

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

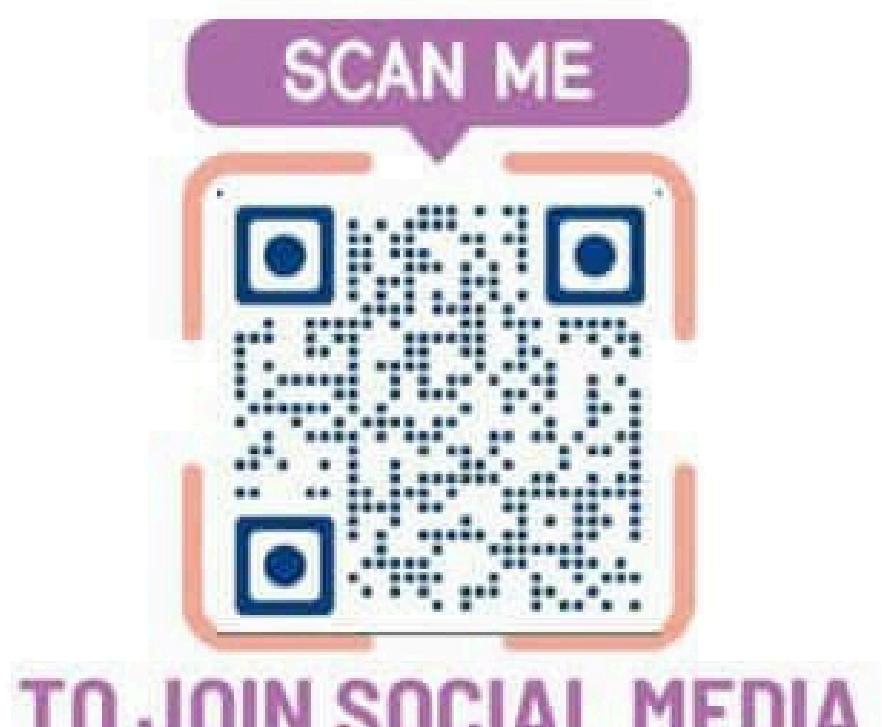
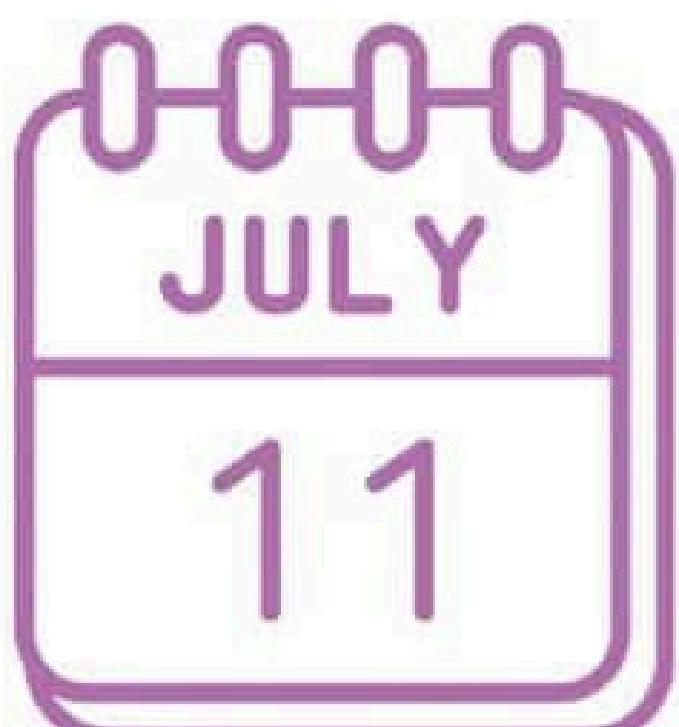


