

CHANGE! POWER! RESILIENCE!



"There are two powers in the world, one is the sword and the other is the pen.
There is a third power stronger than both, that of women" -Malala Yousafzai

EDITORIAL

Dear Readers,

In this edition, we bring you a heartwarming and empowering story of our recent Breast Cancer Awareness sessions held in the vibrant city of Varanasi which we conducted with the support of our esteemed partner The Viloo Poonawala Foundation. As advocates of women's health, we firmly believe that knowledge is power, and through these sessions, we have successfully reached out to over 600 women, enlightening them about breast cancer and fostering a culture of awareness and prevention.



Breast cancer continues to be a significant health concern globally, and India is no exception. In a country where women often put the needs of their families before their own well-being, it is imperative to create platforms that prioritize women's health. Our team, with the support of dedicated volunteers and local healthcare professionals, took the initiative to bring about positive change in the lives of women in Varanasi.

The sessions were meticulously designed to not only educate but also to encourage open dialogue. By dispelling myths and misconceptions surrounding breast cancer, we aimed to create a supportive environment where women felt comfortable discussing their concerns and seeking help if needed. Early detection is key to successful treatment, and through these interactive sessions, we endeavored to empower these brave women with the knowledge to recognize potential warning signs.

However, our journey does not end here. Breast cancer awareness is an ongoing battle, and we are committed to continuing our efforts in empowering women across various regions. Our vision is to create a ripple effect that inspires every woman to take charge of her health, thus contributing to a healthier and happier society.

Together, we are building a brighter future, where women are empowered with knowledge and equipped to face any challenge that comes their way.

As we conclude this chapter of breast cancer awareness sessions in Varanasi, we look forward to sharing more success stories from different corners of the nation. We hope that this newsletter serves as a testament to the power of education, collaboration, and empathy in making a positive impact on women's lives.

Thank you for being a part of our journey and for your continued support in making a difference. Together, let's spread the light of knowledge and raise awareness about women's health, one step at a time.

Poonam Nanda

Poonam Nanda

Chief Mentor, YouWeCan Foundation



स्वस्थ महिला स्वस्थ भारत

In collaboration with

VILLOO
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What's New | THE VARANASI CHAPTER

YouWeCan in collaboration with Hope Welfare Trust and Villoo Poonawalla Foundation conducted breast cancer awareness sessions in Varanasi, which took place at three different villages- Mirzapur, Dafi, and Deura. These sessions were aimed at educating women about the importance of breast health and teaching them how to perform self-breast examinations. Swasth Mahila Swasth Bharat initiative successfully reached out to more than 500+ women, some of whom belonged to Adivasi communities, while others hailed from under-resourced areas of Varanasi.

The main focus of these awareness sessions was to empower women with knowledge about breast cancer and its early detection. Breast cancer is a serious health concern that affects women worldwide, and early detection plays a crucial role in improving the chances of successful treatment and survival.

During the sessions, trained professionals and healthcare experts from YouWeCan provided valuable information about breast cancer risk factors, symptoms, and the significance of regular check-ups. The women were taught the step-by-step process of self-breast examination, a simple yet effective method for detecting any changes in their breasts. By learning this technique, women can take charge of their own health and identify any potential issues early on.

These communities often face challenges in accessing healthcare resources and information due to various reasons, such as limited awareness and geographical constraints. By conducting the sessions in their localities, YouWeCan ensured that essential knowledge about breast health and cancer reached these women directly.

The YouWeCan team also distributed informative materials and pamphlets in local languages to further reinforce the messages delivered during the sessions. They encouraged the participants to share the knowledge they acquired with their families and communities, fostering a ripple effect of awareness. The sessions covered the most important aspect of awareness - counselling. Naturally, many beneficiaries had questions about themselves and their fleeting scares with breast lumps or pain. But to address them was the main goal with the right information and counsel them into next steps for medical probing. Unfortunately, lot of social determinants of health are unearthed such as poor access to health facilities, domestic constraints as well as evils of patriarchy that are still deep rooted into prohibiting women from seeking care for their own bodies. But we are hopeful that with the information imparted and Hope Welfare Trust's groundbreaking grassroot initiatives, we can empower these women to take their health in their own hands in an attempt to achieve the **Swasth Mahila Swasth Bharat** dream.

