

Newsletter

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Disease Free Survival of Ovarian Cancer Patient

Mrs. MM was diagnosed with ovarian cancer. She had complaints of dry cough and breathlessness. Her doctor advised a Chest X-ray which revealed fluid in her chest for which Pleural tapping was done. Further investigations diagnosed Metastatic Papillary Serous Cancer of Ovary. This all came as a shock to her as the only symptoms she had was cough and breathlessness.

Her treatment was planned as three cycles of chemotherapy followed by a surgery, again followed by three chemo. She experienced many side effects like weight loss, breathlessness, constipation, loss of appetite, mouth ulcers, and low platelet count after each chemotherapy. A PET scan was advised to analyze the outcome of chemotherapy. The PET scan showed metastasis in liver and lungs.

Mrs. MM decided to stop further chemotherapy and start exclusive Ayurvedic treatment at Rasayu Cancer Clinic. She got a symptomatic relief within about three weeks of Rasayana treatment. Her appetite improved and a weight gain of 2.5 kg was observed in just three months. Dhoompan (Herbomineral) therapy specially designed for patients with lung metastasis decreased her breathlessness and chronic cough. After completion of phase I (6months), she was advised for a PET scan which revealed complete Tumor regression and there was no fluid collection in her chest. Further her PET scan showed no metabolic activity after completion of her phase III (18 months).

Later Mrs. MM continued all her daily activities smoothly and also dealt with depression very successfully. Now she is living a disease free healthy and happy life as before. Outcome of this case can easily be correlated to Rasayana Therapy of Rasayu Cancer Clinic.

Dr.Vrushali Pawar

Menstrual Cycle and Diet-Lifestyle

Ovarian cancer is a disease of Aartava Vaha Srotas (Female reproductive system). In Ayurveda there are many causes are mentioned which vitiates female reproductive system. Menstrual cycle (MC) is one of the important parts of womanhood. During menstruation lot of changes are ongoing in the body. Hence appropriate dos & don'ts regarding diet-lifestyle should be followed in order to maintain balance of health. If one follows inappropriate diet lifestyle during menstruation then it vitiates female reproductive system which results in various diseases of female reproductive system including cervical cancer and ovarian cancer. Hence one should avoid following inappropriate diet-lifestyle especially during menstrual cycle

Avoid: Excessive Fasting, Exercise, Traveling, Exertion, Laughing, Listening (Music), Exposure to heat, Speaking, Fear, Stressful work, Intercourse, taking heavy to digest food, sprouts, dry food (Chana Dal), Oily food, Fermented food, Spicy food etc. Also stay away from legumes such as chickpeas, kidney beans, black-eyed peas and avoid chicken and fish curries.

Caffeine: It is one of the main foods to avoid during menstruation. Caffeine constricts blood vessels. It will also cause dehydration. So avoid coffee, caffeinated drinks and chocolate with caffeine.

High sugar foods: Avoid consuming too many high sugar foods like candy bars, soda or confectionaries during menstrual period because eating high sugar food will cause a blood sugar level spike that will soon crash.

Commercially baked foods: Avoiding commercially baked foods is recommended as commercially baked foods contain a large amount of trans-fat or trans-fatty acids. This will lead to drive the estrogen level up.

Canned or processed foods (processed meat or cheese, soy sauce, MSG...) should be necessarily avoided during the menstruation period. This is so because canned or processed foods always contain sodium. And sodium has to be avoided during the menstruation as it causes water retention and makes the body bloated.

Refined Grains: When original grains undergo processing (pasta, white rice and white bread), they lose almost all their nutrient contents to become refined grains. Because of this factor, refined grains can tamper with blood sugar levels. They also affect appetite between meals.

Fried Food: Like French fries, fried chicken and onion rings contain high levels of fat and oil, which increases estrogen levels.

Food during MC which helps in maintaining health of female reproductive system:

Good for you	Benefits
Proteins: Green Gram Dal, Red Lentil (Masoor) dal, Boiled eggs	Protein in your diet will help you to keep your blood sugar levels in check and limit sugar craving.
Calcium	According to a study published in the Archives of Internal Medicine, Calcium and Vitamin D acts as muscle relaxants.
Vitamins (B6, C, E)	Foods rich in Vitamin B6 (Pista, Broccoli, and Corn) can help in reducing symptoms like bloating and control mood swings. Food rich in Vitamin C (Lemons, oranges and sweet lime) are good for a woman's reproductive health and can keep you energized during those days. Foods rich in Vitamin E like pumpkin seeds, peanuts and sunflower seeds helps to reduce symptoms.

