

NOVEMBER 2022 | ISSUE NO. 15

# MAHATMA GANDHI MISSION'S DENTAL COLLEGE AND HOSPITAL

KAMOTHE, NAVI MUMBAI

## अपनी खबर



### **National Cancer Awareness Day**

Every year, National Cancer Awareness Day is observed on 7th November in India. It is a day to educate and spread awareness about the risk attached to the disease. According to the World Health Organisation, cancer is considered to be the second most fatal disease. The number of cancer patients is on the rise in India too. This day is also about remembering the Nobel prize winner Scientist Madame Curie who is one of the pioneers in the fight against cancer. Her contributions also helped in nuclear energy and radiotherapy for cancer.

This issue includes the events conducted by the College Working Committee of the college, write-up from our staff in charge, as well as the achievements by our students.

Therefore, dive in to know more!

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## SUB EDITOR'S SAY: NATIONAL CANCER AWARENESS DAY

National Cancer Awareness Day was first announced by the Union Health Minister Dr. Harsh Vardhan in September 2014. Therefore in 2014, the day was celebrated for the first time and focuses on the early detection and cure of cancer.

Dr Harsh Vardhan first time launched the state-level movement on cancer control. On this day people are encouraged to report to government hospitals, CGHS, and municipal clinics for a free screening. To generate awareness information booklets are also circulated stating how to avoid getting cancer and look for signs of early symptoms. In India, the first and foremost step against this deadly disease started in 1975 with the launch of the National Cancer Control Program. A decade later, the plan's approach was revised to focus on early detection and prevention.

The growing number of cancer patients in India makes National Cancer Awareness Day a critical day to spread awareness about it. One of the prime reasons cancer becomes fatal is that it is detected at a later stage, reducing the chances of survival. The main objective of the day is to make people aware of the disease and its treatment.

**Dr Sarika Shetty**  
Reader  
Department of Periodontics

## FACULTY SPEAKS : NATIONAL CANCER AWARENESS DAY

Like every other weekday, Mr. Ajay Singh caught the usual 7.23 local from Andheri Station. With a bit of hustling and elbowing he managed to get his favourite seat, near the train window. He wiped the non-existent sweat from his forehead with the back of his sleeve and then settled for his down for the long commute carefully avoiding the dried paan spit on the window ledge. He then wrestled out a small silver packet from his back pocket. On the packet was a grotesque picture of a man's face with a fungating growth on the cheek and a warning that tobacco consumption was injurious to health. Undaunted, he took out a generous pinch of the brown powder inside and placed it on the palm of his other hand. He then took out some white paste and expertly mixed it with the powder by rubbing it between the palm and forefinger. Having thus completed the recipe, he tapped the mix for good measure and pulled out his lower lip depositing the entire content in the vestibule beneath. A sigh of relief escaped his lips and a look of content came over his face. He then smiled at his co-passengers. An ugly black tobacco stained grin.

This unpleasant affair is unfortunately one of the most common sights in our country. Unsurprisingly, India has the highest incidence of oral cancer world-wide. With the case-load touching 2 lakh new cases per year the subcontinent has become the oral cancer capital of the world. Furthermore, pollution, stress and unhealthy lifestyles have increasingly caused younger and younger people to fall victim to this disease. Indeed, it is not uncommon for a patient to admit to chewing tobacco since he was 12 yrs old. It is evidenced by the fact that our youngest patient was 25 yrs old when he developed oral cancer.

So then, it makes one wonder why, in this age of lightning fast internet and easy access to all the information in the world at your fingertips, there still exists this ubiquitous habit of tobacco consumption. Perhaps, the problem lies not in the absence of information. Everyone knows the Rahul Dravid ad "Tambakhu sehat ke liye hanikarak hai..". Even the 12 yr old who chews it. It probably lies in the mindset of the individual and what is considered acceptable in society. A child who see his father chewing tobacco daily will never be afraid of the gruesome picture on the packet. The teenager who sees his favourite celebrity smoke will disregard all warnings on the box and Mr Ajay will not stop his 20yr-old-habit after watching a 20-second-ad before the start of a movie.

