

**8<sup>th</sup> Camp by Krishna Breast Cancer Care Trust (i.e. 3<sup>rd</sup> August, 2007) at Police Lines, Ludhiana.**

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**Dr G S Wander examines patients at the medical camp organised by Krishna Breast Cancer Charitable Trust at Police Lines in the city. Gurmeet Singh**

## KBCCT organises medical check up camp

**EXPRESS NEWS SERVICE**

LUDHIANA, AUGUST 3

KRISHNA Breast Cancer Care Charitable Trust organised the eighth medical check-up camp and lecture on breast cancer in association with Dayanand Medical College and Hospital at Police Lines here today.

About 464 cases were checked in the camp. The camp was inaugurated by SSP Ludhiana RK Jaiswal. The Trust was set up by Pran Arora in April 2005, in the memory of his wife who was a patient of breast cancer.

Eminent oncologists and surgeons of DMCH participated in the camp. These included Dr JS Sekhon, Dr DS Sandhu and Dr GS Brar. Special emphasis was laid on the im-

portance of early detection and diagnosis of breast cancer as it can provide 100 per cent cure, doctors said.

According to Dr Brar, if breast cancer is detected at an early stage, it is easier to cure it as compared to cases of diabetes and hypertension. He also explained that a mammogram is an X-ray of the breast, using a specially-designed machine which is very useful in early diagnosis. Besides BSE, every woman over 40 must have physical examination of the breast done by a doctor as part of the annual check-up programme.

Dr GS Wander, chief cardiologist of Hero DMC Heart Institute also offered heart-related counselling and general guidance regarding general health care.

# Docs stress on early detection of breast cancer

## OUR CORRESPONDENT

LUDHIANA, AUGUST 3

Police personnel, along with their dependants attended the eighth free medical check up camp-cum-breast cancer awareness lecture, which was formally inaugurated by senior superintendent of police R.K. Jaiswal at Police Lines here today.

The camp was held under the aegis of Krishna Breast Cancer Care Charitable Trust (KBCCT) in association with Dayanand Medical College and Hospital (DMCH). Around 500 patients were examined and given follow-up advice at the camp.

Eminent oncologists from DMCH - Dr J.S. Sekhon, Dr D.S. Sandhu and Dr G.S. Brar rendered their services at the camp. Special emphasis was laid on the importance of early detection and diagnosis of breast cancer since early detection and treatment

could cure it entirely.

The doctors explained the technique of breast self-examination (BSE) and its importance as it helped a woman detect any changes occurring in her breast. They said that all lumps in the breast were not cancerous, though one must check out with the doctor when a lump was discovered or suspected.

Interacting with those attending the camp, Dr Brar commented that if breast cancer is detected at an early enough stage it is easier to cure than diabetes or hypertension. He also explained that a mammogram was an X-ray of the breast, taken with a specially-designed machine and it was very useful in early diagnosis of the condition.

"Besides BSE, every woman over 40 years must have the breast physically examined by a doctor as part of the annual check-up

programme. Following a clinical examination, a biopsy is the only definite way of confirming or ruling out breast cancer in suspected cases," he said.

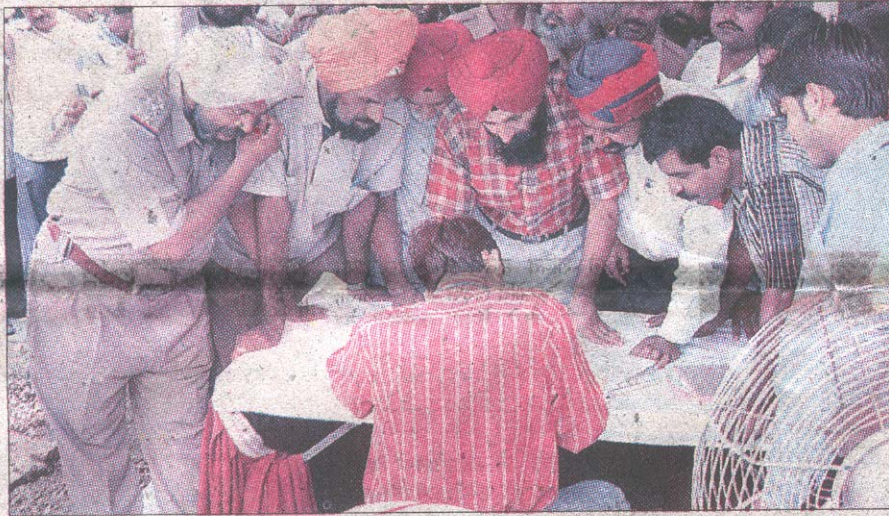
Chief cardiologist at Hero DMC Heart Institute Dr G.S. Wander provided heart-related counselling at the camp.

Sanjeev Arora, son of Krishna Arora, in whose memory the trust had been founded, said that the KBCCT had set its mandate to create awareness about breast cancer through a series of lectures and free check-up camps across the state of Punjab. At the same time, the trust will also provide medical assistance to the needy. The trust was set up by Pran Arora in April 2005 in the memory of his wife Krishna Arora, who was also suffered from breast cancer.

In the month of September, two such camp-cum-lectures would be held in the city.

## ‘महिलाएं एक बार जरूर कराएं ब्रेस्ट चेकअप’

लुधियाना। पुलिस मुलाजिमों और उनके परिजनों की जांच के लिए कृष्णा ब्रेस्ट कैंसर केयर चेरीटेबिल ट्रस्ट द्वारा डीएमसी के सहयोग से पुलिस लाइन में मेडिकल कैंप लगाया गया। कैंप के दौरान 463 मरीजों की जांच की गई। इस मौके सेल्फ ब्रेस्ट एग्जामिनेशन तकनीक के बारे में जानकारी दी गई। एसएसपी आरके जायसवाल ने कैंप का उद्घाटन किया। इस दौरान एसपी स्नेहदीप शर्मा ने भी पुलिस लाइन के निवासियों को कैंप में भाग लेकर अहम जानकारियां हासिल करने के लिए प्रेरित किया। इस दौरान बताया गया कि ब्रेस्ट कैंसर से पीड़ित पत्नी कृष्णा अरोड़ा की मौत के बाद प्राण अरोड़ा ने साल 2005 में ट्रस्ट बनाया था। शुक्रवार को कृष्णा अरोड़ा की बरसी थी, जिस पर उनके बेटे संजीव अरोड़ा की ओर से यह कैंप लगाया गया था। हीरो डीएमसी हार्ट इंस्टीट्यूट के चीफ कार्डियोलॉजिस्ट डा.जीएस वांडर ने मरीजों को सेहतमंद रहने के गुर बताए। ट्रस्ट के प्रतिनिधियों ने बताया कि उनका मुख्य मकसद स्तन कैंसर की जल्द जांच के बारे में जागरूक करना है। इस मौके डा.जीएस बराड़ ने कहा कि अगर ब्रेस्ट कैंसर की पता शुरुआती स्टेज में ही लग जाए तो उसका इलाज करने में आसानी रहती है।



कैंप: शुक्रवार को लुधियाना की पुलिस लाइन में लगे मेडिकल कैंप में रजिस्ट्रेशन कराते पुलिसकर्मी।