

Patient support group meeting and breast cancer awareness camp held

The CMC Vellore Breast Cancer Group conducted two events to mark October as the Breast Cancer Awareness Month. The first event was the '4th Annual Patient Support Group Meeting', held on the 20th of October. The second event, the '1st Public Breast Cancer Awareness Camp' was held on the 27th of October.

The meeting of the support group was attended by a total of 45 patients who had completed treatment. The interactive meeting was co-ordinated by the staff of the departments of Endocrine Surgery, Radiotherapy and Medical Oncology. Informative sessions on 'Diet' by Mrs. Manimegalai, 'Exercise' by Mr. Sam Kirubakaran, 'Lymphedema Prevention' by Sr. Shakila and 'Breast Reconstruction' by Dr. Shashank Lamba were co-ordinated by Dr. M.J. Paul, during which patients shared their experiences and cleared doubts.

Ms. Flora James gave an inspiring talk about her personal journey through cancer treatment and gave useful and practical tips for other patients to cope with life after treatment.

The event concluded with a joyous celebration of survivorship by patients and relatives participating in a Zumba dance session led by Zumba trainer Mr. Platinie Paul and team.



The second event, the awareness camp, held in the Out Patient premises, was opened with a word of prayer by Rev. Dr. Finney Alexander and inaugurated by Dr. Rajiv Michael, Deputy Medical Superintendent. A patient information booklet on breast cancer, published in four languages, was released by Mrs. Ruma Nayak, Deputy Nursing Superintendent, and freely distributed at the camp. A counter for breast cancer risk calculation and advice on screening and genetic testing was also made available.



Breast care nurses Shalini Anandan, Sudha and Leena set up interactive displays on the signs and symptoms of the disease, and models for instruction on self-examination. Animated video displays of surgery and chemotherapy, and the details of treatment by radiotherapy, with models, were also displayed.

