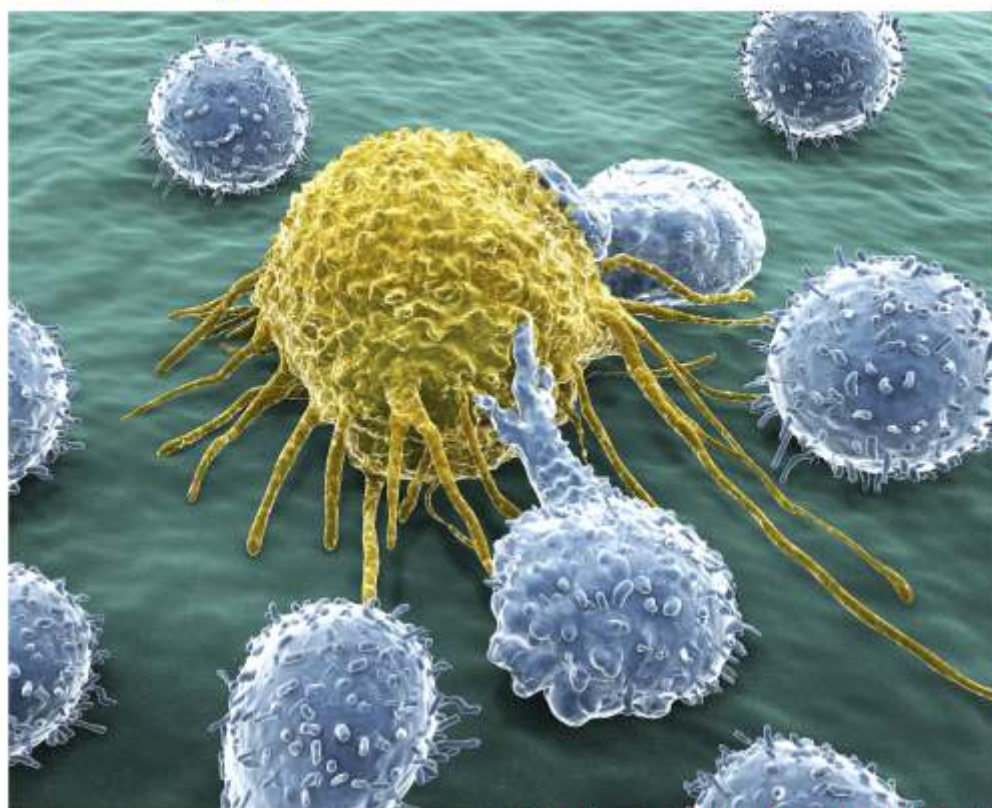


Health News



Ray of Hope News



T Cells (blue) attacking Cancer cell (Yellow)

It is well known that cancer occurs in our body when our immune system fails to detect mutated cancer cells. When cancer cells develop, they are able to 'fool' our immune system by behaving as one of our own normal cells. For the last two decades, scientists have been trying to discover methods to make our immune system capable of detecting cancer cells and killing them. This attempt seems to be successful through a new method of treatment called 'Cancer-Immunotherapy'. Recent news from many clinical studies showed that antibody based immunotherapy to activate our own

immune cells (T-Cells) to fight against cancer is highly successful. Compared to regular chemotherapy, this new method is more effective and causes less toxicity.

New drugs approved in this category are: Ipilimumab, Pembrolizumab, Nivolumab, Atezolizumab for cancer affecting skin (Melanoma), Kidney, Lung and bladder. Some of these drugs are available in India.

(Courtesy: American Association of Cancer Research & [www. Cancer Research.org](http://www.cancerresearch.org) (<http://www.cancerresearch.org/cancer-immunotherapy-what-is-cancer-immunotherapy>)).

Let's Help Our Kids Fight Cancer



A group of doctors, professionals, and social workers joining hands together to help children affected with cancer.

WE PROVIDE

- Financial support for pediatric cancer patients.
- Expert medical advice for diagnosis & treatment.
- Educational fellowship for the students from cancer affected families.
- Cancer awareness programs, conferences & medical camps.

WHAT YOU CAN DO

- Please join in this noble effort by becoming a Member / Expert Panel Doctor / Coordinator.

MEMBERSHIP ADVANTAGES

- Free Medical advice from expert doctors on cancer related issues.
- Facilitating expert oncologist consultation in various hospitals.
- Regular free e-newsletter about cancer and healthy life style.
- Active participation in Butterfly events.
- Elite and Platinum Members will be acknowledged in our website and events.
- Best butterfly Member/Doctor/ Sponsor/ Coordinator Awards.

