



CANCER INSTITUTE (WIA) NEWSLETTER



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Advancements in Healthcare:

Among India's Elite with Exclusive Endoscopy Suite & Cath Lab.



Distinguished as one of the few institutions in India offering these advanced facilities, Cancer Institute (WIA), Adyar, sets a new standard in healthcare excellence.

Located in the heart of Chennai, the Cancer Institute, has recently introduced an Endoscopy Suite and Catheterization Laboratory (Cath Lab). These new advancements mark a significant milestone in enhancing diagnostic capabilities and treatment options for cancer patients across India.



Advancements in Healthcare: Among India's Elite with Exclusive Endoscopy Suite & Cath Lab

Endoscopy Suite:

We are pleased to announce the inauguration of our new state-of-the-art endoscopy theatre for the department of Medical Gastroenterology and Endoscopy, which will streamline procedures and eliminate the need for patients to shuttle between our two campuses. This facility is equipped with the latest technology, including an endoscope and a C-arm, enabling us to perform advanced endoscopic procedures and host future national and international workshops.

Our center remains one of the few in India equipped with cutting-edge technology designed to conduct minimally invasive procedures for the diagnosis and treatment of various

gastrointestinal and respiratory conditions. This facility ensures precision and efficiency in detecting and managing cancers at early stages, contributing to better patient outcomes.

Dr. Thirumoorthy (HOD of Medical Gastroenterology and Endoscopy Department), Dr. Sujatha and Dr. Baraneedharan are the experts managing the endoscopy suite. Dr. Thiyagesh, a pulmonologist, performs his endobronchial interventions in this endoscopy suite, where he is engaged in a significant amount of cutting-edge work.



Introducing South India's First Advanced Cathlab at Adyar Cancer Institute (WIA)

We are proud to announce the installation of a dedicated, state-of-the-art Angiosuite Cathlab X-ray machine, marking a significant milestone in cancer treatment in South India. This cutting-edge facility is only the second of its kind in the entire country.

Our Angiosuite is equipped with advanced technology, including a microwave thermal ablation unit, IVUS (Intravascular Ultrasound), and a dedicated advanced ultrasound unit. This enables us to provide the most modern and advanced minimally invasive cancer treatments, such as targeted chemotherapy and Selective Internal Radiation Therapy (TARE). The benefits of these advanced treatments are numerous. They offer painless and scarless cancer treatment options that cover the entire body, significantly reducing side effects and treatment complications. Remarkably, patients can be discharged within 24 hours after their procedure, promoting faster recovery times.

This facility not only enhances the capabilities of our medical, surgical, and radiation oncology specialties but also plays a crucial role in managing cancer-induced complications such as bleeding and blockages. Our minimally invasive therapeutic and diagnostic procedures are expertly carried out by a team of senior interventional radiologists, Dr. Pushparajan S. & Dr. Thanaraj R.

We are committed to providing our patients with the best possible care through these innovative and advanced medical technologies, ensuring they receive the most effective and least invasive treatments available.



Dietetics Team at Cancer Institute (WIA): Enhancing Cancer Care Through Nutrition



Expertise and Team

The team comprises of qualified (Doctorate, PG & UG) dietitians and nutritionists with specialized knowledge in oncology nutrition. Their expertise spans across various cancer types and treatment modalities, ensuring that they can provide the best dietary recommendations tailored to individual patient needs. The collaborative approach within the multidisciplinary team at our institute ensures seamless integration of nutritional care into the overall treatment plan.



Integrative Approach

Adopting an integrative approach, the Dietetics Team works closely with oncologists, nurses, and other healthcare professionals. This collaboration ensures that dietary interventions are aligned with medical treatments, enhancing their effectiveness and minimizing potential conflicts. The integrative model also includes evidence-based complementary therapies that support holistic patient care.