The battle against tobacco is an uphill one. Yet, much progress has been made one-step at a time. The continued efforts of MGM Dental College to create awareness specifically to bring about a change in habits is commendable. One more step in this direction is this newsletter which is dedicated to cancer awareness and educating the masses about the ill effects of tobacco and related products. Exposing the ill effects of smoking, chewing tobacco, areca-nut, paan-masala etc. and encouraging people especially students to actively participate in anti-tobacco drives will not only motivate other people to quit but also prevent students from falling prey to this deadly habit themselves. I congratulate the team of MGM Dental College for this venture and wish them success in their endeavors to fight cancer!

Dr. Yusuf Mistry (MDS, Fellow Head and Neck Oncology)  
Lecturer, Department of Oral and Maxillofacial Surgery  
MGM Dental College and Hospital  
Kamothe, Navi Mumbai.

## BLUEPRINTING IN ASSESSMENT

1st November 2022

The Internal Quality Assurance cell (IQAC) of MGM Dental college and Hospital, Navi Mumbai had organized a program for Faculty on Blueprinting in Assessment by 2 eminent faculty, Dr. Anita Chalak and Dr. Yogesh Pawade from Seth GS Medical College Mumbai.

The Programme focused on Introducing and training the faculty on various aspects of blueprinting in Medical education and its application in dentistry for better and balanced evaluation in theory exam paper setting. The Hand-on sessions covered the analysis of previous university and internal examination question papers of the respective subjects in dentistry via a balanced approach through categorization into Comprehension, Recall and Application based questions.



Overall the session was highly appreciated and was refreshing to the question paper setting methodology as it portrayed the same in a new light and scientific way to balance out the syllabus into weighted assessment in the form of Blueprinting.

## FORMULATION AND VALIDATION OF MCQ

9th November 2022



The HSET Unit in association with Internal Quality Assurance cell (IQAC) of MGM Dental college and Hospital, Navi Mumbai had organized a Faculty Development program for on “Formulation & Validation of MCQ’s” by Guest Speaker Dr. Anjali Telang from Department of Anatomy, Seth GS Medical College Mumbai.

The Programme focused on training the faculty on various aspects of formulation and validation of Multiple Choice Questions (MCQs) and its application in Dental Theory exams for assessment of question paper setting. The Speaker gave in detail examples of various types of MCQs like simple objective, Assertion reasoning, Independent true or False, Extended Matching Questions. The parts of MCQs including Direction, Stem, Key and Distractors were also covered in detail



The Hand-on sessions covered the analysis of different types of MCQs and formulation of discipline specific example MCQ’s by the participants which were discussed with the Guest Speaker in the Interactive session.

Overall the session was highly appreciated by the faculty participants.



## ANNUAL COLLEGE FEST - MAGNUM 2022

16th November 2022

MasterChef and Rangoli competition

Every year MasterChef is conducted as a part of Magnum events where participants showcase their culinary skills and impress the judges. The event was judged by Dr Anuradha Mohite, Dr Divya Nail and Dr Jimish Shah.



First prize for MasterChef was won by Nirmita Gulabani, Tushar Dhaigude and Medha Raghavan, second prize was won by Apeksha Sanghvi, Preeti Chiluka and Anish Jain and third prize was won by Mitali Gala, Vaidehi Warghat and Jupneet Kaur.

