaipur and ladies groups were the base target group.
- Second & Last Saturday of every month free screening of the pre registered women was under taken.
- Project started in July, 2014.
- Total 843 women screened till Sept., 2022
- Total expenditure till Sept., 2022: ₹8,76,880/-

CURE THYROID CANCER PROJECT

Curative Adjuvant Radioactive Iodine Therapy for Residual Thyroid Cancer in females below 45 yrs of age.

- Under this project free Adjuvant Radioactive Iodine Therapy will be provided for residual thyroid cancer.
- Project started in May, 2018
- 27 patients registered and received free treatment
- Total expenditure till Sept., 2022: ₹16,01,996/-

Anticipated expenditure per patient: ₹40,000/-

Account Name: BMCHRC A/C Cure Thyroid Cancer Project

Account Number: 07021132000486

Bank Name: Oriental Bank of Commerce

IFSC Code: ORBC0100702

BREAST CANCER RECURRENCE PREVENTION PROJECT

To provide adjuvant hormone therapy in hormone sensitive breast cancer patients.

- Under this project free Adjuvant Hormone Therapy is provided to the ER/ PR Positive Breast Cancer Patient after completion of chemotherapy and radiation.
- Project started in March, 2018
- 31 patients registered
- Total expenditure till Sept., 2022: ₹4,15,497/-

Anticipated expenditure per patient per year: ₹10,000/-

Account Name: BMCHRC A/C Breast Cancer Recurrence Prevention Project

Account Number: 07021132000193

Bank Name: Oriental Bank of Commerce

IFSC Code: ORBC0100702

COMPASSIONATE CANCER CARE PROJECT

Account Name: BMCHRC A/C Compassionate Cancer Care Project

Account Number: 50100286689755

Bank Name: HDFC Bank

IFSC Code: HDFC0001844

To provide complete free treatment to the following patients:

- A female patient who has been treated at BMCHRC for Breast, Uterine, Ovary or Colon Cancer, Developing another cancer (Metachronous Cancer, Not recurrence) within 5 years of her previous cancer.
- A female patient who has been treated for any cancer at

BMCHRC, her child developing a cancer, the child will be treated totally free.

- Project started in March 2019.
- Two patients registered
- Total expenditure till Sept., 2022: ₹9,85,868/-

NEW SERVICE ►►

Launching of Bone Marrow Transplant Department

Bhagwan Mahaveer Cancer Hospital & Research Centre launched the bone marrow transplant department on April 2, 2022. The department was established under the guidance of Dr. Deepak Gupta & the entire medical oncology team. Dr. Gupta treated a patient suffering from Non-Hodgkin lymphoma by transplanting from his own bone marrow. The first BMT procedure of BMCHRC was done successfully without facing any kind of complications & it has shown some very successful results.

Inauguration of Linear Accelerator 4

State's first Halcyon-Elite has been installed in Bhagwan Mahaveer Cancer Hospital and Research Center. Radiation therapy, is considered to be an important technique in the treatment of cancer, and this machine will be able to deliver radiation therapy in 3 minutes instead of 15 minutes due to the gantry speed of 4 rpm. This excellent machine is helpful in delivering treatment same as rapid arc and IGRT. While giving radiation by this machine, daily check-up is done via CT scan which in turn makes the treatment more accurate.



PROUD MOMENT ▶▶



Anila Kothari, Senior Vice Chairperson of Bhagwan Mahaveer Cancer Hospital, Chairperson of Cancer Care & Director of Dreamz Foundation was felicitated by Dainik Bhaskar, Women of the Year Award 2022.

The Award is presented by Ex-chief Minister of Rajasthan Vasundhara Raje for the exemplary work done by Mrs. Kothari for society.



Dr. Upendra Sharma, Senior Consultant Hemato Oncologist, Department of Hemato Oncology, Bhagwan Mahaveer Cancer Hospital received the Dainik Bhaskar Healthcare Award 2021 for Excellence in Hematology Oncology in Jaipur at an award ceremony in Hotel Lalit. The award was presented by Health Minister of Rajasthan, Shri Parsadi Lal Meena.



Anila Kothari, Senior Vice Chairperson of Bhagwan Mahaveer Cancer Hospital, Chairperson of Cancer Care received the Dainik Bhaskar Healthcare Award 2021 for Excellence in Cancer Care & Social Work in Jaipur at an award ceremony in Hotel Lalit. The award was presented by Health Minister of Rajasthan, Shri Parsadi Lal Meena.



