



**EARLY DETECTION,
BETTER PROTECTION!
EMPOWERING WOMEN,
IGNITING CHANGE!**

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Words of Encouragement

The story of each woman we've encountered, from those benefiting from our screening camps in underserved communities to the employees participating in corporate wellness initiatives, is a narrative of strength, hope, and the relentless spirit of survival.

As we reflect on the journey of YouWeCan's cancer awareness initiatives, it's evident that our endeavors have been more than just a series of events; they have been a beacon of hope and empowerment. The March issue of our newsletter marks not just another month but a pivotal moment in our collective fight against cancer. Our partnership with the SBI Foundation and the Government of Goa under the Swasth Mahila Swasth Goa Project, screening 110,000 women for breast cancer, underscores the profound impact of collaborative efforts in healthcare. This achievement is a testament to the importance of early detection and the power of community engagement in healthcare initiatives.

Moreover, our engagement with corporations like Canon, through both awareness sessions and screening camps, highlights our commitment to extending our reach beyond conventional settings. By empowering individuals in their workplaces, we're fostering a culture of awareness and proactive health measures that transcend the personal sphere, embedding these critical values into the fabric of our society.

The story of each woman we've encountered, from those benefiting from our screening camps in underserved communities to the employees participating in corporate wellness initiatives, is a narrative of strength, hope, and the relentless spirit of survival. These stories are not just statistics; they are a reminder of the lives we're touching and the change we're fostering.

As we celebrate these milestones, including the prestigious 'Pride of India Award', it's clear that our journey is far from over. Each step we take brings us closer to a world where cancer is no longer a formidable foe but a challenge that we can overcome through education, early detection, and community support. Let us continue this journey with renewed vigor, inspired by the stories of resilience and hope that define our mission at YouWeCan. Together, we are making a difference, one screening, one awareness session, and one life at a time.

Yuvraj Singh



Screening 110,000 Women for Breast Cancer Marks Milestone in Proactive Healthcare Initiative

The Swasth Mahila, Swasth Goa Project, in collaboration with the SBI Foundation and the Government of Goa, has set a new benchmark in the realm of proactive healthcare by screening 110,000 women for breast cancer. Launched at the Goa Medical College in October 2021, this initiative reflects a significant stride towards early detection and prevention.

By diagnosing 56 cases, identifying 2,250 suspects, and currently treating 53 women, the project has demonstrated the power of perseverance and dedication towards a healthier future for women. This landmark achievement not only emphasizes the critical role of proactive healthcare but also highlights the collective effort and commitment required to combat breast cancer. The success of this project serves as a beacon of hope and a model for similar initiatives worldwide, showcasing the importance of early screening in saving lives and reducing the burden of breast cancer.





ICSI's Breast Cancer Awareness Session Sparks Commitment to Regular Screenings and Community Health Advocacy

The collaboration with the Institute of Company Secretaries of India (ICSI) on a breast cancer awareness session marked a significant step towards educating and empowering individuals about breast health. Covering crucial aspects such as risk factors, preventive measures, and the importance of early detection, the session illuminated the path for proactive health measures against breast cancer. Notably, the engagement of male council members, who pledged to encourage regular screenings for their wives, underscores the session's impact beyond female participants, fostering a community-wide commitment to health advocacy.

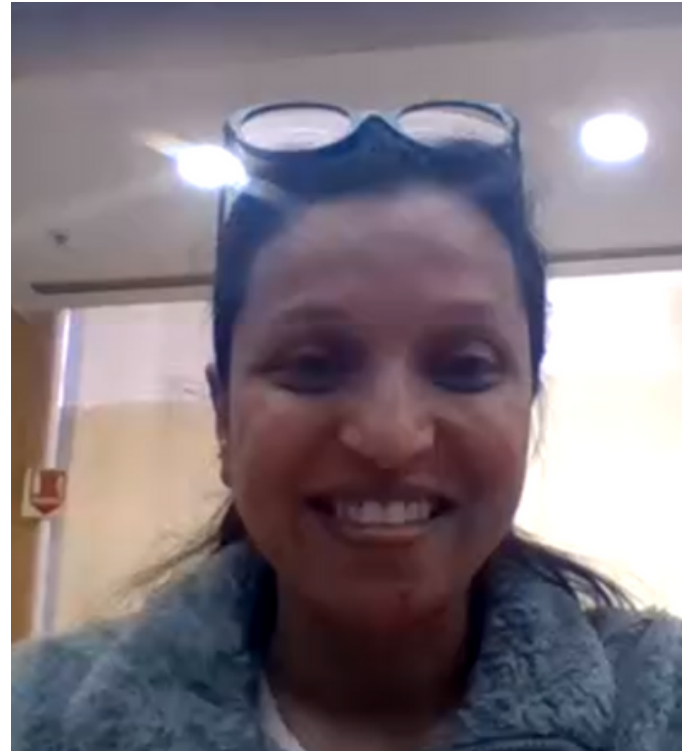
This initiative not only educates but also mobilizes community leaders and members to become ambassadors of health, furthering the reach of breast cancer awareness and emphasizing the role of informed choices in combating this disease.



