

## CANCER - No longer fearful

The overall rate of cancer mortality has fallen 20 percent since 1991, according to new figures released by the American Cancer Society's annual Cancer Statistics report. Since 1991, the rate of cancer mortality has declined from 215.1 per 1000 to a little over 173 in 2009. The death rates have been found to consistently on decline among all four of the following main cancer groups: lung, colon and rectum, breast and prostate. Over the last twenty years, there has been more than a 30% fall in breast and male lung cancer and a 40% reduction for prostate cancer, both due to reduction in the number of smokers and improved screening and management.

This year it's estimated that there will be around 1,660,000 cancer cases and 580,350 cancer related deaths in the U.S. The most common cancers among men are cancers of the prostate, lung and bronchus and colorectal, which make up more than half of total male cancers. Breast, lung and bronchus and colorectal cancers are the most common among women, with breast cancer making up 29% of female cancer cases. Cancer continues to become less common among nearly all cancer sites with the exception of melanoma of the skin and cancers of the thyroid, pancreas and liver. While the melanoma is not a main issue in countries like India, the most common causes of cancer death are related to the cancers of the lung and bronchus, prostate, colorectal, and breast. Around 27% of all cancer deaths in 2013 are expected to be due to lung cancer in US. The deadliest type of cancer was found those involving the pancreas, only 6% of pancreatic cancer patients live for 5 years after diagnosis.

John R. Seffrin, Ph.D., chief executive officer of the American Cancer Society, said: In 2009, Americans had a 20% lower risk of death from cancer than they did in 1991, a milestone that shows we truly are creating more birthdays. But we must also recognize that not all demographic groups have benefitted equally from these gains, particularly those diagnosed with colorectal or breast cancer, where earlier detection and better treatments are credited for the improving trends. We can and must close this gap so that people are not punished for having the misfortune of being born poor and disadvantaged."

There has been a decline in cancer deaths among men of close to 1.8% per year and 1.5% among women between 2005-2009. From 1990 to 2009 the death rate among men decreased by 24% and 16% for women. This fall is significantly greater than the previous decades. The authors note that whilst these reductions are certainly promising, there still needs to be much work done in spreading cancer control knowledge across all segments of the population. Cancer death rates have shown significant decline in Europe according to a study published in Annals of Oncology. Though there is no precise data support, Indian scenario is no different.

**Dr. K. Ravindranath**  
CMD - Global Hospitals Group

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### Three New Genetic Links to Colorectal Cancer



Three new genetic "hotspots" linked to colorectal cancer have been identified by Vanderbilt-Ingram Cancer Center. These variants, published in Nature Genetics, provide new insight into the biology of colorectal cancer - and possibly help in development new therapeutic targets for the disease.

Colorectal cancer is one of the most commonly diagnosed cancers worldwide, India is no exception. Genetics plays an important role in both sporadic and familial (inherited) forms of the disease. However, only about 6 percent of colorectal cancer cases are explained by the rare genetic variants known to confer high risk of colorectal cancer (as seen in familial forms of the disease). Earlier studies on the genetic basis of colorectal cancer have indicated existence of several variants, but most of the studies were conducted in European/Caucasian populations. "Looking at different ethnic groups is important because the genetic structures can be different enough that variants identified in one population do not explain risk in other populations," said Wei Zheng, M.D., Ph.D., MPH, an Ingram Professor of Cancer Research and senior author on the study. "Because of the difference in genetic structures and underlying environment exposures, it might be easier to discover some risk variants in studies conducted in non-European populations." Zheng and colleagues

In 2009, several Asian countries established the "Asia Colorectal Cancer Consortium" to search for novel genetic risk factors for the disease. The consortium included populations in China, Korea and Japan. Using an approach known as a "genome-wide association study" (or GWAS), Zheng and colleagues began searching for common variants linked to disease risk. From genomic data obtained from 2,098 colorectal cancer cases and 5,749 controls, the researchers identified 64 variants, or "single nucleotide polymorphisms" (SNPs), that were associated with colorectal cancer. The investigators then replicated these findings in another set of samples, narrowing down the number of disease-associated variants to four. Three of those four variants were also associated with colorectal cancer risk in a larger European sample. "The findings from this study are relevant to both Asian and European populations," said Zheng. "Interestingly, these three susceptibility loci were not discovered in previous studies conducted in European-ancestry populations." This study highlights the importance of conducting genetic studies in non-European populations to fully uncover the genetic basis for common diseases, including colorectal cancer, Zheng noted. While the specific functions of these newly identified susceptibility loci are not clear yet, several important genes are located in the regions near the risk variants discovered in this study. For example, one risk variant is located near CCND2, the gene encoding cyclin D2, a member of the cyclin family of proteins that regulate the cell cycle.

Cyclins have been linked to cancer, but research on the CCND2 gene has been limited. Therefore, the current findings suggest the need for further research on the role of other cyclins and cyclin-dependent kinases in carcinogenesis. "These new discoveries are very exciting," Zheng said. "They will certainly lead to future studies regarding the biology of these regions and the translational potential of these findings in cancer prevention and treatment."

