

JANUARY TO MARCH 2023

YOU CAN PROTECT



Can Protect
Foundation

Empowering Women, Protecting Lives

A Journey to a Cancer-Free Future

A Time Traveler's Perspective on
Women's Health

Screening for Life:

Protecting Army Women

Breaking the Taboo:

A Conversation on Menstruation
and Women's Health





DR SUMITA PRABHAKAR
PRESIDENT, **Can Protect Foundation**

To read this issue online, visit:
canprotectfoundation.com

FROM THE **EDITOR:**

Dear Readers,

Can Protect Foundation, a non-profit organization dedicated to raising awareness, education, early detection and prevention for breast and cervical cancer.

As a medical professional and a woman, I understand the importance of women's health and the need for increased awareness and resources for breast and cervical cancer. These diseases affect millions of women globally and have a significant impact on their physical, emotional, and financial well-being.

Breast and cervical cancer are preventable and treatable when caught early, which is why regular screening and early detection are crucial. At Can Protect Foundation, we work to educate women on the importance of regular screening, provide free facilities for health checkup and screening.

However, the reality is that many women do not have access to quality healthcare and cancer screening services, and the stigma surrounding women's health can prevent women from seeking the care they need. This is why we must come together as a community to raise awareness and break down these barriers to care.

In this edition of our magazine, we are focusing on women's health and breast and cervical cancer awareness. We have included articles on the importance of early detection, the impact of cancer on mental health, self-care practices, and much more. We hope that this edition will serve as a valuable resource for women everywhere and help to educate, empower, and inspire them to prioritize their health.

As women, it is our responsibility to take charge of our health and well-being. We hope that this edition of our magazine will serve as a call to action for all women to prioritize their health and encourage their friends and family to do the same.

We thank you for your continued support and commitment to Can Protect Foundation and women's health.

Dr Sumita Prabhakar

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WORLD CANCER DAY 2023

Raising Awareness, Empowering Women

Can Protect Foundation and Unayan Ek Sankalp Team Up to Tackle Breast and Cervical Cancer

Breast and cervical cancer are two of the leading health challenges facing women globally, affecting millions of lives each year. In recognition of World Cancer Day, the Can Protect Foundation and Unayan Ek Sankalp joined hands to bring critical information and resources to women in Varanasi. The organizations collaborated to host an online seminar, led by Can Protect Foundation President Dr. Sumita Prabhakar, to educate and raise awareness about these important issues.

The seminar was held on the World Cancer Day and attracted numbers of women from the Varanasi area. The technical setup for the program was provided by the Can Protect Foundation technical team, while Unayan Ek Sankalp provided the necessary equipment such as projectors and other materials. All the attendees were also able to download the CanProtect Foundation's free breast cancer awareness app, "CanApp," from the Google Play Store.

The seminar covered a range of topics, from the importance of early detection and self-exams to the impact of breast and cervical cancer on mental health and available resources for those affected by the diseases. Dr. Prabhakar shared her expertise and insights as a medical professional, emphasizing the importance of regular screenings and self-care for women's health. She also shed light on the importance of cervical cancer prevention, including HPV, HPV vaccination, and Pap smears.

Dr. Prabhakar demonstrated how to do a breast self-examination, using a presentation to guide the attendees through the process. This was a valuable opportunity for women to learn how to perform a self-exam correctly and to understand the signs and symptoms of breast cancer.

In addition to the educational component, the seminar aimed to break down the stigma surrounding women's health and



encourage attendees to prioritize their well-being. The program was a call to action for all women to take charge of their health and to encourage their friends and family to do the same.

The collaboration between Can Protect Foundation and Unayan Ek Sankalp was a success, and it is our hope that this seminar will serve as a starting point for continued efforts to raise awareness and resources for women's health, particularly in the fight against breast and cervical cancer. We are grateful for the opportunity to work with Unayan Ek Sankalp and make a difference in the lives of women in Varanasi.

The Can Protect Foundation is committed to making a positive impact in the lives of women affected by breast and cervical cancer. We believe that by raising awareness, providing resources, and funding research, we can improve the outcomes for women facing these diseases. With collaborations like this one with Unayan Ek Sankalp, we can bring important information to women in communities around the world and empower them to prioritize their health.

THE IMPORTANCE OF **EARLY DETECTION**

A Guide to **Breast** and **Cervical Cancer** Screening

Breast and cervical cancer are two of the most common cancers among women worldwide. While these diseases can be difficult to detect in their early stages, regular screening are crucial for early diagnosis and effective treatment.

Breast cancer screenings, such as mammograms, can detect breast tumors that may not yet be palpable. These tests can also help identify changes in the breast tissue that may be indicative of cancer.

The American Cancer Society recommends that women begin receiving yearly mammograms at age 45, but earlier screening may be necessary depending on individual risk factors.



Dr Sumita Prabhakar
President, **Can Protect Foundation**



Cervical cancer screenings, such as pap smears, can detect abnormal cell growth in the cervix and determine if further testing is necessary. The HPV vaccine can also reduce the risk of cervical cancer and is recommended for girls starting at age 09 to 12.

Self-exams can help

In addition to regular screenings, self-exams can help women detect breast and cervical cancer early. Women should be familiar with the normal appearance and feel of their breasts and perform monthly self-exams. They should also be aware of changes in their bodies, such as lumps or unusual discharge, and seek medical attention if necessary.