MR VILAS KHADE  
Living with lung cancer  
Maharashtra



MS VANDANA MAHAJAN  
Lead Counselor  
Lung Connect India Foundation

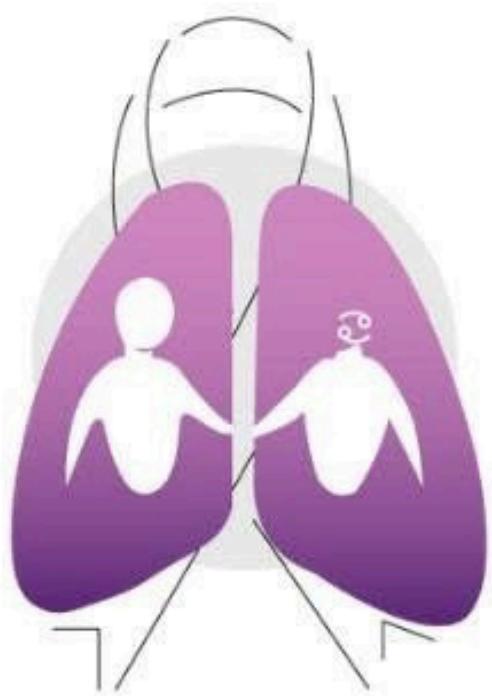
#### MODERATOR



More information  
+91 73040 14717



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[lungconnectindia.org](http://lungconnectindia.org)



