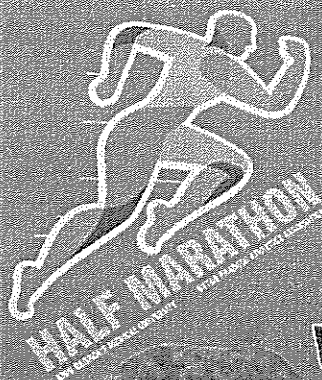


**Lucknow is**  
**Running**  
**for Breast Cancer awareness**

**We  
Support**



**7th October, 2018**  
**Sunday**

**Venue : 1090 Chauraha Lucknow**

**Time : 5.30 AM**

**Dr. Sudha Bajpal**  
Chief Co-Ordinator  
9415835522

**Mr. B.R. Varun**  
Secretary  
District Athletics Association, Lucknow  
9415027942

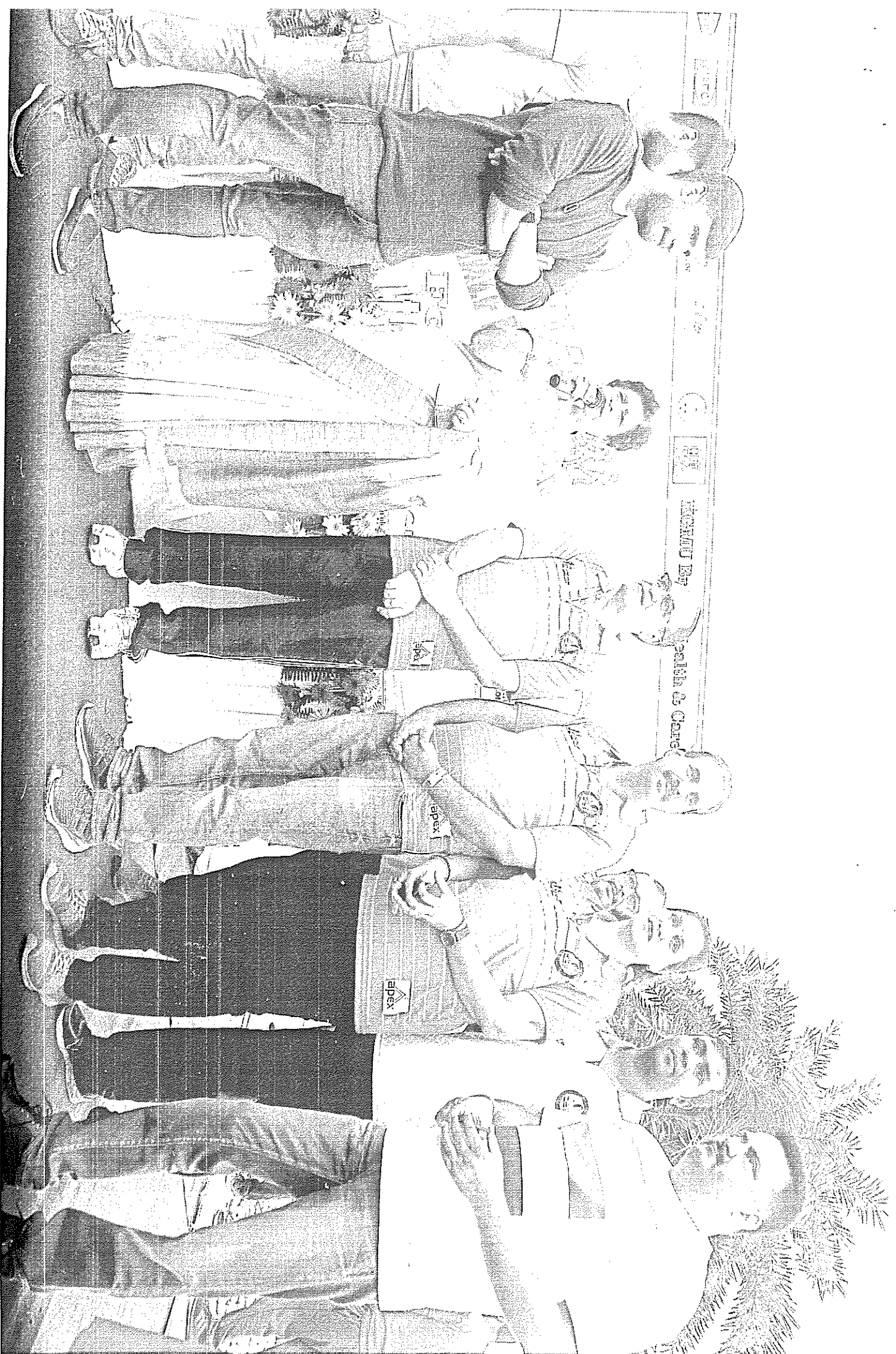
**Total Prize Money**  
**4 Lacs**

**First Prize**  
**1,00,000/-**

**Prof. Anand Mishra**

**Professor & Head : Endocrine Surgery, KGMU**

**Organizing Secretary :**  
**Prof. Anand Mishra**  
**9415007391**



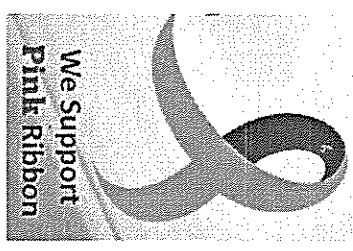
લચ્છનઝ ર્સ્ટ કૈસર સપોર્ટ ગ્રુપ મીટિંગ  
દિનાંક— 06.08.2020

ટ્રાન્ઝોક્રાફ્ટન સર્જસી વિભાગ

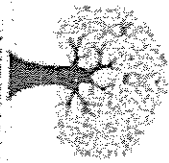
કિંગ ઝોર્જ ચિકિત્સા વિશ્વવિદ્યાલય

લચ્છનઝ

# कार्यक्रम (2.00 PM-3PM)



- स्वागत
- लखनऊ ब्रेस्ट कैंसर सर्पोट ग्रुप—उद्देश्य, गतिविधियाँ: डा० आनन्द मिश्रा
- Enhance immunity with Indian traditional foods to fight against COVID19: Ms Shalini Srivastava, Senior Dietician KGMU
- होप टॉक्स ( रक्तन कैंसर फाइटर द्वारा): 03—05 मिनट
- मरीजों की समस्याएं और उनके जवाब: डा० आनन्द मिश्रा, डा० कुलरंजन
- आगामी मीटिंग
- धन्यवाद ज्ञापन



Organized by  
Department of Endocrine Surgery  
King George's Medical University  
Lucknow



