

'Shodhaka' believes in being socially responsible from the beginning - rather than waiting till profit-generations! For example, we have earlier ignored the training fees for some of the PhD students, and conducted free career planning workshops & career counseling sessions for students and young unemployed youth. Many of our employees and interns work as a team with the management towards such extra activities. The cancer awareness program on 27th March 2018 is one of our humble attempt to support/sponsor social causes.



Shodhaka also conducts research on multiple cancer types by developing and applying a unique computational method for integrated analysis of publicly available data.



Our young research interns, Ms. Nandita Mallya, Ms. Moushumi, & Ms. Sithalakshmi have taken this initiative, & got a good support from other interns and employees. They have taken efforts to invite people around Electronic city, Phase I, Bengaluru. We really appreciate their intentions, efforts, and support from all the organizations (many responded very positively to Ms. Nandita *et al* during their visits).

Shodhaka congratulates Ms. Nandita and her friends on this initiatives, and also thanks all of you for direct / indirect support to them!

March 2nd is an awareness day for the colorectal cancer; let's spread the awareness for prevention & screening of cancer in general, and colorectal cancer in particular!

Colorectal Cancer Awareness Program ('Twists of Your Life')

About 1 in 23 may get colorectal cancer in his/her life time!

FAQ's

1. What is cancer?

It is an uncontrolled growth of cells that may begin in one of body parts/tissues. There can be multiple causes for such an abnormal change in cell-behavior.

2. What is colorectal cancer?

Colon (large intestine) & rectum form the last part of our digestive system. Uncontrolled growth of cells in either of these parts is called colorectal cancer. This cancer often starts as a small 'polyp'.

3. Who can get it?

Avoid ALL CANCERS*

- Exercise well, regularly.
- Eat fibre-rich carbohydrate food, balanced with required portions of proteins, fats, vitamins and minerals.
- Stay away from smoking, alcohol and junk food (*at least minimize consumption*).
- Drink enough water.
- Relax your mind (engage in meditation, games, walking, social functions etc).

*We do not claim any expertise in the subject matter; the above list is recommendations pooled from multiple sources of which we cannot be sure of the reliability.

Anyone; but prevalence is higher in adults of 50 years and higher.

4. Who is at risk?

One with a personal/family history, heavy smokers, alcoholics, obese individuals, junk-food-lovers and people with minimum physical activity.

5. Should I worry about preventive measures now?

YES! The preventive measures (see the box on avoiding call cancers) are best started as early as possible. And these measures can help minimizing risk of multiple cancer-types.

6. Should I get it tested when I see no signs?

Yes, particularly if you are above 50 or have certain symptoms (see below). The tests may include colonoscopy, blood/stool tests, and in some cases a simple surgical sample collection.

7. What are some of the common symptoms of this cancer?

One or more of the following: a) A conspicuous change in bowel habits over multiple days. These changes may be constipation, narrow stools or passing excessive amounts of gas. b) Abdominal pain or discomfort, blood in stool or dark colored stool; c) anemia, fatigue or weight loss. *[Please note that these symptoms also occur during other health problems - so, don't panic just because you see symptoms; but consult a physician and get tested]*

FURTHER READING:

<https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/colorectal-cancer-facts-and-figures/colorectal-cancer-facts-and-figures-2017-2019.pdf>

<https://www.cancer.org/cancer/colon-rectal-cancer/about/key-statistics.html>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2796096/>

Feedback / comments for organizers: letsfightcrc@gmail.com

Feedback / comments for Shodhaka: messenger@shodhaka.com

This initiative of our young research-interns at Shodhaka is proudly supported by Shodhaka Life Sciences Pvt. Ltd. (www.shodhaka.com) and the Gill Instruments Pvt. Ltd. (www.gill-instruments.com)

27th March 2018,

11:30am till 5pm

at

Gill Campus, Diagonally Opp.
Radha Regent Hotel, Electronic
City Phase – 1, Bengaluru –
560100 (see map)

Visit us, talk to our young
researchers, and learn more!

We are glad to arrange a soft
drink for visitors.