**LUNG  
CONNECT**

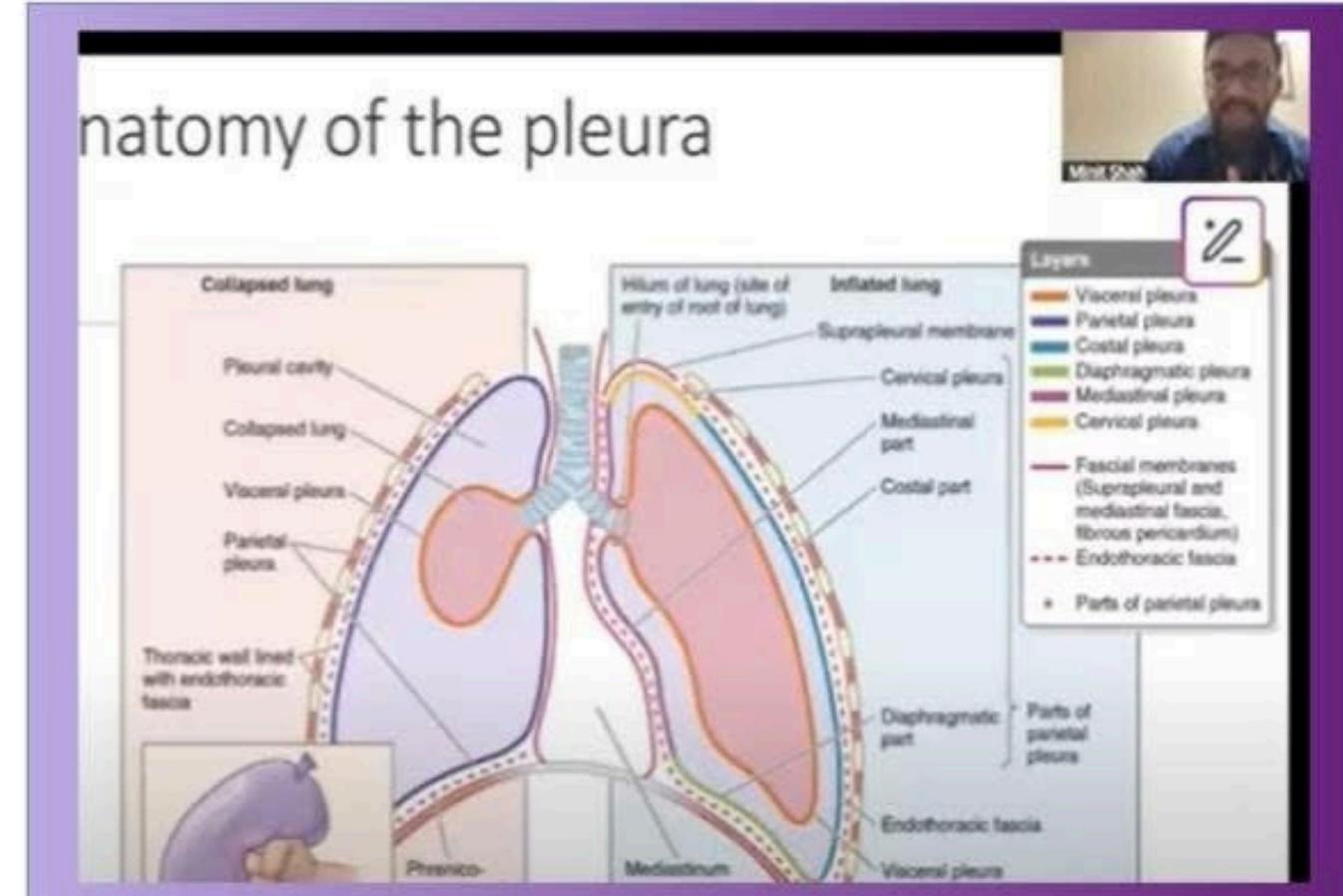
# 148TH SUPPORT GROUP MEETING – MUMBAI

## 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 managing his life with lung cancer.

natomy of the pleura



