

YOUR GUIDE TO CANCER TREATMENT AND PREVENTION

# CANCER FOCUS

WITH DR. SHARMIN



## LIVING WITHOUT INFLAMMATION

YOUR GUIDE TO FIGHTING CANCER

### What's inside:

- WHAT IS INFLAMMATION AND WHAT CAUSES IT
- AN ANTI-INFLAMMATORY DIET AND LIFESTYLE
- STRESS AND SLEEP
- TIPS TO FIGHTING CANCER
- MESSAGE FROM THE DIRECTORS
- DENVAX AND NUTRITION
- DENVAX RND CENTER

## INFLAMMATION

Half of the cancers arising can be prevented based on what we know today. Cancer formation takes anywhere from ten to thirty years. It is a slow process. Quite a lot of times there's presence of chronic inflammation which is linked to cancer formation. Inflammation per se is your body's response to injury, infection or irritation. When it is acute, it is protective in nature. When it gets chronic, that's when it gives rise to a number of medical conditions, including **cancer**.

Certain chronic inflammatory conditions like hepatitis is linked to liver cancer, pancreatitis to pancreas cancer, gastro-esophageal reflux disease to cancer of the esophagus and so on. Most studies indicate that an anti-inflammatory lifestyle could play an important role in both prevention and treatment of cancer. **Let's learn more about inflammation.**



## What is Inflammation & What Causes it?

Inflammation is our body's natural defense mechanism. It happens in response to an injury, irritation, or infection occurring to us. When we cut our hand, or we injure it, the inflammatory process sets in and there's presence of redness, swelling, loss of function and pain present at the site of injury. This type of inflammation is called **Acute Inflammation**. Acute inflammation is healthy and important to promote healing. When inflammation is present for a long time, and our body's immune system is unable to clear it, that's when inflammation gets unhealthy, giving rise to a large number of diseases, like heart disease, diabetes and cancer. This long-standing inflammation is called **Chronic Inflammation**.

Chronic inflammatory diseases are the most significant cause of death in the world. WHO ranks chronic diseases as the greatest threat to human health. Worldwide, 3 of 5 people die due to chronic inflammatory diseases like stroke, chronic respiratory diseases, heart disorders, cancer, obesity, and diabetes. Smoking, drinking, obesity and wrong foods promote chronic inflammatory processes. Exposure to radiation, environmental pollution and certain infections, like hepatitis, H. Pylori, HIV also promotes inflammation and subsequent cancer formation. Lack of physical activity, stress, depression, isolation and lack of sleep are additional factors that promote inflammation.

### How to recognize Chronic Inflammation?

It is hard to recognize presence of inflammation in our body. In fact obesity is considered as an inflammatory state. The symptoms and signs are mostly ill-defined and vague. Presence of fatigue, low energy levels, stress, ongoing pain, allergies, asthma and digestive problems like bloating, indigestion, abdominal pain, acid reflux, or changes in bowel habit is suggestive of presence of inflammation.



### FACTORS THAT PROMOTE INFLAMMATION INCLUDE:

- SMOKING
- WRONG FOOD CHOICES
- LACK OF PHYSICAL ACTIVITY
- STRESS
- LACK OF SLEEP
- MENTAL HEALTH ISSUES
- OBESITY
- ALCOHOL ABUSE
- INFECTIONS
- PROLONGED EXPOSURE TO POLLUTION
- RADIATION



## Anti-inflammatory Diet and Lifestyle

CHOOSING AN ANTI-INFLAMMATORY LIFESTYLE IS CRUCIAL TO ACHIEVING OPTIMUM HEALTH, AND HAPPINESS TOO

An **anti-inflammatory diet** has the power to inhibit several events that lead to cancer development. Fruits and vegetables have hundreds of anti-inflammatory agents. It's best we eat a variety of fresh fruits and vegetables across the entire spectrum. Eat foods that are rich in omega 3 fats, like fish and flax-seeds, and the specific anti-inflammatory foods like avocados, olive oil, walnuts and almonds. Fish is one of the best anti-inflammatory foods, however it is crucial to consume fish with low mercury and toxin levels. Reduce whites like salt, white flour, white sugar and white rice. Highly processed foods, frozen and canned foods and meats are pro-inflammatory. Eat in moderation foods like whole grains, legumes, beans and seeds. They increase fiber intake and help regulate blood sugar and insulin levels, but are also known to promote inflammation in increased amounts.

**Exercise** is a useful tool to reduce inflammation. So is stress management. It is a good practice to find ways to reduce or manage stress, using techniques like meditation, prayers, yoga or whatever suits you best. Chronic stress is linked to chronic inflammation.

