

148<sup>th</sup>

## SUPPORT GROUP MEETING

### MUMBAI-MAHARASHTRA

Topic

## UNDERSTANDING AND MANAGING PLEURAL EFFUSION AND PNEUMONITIS

in lung cancer patients

Followed by Q & A Session by Dr Mehak & Dr Arvind

### GUEST SPEAKERS



**DR MINIT SHAH**  
Medical Oncologist  
Tata Memorial Hospital  
Mumbai



**DR MEHAK TRIKHA**  
Medical Oncologist  
TMH, Mumbai



**DR. ARVIND VAIDYANATHAN**  
Medical Oncologist  
TMH, Mumbai

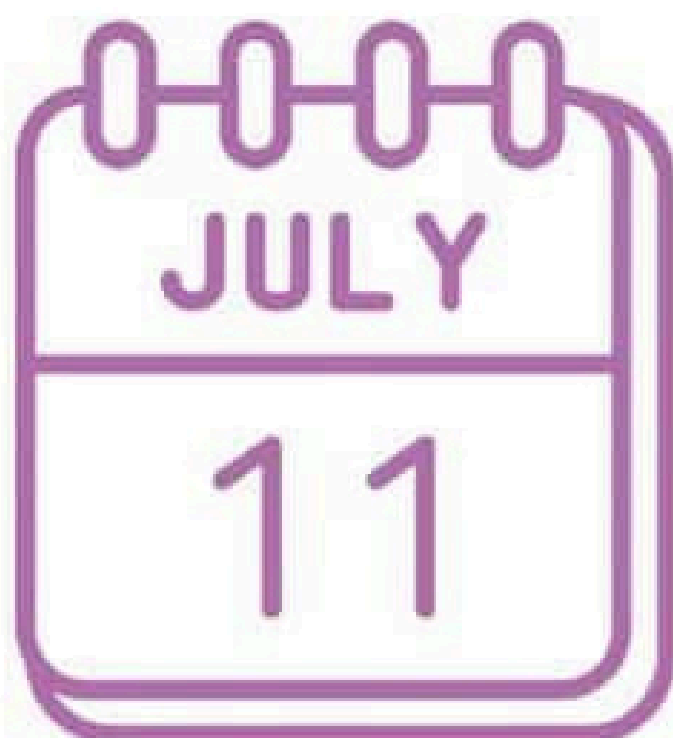


**MR VILAS KHADE**  
Living with lung cancer  
Maharashtra

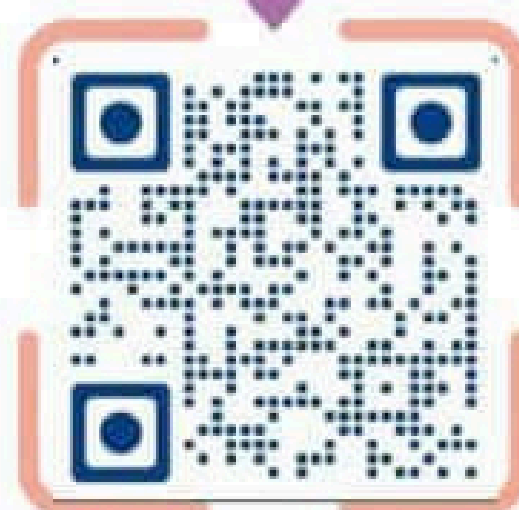


**MS VANDANA MAHAJAN**  
Lead Counselor  
Lung Connect India Foundation

### MODERATOR



SCAN ME



TO JOIN SOCIAL MEDIA

SCAN ME



TO JOIN MEETING

04:00  
AM PM



More information  
**+91 73040 14717**



Visit our website  