Whether the usage of mobile phones causes cancer?



The International Agency for Research on Cancer (WHO) classified radio-frequency waves used in mobile phone as “possibly carcinogenic to humans” (Group 2B). This means, although there is no direct evidence suggesting that use of mobile phone causes cancer, over-usage and continuous exposure to focused radio-waves may cause harmful effects in our body.

This includes tissue heating, infertility, hearing loss, mutations etc. Hence, it is advised to avoid continuous usage, use ‘speaker mode’ or ‘head phones’, keep the phones only in hands or bags, and stay away from high power mobile phone towers

(Courtesy: American Cancer Society -<http://www.cancer.org/cancer/cancercauses/othercarcinogens/athome/cellular-phones>).

Does physical exercise reduces the risk of cancer?



Absolutely YES. Physical activity has shown to reduce the risk of cancer. Journal of American Medical Association in 2005 demonstrated that the physical activity reduced the risk of death in patients diagnosed with breast cancer. Sports medicine Journal in 2004 reported that 12-14% of colon cancer is attributed to the lack of vigorous physical activity.

The greatest benefit occurred in women who performed the equivalent of walking 3 to 5 hours per week at an average pace. Recently a group of scientists in Spain showed that Natural Killer cell (a type of immune cells that can kill cancer, virus and bacteria) activity was much more in person doing regular exercise. So working-out will surely help us.

Whether high fat diet may lead to cancer?

Yes. New research shows that the cancer spread is enhanced by high fat intake. A high ranking science journal “Nature” reported that a protein CD36, which absorbs fat from the cell membrane, is an essential factor that determines the spreading of tumor cells. In the absence of CD36, cancer cells were not spread.



In order to prove that, mice was fed with high fat diet such as palmitic acid, a major component of “palm oil” found in lots of household products. The team found that the mice given a high-fat diet developed the most aggressive spread of tumour.

(Courtesy: Nature (2016) doi: 10.1038/nature20791).

Free drug being distributed at Chennai hospital that cures cancer?

This message has been doing the rounds on social media for quite some time now and name of the drug mentioned in the message is ‘Imitinef mercilet’. This information is **INCORRECT**. The actual drug that the message is speaking about is ‘Imatinib Mesylate’. Though it belongs to a newer generation of anticancer drugs (Tyrosine kinase inhibitors), Imatinib was invented back in the late 1990s.



It has been in India for some years and now even the generic version of this drug is available in the Indian market. The drug is given at subsidised rates or free of cost at most Cancer hospitals in India; specifically to patients who have been thoroughly evaluated and undergoing treatment (It is not simply distributed if you just walk in and ask for it). Though this drug was initially used in the management of certain types of blood cancer, it is also routinely used to treat certain gastrointestinal tumors. Newer generations of this class of anticancer drug are also available now.

The scourge of obesity and cancer

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Obesity (overweight) is a complex chronic disease that can result in serious complications.

As per the International Agency for Research on Cancer, obesity is linked with 13 types of cancers. There is a strong evidence for the association with 5 types of cancers- adenocarcinoma of the esophagus; colorectal cancer; breast cancer in postmenopausal women, uterine and kidney cancers. Other cancers associated with being obese are those of the stomach, liver, gallbladder, the pancreas, thyroid, ovaries and multiple myeloma. Meningioma (a benign type of brain tumor) is also associated with obesity. Together these 13 cancers account for 42 percent of all new cancer diagnoses.

Obesity is measured by body mass index (BMI), the ratio of a person's weight and height. A normal BMI is between 18.5 and 24.9. A BMI between 25 and 29.5 is considered overweight, while a BMI of 30 or higher is obese.

The prevalence of obesity is higher in women than in men in all regions of the world, placing women at greater risk of morbidity and mortality.

According to the National Family Health Survey (NFHS-4), the number of obese people has doubled in India during the last decade. In many cities of India more than one third of the people are overweight or obese. Urban population is more prone to obesity as compared to their rural counterparts.

Apart from unhealthy eating and sedentary lifestyles a combination of

many factors causes people to become overweight including genetic, hormonal, environmental, emotional, and cultural factors.

An obese child is more likely to carry-on to become an obese adult. Hence, there is an urgent need to survey and "Catch them young."

How to manage obesity ?