Dr. Tarachand Gupta, Consultant, Department of Medical Oncology was honored with the Lifetime Achievement Award in the first Multinational Book of Records Lifetime Award Ceremony.



Dr. Shashikant Saini, Senior Consultant, Department of Surgical Oncology, Bhagwan Mahaveer Cancer Hospital received the Dainik Bhaskar Healthcare Award 2021 for Excellence in Surgical Oncology in Jaipur at an award ceremony in Hotel Lalit. The award was presented by Health Minister of Rajasthan, Shri Parsadi Lal Meena.



Dr. Tej Prakash Soni, Senior Consultant, Department of Radiation Oncology, Bhagwan Mahaveer Cancer Hospital received the Dainik Bhaskar Healthcare Award 2021 for Excellence in Radiation Oncology in Jaipur at an award ceremony in Hotel Lalit. The award was presented by Health Minister of Rajasthan, Shri Parsadi Lal Meena.



Cancer Care Jaipur has been awarded as START-UPS IN PATIENT CENTRICITY & ADVOCACY by Patient First Summit & Awards 2022 which was held online by Indian Health and Wellbeing Council on 13th May 2022.

It's a national level award based on more than 20 parameters and cancer care has excelled in all.



Dr. Pawan Agarwal, Senior Consultant, Department of Medical Oncology, Bhagwan Mahaveer Cancer Hospital received the Dainik Bhaskar Healthcare Award 2021 for Excellence in Medical Oncology in Jaipur at an award ceremony in Hotel Lalit. The award was presented by Health Minister of Rajasthan, Shri Parsadi Lal Meena.



Dr. Ajay Bapna, Director & HOD, Department of Medical Oncology, Bhagwan Mahaveer Cancer Hospital received the Dainik Bhaskar Healthcare Award 2021 for Excellence in Oncology in Jaipur at an award ceremony in Hotel Lalit. The award was presented by Health Minister of Rajasthan, Shri Parsadi Lal Meena.

PROUD MOMENT ▶▶



Dr. Ajay Bapna, Director & HOD, Department of Medical Oncology, BMCHRC was honored with the Doctor's Day Award in an Award Ceremony held by Jaipur Medical Association. The award was presented by Shri Pratap Singh Khachariyawas, Member of Rajasthan Legislative Assembly.



Dr. Deepak Gupta, Senior Consultant, Department of Medical Oncology, BMCHRC received the Dainik Bhaskar Healthcare Award 2022 for Excellence in Medical Oncology at an award ceremony in Hotel Marriott. The award was presented by Hon'ble Health Minister of Rajasthan Dr. Parasadi Lal Meena and Hon'ble Education Minister, Rajasthan, Dr. BD Kalla.



Dr. Naresh Ledwani, Senior Consultant, Department of Surgical Oncology, BMCHRC received the Dainik Bhaskar Healthcare Award 2022 for Excellence in Surgical Oncology at an award ceremony in Hotel Marriott. The award was presented by Hon'ble Health Minister of Rajasthan Dr. Parasadi Lal Meena and Hon'ble Education Minister, Rajasthan, Dr. BD Kalla.



Dr. Shikha Tewari, Senior Consultant, Department of Surgical Oncology, BMCHRC received the Dainik Bhaskar Healthcare Award 2022 for Excellence in Surgical Oncology at an award ceremony in Hotel Marriott. The award was presented by Hon'ble Health Minister of Rajasthan Dr. Parasadi Lal Meena and Hon'ble Education Minister, Rajasthan, Dr. BD Kalla.



Cancer Care (Women's Wing) has been awarded as Excellence in Patient Care & Support Service by Dainik Bhaskar Healthcare Award 2022 in an award ceremony at Hotel Marriott. The award was presented by Hon'ble Health Minister of Rajasthan Dr. Parasadi Lal Meena and Hon'ble Education Minister, Rajasthan, Dr. BD Kalla.



Bhagwan Mahaveer Cancer Hospital & Research Centre has been awarded as Excellence in Cancer Treatment with Cutting Edge Technology & Patient care by Dainik Bhaskar Healthcare Award 2022 in an award ceremony at Hotel Marriott. The award was presented by Hon'ble Health Minister of Rajasthan Dr. Parasadi Lal Meena and Hon'ble Education Minister, Rajasthan, Dr. BD Kalla.



Dr. Naresh Ledwani, Senior Consultant, Department of Surgical Oncology, BMCHRC received an award for excellence in cancer field by Sindhi Central Panchayat.