**lungconnectindia.org**





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CONNECT**

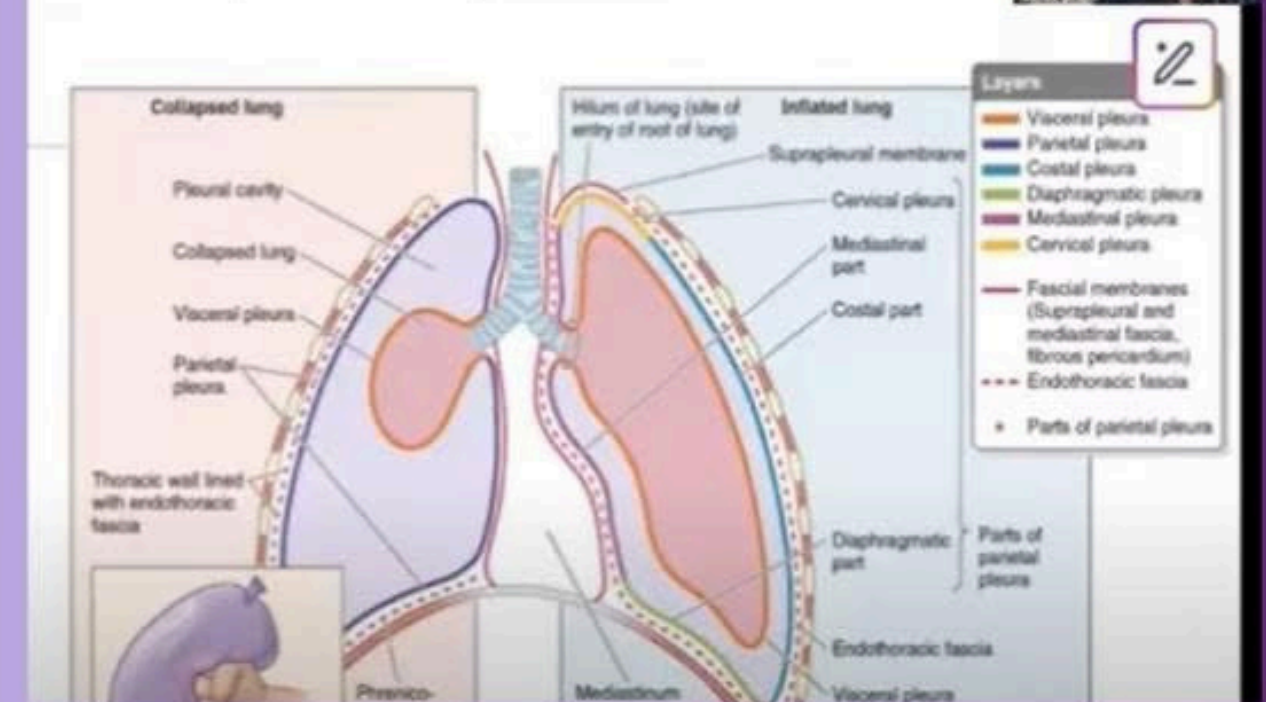
# 148TH SUPPORT GROUP MEETING – MUMBAI

## UNDERSTANDING PLEURAL EFFUSION AND PNEUMONITIS

### KEY TAKEAWAYS

- Lung Connect successfully concluded its 148th Support Group Meeting which was held on 11th July, 2025
- This time, we had Dr Minit Shah who explained about pleural effusion and pneumonitis in simple words.
- Pleural effusion means liquid in the chest in layman's language.
- He also differentiated between pneumonia and pneumonitis.
- We should not ignore the early symptoms because early diagnosis can really give better results.
- Dr Arvind then solved all the queries of the meeting participants.
- We heard how Vilas Khade is manging his life with lung cancer.

