
SPARROW

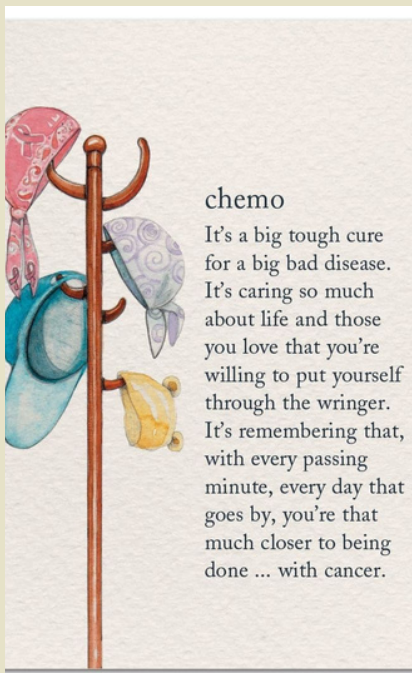
Coimbatore Cancer Foundation

THIS ISSUE'S FEATURED ARTICLES:

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Pain is inevitable, suffering is optional



chemo

It's a big tough cure
for a big bad disease.
It's caring so much
about life and those
you love that you're
willing to put yourself
through the wringer.
It's remembering that,
with every passing
minute, every day that
goes by, you're that
much closer to being
done ... with cancer.

Mr.Sundar raj hails from a village near Pollachi, since he was a smoker he developed an Ulcer in his mouth which wouldn't heal despite of taking various medications. At that time one of the doctors gave them guidance to get a screening done. The screening results was not favorable and the whole family were in a state of shock. They were left with no other choice than opting for a surgery. After the surgery it will be followed by chemotherapy and radiation which may hinder his speech and oral food intake. The surgery took almost 5 - 6 hours to finish and he had to undergo grafting from his leg.

Mr.Sundar was in extreme pain post-surgery and as they were living in a village they didn't have access to hospitals which would help him in pain management. His family doctor gave them a referral to one of the Counselors from Coimbatore Cancer Foundation. She further guided him to PSG Hospitals- Santham Palliative Care for Pain Management. Dr.Harsha, Counselors and the team of nurses in Santham attended to his Total pain(Physical ,social, emotional and spiritual) and he was pain free when he got discharged.

His accommodation and food were borne by Rotary, this was a huge support for them as they had to stay for almost 15 days in Santham Palliative care

FEEDBACK FROM MR.SUNDAR RAJ

I am S. Sundhar Raj, I was working in a Weaving industry. Whenever I was tired in my work place, I used to smoke, I was not aware at that time that smoking will cause disease because of that I have become a victim to Cancer now. I had to undergo a surgery. I have two daughters who supported me for operation related expenses, but now we are financially drained and they also cannot afford money for my further treatment. We came to know about Coimbatore Cancer Foundation through Counselor Saraswathi. She guided us to Santham Palliative Care in PSG Hospital.

I came here with severe leg pain as they had done grafting for my surgery from my leg. Doctors and nurses took care of the wound in my leg regularly and pain started to reduced. I am feeling much better now. My pain has reduced and I am able to walk without support now. We are also happy with the food provided here. I was in ryles tube when I came here, a speech therapist helped me to swallow fluids and slowly I was able to take food orally and now they have removed the tube as well. Counselors helped me a lot, they spent more time with me and they gave me lot of motivation which helped me to overcome depression.

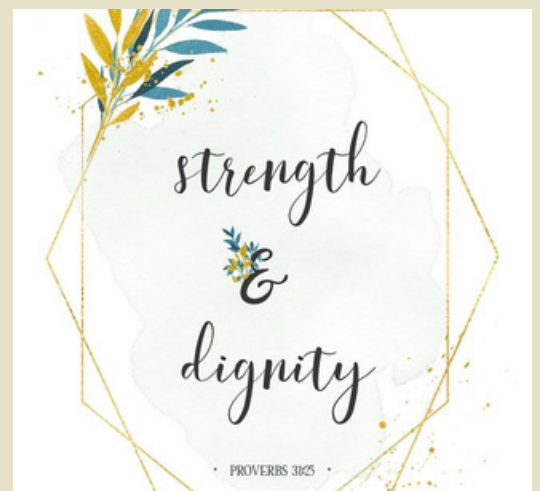
I would really thank Santham Palliative Care, PSG Hospital and Rotary for their care and support.



Dignity Therapy

Dignity therapy involves asking questions about life history and work, and helping patients to define and refine what their ultimate legacy is and what they want to pass down to the generations that follow. The form of therapy also encourages saying things to loved ones that have remain unsaid to achieve closure.

Terminally ill patients who had six months or less to live, those who participated in dignity therapy were more likely to say the treatment was helpful, improved their quality of life, and changed how their family members viewed and appreciated them, compared with patients offered standard end-of-life supportive care that addressed pain, stress, and other symptoms to improve comfort and quality of life.



ARAVANIPPU AWARENESS PROGRAMS

June 2022



Tobacco and Cancer awareness program was conducted at Siddhnayakanpalayam for daily wage workers. 30 Females and 8 males participated

Siddhanayakanpalayam

Tobacco and Cancer awareness program was conducted at siddhnayakanpalayam KC Textiles. 29 Females and 19 Males participated



SNP (KC Textiles)



Tobacco and Cancer awareness program was conducted at Lakshminayakanpalayam for daily wage workers. 36 Females and 2 Males participated

Lakshminayakanpalayam

Survivors day



35th National Cancer Survivor's Day

Fighting through and winning the battle of cancer is not something easy as being said; it does demand lot of physical and mental strength from the patients which cannot be described by anyone who has not gone through the journey. To honour such survivors and to get a glimpse of their successful journey, Coimbatore Cancer Foundation celebrated the 35th National Cancer Survivor's Day at Kasthuri Sreenivasan Art Gallery and Museum, Avinashi road, Coimbatore on June 4, 2022. Cancer survivors and patients from various cities across Tamil Nadu treated from different hospitals participated and shared their personal experiences to motivate each other.

A variety of productive activities (Survivors talk, Lifestyle modification for survivors with panel of discussion, Laughter therapy) and cultural activities (Instrumental music, dance, skit) were organised to cheer the audience.



MONTHLY ACTIVITY

BIRTHDAY CELEBRATION



Birthday cake cutting at Santham for Mas. Dharshan receiving End of Life care. The child turned 8years



Birthday cake cutting at Oncology ward for Mr. Ganesh receiving Chemotherapy. The boy turned 19 years

PSG STATISTICS

New cases : 66
Review cases : 139
Bereavement : 11
support
Support Group : 1
meeting

ARAVANIPPU STATISTICS

New cases. : 5
Review cases. : 84
End of life care : 1
Bereavement : 3
support
Awareness program : 3

MONTHLY ACTIVITY

SUPPORT GROUP MEETING

On 26th of July Support Group meeting focusing mainly on Breast Cancer patients was conducted in PSG Hospital. A group therapy was conducted by the counsellors of Coimbatore Cancer Foundation.



The patients had an opportunity to vent out as well as a place to share the challenges they faced and are facing during the course of treatment. This session was followed by some simple exercises and breathing techniques conducted by Mrs. Subhashini (Yoga Therapist)