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Dear Readers,

We wish you a Happy New Year. A new year means new beginnings, new resolutions and renewed enthusiasm towards achieving our goals.

A New Year's resolution is a commitment that a person makes to one or more personal goals, projects or the reforming of a habit. A key element to a New Year's Resolution that sets it apart from other resolutions is that it is made in anticipation of the New Year and new beginnings. People committing themselves to a New Year's resolution generally plan to do so for the whole following year. This lifestyle change is generally interpreted as advantageous.

Some popular resolutions are :

- Spend more time with family and friends
- Get fit
- Quit smoking
- Quit drinking
- Get out of debt
- Learn something new
- Help others
- Get organized etc..

What are your New Year resolutions? At Sankshema, this New Year, we will strive to improve the quality of service rendered to cancer patients. We will be more empathic towards their pain and suffering and do our best to help them.

A first step in the direction of better service is our procurement of a LINAC machine. A LINAC is more precise in identifying the size and depth of a tumor; it kills cancer cells using X-Rays instead of the more harmful radioactive material. It causes lesser damage to the area of body surrounding the tumor.

In this issue of our newsletter, we have a write up on the cancer, Feng-Shui and colors for a happier home, news and happenings at Sankshema and other regular features.

Do visit our redesigned website www.sankshema.org . We will update our blog; this will be another new year resolution for us to keep you updated. If you are on facebook you can visit us at <http://www.facebook.com/groups/172841246097446/>

Give us your feedback via e-mail at editor@sankshema.org or via post.

From all of us at sankshema, wishing you and your family a Happy New Year.

**Harita Rao
(Editor)**



Acute Shortage of Oncologists in India

Cancer does not ravage just the body of the patient. It also swallows the lives of doctors, becoming an all-consuming presence in their lives. It is not easy being an oncologist, living in the shadow of agony and death. In India, which needs 10 times the number of oncologists it has, being a cancer expert means battling huge odds with few resources and nerves of steel.

First, the good news. An average Indian, in 2021, will live four years longer than today. The bad news- this is bound to increase India's cancer burden exponentially. Already one of 10 leading causes of death in India, cancer is set to become a major cause of morbidity and mortality in the coming decades. What's most worrying is that a recent study found that 70 percent of these deaths are of those in their prime, between 30 and 69 years of age. For the first time ever, the government's apex medical research body - the Indian Council of Medical Research has marked a score for the possibility of one in a given number of persons developing cancer of any site"

What makes the disease so deadly is late diagnosis, say experts unanimously. Over 80 percent cases in India are diagnosed at advanced stages of the disease. The biggest concern today, however, is the acute shortage of oncologists. The health ministry recently relaxed rules to increase the number of doctors opting for this medical branch.

It has allowed every professor of three disciplines - radiotherapy, medical oncology and surgical oncology - to teach three students as against the present norm of two. In addition, associate professors across all specialities will be allowed to take on two students under their guidance as against the current one. Assistant professors who qualify to be associate professors will now also be allowed to train one student. MBBS doctors across 21 states in India are undergoing a yearlong capsule course in oncology. They are being trained on early detection of cancer symptoms and to deliver chemotherapy.

The oncologist who staff India's hospitals are fighting a tough battle against cancer with few resources and a lot of nerve. Hundreds of these medical professionals have managed to give cancer therapy a more hopeful face.

We salute our Dr. Hemanth Kumar who has tirelessly been serving at our cancer hospital for nearly twelve years.



Color Therapy with FENG SHUI

Feng Shui is an ancient art and science developed over 3000 years ago in china. It is a complex body of knowledge that reveals how to balance the energies of any given space to assure the health and good fortune of people inhabiting that space.

The effect of colors

Blue: The blue color is calm and soothing. This color reflects love as it heals and relaxes. Navy blue is the color of intellect and wisdom.

Black: The colour black symbolizes money and income. Black is great for careers, especially when combined with metal. It is the colour of emotional protection and power.

Purple: This color is excellent for physical and mental healing and is associated with spiritual awareness.

White: The color white represents poise, confidence and purity. This color in combination with gold or silver generates a calm atmosphere.

Yellow: The color is considered to be as auspicious as red. Yellow represent sunbeams, warmth, motion cheerfulness and friendliness.

Orange: The color orange strengthens concentration and organization. This color is used to give a sense of purpose.

Red: This color signifies richness and luxury, it is the color of energy. If used too much it can bring restlessness, burst of anger and over stimulation.

Feng Shui and the five elements:

Fire

Main area : South, also recommended in Northeast and Southeast.

What it does : Brings supporting energy in career efforts and will help one achieve recognition.

Element Colors: Red, orange, purple pink and strong yellow.



Earth

Main Area : Northeast and Southwest

What it does: Helps create stability, nourishment and protection for all your relationships.

Element Colors: Light yellow, beige and earthy and sand colors.

Metal

Main Area : West and Northwest

What it does: Brings the qualities of sharpness, precision, clarity and efficiency.

Element Colors: Grey, white.

Water

Main Area: North

What it does: Brings a refreshing energy of calm, ease, purity, freshness and abundance.

Element Colors: Blue and Black

Wood

Main Area: East and Southeast

What it does: Infuses energy into health, vitality and growth. It is also an expression of abundance of wealth and prosperity.

Element Colors: Brown and green

CAMPS CONDUCTED BY THE HOSPITAL

Date of Camp	Place	District	People Attended	Male Patients	Female Patients
10/10/2012	Bejjenki	Karimnagar	85	25	60
11/10/2012	Mulkanoor	Karimnagar	59	24	35
18/11/2012	Koheda	Karimnagar	15	2	13



Patient Details



Name of Patient : Karra Narsamma

Age : 45 Years

Residence Add : Village & Post. Medaram,
Mdl : Dharmaram,
Dist: Karimnagar.

