

Felicitation Event to commemorate 50,000+ screenings for Breast Cancer



Shri Vishwajit Rane, Hon'ble Health Minister of Goa felicitating Team YouWeCan for screening 50,000+ women for Breast Cancer under Swasth Mahila Swasth Goa Initiative.

EDITORIAL

Hello Everyone

As January flies past we are now in the preparation mode for World Cancer Day. The team and volunteers are getting organized to hold awareness drives and other initiatives to give a Wake Up Call to the nation.

January was spent fruitfully in spreading awareness around cervical cancer. Thankfully there is at least one cancer that has the precautionary measure in place. I was extremely happy to see that the new vaccine for cervical cancer is now going to be available free for adolescent girls. This is scheduled to start somewhere in the middle of 2023. What a huge impactful step!

Our plans for screeningwomen in the NCR region is nearing the execution stage and everyone in the team is super excited.

We continue to do our bit for the community with the support of our corporate partners well wishers and volunteers.

Cancer is not the end of the road, awareness and early detection is what matters.



Poonam Nanda

Poonam Nanda

Chief Mentor, YouWeCan Foundation

What's New

SWASTH MAHILA, SWASTH GOA INITIATIVE

Staff training was held at PHC colvale, with 7 ANM's and 2 Doctors in attendance. It was followed by a breast cancer screening session, which assisted in the identification of 1 suspect, whom the staff has guided towards further medical investigation.

At Anganwadi St. Cruz, PHC Chimbel was organizing a camp that Team YouWeCan visited. The team organised an awareness workshop on Breast Cancer - its risk, signs and symptoms, prevention, self breast examination, and so forth - before conducting a screening session with 30 women in attendance.

A screening camp was organized at the Nestle India premises located in Bicholim. A total of 41 women were screened for breast cancer using the iBE device. 1 woman was found to be a suspect for breast lesion and was guided to further medical intervention. Team YouWeCan on ground will monitor the case routinely and provide support when necessary.

Screening camp at PHC Shiroda at Dhevalwada anganwadi Borim was conducted by Team YouWeCan along with the PHC staff. 25 women were screened for breast cancer. Awareness session was provided by the staff on risk factors and prevention of breast cancer as well as self breast examination. No suspects were identified in the camp.



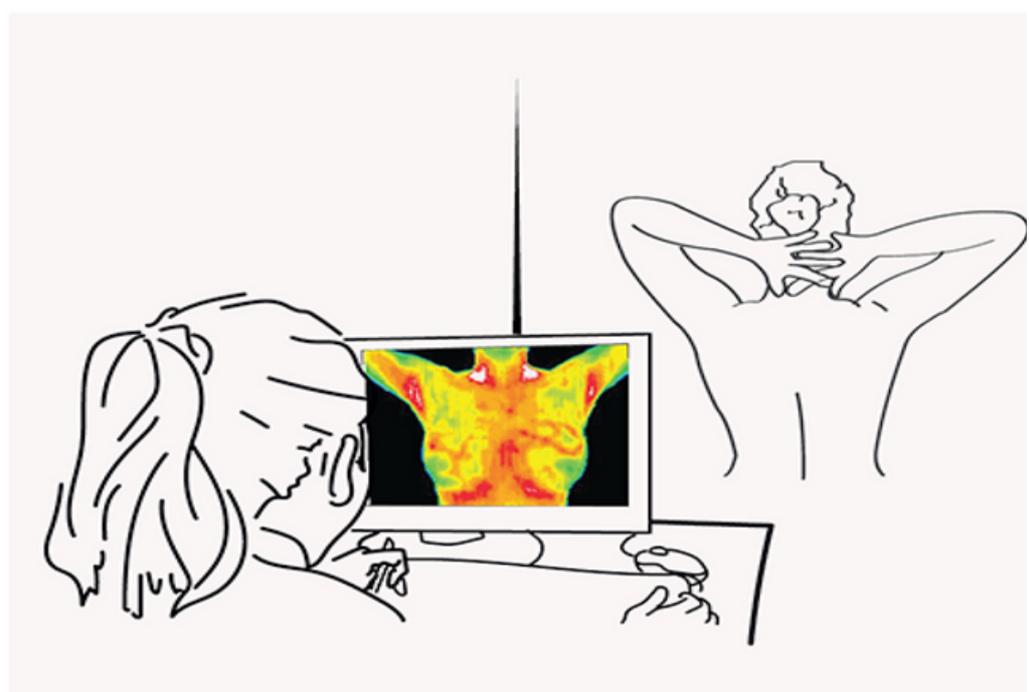
50K women screened for Breast Cancer, 50k more to go.