### PANELIST:

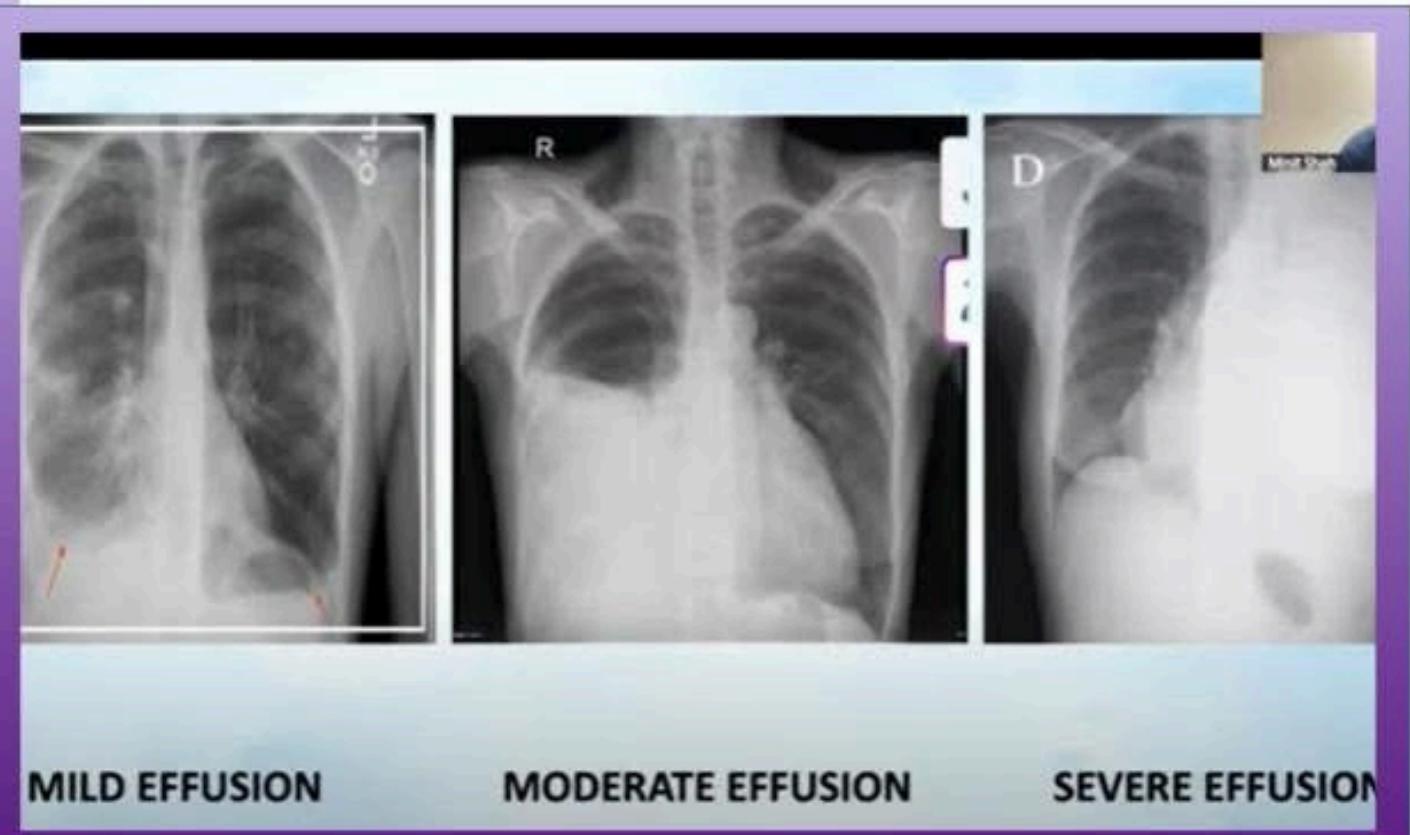
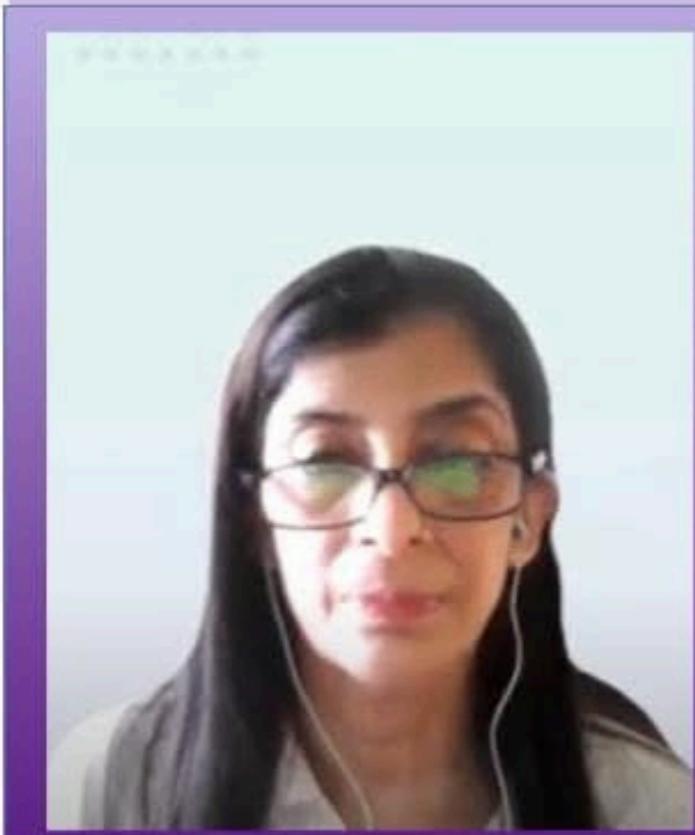
**DR MINIT SHAH**  
PROFESSOR  
MEDICAL ONCOLOGIST  
TMH, MUMBAI