Diagnosis : Carcinoma cervix II B

Treatment Given : External Radiation in 2006

Comments : Patient is on regular follow ups
and regular diagnosis.

***We thank our DONORS for their Donations*****The following is the donor list from From 26-09-2012 to 05-12-2012**

Donors Name	Place	Type of Donation	Amount
Mr.Guruvaiah	Karimnagar	Donation	200.00
Mr.P.Divakar Reddy	Hyderabad	Donation	50.00
Mr.Gurvendula Sambaiah	Karimnagar	Donation	3,000.00
Mr.Siddula BalaKrishna	Karimnagar	Annadanam	10,000.00
Mr.Y.Shyam Sunder	Hanmakonda	Annadanam	1,000.00
Mr.P.Karunakaran & Mr.P.Vasudevan	Hanmakonda	Annadanam	1,000.00
Mr.Karnakka	Hanmakonda	Annadanam	500.00
Mr.Dinesh Rudraprasad	Hanmakonda	Annadanam	1,000.00
Mrs.Sai Swetha	Karimnagar	Annadanam	1,500.00
Mr.Chanda Ravinder	Karimnagar	Annadanam	1,000.00
Mr.Gouri Ramesh	Karimnagar	Annadanam	1,000.00
Mrs. Lavanya Sripuram	Karimnagar	Annual Annadanam	5,000.00
TOTAL			25,250.00

Annadanam**Annadanam Patients Total 4,60,035****from Jan-2000 to December 5th' 2012****Last four months**

01-08-2012 to 31-08-2012	4,482
01-09-2012 to 30-09-2012	4,329
01-10-2012 to 31-10-2012	3,757
01-11-2012 to 30-11-2012	3,967
01-12-2012 to 05-12-2012	815

Medicines Subsidy

Sushruta Oncology Dispensary giving subsidy for medicines

- 1 all type of General drugs 3% on MRP Rate
- 2 all type of Cancer drugs 10% on MRP Rate

**DONATE****I would like to DONATE towards LINAC Machine**

Amount _____

I would like to DONATE towards free food for patients and their attendant.

Rs. 500 towards Annadanam for one day

Rs. 5000 towards Annadanam one day per year for 15 years.

*The name of the donor or the person in whose memory Annadanam is being given will be mentioned if requested by the donor.

I would like to DONATE towards treatment of a cancer patient

S.No	Purpose	INR	Check
1)	Radiotherapy	450rs	
2)	Brachytherapy (Including Medicines)	6500	
3)	Chemotherapy (For five days)	800rs	

I would like to DONATE towards Cancer Surgery of a patient

S.No	Purpose	INR	Check
1)	Cancer of BREAST, CERVIX or OVARIAN cancer	24,000rs	
2)	KIDNEY, STOMACH, RECTUM	30,000rs	
3)	Any case HBS Ag positive	32,000rs	

I would like to DONATE towards Education Scholarship of one student for one year

S.No	Purpose	INR	Check
1)	Medical	18,000rs	
2)	Engineering	12,000rs	
3)	Other Degrees	10,000rs	
4)	Full course scholarship	1,00,000	

*Student details will be sent to the donor periodically

**Scholarships in the name or memory of a person may be instituted as indicated by the donor.

I would like to DONATE towards CORPUS Fund

Amount _____



Feedback Report:

If you wish, we can provide you a feedback report. The report would contain details about your donation, how it was used and who benefitted from it. This report would be sent to your postal address within three weeks of receiving your donation.

All donations are exempt from income tax under 80g of the Income Tax Act.

You can send your donations by Check or Demand Draft in favor of Sankshema payable at Karimnagar and mail it along with this slip to enable us to send your receipt

**"Sankshema"
Sushrutha Cancer Hospital
Saraswathi Nagar
Karimnagar 505001**

Our Hospital Facilities

- ◆ External Radiotherapy (Alcyon-II Tele Cobalt)
- ◆ Branchytherapy
- ◆ Chemotherapy
- ◆ Surgical Wing
- ◆ Wards (Male, Female)
- ◆ Special Rooms
- ◆ Pharmacy
- ◆ Ultra Sound Scanner

Other Facilities

- ◆ Free Meal Scheme for the patients and their (one) attendant.
- ◆ Free Accommodation for the out patients and their attendants
- ◆ Ambulance Service

Do Visit Us

Your visit inspires us, gives strength to march ahead on our avowed path of social service. We request you to visit us between 10am and 12pm and see for yourself the work we are carrying out through your help. A word of appreciation will renew our enthusiasm, your criticism will instill improvements in our ways, and your suggestions will broaden our services. We look forward to your visit.



Printed Matter

Book - Post

TO

If undelivered, please return to:

"SANKSHEMA" (Regd.No.H/KAR-81).

(Charitable Trust)

SUSHRUTHA CANCER THERAPY & RESEARCH INSTITUTE

Saraswathinagar, KARIMNAGAR - 505 001.

Phone: 0878 - 2278744, 2278586

Symptoms of Cancer



- ◆ **Sores that do not heal.**
- ◆ **Thickening or lump in the breast or other parts of the body.**
- ◆ **Recent changes in a wart or mole or any new skin change.**
- ◆ **Nagging cough or hoarseness.**
- ◆ **Indigestion or trouble swallowing.**
- ◆ **Changes in bowel habits or bladder function.**
- ◆ **Unusual bleeding or discharge in women over 35 years of age.**