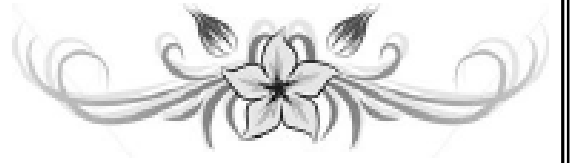




SANKSHEMA
Charitable trust



*When one door of happiness
closes, another opens; but often we
look so long at the closed door that
we do not see the one which has
been opened for us.*



A Happier tomorrow

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Karimnagar

E-mail :
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From the Editors Desk

Dear Reader,

Greetings to all of you from the Sankshema family. Some of you may have received our January-February issue. We have recommenced printing the Sankshema newsletter to connect with our patrons, donor's students and well wishers.

We are continuing our efforts on providing affordable cancer treatment for poor people at Sushurutha Cancer Hospital. We have treated **155** number of patients in the month of February and March.

The treatment provided at Sushurutha cancer hospital is a fraction of what the patient would have incurred in any other hospital. We subsidize every aspect of the treatment procedure all the way from diagnosis to radiotherapy, chemotherapy hospital charges, food, accommodation for attendant etc. Medicines are given at 10% below MRP We are also reconstructing the hospital to better serve the needs of poor cancer patients.

God forbid anyone acquire the dreaded disease, but most of us have the resources to deal with it. But what about those poor people living in remote villages. How do they cope with pain and a possibility of death if their ailment is untreated? Thus, it becomes our responsibility to extend this privilege to the less fortunate people who are suffering with this disease. This is exactly what our cancer hospital does and we seek your help in this virtuous task.

We would appreciate receiving feedback from you. You can send your feedback via mail to our postal address

**Sushrutha Cancer Therapy and Research Institute,
Saraswathi Nagar, Karimnagar 505001**

Or

Send us an email at feedback@sankshema.org.
You can also follow our blog on <http://sankshema.blogspot.com>.

Thank you,
Harita

(Harita Rao)

Success is not a destination, it's a journey.

Foods that fight cancer

Onions

Studies of people from Southern Europe who eat a diet high in garlic and onions (allium vegetables- garlic, onions, leeks) show a direct relationship with a reduced risk of many common cancers. So, enjoy the raw onions in your salad, or with your protein packed kebabs.

Tomatoes

Multiple studies published by cancer institutes have concluded that lycopene, the active chemical in tomatoes, lowered the risk of many different cancers, particularly prostate, breast, lung and colon cancer. The good news: cooking tomatoes seems to enhance the effects of lycopene, so even tomato sauce has health benefits!

Berries

The dark colors of blueberries, raspberries and cranberries come from phytochemicals that protect you from various types of cancer. Blueberries and muscadine grapes contain compounds that recent research shows cause cancer cells in the liver to self-destruct. In studies particularly important to women, cranberries have recently been discovered to be an important weapon in the fight against deadly ovarian cancer. Studies reported at the annual meeting of the American Chemical Society found that ovarian cancer cells that were becoming resistant to platinum chemotherapy, the standard of care for ovarian cancer, became six times more sensitive when exposed to a compound in cranberries. The anti-cancer properties of these berries are so strong that researchers have developing concentrated supplements and other products such as purees and concentrates.

Green Tea

We've told you much about health benefits of Green Tea, and how you can lose weight with green tea. Besides that the catechins in green tea have been known to prevent and reduce recurrence of breast and other cancers. University of Mississippi study shows that a green tea chemical known as EGCG inhibits breast tumor growth. EGCG seems to have other benefits, such a stimulating brown fat, which helps you lose weight. Read this to know about brown fat and its benefits.

All happiness depends on a leisurely breakfast.

Patients who have responded well and been cured of cancer

- **Mr.Dadigela Rajaiah** 45Years/Male.
- Reg.No. 907/2005 (08/10/2005).
- A Case of Buccal Mucosa (Left).
- Diagnosed in year 2005.
- Histopathology Report (30/09/2005).
- Received 32 Fraction of External Radiation total dose 6400 CGY From 13/10/2005 to 25/11/2005.
- Now Patient is on regular follow up with no evidence of Recurrent/Residual disease. Except some general symptoms.



