



INDIAN CANCER SOCIETY KARNATAKA BRANCH

NEWSLETTER
JUL-SEP & OCT-DEC 2021

NEW INITIATIVES

Besides Emotional Counselling, we also look at some important aspects of post treatment support. Hair wigs, prostheses distribution and 'After Completion of Treatment' (ACT) Clinics are two of our recent initiatives in this direction.

INDIAN CANCER SOCIETY GIVING CONFIDENCE TO NEEDY WOMEN CANCER SURVIVORS **LAT Technology Services**

We plan to provide PROSTHESES for underprivileged women to make them more confident during the rehabilitation period

PRODUCTS

- Wigs made of natural hair
- Head Scarf/caps
- Mastectomy Bra with Cotton prosthesis

ELIGIBILITY CRITERIA

- Cancer patients undergoing chemotherapy
- Breast cancer patients undergoing mastectomy
- Total family income less than Rs 4 lakhs

CONTACT
LATA NAIK
9513084567
lata@indiancancersociety.org

NOTE
Beneficiaries will be selected after screening the applications



Free-of-cost wigs and breast prostheses for women from needy sectors to help regain the pre-treatment look



1ST ACT CLINIC INAUGURATED

Karnataka's first ACT clinic was inaugurated on 25th Sep 2021 at Sri Shankara Cancer Hospital (SSCHRC), backed by BPCL. A clinical psychologist handholds pediatric survivors at the clinic to rehabilitate them into their daily lives after they have undergone rigorous cancer treatment.

REVIEW

- **Kishore Rao**
Chairperson Karnataka Branch



Let me extend warm wishes to each and every one of you for a bright, happy & healthy 2022.

We realise that there is a certain (often unstated) stigma around cancer which is very real, especially for women battling the disease. To mitigate this to some extent we decided to offer support to women in under-privileged families, by way of free wigs and prostheses to rebuild their self-confidence during the rehabilitation period. The initiative has got a good response.

We are happy to announce that ACT clinics have started in Paediatric Wards of two hospitals in Bengaluru, on the lines of the ACT clinics of ICS Mumbai. These clinics focus on giving psychological, emotional and educational support to children recovering from cancer. We are glad that these two initiatives now support two very vulnerable sections of society – women and children.

Awareness activities have been going on in a big way, especially the IIT-Mumbai Breast Cancer event which reached out to students across India. Oncologists from Bengaluru, Kalaburgi and Mangaluru participated in the 3-day online event.

As I finish writing this, there is news of fresh curbs due to rising cases of Covid 19, which means re-casting field work schedules. Stay safe, everyone.

FREE !

CLINICAL CARE SERVICES AT HOME FOR CANCER PATIENTS

WITHIN BANGALORE (BBMP LIMITS)

- 1 Trained Nursing Care at Home under the guidance of a remote doctor
- 2 Audio-Video Consultation with the Care Doctor for follow up
- 3 Tele-counselling with a trained counsellor
- 4 Physio-therapist care at home

WHO IS ELIGIBLE?

- Those identified as a cancer case requiring follow up care at home.
- Individuals whose family income is below 4 Lakhs p.a.
- Patient must submit documents of Income Proof, ID proofs, Photograph, medical records, etc.

CONTACT
Mr Vijayakumara
vijayakumara.r@indiancancersociety.org
080-47192103
7411237224

AT-HOME CLINICAL CARE SERVICES

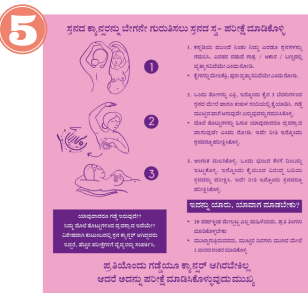
To lighten the load of the financially and emotionally burdened caregivers, ICS is providing trained nursing support, doctor consultation, tele-counselling and physiotherapy services at home supported by LTTS.

AWARENESS DRIVES

Happy to note that our online Awareness sessions are much in demand. Recently we have had a good response to sessions in Kannada and Hindi as well. Shubha Jaiprakash, one of our Emotional Support Volunteers has taken a lot of initiative to conduct sessions for workers groups, women's groups and for the youth.



Kanchan Bannerjee
Hon Secretary



1 - Awareness session by Gururaj Kulkarni for ASHA workers at Kodli PHC, Kalaburgi.

2 - Sensitization of ASHA workers at Anganwadi Centre, Kapikadu PHC, Mangaluru.

3 - Session on Awareness and Sensitization for Community Health Workers of Sampark NGO by Dr Guru Suhas at Bengaluru.

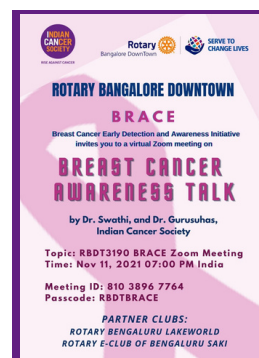
4 - Awareness program on health and nutrition for cancer survivors and caregivers at Mangaluru.

5 - Pictorial, awareness leaflets (in Kannada and English) about breast cancer and cervical cancer designed in-house by ICS Team, Bengaluru.

6 - Volunteer Shubha Jaiprakash explaining about breast cancer.

7 - Creating awareness about oral self-examination during house-to-house survey in Achalu village, Kanakapura Taluka.

EVENT POSTERS AND MEDIA COVERAGE



SURVEY & SCREENING ACTIVITIES

Alongside Screening Camps, we also conducted Population-Based Cancer Surveys (PBCS). These helped identify high-risk individuals for cancer screening. Besides Bengaluru, Screening Camps were conducted in Mangaluru and Kalaburagi as well.