**TRIBUTE** - *'Noble examples stir us up to noble actions. And the very history of large and public souls inspires a man with generous thoughts'* - **Seneca**

These words are appropriate to HH. Sri Balagangadharanatha swamiji (1954 - 2013) of Adichunchanagiri, Nagamangala taluk, Mandya district, near Mysore.



It is no wonder that Govt. of India decorated him with one of the highest civilian honor 'PADMA BHUSHAN' in 2010, by virtue of his life surrendered to the welfare of the mankind. He truly believed in Service to man as Service to God. Sages are not born overnight, neither saints are gifts of someone. It was at nineteen years, Swamiji mastered all Vedas and sacred texts under Guru Sri Ramanandana Swamiji, and enveloped by Divine compassion right from then. At the age of 30yrs, Swamiji ascended to the sacred position of Chief Pontiff, heading the Adichuchanagiri math. What a soul HE is by belonging to NATHA parampara. The Math had significant growth during his tenure in many fields such as education, health, nutrition etc. He died on 13th January following renal failure and intractable hypertension. **Global Hospitals stand in reverence and silence as tribute to the Great soul. May his soul rest in peace**

### Inauguration of dedicated LIVER CLINIC in Kerala



Global Hospital Group inaugurated Super specialty Liver Clinic in Trivandrum, Kerala on 25th January 2013. World renowned Liver specialists from Global Health City will be available for their expert opinion.

The State-of-the-art centre to provide Super Specialists support to patients through periodic Super Specialty Clinic. The Clinic was inaugurated by Sri. V. S. Sivakumar, Hon'ble Minister for Health & Family welfare, Govt of Kerala in the presence of Dr. K. Ravindranath, CMD, Global Hospitals Group, Mr. A. R. Noushad, Chairman & Managing Director - Devi Scans, Trivandrum, Kerala

### Global Hospitals at 34th All India Steel Medical Officer's Conference, Bhilai - (AISMOC-2013)



Global Hospitals Group participated in the 3-day long 34th All India Steel Medical Officers Conference - (AISMOC-2013) was concluded at Jawaharlal Nehru Hospitals & Research Centre, Bhilai. The Heads of Medical Departments of all Steel Plants of

Bhilai, Burnpur, TATA, Durgapur, Bokaro, Rourkela, Salem, Bhadravathi, Bhilai, Chandrapur, Mecon etc., participated and expressed their happiness and congratulated the Jawaharlal Nehru Hospitals & Research Centre team for their unstinted efforts in making the conference and their stay memorable at Bhilai.



## Global Hospitals - Infection Control Certificate Course



Global Hospitals successfully organised certificate course on Infection Control for nurses at Global Hospitals, LB Nagar, Hyderabad from 28th - 31st January' 2013. The program was concluded by presenting certificates to the participants

This programme has provided an opportunity for the Healthcare community to develop a new vision for the future of Infection Control Area. This course is specifically designed for Nurses who are working in the Infection Control arena.

## Cancer Awareness Programme Organized by BGS Global Hospitals, Bengaluru



**Bike rally** BGS Global Hospitals organised a bike rally to spread awareness about cancer on the occasion of World Cancer Day. Sri Ramesh Bhat, noted cine actor flagged off the rally. Many bikers and cancer survivors seated in elegant victoria

carriages joined the rally through the 7 Km stretch through the busy roads of the city. The rally saw an overwhelming response with many cine artistes, public and doctors participating.

**Walkathon** BGS Global Hospitals, Bangalore organized a "Cancer Awareness Walk" to campaign for "Fight against Cancer and its Myths" and promote a cancer free world to commemorate 'World Cancer Day'. Many in Hassan participated



in a Walkathon including students of colleges, Members of Ladies Association, doctors of BGS Global Hospitals, local doctors, etc.

## Global Health City launches Super Specialty Clinics at Salem, Tamil Nadu.



Global Health city, world class tertiary care multi-super specialty hospital today announced the inauguration of Global Health City Information Centre by Sri. S. Soundappan, Worshipful Mayor, Salem Corporation, Salem. The Guests of Honour at the inauguration was Dr. R. Vallinayagam,

Dean, and Govt. Mohan Kumaramangalam Medical College, Salem

World renowned super specialists from Global Health City in HPB & Liver, Surgical Oncology, Cardiology, Neuro & spine will be available for their expert opinion and added value in making the event a great success.

## Health Talk organized at IDBI Bank Head Office Mumbai

Health Talk on "Obesity, Diabetes & Hypertension and its impact on Chronic Kidney Disease" conducted on 7th January 2013 for the members of IDBI Bank Head Office at World Trade Centre, Mumbai. The talk was presented by Dr. Bharat Shah,



Director - Consultant Nephrologists, Global Hospitals, Mumbai. The Health Talk was attended by employees from IDBI Bank. The session was very informative and interactive and invited a number of queries from the receptive audience.

## Health Screening Camp at MMTC Limited, Mumbai



Free Health screening camp was conducted on 18th January, 2013 for the employees of MMTC Ltd., Bandra East, Mumbai. The employees were screened for the following tests BP, BMI, RBS and consultation with the doctor. Around 82 employees were screened in this particular camp.