### Tips to Fighting Cancer:

- Look out for cancer- causing agents. Protect yourself and your family from these agents.
- Choose an anti-inflammatory lifestyle.
- Be informed of the warning signs and symptoms of cancer for early detection.
- Get regular health checkups and participate in screening programs.
- Talk about cancer among family and friends. It helps.

*If you have an inflammatory condition it's best you pay attention now. Consult your doctor and get yourself treated. There are specific medicines to reduce it. Chances are you may be reducing your risk of getting cancer.*





## Stress & Sleep

### SLEEP & REST TO FIGHT STRESS AND INFLAMMATION

Regularly sleeping less than eight hours exposes your body to chronic stress that will result in an increased abdominal fat. Obesity and diabetes develop if we regularly cut your night's sleep short. By sleeping well, we reduce stress and inflammation, which in turn prevents a number of diseases.

#### Tips to Reduce Stress

- **Be physically active**, preferably every day
- **Learn a relaxation technique**
- **Strengthen your social network:** create some time for family, friends and colleagues
- **Deal positively with stressful situations** rather than ignoring them
- **Hold family reunions** and create a happy home
- **Prioritise your sleep** (see next column)
- **Take short breaks** and give your body chance to breathe out and relax

#### Tips to Sleeping Well

- **Get up at the same time every morning**, even when you go to bed a bit later and at weekends
- **Do not have an afternoon nap**, when you are already having problems to sleep at night
- **Get out of bed if you can't sleep** and do something quiet instead
- **Don't consume coffee, tea, cola or chocolate** in the last few hours before bed- the caffeine will keep you awake
- **Don't go to bed hungry**
- **Do not allow your children and animals in your bed**

Lifestyle habits, can raise the risk for sleep problems. Not getting enough daily physical activity, being around lots of noise, taking longer naps, falling asleep outside the bedroom, watching long hours of television or having long hours of other types of screen time, using tobacco products, drinking alcohol and caffeine, and not taking in enough nutrients can all affect sleep. Reduce these if you want to sleep well.

*Hidden Inflammation is a chronic form of inflammation that smolders like a fire in your body and destroys it from within.*

*The choices you make can decrease or increase the inflammation by acting as water, or petrol on a fire.*



A portrait of Dr. Sharmin Yaqin, a woman with long, dark, wavy hair, wearing a black top and a pink and green patterned shawl. She is looking directly at the camera with a slight smile. The background is a bright, out-of-focus interior with a large circular mirror.

**DR. SHARMIN YAQIN**

**Cancer Immunotherapist  
The Denvax Clinics**

Hi Friends,

"Inflammation is a chronic condition that breaks down your body from within. The good news is you can combat it by living a healthier lifestyle. What you get in return is a better quality of life, you will be losing weight, have more energy - and feel great and what's more it protects you against cancer, blood clots and diabetes type 2.

Cancer is on the rise. It is soon expected to be the leading cause of death, replacing heart disease. It is best we take actions now to reduce our chances of getting this deadly disease.

Cancer is a scary word. It brings out fear in people, like no other word in the world. But harboring fear is not the solution to the problem. Fighting cancer is. Prevention is the best form of reducing the burden of cancer. Getting educated is the first step to gaining control in cancer. Putting that knowledge into action comes next.

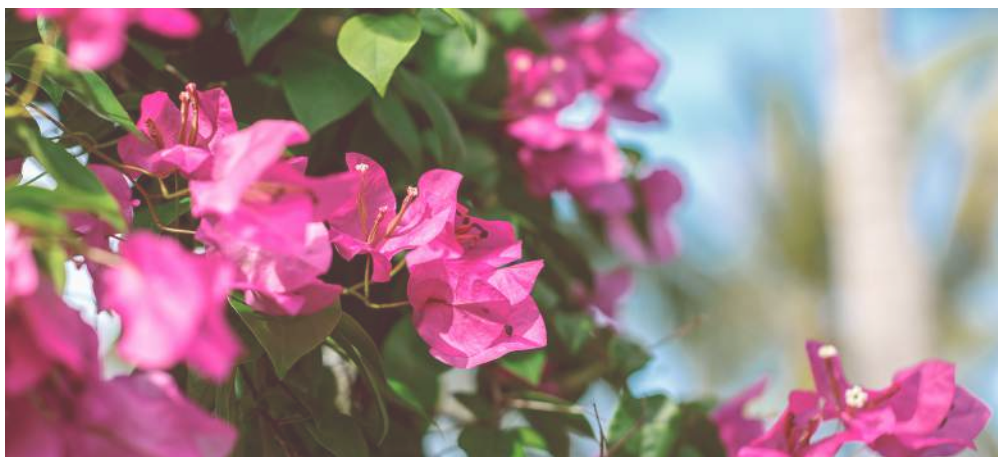
Lastly, keep in mind, nobody's immune to cancer. So, when in doubt talk to your doctor".

