

Cancer ki mushkil ladaai  
ko aapke saath milkar ladna,

**Jaanta**<sub>hai</sub>  
**Medanta**



# ROSHNI

LIGHTING THE PATH FOR EVERY CANCER FIGHTER

SEP 20  
25

*4 Things You Should Know  
Before Starting Chemotherapy*

*The Art of Deflection*

*Addressing Anger*

*What's New in Breast  
Cancer Surgery?*

## Life, Recalibrated

After a Breast Cancer  
Diagnosis, Monika Goyal  
Sets Her Own Course



## Message from the Chairman

Cancer care demands more than medical treatment — it requires understanding, patience, and respect for each patient's journey. Our responsibility is to treat the disease while supporting patients and families through every stage with compassion. The goal is not only to extend life, but to make each day worth living.



**Dr Ashok Vaid**  
*Chairman, Medanta Cancer Institute*

## Letter from the Editor

Cancer is not the whole story — it is one chapter in a long journey. For patients and families, the road through treatment and beyond often brings questions, concerns, and moments of uncertainty that go beyond the medical charts.

This newsletter is here to walk alongside you, offering information, reassurance, and perspectives that support healing in every sense. Whether you are in treatment or adjusting to life after, we hope these pages bring clarity, comfort, and connection.



**Dr. Kanchan Kaur**  
*Senior Director, Breast Surgery*

# 4 Things You Should Know Before Starting Chemotherapy

Starting chemotherapy can feel overwhelming. Here are some tips to make it easier:

### 01 Carry Your Comfort Kit

"I always took my shawl, a Vaseline jar, and some ORS sachets. Familiar things made the chemo room less scary." – Mrs. Yamini, survivor

### 02 Take Care of Oral Health

Using a soft-bristled toothbrush and rinsing with salt water can help prevent painful mouth sores.

### 03 Eat Light, Eat Kind

Stick to easy-to-digest foods like khichdi, daliya, or coconut water. Avoid oily, spicy meals.

### 04 Ask - Again and Again

Don't hesitate to speak up, doctors want you to feel informed and involved.

## You've Got This!





# Your Cancer Counsellor

Akanksha Mehta



## *The Art of Deflection*

Casual conversations can take unwelcome turns after you've been diagnosed with cancer. There are the expected difficult moments of breaking the news of your diagnosis to family, friends or people at work, but casual discussions can also be challenging as your health status becomes a conversation topic.

**W**hen you have cancer, engaging in conversations can sometimes feel like opening a wound that's still healing. There are the expected difficult moments of breaking the news of your diagnosis to family, friends or people at work, but casual discussions can also be challenging as your health status becomes a conversation topic.

The following tips can help you formulate your responses as you decide what treatment details you'd like to share with others.

**1** Consider what you might say to different people based on your relationship with them. You may share more information with close friends, for example, but decide you want to keep certain details private from colleagues.

**2** . If someone you don't know asks about your headscarf or something else that declares your cancer, it's probably an attempt at empathy. However, that doesn't mean you need to engage. You can simply tell the person you'd rather not talk about it.

**3** Sometimes you may want to say more about how you are doing, but the setting isn't conducive to a discussion. In these cases, you might ask to talk at another time or set a lunch date.

**4** You may find your desire to talk about your cancer changes from day to day. It's OK to say you're just not in the mood to talk about cancer on any given day.

**5** Think about how you'd like to respond to unwanted suggestions for alternative treatments or diets. You could say, "Thanks, but I try to do only what my doctor recommends."

**6** If you are concerned about fielding multiple questions from people such as work colleagues, consider asking one friend to pass along whatever you have disclosed and ask that person to relay your wishes to the group concerning any future discussions about your health.

# *A New Hope in Breast Cancer Surgery: Saving the Breast and the Lymph Nodes*



**Dr. Kanchan Kaur**

*Senior Director, Breast Surgery*

## Breast Cancer Surgery: A New Way Forward with Hope and Healing

**H**earing the words “you have breast cancer” is overwhelming. Along with the fear of the disease, many women worry — Will I lose my breast? Will I have to live with swelling and pain in my arm forever? These fears are real, but today, breast cancer surgery is changing in ways that bring new hope.

### Oncoplastic breast surgery

is one such breakthrough. It not only removes the cancer but also reshapes the breast to avoid disfiguration, so women can retain their natural appearance. Scars are made in a way that they are least visible or hidden. For many, this means they no longer have to carry the constant reminder of surgery every time they look in the mirror. It's a step towards healing both body and mind.

For patients needing to undergo a breast removal surgery, there are many surgical options to reconstruct a new breast, allowing the patient to retain her natural form.