Igniting Empowerment: Canon's Dynamic Online Session Sparks Action Against Breast Cancer

Canon's dynamic online awareness session offered a comprehensive dive into the complexities of breast cancer, blending scientific insight with personal stories of resilience and survival. Through this engaging platform, employees gained a deeper understanding of breast cancer, debunking myths and learning about risk factors linked to lifestyle and genetics.

The session was enriched by the courageous story of Ms. Poonam Nanda, whose battle with breast cancer highlighted the importance of early detection and the strength found in community support. This session was not just informational but transformational, leaving participants equipped with knowledge and actionable steps to take charge of their breast health and advocate for awareness in their circles. By integrating personal narratives with scientific knowledge, the session forged a powerful connection with participants, igniting a proactive approach to health and wellness.



Canon Empowers Female Employees with Intense Breast Cancer Screening Camps Across Major Cities

Canon's initiative to host breast cancer screening camps in major cities exemplifies a forward-thinking approach to employee health and well-being. By providing essential screenings and emphasizing the importance of early detection, Canon has taken a proactive stance against a disease that impacts millions of women worldwide.

This bold move not only showcases Canon's commitment to its employees' health but also sets a precedent for corporate responsibility in healthcare. The camps, coupled with at-clinic screenings, offer a lifeline for early detection, underscoring the critical need for accessible healthcare solutions. Through this initiative, Canon reinforces the message that early detection saves lives, promoting a culture of wellness and preventive care within the corporate environment



Empowering Women's Health: Breast Cancer Screening Camp Reaches Underserved Communities in Pune

The breast cancer screening camp in Pune, organized in collaboration with Macquarie and local partners, Rising India Foundation highlights a crucial step towards healthcare equity. Targeting Anganwadi workers and community women, this initiative bridges the gap in healthcare access among underserved populations. By providing essential screenings and education on breast health, the camp not only facilitates early detection but also instills a sense of empowerment among participants.

This effort is a testament to the collective commitment to women's health, demonstrating the impact of reaching out to communities in need. Through this proactive approach, the initiative aims to raise awareness and encourage regular screenings, ultimately contributing to improved health outcomes and emphasizing the importance of prioritizing women's health in every community.



Founder of YouWeCan Honored with Prestigious 'Pride of India Award' by CSR Journal

The conferment of the "Pride of India Award" to the founder of YouWeCan by the CSR Journal is a moment of great honor and reflection. This accolade is not just a recognition of individual achievement but a testament to the collective effort and impact of the YouWeCan foundation in the fight against cancer. It symbolizes the recognition of relentless dedication to serving those affected by cancer, spreading hope, support, and positivity.

This award serves as a catalyst for further action, inspiring continued commitment to making a tangible difference in the lives of many. It reaffirms the foundation's role in the broader narrative of cancer care and advocacy, driving home the message that collective action and determination can lead to meaningful change in society.



Survivor Story

Sania Bano, a bright-eyed 16-year-old from Kishtwar, Jammu and Kashmir, has a fighting spirit. Diagnosed with Ewing Sarcoma cancer, Sania found herself admitted to SKIMS Srinagar for the past few months. Fear and uncertainty clouded her world, but all thanks to the Yuvraj Singh Foundation for their support.

Through a kind woman at the hospital, Sania's family learned about the Foundation's mission to empower people like her in their battle against cancer. The support they received was more than just financial. It was a lifeline, a message that they weren't alone in this fight.