Calorie and protein intake chart for neutropenic patients:-

- * In Adyar Cancer institute, the dietary department maintains a calorie chart for critical patients
- * Calorie charts serve as practical tools for patients to navigate dietary choices, improve health outcomes and maintain a balanced lifestyle
- * It helps patients understand portion sizes and the corresponding calorie intake
- * Tracking calories increases awareness of food intake, helping an individual make informed choices and stay accountable to their dietary goals

The Dietetics Team plays a pivotal role in providing comprehensive nutritional care to patients undergoing cancer treatment. Recognizing the crucial role of nutrition in cancer therapy and recovery, the team is dedicated to improving the quality of life and treatment outcomes for patients through tailored dietary interventions. **The team has recently made a significant leap from a simple kitchen to a full-fledged 'Department of Dietetics'.**

Services Offered

The Dietetics Team offers a wide range of services post SGA (Subjective Global Assessment) within 24 hours of inpatient admission. This includes:

- Individualized Nutritional Counselling & Group Counseling: Personalized meal plans designed to meet the specific needs of each patient.
- Nutritional Assessments: Comprehensive evaluations to identify and address nutritional deficiencies.
- Dietary Management During Treatment: Support for managing side effects of cancer treatments such as chemotherapy and radiation.
- Post-Treatment Nutrition Plans: Guidance on maintaining a balanced diet to support recovery and long-term health.

Support for Staff and Caregivers: Nutritional education and resources to help caregivers provide better support.

Patient Success Stories

Numerous patients have significantly benefited from the nutritional interventions provided by the Dietetics Team, underscoring the critical role of nutrition in successful cancer treatment and recovery. Patients have praised the food as being good, hygienic, and nutritious. They also appreciate the pleasant and friendly manner of the staff who serve the meals, as well as the timeliness of the food service. Some patients have suggested the use of hot packs to enhance their experience.



Typical Day's Menu for All Patients (Free & Paid)

Morning: Milk with Protein Supplements;
Breakfast; Mid-Morning: Multigrain Malt;
Afternoon: Lunch; Evening: Milk with Varieties of Sundal;
Night: Dinner; Closure with Milk and Protein Supplements



**Eggs, Vegetable & Dhal
 Soup (Need Based)**



Nutritional care:-

Food is provided equally to general ward patients and special ward patients in the cancer institute. Each patient is provided with a nutritionally rich meal per day targeting the required calories and nutrients. Nutritional care is provided to all patients without any discrimination in our institution. 350 to 400 general patients who are treated daily in our institution are provided with all the required nutritious meals per day free of charge under the supervision of a dietitian.

The Preventive Pearls & Palliative Care

Preventive Oncology on No Tobacco Day

World No Tobacco Day, observed annually on May 31, aims to raise awareness about the harmful effects of tobacco use and advocate for effective policies to reduce its consumption. This year, the theme set by the World Health Organization (WHO) is "Protecting children from Tobacco industry interference." In line with this theme, the Department of Preventive Oncology organized several community-based events to promote a tobacco-free life.

Oath-Taking Ceremony in Devakottai: The Cancer Education and Screening Center of the Cancer Institute (WIA) hosted an oath-taking ceremony at the Municipality office in Sivagangai District in Devakottai on 31st May 2024 with special speakers such as Dr. Dhivya (NCD DPO, Sivagangai District) and Dr. Lakshmidevi (Dental Surgeon, Preventive Oncology – Cancer Institute WIA). It saw active participation from sanitary workers, including 14 males and 57 females.

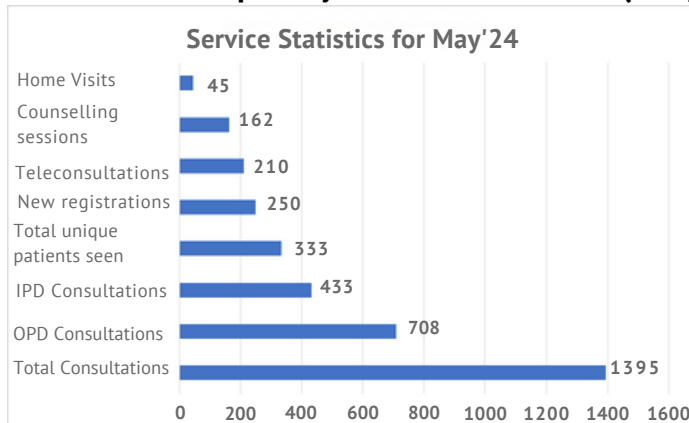
The oath, administered by Dr. Dhivya and Dr. Lakshmidevi, emphasized a commitment to abstain from tobacco and encourage others to do the same, contributing to a healthier environment.