Team YouWeCan at Work: Inaugural event on "Psycho Oncology"

The Rising India Foundation recently celebrated its momentous inaugural event on "Psycho Oncology." The event saw the participation of esteemed doctors and psychologists, all gathered to address the pressing need for counseling not just for cancer patients but also for their caregivers.

In a country where cancer is becoming increasingly prevalent, Rising India Foundation recognizes the significance of providing mental and emotional support to both patients and those caring for them. The foundation's commitment to acknowledging this need reflects its determination to make a positive impact on the lives of cancer warriors and their families.

By focusing on the psychological impact of cancer, the Rising India Foundation aims to create a supportive network that not only empowers patients but also strengthens the caregivers who play a pivotal role in the healing journey. Understanding the psychological challenges of battling cancer is essential for providing holistic care and improving the overall quality of life for those affected.

The event acted as a catalyst for fostering connections between professionals, patients, and caregivers, encouraging collaboration and knowledge sharing. The collective determination to bring about positive change in the lives of cancer-affected individuals underscores the importance of psycho oncology in the broader healthcare landscape.

The inauguration event of the Rising India Foundation's Psycho Oncology session was a resounding success with our trustee Mrs Nanda attending it as a survivor .She interacted with several other warriors who have defeated the disease and have chartered great paths for themselves to make a difference in the lives of others.

Team YouWeCan at Work: Inaugural event on "Psycho Oncology"

In Pictures...



Team YouWeCan at Work: Session in "Kirby Place"

YouWeCan and Lakshyam NGO teamed up at Kirby Place, a small isolated slum near Delhi Cantonment to spread awareness about breast cancer, where more than 50 women were educated on the significance of the self-breast examination.

The message was clear - by working together, we can identify breast cancer early, fight it bravely, and overcome it! Early detection is crucial for successful treatment, and self-breast examination is a simple yet a powerful way for women to monitor their breast health.

During the event, experts explained the importance of regular check-ups and shared information about breast cancer symptoms. Women were empowered with knowledge to take charge of their health and detect any changes in their breasts early on. Women found it to be a safe space to discuss their health requirements with each other as well as the YouWeCan team, considering access to health information is scarce in communities such as theirs.

YouWeCan and Lakshyam NGOs collaboration aimed to create a strong community that is aware and prepared to face breast cancer. Together, they believe in fighting breast cancer with determination and hope.

