

Newsletter

Year 1, Issue 1, May-June 2016

Personalized Medicine for the Treatment of Cancer (Editorial)

Thanks to the internet, social media and every aspect which helps e-interactions which resulted or converted the world into a 'Global village'. Health sciences are also not remained away from the vigorous interactions and fastest sharing of any information related to any disease, epidemic or even medical breakthroughs. Even single success story about incurable disease start to become viral in no time. We at 'Rasayu Cancer Clinic'(RCC) before the conception of RCC was not very much aware of the facts that our success stories about cancer patients are being circulated by patients, their relatives and friends and obviously due to current turmoil of information exchange it started reaching to all corners of the world.

While we were naïve about our stories are being spread in UK, Europe, Gulf Region, USA, Australia, Singapore and so on, we started getting patients from various parts of the world and the most important part was even the scientific community abroad also has taken a serious interest in the same.

Yes the news were really promising, many of our patients suffering from end of life cancers, extreme side effects of chemotherapy, radiotherapy, primary cancers operated but always under fear of cancer coming back and much more started, showing best response to the therapy. We have introduced on 'Precision Medicine' or 'Person Based Medicine'.

Whole world today is looking for an alternative to conventional chemo-radiation approach and 'Immuno-therapy' is now the most acceptable scientifically proven option for current treatment modalities. Immunity is extremely complicated subject and scientific fraternity is still to know a lot about it and the basic and main reason behind the same is western world which is far more active in new research is focusing on developing immunotherapeutics for diseases like cancer.

We at RCC firmly believe that even this approach which is far better in multiple ways than current chemo-radiation approach of killing cells is not sufficient. Every person is unique and carries a person specific genome. Disease process is being very complicated and almost every person has its own pathway of any disease including cancer. Epigenetics plays far more important role in acquiring diseases and efforts which take care of causative factors from diet, regime, environment, mental status of a patient will only lead to greater success in treating diseases like Cancers! This is exactly what we do at our RCC. Every patient is critically analyzed by considering various aspects of immunity i.e. inherited immunity, acquired immunity, threatened immunity and due to multiple patient specific reasons and also due to other cancer treatments and most important is its 'predictive' immunity.

Major success what we are achieving at our 'Rasayu Cancer Clinic'(RCC) is due to our 'patient specific approach' and not disease specific approach. This is the main reasons why our expert doctors critically study each patient from his life style, history of past illnesses, family history, exposure to unhealthy environment etc.

Diet is one of the most important factor responsible for immunity and for getting any disease as well. RCC is the probably the 'ONLY' cancer clinic where diet has been given central importance. Our diet specialists not only correct the current eating habits of the patients but also provides them tasty, healthy and cancer preventive recipes where palatability is a major concern for a cancer patient.

The main objective of this Newsletter is to make patients and people at large aware about cancer breakthroughs across the globe, cancer prevention and latest research in cancer and anything and everything about cancer on practical and clinical levels.

This Newsletter is due and dedicated to all our patients across the world who motivated us to start the same and let the world know about the advanced Ayurveda as an evidence based medicine for Cancer!

On the occasion of 'World Cancer Day', I, Dr. Yogesh N. Bendale would like to launch this newsletter about cancer and invites you all to join the movement what "I Can", "We Can" do for Cancer.

Dr. Yogesh Bendale

Causes of Cancer

Most of the cancers are related to environmental ,lifestyle and behavioral factors. Common factors that contribute to cancer death includes tobacco(25–30% of deaths), diet and obesity (30–35%), infections (15–20%), radiation (10%), lack of exercise, and environmental pollutants. Most importantly it is seen that only 5–10% of cancers are due to genetic defects. If you look at the list of carcinogens or the compounds which causes cancer it can be seen that list is very elaborate. Right from the edible color, preservatives to dust and diesel smoke is considered as carcinogenic. Not only this we can see that the few things which became unavoidable in our day to day life are also carcinogenic. For example Non-ionizing radio frequency radiation from mobile phones, electric power transmission, and other similar sources have been described as possible carcinogens.

The list is so big and many of the things mentioned here have become unavoidable in the modern world.