EVENTS ▶▶

GERIATRIC ONCOLOGY DEPARTMENT LAUNCH



The State's first Geriatric Oncology Center was launched on October 1, 2021 at BhagwanMahaveer Cancer Hospital and Research Institute. Geriatric Oncology is a unique way of treating elderly cancer patients after assessing their overall well-being. On the occasion of the launch, Dr. Vanita Noronha of Tata Memorial Hospital, Mumbai briefed everyone about the importance of Geriatric Oncology and the way it has revolutionized the treatment facilities for elderly cancer patients.

Dr. Tarachand Gupta, head of Geriatric Oncology in the hospital, said that under this treatment modality the physical & mental health of the patient is assessed through a questionnaire. Dr. Ajay Bapna, Director and Head, Department of Medical Oncology informed that to provide treatment and care under Geriatric Oncology, special training is being taken from the team of Tata Memorial Hospital, Mumbai.

FOUNDATION DAY - STONE LAYING CEREMONY



Rajasthan State's Chief Minister Shri Ashok Gehlot laid the foundation stone of Cancer Care Bhawan on the occasion of 25th Foundation Day of BhagwanMahaveer Cancer Hospital and Research Center and Cancer Care-Women's Wing on October 23, 2021. Urban Development and Housing Minister Shanti Dhariwal also attended the program as the special guest. On the occasion Ashok Gehlot said that BMCHRC is constantly and selflessly working for social welfare and is providing world class treatment facilities to cancer patients without gaining any profit. This is the reason that the government is ever ready to support BMCHRC and its initiatives.

Urban Development and Housing Minister Shanti Dhariwal also addressed everyone and said that government will surely support and provide land to all the future welfare schemes planned by BMCHRC and Cancer care. He also shared that how proud he felt by having a hospital in the state which provides free of cost treatment and stay facilities to the weaker section of the society. Dr. Sudhir Bhandari, Principle SMS Medical College also appreciated all the welfare work done by the hospital.

Cancer Screening Camp with Panchwati Yojna Vikas Samiti

A cancer screening camp was organized in association with PanchwatiYojnaVikasSamiti. Services like blood sugar, BP, mammography and pap smear test were provided for the members of the samite.

CANCER AWARENESS POSTER LAUNCH



A cancer awareness poster was launched on October 3, 2021, in association with VishvaJagriti Mission by Dr. Tarachand Gupta, cancer expert, BMCHRC, and editor of DainikNavjyoti newspaper - Harsh Choudhary, a key member of VishvaJagriti Mission and Rotary Club.

CANCER JAAGRUKTA EVAM NISHULK JAANCH SHIVIR



A cancer awareness camp was organized at SomeshwarMahadevMandir in association with VishvaJagriti Mission on October 17, 2021. Dr. Tarachand Gupta spoke on the occasion to spread awareness about cancer.

A CONVO ON CANCER AWARENESS AND IMPORTANCE OF PALLIATIVE CARE



A talk on Cancer Awareness and Importance of Palliative Care in SSG Pareek PG College was organized in Pareek College on November 27, 2021. Dr. Tarachand Gupta spoke about cancer awareness amongst the youth and Dr. Pratima Agarwal, from the Palliative department of BMCHRC spoke to everyone about the importance of palliative care and how they can contribute in their own ways to improve the quality of life palliative patients.



IMPORTANCE OF PALLIATIVE CARE



An awareness talk was organized in association with Biyani Group of Colleges on October 9, 2021 on the occasion of World Hospice and Palliative Care Day. Dr. Pratima Agarwal, palliative care expert and Dr. AratiHota, Psycho Oncology Expert interacted with the students of Biyani College and spoke about the importance of palliative care and mental health. The poster of IAPCON was also unveiled on the occasion.

MEN FOR PINK



In order to spread awareness amongst the male members of the society on the occasion of breast awareness month, Men for Pink was organized on October 29, 2021 at Bmchrc. Sr. Vice Chairperson Anila Kothari, Executive director Maj gen SC Pareek (retd), Dr. Ajay Bapna, Dr. Sanjeev Patni, Dr. Nidhi Patni spoke on the occasion to spread awareness amongst the male members of the society. Two cancer survivors including Dr. Jyoti Joshi were felicitated on the occasion.

CHILDREN'S DAY CELEBRATION



Children's day was celebrated on November 12, 2021 at Bhagwan Mahaveer Cancer Hospital and Research Center. A musical program by singer Rahul Ranjanwas organized for the children suffering from cancer on this occasion.