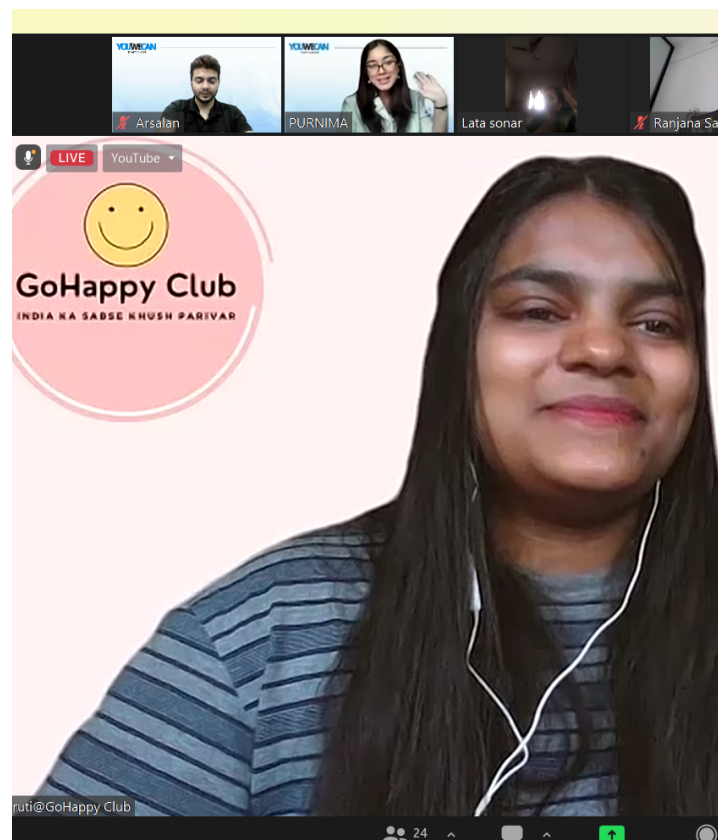
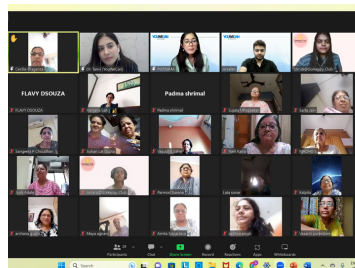
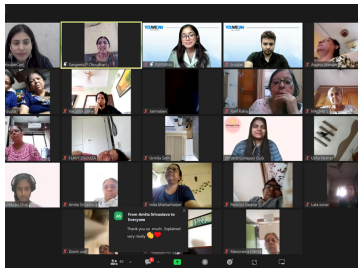
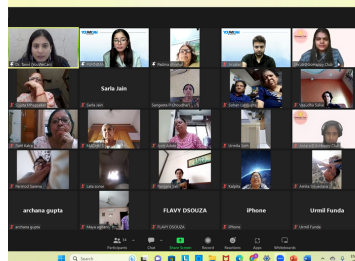
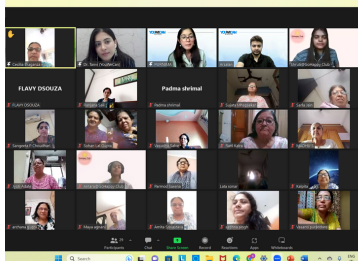


Team YouWeCan at Work: Session with "GoHappy Club"

GoHappyClub is an initiative with a vision to make the happiest community of senior citizens through the means of live interactive sessions and games. Our partnership with GoHappy Club was a special one with a huge turnout in numbers with more than 40 seniors who joined us for the breast cancer awareness session. While many attended from the comfort of their homes across the nation, some were even joined with their husbands to learn about the same.

The session included the usual awareness material, but this session particularly was more engaging with many women sharing stories of their loved ones who have been battling breast cancer as well as a breast cancer survivor herself sharing the importance of family support and their love in her healing process. It is truly an enriching session when the learning happens both ways.

High-risk groups for breast cancer are women above the age of 40 years and the audience comprises women in that age group. They keenly understood the importance of self-breast examination as well as regular mammograms once every three years. Amidst busting myths and sharing sensitive stories, the audience and GoHappy Club made this awareness session what seemed less like a session but more like a virtual living room of laughter, words of affirmation and support.



Story of Courage

(From a father)

I am a shopkeeper, and my wife is a housewife. We both reside in New Delhi. Life was going smoothly, and our son Yash was leading a normal and healthy life. However, everything took a drastic turn when he started experiencing symptoms of fever and vomiting. Concerned about his well-being, we immediately took him to a doctor for medical advice. After examining him, the doctor recommended that Yash undergo some scans to determine the cause of his symptoms. Following the scans, we were referred to PGICH Noida Sector 30, where the shocking news awaited us - Yash had been diagnosed with cancer. The diagnosis came as a devastating blow to our family, particularly to Yash, who was faced with an unimaginable challenge. Despite the immense difficulty of the situation, his brave demeanor played a vital role in helping us accept the harsh reality and gather the strength to fight through this ordeal.

Yash's illness has had a profound impact on his life. As he embarked on his treatment journey in April 2022, he had to take a break from his studies. However, amidst the trials and tribulations, his passion for painting remained unwavering. Even during the demanding course of treatment, he persisted in creating beautiful artworks, demonstrating his unwavering determination and resilience. Yash's positive outlook on life and his unwavering dedication to his art serve as a beacon of inspiration to all those battling cancer. His remarkable courage and unwavering spirit in the face of adversity continue to inspire and encourage us to remain strong during these trying times.