**DOWNLOAD
'CANAPP' TODAY**



Increase the chances of survival

It's important to remember that breast and cervical cancer can still develop despite regular screening and self-exams. However, early detection and treatment can greatly improve outcomes and increase the chances of survival. Women should not be afraid to ask questions and advocate for themselves when it comes to their health.

By prioritizing regular screening and self-exams, women can take control of their health and protect themselves against breast and cervical cancer. Regular check-ups and self-awareness can make a world of difference in the early detection and successful treatment of these diseases.

In conclusion, taking control of your health is the first step in the fight against breast and cervical cancer. Regular screenings and self-exams are essential tools in early detection and successful treatment. Women should not be afraid to ask questions and prioritize their well-being. Together, we can raise awareness and make

Screening options:

Breast Cancer Screening:

There are several methods used for detecting breast cancer, including:

Mammogram: A mammogram is an X-ray of the breast that helps detect any changes or abnormalities that may indicate cancer. Women between the ages of 50 and 74 should have a mammogram done every two years, while women above 75 years should consult their doctor to determine the frequency of their screenings.

Clinical Breast Exam (CBE): A clinical breast exam is performed by a healthcare provider to check for any lumps or changes in the breast. Women of all ages should have a CBE performed as part of their regular physical exams.

Breast Self-Exam (BSE): A breast self-exam is a simple and easy way for women to check their breasts for any changes or lumps. Women should perform a BSE once a month, usually a few days after their menstrual period ends.

Cervical Cancer Screening:

Cervical cancer is preventable with regular screening and early detection. There are two common methods used for detecting cervical cancer:

Pap Smear: A Pap smear is a test that collects cells from the cervix to check for any abnormal cells that may indicate cervical cancer. Women between the ages of 21 and 65 should have a Pap smear done every three years. Women above 65 years, who have had three consecutive normal Pap smears, may choose to stop having the test.

Human Papillomavirus (HPV) Test: The HPV test is a test that checks for the presence of the virus that can cause cervical cancer. Women between the ages of 30 and 65 should have an HPV test done every five years. Women above 65 years, who have had three consecutive normal Pap smears, may choose to stop having the test.

The frequency of breast and cervical cancer screening can vary based on a woman's age, health, and family history. Here are the general guidelines for women:

Breast Cancer Screening:

- Women between the ages of 50 and 74 should have a mammogram done every two years.
- Women above 75 years should consult their doctor to determine the frequency of their screenings.
- Women of all ages should have a Clinical Breast Exam (CBE) performed as part of their regular physical exams.
- Women should perform a Breast Self-Exam (BSE) once a month, usually a few days after their menstrual period ends.

Cervical Cancer Screening:

- Women between the ages of 21 and 65 should have a Pap smear done every three years.
- Women between the ages of 30 and 65 should have an HPV test done every five years.
- Women above 65 years, who have had three consecutive normal Pap smears or HPV tests, may choose to stop having the test.
- Women with a history of abnormal Pap smears or HPV tests should consult their doctor to determine the frequency of their screening.

Breaking the Taboo:

A Conversation on Menstruation and Women's Health

Menstruation is a natural biological process that affects half of the world's population, yet it remains a taboo topic in many cultures. It is time for society to start openly discussing the importance of menstrual hygiene and management, and how it impacts women's health.

The menstrual cycle is an essential process that allows women to bear children. It is a complex process that is regulated by the hormones produced in the body. The average menstrual cycle lasts for around 28 days, and it is marked by the shedding of the uterine lining. This process can cause discomfort, pain, and inconvenience for many women. However, it is important to remember that the menstrual cycle is not a disease, but a natural process that is a part of every woman's life.

One of the key issues related to menstruation is menstrual hygiene and management. In many parts of the world, women do not have access to proper menstrual products or adequate sanitation facilities. This can lead to various health problems, including infections and reproductive health issues. Women should have access to safe, affordable, and environmentally friendly menstrual products. In addition, proper education on menstrual hygiene and management should be provided to



This article aims to provide an in-depth discussion on various aspects of the menstrual cycle and its impact on women's health.

women, so that they can take care of their health during their menstrual cycles.

Another issue related to menstruation is premenstrual syndrome (PMS). PMS is a collection of symptoms that many women experience before their menstrual cycle. These symptoms can include cramps, headaches, bloating, mood swings, and fatigue. PMS can greatly impact a woman's quality of life, but it is important to remember that it is a normal part of the menstrual cycle. Women can manage PMS by making lifestyle changes, such as eating a healthy diet, exercising regularly, and getting enough sleep.

The link between menstruation and breast cancer is another important topic to discuss. Research has shown that there is a correlation between the menstrual cycle and breast cancer. Women who start menstruating at an early age or those who experience menopause at a later age have an increased risk of developing breast cancer. In addition, women who have a family history of breast cancer or who have certain genetic mutations are also at an increased risk. It is important for women to be aware of these risk

factors and to undergo regular breast cancer screenings to detect any abnormalities in the early stages.

It is crucial for women to understand the importance of regular check-ups.

Women should not be ashamed or embarrassed to talk about their menstrual cycles or seek help for any related health issues. With proper education and support, women can take control of their health and lead a healthy, fulfilling life.

In conclusion, menstruation is an important aspect of women's health that needs to be openly discussed and addressed. From menstrual hygiene and management to PMS and the link between menstruation and breast cancer, it is important for women to have access to the resources and information they need to take care of their health. By breaking the taboo surrounding menstruation, society can empower women to make informed decisions about their health and well-being.



