Redefining the Big “C”
The C word may signify cancer for thousands of patients but it also symbolizes Care, Cure and Compassion.

Mother Teresa Award 2013 to Dr. V. Shanta

Cancer Institute wishes all its patients and well wishers a very happy New Year 2014

Dawn Of the Diamond Jubilee Year 2014
Department of Medical Oncology and Pathology organised LYMPHOMA UPDATE 2013, an international symposium on Non Hodgkin’s lymphoma in September. The meeting covered different aspects of pathogenesis and management of Non Hodgkin's lymphoma. Three international speakers and 38 national faculties from all over India attended the meeting and more than 300 delegates participated in the symposium. It was a great academic feast and there were around 30 poster presentations.
Dr. V. Shanta was conferred with Mother Teresa Memorial Award by Indian Development Foundation for personalities who have been the change-makers of India

Dr. Pillai founder president IDF and Dr. M.S. Swaminathan, Founder Chairman and Chief Mentor of MSSRF paid glowing tributes to Dr. V. Shanta for her great contribution in the area of Cancer Care and treatment, giving the light of hope to millions of people all over the world.

Transcript from Dr. V. Shanta’s speech

I am privileged to accept the award on behalf of the Cancer Institute (WIA) where it truly belongs. We have always considered ourselves as a team and not as individuals. Awards are more than a personal distinction. I have had the unique privilege and honor to have been associated with two great pioneers – Dr. Muthulakshmi Reddy, Founder of the Cancer Institute (WIA) and Dr. Krishnamurthi, a visionary and an idealist, my mentor. The Cancer Institute and I personally are what we are today, due to him. The ethos at the Institute from the inception has been service, service above self, service without social or economic divide.

Despite being a voluntary charitable institution, we have been pioneers in many areas of oncologic care. The last six decades has seen a phenomenal change in the health scenario. Proliferation in scientific knowledge and advances in sophisticated technology have made possible the transition from an era of incurability to curability & prevention. Today it is not just survival or cure. It is quality care, quality life. It is one of healing. Pediatric cancers have been a success story. Over 65% of pediatric leukemias are back to normal living to live a full life.

The thrust is on prevention, it is not just early detection, it is preventing cancer occurrence by studying molecular mechanisms in carcinogenesis. The significant advances have imposed enormous additional responsibilities on the medical profession, the community and government. These advances have been responsible not only for saving lives but also for the phenomenal increase in medicare cost. This is an environment of limited resources where poverty continues to be a ground reality rendering accessibility to quality care very difficult. Sophistications and advances do not reach every one who needs it. This is especially so in cancer. Oncologic care is thus neither accessible nor equitable.

Medicine was considered a work of service, saving life whenever possible, by giving the best of our ability when saving was not possible, relief and comfort. In the case of cancer, large number of patients are treated by non specialists without even a consultation with an oncologist. The difference between the best, the state of art, the average and the worst is very large. It is a reality today in medicare, most certainly in oncologic care. Medicare must be affordable, accessible and equitable.

A leader is one who knows the way, goes the way and shows the way ~ John Maxwell
Participation of faculties and staff in Indian Cancer Congress, ICC 2013 at New Delhi in November

**Paper Presentation / Lecture**

Senior Faculty Members chaired various scientific sessions and moderated panel discussions

Dr. T. G. Sagar, Dr. T. S. Ganesan, Dr. Rejiv, Dr. Ramakrishnan, Dr. Arvind Krishnamurthy

- Dr. T. G. Sagar ISMPO oration on five decades of Medical Oncology progress in the country.
- Dr. Rejiv, Neo adjuvant chemotherapy is still the standard of care treatment for Locally Advanced Head and Neck Squamous Cell Carcinoma. and The chemotherapy risk assessment scale for high age patients (CRASH) in elderly patient.
- Dr. Ramakrishnan, Sphincter preservation in rectal cancer - pushing the limits and Laparoscopic versus open surgery for rectal cancer: matched study of long-term outcomes.
- Dr. Arvind Krishnamurthy, Management of the Mandible. Marginal Mandibulectomy
- Dr. Surendran and Dr. Vidhubala, faculty for pre conference workshop on Research methods in Psycho-oncology.
- Dr. Anand Raja, Nerve sparing retroperitoneal lymph node dissection in post-chemotherapy for advanced NSGCT - Is it safe and useful?
- Dr. Soumya surath panda, second prize and Dr. Akash shah third prize in the National Pediatric Quiz competition.
- Dr. Soumya surath panda, Pattern of Diseases Among HIV-infected patients attending tertiary cancer center.
- Research students of Department of Psycho oncology, Ms. Subathra, Mr. Sundaramooorthy, Mr. Gargi Kumar, Ms. Divya Rajprabhakar, Ms. Vishnu Priya, Ms. Chindhu, Mr. Irfan Majid, Mr. Shameem, Ms. Lotus Rani, Ms. Radhika, Ms. Shravanthi, Ms. Jisha Abraham, presented papers at ICC.