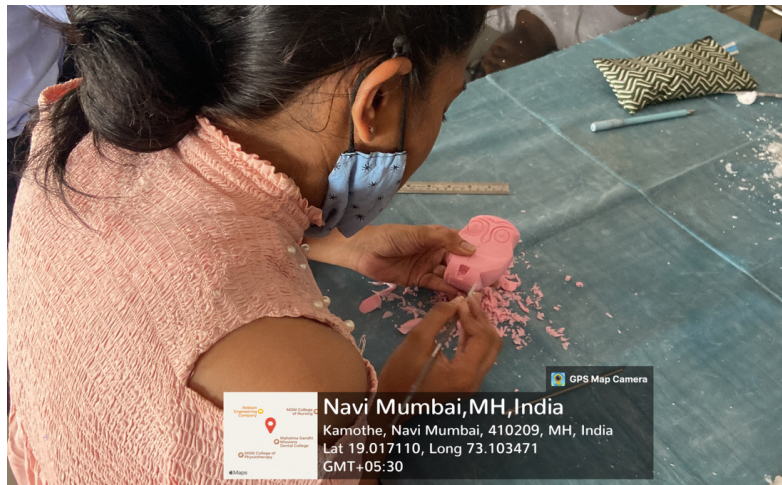
Rangoli competition was held by the cultural committee in the foyer area and first prize was won by Sandra Nair, Pranjal Kamble and Aditi Mishra second prize was won by Khadija, Anchal and Siddhi and third prize was won by Shrutika Varak, Shravani Wabale and Deshna Phulambrikar.



## ANNUAL COLLEGE FEST - MAGNUM 2022

16th November 2022.

Soap carving and Photo marathon



The cultural committee had organised a soap carving competition on 16th November 2022. The event was judged by Dr Kamlesh and Dr Mausami. The winners of the event are Raziya Jurev, Jagruti Soni and Rutu Bore in first second and third position respectively.

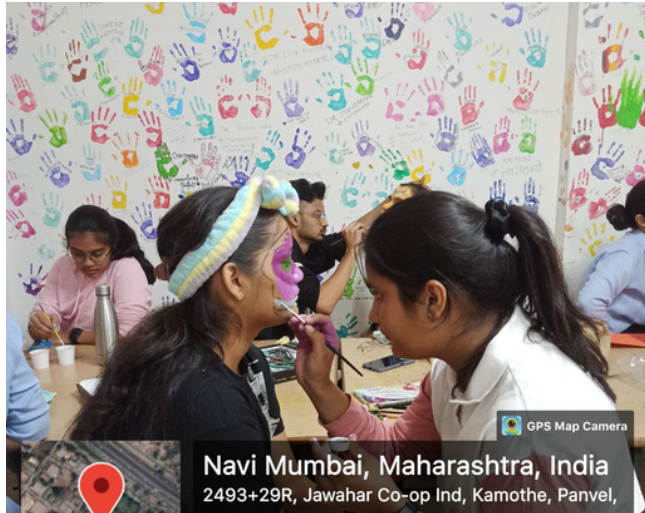
A photography marathon was held by the Pixel committee on 16th November 2022. The theme for the photos were 1. Infrastructure 2. Play of Light and 3. Macro photography. The competition was judged by Dr Amit Gaikwad and Dr Neeraj Kolge while the display of sheer talent enjoyed by all.



## ANNUAL COLLEGE FEST - MAGNUM 2022

16th November 2022

## Face Painting and Blood Donation Drive



The Cultural committee of MGMDCH had organised a face painting competition on 16th November 2022. A total of 12 teams, each team consisting of 2 members had participated in the event. The competition was then judged by Dr Akanksha Kodai and Dr Ruchita.



A blood donation camp was organized by the NSS unit of MGM Dental College And Hospital along with staff incharge Dr Rashmi Hosalkar in which more than 71 units of blood was donated by both students and the staff members. Blood donation camp began with the inaugural program at 9:30 a.m. by Dr Sudhir Kadam along with Dr Srivalli Natrajan Dean MGM DCH .

