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Breast Cancer
awareness month



Coimbatore Cancer Foundation

Each month is an opportunity to bring awareness about Cancer to the masses. This results in the improvement of the preventive measures and early detection of Cancer. The month of October is all about breast cancer awareness and we have done our best to spread this message. The entire team at CCF is extremely happy as we added another feather to our cap by joining hands with PSG to start the Palliative & Hospice center there. We rightly named it 'SANTHAM'!



From Mortal To Immortal Love

Mrs. Vasanthamani, a courageous woman of 65 years, came to us under Palliative care a month ago with Leiomyo sarcoma of the uterus and peritoneal Mets. She was being cared for by her seventy-five-year-old husband who was an example for all of us at CCF. The extreme care and support he showered on her was a heartwarming feeling to experience. The disease was progressive and resulted in severe pain and loss in quality of life of the patient. However, the pain felt by the patient affected her husband too and pushed him into depression. The counselors at PSG started therapy sessions for both of them and successfully alleviated their fears, as they coaxed them out of their depression. The pain medications too took effect, but over the next few weeks the patient's physical condition worsened, and she passed away.

Her grieving husband accepted her passing, consoling himself with the fact that her death was peaceful, with dignity and minimal pain. He understood that the loss was a part of human life, and he was on a path to try to move on.

Our interaction with this family helped us realize a different perspective to love and marriage!

**"Where there is
a love there
is life"**

Mahatma Gandhi



Music Therapy

Music therapy incorporates techniques such as listening to, reflecting on, and creating music to improve a client's health and well-being. Immersing people in music can allow them to express themselves better, identify and process difficult experiences, develop social and communication skills, or simply find emotional release.

Music therapy continues to be practiced in hospitals, adding a therapeutic layer for patients hospitalized by illness or injury. It can help patients cope with emotional trauma and physical pain or feel more confident, joyful, and connected.



Breast Cancer Awareness Month Program

Every October, people all over the world show their support for everyone affected by breast cancer. Every year CCF works towards creating awareness and strives to bring positive thinking in the minds of the public as well as in the patients. On 4th of October 2021, CCF along with PSG Hospitals collaborated with PSG College of Nursing, Pharmacy and Physiotherapy in conducting awareness programmes for the public and patients.



The events were:

- Poster presentation
- “Tree of Life”- Here the public and staff of the Hospital, tied pink ribbons around the “Tree of Life” showing their support in the fight against cancer
- Signature campaign –The staff and the public wrote positive messages for the patients who are fighting this disease.
- On 12th October 2021, CCF conducted its first Breast Cancer Support Group Meeting. About 13 patients and 2 survivors along with caregivers attended the meeting.

Breast Cancer Support Group Meeting

When one is diagnosed with cancer, most patients are prone to many negative emotions like anxiety, fear, anger, distress and a sense of loss which may lead them to isolate themselves. Support group meeting is a way for patients to interact with other patients who have similar experiences with cancer. Patients interact with other patients about their experiences and share their own. They begin to understand that they are not alone in this journey. Counselors facilitate the forum by inviting the doctors, dieticians, physiotherapists and other guest speakers to educate and empower the patients and their caregivers.



CCF started first Breast Cancer Support Group Meeting at PSG Hospitals on 12th October 2021 from 10 AM to 12 Noon. Thirteen patients along with their caregivers and two cancer survivors attended the program. Along with CCF, students and faculty of PSG College of Nursing conducted a few ice breaking sessions and created positivity by giving affirmation cards to the patients and caregivers. At the end of the meeting, CCF provided a goodie bag of fruits, tiffin box, protein powder and a copy of the book, CANCER MADE ME, written by the founder of CCF, Shri. K. Sreenivasan, as a token of our gratitude and appreciation to the patients. The meeting was organized by

Ms. Anna and Ms. Priyadarshini, Counselors CCF and facilitated by Mrs. Saraswathi, Palliative Care Counselor.





WORLD HOSPICE AND PALLIATIVE CARE PROGRAM

This year, Palliative Care Day was celebrated in October, not just for a day, but for three-days.

CCF Palliative Care team works for change and forms volunteer teams at the community level. Every effort is made to make full use of their supportive services. They work for patients both in the community and in hospitals and aim to bring greater awareness about the palliative care we offer.

Volunteer Program:

On 7th of October 2021, CCF (Aravanaippu) Palliative Care team collaborated with the PSG Hospitals at Karadivavi and conducted a program at the community level.

The events were:

- Dr. Harsha from CCF and Dr. Subramani from PSG Hospital gave a talk on the “ Role of Volunteers in the Community”.
- “Vizhuthugal” - Our volunteer team at Karadivavi was honored for their services with the “Thank you cards along with vizhuthugal batch and gifts”.



Santham Inauguration:

- On the 8th of October 2021, CCF along with PSG Hospitals collaborated with PSG College of Nursing in conducting an awareness program with poster presentation to the public and patients in A and B block, PSG Hospitals.

On 9th of October 2021, “Santham” hospice was inaugurated at PSG Hospital along with CCF. Dr.Kezevino Aram, Director of Santhi Ashram, Mrs. Smrithi Rana (Pallium India Program director), Dr.Gopala Krishnan, Managing Trustee of PSG, Dr.J.S.Bhuvaneshwaren, Director of PSG Hospitals graced the “Santham” inauguration function. The guest speakers spoke about palliative care and the hospice. Later, the movie, “ Hippocrates” was played for the nursing staff of PSG Hospitals





Activity of The Month

CCF provides Cancer awareness to students undergoing Masters. As part of Breast Cancer Awareness Month on 8th October 2021, Ms. Anna, Counselor gave an orientation about cancer and early prevention to the 1st and 2nd year students of Masters in Social Work and MBA students of Ramakrishna College of Arts and Science. The session focused on educating youth on the importance of Self Breast Examination and Screening.

Dr. Harsha was invited as guest speaker to Rotary Central on 23rd October 2021 to talk about palliative care and hospice services (Santham). The crowd was highly motivated and they promised to support the project in every way they can.

Ms. Shruthi (Psycho-oncologist) conducted an online webinar on the topic, "Cancer & its Impact on Mental Health" to students, faculty of Social Work and Psychology department Staff of Bharathiar University. More than thirty-five participants actively participated and clarified their doubts.

The board of trustees meeting was held on 23rd of October 2021 at CCF Head Office.

UPCOMING EVENT!



Our Favorite Marathon Is Back In Virtual Mode!

The Marathon Is All About Bringing Together People Who Are Passionate About Running; And Helping Them Make A Difference By Raising Awareness On Cancer.

CCF Has Been Able To Provide Financial Assistance To Cancer Patients - For Surgery, Chemotherapy, Radiotherapy, Investigations, Bed Charges And Rehabilitation And Also To Offer Various Other Projects Of CCF Such As Home-Based Palliative Care.

The Registration For The Marathon Has Started!

#SemmaRun



For more details, visit www.coimbatoremарathon.com