### anatomy of the pleura



### PANELIST:

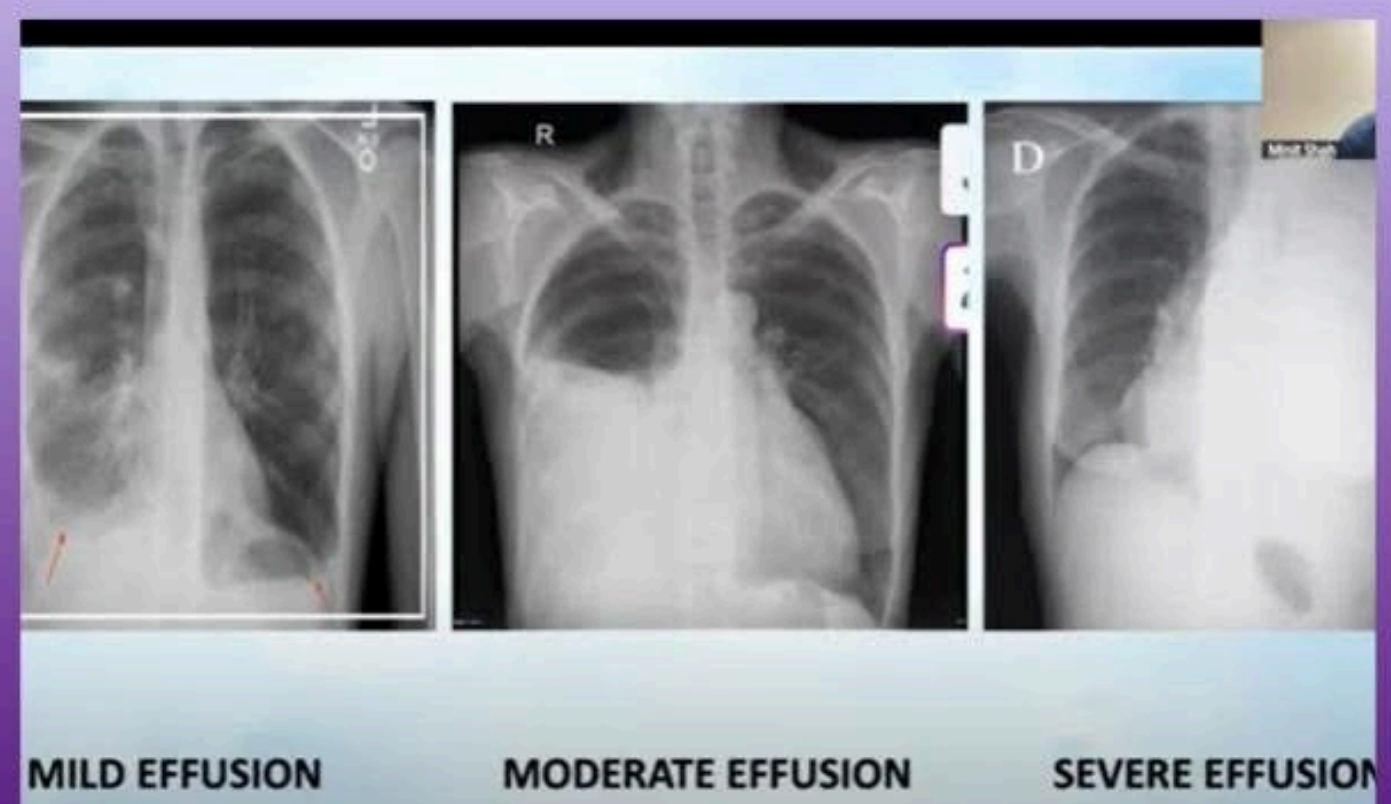
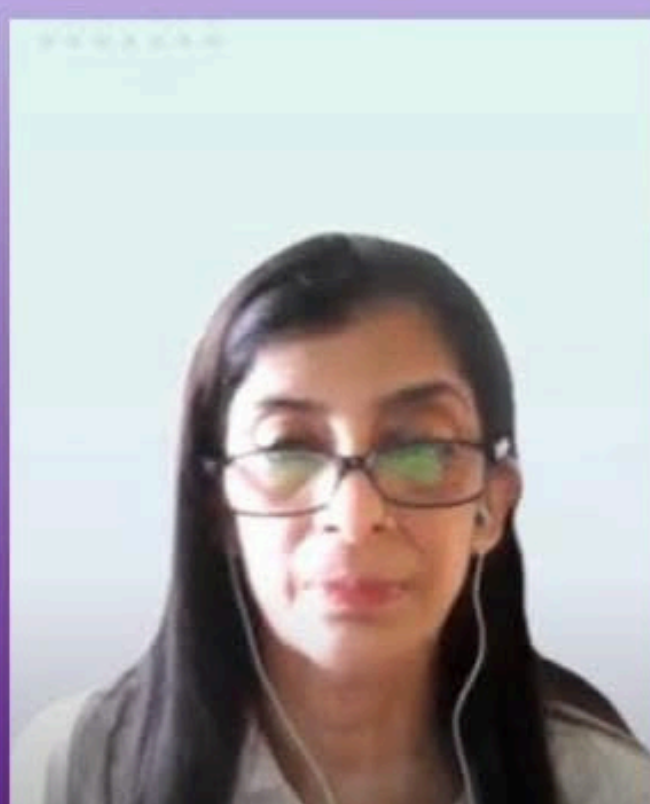
**DR MINIT SHAH**  
PROFESSOR  
MEDICAL ONCOLOGIST  
TMH, MUMBAI