Amidst the challenges we faced, a glimmer of hope emerged in the form of the YouWeCan Foundation. The burden of medical expenses was overwhelming for our family, making it difficult to provide Yash with the necessary care. Fortunately, the YouWeCan Foundation came forward to lend a helping hand during this challenging period. Their timely and invaluable support alleviated the financial strain we were experiencing, allowing us to focus on Yash's well-being. We express our deepest gratitude to the Foundation and Mr. Yuvraj Singh for their unwavering support. Without their assistance, it would have been an arduous task for us to bear the cost of Yash's treatment and provide him with the care he desperately needed.



Yash

Strong, Resilient, Survivor.

YOUWEFAN | YUVIAN'S FOREVER

Rohit | Patna, Bihar

In conversation with **Rohit**, a die-hard fan of Yuvi from the eastern coast of India

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

A. I am Rohit Kumar. I belong to Patna, Bihar. Being a die-hard Yuvi fan, I am naturally inclined towards any initiative my hero takes up and thus got involved with YWC.

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

A. I love the work YWC has been doing. I am also motivated by my friends and Yuvi- fans Sravan, Yogesh, Bipin, SamUjjwal, Disha, Sudipta and especially Sujan sir. I want to be an active member of the foundation and contribute to the foundation in huge ways like all of them.

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

A. On August 15, 2022 Yuvi fans including Ankit, Bipin, Vishnu, Goldy and me together visited the Mahaveer Cancer Hospital in Patna. Poonam ma'am and Saket (YWC volunteer) guided us throughout and helped us make this event successful. An article regarding this was published in the YWC newsletter. Getting recognized is a very big achievement for all of us and I personally was very elated.

Q. What do you aspire to do ?

A. I am employed with TCS. Apart from scaling heights in my professional life, I also want to be an active volunteer at YWC. Be it spreading awareness regarding cancer or helping the needy, I want to contribute to the foundation in every possible way.

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

A. Yuvi paa never gave up in his life – be it on the field or the off the field. I draw immense inspiration from the way he fought back every adversity. His motivational quotes like “LIVE DARE INSPIRE” and “DO IT AGAIN” keep making me stronger than ever. I have a lifetime dream of meeting my hero Yuvi atleast once. I hope to get an opportunity soon.



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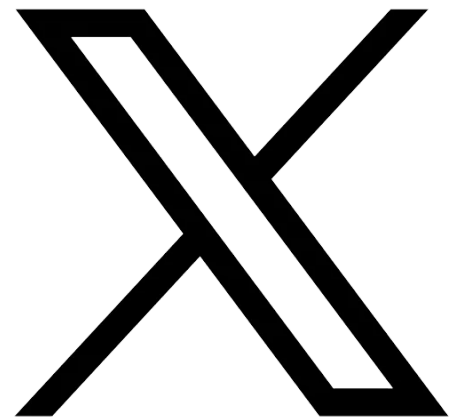
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Unmasking Bone Cancer: Shining a Light on Awareness and Hope

written by Dr. Sumedha Kushwaha

Bone cancer, a relatively rare and potentially life-threatening disease, arises from the uncontrolled growth of abnormal cells within the skeletal system. While not as prevalent as other cancers, its impact can be devastating. Understanding bone cancer and promoting awareness are crucial steps in advancing early detection, improving treatment outcomes, and offering support to those affected. July serves as an opportune month to focus on bone cancer awareness. Various organizations, foundations, and healthcare institutions dedicate efforts to educate the public about sarcoma and bone cancer during this time. Let's delve into the world of bone cancer, exploring its various forms, symptoms, risk factors, and the importance of spreading awareness.

Types of Bone Cancer

Bone cancer can manifest in two primary forms: primary and secondary.