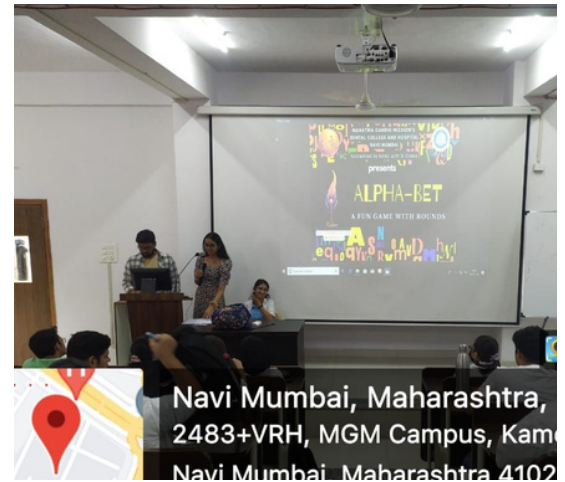


**ANNUAL COLLEGE FEST - MAGNUM**

16th November 2022

Alpha - Bet

As an initiative of the Literary Club of MGM Dental College and Hospital, Alpha-bet - A fun game with words was conducted during the annual fest, Magnum 2022. Alpha-bet was organised as a game consisting of 5 rounds. The rounds were as follows- Literary quiz, Spelling bee, Word bound, Who am i? and Guess the word.



The event was conducted in the college lecture hall. Participants were chosen from each year in groups of 4. A total of 5 teams participated. The winners of the competition were the final years, Shardool Jagtap, Spandana Samudre, Aqsa Javed and Sneha Joshi and the runner ups were first years, Priyusha Krishnan, Isha Ghag, Devashree Patil and Gaurav Katkar.

## ANNUAL COLLEGE FEST - MAGNUM

### Innovation Mela

On 18th November 2022, the Scientific Committee in association with Institution Innovation Council of MGM Dental College and Hospital organized an Innovation Mela. The purpose of this mela was to promote multidisciplinary amalgamation.



The event was graced by Director of MGMIHS, Dr. Sudhir Kadam sir, Dean of MGMDCH Dr. Srivalli Natarajan Ma'am and Dean of all other colleges around the campus.

- Nine teams participated actively to display their innovative ideas to the Judges, Dr. Arnab Ghosh, Mr. Shreekanth K S and Dr. Richa Agrawal.



**ANNUAL COLLEGE FEST- MAGNUM**

Each team constituted of around 10 members from different colleges of the campus like Dental, Nursing, BPT, BPO, Management, IT and Biomedical. All the teams presented their ideas followed by display of their prototypes.



Top four teams were awarded by our Dean Dr. Srivalli Natarajan ma'am and the Judges in the Valedictory ceremony.

- Overall the event was a great success

ANNUAL COLLEGE FEST- MAGNUM

Some of the prototypes that were presented

• SWASTHYA CARD •

# स्वास्थ्य कार्ड

आता आम्ही जपणार आरोग्य तुमचं  
आजच बनवा कार्ड आरोग्याचं

### What Will Our Card Do?

- Brings all the medical data of an individual in a QR code.
- You have every information right from the very basic demographic to past medical and surgical history.
- Every card will have a GPS tracking chip.
- Nothing will be now hidden by the patient.
- In cases of emergency, you'll just need this card and all you can do is access it anytime at any moment.
- NGOs Already registered can help patients with concessions

## WASTE TO BEST: A sustainable hydroponics model

TEAM NAME	<b>Subramanayan Chandrashekhar</b>
TEAM LEADER	Dr. Yogesh Patil
TEAM MEMBERS	Drishiti Soni Sara Pradhan Nikhil Wagh Victoria Kshetre Mansi Kambli Ankita Gaikwad