**DR ARVIND VAIDYANATHAN**  
MEDICAL ONCOLOGIST  
TMH, MUMBAI



**MR VILAS KHADE**  
LIVING WITH LUNG CANCER





# 149<sup>th</sup> SUPPORT GROUP MEETING UP-BIHAR



Topic:

**Importance of screening for early detection of lung cancer**

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

## KEYNOTE SPEAKER



**DR NAVNEET SINGH**

Professor Pulmonology  
Thoracic Oncology  
PGIMER, Chandigarh



**DR AMIT KUMAR**

Medical Oncologist  
Medanta Hospital  
Patna



**DR AKHIL KAPOOR**

Medical Oncologist  
TMH, Varanasi



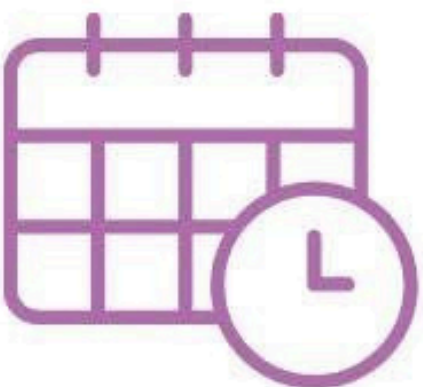
**ASHOK KUMAR**

Lung Cancer Warrior and  
Patient Advocate



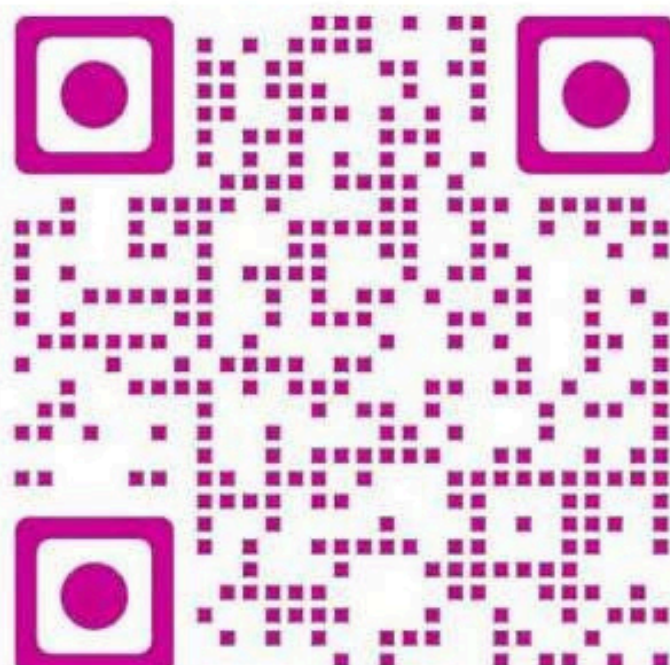
**PRABHAT RANJAN**

Caregiver  
Moderator



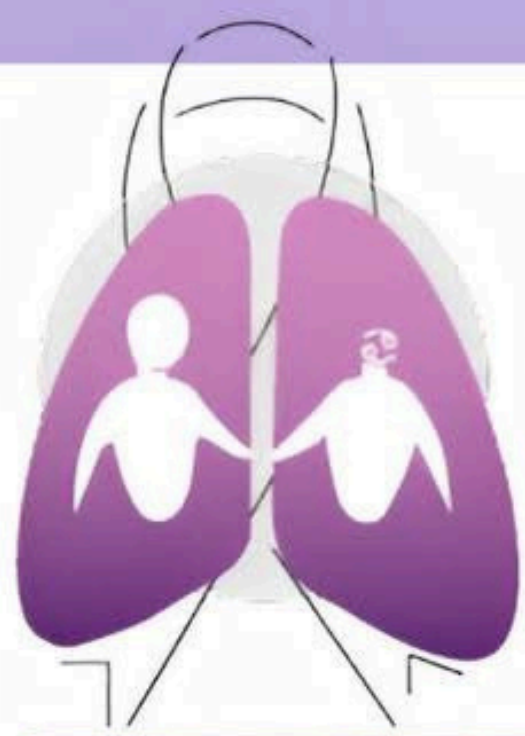
**16th July, 2025  
4pm onwards**

**JOIN ZOOM MEETING**



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**LUNG  
CONNECT**

A FORUM FOR PATIENTS & CAREGIVERS

# 149TH SUPPORT GROUP MEETING- UP- BIHAR

## IMPORTANCE OF SCREENING FOR EARLY DETECTION OF LUNG CANCER

### KEY TAKEAWAYS

- Lung Connect conducted its 149th Support Group Meeting on 16th July, 2025.
- This time, we had Dr Navneet who spoke about how screening can play an important role in early detection.
- Many researches have shown that LDCT can be very helpful for early screening rather than Xrays.
- It is also equally important to identify the high risk people.
- Patient organisations can advocate about this, so that we can also get good results here.
- Dr Amit also helped to solve all the queries of participants.