Challenging Period Taboo and Stigma in India

In India, menstruation is a taboo topic, surrounded by stigma and myths. Even though menstruation is a natural biological process, it is seen as something embarrassing and shameful. This stigma is rooted in traditional beliefs and customs, and is perpetuated by a lack of comprehensive sex education and an unequal gender power structure.

The taboo and stigma around menstruation has serious implications for women and girls in India. Women are often excluded from important activities and religious ceremonies, as menstruation is seen as impure. They also face limitations in terms of how they can manage their menstruation. They often lack access to sanitary products, which can lead to health problems. Additionally, there is a lack of education around menstruation and its associated risks, which can lead to poor hygiene practices and embarrassment.

The stigma around menstruation also contributes to gender inequality. Women are often seen as inferior and less capable than men, due to their biological differences. This leads to a lower status in society and a lack of access to resources and opportunities.

Fortunately, there are some signs of progress. In recent years, there have been increasing efforts to challenge the stigma and raise awareness. This includes campaigns to educate people about menstruation and to promote access to sanitary products.

Breaking the Taboo:

A Mother-Daughter Dialogue on Menstruation and Hygiene

Daughter: Mom, can we talk about something personal?

Mother: Of course, honey. What's on your mind?

Daughter: It's about menstruation. I have some questions and I think it's important for me to know.

Mother: Okay, go ahead. I'm here to answer any questions you have.

Daughter: So, I just started my period and I want to make sure I'm doing everything right. Can you tell me about menstrual hygiene?

Mother: Of course. Menstrual hygiene is very important for your health and comfort. It's important to change your sanitary pad or tampon regularly, usually every 4-6 hours, to prevent infections and odors. And always make sure you have a clean pad or tampon with you in case of heavy flow.

Daughter: What about washing? How often should I wash down there?

Mother: It's important to wash your vaginal area at least once a day, preferably twice a day, with warm water and mild soap. And it's also important to change your pads or tampons and wash your vaginal area after exercising or playing sports.

Daughter: What about pain and cramps during menstruation?

Mother: Some women experience pain and cramps during their period. You can try taking pain relievers like ibuprofen or using a heating pad to relieve the discomfort. Drinking plenty of water and eating a healthy diet can also help reduce cramps.

Daughter: I heard that we shouldn't use scented products during our period. Is that true?

Mother: Yes, that's true. Scented products like scented pads, tampons, and sprays can cause irritation and increase the risk of vaginal infections. It's best to stick with unscented products during your period.



Revolutionizing Women's Health: The Impact of Can Protect Foundation's Screening Model.



In today's world, taking care of our health is more important than ever. For women, this means paying special attention to their reproductive health, including their breasts and cervix. However, many women in India still face barriers to accessing quality health care, including poverty, lack of awareness, and cultural taboos. This is where the Can Protect Foundation has made a significant impact, with its innovative model for women's health checkups.

In the past 7 years, the Can Protect Foundation has screened thousands of women across India, providing free of cost opportunistic screening for breast and cervical cancer. Through its extensive network of trained health workers and partnerships with local organizations, the Foundation has been able to reach women in remote and underserved communities.

In the past 7 years, the Can Protect Foundation has screened thousands of women across India, providing free of cost opportunistic screening for breast and cervical cancer.

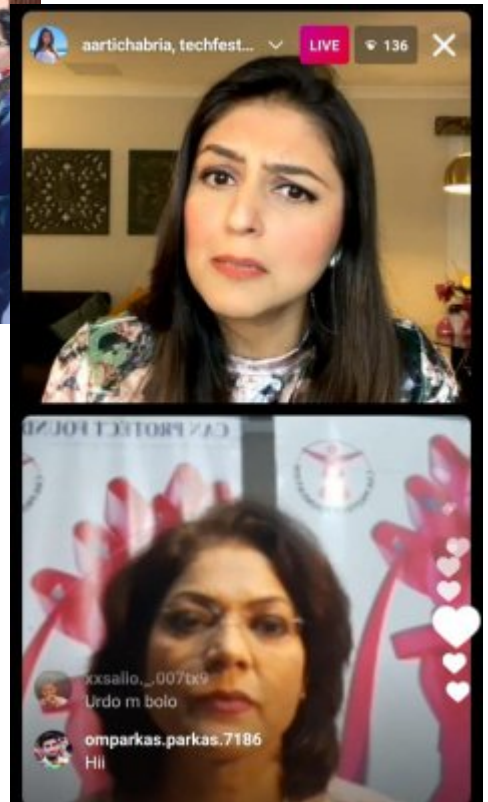
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The impact of the Can Protect Foundation's model has been significant. The early detection of breast and cervical cancer through opportunistic screening has allowed many women to access treatment at an early stage, improving their chances of survival and reducing the risk of serious health complications.

In addition, the Foundation's model provides education and awareness to women about the importance of regular checkups, encouraging them to take charge of their health and make informed decisions about their care.

“The early detection of breast and cervical cancer through opportunistic screening has allowed many women to access treatment at an early stage, improving their chances of survival and reducing the risk of serious health complications.”



One of the key strengths of the Can Protect Foundation’s model is its community-based approach. By working with local organizations and partnering with health care providers, the Foundation is able to provide comprehensive and culturally-sensitive care to women. This includes not only medical checkups but also counseling and support services, addressing the social and psychological factors that can impact a woman’s health.