Awareness Session in Chennai: An awareness session was held at the Brahma Kumaris Raja Yoga Center in Kottur. Dr. D. Premila Grace, Medical Officer, delivered an impactful speech on the dangers of tobacco. The session was attended by students and the general public, reinforcing the message of leading a tobacco-free life.

We encourage everyone to support this cause by spreading awareness, offering help to those trying to quit, and committing to a healthier lifestyle. Let's work together to make our community tobacco-free!

Join us in our efforts to protect children from the tobacco industry's influence and create a healthier, tobacco-free future.

Ground-Level Impact by the Cancer Institute (WIA)



Our comprehensive palliative care services are designed to provide holistic support, ensuring that patients and their families receive the best possible care during one of the most challenging times of their lives. Through our dedicated team and extensive services, we strive to make a meaningful difference in the lives of those we serve.

New Helpline for Tobacco Cessation Launched on World No Tobacco Day!

In celebration of World No Tobacco Day on May 31st, the Adyar Cancer Institute's Tobacco Cessation Centre launched a dedicated helpline "My School" to support students and the broader community in their efforts to quit tobacco use. The helpline was officially inaugurated by Mrs. Sangeeta IAS, the District Collector, in a ceremony attended by several notable guests. The **new helpline, 86676 47802**, stands as a testament to the Adyar Cancer Institute's commitment to tobacco cessation and its proactive approach to supporting the community in leading healthier lives.



Brain tumors can be cured if detected early. Relentless headache, seizure, difficulty in moving hands or legs are early signs of possible brain tumour. Persons with such symptoms should get themselves evaluated by a doctor.
- Dr. Vijay Sundar



The definition of health - "Health is a state of complete physical, mental, social and spiritual well-being and not merely the absence of disease or infirmity." The answer for prevention of not only cancer but all lifestyle diseases lie in this definition. According to the institute registry statistics, 50% cancers can be prevented by lifestyle modifications like healthy diet, abstinence from tobacco, alcohol and active lifestyle committed to overall well-being. Let's start today, Let's start now! - Dr. J. Pushkala



It's important to be familiar with how your breasts normally look and feel. Be alert for any changes, such as lumps in the breast or armpit, skin changes like dimpling, thickening, or an orange peel texture, redness, a nipple that pulls inward, or discharge from the nipple, especially if it's bloody. These can be warning signs, and it's crucial to seek medical attention promptly. Early detection of breast cancer can lead to successful treatment and a healthy, fulfilling life ahead. Regular self-examinations and medical check-ups after the age of 40 are key. Remember, you are not alone; we are here to support you.

- Dr. Ananthi. B

Special Events!



CIWIA SPORTS & CULTURAL EVENT



Celebrating 70 Years of Service: Sports & Cultural Events A Milestone Event for Our Dedicated Staff

This year, we proudly celebrate 70 years of relentless service, marking a significant milestone in our history. To honor this occasion, we organized a sports and cultural event for our dedicated staff—the first of its kind at our Institute. This special event was designed to foster team spirit and camaraderie among our staff through a variety of sports activities and cultural performances. The enthusiasm and participation from everyone were truly heartwarming, reflecting the strong sense of community within our organization. The success of this event is a testament to the generous support we received from kind-hearted individuals and organizations. Their sponsorships and donations played a crucial role in spreading joy and happiness among our staff members and helped showcase our deep appreciation for their hard work and dedication over the past seven decades. The sports activities brought out the competitive spirit and unity among our staff, reinforcing our commitment to teamwork and collaboration. The cultural performances highlighted the diverse talents within our organization, creating memorable moments of celebration and connection. As we reflect on 70 years of service, this event stands as a testament to our shared values and the enduring spirit that drives us forward.