YOGA AND FITNESS TALK BY DR. TARACHAND GUPTA



A talk was organized on the occasion of breast cancer awareness month on October 28, 2021. Dr. Tarachand Gupta, cancer expert, BMCHRC spoke on the occasion and told everyone about the importance of a healthy lifestyle, yoga & fitness. Students from St. Wilfreds College attended this talk amongst others.

EVENTS

AWARENESS TALK ON CERVICAL CANCER AND PALLIATIVE CARE



An awareness talk on cervical cancer and palliative care were organized in association with Sarthak Society on December 2, 2021. Dr. Tarachand Gupta spoke and spread awareness about cervical cancer and Dr. Anjum Khan spoke on the importance of palliative care.

A TALK ON HEALTHY LIFESTYLE & PALLIATIVE CARE



A talk on healthy lifestyle & palliative care was organized at Tirupati College on January 13, 2022. Dr. Dinesh Singh spoke to the kids about the importance of healthy lifestyle that how it can instantly lift your mood and help you feel better. Dr. Pratima Agarwal spoke about the importance of palliative care like how it improves the quality of life of patients and that of their families who are facing challenges associated with life-threatening illness, whether physical, psychological, social or spiritual.

CERVICAL CANCER AWARENESS POSTER LAUNCH



A poster launch ceremony was organized on the occasion of cervical cancer awareness month on January 18, 2022. 4 posters containing information about cervical cancer were launched by Mrs. Mamta Bhupesh. Mrs. Anila Kothari, Sr. Vice Chairperson, BMCHRC; Maj Gen S C Pareek, Retd. – Executive Director, BMCHRC & Dr. Nidhi Patni, HOD – Radiation Oncology.

CHRISTMAS CELEBRATION



Christmas celebration was organized for the pediatric cancer patients of BMCHRC on December 25, 2021. Gift distribution, cake cutting & storytelling sessions were organized for them on the occasion.

A CHAT ON BREAST CANCER AWARENESS & PALLIATIVE CARE



A talk on breast cancer & palliative care was organized on December 18, 2021 in Women Polytechnic College. Dr. Anjum Khan, HOD - Pain & Palliative care, BMCHRC spoke about the importance of palliative care and how this method helps in improving the quality of life & easing the pain of palliative patients. Dr. Naresh Jakhotia, Radiation Specialist, BMCHRC spoke on the topic of breast cancer and its awareness that how it is important for females after a certain age to get themselves examined regularly.

WISH FULFILLMENT OF PEDIATRIC PATIENTS



Wishes were fulfilled by giving desired presents to children suffering from cancer on January 13, 2022, at Bhagwan Mahaveer Cancer Hospital and Research Center. 25 cancer patients were presented with gifts like remote control toys, sewing kits, bicycles etc by Vibhu Bainara and Rajesh Jain of Bainara Industries Limited under the banner of Dreamz Foundation.

DIBH PRESS CONFERENCE



A press briefing was held at BMCHRC on February 2, 2022 to introduce an Advance Radiation Therapy Technique – DIBH. This technology started at Bhagwan Mahaveer Cancer Hospital and Research Center is the first in state. This radiation therapy is one of the world's latest techniques, which is available only at selected centers in India. This technique also helps in improving the quality of life of breast and lung cancer survivors.

A CONVERSATION ON CANCER PREVENTION & IMPORTANCE OF PALLIATIVE CARE



A talk on healthy lifestyle & cancer prevention as well as the importance of palliative care was organized at Parishkar College of Global Excellence on January 21, 2022. Dr. Dinesh Singh, Consultant Radiation Oncology, spoke to the kids about how healthy habits can reduce the risk of various diseases, including those that may run in one's family. Dr. Anjum Khan, HOD - Pain & Palliative Care, spoke about the importance of palliative care like how it gives patients an option for pain and symptom management and higher quality of life while still pursuing curative measures.

REPUBLIC DAY CELEBRATION



Republic day celebration was held in the premises on BMCHRC on January 26, 2022. A flag hoisting ceremony was held on the occasion followed by national anthem. Shri Navrattan Kothari was the chief guest of the program.

NURSING DAY CELEBRATION



Nursing day was celebrated on May 12, 2022 in BMCHRC with a series of cultural programs like dance, skit and many more by the nursing staff of BMCHRC. The staff who provided extraordinary and exemplary services were awarded for their contribution towards patient care.

EVENTS ▶▶

INDEPENDENCE DAY CELEBRATION



75th Independence day was celebrated on August 15, 2022 at BMCHRC. A flag hoisting ceremony was organized in the premises followed by an award ceremony for the employees of the hospital. They were presented with awards for their outstanding services throughout the year.