Equally important is what happens in the armpit. Earlier, surgeons removed all lymph nodes even if the cancer had not spread. This can leave women with lifelong side effects like swelling in the arm (lymphedema), stiffness in the shoulder and constant pain.

Now, standard of care is to preserve the nodes if cancer has not spread. This is confirmed by doing a procedure called sentinel lymph node biopsy. In this doctors remove only one or two “guardian” nodes. If these are healthy, then the rest of the nodes are spared. This small change makes a huge difference — fewer complications, quicker recovery, and the freedom to live life without constant discomfort.

Also in those patients where cancer has spread and nodes need to be removed, there are surgical procedures to make new channels of drainage for the cut lymphatic channels. This reduces the risk of swelling in the arm. Across India, more hospitals are adopting these modern techniques, bringing world-class care closer to patients. Women no longer have to choose between beating cancer and living comfortably. They can have both. The future of breast cancer surgery is about more than survival. It is about dignity, confidence, and living fully. With early detection and advanced treatments, thousands of women in India are not just surviving breast cancer — they are thriving after it.



A photograph of Monika Goyal, an elderly woman with short grey hair, wearing sunglasses, a beige short-sleeved button-down shirt with two chest pockets, and a white skirt. She is smiling and standing in front of a large, dark, abstract sculpture that features a prominent, glowing, circular motif. The background is a textured, dark wall.

# FINDING HER VOICE

HOPE is that beautiful place between the way things were and the way things are yet to be.

Monika Goyal's art celebrates women, daily life, and nature, and has been showcased in Chandigarh's top exhibitions. Through her cancer journey, she finds strength in her loyal dachshund and transforms pain into powerful art. Her work reminds others that life can still be beautiful - this is not the end, but the beginning of hope and healing.

## Caring for Caregiver

Mr. Sourav Mukerjee



# Addressing Anger

Caregivers can take steps to encourage patients to have more healthy dialogue about strong emotions. Anger and irritability often go hand in hand with news of a cancer diagnosis. This normal reaction to the stress of going through a potentially life-threatening diagnosis is understandable, but people who are caring for someone with cancer sometimes bear the brunt of these raw emotions—usually at times when they are doing their best to support their loved ones.

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**A**cknowledge anger. While it might seem easier to sweep negative exchanges and feelings under the rug, acknowledging anger and its impact on the patient and caregiver can take away much of its power.

Be direct and acknowledge if you feel that loved ones are taking out their anger on you. Many patients are not aware of how angry they sound or that their interactions feel unkind, so helping them understand how you perceive their actions is a good first step.

### *Find ways to redirect their anger.*

People sometimes benefit from redirecting raw emotions to areas where they feel more in control. That may mean helping your loved one make a choice about a treatment so they feel empowered in their care. Caregivers can also practice self-soothing techniques, such as going for a walk, taking a warm shower or writing down emotions in a journal.

### *Engage the patient's oncology care team.*

Although anger can be a normal emotion for patients, caregivers should discuss loved ones' mood changes with their oncology team. Certain treatments, such as steroids, can cause patients to feel irritable and sometimes behave aggressively. In addition, patients with brain metastases can have personality changes & explosive outbursts as a result of their cancer.



# Steps for Breast Self-Exam

## STEP 1: MIRROR EXAMINATION

Stand in front of a mirror and examine both breasts for changes in shape, skin dimpling or pulling in.



## STEP 2: PHYSICAL EXAMINATION

Use three fingers to feel each breast for lumps, knots, or pain.



## STEP 3: NIPPLE CHECK

Gently press each nipple and check for any watery or blood-stained discharge.

If you notice any unusual changes, consult a doctor without delay.

Scan the QR Code  
to watch the video





# Word Search Puzzle

Think Positive

A U Z V D J L O V E C M  
N P O S I T I V I T Y O  
B R A V E C N C A R E P  
W T M G O F A X H R A K  
O H G H A P P I N E S S  
R E S R B H X P X S J L  
T A T P O N P Y S K L E  
H L R T M W U E B Y O A  
Y T O Q K R C A Q P A D  
N H N V Y C S M A R T E  
K X G Y U Y S C L H J R  
G M T S A R B U Q J O S

## Word Bank

worthy  
happiness  
love  
health  
care  
success  
strong  
smart  
brave  
leader  
grow  
positivity

## What Would You Like to Read?

We have created this newsletter to add value to your treatment journey. To make sure it truly helps you, please take a moment to answer some quick questions.



*Share your feedback*

and what kind of articles  
would you like to read here:

