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Message from the Editor

Dear Friends

Hearty Seasonal greetings from Capital

Hope all had a glimpses of first issue ARTTI EXPRESS.

The first Issue ARTTI Express was officially, inaugurated in the Print form by Shri S.D. Sharma, of AERB. All who present during the inauguration ceremony at the Rajkot venue of ARTTICON appreciated the efforts by the ARTTI team. Thanks for the participation, by our members in giving articles, tit bits etc.

Conference went on very well with good deliberations and interactive session. The organizers took pain in preparing each and every session a interesting one. Soon we will give some glimpses of the sessions in photo album.

In this issue we are proud to give the prize winning articles, whose paper presentation were selected as the best paper, poster, and TMH fellowship awards etc.

Thank you for your support in bringing our ARTTI EXPRESS continuously. On behalf of our TEAM we wish all Advance HAPPY AND PROSPEROUS NEW YEAR 2012, meet through mail regularly as usual.

A.Selvakumar

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THE STUDY OF PSYCHOLOGICAL INTERVENTION FOR CANCER PATIENTS

Khushboo Shah, Unnati B Shah, Pramod Patil, Chirag Amin, Ragu. M, Anand Kumar. P, Tamilarasan. R
Kailash Cancer Hospital & Research Center, Muni Seva Ashram, Goraj. (Khushbooshah_rtt@yahoo.com)

INTRODUCTION:

Psychology is science of mental process, behavior (study of soul or mind). Psychology= Psyche (Soul) + logy (Study). The complex relationship between physical and psychological health is not well understood. Scientists know that psychological stress can affect the immune system, the body's defense against infection and disease (including cancer); the body responds to stress by releasing stress hormones, such as epinephrine and cortisol. Stress hormones increase blood pressure, heart rate, and blood sugar levels. Small amounts of stress are believed to be beneficial, but chronic high levels of stress are thought to be harmful. Human studies suggest that chronic stress weakens a person's immune system, which in turn may affect the incidence of virus-associated cancers, such as Kaposi sarcoma and some lymphomas.

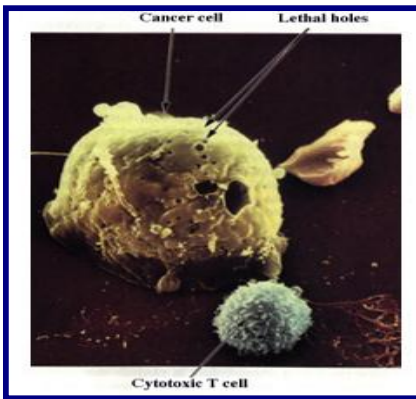


Fig 1: Cancer Cell & Cytotoxic T Cell

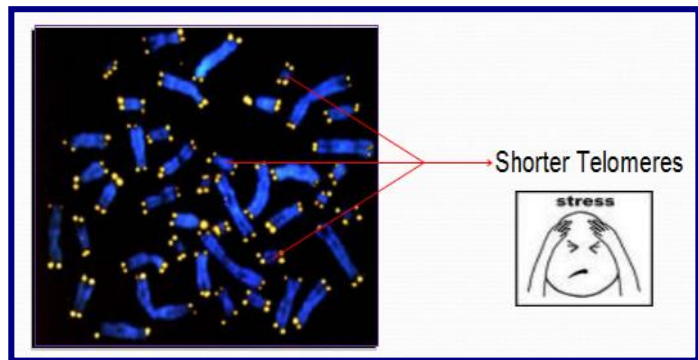


Fig 2: Shorter Telomeres Due to Chronic Stress

Psychological factors like stress, depression etc., are somehow related with immune system of body & an emotionally damaged immune system become too weak to fight with the cancer cell which concerns with newly invented branch called psycho-oncology which contribute to adaptation to cancer, concerned with psychosocial & psychobiological psychology of cancer patient. On the basis of this we conducted psychological intervention. There are two type of Psychological approach those are positive & negative psychology.