## OUR PROTOTYPE

$Al_2(SO_4)_3 + 3Ca(HCO_3)_2 + 6H_2O \rightarrow 3CaSO_4 + 2Al(OH)_3 + 6H_2CO_3$

+ Alum

**Innovation Mela 2022**

**Pierre Curie**

INNOVATION WE NEED

**TEAM INCHARGE:**  
Dr. Jyoti Chaudhariv

**TEAM LEADER:** Samiyah Khan

**TEAM MEMBERS:**  
Sakshi Agarwal  
Tejasvi Singh  
Rutuja Ranpise  
Vedika Rathod  
Adarsh Pandey

### Basic Working Structure

Water Body

Water

Wire

Alarm

Battery

## ANNUAL COLLEGE FEST - MAGNUM

## The Eminent Panel Of Judges for the Innovation Mela



**SURG CDR (DR) ARNAB GHOSH IS A MEDICAL SPECIALIST IN THE INDIAN NAVY AND A PH.D. SCHOLAR IN BIOMEDICAL ENGINEERING IN BSBE DEPARTMENT UNDER THE GUIDANCE OF PROF ROHIT SRIVASTAVA. HE IS WORKING ON SEVERAL DIVERSE PROJECTS IN NANOBIO LAB ESPECIALLY IN THE REMOTE HEALTHCARE MONITORING AIDS. HE HAS A DIFFERENT AND UNORTHODOX VIEW ABOUT THE HEALTHCARE OF THIS COUNTRY. HE BELIEVES THAT THE TRUE AND NEEDFUL INNOVATIONS IN HEALTH SECTORS SHOULD COME FROM THE GROUND LEVEL. HE WANTS TO BRIDGE THE GAP BETWEEN THE MEDICAL AND ENGINEERING FIELDS OF THIS COUNTRY.**



**DR. RICHA AGARWAL IS A PHD SCHOLAR WORKING AS AN ASSOCIATE PROFESSOR IN MECHANICAL ENGINEERING DEPARTMENT, PILLAI COLLEGE OF ENGINEERING, NAVI MUMBAI. SHE HAS A TEACHING EXPERIENCE OF MORE THAN 16 YEARS SPECIALISING IN DESIGN, CAD/CAM, FATIGUE, FRACTURE, FEA. SHE HAS NUMEROUS PUBLICATIONS IN VARIOUS JOURNALS.**



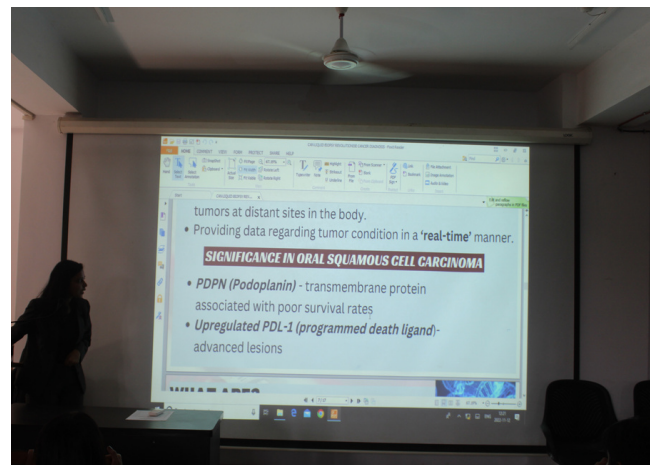
**MR. SREEKANTH K S IS FROM KERALA. HE DID HIS SCHOOLING FROM JAWAHAR NAVODAYA VIDHYALAYA (JNV) THRISSUR, KERALA. HE HAS DONE B.TECH FROM CALICUT UNIVERSITY IN THE FIELD OF BIO-MEDICAL ENGINEERING. HE COMPLETED HIS DEGREE IN LAW (LLB) FROM THE PRESTIGIOUS DELHI UNIVERSITY. AFTER ENGINEERING HE WORKED IN A PRIVATE COMPANY BASED IN MUMBAI FOR TWO YEARS WHERE HE WAS LOOKING INTO HOSPITAL EQUIPMENT LAYOUT DESIGN, PLANNING, PROCUREMENT AND DEPLOYMENT. HE JOINED THE PATENT OFFICE AS AN EXAMINER OF PATENTS AND DESIGNS IN 2012 AFTER CLEARING THE EXAM CONDUCTED BY CSIR, GOVERNMENT OF INDIA IN THE FIELD OF BIO-MEDICAL ENGINEERING. LATER HE WAS PROMOTED TO THE RANK OF ASSISTANT CONTROLLER OF PATENTS AND DESIGNS AND IS LOOKING AFTER THE EXAMINATION AND GRANT OF PATENTS RELATED TO BIO-MEDICAL EQUIPMENTS. DURING HIS TENURE IN PATENT OFFICE HE HAS WORKED IN VARIOUS DEPARTMENTS LIKE INFORMATION TECHNOLOGY DIVISION, APPLICATION RECEIVING AND PROCESSING DIVISION, INTERNATIONAL SEARCH AUTHORITY DIVISION.**

