



CCF The Sparrow

Volume 21.05 | JUNE 2021 | Coimbatore Cancer Foundation

Editorial

The paradigm shift in the quality and effectiveness in cancer care has shifted the survivorship statistics drastically over the last decade. This shift also brought in new challenges like Quality Of Life and rehabilitation challenges. The world has been trying ever since to match these issues and one of the universally accepted solutions was palliative care and the hospice-based support. The limitations in this method is evident now and the world needs new solutions. CCF hopes to innovate and implement new solutions to these problems as a mission.

The lack of awareness among people and also some stigma to treatment is preventing many from evidence based cancer care and one such incident is being discussed in this month's letter, lets join hands and strive to create a better world for cancer survivors!

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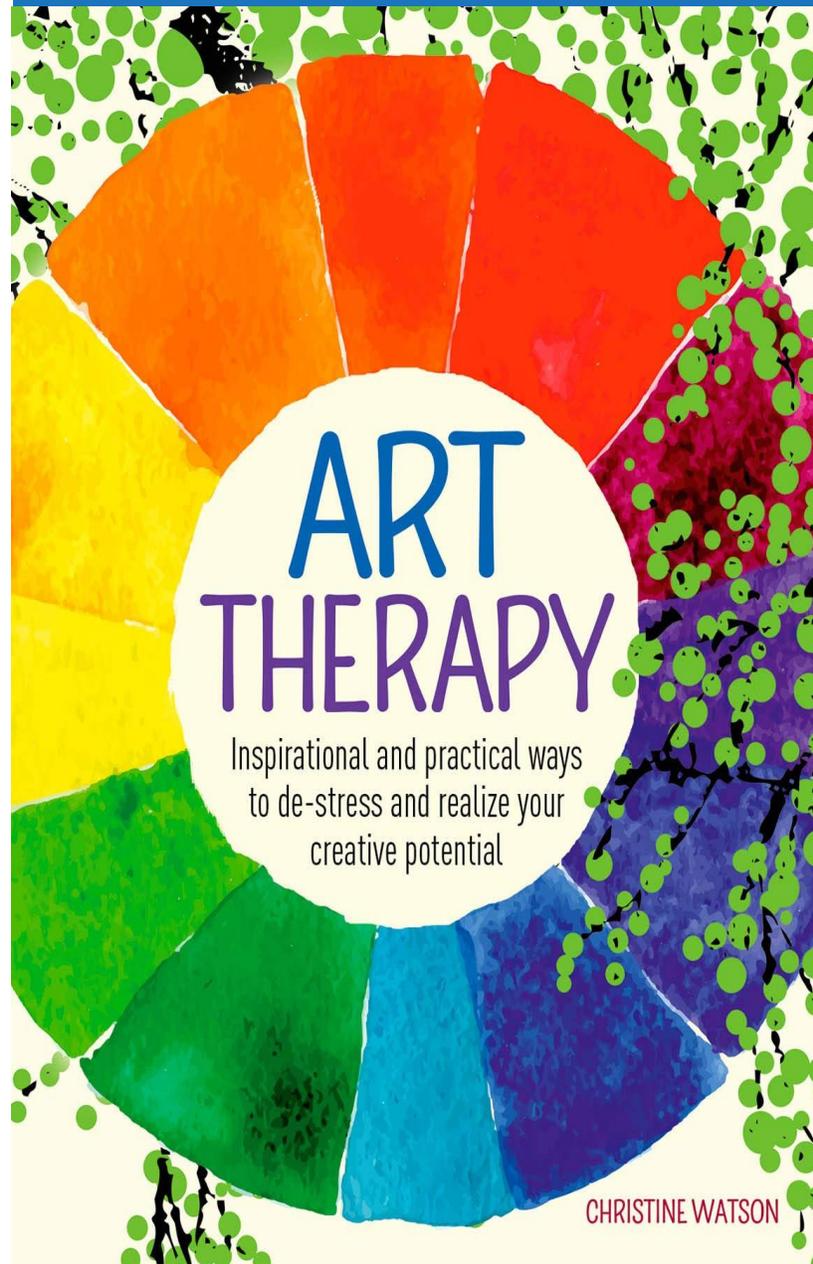
Be the Change You Want To See!

Mr X was a 47-year-old school teacher with a pain full swelling in his cheeks, he ignored the lesion for a long time and later on evaluation was diagnosed of carcinoma buccal mucosa. The person was reluctant to accept this diagnosis and he depended on alternate forms of medicine to get a cure, but unfortunately he progresses and the disease became infested with maggots! He came to PSG hospitals from where he was cleaned and supported by Dr. Harsha's team. The counsellors counselled him & his family to take appropriate treatment and diet for the disease, the chemotherapy was started and after completing six cycles of treatment the lesion stopped growing and shows good response to therapy, the effectiveness of appropriate communication amazed our team too and we see this as a great learning too! He later confessed to the doctor that "I shall use all opportunity to counsel all other patients on the importance and effectiveness of evidence based cancer care".