Breast Health And Care



In association with

Day3: Special Considerations  
in Breast Cancer

VIRTUAL CONFERENCE  
21 August 2021

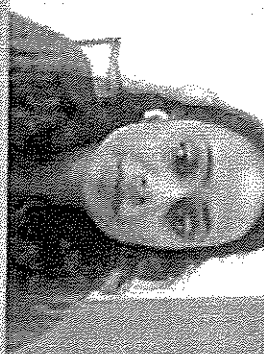
# KEEMU BREAST UPDATE 2021

## Case 1

- 34 y/o IVF primigravida presents with T3N2a at wk 12, TNBC.
- Same patient presents with T1N0 wk 10
- Same patient presents at 34 weeks

## Case 2

- 30 y/o G3P2L2 HER2+ve ulcerating breast mass with multiple liver mets at week 8
- Same patient presents with single liver met



Pregnancy Associated Breast  
Cancer

Dr. Karishma Kirti Munshi

Virtual Conference Managed by:

M i MICE 10

Journal of  
Ideas

Leader in Virtual Conferences



LIVE



initially but was put on ventilator after his condition deteriorated on August 4. In view of the serious condition, he was to be shifted to SGPGIMS. We lost him before that could be done," he added.

A native of Unnao, Bhadauriya was inducted as a constable in 1989 and became sub-inspector in 2013.

hours of admission with acute respiratory distress syndrome.

The fourth death was of a 70-year-old woman brought after brain hemorrhage. She tested Covid-19 positive as well and died within 18 hours.

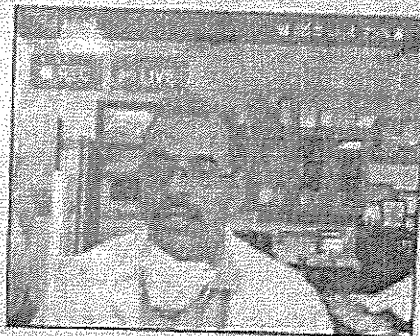
Meanwhile, a suspected Covid-19 death of a man (35) was reported from Maal but test report is awaited.

## Cancer survivors get tips for better immunity at meet

TIMES NEWS NETWORK

Lucknow: The department of endocrine surgery at KGMU on Thursday organised a virtual breast cancer support meet to create awareness about the risk of Covid-19 to cancer patients and preventive measures caregivers should take.

Senior dietitian Shalini Shrivastav made an informative presentation on boosting immunity through traditional Indian diet. Cost effective, readily available and easy-to-cook food items were described as must in times of coronavirus. The meeting was a boon for cancer patients, who are



The online meet discussed risks to patients and caregivers

unable to follow up in OPD as of now. The meet saw Prof Anand Mishra and Kul Ranjan answering queries.

The next meet is scheduled on September 2. The highlight was cancer survivors meeting survivors and their presentations on songs, dance, pep talk and cooking.

## to start online plac

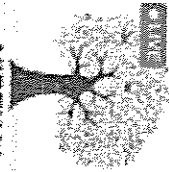
### INNOVATION IN COVID TIMES

> AKTU and SGPGI have designed a 3D face shield and ventilator splitter adapter  
> AKTU and KGMU have jointly developed artificial

ultraviolet rays and sanitizer sprays. It is also capable of working as a wheelchair to move patients

> The tech university has

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Organized by  
Department of Endocrine Surgery  
King George's Medical University  
Lucknow

**KGMU**

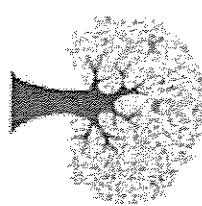
Breast Health And Care

**M i act**

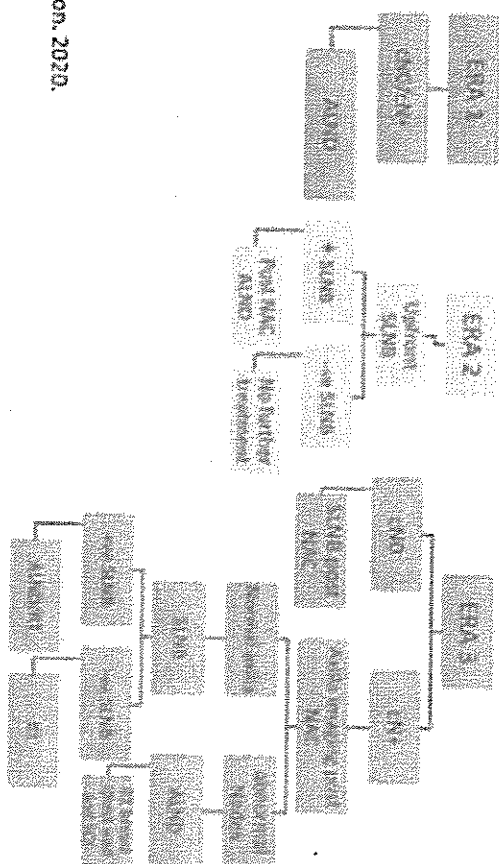
In Association with



Day3: Special Considerations  
In Breast Cancer



# KGMU BREAST UPDATE 2021



The Surgeon, 2020.

Fig. 1 - Change of axillary management over time. CN+ clinically Node negative disease, NAC, axillary lymph node dissection, CN+; Clinically node positive disease, SCF; supraclavicular fossa, SCF; Sentinel lymph node biopsy, NAC; Neoadjuvant chemotherapy, RT; Radiotherapy.



CG: An Essential Element in the  
Breast Cancer Management Toolkit  
Dr. Chaitanyaand Koppiker  
Pune

Virtual Conference Managed by  
**M i MICE** 10  
10 Years  
Software

Leader in Virtual Conferences



**DR. HARSHAD THAKUR**

Director, National Institute of Health and Family Welfare (NIHFW)

“Creating awareness which leads to early detection is the best way forward to tackle breast cancer in men.”

**DR. SOMASHEKHAR S P**

President, Association of Breast Surgeons of India and Chairman & HOD Surgical Oncology, Manipal Hospital

“Breast cancer in men may pass from Stage 1 to Stage 3 in no time. So if caught early, men may require just surgery and oral tablets for treatment.”



**DR. ANAND MISHRA**

Professor & Head, Endocrine & Breast Diseases, King George's Medical University

“If we make men aware of the risk of breast cancer, they will ensure that the women in their households are proactive & vigilant against breast cancer.”