### PANELISTS:

**DR. NAVNEET SINGH**

Professor, Pulmonology  
Thoracic Oncology  
PGIMER, Chandigarh



**DR. AMIT KUMAR**

Senior Consultant Medical  
Oncology,  
Medanta Hospital, Patna

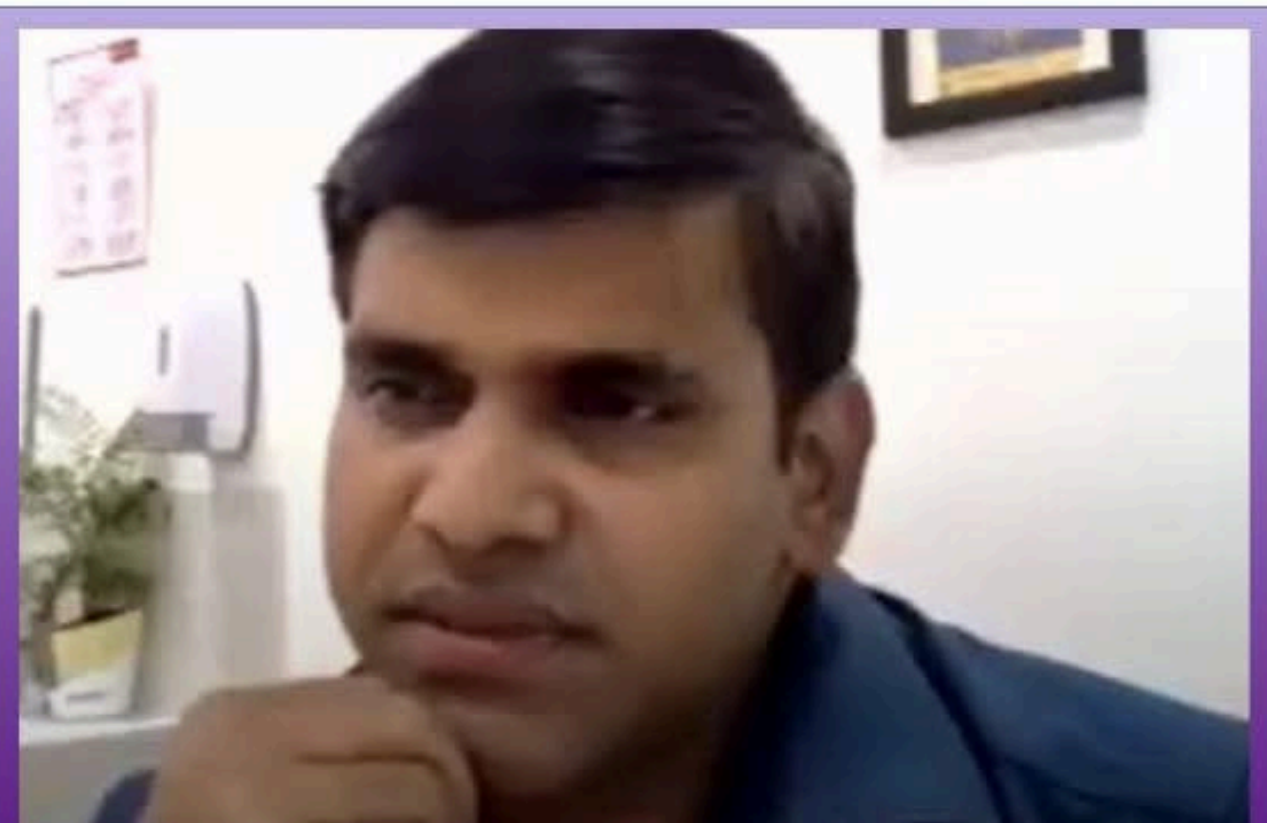


**PRABHAT RANJAN**

Caregiver  
Moderator



Wo Facebook for Twitter, so... Instagram, who... LinkedIn wh





# 39<sup>th</sup> GERIATRICS OPD SUPPORT GROUP MEETING

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



## TOPIC OF DISCUSSION

### **Busting Myths: Role of Physiotherapy in Older Adults**

We have Dr. Anupa Pillai and Dr. Athira Surendran as our support.