“I shall counsel every other patient to get the right care”

PSYCHOLOGY AWARENESS

Art therapy is an integrative mental health and human services profession that enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship. This method is used in cancer patient to channel their grief to productive ways and can also act as a rehabilitation method at times!





Activities at CCF MAY 2021

We Celebrated a Nine-Year-Old Angel’s b’day on June 15th. She is undergoing cancer care at PSG Hospitals & CCF has been supporting her since 2019, we along with THE RIGHT SMILE NGO presented her b’day wish as a gift which brought her immense joy and spread her smile to all of us too.

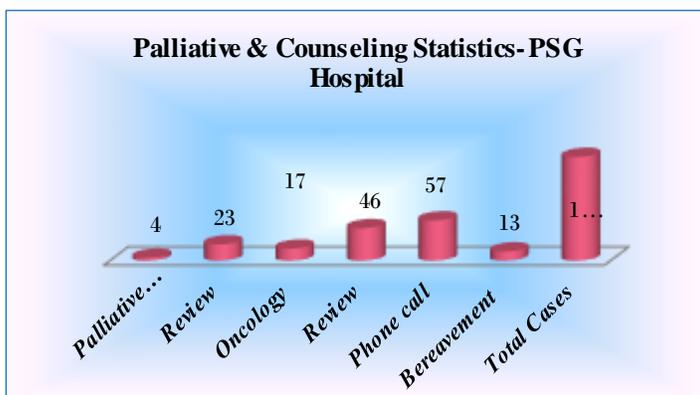
COVID RELIEF TO PALLIATIVE CARE PATIENTS!

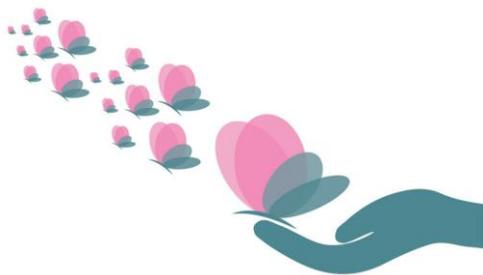
Coimbatore Cancer Foundation conducted a **COVID RELIEF PROGRAM** for the community of Karadivavi, Lakshminaikampalayam and Sulthanpettai. Following a survey we identified 45 Palliative Care Patients and 40 post COVID patients requiring nutritional supplements . On 26/6/2021, Saturday at 9:30 am CCF team with the support of the members of the community,volunteers and the Ex- President of Karadivavi distributed nutritional health support packs worth Rs 823 each to the beneficiaries at Karadivavi Kalyana Mandapam. The packs were designed and customized by a certified nutritionist. Strict social distancing & COVID protocols were followed. Doorstep distribution was organized for the bed ridden and wheelchair bound patients. We thank everyone and promise to keep track of the relief work being done and how it is being utilized. and seek continuous support to reach out to more families in the community.



Survivor’s Day on June 6

Coimbatore Cancer Foundation commemorated the cancer survivor's day by providing gift hampers through post to twenty brave cancer survivors who have undergone treatment at the Oncology Department of PSG Hospitals, Coimbatore. The gift hamper included three N95 Masks, two pair of gloves, an inspirational message from our cancer survivor, an affirmation card and a book “Cancer Made Me” which was written by our founder Padma Bhushan, “Shri Kasturi Sreenivasan” who was himself a cancer survivor.





Saraswathi our counsellor conducted support group session for home quarantine patients with COVID



Celebrated Cancer survivors' B'day with RIGHT SMILE NGO



COVID RELIEF KITS distributed to villagers of Karadivavi, to maintain the nutrition needs of the community.



We celebrated World Cancer Survivors' Day on June 2nd, 2021, by distributing COVID essentials.

Support Group Meeting for families under Home Quarantine

Coimbatore Cancer Foundation joined hands with Shanti Ashram on delivering a support group meeting for families infected with Covid 19. The session was on 9th June 2021 through online platform (Zoom). Our Palliative Care Counselor Ms.Saraswathi took a session on "Stress Management". She covered the session on psychological issues and supporting during this time, educating on diet and taught families a few breathing technique to keep them sane during their period. Followed by Shanti Ashram team also took session on Nutrition, Medication and so on. The session ended with question and answers session which made the meeting more interactive.

