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Dear Reader,

Greetings, it is the season of festivals and festivities for everyone. What is fascinating about India is that most people irrespective of their social, financial and to a certain extent, religious standing come together and celebrate our festivals with fun and enthusiasm. Everyone bursts crackers during Diwali without giving a thought to religion or social status. Putting up a Christmas tree is slowly becoming a norm in many young households with children being excited about receiving gifts from Santa Claus. This festival season, let us count our blessings instead of dwelling on our numerous problems.

Many people come to the Sankshema Charitable trust in Karimnagar to donate food or money on eventful days like their Birthday, Wedding Anniversary or Death anniversary of their loved ones. Such donations are meaningful to both the donor and the receiver. Small drops make an ocean and any donation big or small, goes a long way in helping us march ahead on our path of social service.

The Arogyasri Scheme of the government of Andhra Pradesh is a boon to all patients receiving treatment at our Cancer Hospital. Cancer is one of the serious ailments listed in the scheme. 90% of the cases we receive are backed by The Arogyasri Scheme.

In this issue of the newsletter, we have information on BARC officials visit to Sushrutha Cancer Hospital, Patient information, a write up on the Arogyasri Scheme, Real stories of celebrities who have overcome cancer and other regular features.

Happy Diwali

It's the "Festival of Lights" today,
It's again the day of Diwali,
It's time to dress up folks,
It's time to adorn the thali.

It's the occasion to throng the temples,
Pray to the Gods and give them offerings,
It's an opportunity to entreat the deities,
To bless us all and rid us of sufferings.

It's the day to light the diyas,
Ignite the rockets and burst crackers,
But it's also the time to be safe,
From the fireworks and all the sparklers.

It's the season to pay a visit,
To all our friends and relations,
To hand them over sweets and presents,
Diwali is our splendid chance.

Denied of laughter and smiles for days,
They know not what it is to enjoy,
Can you not share something you have,
Can you not bring them a little joy?

When you can make someone else smile
When you can be someone's ally

That's when you can yourself be glad
That's when you'll have a

HAPPY DIWALI!

With warm Regards
Harita Rao

**Sushrutha Cancer Hospital - NEWS****Library Opened at Cancer Hospital**

A Library room has been opened at our cancer hospital on 18th October 2012. Dr.D. Nagabooshanam Chairman of Dharam Susheela Memorial Trust and his son Dr.D. Raghuram M.D, Karimnagar donated 100 books. The hospital has plans to subscribe towards daily newspapers and monthly magazines in English and Telugu languages.

**BARC officials inspection of Radiotherapy Unit**

Regulatory Inspectors, Mr.V.S.Iyar, Mr.G.Thomas and the scientific officers from AERB (Atomic Energy Regulatory Board) Inspected the Sushrutha Cancer Hospital on Wednesday 12th September 2012.

The main purpose of the visit was to inspect

- 1) Radiotherapy Sources, Equipment and Installations
- 2) Medical Diagnostic, X-Ray Equipment and Installations
- 3) Nuclear Medicines Facilities

They visited the Radiotherapy facilities, which use Cobalt 60 and Brachytherapy Units and were satisfied with the usage of Radio active materials. They said that the usage was within safe limits. They suggested that all Radiotherapy Centers should follow the AERB (Atomic Energy Regulatory Board) Act 1962 and Radiation Protection Rules 2004 and AERB (Atomic Energy Regulatory Board) Safety Codes.



BARC inspectors visit Sushruta Cancer Hospital

OUR BUREAU

Karimnagar: The Regulatory Inspectors from Bhaba Atomic Research Centre (BARC) - V S Ayyar, G Thomas and other officers - inspected the Sushruta Cancer

Hospital on Wednesday. They visited the Radiotherapy facilities, which are using Cobalt 60 and Brachytherapy Units and expressed their satisfaction at the usage of radioactive materials within the safe limits.

In this programme, Sushruta Cancer Hospital Manager A Raja Reddy, Radiation Oncologist Dr.B.Hemanth Kumar, Medical Physicists Mubashare Azam and S.Chandra Shekar were present.