Newsletter

Magnesium and potassium-rich foods (Pumpkin seeds, beans, bananas, avocados, sweet potatoes)	Magnesium that can reduce bloating. Foods rich in potassium can help boost moods, aid sleep and regulate bowel movements.
Carbohydrates (Whole grains, oatmeal, wheat and multi grain chapattis)	Helps to control blood sugar levels and counter unhealthy cravings.
Nuts	These are packed with essential nutrients
Fruits (Apples, pear, berries, melons)	Helps to deal with sugar cravings and provide with all the macro and micro nutrients that help to combat period induced weakness
Omega 3 fatty acid (fish, flaxseeds and pumpkin seeds)	A study published in Obstetricians and Gynecology found that women who received a daily dose of 6 gm of fish oil have less discomfort during MC.
Water	Drinking adequate amounts of water will help you alleviate symptoms

Do this:

Have small meals: Don't force yourself to eat a heavy meal in one go. Instead, try to eat small meals like fruit or few nuts at one time.

Chew your food properly: This is more important during menstruation as your system can be sluggish and gobbling huge morsels could lead to indigestion.

Dr. Ganesh Karajkhede

An effect of Multiple CT scans

CT scan is used quite often for various medical diagnoses. However it is necessary to be cautious before advising CT scan to patients. This is necessary as it has been proved by multiple research groups that the DNA is damaged due to repeated and unnecessary CT scans. This damage leads to mutation which in turn leads to malignant lumps. Normally more than 100 X-rays are taken while getting a single CT scan. Naturally the intensity of these rays is more than the normal X-rays. In view of this, the American College of Radiology has specified that unnecessary CT scans can be avoided. The International Agency for Research on Cancer (IARC) also has included CT scan (X-ray) under the classification of potential carcinogen. Therefore, get a CT scan done only if it is much needed as multiple exposures to CT scan can cause any cancer.

References –

1. International Agency for Research on Cancer (IARC)
2. American College of Radiology

Dr. Pravin Gund

Ovarian Cancer Incidence Trends in India

Ovarian Cancer (CA) is the third leading type of cancer in Indian women after cervix and breast cancer. The age adjusted rates of CA ovary range from 5.4 to 8.0 per 1,00,000 in various parts of the country.

The overall 5-year survival is approximately 45%, primarily because the disease is diagnosed at a late stage. In spite of the surge in the incidence of cancer cases, CA ovary incidence has remained stable for the past few decades.

Ovarian malignant tumours are group of diseases with varying clinical and biological behavior. Fatality due to ovarian neoplasm is high due to difficulty in early diagnosis of the disease and limited effective treatment options. No anatomical barrier exists to check spread of disease beyond ovaries and disease spread in peritoneal cavity, abdominal and pelvic organs. Ovarian cancer is the leading cause of mortality among all cancers of female genital tract in countries where effective cervical cancer screening program exists. In India, during the period 2001–2006, the age-standardized incidence rates for ovarian cancer varied from 0.9 to 8.4/100,000 person years among various registries. The age-specific incidence rate for ovarian cancer revealed that the disease increases from 35 years of age and reaches a peak between the ages 55 and 64

Women suffering from this dreaded disease have compromised early detection of the disease when survival rates would have been as high as 85% due to nonexistence of specific and sensitive ovarian tumour biomarkers.

The role of two screening tests available for the detection of sporadic epithelial ovarian tumors, transvaginal sonography and serum cancer antigen-125 level has been proven nonspecific so that their diagnostic relevance remained controversial. Conventional treatment for ovarian neoplasia includes cytoreduction followed by platinum- and taxane-based adjuvant chemotherapy. Unfortunately, up to 75% of cases treated with curative intent will experience disease recurrence. Considering our experience of treating hundreds of patients with Ovarian cancer, it is observed that Rasayana Therapy plays an important role in treating the Ovarian Cancer. Rasayana Therapy has shown significant reduction in risk of reoccurrence of Ovarian Cancer.

Eeshani Bendale

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