Most important way to lose and manage weight is through life style modifications. Losing weight is challenging.

Reducing the calories you eat and drink and increasing physical activity are the main ways to manage or lose weight. You may feel you have "failed" because previous attempts to lose weight have not worked. It doesn't mean that you have failed, because each person is different. What works for one person might not work for another. So find out

what works best for you.

Be physically active as part of everyday life. Be moderately physically active, equivalent to brisk walking, for at least 30 minutes every day. As fitness improves, aim for 60min of moderate or 30 min of vigorous physical activity every day.

Limit sedentary habits such as watching television.

Limit consumption of energy-dense foods and avoid sugary drinks. Take plenty of green vegetables and fruits.

Limit intake of red meat and avoid processed meat.

Limit consumption of salt to 5 gm or less per day.

If you are not able to reduce your weight through this measures you may need drug treatment or even surgical treatment (bariatric surgery).

THE WORLD IS GETTING FATTER

250⁺ MILLION PEOPLE (1980) vs 904⁺ MILLION PEOPLE (2008)

HOW DO I KNOW WHETHER I AM OVERWEIGHT?

Calculate your body mass index (BMI) using the formula: $BMI = \frac{\text{weight (kg)}}{\text{height}^2 (\text{m}^2)}$

Underweight (< 18.5), Normal (18.5 - 24.9), Overweight (25 - 29.9), Obesity (> 30), Severe Obesity (> 35)

OBESITY KILLS!

7 common diseases due to obesity: Arthritis, Cancer, Infertility, Heart Diseases, Back Pain, Diabetes, Stroke

ABC TO OBESITY PREVENTION

SIMPLE RULES TO STAY IN SHAPE

A) Adopt New Healthy Habits

- Good Habit: Bike to Work, Balanced Diet, Swim
- Bad Habit: Drive to Work, Fast Food, Watch TV

B) Balance Your Calorie Intake

Food Intake (CALORIES IN) vs Physical Activity (CALORIES OUT)

C) Control Your Weight Gain

50 (representing 50% weight gain)

Source: World Health Organization. ©2014 Health. www.health1002.com



Visit: www.butterflycancercare.org

EDITORIAL



Why this newsletter ?

Cancer is a deadly disease and further more it is considered by many as a social stigma. Therefore it is often not discussed openly and most people have no source of answers for their queries. The Butterfly Health News attempts to fill this void by providing thoroughly reviewed facts about the disease and also about general health. Our newsletter has three main segments: The first, will be brief discussion of recent developments and discoveries pertaining to cancer and other health conditions. The second section will be a myth-buster that will address the health related stories being circulated in social media and confirm whether they are true or false. The last section will be a detailed write-up on any one particular health related topic by one of our expert panel doctors. Besides this, the newsletter will also update about all the activities/programs conducted by BCCF & BERF. Our editorial board consists of doctors, scientists, social workers, philanthropists from India and abroad. I congratulate the team for the first issue of the Butterfly Health News

-Anjana Ramkumar (Editor)

Contact: www.butterflycancercare.org

Editorial Board:

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Concepts and Design Editors: Mr Gopikrishna and Mr. Sumesh Krishna

Butterfly Cancer Care Foundation (BCCF)

The primary aim of Butterfly Cancer Care Foundation (BCCF) is to facilitate advanced treatment for pediatric cancer patients from poor families with the help of the most experienced doctors from leading cancer hospitals around the world.



For this, we are networking a large panel of expert oncologists from different countries who can give valuable medical advice and supervision for these kids. Based on the advice of this expert panel, we facilitate the treatment by providing both financial and logistic support. In



effect, we are trying to bring the best possible care for little kids suffering from cancer.

What we did so far (2013-16)

Cancer care support : 30 Lakhs;
68 patients
Educational support : 4.79 Lakhs;
30 Butterfly Fellows

Contact Us

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Butterfly Education & Research Fellowships (BERF)

Butterfly Education & Research Fellowships (BERF) is an initiative of BCCF to provide financial and technical assistance for the education of bright students; primarily hailing from financially backward families affected by cancer or



other chronic diseases. Cancer and other chronic disorders can financially cripple any family, especially families from the lower economic strata. In the face of such dire situations where the basic survival is at stake, quality education loses its priority and the children are left 'handicapped'



for life. With this program we aim to provide monetary support and educational counseling for deserving students, thereby nurture their potential talents, career and life itself. This program is supported by individual sponsors as well as other NGO's, keeping BCCF as primary facilitator.

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