TALK ON WOMEN'S HEALTH IN AGRAWAL COLLEGE



A talk on women's health was organized in Agrawal College in association with Shri Agrasen Mahila Mandal & Akhil Bhartiya Mahila Parishad East Rajasthan on March 10, 2022. Dr. Dinesh Singh spoke about the importance of women's health amongst the crowd.

CHEQUE HANDOVER CEREMONY BY SBI LIFE



A helping aid was provided by SBI Life to the welfare project Chronic Myeloid Leukemia Cancer Mukti Yojana (CML-CMY) run by Bhagwan Mahaveer Cancer Hospital and Research Center. Patients suffering from blood cancer (CML) are treated free of cost under this scheme. To extend his support to the scheme, Yogesh Sharma, Regional Director, SBI Life Insurance, Jaipur presented a check of Rs. 17.42 lakh to BMCHRC. Under the CML-CMY project, which started in August 2015, 258 patients are being screened and treated free of cost and all the patients are cancer-free. An amount of Rs. 1.29 crore has been spent on this project till December 2021.

HEALTH TALK ON CANCER PREVENTION WITH PAKKI BHAILI FOUNDATION, DIGAMBER JAIN SOCIAL GROUP VIRAT



WORLD NO TOBACCO DAY



A scientific program was organized on the occasion of World No Tobacco Day on May 31, 2022 by the psychology department of BMCHRC on the topic – "Tobacco Cessation: The Need of the Hour". The theme for the same was "Tobacco threat to environment". Various discussions were held on topics like tobacco use and cancer causation in India, tobacco addiction related concerns, Tobacco Cessation: How? Etc. A pledge was also taken by all the medical staff of BMCHRC keeping in view of the harmful effects of tobacco.

POSTER LAUNCH BY HEALTH MINISTER ON WORLD HEALTH DAY



A poster was released by Medical and Health Minister Parsadi Lal Meena on behalf of Bhagwan Mahaveer Cancer Hospital and Cancer Care. A message to quit tobacco in order to stay healthy was given to the public through the poster on the occasion of World Health Day. Executive Director of the hospital, Major General SC Pareek (Retd) and Treasurer Trustee Dr. Prem Singh Lodha were present on the occasion.

HEALTH TALK & CAMP WITH AIR FORCE STATION JAIPUR



A health talk as well as free of cost cancer screening camp was organized for the wives of the officers of Air Force Station Jaipur. Dr. Naresh Jakhotia, Consultant Radiation Oncology spoke amongst the crowd about the importance of a healthy body and also shared various daily habits to inculcate in your day to day life for a healthier tomorrow.

A health talk was organized in association with Pakki Bhaili Foundation, Digamber Jain Social Group Virat on cancer prevention and healthy lifestyle. Dr. Divya Khatore, DNB, Surgical Oncology was the speaker of the program who shared some valuable insights on preventative oncology. The health talk was followed by a cancer prevention camp which included services like mammography and pap smear test for the ladies.

IAPCON



The 29th International Conference of Indian Association of Palliative Care (IAPCON 2022), was a virtual conference held from Jaipur. Eminent and the brightest stars from the Palliative Care fraternity, both from India and beyond participated in the conference, held between Friday 11th to Sunday 13th February 2022. Pre-conference workshops were also organized on 10th February, 2022.

The conference offered a blend of both scientific and educational sessions, to cater to the needs of all audiences. Scientific Sessions included sessions on Covid-19 and Palliative Care, Interstitial lung disease, implementing evidence-based practice and a good death. Educational sessions covered sessions on difficult pain, sensitive conversations (such as communicating with children, talking about sexual issues etc.), teaching methodology and sustaining the palliative care workforce.

ALL INDIA MARWARI YUVAMANCH CAMP BUS FLAG OFF CEREMONY



A campaign for cancer screening in Rajasthan was organized in association with All India Marwari Yuva Manch. A total of 32 camps covering 14 districts were organized in various cities of Rajasthan for 43 days starting from February 20, 2022. These cancer screening camps are organized through a well-equipped bus across the country. The bus is equipped with 33 types of tests, which can detect almost all important cancers at an early stage. The camps in Rajasthan were held in association with BMCHRC in which a total of 2800 patients were screened. A team of various specialists' doctors of BMCHRC went through different cities screening patients for cancer. The flag off of the cancer screening bus was done by the Health Minister of Rajasthan – Parsadi Lal Meena.