## ANNUAL COLLEGE FEST - MAGNUM

17th November 2022

Scientific Day

On 17th November 2022, the Scientific Committee of MGMDCH organized Scientific Day. Events such as Paper and poster presentations were conducted on this day which were judged by both external and internal judges. Two winners were selected from each seminar hall and were awarded at the Valedictory ceremony on 18th November 2022.



Case based scenario was also conducted on the same day where, a total of 3 teams of 6 participants each participated in the event. Each team were given 2 cases which they had to present, justify the investigations and give a diagnosis with the treatment plan. The judges for the event were Dr. Mihir Jha, Dr. Jigna Pathak, Dr. Adil Gandevivala and Dr. Jayeeta Verma.

Competition for table clinics was also held on scientific day, and a total of 6 teams with 3 participants per team had participated and made innovative projects based on dentistry. The competition was judged by Dr. Bharat Gupta and Dr. Anuraddha Mohite.



## ANNUAL COLLEGE FEST - MAGNUM

19th November 2022

The cultural committee had also organised shark tank as a fun game as a part of the events for Magnum. The winners for the game were Shardool Jagtap, Heet Chouhan, Mihit Kankriya and Ishaan Birar.



Shark Tank and FunFair

Like every year, we had stalls set up by every department as a part of the Funfair. A total of 15 teams with 4 participants per team had participated and made innovative dishes had decorated their stall and also various games were kept by the participants. The competition was judged by Dr. Sujeet Khiste



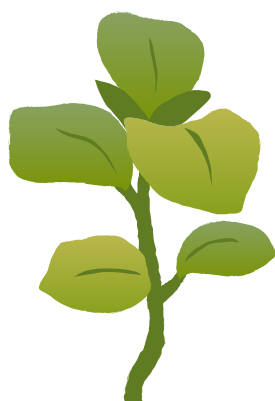
The best game was won by department of OMDR for 7up 7 down, best decoration was won by 2nd year students and the best food stall was won by Department of PHD.

**ANNUAL COLLEGE FEST - MAGNUM**

21st November 2022

Art Exhibition and Tree Plantation

An art exhibition titled as "ILLUMINATE ART GALLERY" was conducted by the art club – ARTVILLE of MGMDCH. This exhibition was held as a part of college annual fest "MAGNUM 2022". The exhibition was conducted for 2 consecutive days which is 21st and 22nd november 2022 in the Oral Pathology Lab of the college. The exhibition was open for all the visitors to look at the beautiful artworks.



THE NSS VOLUNTEERS OF MGM DENTAL COLLEGE AND HOSPITAL, NAVI MUMBAI ORGANISED A TREE PLANTATION DRIVE ON THE OCCASION OF ANNUAL COLLEGE FEST MAGNUM 2022. NSS VOLUNTEERS ALONG WITH THE STAFF INCHARGES REPORTED AT MGM CAMPUS AT 9.30 AM ON 24TH NOVEMBER 2022. VOLUNTEERS WALKED THROUGHOUT THE CAMPUS AND PLANTED SAPLINGS AND VARIOUS SITES IN THE CAMPUS WITH JOY AND ENTHUSIASM.