**PRABHAT SINHA**

Head - Communications, Policy & Patient Advocacy, Novartis Oncology

“We need to sensitise men to the risk of breast cancer and try to make our messaging non gender specific.”



**MEHTAB KHAN**

Breast Cancer Survivor

“One needs to be resilient when fighting cancer. The day you give up mentally, the disease will defeat you.”

**Breast  
Cancer**  
ACTION MONTH

POWERED BY  
 **NOVARTIS**

#IndiaFightsBreastCancer

    /IHW Council

# Special Movie Show-2021



# Cancer survivors get tips for better immunity at meet

Times News Network

**Lucknow:** The department of endocrine surgery at KGMU on Thursday organised a virtual breast cancer support meet to create awareness about the risk of Covid-19 to cancer patients and preventive measures caregivers should take.

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## केजीएमयू के डॉ.आनन्द मिश्र ने कैंसर वॉरियर्स को इम्युनिटी बढ़ाने की दी सलाह

लखनऊ। कोविड-19 या कैंसर व अन्य गंभीर रोगों से इलाज में रोगियों के अलावा मरीज के शरीर की मजबूत इम्युनिटी का बहुत योगदान होता है। कैंसर को मात दे चुके मरीजों को रोग प्रतिरोधक क्षमता बढ़ाने और संक्रमण से बचाव के संसाधनों का उपयोग



**आनलाइन ट्रेनिंग में कोविड महामारी में खुद को सुरक्षित रखने और इम्युनिटी बढ़ाने के गुर सिखाए**

करना चाहिये। यह प्रशिक्षण गुरुवार को स्नान कैंसर सपोर्ट ग्रुप की ऑन लाइन गूगल मीट में ब्रेस्ट कैंसर मरीजों की इडोक्राइंग विभाग के विभागाध्यक्ष प्रो.आनन्द मिश्र ने दिया। इस अवसर पर कैंसर वॉरियर्स कई महिलाओं ने सांस्कृतिक कार्यक्रम भी प्रस्तुत किये, बेहतर प्रस्तुति देने वाली महिलाओं की अगली मीटिंग में पुरस्कार किया जायेगा।

ब्रेस्ट कैंसर सपोर्ट ग्रुप के संयोजक एवं विभागाध्यक्ष प्रो.मिश्र ने बताया कि ब्रेस्ट कैंसर से निजात पा चुकी, महिलाओं का ग्रुप है ब्रेस्ट कैंसर सपोर्ट

ग्रुप। इस ग्रुप में सभी महिलाओं को समर्थन के रूप में बचाव एवं इलाज के संबंध में जागरूक किया जाता है। वर्तमान में लॉक डाउन की स्थिति में प्रस्तावित मीटिंग को गूगल मीट एप से संचालित किया गया, आज की मीटिंग में विभिन्न जनपदों से 70 मरीजों ने हिस्सेदारी की। सफलतापूर्वक जीवन शैली से व्यक्ति की इम्युनिटी बढ़ती है, तमाम मरीजों ने संकाए थे, विभिन्न परिस्थितियों के सवाल थे, जिन्हें डॉ. कुलरंजन ने अपने जवाब से संतुष्ट किया। इससे श्रीमती अर्चना वर्मा ने अपनी स्नान कैंसर के अनुभव साझा किये, इसके अलावा अनीता खान, सावित्री अग्रवाल, श्रीमती बबिता मिश्रा व श्रीमती कंचन रायत ने 10-10 मिनट अपनी गीत संगीत को प्रस्तुति दी, इन्हें अपनी मीटिंग में सम्मानित किया जायेगा।

# 'Proper nutrition must for breast cancer survivors'

TIMES NEWS NETWORK

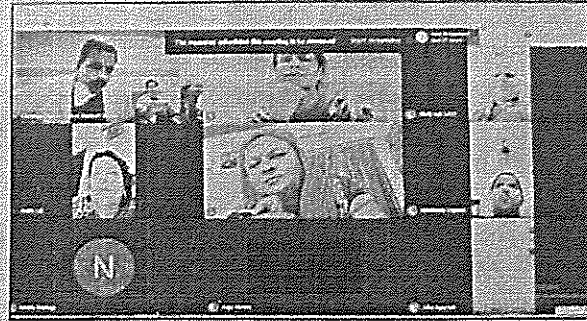
**Lucknow:** The department of endocrine surgery at King George's Medical University (KGMU), organised its monthly Lucknow breast cancer support group meet on a virtual platform on Wednesday.