MATERIALS & METHOD:

In this study, we took different sites of cancer of about 35 male & 35 female patients. Undergone for the survey of their psychological condition through conducting individual psychological intervention based on the protocol of EORTC C30 to analyze cancer patients for reducing pain, anxiety, fatigue, depression, chronic stress and cope up with other physical or mental disorders that the disease and its treatment may bring.

RESULT & DISCUSSION:

The result indicates that coping style is an adaptation of the treatment modalities in which about ~56% of patients easily cope up with disease & ~44% are suffered. The most pervaded psychological factor is depression. About ~57% of patients are depressed from disease its symptoms & ~43% are less depressed. Anxiety is the fear due to unpleasant feeling due to disease of which ~56% of patients had anxiety & ~44% had good response. Shy for physical appearance due to treatment of surgery & RT about ~54% of patient’s felt shy to attend the social functions & ~46% are confident. Chronic stress is the causative factor for cancer; about ~59% of patients had less stress from the disease & ~41% are had chronic stress due to economic problem, negative attitude to the disease.

CONCLUSION:

We conclude from the result is that every patient is having positivity in some psychologic factors, negativity in other factors also & vice versa. In all psychological factors, negative psychological factors are more in female patient than male patient. All the patient need to go for psychological therapy like cognitive psychotherapy and meditation. Psychotherapy for cancer patient will make them to cope up with all treatment protocol, pain management during and after treatment.

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From Rajkot

15th National Conference of Radiation Therapy Technologists of India, was organized by AARUNI Hospitals, Pvt. Ltd, Rajkot, Gujrat. Rajkot is famous because of our FATHER OF NATION, Gandhiji, studies and spent his early life there. Still his house, maintained as a monument and open for general public.

On 12th of November inauguration of the 15th Annual Conference ARTTICON, started with devotional song followed by lamp lighting by the chief guest and guest of honour, whose who present at the dias.

ARTTI EXPRESS was officially unveiled by Mr S.D> Sharma, R PAD, Mumbai. Gunila Benton Oration awardee Mr A. Sridhar accepted the award and given ORATION on the Topic Recent Advances in Radiotherapy of Breast Cancer. So many interesting topics makes feast to the audience, besides the good catering arrangements by the organising committee under leadership of Dr. H. Mod and Mr. Kishore.

There were few interesting topics like study of psychological intervention for cancer patients by Ms Kushboo Shah, who bagged the TMH fellowship award and Grid therapy by Mr Shijo Varghese who got the meritorious award.

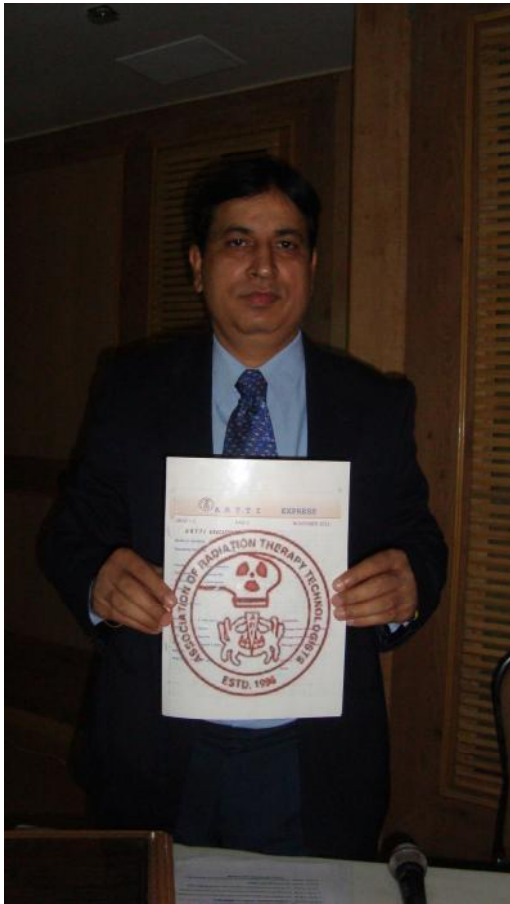
In the post lunch session Dr. V.K. Gupta, gave a nice, interesting presentation on Brachytherapy – Past Present and Future. In His presentation he has shown the rare pictures of Madam Curie and team, how they worked, and their initial struggle to found radium, and images pertaining to radium and its cosmetic usage advertisements in the earlier period.