EVENTS ▶▶

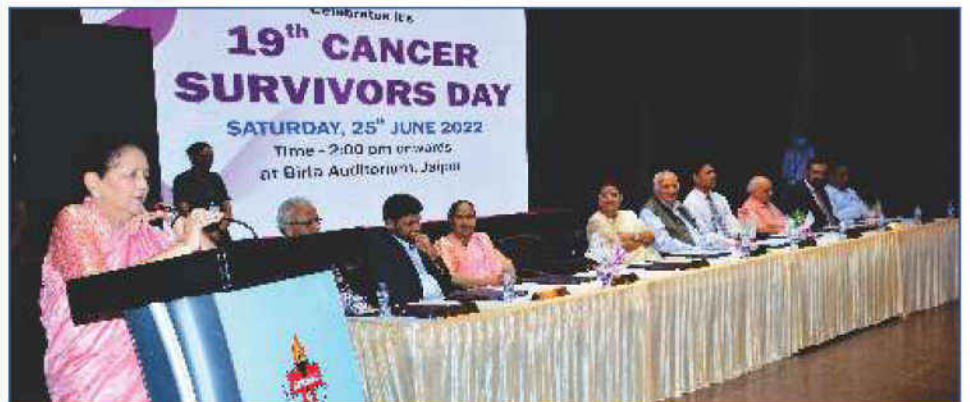
CANCER SURVIVORS DAY



Bhagwan Mahaveer Cancer Hospital and Research Center and Cancer Care organized its 19th Cancer Survivors Day celebration at Birla Auditorium on Saturday. More than one thousand cancer survivors from different states of the country including Rajasthan, UP, MP participated in the ceremony. Cancer survivors gave the message of cancer awareness through their presentation. A program to honor the cancer survivors was also organized at the function.

Women and Child Development Minister Mamta Bhupesh, the chief guest of this function, said the function was organized with the aim of boosting the morale of the patients undergoing treatment for cancer and honoring the survivors have won the battle of cancer. She added that these survivors will bring awareness in the society about cancer. On this occasion, special guest Arjun Awardee Jagseer Singh (Paralympic Player) told how he achieved success in life by making his weakness his strength.

SMS Medical College's Principal & Controller Dr. Sudhir Bhandari congratulated the hospital for bringing awareness in the society by organizing such events. Cancer Care's patron Sunita Gehlot praised the spirit of cancer survivors and described such events as important. Chairman of the hospital Navratan Kothari, Senior Vice Chairperson Anila Kothari, Vice Chairman Sanjay Kothari, Treasurer Trustee Dr. Prem Singh Lodha, Executive Director Major General S C Pareek (retd), members of the hospital's trust and many eminent personalities of the city were present.



EVENTS ▶▶

BMCON - BMORTHOOONCOCON

BhagwanMahaveer Cancer Hospital and Research Center organized a two-day long BMORTHOOONCOCON (BMCON-7) from May 14-15. The conference was held at Hotel Royal Orchid located on Tonk Road & witnessed more than 250 cancer experts from India and abroad discussing the latest methods and challenges of cancer screening and treatment.

BMCON-7 i.e. BMORTHOOONCOCON was organized to discuss various researches going on in the country and abroad related to the treatment of bone and soft tissue cancer, different methodologies and challenges. The inauguration of BMCON was done by the Health Minister of Rajasthan - Shri Parsadi Lal Meena on Saturday. 16 sessions were organized in this two-day conference in which more than 40 national and international speakers participated. Presentations were given by the doctors on topics such as tumors occurring in the bone, the process of recycling the bone again, the challenges in complex A pre-conference program was also organized on Friday, May 13, at EP located on Tonk Road. The program witnessed about 200 cancer survivors, caregivers, doctors, educationists, and representatives of many clubs and societies as participants. The objective of the program was to connect people who have defeated cancer with the mainstream of society.



The role of the family in the recovery of the patient was discussed in the patient interaction program. Dance, poetry, and singing performances were also presented by cancer survivors during the talent show organized. A motivational talk was given by the renowned motivational speaker Dr. Sanjay Biyani in the function as well. Dr. Biyani also announced 25% scholarship on educational courses in the Biyani Group for the students who are cancer survivors and cancer patients.

In the panel discussion program organized towards the end, Dr. Nidhi Patni, Director, Radiation Department, BMCHRC, discussed how the education system, society and NGOs can take forward the patients by giving them

support during cancer treatment. National Secretary of COWE, Mrs. Nidhi Toshniwal, academician Mrs. Neelam Vishvai, Mrs. Lakshmi Ashok of Shilpayan Foundation, Executive Director of BMCHRC, Major General SC Pareek, Retd and Orthopedic Cancer specialist Dr. Praveen Gupta were the keynote speakers in the panel discussion.