We also welcome our guest Dr Sarika Mahajan

**FRIDAY- 18<sup>th</sup> JULY, 2025**  
**4:00 pm**



**Dr Sarika Mahajan**  
Physiotherapist  
TMH, Mumbai



**Dr Athira Surendran**  
Medical Oncologist  
TMH, Mumbai



**Dr Anupa Pillai**  
Geriatrician  
Tata Memorial Hospital



**Ratan Dhekale**  
Patient Advocate  
Moderator

**JOIN US**

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



# 150<sup>th</sup>



## SUPPORT GROUP MEETING- GUJARAT

### TOPIC

**NOURISHING THE JOURNEY: EATING WELL DURING LUNG CANCER TREATMENT**

Followed by a Q&A session with Dr Rushabh and Dr Palak



KEYNOTE SPEAKER

**MS PRITI AROLKAR**

DIETICIAN  
TMH, MUMBAI



**DR PALAK BHATT**  
MEDICAL ONCOLOGIST  
AHMEDABAD



**DR RUSHABH KOTHARI**  
MEDICAL ONCOLOGIST  
AHMEDABAD



**PARESH SHAH**  
LIVING WITH LUNG  
CANCER,  
PATIENT ADVOCATE



**SUCHISMITA DAS**  
LUNG CANCER SURVIVOR,  
MODERATOR

The last Friday of every month

**AT 04:00 PM**

Join Meeting

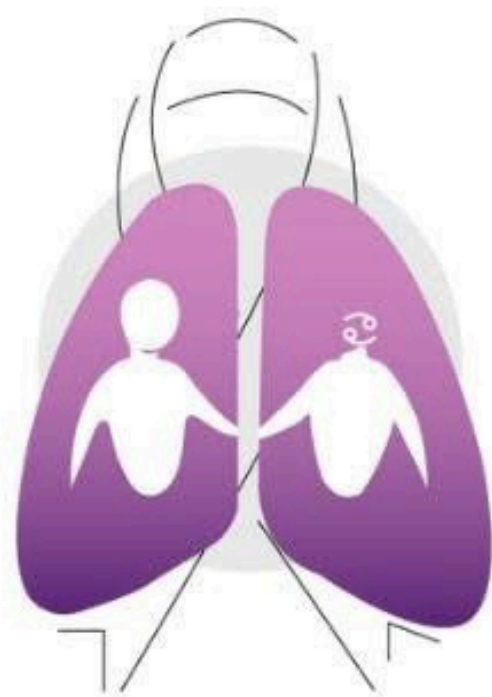


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Social media







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# 150TH SUPPORT GROUP MEETING – GUJARAT

**NOURISHING THE JOURNEY - EATING WELL DURING LUNG CANCER TREATMENT**

## KEY TAKEAWAYS

- Lung Connect successfully concluded its 150th Support Group Meeting - Gujarat which was held on 25th July, 2025.
- This time we had Ms Priti Arolkar and Ms Charubhala Rengaraj who spoke about nutrition needed during lung cancer treatment.
- They mentioned that patients must avoid raw foods, deep fried and bakery products, and expired packaged foods.
- Fruits with thick skin must be given preference.
- Dr Palak helped to solve the questions of all the participants.
- We had our regular supporter Prabhat Ranjan who spoke about our Buddy Program.