- **Mrs.Maram Lingu** 45 Years/Female.
- Reg.No.4508/2001 (19/09/2001)
- A Case of Carcinoma Breast (L) Post Operative
- HPR (04/01/2001) Infiltrating duct Cell Carcinoma.
- Patient Received Adjuvant External Beam Radiotherapy from 20/09/2001 to 23/10/2001, to total dose of 5000 CGY in 25 Fractions and four Cycle Chemotherapy (CMF Regimen) every three weeks interval.
- Now Patient is on regular follow-up with no evidence of disease / Recurrence

A good laugh and a long sleep are the best cures in the doctor's book.

Too Much Work? Here's How to Handle It

The best way to be productive is to work hard and commit to less. However, it raises an important point, what if the few commitments you do keep simply have too much work? How do you handle it?

Medical students with loads of content to study are prime examples of people who manage too much work. The biggest challenge of medical school was that there was so much of it. Thousands of pages of reading and hundreds of hours of lectures, all needing to be learned.

This situation probably sounds familiar to many students or workers: the problem isn't any specific task, the volume of work is simply too high.

Omit, Organize, Optimize

There are really only three ways you can be more productive when you have a set workload:

1. **You can omit work by removing commitments.** Some commitments aren't strictly necessary, so if you can get out of them at the nearest juncture, you will save your sanity.
2. **You can organize yourself and plan carefully to manage the volume.** Know what needs to be done, how much and how you will split it into daily increments.
3. **You can optimize the way you do the tasks themselves so they take less time or energy.**

The best places to start are the most obvious. They are usually the biggest wins for the least effort.

Omissions should come first. Eliminating one commitment can be worth the careful organization or optimization of three.

Organizing should come second. Organizing your entire workload for a year may only take a weekend, to design and 2-3 months to put into practice, but after that you're set.

Optimizing should come last. Once you're left with just the essential commitments and you have a plan, then optimizing can help. For students, this might mean learning to take better notes or read faster.

A smile is a curve that sets everything straight.

Sudoku

	1		6		7			4
	4	2						
8	7		3			6		
	8			7			2	
			8	9	3			
	3			6			1	
		8			6		4	5
						1	7	
4			9		8		6	

Donors List

Donations

February & March Months

	TOTAL
1 Sri Y.Shyam Sunder , DOT Kapil Warangal	2,000.00
2 Sri Siddula Balakrishna Karimnagar	2,500.00
3 Sri.Ch.Muralidhar Raju Karimnagar	320.00
4 Dr.K.S.Sagar Rao & Other Doctors Karimnagar	10,000.00
5 Sri.R.Prakasham Luxettipet	500.00
6 Sri.Ln.R.Prabhu Lingam Warangal	500.00
7 Smt.Anjali Karimnagar	500.00
Total	<u>16,320.00</u>

Nothing is a Miracle... Everything is a process.

CAMP DETAILS

Date	Place	Dist	No.of Persons Attended the camp
08-Feb-2010	Marlavai	Adilabad	49
11-Feb-2010	Babulgaon	Nizamabad	59
21-Feb-2010	Katkenepally	Karimnagar	44
26-Feb-2010	Potharam	Karimnagar	92
05-Mar-2010	Budmi	Nizamabad	73
12-Mar-2010	Vellula	Karimnagar	65
19-Mar-2010	Reddipalli	Karimnagar	37
27-Mar-2010	Jhari	Adilabad	24
			443

Musings

There once was an oyster
Whose story I tell,
Who found that some sand
Had got into his shell.

It was only a grain,
but it gave him great pain.
For oysters have feelings
Although they're so plain.

Now, did he berate
the harsh workings of fate
That had brought him
To such a deplorable state?

Did he curse at the government,
Cry for election,
And claim that the sea should
Have given him protection?

'No,' he said to himself
As he lay on a shell,
Since I cannot remove it,
I shall try to improve it.

Now the years have rolled around,
As the years always do,
And he came to his ultimate
Destiny stew.

And the small grain of sand
That had bothered him so
Was a beautiful pearl
All richly aglow.

Now the tale has a moral,
for isn't it grand
What an oyster can do
With a morsel of sand?

What couldn't we do
If we'd only begin
With some of the things
That get under our skin

A smile is the light in the window of your face that tells people you're at home.

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

మత్రుత క్యాన్సర్ ఆన్వృత్తి సౌకర్యాలు

- ఎక్స్టెర్నల్ రేడియో థెరపీ (అల్యోయన్ టెలికోబాల్ట్)
- బ్రాంచీథెరపీ
- కీమో థెరపీ
- సర్జికల్ వింగ్ (ఆపరేషన్ విభాగము)
- స్త్రీలకు, పురుషులకు విడివిగా వార్డులు
- స్పెషల్ రూములు |
- ఫార్మసీ
- అల్ట్రా సౌండ్ స్కానర్

ఇతర సౌకర్యాలు

- పేషెంట్లకు మరియు పేషెంటు యొక్క ఆపెండ్యెంట్లకు ఉచిత ఆన్వదానం.
- టెలు పేషెంట్లకు మరియు వారి ఆపెండ్యెంట్లకుఉచిత వసతి.
- ఆంబులెన్స్ సర్వీసు.

YES, I BELIEVE IN HELPING A CANCER PATIENT

And I Would like to help by donating for

- Rs.200/-one day treatment Rs.4,500/- Full course treatment for one patient
- Rs.500/- Annadana for one day Rs.5,000/- Annadana for one day,every year
- Rs._____ For Cancer Institute Rs._____ For Scholarship Scheme

I would like to donate but after i know more about SANKSHEMA.

Please make your cheque/draft in favour of 'Sankshema' payable at Karimnagar and mail it along with this slip to enable to send you the receipt.

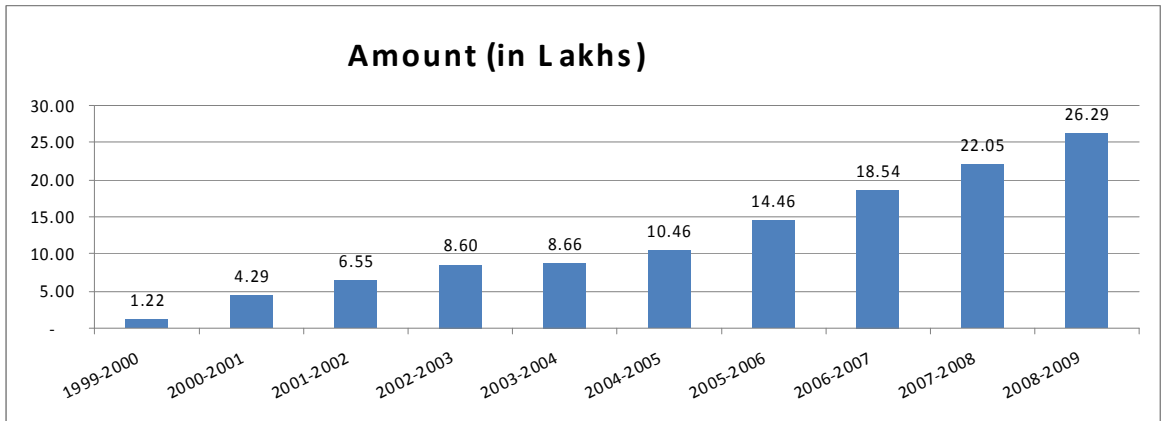
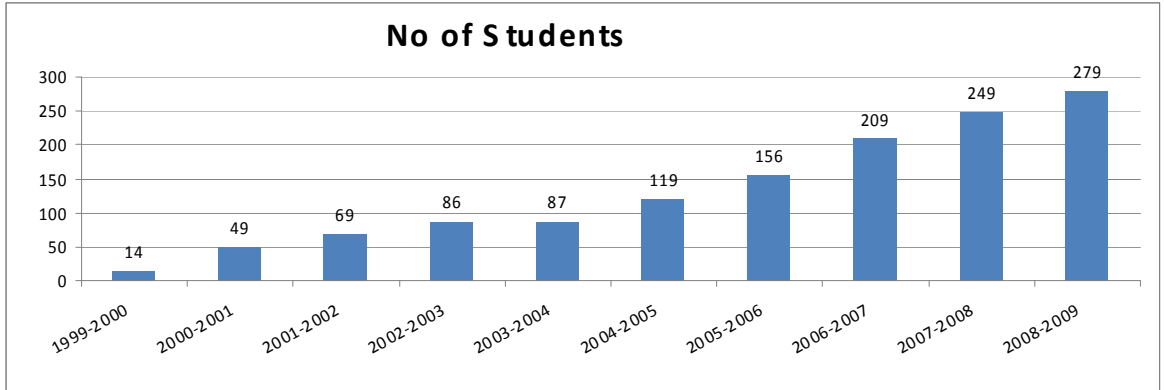
'SANKSHEMA'
Sushrutha Cancer Hospital
 Saraswathinagar,Karimnagar – 505001.
 Phone: 0878-2278744,2278501

Name _____

Address _____

Cheque/Draft No. _____ Amount _____

ABSTRACT OF SANKSHEMA SCHOLARSHIP SCHEME



SPONSORSHIP AND DONATION SCHEME
OFFERED BY SANKSHEMA TRUST

Option – A For cancer patients and Cancer Hospital:

S.No.	Amount	Purpose
1)	Rs. 500/-	Annadana for one day (day can be specified)
2)	Rs. 4,500/-	For full course treatment of one cancer patient.
3)	Rs. 5,000/-	For annadaana for one day every year for a period of 15 years (the day can be mentioned)
4)	Rs. 50,000/-	Towards Corpus Fund for improving diagnostic services and other facilities at the cancer hospital.

Note: Names can be mentioned on the name or memory of whom this annadaana is Sponsored.

Option – B For sponsoring Higher Education (Sankshema Scholarship Scheme-SSS)

<u>S.No.</u>	<u>Amount</u>	<u>Purpose</u>
1.	Rs.12,000/-	For sponsoring a student in the field of medicine for one year
2.	Rs.8000/-	For sponsoring a student in the field of engineering for one year
3.	Rs.1,00,000/-	For full course of 5 years,for five students one after the other.

Note. For follow up, students details will be sent to the donor periodically

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

Option – C For new Dharmashala (Dormitory)

<u>S.No.</u>	<u>Amount</u>	<u>Purpose</u>
1.	Rs.45,04,320/-	For total cost of building i.e 9792sft at Rs.460 per sft
2.	Rs.15,01,440/-	Cost of constructing one floor (3246 sft)
3.	Rs.5,00,000/-	Cost of one dormitory

Note: Name of donors donating Rs. 1,00,000 and above will be displayed in the main hall of the building.

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



క్యాన్సర్ వ్యాధి లక్షణాలు

- ఎంతకీ మాననివుండు లేక కుఱుపు
 - రొమ్ము ప్రదేశంలో గాని మరే చోటైనా వాపు రావడం, గట్టిపడడం.
 - పుట్టుమచ్చలో గాని, పులిపిరి కాయలో గాని మార్పు రావడం.
 - చాలా కాలంగా గొంతు బొంగురుపోయి ఉండటం, వీడిని దగ్గు.
 - రోజుల తరబడి లజీర్ణం, ఆహారం మింగేటపుడు కష్టంగా ఉండటం.
 - జీర్ణాశయ వ్యవస్థలో, మల మూత్ర విసర్జన పద్ధతిలో ఆకస్మిక మార్పులు.
 - 35 సంవత్సరములు దాటిన స్త్రీలలో అధికంగా తెల్లబట్ట లేక ఎర్రబట్ట అవటం.
- పై లక్షణాలు ఎక్కువ రోజులు కనిపిస్తే వెంటనే మీ దగ్గరలోని డాక్టరును సంప్రదించండి.