**Video presentation at ICC**

- Dr. Ramakrishnan, Extra elevator APE during the preconference workshop.
- Dr. Kathiresan, Extended curettage for giant cell tumour of bone and Ilio inguinal block dissection.

**Following faculty and post graduates presented posters at ICC**

- Dr. Anand Raja, Dr. Sourab Gupta, Dr. Sivakumar, Dr. Deepak Damodaran, Dr. Deepika Naik, Dr. Soumya surath panda and Dr. Akash shah.

**Academics**

- Dr. Rejiv, Update in ALL in Indian Perspective, Moderator Panel Discussion of ALL JIMPER in September.
- Dr. Venkataraman radhakrishnan, spoke on "running a free standing pediatric oncology unit" at the Jivodaya foundation meeting at New Delhi in September.
- Dr. Rejiv, Selection of Anti EGFR therapy in patients with Head and Neck Cancer- Federation of National Conference of Head and Neck Oncology Jaipur in September.
- Dr. Swaminathan, Epidemiology and changing trends due to westernization and The burden of cervical cancer in India in the Indo-UK Oncology Summit 2013 held in Chennai in September.
- Dr. Arvind Krishnamurthy Panel Discussion on 'Management of Advanced Head and Neck Cancers' in National Conference of the Foundation of Head and Neck Oncology, Jaipur. September and attended Pre-conference Surgical Workshop "How to do Parotidectomy".
- Dr. T. G. Sagar, Cancer Institute Ethos and milestones at the annual foundation day meeting of the Indian Institute of management Indore in October.
- Dr. Prasant ganesan, role of botanicals and biological in haematological cancer at Ranbaxy Science symposium at the All India Institute of Medical Sciences, New Delhi.
- Dr. Swaminathan, attended the 28th Annual Conference of the Association of Radiation Oncologists of India, Tamil Nadu and Puduchery Chapter held in Chennai in October.
Dr. Ramakrishnan attended one week course on Randomized Controlled Trials conducted by the Centre for Statistics in Medicine, University of Oxford, UK in September.

Mr. Vijay, Kegel’s exercise in neo bladder - influence on functional outcomes and quality of life after radical cystectomy at WCPT-AWP & ACPT Congress 2013 in Taichung, Taiwan in September.

Dr. Ganesan attended meeting on AACR special conference on Ovarian Cancer at Miami in September.

Dr. R. Swaminathan invited as Temporary Adviser for the World Health Organization Meeting on Cancer Control & Research Priorities at Doha, Qatar in October to take the lead on cancer survival priorities in the Eastern Mediterranean Region.

Dr. Kalpana Balakrishnan attended the anesthesia workshop in the First International Peritoneal Malignancy Workshop at Basingstoke United Kingdom in October.

Dr. Rejiv, Talk on Second line systemic therapy in NSCLC and Moderator: Panel discussion on changing paradigms in the management of Metastatic RCC at UAE Cancer Congress in October.

Dr. Vidhubala, Outcome of Tobacco Cessation Training to Health Professionals – Experience from Tamil Nadu, India at 44th Union World Conference in Paris in October.

Mr. Satish, Relationship between Shoulder Mobility, Fatigue and Quality of Life among Post Mastectomy Patients-Results of 6 months Surveillance from Premiere Regional Cancer Centre in India at UAE cancer congress in Dubai in October.

Ms. Subathra, Sleep, Negative Automatic thoughts and Fatigue in Breast Cancer Survivors at UAE Cancer Congress in Dubai in October.

Dr. Sunil is undergoing training in liver surgery in Taiwan from October.

Dr. Suresh, Cognitive functioning in children with acute lymphoblastic leukaemia pre and post chemo & radiation therapy- A Cancer Institute (WIA), India study at World Congress of Psycho-oncology at Rotterdam in November.

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**International visit and Presentation**

- Dr. Swaminathan, Cancer survival principles and Role of Chennai and Dindigul cancer registries in cancer control at Post Graduate Institute, Chandigarh and as faculty for the Workshop on Cancer Registration and Cancer Control organized by the IARC Regional Hub for Cancer Registration based at TMH, Mumbai in October.

- Dr. Kalpana Balakrishnan was awarded the National fellowship in palliative medicine in October.

- Dr. Venkataraman radhakrishnan " pediatric cancer awareness" to Dell company employees in October.