## PANELISTS

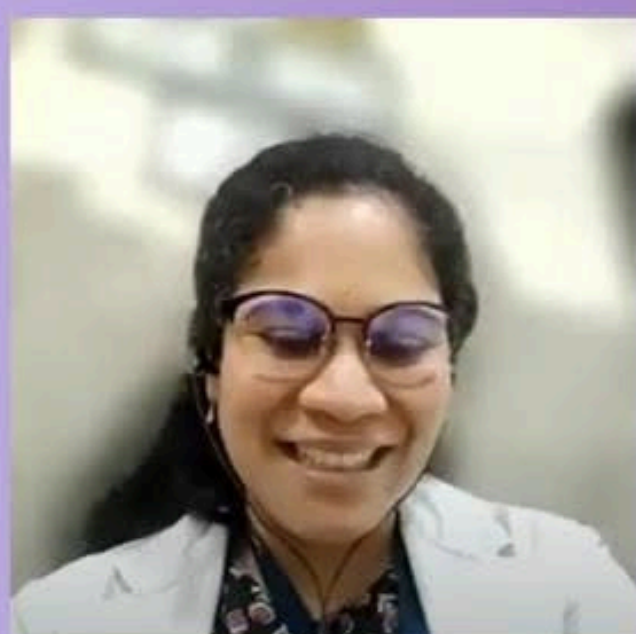
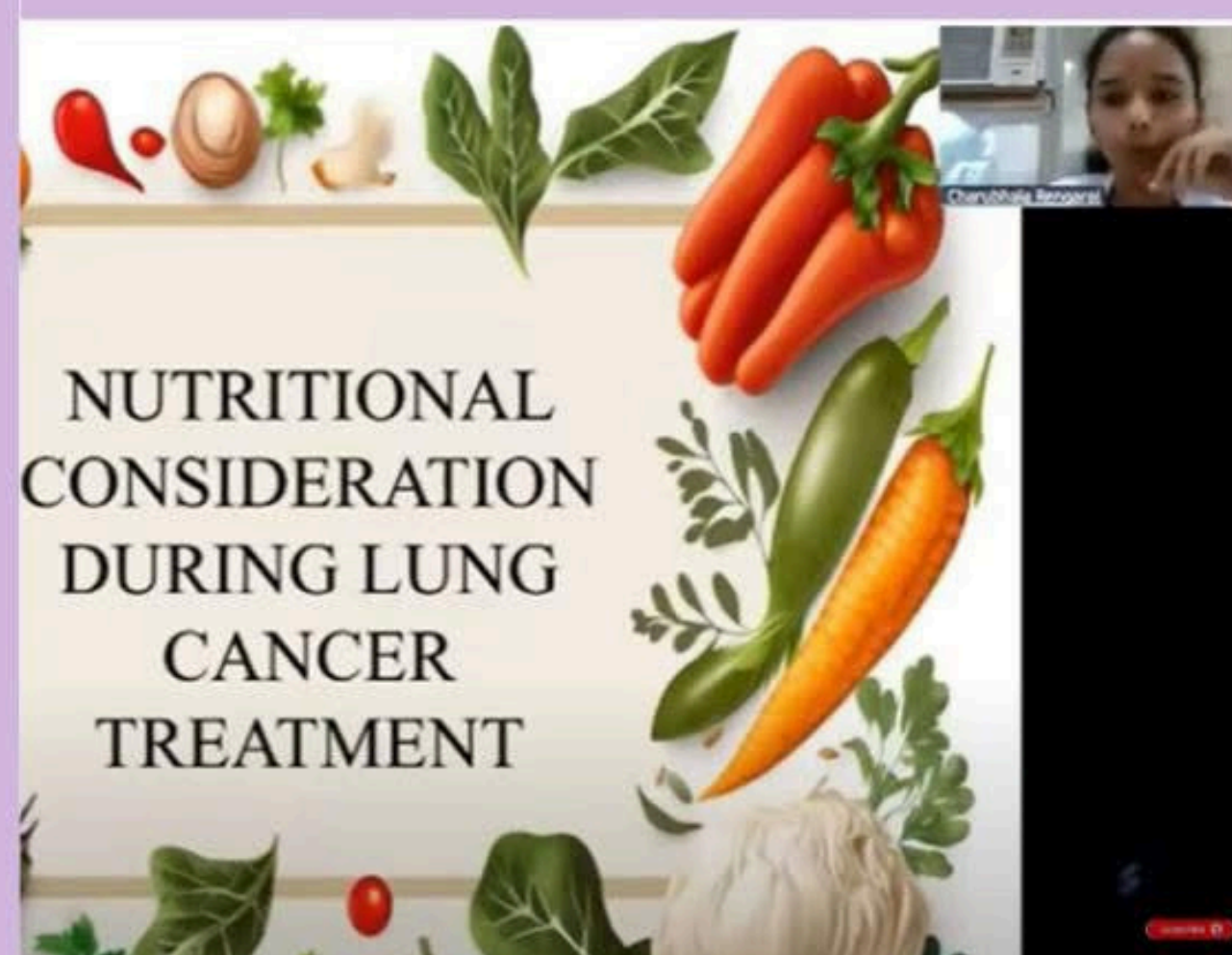
**MS PRITI AROLKAR**  
DIETICIAN  
TMH, MUMBAI



**DR. PALAK BHATT**  
Medical Oncologist  
Ahmedabad



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



Symptoms	Dietary alterations
Diarrhea	Stop milk, replace by buttermilk, rice kanji, arrowroot kanji, curd rice, boiled potato, black tea + lemon juice.
Nausea and vomiting	Small and frequent meals, lemon juice + ginger juice + black salt.
constipation	High fiber foods.
Mucositis	Bland liquid and soft diet, calorie-protein rich liquids.
Taste alterations, xerostomia	Liquids, purred foods ,calorie-protein rich liquids Alteration in the temperature & texture. Buttermilk ( avoid sour foods ), mashed and liquid diet.
Anorexia	Small and frequent meals.
Anemia	Iron rich food