"From the bottom of my heart, I want to thank the Yuvraj Singh Foundation," Sania says, her voice filled with a strength that belies her ordeal. The Foundation's intervention has been instrumental in ensuring Sania can focus on her recovery, not the financial burden.

Sania's story is a testament to the Yuvraj Singh Foundation's unwavering commitment to helping young fighters like her. It's a story of hope, resilience, and the incredible difference that a helping hand can make. Sania's fight is far from over, but with the Yuvraj Singh Foundation by her side, she has the courage and support to emerge



Sania Bano



YouWeFan

Whether you're enchanted by his explosive batting, mesmerized by his impeccable fielding, or inspired by his indomitable spirit, this fan page is the perfect hub for celebrating the remarkable journey of one of the game's most iconic players.

Straight from Amit Kumar Patnaik's Heart!

Please introduce yourself:

Name: Amit Kumar Patnaik

Age: 28

Location: Berhampur

Occupation: Data Analyst

1. Which is your most memorable Yuvi's moment?

Every moment is special and I'm attached to cricket because of Yuvi. If I have to choose any specific moment then the 2002 Lords' game is something I feel as my first love for Yuvraj as from that day my enthusiasm to watch Yuvi on screen alongside his electric cricket skills.

2. What are the first 3 words that come to your mind when you hear "Yuvraj Singh" ?

- Fighter
- Electrical Elegance
- Friendly

3. What is the most interesting fact that you know about Yuvraj Singh, that others may not know?

Some who doesn't know Yuvi well feels he's arrogant, but he's so sweet and friendly as an elder brother to many young players.

4. What's something you would love to ask Yuvraj Singh when you meet him ?

I would love to ask many things related to how he keeps his fighting spirits despite such lows in his life.

5. If Yuvraj Singh had a superpower, what do you think that would be ?

Looking at his skills he should be the Thor, who will steal the entire show alone. Looking at his real life surely the fighting spirit and the iron willpower.

6. Apart from the work already being done at YouWeCan, what other innovation would you like to see ?

The welfare of many underprivileged people at under developed areas should be something the organization should look at - like setting up few camps, awareness programs as it'll educate many people who do not have at least the basic etiquettes.

7. What is the one message you'd like to give Yuvraj Singh ?

"Both on the field and off it, you inspired many. I wish you to inspire many more with that willpower, fighting spirit and with a mindset ready to challenge any situation. I really wish to meet you in person and seek your blessings as an elderly brother."



Quiz Whiz

What is the most common type of esophageal cancer?

- A. Adenocarcinoma
- B. Squamous cell carcinoma
- C. Neuroendocrine tumor
- D. Leiomyosarcoma



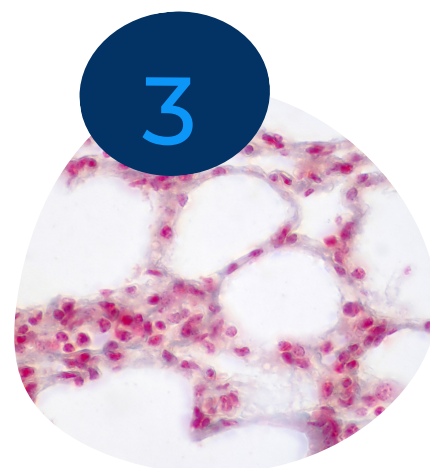
Which imaging technique is commonly used for the initial evaluation and staging of esophageal cancer?

- A. Magnetic resonance imaging (MRI)
- B. Positron Emission Tomography (PET) Scan
- C. Endoscopic Ultrasound (EUS)
- D. Chest X-ray



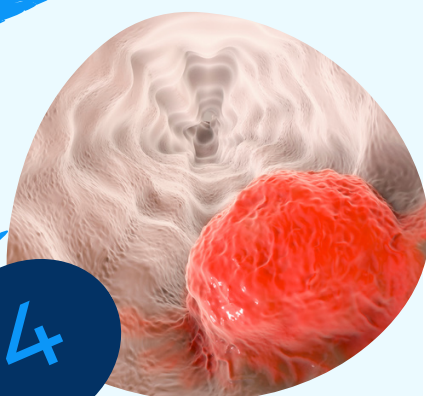
The TNM staging system is used to stage esophageal cancer. What does the 'T' in TNM stand for?