On January 30th, an event was held in Goa to commemorate World Cancer Day and the iconic milestone of screening 50,000+ women for breast cancer as part of the Swasth Mahila Swasth Goa Initiative. The Hon'ble Health Minister of Goa, Shri Vishwajit Rane, as well as dignitaries from SBI Foundation, Directorate of Health Services Goa, and our Chairperson Ms Shabnam Singh, CEO Mr Jiten Vir Bhasin, and COO Mr Shivajee Sharma, attended this event. Team YouWeCan and DHS staff were recognised for their remarkable work and dedication in propelling SMSG to such heights.



YWC Organised Breast Cancer Screening Program

Yuvraj Singh Foundation organised a Breast Cancer Screening Camp for friends and family at Pristine Care Clinic, Gurugram. Along with screening 12 women, we educated them on the signs and symptoms of breast cancer and how to conduct a self breast examination.



Story of Courage

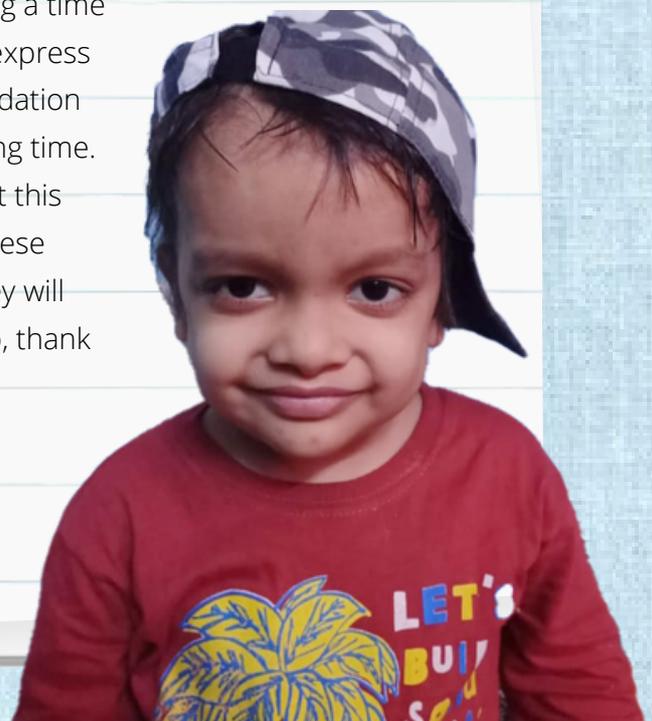
Shiva's mother is a housewife, while his father works in the transport sector. The family has seven members. Up until the age of 3, he was well, but then he began to have fever every few days. He stopped walking when he began to complain about his legs. The doctor advised us to get him examined, and after the examination, we learned that he has a specific type of blood cancer. He took numerous medications, but he still didn't recover, and his fever kept rising.

We admitted him to PGICH, Noida. His symptoms improved once their doctor evacuated the water from his bones. The child's current situation is fine. He is doing well, and his recovery is progressing smoothly. Since he is just 4.5 years old, he is not currently enrolled in school. Although he is too young to have ambitions or aspirations, as his mother, I pray for the best for him in the future. His current interests are limited to playing with toys and watching cartoons. His medical care is proceeding successfully. His treatment at the PGICH in Noida has been going on for the past eight months. The hospital personnel informed us about YouWeCan and how they support cancer patients' care when they paid a visit to the facility.