The theme of the programme was 'Healthy Nutrition' in tune with 'nutrition month' being celebrated in September.

The meet began with the address by Prof. Anand Mishra.

Senior dietitian at KGMU Shalini Shrivastav gave a brief talk on importance of proper nutrition for cancer survivors. She also moderated a session in which cancer survivors showcased their culinary skills.

Mehtaab, Neeru Rastogi,



The breast cancer support group met on a virtual platform

Kanchan Rawat, Anita Lal, Mukul Rani Tripathi, Anju Varam, Neelam Singh, Deepa Sunil Gupta, Beena Mishra and Pushpa Tripathi showed how healthy and affordable dishes can be prepared even by those hard-pressed for time.

The videos are available on the official YouTube

channel of Lucknow breast cancer support group.

Prof. Anand Kumar Mishra and Dr. Kul Ranjan Singh answered the queries of patients and survivors. More than 70 survivors attended the meet. A bigger meet is being planned in October to celebrate breast cancer awareness month.



Lucifrow Breast Cancer Support Group is presenting

Celebrating Mothers Day with  
LBCSG  
10<sup>th</sup> May, 2022

Click to add notes

Celebrating Mothers Day with  
LBCSG  
10<sup>th</sup> May, 2022

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2:37 PM | Celebrating Mother's day with Breast Cancer Surviv...