Another important aspect of the Foundation's model is its use of technology. The Foundation has developed a mobile app, "Canapp", which provides women with information about breast and cervical cancer, as well as guidance on self-examination and regular checkups. The app has been well-received by women and has been downloaded over 2,000 times.



The Can Protect Foundation's model for women's health checkups has been successful in breaking down the barriers that prevent women from accessing quality health care. By providing free and comprehensive care, the Foundation has been able to reach women in remote and underserved communities, improving their health and wellbeing. The Foundation's commitment to empowering women to take charge of their health has been an inspiration to others, and its model has the potential to be replicated and scaled in other parts of India and beyond.

In conclusion, the Can Protect Foundation's model for women's health checkups has made a significant impact in improving the health and wellbeing of women across India. By providing free and comprehensive care, the Foundation has been able to reach women in remote and underserved communities, breaking down the barriers that prevent them from accessing quality health care. The Foundation's innovative and community-based approach has set a new standard for women's health care, and its impact will be felt for generations to come.

A Journey to a Cancer-Free Future

A Time Traveler's Perspective on Women's Health


2023

The year is 2023, and as a woman, I was constantly plagued by the fear of breast and cervical cancer. The mere thought of these diseases was enough to send shivers down my spine. But what if I told you that all of this could change in just a matter of a few decades?

Well, that's exactly what happened when I traveled to the year 2050. To my delight, I was informed that breast and cervical cancer were no longer considered a threat to life. It was a world where women's health was a top priority, and everyone was aware of the importance of early detection. **So, how did the world achieve this?**

2050





In 2050, women's health was no longer a taboo. Women were free to discuss their health concerns with their friends, family, and healthcare providers without any hesitation.

The answer lies in the simple yet powerful act of self-examination. In 2050, every woman was taught to conduct a self-examination of their breasts every month. This routine check-up was a crucial aspect of maintaining good health, and it was encouraged from a young age.

Moreover, talking about women's health was no longer a taboo. Women were free to discuss their health concerns with their friends, family, and healthcare providers without any hesitation. The society had become more accepting and understanding of the struggles that women face. One of the key factors that

helped in achieving this was the screening programs conducted by various organizations. Women were encouraged to undergo regular screenings, and those diagnosed with breast or cervical cancer were provided with the necessary support and treatment. The medical advancements in the field of cancer treatment had also contributed significantly in this regard.

Together, Let's Make a Cancer-Free World!



In conclusion, the world of 2050 was a safer and healthier place for women, and I was proud to be a part of it. However, I also realized that there is still much work to be done in 2023 to get to that level. But I am confident that if we come together and work towards a common goal, we can make this vision a reality.

So, let's take a step forward and create a world where every woman can live without the fear of breast and cervical cancer. Let's educate ourselves and others about the importance of self-examination and early detection. Let's break the taboo surrounding women's health and encourage everyone to take care of their bodies. After all, mind over matter, and together, we can conquer any obstacle that comes our way.



Nourishing Your Body: A Guide to **Healthy Eating for Women**

As women, we often have a lot of responsibilities and roles to fulfill. We work, care for our families, and try to maintain our social lives. With all of these demands, it can be difficult to prioritize our health. However, taking care of ourselves is essential for both our physical and mental well-being. One of the most important aspects of self-care is maintaining a healthy diet. In this article, we will discuss the basics of healthy eating for women, and provide tips and resources for making it a part of your routine.

Understanding Nutritional Needs

Every woman's nutritional needs are different, based on factors such as age, weight, and level of physical activity. However, there are some key nutrients that are important for all women to include in their diets.

These include:

Calcium: This mineral is essential for building and maintaining strong bones. Women need around 1,000 mg of calcium per day, and it can be found in dairy products, leafy greens, and fortified foods.

Iron: Iron is important for carrying oxygen throughout the body and

preventing anemia. Women who are menstruating or pregnant need more iron than those who are not. Good sources of iron include red meat, poultry, beans, and fortified cereals.

Folate: This B-vitamin is important for cell growth and the development of the nervous system. Women who are pregnant or planning to become pregnant should aim for at least 400 micrograms of folate per day. Good sources include dark, leafy greens, beans, and fortified grains.

Fiber: Fiber is important for maintaining a healthy digestive system and preventing constipation. Women should aim for at least 25 grams of fiber per day. Good sources of fiber include fruits, vegetables, whole grains, and legumes.

Fuel your body, **empower your soul**

Making Healthy Eating a Priority

With so many demands on our time and energy, it can be difficult to prioritize healthy eating. However, there are several strategies you can use to make it a part of your routine:

Plan ahead: Planning your meals in advance can help you make healthy choices, even when you're short on time. Try to include a variety of foods in your diet, and make sure you're getting enough fruits, vegetables, whole grains, and lean protein.

Make healthy substitutes: Instead of reaching for unhealthy snacks, try to opt for healthier alternatives. For example, you can swap candy for fresh fruit, or crackers for whole grain crackers.

Keep healthy snacks on hand: Having healthy snacks available can help you resist the temptation to reach for junk food. Try to keep a variety of options on hand, such as cut-up fruits and vegetables, nuts, and seeds.

Cook at home: Eating out can be tempting, but it's often less healthy than cooking at home. When you cook for yourself, you have control over the ingredients and preparation methods, which can help you make healthier choices.

Get support: Having a support system can make all the difference when it comes to maintaining a healthy diet. You might consider joining a group, seeking out a mentor, or finding a friend who shares your goals.