The main conference held at Royal Orchid also witnessed doctors of many renowned institutions of the world including Japanese Foundation Cancer Research Tokyo, AIIMS Delhi, TMH Mumbai, CMC Bangalore, GCRI Ahmedabad, RGI Delhi, Max Hospital Delhi and Mumbai as participants.



LIVE AWARENESS DRIVE ON FACEBOOK PLATFORM ▶▶

DENTAL PROBLEMS FOR CANCER PATIENTS & ITS MANAGEMENT



Facebook Live on Dental Problems for Cancer Patients and its management on 30th Nov 2021. The speaker was Dr. Harish Singhal (Dental Surgeon, BDS PGHHM) interviewed by Dr. Abeda Parveen (Trainee in Prosthodontics).

OMICRON VIRUS & BLOOD CANCER PATIENTS



FB Live on Omicron Virus & Blood cancer patients by Dr. Upendra Sharma, Hemato Oncologist on December 11, 2021 interviewed by Dr. Pulkit Nag, DNB, Medical Oncology.

INTERACTIVE SESSION ON BLOOD CANCER AWARENESS - WORLD CANCER DAY



A FB Live was organized on Blood Cancer Awareness on the occasion of World Cancer Day by Dr. Upendra Sharma, Consultant Hematologist & Hemato Oncologist on February 4, 2022 who was interviewed by Dr. Pulkit Nag, DNB, Medical Oncology.

WEBINAR ▶▶

IMPORTANCE OF PALLIATIVE CARE AND MENTAL HEALTH

A webinar was organized on October 16, 2021 on online platform in association with Maharishi Arvind College of Pharmacy, Jaipur on the Importance of Palliative Care and Mental Health. Dr. Arati Hota, Psych Oncology Expert, Bmchrc and Dr. Anjum S. Khan Joad, Director - Anesthesia & HOD Pain & Palliative Department spoke about the importance of mental health and palliative care respectively.

BREAST RECONSTRUCTION - MYTHS V/S REALITY

A webinar on breast reconstruction - myths v/s reality was organized on the Urjaa group on December 18, 2021. Dr. Umesh Bansal, plastic surgeon at BMCHRC shared his valuable insights on the myths that surround this topic and shared the reality of the scenario.

A WEBINAR ON CANCER AWARENESS & PREVENTION

A webinar on cancer awareness & prevention was organized in association with Shree Cement on February 4, 2022. Dr. Dinesh Singh, Consultant, Radiation Oncology was the speaker for the program who spoke to everyone about cancer awareness & prevention and motivated everyone to stay away from cancer causing substances like tobacco and cigarettes.

PROBLEM OF LYMPHEDEMA & IT'S MANAGEMENT

A webinar was organized on Problem of Lymphedema & its management on August 27, 2022 for the members of Urjaa group. Dr. Umesh Bansal, speaker of the program gave a lot of insights about the problem of lymphedema & its management in cancer patients during their treatment.

MYTHS ABOUT FOOD AND DIET DURING CANCER TREATMENT

A webinar was organized on Myths about food and diet during cancer treatment on November 27, 2021 for the members of Urjaa group, which is patient support group on WhatsApp - an initiative of the Psychology department of BMCHRC.

IMPORTANCE OF COMPLETE DIET

A webinar was organized on Importance of Complete Diet on March 5, 2022 for the members of Urjaa group, which is patient support group on WhatsApp - an initiative of the Psychology department of BMCHRC.

ROLE OF EXERCISE AFTER SURGERY

A webinar was organized on Role of exercise after Surgery on May 21, 2022 for the members of Urjaa group. The speakers of the program told about how regular exercise plays an important role after surgery in cancer patients.

FEAR OF CANCER RECURRENCE

A webinar was organized on Fear of Cancer Recurrence on March 26, 2022 for the members of Urjaa group. The speakers of the program shared and busted all myths related to fear of cancer recurrence in cancer survivors.

AN INTERACTIVE SESSION ON HEALTHY LIFESTYLE & CANCER PREVENTION

A webinar on healthy lifestyle & cancer prevention was organized in association with Rajasthan College of Engineering for Women on January 21, 2022. Dr. Arvind Thakuriya, the main speaker of the program spoke to the kids about the importance of healthy lifestyle and cancer prevention.

