

LUNG CONNECT'S



124th

SUPPORT GROUP MEETING MUMBAI-MAHARASHTRA

Topic

ROLE OF PALLIATIVE CARE AND PAIN RELIEF IN LUNG CANCER

Followed by Q & A Session by Dr Ramjas Prajapati

GUEST SPEAKERS



DR SHAMALI POOJARI
Assistant Professor
TMH, Mumbai



DR RAMJAS PRAJAPATI
Ad-Hoc Assistant Professor
TMH, Mumbai



MR PRABHAT RANJAN
Caregiver
Bihar



MS VANDANA MAHAJAN
Lead Counselor,
Lung Connect India Foundation

MODERATOR



SCAN ME



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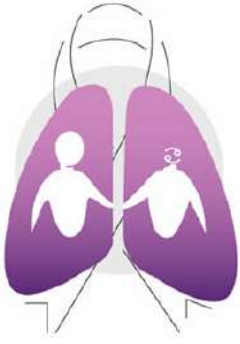
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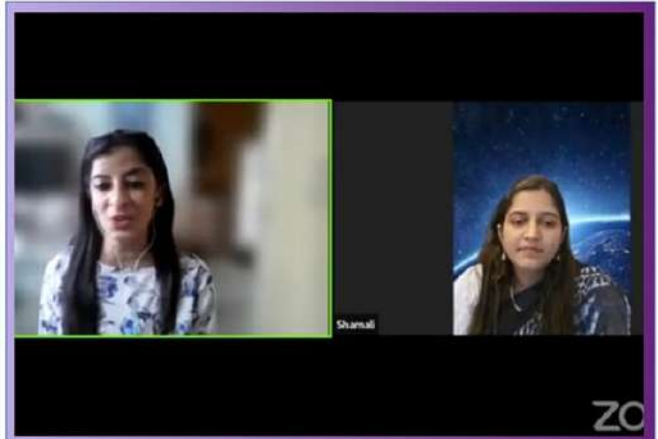
**LUNG
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124TH SUPPORT GROUP MEETING

ROLE OF PALLIATIVE CARE & PAIN RELIEF IN LUNG CANCER

KEY TAKEAWAYS

- Lung Connect successfully concluded its 124th Support Group Meeting which was held on 8th November, 2024.
- Dr. Shamali gave a very insightful session on Palliative Care and pain relief.
- She emphasized on how important it is to maintain a patient's quality of life.
- She explained the benefits of Palliative Care as well.
- We had Dr Ramjas who solved the queries of the meeting participants.
- We heard words of wisdom from Mr Prabhat Ranjan.



PANELIST:

DR SHAMALI POOJARI
ASSISTANT PROFESSOR
DEPT OF PALLIATIVE MEDICINE
TMH, MUMBAI



DR RAMJAS PRAJAPATI
AD-HOC ASSISTANT PROFESSOR
MEDICAL ONCOLOGY
TATA MEMORIAL HOSPITAL



PRABHAT RANJAN
CAREGIVER



RAMJAS PRAJAPATI

Dr. Ramda sapagi?

125 TH SUPPORT GROUP MEETING UP-BIHAR



Topic: Understanding the different radio diagnostic tests in lung cancer

Followed by Q&A session with Dr Akhil Kapoor and Dr Amit Kumar



DR AMIT KUMAR

Medical Oncologist
Medanta Hospital
Patna



DR YASH JAIN

Consultant and Head
Dept of Nuclear Medicine and Molecular Imaging
HCG Aastha Cancer Hospital
Ahmedabad



DR AKHIL KAPOOR

Medical Oncologist
TMH, Varanasi



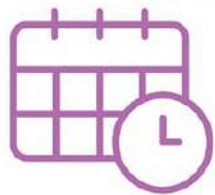
ASHOK KUMAR

Lung Cancer Warrior and
Patient Advocate



ANTIMA RAI

Cancer Survivor
Moderator



**20th November , 2024
4pm onwards**

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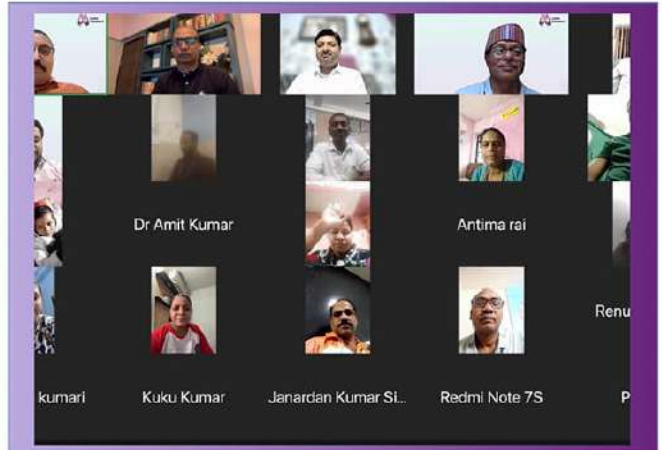
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125TH SUPPORT GROUP MEETING, UP-BIHAR

RADIO DIAGNOSTIC TESTS IN LUNG CANCER

KEY TAKEAWAYS

- Lung Connect successfully concluded its 125th Support Group Meet, UP-Bihar which was held on 20th November, 2024.
- Dr Yash Jain mentioned the steps for detection of malignant tumor.
- First is X ray but it is not enough, so Patients need to do CT scan.
- There are 2 types of CT scan-contrast & non contrast.
- Finally, PET-CT scan is used to find malignancy anywhere in your body.
- Today we had both Dr Akhil and Dr Amit who helped the patients by answering their queries.
- 75 patients/ caregivers joined the session.