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



**MR VILAS KHADE**  
LIVING WITH LUNG CANCER



MILD EFFUSION

MODERATE EFFUSION

SEVERE EFFUSION

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



## 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



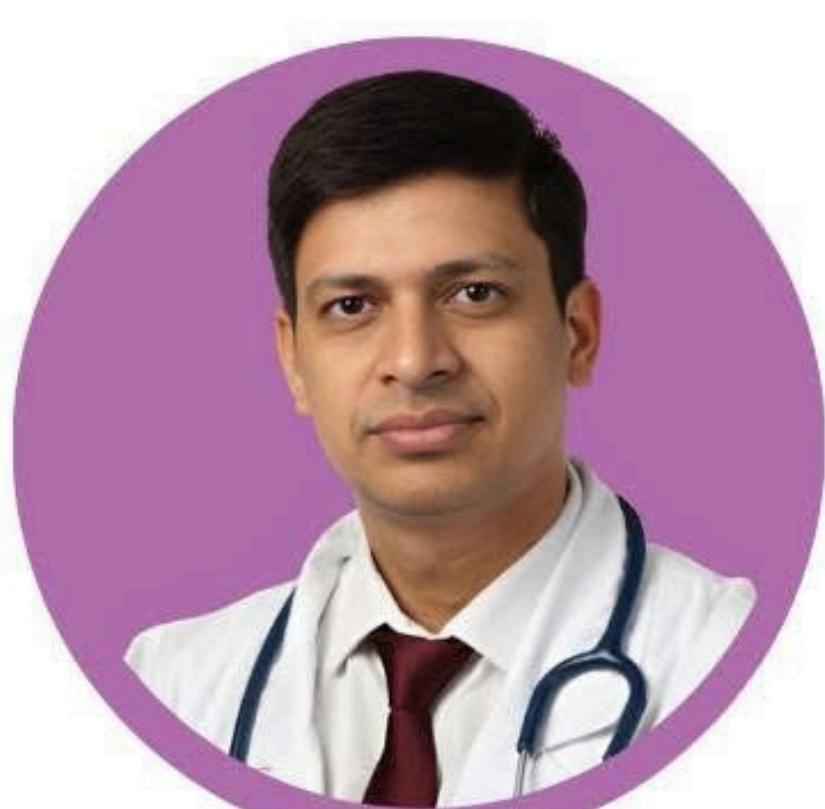
**DR NAVNEET SINGH**

Professor Pulmonology  
Thoracic Oncology  
PGIMER, Chandigarh



**DR AMIT KUMAR**

Medical Oncologist  
Medanta Hospital  
Patna



**DR AKHIL KAPOOR**

Medical Oncologist  
TMH, Varanasi



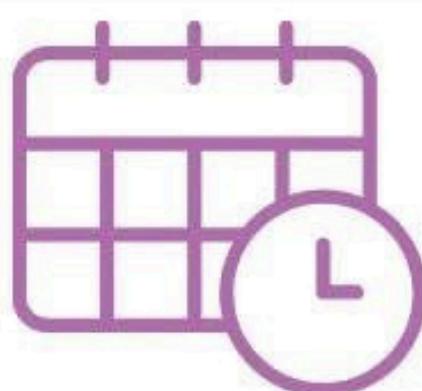
**ASHOK KUMAR**

Lung Cancer Warrior and  
Patient Advocate

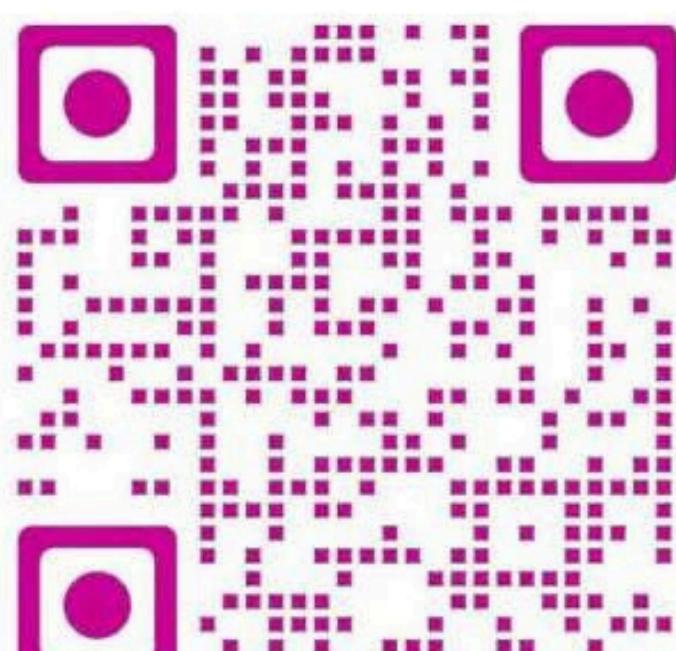


**PRABHAT RANJAN**

Caregiver  
Moderator



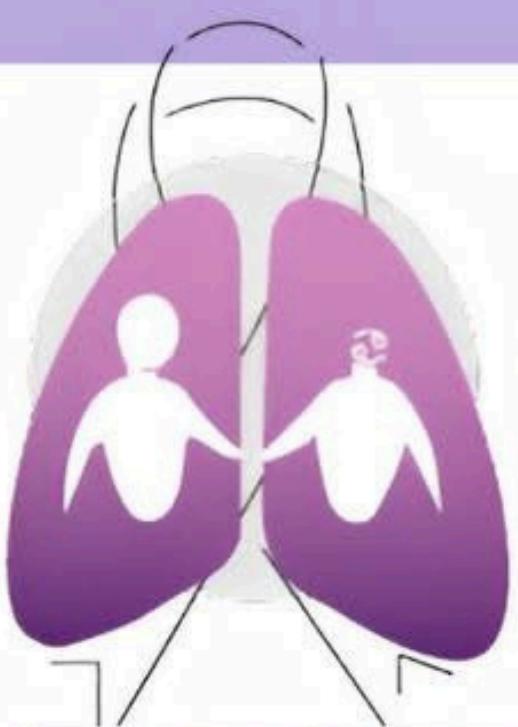
**16th July, 2025  
4pm onwards**