## ANNUAL COLLEGE FEST - MAGNUM

21 November 2022

Photo Exhibition and Orphanage Camp

A photography exhibition titled “Timeless tokens” was organized by the pixel committee of MGMDCH as a part of the college fest, MaGnuM '22 - above and beyond. The participants included students, interns, PGs, staff and non-teaching staff. Over 200 entries were received out of which 72 were short listed and put up on display. The exhibition was open to everyone to look at all the beautiful and unique photographs.



On Monday, 21 November 2022 NSS student volunteers along with staff incharge Dr Neeraj kolge visited KamalArnav Charitable Trust a home for underprivileged children in New Panvel .It is home to 18 children aged between 4 to 16 years .

Being the volunteers of MGMDCH a dental health check up camp was organised under the guidance of Dr. Neeraj kolge. With proper sterile and disposable trays fluoride treatment was carried using 1.23% afb solution for children They were explained the importance of oral hygiene. 18 children along with 10 NSS student volunteers 3 interns and Dr Neeraj efforts put together made the dental camp a great experience for all .



## ANNUAL COLLEGE FEST - MAGNUM

22nd November 2022

## Intercollegiate Writing Competition

As an initiative of the Literary Club of MGM Dental College and Hospital, Magnum Literary Writing Competitions was conducted during the annual fest, Magnum 2022. Three formats were chosen for the competition under the umbrella of the Magnum Literary Writing Competitions.

- Quillo'cution - Intercollegiate Poetry Competition
- Tell a Tale - Intercollegiate Short Story Writing Competition
- Pen It Down - Intercollegiate Essay Writing Competition



Winners of "Quillo'cution" - Intercollegiate Poetry Competition:

1st-Saket Game, MGM Dental College and Hospital  
2nd-Rhujuta Choudhary, MGM Dental College and Hospital

3rd-Divesh Jairamdasani, MGM School of Physiotherapy

Winners of "Tell a Tale" - Intercollegiate Short Story Writing Competition :

1st-Drishti Soni , MGM Dental College and Hospital  
2nd-Gargee Thale, MGM School of Physiotherapy  
3rd-Anushka Nagwani, MGM School of Physiotherapy

Winners of "Pen It Down" - Intercollegiate Essay Writing Competition:

1st – Rahul Lavate , MGM Dental College and Hospital  
2nd – Mahima Prasad, MGM Dental College and Hospital  
3rd – Anushka Nagwani, MGM School of Physiotherapy



## ANNUAL COLLEGE FEST - MAGNUM

22nd November 2022

On the occasion of MAGNUM'22, the Cultural committee of MGDMDCH had organized ANTAKSHARI – 'SURO KA MAHAYUDH' on 22nd November 2022 at 2 PM in Dr. A. P. J. Abdul Kalam Auditorium. total of 8 teams of 6 participants each participated in the event which consisted of 5 rounds: Shuruwat antse, Jodi ke nagme, Pehchaan kaun?, Ek shabd kai tarane and Surili dhun.

Antakshari and Taboo



As an initiative of the Literary Club of MGM Dental College and Hospital, Taboo was conducted during the annual fest, Magnum 2022. The game was conducted in 3 rounds! Players had to make their opponents guess the WORD without using any Taboo words in the card. The event was filled with excitement, laughter and a lot of enthusiasm from each team. The winners of the taboo event were the 1st years and Staff.



ANNUAL COLLEGE FEST - MAGNUM 2022

23rd November 2022

Department Day



Department day was celebrated with much enthusiasm on 23rd November 2022. The theme for the Department day was "Beyond the differences" where every department showcased different regions of India and the cultural diversity of the area. The winners for the competition were the Department of Conservative and Endodontics, while the runner ups were the participants from Department of Oral Pathology and second runner ups were the participants from Department of Prosthodontics.