- **Primary Bone Cancer:** This type originates within the bone itself and is further categorized into subtypes such as osteosarcoma, chondrosarcoma, and Ewing's sarcoma. Each subtype has distinct characteristics and requires tailored treatment approaches.
- **Secondary Bone Cancer:** Also known as metastatic bone cancer, this occurs when cancerous cells from other parts of the body spread to the bones. Breast, lung, and prostate cancers are common sources of metastasis to the bones.

Sign and Symptoms

Bone cancer symptoms can vary depending on the location, size, and stage of the tumor. Some common signs include:

- **Persistent Bone Pain:** Unexplained and lingering pain in the affected bone, which may worsen at night or during physical activity.
- **Swelling and Tenderness:** Noticeable swelling around the tumor site, accompanied by tenderness and warmth.
- **Restricted Movement:** Difficulty in moving the affected limb or joint due to the tumor's interference with bone and muscle function.
- **Fractures:** Bones weakened by cancer are more susceptible to fractures, even with minimal trauma.
- **Unexplained Weight Loss:** Rapid, unexplained weight loss can be an indicator of advanced cancer.

Risk Factors

While the exact cause of bone cancer remains unclear, several factors may increase the risk of developing the disease:

Age: Most bone cancers occur in individuals between the ages of 10 and 30, as well as those over 60.

Genetics: Certain genetic conditions, such as Li-Fraumeni syndrome and hereditary retinoblastoma, elevate the risk of bone cancer.

Radiation Exposure: Previous exposure to high levels of ionizing radiation increases the likelihood of bone cancer development.

Bone Diseases: Pre-existing conditions like Paget's disease of bone can predispose individuals to bone cancer.

Awareness and Early Detection

Sarcoma and bone cancer often present with vague symptoms, making early detection challenging. Common indicators may include unexplained pain in the affected bone, swelling, limited mobility, and a noticeable mass or lump. As these symptoms can mimic other, less severe conditions, individuals may overlook them until the disease progresses.

Increasing awareness about sarcoma and bone cancer is crucial for encouraging timely medical attention. Educational campaigns, public service announcements, and engaging social media initiatives can help disseminate information to the general public and healthcare professionals. Regular health check-ups and routine screenings are essential, especially for individuals with known risk factors.

Preventive Measures

While the causes of sarcoma and bone cancer may not be fully understood, adopting certain preventive measures can contribute to a healthier lifestyle and potentially reduce the risk of cancer:

- **Maintain a Healthy Diet:** Consuming a balanced diet rich in fruits, vegetables, and whole grains can support overall health and lower the risk of developing various diseases, including cancer.
- **Exercise Regularly:** Engaging in physical activity helps maintain a healthy weight and strengthens the bones and muscles.
- **Avoid Exposure to Harmful Substances:** Minimize exposure to harmful chemicals and radiation in the workplace and daily life.
- **Genetic Counseling:** Individuals with a family history of sarcoma or bone cancer should consider genetic counseling to assess their risk and discuss potential preventive measures.

Spreading Awareness

Raising awareness about bone cancer is essential to foster early detection and better patient outcomes. Here are some steps we can take to promote awareness:

- **Education:** Providing comprehensive information about bone cancer, its signs, symptoms, and risk factors through public service announcements, educational campaigns, and healthcare forums.
- **Regular Check-ups:** Encouraging individuals, especially those with risk factors, to undergo routine health check-ups and screenings to detect any potential issues early.
- **Support Networks:** Establishing support groups and online platforms for patients and their families to share experiences, seek guidance, and find emotional support.
- **Community Events:** Organizing bone cancer awareness walks, fundraisers, and outreach programs to involve the public in the cause.

Conclusion

Bone cancer is a formidable opponent, but with increased awareness and collective efforts, we can make a difference in the lives of those affected. Understanding the signs and symptoms, recognizing risk factors, and promoting early detection are key to improving survival rates and enhancing the quality of life for patients. This Bone Cancer Awareness Month, let us unite to spread awareness, provide support, and instill hope in the hearts of those facing this challenging journey. Together, we can pave the way towards a future where bone cancer is conquered, and a world where hope shines brightly for all.

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