The team of BARC scientists who inspected Sushruta Cancer Hospital in Karimnagar on Wednesday (Hans Photo)

Hans Sudia 12/9/2012

రేడియో థెరపీ కేంద్రాలలో తనిఖీ

రాంబరీ, ముఖ్యమంత్రి: బి.బి.ఆర్.సి. పరిశోధనా కేంద్రం నుండి రేడియో థెరపీ కేంద్రాలలో తనిఖీ చేసిన ఐ.ఎ.ఆర్.సి. డి.ఎస్.ఎ.యార్. అధికారులు వీరిని అయ్యారు. వారు కేంద్రాలను సందర్శించి, అందులో ఉన్న కోబాల్-60, బ్రాచిథెరపీ యూనిట్లను పరిశీలించారు. అందులో భాగంగా డి.ఎ.ఆర్.సి. (రేడియో థెరపీ సెంటర్), బి.బి.ఆర్.సి. యూనిట్లను సందర్శించారు. అందులో భాగంగా డి.ఎ.ఆర్.సి. డి.ఎస్.ఎ.యార్. అధికారులు వీరిని అయ్యారు. వారు కేంద్రాలను సందర్శించి, అందులో ఉన్న కోబాల్-60, బ్రాచిథెరపీ యూనిట్లను పరిశీలించారు. అందులో భాగంగా డి.ఎ.ఆర్.సి. (రేడియో థెరపీ సెంటర్), బి.బి.ఆర్.సి. యూనిట్లను సందర్శించారు.

శ్రీనాథు 12/9/12

పిఇఆర్ఐ సెంటిఫికే అధికారులు తనిఖీ

మంజుశంకర్, ముఖ్యమంత్రి: రేడియో థెరపీ కేంద్రాలలో పిఇఆర్ఐ సెంటిఫికే అధికారులు బి.బి.ఆర్.సి. డి.ఎస్.ఎ.యార్. అధికారులు వీరిని అయ్యారు. వారు కేంద్రాలను సందర్శించి, అందులో ఉన్న కోబాల్-60, బ్రాచిథెరపీ యూనిట్లను పరిశీలించారు. అందులో భాగంగా డి.ఎ.ఆర్.సి. (రేడియో థెరపీ సెంటర్), బి.బి.ఆర్.సి. యూనిట్లను సందర్శించారు.

178 12/9/12

రేడియో థెరపీ సెంటర్లను తనిఖీ చేసిన సెంటిఫికే అధికారులు

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అంబికాంత్ 12/9/12

రేడియో థెరపీ సెంటర్లలో తనిఖీ



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కమల కౌముదా 12/9/12

**Arogyasri - What is it? How does it work?**

Below poverty line (BPL Families) meet their medical expenditure by borrowing or selling their assets - their only home or agricultural property. The Arogyasri scheme by the Govt of Andhra Pradesh is a boon to such BPL families. The objective of Arogyasri is to improve equity of access to BPL families to quality medical care by strengthening Public Hospital Infrastructure, as well as through purchase of quality private medical services.

The following are some facts, figures and features of the scheme:

- The scheme offers cashless treatment to all BPL families upto 2 Lakhs per annum.
- All Health Card/ White Card holders are eligible
- This is a state government scheme. Under it, hospital bills of the insured persons would be paid by the insurance companies. The premium for the insurance policy would be paid by the government.
- The entire cost is borne by the government. This includes transportation costs.
- Arogyamitra - A person with basic health care knowledge is available at a primary health care center to assist poor patients avail the arogyasri scheme.
- 952 diseases are covered under this scheme.
- Hospitals offering this scheme must have an arogyasri kiosk in the hospital premises.
- The scheme offers transparency as all information is fed into their portal www.aarogyasri.com

Health and Well being**Breath**

Ninety percent of the impurities our body goes out through the breath because we are breathing 24 hours. Urination, excretion, all just takes a few minutes, but every minute we breathe in and out. As we breathe out, we are throwing out all the toxins. Carbon-dioxide and many other toxins go out through the breath. It's a process that's continuously happening. But we are using only 30% of our lung capacity, we are not breathing enough. It is not just breath; it is also the rhythm of our breath that matters. Our mind is like a kite and our breath needs to be longer. With more attention on the breath, the mind feels happier and elevated.

The rhythm of the breath is different when we eat, sleep and when we meditate. In meditation, we are more mindful of our breath, we try to control our inhalation and exhalation by taking deeper breaths than we are used to. This helps us in getting rid of toxins. Meditation and Pranayama help us in purging toxins.

**Balancing the Doshas**

What is the relationship between the breath and the different Doshas in the body? The three doshas Vata, Pitta and Kapha affect different parts of the body. Vata Dosha is predominant in the lower part of the body i.e. stomach, intestine and results in gas and joints ache, Kapha is dominant in the middle part of the body as cough (perhaps the word cough has come out of Kapha), and Pitta is predominant in the higher part of the body i.e. our head. Hot headed, short tempers are signs of Pitta.

So Vata, Kapha and Pitta are predominant in three different parts of the body. The three stage pranayama has effect on these three doshas. In pranayama and other breathing techniques, there are particular breathing exercises for the lower part of the body, the middle section of the body, and then the higher part of the body. When you do the three stage pranayama, you feel that the doshas in your body have altered, something in the body has changed, you don't feel the same, and you feel different more balanced. Pranayama brings this balance in the system.