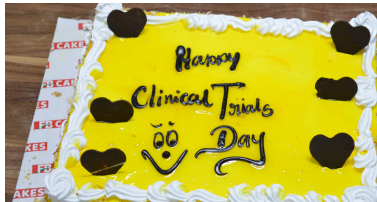
Special Events!

May 20th 2024 Marked the occasion of Clinical Trial Day



It was an opportunity to celebrate the individuals who participate in clinical trials, as well as the professionals who helped run clinical research. It was also a chance to emphasize the importance of innovating clinical trials. This celebration acknowledged the start of the first randomized clinical trial, conducted by James Lind on May 20, 1747, to study remedies for scurvy among sailors.

Dr. Kalpana Balakrishnan (HOD of the Department & Director), Ms. Vidya (Project Manager at BIRAC and Ethics/Research Secretariat), Mr. Paulson Vijaykumar (CTSU In-charge) and Principal Investigators Dr. Venkatraman Radhakrishnan and Dr. Arvind Krishnamurthy delivered an enlightening speech on this year's theme: **Data-Centric Clinical Research**, the transition from CRU to CTSU, emphasizing the numerous clinical trials undertaken since the transition including both Pharma-Sponsored and Investigator-Initiated trials. It highlighted the increasing role of data and technology in clinical research, discussing its impacts, benefits, and challenges. This celebration was a testament to the dedication and hard work of everyone involved in clinical research at the Cancer Institute WIA, and it highlighted the pivotal role of clinical trials in advancing medical science.

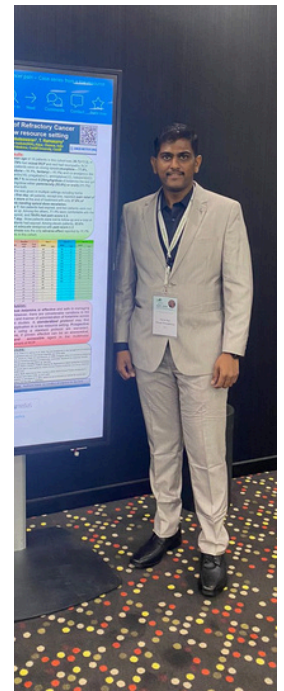
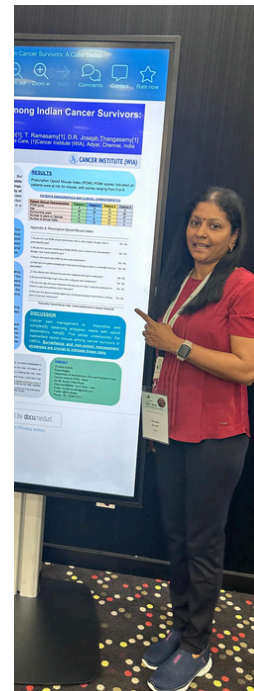
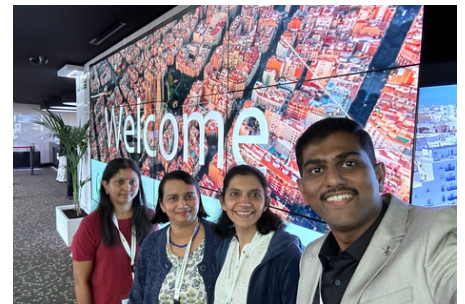


The 13th World Research Congress of the European Association of Palliative Care (EAPC) - Barcelona, May 2024

The Division of Pain and Palliative Care from the Department of Anaesthesia, proudly represented the Cancer Institute WIA at the 13th World Research Congress of the European Association of Palliative Care (EAPC) in Barcelona from May 16th-18th, 2024. Out of 900 abstracts submitted globally, 300 were chosen for presentation, with three coming from our institute.