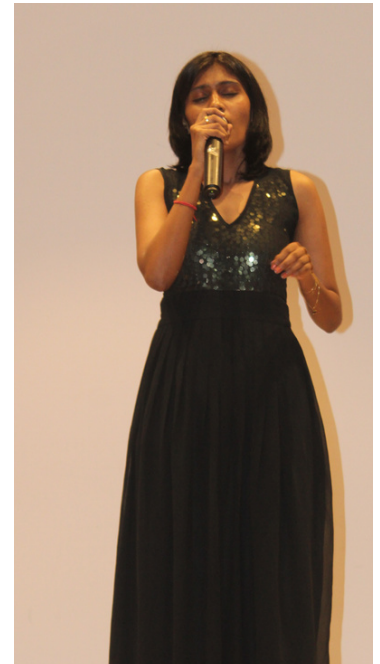


## ANNUAL COLLEGE FEST - MAGNUM 2022

24th November 2022

Internal Day

On 24th November, personality contest, Singing and dance competitions were held. The competitions were held in the APJ Abdul Kalam Auditorium and was celebrated as an "Internal Day". It was a beautiful day and was celebrated by all.



The singing competition was an intercollegiate event and was judged by Dr Ratan Upadhyay and Dr Aditya Shinde. The first prize was won by Sanat Gokhale, second prize was bagged by Rucha Attarde and Sakshi Rajeev( Bhartiya Vidyapeeth ) and third prize by Rutuja Pathane( GDC). Duet Singing competition was won by Rutuja Pathane and Rubi Dhodi and runner ups were Mrunal Sawant and Swarali Tarwadge.



The winners for solo dance competition were - First prize Kavita Jain, Second prize Sejal Mane and Third prize was won by Anagha Yelve and duet dance was won by Sneha Narayanan and Muskan Upadhyay.

## ANNUAL COLLEGE FEST - MAGNUM 2022

25th November 2022

External Day

25th November was the final day of cultural events of Magnum 2022. It consisted of group singing competition, group dance competition, filler performances by our beloved singers, committee walk where the committee members walked with their incharges and the most awaited fashion show.



It was a beautiful end to the week long celebrations. Group dance was won by the interns and second prize by new interns while, the fashion show had different titles such as best walk and fashion icon.

## ANNUAL COLLEGE FEST - MAGNUM 2022

## Sports Events for Magnum

Internal and External sports events were conducted throughout the week of Magnum Celebrations.

## Winners for the events

Basketball - Senior interns , Runner ups - Final years  
Basketball girls - Senior Interns and Runner ups First years

Volleyball Boys - Senior Interns Runner ups - Staff

Volleyball Girls - Senior Interns Runner ups- Final year

Box Cricket Boys - Non teaching staff, Runner up -Staff

Box Cricket Girls - Junior Interns, Runner up - Sr Interns

Throwball Boys - Sr Interns, Runner up- Final year

Throwball Girls - Senior Interns, Runner - Staff

Table Tennis Singles - Bhavesh Jain,  
Girls - Dr Jigna Pathak

Table Tennis Doubles - Atharva and  
Bhavesh, Girls - Arpita and Mansi

Carrom Singles - Dr Sujeet

Carrom Doubles - Dr Bharat and Dr  
Sujeet

Girls - Anchal and Sayali

Chess - Krishna Vador

Chess girls - Medha Raghavan



CREATIVE MINDS

○ Emptiness ○

Empty Park Empty seat  
**Just the dark sky looking at me**

Blurry night blurry life  
**Sparkling streetlights guiding me**

Big buildings big dreams  
**Sky isn't the limit just need the wings**

Alone life alone me  
**Not a lion but human me**

Seeking life seeking dreams  
**That emptiness is teaching me**

- Saket Game





# ARTISTS OF MGM



**Kaustubh Bhagat**  
**Intern**



# PUN - TASTIC WORDPLAY AND QUOTES



Cancer is a marathon – you can't look at the finish line. You take it moment by moment, sometimes breath by breath, other times step by step.

Love and laughter are two of the most important universal cancer treatments on the planet. Overdose on them.



We have two options, medically and emotionally: give up or fight like hell.