- Dr. Vivekanandan, TrueBeam-What is different? in the 18th Annual meeting of AMP (TN&PY) Chapter held at Anna University in October.

- Mr. Vijay, Role of physiotherapy in Cancer patients at Government College of Physiotherapy, Chennai in October.

- Mr. Vijay, as resource person by Cancer Research and Relief Trust for a breast cancer awareness programme held at Ramakrishna Mutt Charitable Dispensary, Mylapore in October.

- Dr. Krishnaratinam spoke on Advanced Hodgkins Lymphoma and postgraduates Dr. Baswant Rao and Dr. Prasant Nair attended HEMATOCON 2013 at Mumbai in November.

- Mrs. Balkis Begum, radiation safety in nuclear medicine at Anna Cancer hospital, Kanchipuram.

- Mr. Rangarajan, passed out RSO Nuclear medicine examination conducted at RP&AD, BARC, Mumbai.

- Dr. Arvind Krishnamurthy, Optimisation of parenteral nutrition at the 6th Certificate course in Hepato-Pancreato-Biliary Surgery, JIPMER, Puducherry.

- Dr. Ganesan chaired session on Translational research at the Indox meeting in November.

- Dr. Venkataraman radhakrishnan "approach to acute leukemia" at HOPE meeting in Tiruchy in November.

- Dr. Vijayalakshmi received certification, Simmons Cancer Institute, US for completion of Online training in Cancer Prevention and Detection.

- Dr. Malliga, paper on “Population based cervical cancer screening and outcome” at AGOICON 2013 at JIPMER, Pondicherry in November.

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Become the kind of leader that people would follow voluntarily; even if you had no title or position ~ Brian Tracy
Division of Musculo Skeletal and Uro Oncology performed the first en bloc total spondylectomy at Cancer Institute (WIA) in a patient with soft tissue sarcoma of the paraspinal region involving the L1, L2 Vertebra with the help of Dr. Suresh Bapu (Neurosurgeon) and his team.

A 26 year old lactating mother with a 3 month old baby presented with complaints of persistent back pain after delivery by caesarean with radicular pain left limb. MRI and CT revealed left paraspinal mass with vertebral involvement. Biopsy was suggestive of high grade sarcoma with hemangiopericytomatosus pattern probably synovial sarcoma. She underwent spondylectomy with combined posterior/ anterior approach, laminectomy & pedicle resection L2, L3 spine, spine stabilization with pedicle screws D12, L1 & L3, L4, discectomy at L1-2 & L3-4. HPE report revealed a 7*5.5*5 cm tumor in left paraspinal region, features s/o sarcoma with hemangio pericytomatosus appearance, Muscle margins free, vertebral body bits showing tumor. Post operative period was uneventful. These are extremely rare tumors, surgery being the main curative option and can have risk of risk of significant morbidity. These tumors need multiple specialties to come together for the resection and reconstruction.

Academics (Contd.)

- Around 15 papers were presented by post graduates of Department of Radiation Oncology at the 28th Annual Conference of Association of Radiation Oncologists of Tamil Nadu and Puducherry chapter in Chennai in October.
  Dr. Banupriya, Dr. Thompson, Dr. Anbarasi, Dr. Poongodi, Dr. Vijeykarthik, Dr. Pranav Ashwin Shah, Dr. Haripriya Kannan, Dr. Sivarajkumar, Dr. Balaji, Dr. Priyadarshini, Dr. Anbarasi, Dr. Vijaykaran reddy, Dr. Prabharaj and Dr. Aswin.
- At the 31st Annual Conference of the Indian Society for Medical Statistics held at CMC Vellore in October - Dr. Swaminathan, Challenges in predicting incident cancer burden in Tamil Nadu, Dr. Rama, Age, Period and Cohort trends of Cervix and Breast cancers in Chennai, India, 1984-2008 and Mr. Sampath, Variable cancer pattern in Tamil Nadu.
- At the 29th Annual Review Meeting of National Cancer Registry Program at Patiala, Punjab in November - Dr. Swaminathan Data quality in Chennai PBCR: A self appraisal and Dr. Rama, Data quality in Chennai HBCR and follow up in pattern of care.
- Dr. Rama on Cancer Registration: Principles and methods, Mortality Rates and Ratios and Burden of incident cancer in India:Available data and its limitations in Onco-Burden 2013 Meeting at Malabar Cancer Centre, Thalassery, Kerala in November.
- Dr. R. Swaminathan, Lifestyle and Cancer with focus on Cancer Prevention in the 30th Round Table Conference organized by Ranbaxy Science Foundation and Institute Rotary Cancer Hospital, AIIMS campus, New Delhi, in November.
World Standards Day Celebrations at the Bureau of Indian Standards in October

Before considering international standards, we should consider the existing background to lay down our own standards. The Oxford dictionary definition of Standard is “Degree of Excellence”, Excellence is “surpass others in quality” and Quality is “Degree of excellence (relative)”. Both standard and quality are inseparable.