Type here to search

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Ante Lal

Sanjay Agrawal

Sunny Gupta

Shafiq Ahmed

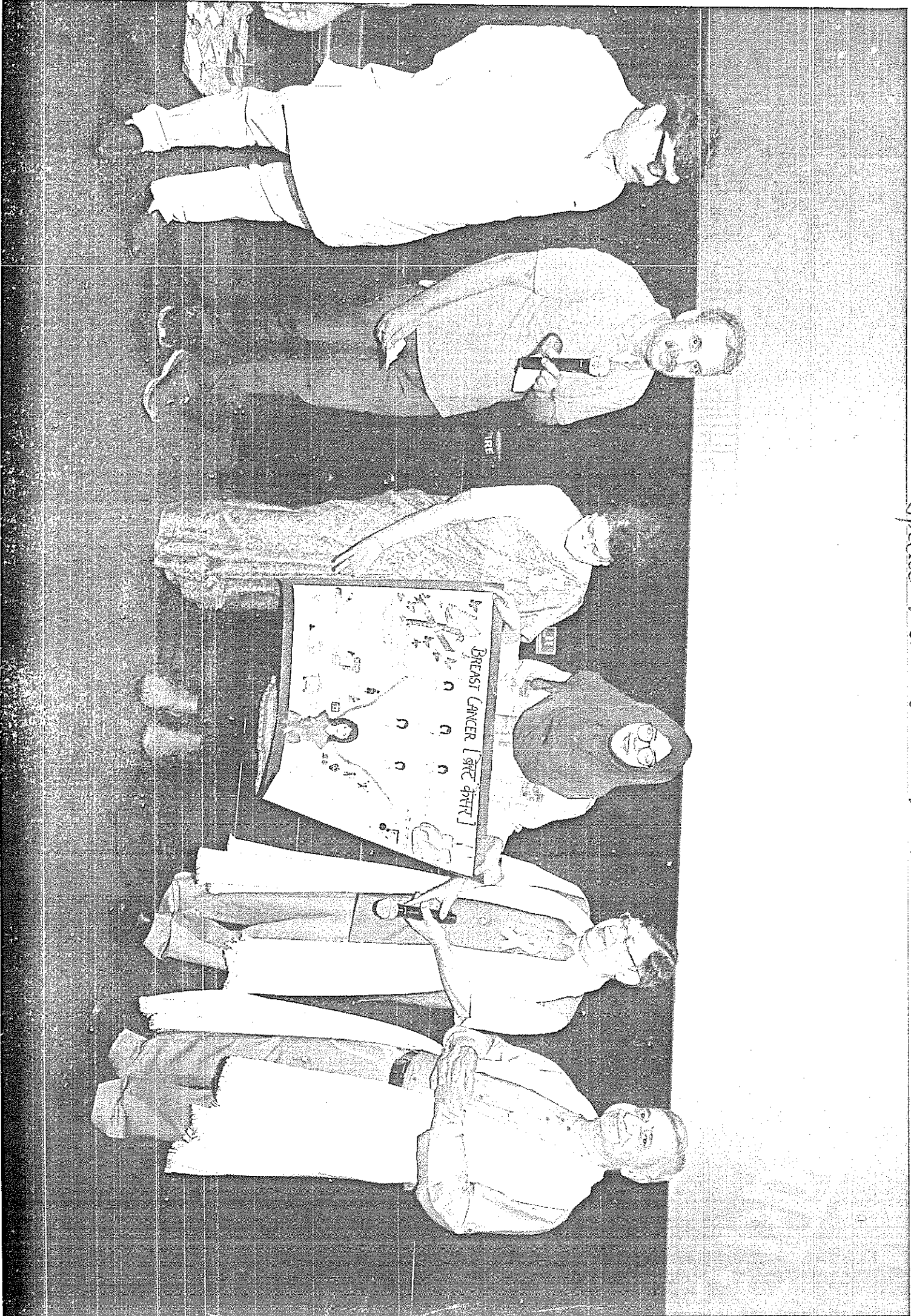
Saraj Ahmed

Nishu Khan

34 others

You





# Fight cancer with a positive mindset, say women survivors

TIMES NEWS NETWORK

**Lucknow:** The department of endocrine surgery, KGMU, organised a virtual Lucknow breast cancer support meet here on Wednesday.

Convenor Anand Kumar Mishra spoke on care of cancer patients during coronavirus pandemic.

The highlight of the event was a talk by motivational

speaker Kamlesh Jain who laid stress on the importance of making life meaningful. He stressed on the importance of taking pleasure in simple things of life and expressing our gratitude.

Other speakers, including Neetu Rastogi, Kanchan Rawat, Anital Pal, who are also cancer survivors, emphasised on having a positive attitude. Pushpa Tripathi, another

cancer survivor, termed the cancer as 'can survive'.

More than 55 cancer survivors participated in the virtual meet and their concerns were addressed.

The monthly meet had been running on the virtual platform during the corona period and has been a boon for outstation patients.

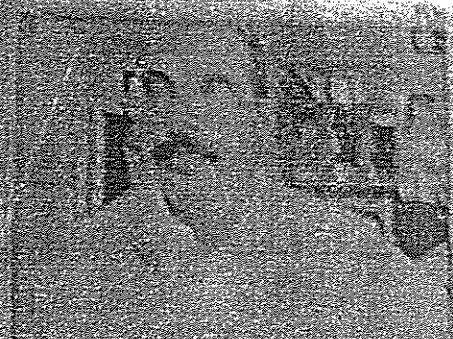
The next meet is scheduled on August 1.

# Art therapy helps breast cancer survivors destress

By Anshu Verma

For many, a long journey of recovery begins with a diagnosis of breast cancer. The journey is not always straightforward, but it is a journey that many survivors have taken. Anshu Verma, a breast cancer survivor, shares her experience and how art therapy helped her destress during her journey.

Anshu Verma, a breast cancer survivor, shares her experience and how art therapy helped her destress during her journey. She was diagnosed with breast cancer in 2018 and underwent surgery and chemotherapy. During her treatment, she found it difficult to cope with the stress and anxiety. She started attending art therapy sessions, which helped her express her emotions and find a sense of peace. She now uses art as a way to cope with stress and find joy in life.



Art therapy session for breast cancer survivors at the meeting.

The meeting was a gathering of breast cancer survivors and their families. The survivors shared their experiences and the challenges they faced during their journey. They also discussed the importance of art therapy in helping survivors cope with stress and anxiety. The meeting was a success, and the survivors expressed their gratitude for the support and understanding they received.

The meeting was held on Wednesday.

was a new addition. Hope Datta, who had invited the survivors to speak on a topic of their choice. The survivors can talk about any topic, even politics and religion.

"The four survivors spoke for three minutes each. We thought it would be a good way to build their confidence and ask them to share their qualities rather than look for those outside," he added.

Cancer survivors Anju Verma, Kamal Rawat, Veeha Mishra and Savitri Agarwal spoke on good habits for success, lifestyle, health and hygiene, and smiling, respectively.

The monthly meet has been running on virtual platform during lockdown providing relief to outstation patients. The next meet will be held on July 1.