FATIGUE & INSOMNIA- IS IT MANAGEABLE?

A webinar was organized on Fatigue & Insomnia- Is it Manageable? on April 30, 2022 for the members of Urjaa group, which is patient support group on WhatsApp - an initiative of the Psychology department of Bmchrc. The speakers of the program gave insights about how to manage fatigue & insomnia in cancer patients.

HOW TO HANDLE NEGATIVE EMOTIONS?

A webinar was organized on How to Handle Negative emotions? on July 9, 2022 for the members of Urjaa group. Dr. Arati Hota gave a lot of important insights on how to handle negative emotions that may build up in cancer patients during their treatment.

SEXUAL HEALTH : TOLD THE UNTOLD

A webinar was organized on Sexual Health : Told the Untold on August 6, 2022 for the members of Urjaa group. Dr. Arati Hota busted a lot of myths related to sexual health that may build up in cancer patients during their treatment.

NEW EDUCATION PROGRAMS STARTED BY BMCHRC ▶▶

- Fellowship Course in Oncopathology



MESSAGE FROM EXECUTIVE DIRECTOR'S DESK

Warm greetings from Bhagwaan Mahaveer Cancer Hospital & Research Centre (BMCHRC), Jaipur!

At the outset, I would like to take this opportunity to convey my sincere gratitude for all the cooperation and support rendered by you and your organisation to the hospital.

This newsletter has been very well received by the doctors as well as the management, and we are grateful to you for your contribution in making this newsletter a success.

The current issue of the newsletter focuses on gastrointestinal cancer, which is a common cancer and includes all cancers in digestive tract organs such as the stomach, large and small intestines, pancreas, colon, liver, rectum, anus, and biliary system. It tends to grow gradually. Only less than 20 percent of patients with stomach cancer in India are diagnosed at an early stage, while 50 percent get diagnosed when the disease has advanced; 25-30% have widespread or metastatic disease. Stomach cancer is the third most common cancer in men in India and the second most common cause of cancer-related deaths among Indian men and women between the ages of 15 and 44.

Early diagnosis can help cure the disease. Periodic screening is advised from the age of 45 to 50. If a person is experiencing symptoms such as sudden and unexplained weight loss, blood in the stool, or a feeling of fullness after a meal, especially after eating a small meal, then it's imperative to undergo investigation to rule out the disease. Newer testing methods for diagnosing gastric cancer, including stool DNA or stool blood testing, give an idea of bleeding in the gastrointestinal tract and may help in early detection.

BMCHRC, through its team of qualified doctors and experienced nursing staff, aspires to provide patient care with globally accepted standards. For this, the institute recently installed new PET CT equipment of world-class technology and upgraded its infrastructure in order to provide better services. The hospital is also planning an extension of its building for better services.

We endeavour to accomplish our goals by providing the best treatment to patients of all strata and also providing free hospital services up to 25% (except medicine) of the total IPD and OPD patients, along with treatment under the Rajasthan Ayushman Bharat Mahatma Gandhi Swasthya Bima Yojana and Mukhya Mantri Chiranjeevi Swasthya Bima Yojana.

We are empanelled with the Government of Rajasthan, the Central Government of India, and major organisations like ECHS, CGHS, ESI, the Railways, etc., along with most of the TPAs and insurance companies of repute.

The hospital's unique voluntary support group, "Cancer Care (Women's Wing)," has been the epitome of care and compassion, providing patients and caregivers with emotional, psychological, and moral support within their reach at all times. It's headed by Mrs. Anila Kothari, Sr. Vice Chairperson. It is also involved in several welfare projects under its umbrella, like Donate A Life, Chronic Myeloid Leukemia (CML), Wilm's Tumor, Annual Surveillance & Early Detection of Breast & Cervical Cancer, Breast Cancer Recurrence Prevention Project, Cure Thyroid Cancer Project, Compassionate Cancer Care Project, and Save Mother Cervical Cancer Project (SMCCP).

Members of BMCHRC and Cancer Care are relentlessly engaged in selfless service to help and support cancer patients, effectively looking into minimising the patients' anxiety and also providing financial aid to the underprivileged.

Best Regards

Maj Gen S C Pareek, Retd. Executive Director, BMCHRC

SAVE LIFE | HELP PATIENTS | DO CHARITY | FULFILL WISH

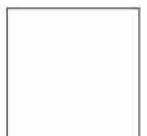
Your support will add to our fervor and will help the underprivileged in successfully overcoming the ailment.

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UPCOMING ISSUE - BREAST CANCER

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