Incorporating physical activity into your routine can also help you maintain a healthy weight and boost your overall health. Aim for at least 30 minutes of moderate physical activity most days of the week.

In conclusion, nourishing your body through healthy eating is an important part of taking care of yourself. By understanding your nutritional needs, planning ahead, and making healthy choices, you can feel your best and maintain your health for years to come.



An overview of the key nutrients women need and the best food sources to get them

When it comes to eating for health, women need more than just protein and carbs. Nutritionist and author of *The Food Babe Way*, Vani Hari, has a few key nutrients that women should be aiming for on a regular basis. “Women need to get more of the following nutrients to support their health and well-being,” Hari says.

Iron: Iron deficiency is the most common nutritional disorder in women, affecting around 40% of menstruating women and 50-70% of pregnant women. Good sources of iron include red meat, legumes, fortified breakfast cereals, and dark leafy greens.

Vitamin B12: This vitamin is essential for women’s health, especially because it helps to support nerve function, red blood cell production, and DNA synthesis. Good sources of vitamin B12 include animal protein, fortified breakfast cereals, and some plant-based foods, such as fortified soy milk and vegan burgers.

Folic acid: This nutrient helps to prevent birth defects of the brain and spine, as well as other serious health problems in pregnant women and young children. Good sources of folic acid include leafy green vegetables, legumes, nuts, and fortified breakfast cereals.

Calcium: Calcium is important for strong bones and teeth, and women need around 1,200 mg a day. Good sources of calcium include dairy products, fortified breakfast cereals, and dark leafy greens.

Iron, vitamin B12, and calcium are all essential for women’s health. Folic acid is important for pregnant women and young children, and is found in leafy green vegetables, legumes, nuts, and fortified breakfast cereals.



India is a country with an abundance of different and unique food sources. From dairy milk to creamy and fragrant paneer, there is something for everyone to enjoy when it comes to Indian cuisine. There are also plenty of healthy and nutritious foods to get women the essential nutrients they need to stay healthy and support their bodies.

Some of the best food sources of nutrients for women include:

Legumes: Beans, lentils, and peas are a great source of fiber, protein, and minerals, including iron, calcium, and vitamin B12. These dishes can be enjoyed as a main course or as part of a healthy and balanced diet.

Fortified breakfast cereals: Most breakfast cereals are fortified with vitamins and minerals, including iron, calcium, and vitamin B12. These options are a great way to start the day and are also a good source of energy.

Vegetables: A variety of healthy vegetables are a great source of vitamins, minerals, and antioxidants. Try these vegetables as a main course or as part of a healthy and balanced diet.

Soy milk: Soy milk is a great source of protein, calcium, and vitamin B12. It is also a good source of antioxidants and is a vegan option.

There are plenty of food sources to get women the nutrients they need to stay healthy and support their bodies. Be sure to explore Indian cuisine and find the foods that are best for you.

Moving Forward: The Benefits of Physical Activity for Women's Health

Physical activity is essential for maintaining good health and wellbeing. It has a profound impact on our bodies and minds, particularly in women. Whether it's through yoga, dance, or weightlifting, physical activity can help women of all ages lead healthier and more fulfilling lives. In this article, we will explore the many benefits of physical activity for women's health and the various ways in which women can incorporate exercise into their daily routines.

Reduces the risk of chronic diseases:

Regular physical activity can reduce the risk of several chronic diseases such as heart disease, stroke, type 2 diabetes, and some types of cancer. It can also help lower blood pressure and improve cholesterol levels, which can reduce the risk of heart disease.

Supports mental health:

Exercise is an excellent way to boost your mood and relieve stress. Physical activity releases endorphins, which are natural mood boosters, and can help to reduce anxiety and depression.

Improves bone health:

Physical activity is essential for maintaining strong bones and reducing the risk of osteoporosis. Weight-bearing exercises, such as running and weightlifting, can help increase bone density and reduce the risk of fractures.



Supports weight management: Physical activity can help you maintain a healthy weight and reduce the risk of obesity. It can also help to increase muscle mass and boost metabolism, which can lead to weight loss.

Increases energy levels: Regular physical activity can help increase energy levels and improve sleep quality. It can also help reduce fatigue and improve overall physical and mental alertness.

Improves cardiovascular health: Physical activity can help to improve cardiovascular health by increasing heart and lung function. Regular exercise can also help lower blood pressure and reduce the risk of stroke.

Increases self-confidence: Physical activity can help boost self-confidence and body image. It can also help women feel more in control of their bodies and lead to a more positive self-image.

Enhances sexual health: Regular physical activity can improve sexual function and satisfaction in women. Exercise can help increase blood flow and improve sexual response, leading to enhanced sexual health.

Provides social support: Participating in physical activities, such as group exercise classes, can provide women with social support and encourage a sense of community.

Supports healthy aging: Regular physical activity can help women age more gracefully by reducing the risk of chronic diseases, maintaining cognitive function, and reducing the risk of falls.

Physical activity is essential for women's health and wellbeing. Whether you prefer yoga, dance, or weightlifting, incorporating physical activity into your daily routine can provide a range of benefits for your body and mind. By taking advantage of the many benefits of physical activity, women can move forward in their lives and lead healthier, more fulfilling lives.



Breaking the Cycle of Cancer and Debt: The Power of Early Detection

Cancer is a devastating disease that not only affects the health of a person but also has a significant impact on their finances. The cost of cancer treatment is one of the major reasons why many families are not able to get their loved ones the care they need. This is especially true in the case of breast and cervical cancer, two of the most common cancers affecting women today.