Yours,

**Dr. Sharmin Yaqin**

Director,  
The Denvax Clinics & Optimum Therapeutics  
18 Poorvi Marg, Vasant Vihar , New Delhi-110057

[www.denvaxindia.com](http://www.denvaxindia.com)



# THE DENVAX CANCER THERAPY

Denvax Newsletter

## THIS EDITION'S MESSAGE FROM THE DIRECTOR

Dear Friends,

We, at The Denvax Clinics, strive to ensure we give the best possible treatment for our patients suffering from cancer. We understand the pain and suffering patients undergo in this disease. For this reason we are constantly making endeavors to upgrade our system, keep a close contact with our patients and do our best in the treatment we offer.

We try to individualize each treatment plan, best suited for the patient's needs and demands.

Cancer is a dynamic disease process and keeps evolving. At times, it makes unexpected turns. For this reason, we individualize each person's treatment plan, to maximize the benefit. Where required, we advise surgery, radiation and chemotherapy and palliative treatment plans. Our aim is to maximize the treatment outcomes for each patient. Not only that, we ensure additionally that our patient is well nourished, is not in pain, and living a decent life. We are equipped with a team of doctors for the follow-ups and continued patient management.

We do our best to ensure we are with you in this struggle. Wishing you the best of health and happiness,

**Dr. Jamal A. Khan**

Director,

The Denvax Clinics & Optimum Therapeutics Pvt. Ltd. India

BUILDING

**16 YEARS OF  
TRUST**

FROM PATIENTS ALL AROUND  
THE WORLD



# DENVAX AND NUTRITION

by Dr. Sharmin Yaqin

A very often asked question, from a lot of our patients, is 'What do we Eat'?

Below are the current guidelines on what to eat during cancer treatment:

Good nutrition is important for cancer patients. Eating the right kinds of foods can help the patient feel better and stay stronger. A healthy diet includes eating and drinking enough of the foods and liquids that have important nutrients (vitamins, minerals, protein, carbohydrates, fat, and water) the body needs.

Overall, try to make food choices that provide you enough calories to maintain your weight, protein to help rebuild tissues that cancer treatment may harm, nutrients such as vitamins and minerals, and fluids essential for your body's functioning. Also, exercise can help with appetite and digestion issues related to treatment.

## Eating small portions slowly and every few hours seem to work best.

Avoid skipping meals and eating fatty, greasy or spicy foods. Light, bland foods seem to work best. Some examples of choices are:

- Plain or Fruited yogurt
- Fresh fruit and cottage cheese (Paneer)
- Boiled egg and toast
- Toasted bread with a small amount of butter
- Cereal and milk or Soy milk, if lactose intolerant
- Vegetable or Chicken rice soup with saltine crackers.

- **Eat small meals and snacks throughout the day.** Aim for 5-6 smaller meals rather than 3 large meals).
- **Eat lower fat, blander foods**
- **Try colder or cool foods** – these give off less odor and aroma and are especially important if you feel nauseous. Hot foods can have a more pronounced odor, therefore causing an aversion to certain foods.
- **Drink fluids frequently** – this will prevent dehydration and remove some of the byproducts of the chemotherapy.
- **Water is the best** but there are other sources of fluids such as juices, broth, clear soups, protein drinks, smoothies, herbal teas and sharbat.
- **Eat foods high in protein** paneer, cheese, protein powder, eggs, beans and legumes, and meat like fish and chicken if you are a non-vegetarian.

A diet to protect against heart disease, stroke, and other common diseases is what we need to eat - with or without cancer. It consists of fruits, vegetables, whole grains, legumes, nuts, fish, and low-fat dairy products rather than refined or processed foods, red meats, high concentrated sweets, and unhealthy oils.

# THE DENVAX CLINICS INDIA

DELHI MUMBAI AHMEDABAD HYDERABAD KOLKATA CHENNAI AMRITSAR LUCKNOW

[WWW.DENVAXINDIA.COM](http://WWW.DENVAXINDIA.COM)



## THE DENVAX R&D CENTER

**YOUR NEXT ISSUE:**

### RECURRENCE IN CANCER

Is a relapse in cancer  
worrying you?

How to Prevent  
Recurrence in  
Cancer?

### SOHNA, HARYANA

The Denvax Research and Development center is for manufacturing of Denvax Cancer Immunotherapy, the customized cell-based protocol on cancer. The R&D center is designed as per the WHO standards of lab facility, meeting the GMP requirements. The Denvax R&D center runs 24X7, non-stop on all days of the year. The lab is fully equipped to perform world standards cell culture techniques, an essential part of Denvax manufacturing.