Dr Guru Suhas
Medical Officer



Screening on Wheels: Dayanand Sagar College of Dental Sciences staff and Indian Cancer Society members at camp site.

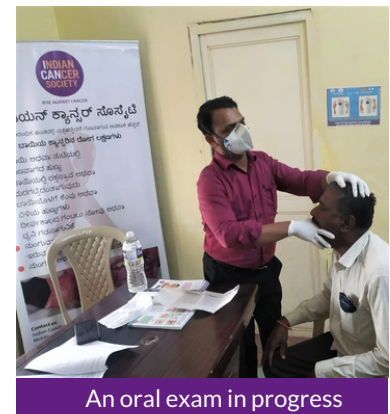
VISUALS OF SCREENING ACTIVITIES



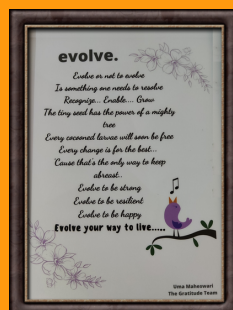
Door to Door Cancer Risk Survey



Registration for Screening camp



An oral exam in progress



Motivating
messages for
cancer patients
created by
Gratitude Group
led by Jayanthi
Sridhar



WELCOMING NEW TEAM MEMBERS



Shravya Devadhar is a licensed clinical psychologist, she works with pediatric cancer survivors at ACT clinic at Sri Shankara Cancer Hospital and Mazumdar Shaw Medical Centre.



Amarinder Kaur has varied experience of working with corporates, school children and NGOs. She is currently handling Social Media and Communications at ICS, Bangalore.

EMOTIONAL COUNSELLING



Counselling services restarted with the help of our volunteers from mid-Oct at Apollo Hospital, Bannerghatta Road and Sri Shankara Cancer Hospital. Shortly, we hope to start counselling at St John's Hospital and ESI Hospital, Rajajinagar.

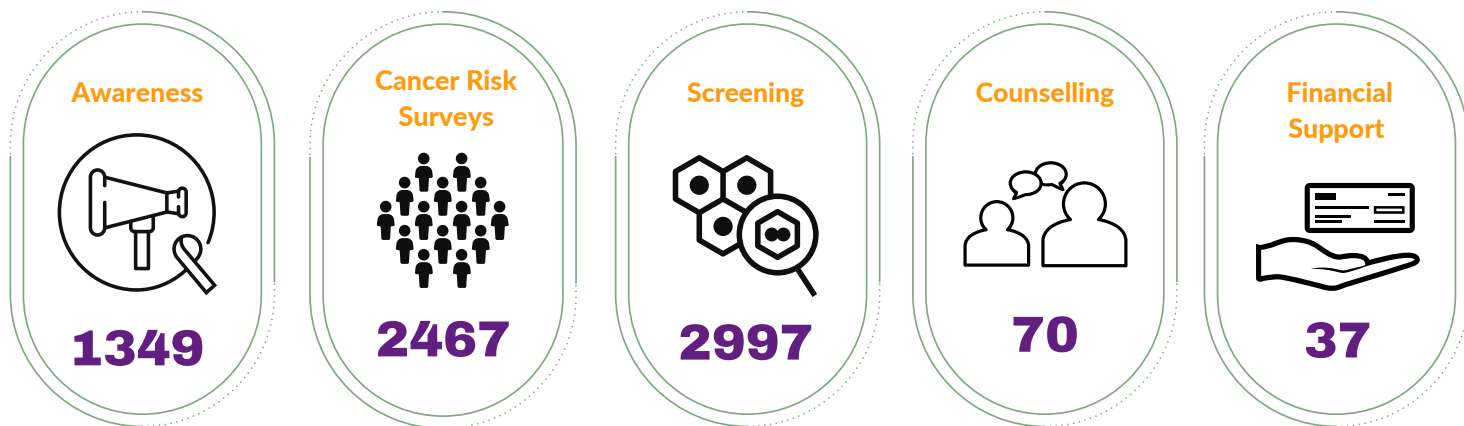
With the recent upsurge in covid cases in the city, we may have to temporarily hold back in-person counselling. We would of course continue with telephonic counselling.

- Alpa Dharamshi, Counsellor



Volunteer Counsellors

BENEFICIARIES AT A GLANCE



UPCOMING...

Second ACT Clinic to become operational at Mazumdar Shaw Hospital

February 4 - World Cancer Day Events

Online campaigns to spread awareness

Extend Emotional Support services to more hospitals



Payment by Cheque/Pay Order/DD :

Beneficiary Name:
INDIAN CANCER SOCIETY
(payable at Bengaluru)

*Donations are eligible for Income Tax deductions under Sec 80 G
Kindly provide PAN / AADHAAR No

NEFT :

A/C Name : Indian Cancer Society
Bank Name : HDFC Bank
Branch Name : Indiranagar Branch
Current A/c no : 50200019747490
IFSC Code : HDFC0000832

INDIAN CANCER SOCIETY, BENGALURU

268/1-4, 9th 'A' Main Road, 2nd Block, Jayanagar,
Bengaluru 560 011

Ph No.+91 9513074567

Website: <http://indiancancersocietybangalore.org/>

 Indian Cancer Society Bangalore

 Indian Cancer Society, Bangalore

 @indiancancersocietyblr

 @ICSBangalore