Newer topics like unflattened beam by Mr Mohan, of HCG group and Stereotactic Radiosurgery for extra cranial region by Mr. A. Selvakumar, of Apollo Hospital, New Delhi. Overall the programmes were organized neat and good academic format with lot of interaction, and well co ordinate one.

The following awards were felicitated at the end of the session, decided by a team of juries comprising Mr. Karunakar, Mr. A. Selvakumar, Mr. Manoj. Taken into due consideration for the type, topic, presentation, relevant material and explanation with interaction with the audience.

1. T M H fellow ship Award - Ms. Kushboo Shah
2. POCL best paper award - 1. Ms. Anita Yadav, 2. Ms Lakhvinder kaur
3. Dr Mahajan Travel fellowship award- Ms. Shewta Chauhan
4. Meritorious Award - Mr. Shijo Varghese.

(ARTTI EXPRESS TEAM)



Shri S D Sharma, RPAD, with **ARTTI EXPRESS**
DURING INAGURAL CEREMONY



EXECUTIVE COMMIITTEE MEMBERS



School in which Gandhiji studied



Mr A Sridhar, with Oration award

Minimum radiation doses which damage tissue: - (Compiled by Mr George Biju, TMH)

The

relative sensitivity of various body tissues gives a good idea of the wide range of symptoms the body would likely experience due to heavy doses of radiation. The radiation exposure numbers below represent the minimum damaging doses for body tissues. The unit of dose is the "gray" (abbreviated Gy) which is *roughly equivalent to a sievert. The gray represents the absorption of an average of one joule of*

energy per kilogram of mass in the target material and this new unit has officially replaced the "rad," an older unit (One gray equals 100 rads):

- Fetus-2 grays (Gy).*
 - Bone marrow-2 Gy.*
 - Ovary-2-3 Gy.*
 - Testes-5-15 Gy.*
 - Lens of the eye-5 Gy.*
 - Child cartilage-10 Gy.*
 - Adult cartilage-60 Gy.*
 - Child bone-20 Gy.*
 - Adult bone-60 Gy.*
 - Kidney-23 Gy.*
 - Child muscle-20-30 Gy.*
 - Adult muscle-100+ Gy.*
 - Intestines-45-55 Gy.*
 - Brain-50 Gy.*
-

How to manage fatigue?

(Jitendra P. Solanki, Seven Hills Hospital, Andheri, Mumbai)

"Cancer patients often describe fatigue as a feeling of being "worn-out", "drained" and "wiped out".

Here are some of the tips to cope with fatigue.

- 1. Save your energy for the most important things.**
 - 2. Go for short walks or do light exercises.**
 - 3. Take short naps or breaks rather than one long rest.**
 - 4. Try easier or shorter versions of favourite activities.**
 - 5. Use time for meditation,prayer,yoga, and imagery.**
 - 6. Have plenty of fluids.**
 - 7. Join a support group - Sharing your feeling with others will ease your burden.**
 - 8. Limit caffeine and alcohol intake.**
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Acknowledgement

----Members of Editorial Board acknowledges the support rendered by our members, and for the contributions, in a short time.

The given details are exclusively of the author of the articles, and of the association. We expect the support of volunteers to bear the cost, if comes in printed version. Our Big thanks for the Our patrons of the association for their support and messages in bringing this news letter / and our future Journal.

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