In the beginning, it feels a little difficult to get into these practices. Though the practice itself is not difficult, to make it a habit is more difficult. Even to do any exercise, you feel a little lazy to begin with but once you are set in the rhythm gradually you feel more comfortable and

Celebrities who have overcome cancer**Yuvraj Singh - Cricketer**

The nation was shocked when 30 year old Yuvraj Singh had to face the biggest test of his life - a cancerous tumour (mediastinal seminoma), detected in his left lung. He had to undergo chemotherapy. The cricketer, who took inspiration from Amstrong (Lance Amstrong, American cyclist) said recently "Its nice to be back, having normal meals and feel like a normal human being. I now know what it means to breath normally. God just pushed me a little bit towards himself and gave me a second chance. I don't take my health for granted anymore" On 18th March 2012 he was discharged from the hospital after completing the final cycle of chemotherapy. He launched YouWeCan, a foundation to fight cancer and is all set to be a part of the Twenty20 cricket squad against NewZealand.

**Lisa Ray - Actress**

In 2009, at the age of 37, the actress was diagnosed with multiple myeloma, a rare cancer of the with blood cells. "I was tired of being tired all the time. I'd bloat up to three times my normal size. Its like putting on a wetsuit, except its kind of permanent, until you stop taking the steroids" The actress said about her illness. To help deal with cancer, Lisa began writing her famous blog, Yellow Diaries, where she shared moments of her treatment and spread awareness. Thanks to a combination of chemotherapy, steroids, stem cell treatment and a positive attitude, she was declared cancer-free in January 2010. Lisa's set to marry this October.

Lance Armstrong - Cyclist

In Otober 1996 at the age of just 25, Lance Armstrong was detected with testicular cancer with a tumour that had metastasized to his brain and lings. He had only a 40 percent chance of survival. "I tried to stay positive and there were days when I thought God this may not work out. I'm gonna die! But I tried to get rid of those thoughts just as fast as I could and started thinking about winning. I played games with the cancer... mentally." He beat cancer and won and extraordinary seven successive Tour de France since 1999. His trimph has been portayed in his biography "It's Not About the Bike: My Journey Back to Life"

(Source : Times of India)

Camps Conducted by the Hospital

Date Of Camp	Place	District	District No. of who attended	District No. of people screened (male)	District No. of people screened (female)
25-8-2012	Vemulawada	Karimnagar	165	108	54
8-9-2012	Peddapally	Karimnagar	142	90	52



Patient Details



Name of the patient : *Gundla Rajaia*

Age : 50 Years

Residence Address : Village and Post.Nagunoor, Karimnagar District (A.P)

Diagnosis : Cancer of Esophagus

Treatment : The patient is on active Radiation Treatment. He has completed 8 Fractions and is due to complete 32 fractions.



Name of the patient : *Durgam Allamma*

Age : 55 Years

Residence Address : Village and Post. Chegurthy, Karimnagar District (A.P)

Diagnosis : Cancer of Cervix (IIB)

Treatment : The patient is on active Radiation Treatment. and is on weekly Chemotherapy. She will undergo Brachytherapy after completion of external radiation.



We thank our DONORS for their Donations



The following is the donor list from 1-8-2012 to 25-9-2012.

Donors Name	Place	Type of Donation	Amount
Mr.Ch.Muralidhar Raju	Karimnagar	Annual Annadanam	5,000.00
Mr.Ramagundam Rajaiah	Karimnagar	Treatent	2,000.00
Mr.Ch.Venkateshwarlu	Adilabad	Treatment	3,000.00
Mr.Guruvaiah	Karimnagar	Treatment	200.00
Ms.Malyala Pranavi	Karimnagar	Annadanam	1,000.00
Mrs.Bodla Rajani	Karimnagar	Annadanam	500.00
Mr.Y.Shyamsunder	Warangal	Annadanam	500.00
Mrs.Gita &Supriya Karunakar	Warangal	Annadanam	500.00
Mr.Y.Shyamsunder M.T.C BATCH-24	Warangal	Annadanam	500.00
Mr.K.Srinivas Reddy (Kadapa Br.)	Warangal	Annadanam	1,000.00
Mr.Yadavelli Somanath (Mr.Siddula Balakrishna)	Karimnagar	Annadanam	500.00
Baby Sai Sruthi Yadavelli (Mr.Siddula Balakrishna)	Karimnagar	Annadanam	500.00
Mathertherisa Birthday (Mr.Siddula Balakrishna)	Karimnagar	Annadanam	500.00
Mrs.Siddula Laxmi(Late) (Mr.Siddula Balakrishna)	Karimnagar	Annadanam	500.00
Mr.Ch.Ravinder (Naveen Shree Electricals)	Karimnagar	Annadanam	1,000.00
Indian Red Cross Blood Bank (Mr.Siddula Balakrishna)	Karimnagar	Annadanam	5,000.00

**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.**