At a higher plane of thinking, quality is truth in thought, word and deed. The quality standards in the country as a whole, need to be rejuvenated. We need quality and standards in education in an environment that is conscious of ethical values and not bound by narrow divisive forces.

The description of quality in health care is not easy. The indices for measurement are many. Standard guidelines have yet to be a framed. The oath of Hippocrates has laid down certain codes of conduct. The world medical association has adopted a version of the Hippocratic Oath titled the Geneva Convention Code of medical ethics 1949. These codes take as their guiding principle, the concept of service to human kind and respect to human life and to do no harm or malice. It will thus be mandatory to follow ethical practice. There should be a constant reappraisal centering on improved patient care. One should work towards quality care. These traits have to come from within and cannot be taught.

Voluntary nonprofit institutions need commitment, dedication & motivation in an environment of limited resources. At the Institute the ethos from the inception has been service to all, service above self, service without social or economic divide. A mission mode/Team work is essential to achieve ones objective. The journey has been long and arduous. It has not been an easy task. It is our dream that narrow perspectives and petty prejudices are surmounted.

Transcript from Dr. V. Shanta's speech on “International standards ensure positive change”

Dr. Prasant Ganesan delivered talk on Institute experience in the management of diffuse large Bcell lymphoma at the international Lymphoma Update in September.

Dr. Venkataraman Radhakrishnan, talk on “chemotherapy in ovarian cancer”. Ovarian cancer CME in September.

Dr. Ganesan organised lecture by Prof. Amit Oza Princess Margaret Hospital Toronto on Taragted therapy in ovarian cancer in October.

Dept. of Medical Oncology Pediatric Division organised 2nd Tamilnadu Pediatric Oncology meet at pediatric ward in October. Pediatric oncologists from all over Tamilnadu attended the meeting.

Department of Surgical Oncology hosted a one day live surgical workshop on D2 gastrectomy by Prof. Hitoshi Katai of the National Cancer Center, Japan in September.

Dr. Selvaluxmy delivered the prestigious Ida B Scudder Oration “Vision, Mission and Values of Cancer Institute: Eldarado 1956 to True Beam 2013” at AROI (TN and PY) conference at Chennai in October.

World Palliative Care Day

Department of Palliative Care conducted a workshop on “Pain and Palliative Care” for postgraduate oncology nurses in October. Around 220 nurses from various colleges were sensitized on the role of nurse in palliative care.

I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear ~ Nelson Mandela
Published Articles:

Cancer Control in India – a few thoughts
Dr. Malliga participated in the Planning workshop on cancer Screening strategies organized by ICPO, in partnership with NCI in New Delhi, in September.

The gaps and barriers in delivering cancer control programs in a developing economy like India was highlighted and the urgent need for action was emphasized.

It was heartwarming to witness the State of Tamil Nadu being hailed as the model state in cancer control initiatives and the establishment of state cancer registry was widely appreciated. The untiring efforts of the doyens behind these great tasks were duly acknowledged.

Discussing about the screening tools, the experts emphasized that the low resource techniques like visual screening methods for oral and cervical cancer screening(VIA/VILI) and Clinical breast Examination are the most suitable and a cost effective strategy to be followed at present in our country. This will allow for a wider application, ensure sustainability and set the stage for future introduction of sophisticated tools and vaccines, apart from creating awareness among the health care experts and the public.

The International experts expressed their concern over the lack of a consensual platform representing the existing care and research in the field of oncology across the Institutes and Cancer Care centers of our country. The need for more initiatives like establishment of National Cancer grid was emphasized. This will not only help us to develop national guidelines in Preventive and Therapeutic Oncology but also will influence the policy makers in a positive way to make timely decisions.

Awareness Programmes on Tobacco and Primary Prevention of Cancer for Educational Institutions conducted in October / November

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<tr>
<th>Organizers</th>
<th>Students / Teachers participated</th>
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<td>MGR Janaki Matriculation School</td>
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Dates to remember
- 3rd Youth Health Mela focusing on primary prevention of Cancer and other Non communicable diseases from 22nd – 26th January, 2014 at Valluvar Kottam.
- Applications are invited for “Five Day Intensive Workshop on Tobacco Cessation & Intervention” for Health professionals.
  Date 4th – 8th of February,2014.
  Last date for submitting applications: 29.01.2014
  Email: tn.chennaitcc@gmail.com