We had a wonderful experience working with YouWeCan since they were there for us during a time when we really needed them. I would like to express my gratitude to Mr. Yuvraj Singh and his foundation for their assistance during this extremely trying time. This occurred as a result of my learning about this foundation from PGICH, Noida. I'll add that these foundations have consistently shown that they will support us even if we are struggling alone. So, thank you so much, YWC Foundation.

Shiva

Strong, Resilient, Survivor.



YOUWEFAN | YUVIAN'S FOREVER

Jatin | New Delhi

In conversation with a Yuvi fan and an aspiring Jatin from New Delhi

Q. Introduce yourself. Where are you from and how have you become involved with the foundation?

A. My name is Jatin, and I am from Delhi, and I become involved with the foundation through RGCI.

Q. Tell us something about your fight with cancer.

A. I was diagnosed with cancer at age of 4 and I had Acute Lymphoblastic Leukemia. I don't even know what was happening with me. My family members and relatives were devastated after hearing the news. I was admitted to Sunder Lal Jain hospital near my hometown. The operation was successful but still I was feeling some discomfort. Then someone told me about Rajiv Gandhi Cancer Hospital. I would like to thank the doctors of Rajiv Gandhi Cancer Hospital and especially Dr Gauri who treated me and saved me . I am thankful to hospital staff and doctors for giving me a new life. Now I can say that I am a cancer survivor.



Q. What motivated you to become involved with YWC activities?

A. I am a big fan of Yuvraj Singh and my desire of helping others motivated me to get involved in the YWC activities.

Q. What is a memorable moment that you have experienced in your involvement with YWC?

A. I don't have any memorable moments yet but once experienced will be sharing soon.

Q. How would you describe your life after your battle with cancer?

A. I will say that cancer had taught me to stay positive in difficult times.

Q. What message would you like to share with people who are battling with the cancer?

A. I will say that if you have belief and if you are positive in life, you can definitely beat cancer.

Q. Has Yuvraj Singh inspired your life ? How and why ?

A. TI found that Yuvraj Singh is also a cancer survivor. His dedication towards his country and cricket motivated me a lot. I am very much excited to meet him and share my cancer journey with him. I learnt from him that if being a cancer patient if he can be so strong and dedicated why can't I.

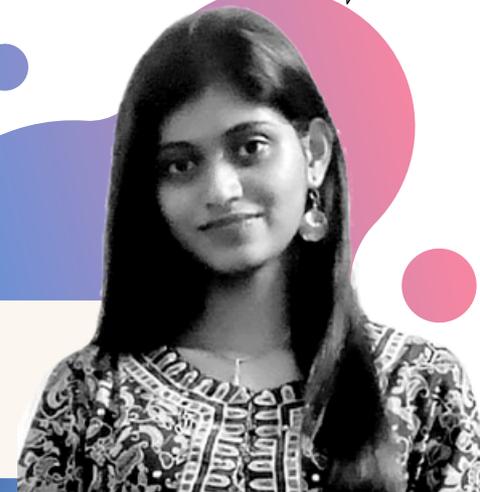
MEET THE TEAM



HEY, I'M...

DR. VIDHYA

Dr. Vidhya Malik is Project Manager South Goa. Swasth Mahila Swasth Goa. In addition to my experience I bring attitude and willingness to make YWC a success. Desire to do the best at what I do and satisfaction after completing the task. Bachelors in Homeopathic Medicine and Surgery. Interested to work in the society for improvement of mental and physical health of people.



HELLO, I'M...

DR. MARIA

Dr. Maria Rodrigues is Cluster Coordinator for the Swasth Mahila Swasth Goa Project. I'm looking forward to executing instructions effectively through loyalty and dedication. The nobility of the task entrusted for the welfare and benefit of humanity. Bachelor in homoeopathic medicine and surgery (BHMS) and pursuing diploma in nutrition and dietetics.