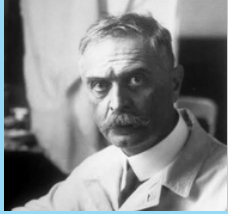
The topics presented included the management of patients with inoperable malignant bowel obstruction, the opioid-seeking trends among cancer survivors, and the use of ketamine in treating refractory cancer pain, delivered by Dr. Meenakshi, Mrs. Vinutha Suresh, and Dr. Daniel, respectively.

The content of these presentations garnered significant interest from distinguished faculty members attending the congress, who provided valuable insights and recommendations for advancing our research. Furthermore, our participation in the congress provided valuable insights into current and emerging research areas in palliative care on an international scale.



Special Events!

The Blood Bank organized the **World Blood Donor Day** event on the 15th of June 2024, to raise awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gifts of blood. The slogan for the 2024 World Blood Donor Day campaign is “20 years of celebrating giving: thank you blood donors!”



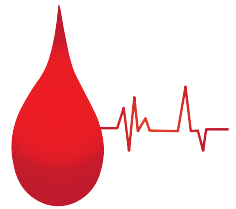
The birthday of Karl Landsteiner, the scientist who discovered the ABO blood group system is celebrated as World Blood Donor Day every year on 14 June by the World Health Organization.

The celebration of world blood donors day was first conceived by the World Health Organization (WHO), International Federation of Red Cross and Red Crescent Societies in the year 2004, in order to dispense awareness among the public regarding the impending need for safe and voluntary blood donation by healthy people. 1% of the nation's population may donate blood voluntarily to meet the transfusion requirements of the country (WHO).

The event was graced by the Director Dr. Kalpana Balakrishnan and Associate directors of the Institute. Dr. S. Subash, Professor and Head, Department of Transfusion Medicine Kalaingar Centenary Super Speciality Hospital, Guindy and Joint Director Blood Safety-Tamil Nadu State AIDS Control Society was the Chief Guest. Slogan and Edu Reels competitions were conducted for promotion of voluntary blood donation.

The regular whole blood and platelet donors were felicitated & celebrated.

OUR REGULAR DONORS



Oncological Airway and Simulation Workshop 2024: A Resounding Success

The Department of Anesthesia hosted the Oncological Airway and Simulation Workshop 2024 on June 23rd. Recognizing that airway management is a critical aspect of anesthesia, the workshop attracted significant participation from anesthetists across Tamil Nadu, with a total of 35 registrations, including 16 consultants and 19 postgraduate students.

These sessions set the stage for an engaging day of learning and hands-on practice. A highlight of the workshop was the simulation stations, designed separately for postgraduates and consultants. These stations created realistic operating room scenarios of difficult airway management, complete with real-time monitoring. The immersive experience was enhanced by intense debriefing sessions, allowing participants to reflect and learn from the simulations.





HONOR CORNER

Celebrating Our Philanthropic Champions:



SUPER AUTO FORGE



THE CLEARING CORPORATION OF INDIA LTD

S. Seetharaman, Executive Chairman, Super Auto Forge (P) Ltd knows firsthand the impact of cancer, having lost a few good family members to the disease. He recognizes the challenges of treating cancer patients and the vital role of our Cancer Institute in supporting those who cannot afford treatment. Since 1968, Mr. Seetharaman has been associated with the institute, creating a deep and long-lasting bond. His company's CSR fund focuses on medical treatment and special children, with the Cancer Institute being a top priority due to its outstanding work.

Mr. Seetharaman emphasizes that one need not be poor to understand the struggles of the less fortunate. The institute's holistic approach not only addresses medical costs but also respects the dignity of patients. He advocates for maintaining healthy habits and having a concern for society. He encourages the younger generation, who have more resources at their disposal, to give back to the community, fostering a culture of philanthropy and social responsibility.