**JOIN ZOOM MEETING**



**JOIN OUR SOCIAL MEDIA**



**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



# 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



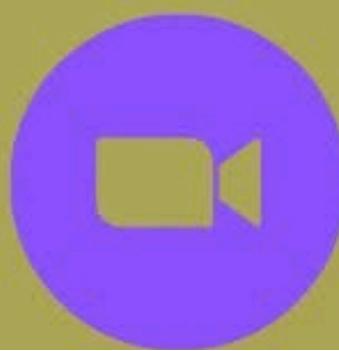
**Dr Anupa Pillai**  
Geriatrician  
Tata Memorial Hospital



**Ratan Dhekale**  
Patient Advocate  
Moderator

**JOIN US**

[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

# 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

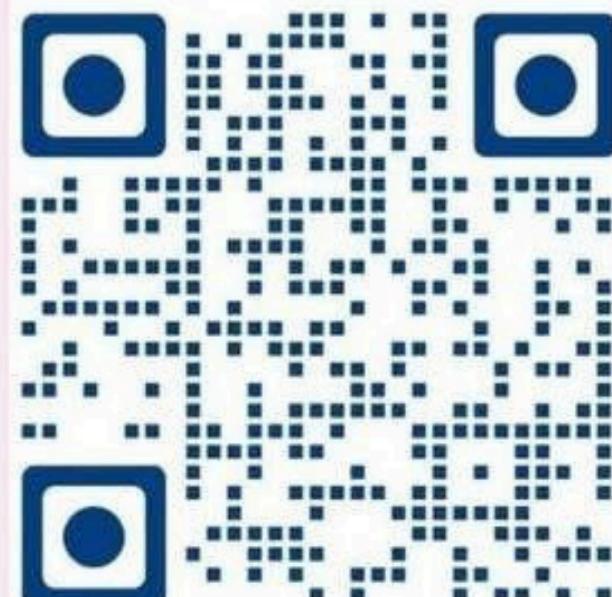
**The last Friday of every month**  
**AT 04:00 PM**

Join Meeting



SCAN FOR

Social media



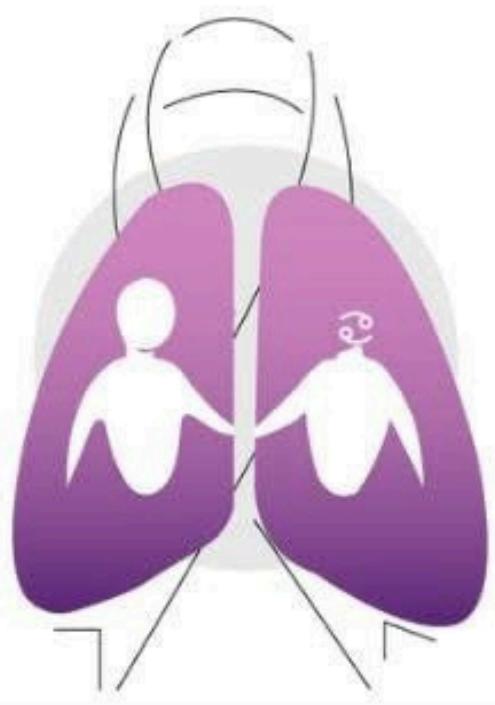
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[www.lungconnectindia.org](http://www.lungconnectindia.org)



[contact@lungconnectindia.org](mailto:contact@lungconnectindia.org)