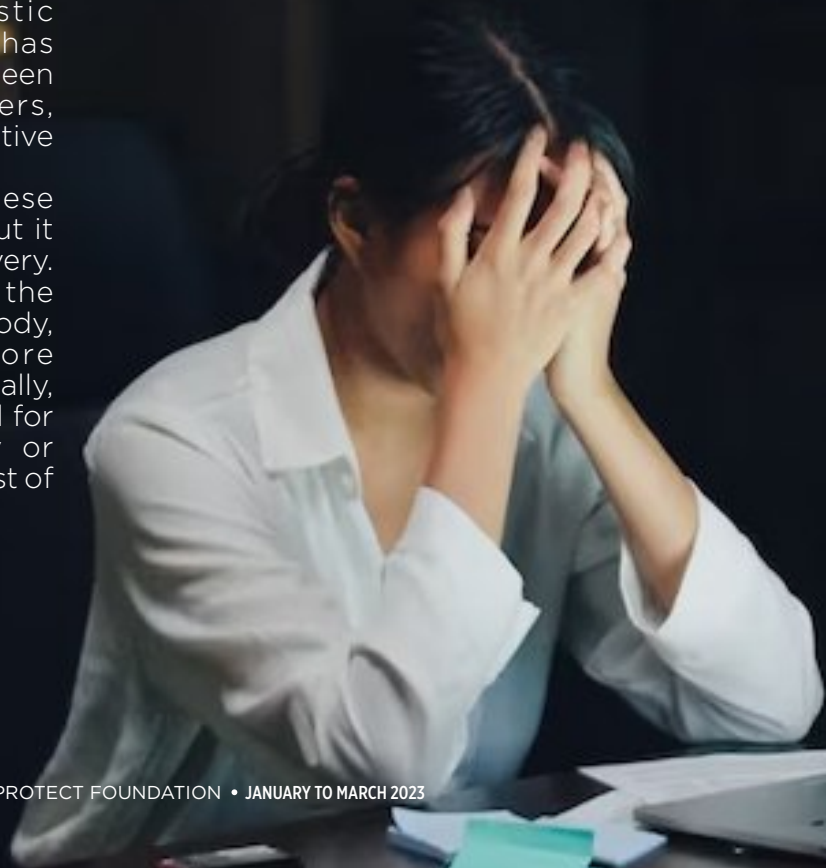
Breast and cervical cancer can be treated effectively if detected early. However, many women do not undergo regular screening for these cancers due to a lack of awareness or access to screening services. This leads to late detection, and as a result, the treatment becomes more complex and costly. The financial burden of cancer treatment can be overwhelming for families, leading to further stress and anxiety for the patient.

This is where the Can Protect Foundation comes in. The foundation is dedicated to providing free, accessible screening for breast and cervical cancer to women who may not have access to such services otherwise. Through its opportunistic screening program, the foundation has screened over 35,000 women and has been able to diagnose early-stage cancers, allowing for more effective and cost-effective treatment.

Not only does early detection of these cancers reduce the cost of treatment, but it also improves the chances of a full recovery. Early treatment can help to reduce the spread of cancer to other parts of the body, making the treatment process more straightforward and less costly. Additionally, early detection can also reduce the need for invasive procedures such as surgery or radiation therapy, further reducing the cost of treatment.

It's not just the financial aspect of cancer treatment that the Can Protect Foundation is concerned with. The foundation is also committed to improving the overall health and well-being of women in India. By providing access to early screening and treatment, the foundation is helping to empower women and ensure they have the best possible outcome in the event of a cancer diagnosis.

In conclusion, early detection of breast and cervical cancer is crucial for both the health and financial well-being of women. By making screening accessible and affordable, the Can Protect Foundation is helping to break the financial burden of cancer and provide women with the care and support they need. It is our hope that more organizations will follow in the footsteps of the Can Protect Foundation, working together to make early detection of cancer a reality for all women.



Early Detection, A Life Saved: **The Power of the Pap Smear Test**

Cervical cancer has been a silent killer of women for far too long. But with the advent of screening tests such as the Pap smear, women can now detect cervical cancer in its early stages, when it is most treatable. One such woman, who benefitted from early detection through a Pap smear test, is 35-year-old Namita.

Namita, like many women, had always considered herself healthy and had never given much thought to cervical cancer. But one day, during her routine gynecological check-up, her doctor suggested she undergo a Pap smear test. To her surprise, the test results revealed abnormal cells on her cervix, a potential indication of cervical cancer.

Namita was shocked and scared, but her doctor assured her that early detection through the Pap smear test had given her a chance to beat the cancer. Further tests confirmed that Namita had indeed contracted cervical cancer, but because it was detected in its early stages, it was highly treatable. Namita underwent a

simple procedure to remove the abnormal cells and has been cancer-free ever since.

The Pap smear test is a simple and non-invasive procedure that is recommended for all women between the ages of 21 and 65. The test involves collecting cells from the cervix, which are then examined under a microscope to look for any abnormal growths. The procedure is usually done during a routine pelvic exam and takes only a few minutes to complete.

The Pap smear test has been proven to be highly effective in detecting cervical cancer in its early stages. In fact, since the introduction of the Pap smear, the death rate from cervical cancer has declined dramatically. Moreover, regular Pap smears can also detect other cervical conditions such as human papillomavirus (HPV) and abnormal cell growth, which can be treated before they turn into cancer.