Three words to describe your personality?

- V.** Approachable, Thoughtful and Open minded
- M.** Dedicated, Conscientious, Realistic

What is your comfort food?

- V.** Gaon fish curry rice
- M.** Pizza, broccoli soup.

If a movie was made about your life, what would it be?

- V.** On the struggles that I overcame in my life.
- M.** The movie on my life would be titled - live and let live.

If you could travel to any part of the world, where would you go and why?

- V.** I wish I could travel to Switzerland and enjoy the breath-taking beautiful views.
- M.** Reaching out to the poor in Africa and watching aurora Borealis over the alpes in Switzerland

What are 3 words to describe working at YWC?

- V.** Adaptable, Collaborative and Challenging
- M.** Challenging, Adventurous, Noble

What motivates you to do what you do?

- V.** Working in a team and leading one, is my motivation to do good job.
- M.** The sheer vulnerability of human life.

What's the best piece of advice you've ever received?

- V.** The best advice I have received is to be calm.
- M.** Give, but give until it hurts and do it with a smile

A special memory from your time spent with the YWC family?

- V.** Christmas party at YWC office with surprises and the entire team enjoyed together.
- M.** My first day at the camp and my birthday celebration by the YouWeCan team.

What has living in a pandemic taught you?

- V.** Health is wealth and everyday is a new beginning.
- M.** It has taught me to endure and remain faithful to the task.

January Cervical cancer Awareness Month

written by **Dr. Sumedha Kushwaha**

Cervical cancer is a type of cancer that occurs in the cells of the cervix, the lower part of the uterus that connects to the vagina. January is Cervical Cancer Awareness Month, and it's an important time to focus on prevention and early detection of this disease.

Globally, cervical cancer is the fourth most common cancer in women, with an estimated 570,000 new cases and 311,000 deaths each year. In India, cervical cancer is the second most common cancer among women, with more than 131,000 new cases and 74,000 deaths each year.

The main cause of cervical cancer is infection with the human papillomavirus (HPV). HPV is a common sexually transmitted infection that can cause changes in the cells of the cervix that can lead to cancer. Certain types of HPV, called high-risk types, are more likely to cause cervical cancer. These types of HPV can be passed from person to person through sexual contact.

Other than this, people who have weakened or suppressed immune systems due to HIV, immunosuppressant drugs, or other factors are more vulnerable to HPV, and so to cervical cancer. HPV passes from person to person mainly through sexual contact. People who have sex from a younger age or have more partners are statistically more likely to contract HPV. Women who have used birth control pills for a long period of time have a slightly increased risk of cervical cancer. Women who have a family history of cervical cancer may have a higher risk of developing the disease themselves.

Ways to prevent cervical cancer include:

Getting the HPV vaccine, which is useful in preventing new HPV infections, though it does not treat existing ones.

Having regular screenings: Even a person who has gotten the vaccine should have regular screenings for HPV and cervical cancer. These screenings, called Pap smears, can detect precancerous cells on the cervix, allowing a doctor to remove them and prevent the cancer from developing.

Not smoking: People who have never smoked should avoid it, and people who currently smoke should try to work toward quitting.

Using condoms during sex: Using a barrier method of contraception during all sexual activity may prevent HPV from passing from one person to another. However, condoms do not cover all the skin on which HPV might live, so this is not a completely reliable method.

Limiting sexual partners: If a person wants to, they can also lower their risk of contracting HPV by reducing their number of partners or practicing a form of abstinence. This might involve having no sex of any kind or only abstaining from certain types of sex.

It's important to spread awareness about cervical cancer and the HPV vaccine during January and throughout the year. By working together, we can reduce the number of women affected by this disease and save lives.

The author can be reached at sumedha.kushwaha@youwecan.org

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