CCIL's CSR Initiative: A Lifeline for Indigent Women Battling Cancer

CCIL supports indigent women patients suffering from cancer through their comprehensive CSR initiative. Their program ensures free-of-cost treatment, including surgery, radiotherapy, and chemotherapy, coupled with complimentary food and stay. This holistic approach is designed to alleviate the financial burdens faced by these patients, enabling them to focus solely on their recovery. By providing these essential services, CCIL aims to uphold the dignity and well-being of women in need, reaffirming their dedication to making a meaningful difference in the fight against cancer.

THE TEACHER IN ME

"Bring out the teacher in you, if you want to understand a subject. If you want to ignite the love for learning, be a good teacher." As faculty at our esteemed institute, we should take pride in the fact that both medicine and teaching are noble professions. It is an honor to be part of a community where we can contribute to the growth and development of future medical professionals. Personally, I am filled with pride as I see my colleagues, who were once my students, now standing beside me. My journey in teaching has been profoundly influenced by two exceptional mentors: Dr. A.V. Lakshmanan and Dr. I.S. Balakrishnan, the pillars of Medical Physics for several decades. Their dedication and passion have shaped my approach to teaching. I am also deeply inspired by our late advisor, Dr. Krishnamurthi. His mantra, "keep learning and stay updated, or you will become outdated," has guided me throughout my career. It was awe-inspiring to witness his depth of knowledge and commitment to staying current in our field, even at the age of eighty-plus. Together, let's uphold the legacy of excellence in medicine and teaching, making a lasting impact on the future of healthcare. - **Professor N. Vivekanandan, Head, Medical Physics**

Achievers' Gallery

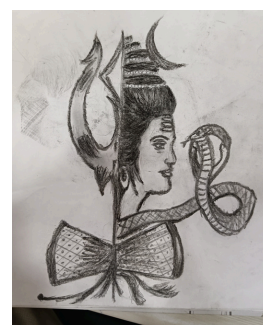
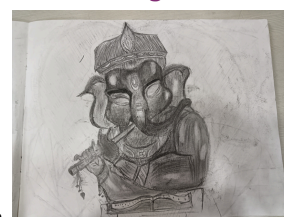
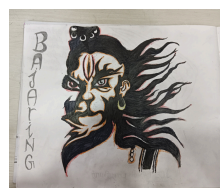
CME-Prize won -Microbiology department - 3 people from Microbiology department for the CLINICO-MYCOLOGY UPDATE 2024 held at Sri Ramachandra Institute of Higher Education, Porur on 15th June 2024.

Ms. Monika and Mrs. Saraswati for agar art competition; Mrs. Harini for oral Presentation-"A rare case of Kluveromyces marxianus (candida kefyri) in a patient with cervical cancer"-a case report

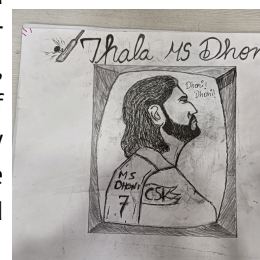
Ms. Monika won the first prize in agar art with a cash prize.



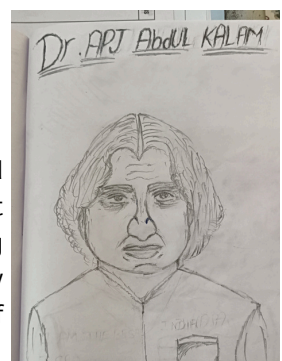
Our Pediatric Michelangelo: Master Sri Sashtivel



Art has become a powerful outlet for this young artist, providing a sense of purpose and a way to cope with the emotional and physical struggles.



Let us all take a moment to appreciate and encourage the remarkable talents that emerge even in the most challenging circumstances. This pediatric artist's journey is a powerful reminder of the resilience of the human spirit, no matter the obstacles.



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**Bone Cancer Awareness Month
Early Detection Saves Lives**



They trust in humanity through the pain!

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for their Trust, hope & cure!*

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*With Humanity and in wisdom
Since 1954*

Cancer Institute (WIA)