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Then does it mean we can't do anything to prevent cancer. The answer is certainly no. Though today we cannot prevent cancer totally but certainly we can significantly reduce the risk of cancer to a great extent. And this is not much difficult as well. A simple changes in our lifestyle can go a long way in reducing cancer risks. Just eat healthy and natural diet, do regular physical activity and avoid Tobacco and alcohol. Keep the use of mobile phones in moderation and whenever possible use earphones while doing mobile conversations. Keep your immunity strong and if required take preventive Rasayana therapy by the advice of Ayurveda physicians. These simple steps not only reduce risk of cancer but also will help to prevent other lifestyle diseases as well**Dr Avinash Kadam**

Rasayana Therapy : A hope for patients with chemo resistant tumors

Multidrug resistance is the principal mechanism by which many cancers develop resistance to chemotherapy drugs. This is an important role in the failure of many forms of chemotherapy. Tumors usually consists of mixed populations of malignant cells, some of which are drug-sensitive while others are drug-resistant. Chemotherapy kills drug-sensitive cells, but leaves behind a higher proportion of drug-resistant cells. As the tumor begins to grow again, chemotherapy may fail because the remaining tumor cells are now resistant. This scenario presents a tough challenge for the physicians as well as the patients. The available treatment options for such patients becomes very less. Rasayana therapy proved effective in treating chemo resistant tumors. Mrs. K.P who is presently undergoing treatment in RCC is an excellent example of this condition. Mrs. K.P is a patient of NHL and was treated by conventional oncologist by chemotherapy. In spite of multiple cycles her tumours didn't responded. She was declared to be having Chemo resistant cancer and hence in spite of multiple cycles her tumours didn't responded. She was declared to be having Chemo resistant cancer and hence a group of oncologist decided that she has to be treated with conservative palliative care. So she started treatment in RCC. After 6 months of treatment recently we repeated her pet scan. There was a complete tumour regression seen in this patient. This case clearly demonstrated that Rasayana therapy has a great potential even in treating cases of chemo resistant tumours.....**Dr. Poonam Birari-Gawande**

Salient features of Rasayana Therapy

- It is convenient home based oral therapy.
- It can be taken even with Chemotherapy /Radiotherapy
- It does not compromise the effects of Chemotherapy/Radiotherapy
- It reduces toxicity of Chemotherapy/Radiotherapy
- It increases survival by several folds
- It improves Quality of Life significantly
- It helps in Tumor regression
- It prevents disease progression
- It prevents Metastasis of cancer

.....**Dr Anand Patil**

Eating healthy : We are what we eat

Every single unit of human being is continuously fed or nourished by the food. Hence fresh and well balanced food has a great role to play in it. Healthy food not only keeps our body healthy but also helps us to have a sound and healthy mind. This in turn leads to a healthy and excellent quality of life. Just as eating healthy food plays an important role in maintaining health and preventing disease it plays an important role in treating disease as well. Even if the disease is treated with the best available medicine but the aspect of food and nutrition is neglected then optimal results cannot be achieved. Its always better to have organic food, fresh food and most important is to have mind pleasing food....**Dr Leena Rajwade**

Breast Cancer on Raise in India

According to an report published by the Indian Council of Medical Research (ICMR) it is seen that there has been a spike in women cancer recent years with breast cancer being of particular concern. Recently Health Minister JP Nadda informed in the Parliament that "the Age Adjusted Incidence rates (AAR) show breast cancer is increasing in both urban and rural registries whereas cervical cancer is decreasing or remains static in both urban and rural registries" The cases of breast cancer among women was reported to be 91,240 in 2012, 94,208 in 2013, 97,328 in 2014 and 1,00,611 in 2015 while cases of cervical cancer over the same period was 91,694, 92,731, 93,786 and 94,857. The increase in the number of cancer cases in India may be attributed to larger number of ageing population, unhealthy life style, use of tobacco and tobacco products and unhealthy diet"(Source - eNDTV-11 Dec 2015).....**Dr Pravin Gund**

Editorial Support : Dr Avinash Kadam and Dr Rammesh Natu

Published by Rasayu Cancer Clinic, B1 Amrutkumbh, Laxmi Park Society, Navi Peth, Pune 411030

Contact : care@rasayucancerclinic.com, www.rasayucancerclinic.com Ph. No : 020 24532525/24537149

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