**LUNG  
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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

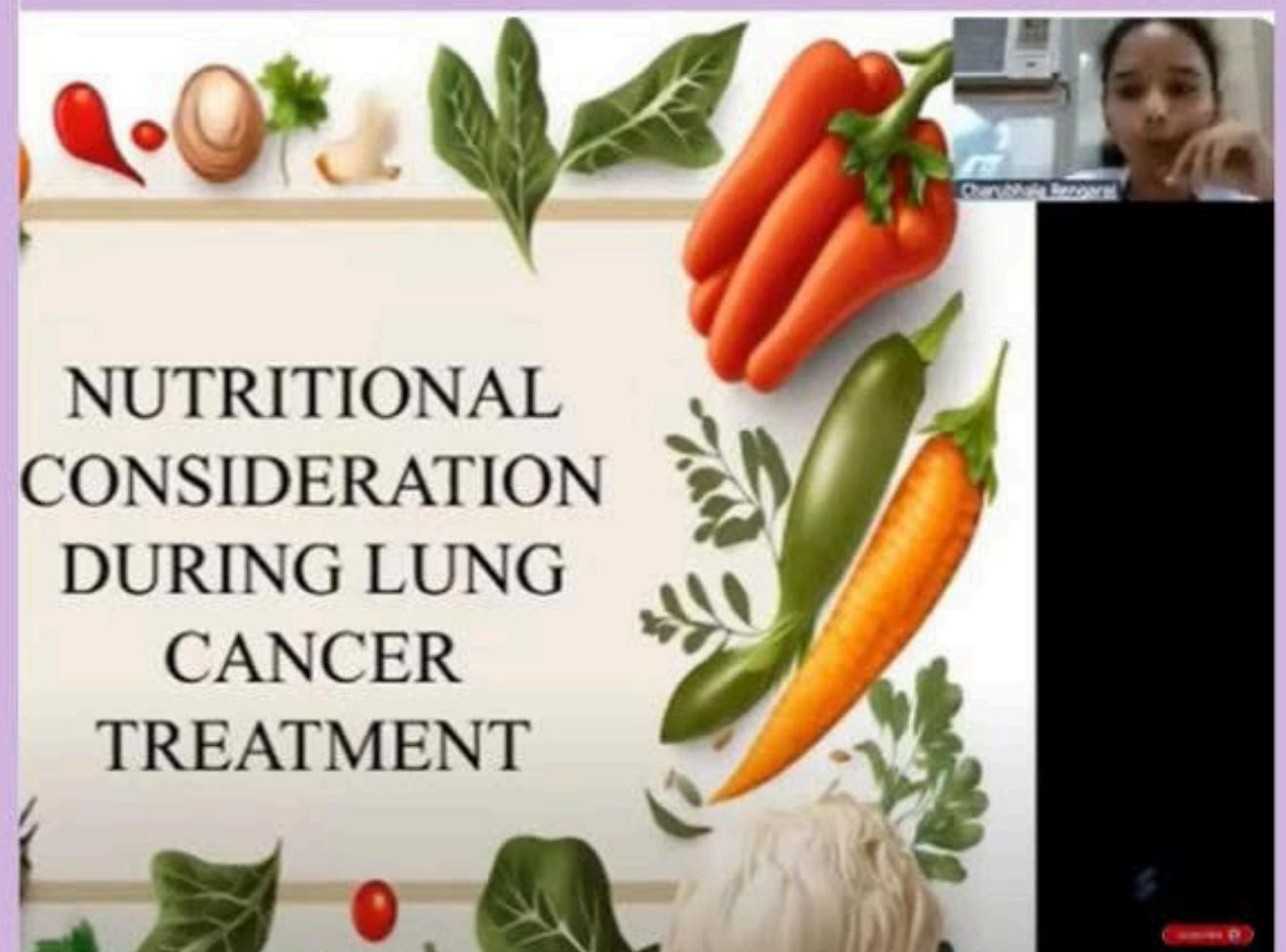
**MS PRITI AROLKAR  
DIETICIAN  
TMH, MUMBAI**



**DR. PALAK BHATT  
Medical Oncologist  
Ahmedabad**



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



**NUTRITIONAL  
CONSIDERATION  
DURING LUNG  
CANCER  
TREATMENT**



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