Aside from being cost-effective, the Pap smear test is also convenient and can be done in the comfort of a woman's own doctor's office. There is no need for any special preparation, and the results are usually available within a few days.

In conclusion, the Pap smear test is a powerful tool in the fight against cervical cancer. It gives women the opportunity to detect the disease in its early stages and take action to treat it before it becomes a bigger problem. Women are encouraged to make use of this life-saving test and take control of their health. Regular Pap smears, along with maintaining a healthy lifestyle, can give women the peace of mind they need to live a long and healthy life.



Name of the patient has been change due to privacy concerns.

Download Canapp: Learn How to do Breast Self-Exam

Breast cancer is a type of cancer that starts in the cells of the breast. It can occur in both men and women, but it is much more common in women. Symptoms of breast cancer may include a lump in the breast, changes in the shape or size of the breast, or changes to the nipple. If breast cancer is not treated, it can spread to other parts of the body. Treatment for breast cancer may include surgery, chemotherapy, radiation, hormone therapy, or targeted therapy.

Breast cancer is treatable, but the success of the treatment depends on how early it is detected and the type of cancer. Early detection and treatment can improve the chances of successful treatment. It is important to talk to your doctor about any changes you notice in your breasts or any other symptoms of breast cancer.

Early detection of breast cancer is very important for successful treatment. To detect breast cancer early, it is recommended to perform regular breast self-exams and to get a mammogram and/or other imaging tests regularly. It is also important to talk to your doctor if you notice any changes in your breasts such as lumps, changes in size or shape, or any other unusual symptoms.





Can Protect Foundation has developed a free mobile app - Canapp - to raise awareness about breast cancer and help women learn how to do breast self-exams. The app is available in four languages: Hindi, English, Garhwali, and Avadhi. You can download it from Google Play Store.

This app is a must-have for every woman, so we encourage you to download it today! With Canapp, you'll be able to learn the best practices for breast self-exams and get educated about the importance of breast cancer awareness.

So join us in this fight against breast cancer by downloading Canapp today. It's free, and it could save your life.

**DOWNLOAD
'CANAPP' TODAY**





Screening for Life: Protecting Army Women

The Can Protect Foundation has always been dedicated to its mission of providing opportunistic screening for breast and cervical cancer to women, in order to detect any potential issues early on and give women the best chance of a successful treatment. And recently, they took their mission to the Indian Army, bringing their screening camps to both the Merrut and Dehradun army stations.



MEERUT ARMY STATION:

On April 24th, 2022, the Can Protect Foundation organized a free breast and cervical cancer screening camp for the spouses, mothers, and daughters of the brave soldiers of the Indian Army at the Meerut Military Station in Uttar Pradesh. This camp aimed to empower women's health by providing essential screening services and education on breast and cervical cancer.

The camp was a resounding success, with over 400 women being assessed for breast and cervical diseases. The screening was conducted using advanced devices such as the iBreastexam, Breast light, and clinical breast exam for breast screening, and pap smear and mobile colposcopy for cervical screening.

Free breast and cervical cancer screening camp for the spouses, mothers, and daughters of the brave soldiers of the Indian Army.



Meerut Army Station Camp

Dr. Rekha Khanna, Dr. Vinita Singh, Mr. Praveen Dang, and the nursing staff and volunteers were instrumental in making this camp a success. Their dedication and commitment to helping women maintain their health and well-being is truly inspiring.

The live education session on breast and cervical cancer was another highlight of the camp. The attendees learned about the early symptoms of these diseases, their prevention, and early detection methods. This session aimed to raise awareness about the importance of timely screening and prompt treatment, which can save lives.

Can Protect Foundation is grateful to all the Army personnel who were involved in this camp. Their support and commitment to raising awareness about the prevention of deadly diseases such as breast and cervical cancer is commendable. In India, a woman loses her life to these diseases every 8 and 13 minutes, respectively, and initiatives like these can help reduce this staggering statistic.

In conclusion, the Can Protect Foundation screening camp at Meerut Military Station was a great success and a step towards empowering women's health. The Foundation would like to thank all those who made this possible and looks forward to organizing more such camps in the future.





Screening camp at Dehradun Military Station

The Foundation organized a free women's health camp for the family members and female soldiers of the 42 Infantry Brigade of the Indian Army in Dehradun Cantt on 27th November 2022. The camp was focused on early detection of breast and cervical cancer, with the aim of reducing the number of cases and increasing awareness among women.

The camp was a success, with 276 women examined by Dr Sumita Prabhakar and her team of gynecologists. The women underwent several screenings, including FDA-certified ibreastexam examinations, breast light exams, and clinical breast exams. The team also performed Pap smear tests and mobile colposcopy to detect cervical cancer. Abnormal symptoms were found in 14 women, and the Army Health Officer was informed for further investigation, which the Can Protect

Foundation arranged.

During the camp, Brigade Commander Brigadier Gurbir Singh praised the Can Protect Foundation and presented a memento to Dr Sumita Prabhakar. Dr Sumita and her team expressed their gratitude to the Indian Army for choosing the Foundation for this camp, and thanked the Brigadier, Colonel Alok Gupta, Captain Mansi Joshi, and other army personnel for their support.





But our commitment to women's health didn't stop there. Along with the screening camps, Dr. Sumita Prabhakar spoke to the female family members of the soldiers about the importance of breast and cervical cancer awareness, and the steps they could take to reduce their risk.