PANELIST:

DR YASH JAIN

Medical Oncologist
HCG Aastha Cancer Hospital
Ahmedabad



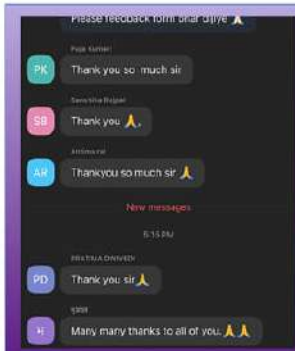
DR. AKHIL KAPOOR

Associate Professor, Medical
Oncology
Tata Memorial Hospital, Varanasi



DR. AMIT KUMAR

Senior Consultant Medical
Oncology,
Medanta Hospital, Patna



31ST GERIATRICS OPD SUPPORT GROUP MEETING

Every fight becomes a little bit easier when we fight it together.



TOPIC OF DISCUSSION

Role of social worker for elderly cancer patients

We have Dr. Anita Kumar, Dr. Anupa Pillai and Dr. Rupjyoti Sarma as our support.
We also welcome our guest Mr Kishore Howale

FRIDAY, 15TH NOVEMBER 2024

4:00 pm



Mr Kishore Howale
Social worker, MSW
Tata Memorial Hospital



Dr Anita Kumar
Geriatrician
Holy Family Hospital



Dr Anupa Pillai
Geriatrician
Tata Memorial Hospital



Dr Rup Jyoti Sarma
Medical Oncologist
Muzaffarpur

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[https://us06web.zoom.us/j/86748530411?
pwd=jCK1fB4lisytQngh2ba9FKz7bbCYvv.1](https://us06web.zoom.us/j/86748530411?pwd=jCK1fB4lisytQngh2ba9FKz7bbCYvv.1)



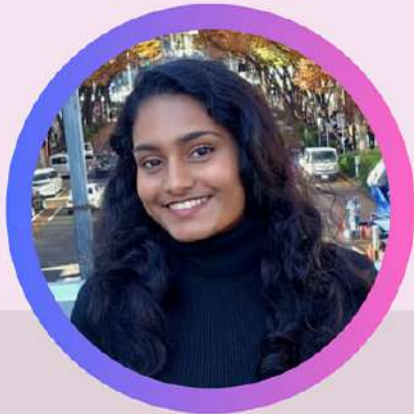
Meeting Id:-
867 4853 0411
Pass code :- 213876



126th

Support Group Meeting- Gujarat

Topic: Importance of Nutrition during Lung Cancer



Ms Gauri Pillai

Oncology Dietician, MSc, CDE
Dept of Medical Oncology
TMH, Mumbai



Dr Rushabh Kothari

Medical Oncologist
Oncowin Cancer Centre, Ahmedabad



Paresh Shah

Lung Cancer Warrior
Patient Advocate



**29th November,
2024**

4pm onwards

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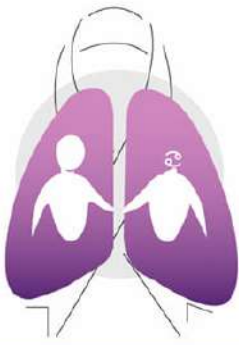
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**LUNG
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126TH SUPPORT GROUP MEETING - GUJARAT

IMPORTANCE OF NUTRITION IN LUNG CANCER

KEY TAKEAWAYS

- Lung Connect successfully concluded its 126th Support Group Meeting - Gujarat which was held on 29th November, 2024.
- This time we had Ms Gauri who is an experienced dietician.
- She talked about the common side effects of chemotherapy like nausea, constipation, vomiting etc.
- She mentioned that protein intake is really important in every patient's routine. Protein intake can be in the form of egg, vegetables, paneer etc.
- If there is loss of appetite then try to eat small portions frequently.
- You must try to have fruits without making them juice if possible.
- Then, Dr Rushabh solved the queries of the participants.

PENALISTS

MS. GAURI PILLAI
Dietician
TMH, Mumbai



DR. RUSHABH KOTHARI
Consultant Medical Oncologist
Oncowin Cancer Centre
Ahmedabad



MR. PARESH SHAH
Lung Cancer Patient & Patient
Advocate, Lung Connect.



Nausea and Vomiting

- Avoid caffeinated and carbonated beverages
- Avoid greasy, spicy, and fatty foods.
- Eat small, frequent meals.
- Choose bland (BRRRR) - easy-to-digest foods (e.g., dry biscuits, toast, rice, bananas, apple puree).
- Sip clear liquids like water, ginger water, or herbal teas.
- Incorporate ginger (e.g., ginger tea, ginger candy, ginger ale).
- Opt for cold or room temperature foods to avoid strong smell.
- Strong-smelling foods like fish, onions, and garlic can trigger nausea and vomiting.
- Choose high-protein, low-fat snacks (e.g., eggs, curd, cheese sticks).
- Eat foods with high water content (e.g., cucumbers, melons).

Mucositis and Swallowing Difficulty

- Avoid spicy, acidic, or hot foods that can irritate the mouth.
- Avoid hard, crunchy or rough-textured foods (e.g., chips, nuts, raw vegetables) that may irritate the mouth.
- Avoid carbonated and caffeinated drinks which can irritate the stomach and mouth.
- Choose soft, bland foods like mashed potatoes, curd, scrambled eggs, and well-cooked vegetables.
- Use smoothies and protein shakes for easy-to-swallow, nutrient-dense meals.



Different Diet Types