- A. Tissue type
- B. Terminal stage
- C. Tumor size and extent
- D. Treatment response



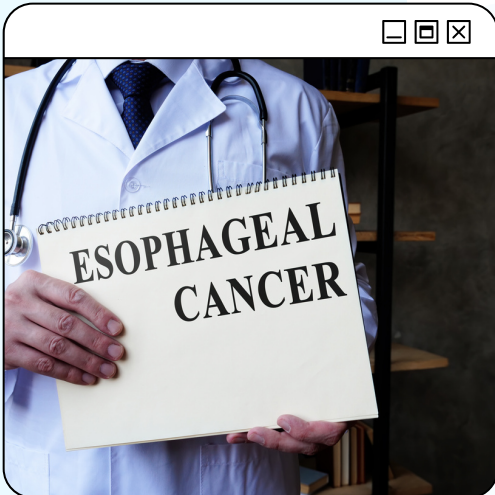
What is the 5-year survival rate for esophageal cancer when diagnosed at an early stage?

- A. Less than 10%
- B. Approximately 50%
- C. Around 25%
- D. Greater than 70%





Myth Busters

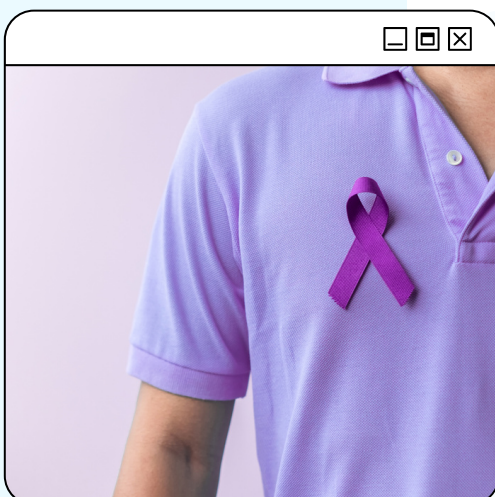
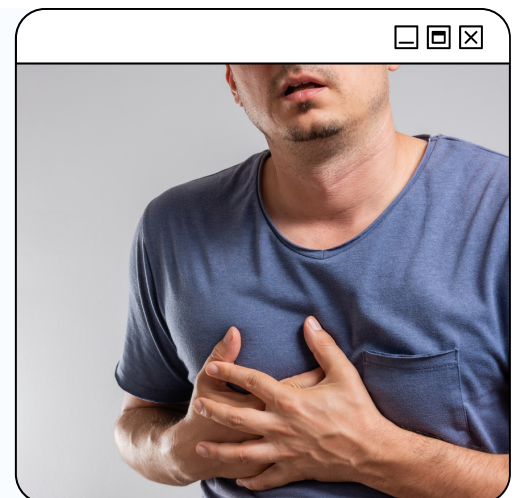


Myth 1: Esophageal cancer only affects older individuals.

Fact: While the risk of esophageal cancer increases with age, it can affect individuals of any age group, including younger adults. Certain risk factors such as smoking, heavy alcohol consumption, obesity, and conditions like Barrett's esophagus can increase the likelihood of developing esophageal cancer at a younger age.

Myth 2: Heartburn and acid reflux always lead to esophageal cancer.

Fact: While chronic acid reflux and heartburn (gastroesophageal reflux disease or GERD) are risk factors for developing esophageal cancer, the majority of individuals with GERD will not develop cancer. However, long-term untreated GERD can lead to Barrett's esophagus, a precancerous condition, which may increase the risk of developing esophageal adenocarcinoma.



Myth 3: There's nothing you can do to reduce your risk of esophageal cancer.

Fact: While some risk factors for esophageal cancer, such as age and genetics, cannot be modified, there are steps individuals can take to lower their risk. These include quitting smoking, moderating alcohol consumption, maintaining a healthy weight, eating a balanced diet rich in fruits and vegetables, managing acid reflux and heartburn, and seeking regular medical check-ups for early detection and treatment of any potential issues.

UPCOMING EVENTS

**Blood Donation
Camp at Shoolini
University, Solan
in collaboration
with PGI,
Chandigarh**

YOUWECAN
FIGHT CANCER

Shoolini University

DONATING BLOOD GIVES US A CHANCE TO SAVE A LIFE.

Donate your blood for a **REASON**, Let that reason be **LIFE**

05th April, 2024
10:00 AM ONWARDS

MILKHA SINGH COMPLEX



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