Dr. Prabhakar's talk was well-received, with many women asking questions and taking notes. She emphasized the importance of self-exams and regular screening, and explained the warning signs to look out for. It was a powerful message, and one that will undoubtedly have a lasting impact on the women who attended. She informed the women about the Can App, a free android app that provides information and resources on the diseases. Many women downloaded the app during the camp, demonstrating the importance of such initiatives in raising awareness and empowering women.



Screening for a Healthier Tomorrow: The Can Protect Foundation and Indian Army Partnership

We applaud the efforts of the Foundation medical team in making a positive impact on the lives of the women of the Indian Army and hope that this camp is just the first of many more to come.

The Can Protect Foundation's screening camps for the Indian Army were a huge success, and a testament to our commitment to improving women's health. We strongly believe that early detection is key in the fight against breast and cervical cancer, and that access to screening is vital for women of all backgrounds. By bringing our screening camps to the army stations, we have done our efforts to bring awareness and education about women's health to a population that may not otherwise have access to it.

In the end, it's clear that the Can Protect Foundation's mission to improve women's health is more important now than ever before.

We will continue to bring screening camps to communities across India, and to empower women to take control of their own health. And we will do everything in their power to make sure that every woman has the opportunity to detect any issues early on, and to get the best possible treatment.

With our health screening camps, health talks, and commitment to women's health, the Can Protect Foundation is truly making a difference. We are trying to be a shining example of what can be accomplished when people come together to support a cause, and they serve as a reminder that there is always hope for a brighter future.



Nourish your mind and body through

self-care

Self-care is a buzzword that has been around for a while now, and for good reason. It is the practice of taking care of oneself in order to maintain a healthy mental and physical state. With the fast-paced world that we live in, self-care has become an increasingly important aspect of our lives. Whether it's to alleviate stress, improve our well-being, or simply to feel better, taking care of oneself is key to leading a happy and fulfilling life.

In this article, we will explore some simple ways to prioritize your mental and physical health through self-care. These techniques can be easily incorporated into your daily routine and will help you to feel more relaxed, refreshed, and rejuvenated.

Get Enough Sleep: Sleep is one of the most important aspects of self-care. It is essential for the body to function properly and for the mind to be sharp and alert. Try to get at least seven to eight hours of sleep per night. Create a sleep-friendly environment in your room, keep it cool and dark, and avoid screens before bedtime.



Exercise Regularly: Exercise is not only good for the body, but it also helps to improve your mental health. Whether it's going for a walk, doing yoga, or lifting weights, exercise has been shown to reduce stress, boost mood, and improve self-esteem. Aim to exercise for at least 30 minutes per day, five days a week.

Eat a Healthy Diet: A balanced diet rich in nutrients, vitamins, and minerals is essential for both physical and mental health. Eating plenty of fruits and vegetables, whole grains, and lean proteins will help you to feel more energized and less stressed. Avoid processed foods, sugary drinks, and high-fat foods.

Connect with Nature: Spending time outdoors has been shown to reduce stress, improve mood, and boost energy levels. Take a walk in the park, go for a hike, or simply spend some time in the sun. Connecting with nature is a great way to recharge and to feel more centered.

Practice Mindfulness: Mindfulness is the practice of being present in the moment and focusing on your thoughts and feelings. Whether it's through meditation, journaling, or simply taking a few deep breaths, mindfulness can help you to feel more relaxed and reduce stress.

Take a moment to yourself, my dear,
Forget the tasks and worries near.
Let your mind and body rest,
And put your health to the test.

Nourish your soul with kindness,
And treat yourself with gentleness.
Elevate your spirit with peace,
And bask in joy and happiness.

Embrace your beauty within,
And let your light shine bright and win.
For self care is not a luxury,
It's a necessity, so make it your duty.

So go ahead, light some candles,
Take a bath, read some novels.
Do what makes your heart sing,
And allow yourself to spread your wings.

In conclusion, self-care is about taking the time to prioritize your mental and physical health. By incorporating simple self-care practices into your daily routine, you can improve your well-being, reduce stress, and feel better overall. So take the time to take care of yourself and embrace the power of self-care.



Thank You

As the editor of Can Protect You magazine, I would like to extend my heartfelt gratitude to all of our readers who have been with us on this journey of spreading awareness about women's health, specifically the importance of breast and cervical cancer awareness. Women's health has always been a priority for us, and it's our utmost duty to spread knowledge and educate women about the early detection and prevention of these deadly diseases.

In today's fast-paced world, women are juggling multiple responsibilities and often neglect their health. But it's crucial to understand that our health is our wealth, and it's essential to prioritize our well-being. Early detection of breast and cervical cancer can save lives, and it's crucial to take necessary steps to protect ourselves and our loved ones.

I urge all women to take a proactive approach to their health and educate themselves about the early symptoms, prevention, and early detection methods of these diseases. Regular check-ups, mammograms, pap smears, and cervical screening should be a part of our routine, and we must not neglect them. We must also educate and spread awareness about these diseases among our friends and family members. I also urge all women to download Canapp from Google Play Store.

In conclusion, I would like to emphasize the importance of self-care and taking charge of our health. Let's spread the message of early detection and prevention, and together, we can protect ourselves and our loved ones from the deadly consequences of breast and cervical cancer.

Thank you for reading.

Best regards,

Dr Sumita Prabhakar



India's First
Interactive
& Multi-lingual
Breast Health
Android App



Can Protect Foundation
an initiative by Dr. Sumita Prabhakar

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