## Health Talk organized at National Textile Corporation, Mumbai

Health Talk on "Lifestyle Disorders & Lifestyle Management" conducted on 11th January 2013 for the members of National Textile Corporation at NTC House, Ballard Estate, Mumbai. The talk was presented by Dr. Manjusha Agarwal, Consultant - General Medicine, Global Hospitals, Mumbai.



Director - Consultant Nephrologists, Global Hospitals, Mumbai. The Health Talk was attended by employees from IDBI Bank. The session was very informative and interactive and invited a number of queries from the receptive audience.

## GI Oncology Update Workshop at BGS Global Hospitals, Bangalore



The GI Oncology Update Workshop was organised by the Dept of GI, MIS and Bariatric Surgery at BGS Global Hospitals. It was well attended by over 120 doctors from all over Karnataka. There was a live operative Workshop, case studies and presentations.

Dr. K Ravindranath, CMD inaugurated the event.

## Global Hospitals MoU with Hayat Hospital, Guwahati,



Global Hospitals signs a strategic MoU with the Hayat Hospital, a leading super speciality hospital at Guwahati, Assam. The MoU enhances the reach of Global Hospitals' super speciality services to the people served by the Hayat Hospital in Assam and nearby regions.

Global Hospitals will work closely with the Hospital on the following Hepatology, HPB Surgery, Liver Transplantation, Joint Replacement, Urology, Renal Transplantation, Paediatric & Adult Cardiology and Cardiac Science, Interventional Cardiology, Neurosciences & Spine surgery.

To bring value to the North East region in the following ways: ♦ **OPD clinics:** Super Specialists from Global Hospitals to conduct periodical One-Day OPD clinics at Hayat Hospital. ♦ **Knowledge sharing:** Knowledge exchange programmes between the Consultants to enhance the quality of services ♦ **Managing Complex cases:** Referral of high end, complex surgeries and transplantations to Global Hospitals Group ♦ **CMEs:** Jointly conduct CME programs and live workshops to benefit the medical fraternity of Guwahati and nearby regions.

## Global Hospitals, Lakdi-ka-pul held press meet to spread the awareness on cancer.



A press conference was held at Global Hospitals, Lakdi-ka-pul on 4th February 2013 (on the eve of World Cancer Day), to spread the awareness on cancer myths & facts, where Global Hospitals message to the public was "Detect Early, Prevent Cancer".

Dr. Ravi Kumar, Consultant Chief Medical Oncologist, Global Hospitals gave a brief on some common habit related cancers like smoking, alcoholism and chewing tobacco. Also a 10 minute brief presentations by 10 specialist doctors treating different cancers in the body from Head to Toe were presented.

Speaking on the occasion, Dr. K. Ravindranath, CMD-Global Hospitals Group said that Global Hospital is having a full team of Doctors for treating all types of cancers and is keen on bringing in Radiation Oncology at L.B. Nagar branch hospital in Hyderabad.

## KNOW THYSELF

*I will like your Children and Grandchildren to read, undoubtedly every-one likes it.*

*They won't believe this happened, but it DID. This seems unreal. Anyway, this is what happened in US. I wish the world would emulate. Mahatma Gandhi had renounced everything and stood as an example in the history of Mankind. What happened later in many spheres, certainly not truly Indian, especially in the recent times. Now look at western architect of Politics in US.*

*Harry Truman, one of the former Presidents of US, was a different kind. He probably made as many or more important decisions regarding nation's history as any of the other 42 Presidents preceding him. However, a measure of his greatness may rest on what he did after he left the White House. Kindly note this is important.*

*The only asset he had when he died was the house he lived in, which was in Independence Missouri. His wife had inherited the house from her mother and father and other than their years in the White House, they lived their entire lives there.*

*When he retired from office in 1952 his income was a U.S. Army pension reported to have been \$13,507.72 a year. Congress, noting that he was paying for his stamps and personally licking them, granted him an 'allowance' and, later, a retroactive pension of \$25,000 per year. After President Eisenhower was inaugurated, Harry Truman and Bess drove home to Missouri by themselves. There was no Secret Service following them.*

*When offered corporate positions at large salaries, he declined, stating, "You don't want me. You want the office of the President, and that doesn't belong to me. It belongs to the American people and it's not for sale." What a statement only TRUMAN could make. Even later, on May 6, 1971, when Congress was preparing to award him the Medal of Honor on his 87th birthday, he refused to accept it, writing, "I don't consider that I have done anything which should be the reason for any award, Congressional or otherwise."*

*As president he paid for all of his own travel expenses and food. Modern politicians have found a new level of success in cashing in on the Presidency, resulting in untold wealth. Today, many in Congress also have found a way to become quite wealthy while enjoying the fruits of their offices. Political offices are now for sale.*

*Good old Harry Truman was correct when he observed, "My choices in life were either to be a piano player in a whore house or a politician. .... And to tell the truth, there's hardly any difference! I say dig him up and clone him! Enjoy life now -- it has an expiration date!"*

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## Global Hospitals Group



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Global Health City,  
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BGS Global Hospitals,  
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Global Hospitals,  
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