



# Shabana in City for a cause

Express News Service  
Bangalore, October 4

EXPRESSING her concern over growing number of breast cancer cases being reported from various parts of the country, actress Shabana Azmi on Saturday called upon women to shed myths and get themselves screened at least once a year.

Inaugurating HCG Centre for Breast Health in the City on Saturday, Azmi said this disease is affecting one out of every 22 Indian women.

"Moved by the pain and suffering faced by two of my close friends due to the dreaded breast cancer, who luckily are fine now, I am committed to this cause," Shabana added. State-of-the-art digital mammogram facility too was unveiled simultaneously by Kiran Mazumdar Shaw, chairperson of Bio-

on. Speaking on the occasion Shaw said: "Cancer, be it of any kind, is a very complex disease which is linked to immune system. So it is necessary first to make one's immune system strong".

Two women who have gone through the agony of breast cancer shared their experiences.

They observed that support of family is crucial to overcome the trauma. Dr Ajai Kumar, chairman and CEO of HCG, also spoke on the occasion. Pink Spirit Art Show at Swasti Contemporary Art Gallery, an exhibition of the art works of ten artists, expressing solidarity with the breast healthcare initiative was also unveiled by Shabana.

Later, as part of the event, Shabana flagged off the HCG Pink Hope Breast Cancer Awareness Campaign at Garuda Mall.



HCG CEO, Dr Ajai Kumar and actress Shabana Azmi at a breast cancer awareness campaign at Garuda Mall in Bangalore on Saturday.

# ಸ್ವಕಾರ್ಣವರ ಚಿಕಿತ್ಸಾಕೇಂದ್ರಂ ಪ್ರವರ್ತನಾಕಾರಂಭಿಷ್ಯ

ಬಾಂಗ್ಲೂರು: ಸರ್ಕಾರದಿಂದ ಸ್ವಯಂ-ಉದ್ದೇಶದ ಸ್ವಕಾರ್ಣವರ ಚಿಕಿತ್ಸಾ ಕೇಂದ್ರಂ ಪ್ರಾರಂಭಿಸಿದ ಹಿರಿಯ ನಟಿ ಶಬಾನಾ ಆಝ್ಮಿ. ಈ ಕೇಂದ್ರವು ಸ್ವಯಂ-ಉದ್ದೇಶದವಾಗಿದೆ ಮತ್ತು ಸರ್ಕಾರದಿಂದ ಸ್ವಯಂ-ಉದ್ದೇಶದವಾಗಿದೆ. ಇದು ಸ್ವಯಂ-ಉದ್ದೇಶದವಾಗಿದೆ ಮತ್ತು ಸರ್ಕಾರದಿಂದ ಸ್ವಯಂ-ಉದ್ದೇಶದವಾಗಿದೆ. ಇದು ಸ್ವಯಂ-ಉದ್ದೇಶದವಾಗಿದೆ ಮತ್ತು ಸರ್ಕಾರದಿಂದ ಸ್ವಯಂ-ಉದ್ದೇಶದವಾಗಿದೆ.

ಶಬಾನಾ ಆಝ್ಮಿ, ಹಿರಿಯ ನಟಿ ಮತ್ತು ಸಾಮಾಜಿಕ ಕಾರ್ಯಕರ್ತರಿಂದ ಸ್ಥಾಪಿಸಿದ ಹಿರಿಯ ನಟಿ ಶಬಾನಾ ಆಝ್ಮಿ. ಈ ಕೇಂದ್ರವು ಸ್ವಯಂ-ಉದ್ದೇಶದವಾಗಿದೆ ಮತ್ತು ಸರ್ಕಾರದಿಂದ ಸ್ವಯಂ-ಉದ್ದೇಶದವಾಗಿದೆ. ಇದು ಸ್ವಯಂ-ಉದ್ದೇಶದವಾಗಿದೆ ಮತ್ತು ಸರ್ಕಾರದಿಂದ ಸ್ವಯಂ-ಉದ್ದೇಶದವಾಗಿದೆ.

# Tagged pink

KHUSHALI P MADHWANI

One in twenty-two women in India suffers from breast cancer. Making it six women every six and a half minutes being detected with it. It was some facts like these that were underlined by a health care agency with the help of Shabana Azmi and Kiran Mazumdar Shaw on Saturday, in the city.

The two also inaugurated Health Care Global Centre of Breast Health to be run by the agency. Incidentally Azmi will

now be brand ambassador for the same agency.

Kirti Tiwari, 40, a patient who was detected with breast cancer in May 2007 and is in her first stage, courageously came up on stage and spoke about her experience. Chemotherapy had come to her rescue preventing her from a mastectomy.

"Cancer is linked to your immune system and this is linked to your mental make-up," said Shaw. "Every woman owes herself good health considering the entire family depends on her," she added.

On her part, Azmi, who had her sunglasses on through-out, urged for regular check-ups. Both, Azmi and Shaw then headed to Garuda Mall for a public awareness campaign.

Azmi preferred to be as serious about the event as possible, refusing to talk about her films, her step-son Farhan Akhtar's acting debut with *Kool Haai* and more. We couldn't help notice though that Azmi and Shaw made very similar style statements with what they chose to wear. Shopping together, are we?



Actress Shabana Azmi (left) and Kiran Mazumdar Shaw at the launch of HCG Centre for Breast Health in Bangalore on Saturday.

# ಪಟ್ಟಿ ಸುದ್ದಿ

■ ಸ್ವನ ಕ್ಯಾನ್ಸರ್ ಕೇಂದ್ರಕ್ಕೆ ಚಾಲನೆ



ಬೆಂಗಳೂರು: ಸ್ವಯಂ-ಉದ್ದೇಶದವಾಗಿದೆ ಮತ್ತು ಸರ್ಕಾರದಿಂದ ಸ್ವಯಂ-ಉದ್ದೇಶದವಾಗಿದೆ. ಇದು ಸ್ವಯಂ-ಉದ್ದೇಶದವಾಗಿದೆ ಮತ್ತು ಸರ್ಕಾರದಿಂದ ಸ್ವಯಂ-ಉದ್ದೇಶದವಾಗಿದೆ. ಇದು ಸ್ವಯಂ-ಉದ್ದೇಶದವಾಗಿದೆ ಮತ್ತು ಸರ್ಕಾರದಿಂದ ಸ್ವಯಂ-ಉದ್ದೇಶದವಾಗಿದೆ.

# Hope for those under breast cancer shadow

The new HCG Centre for Breast Health aims to help women detect breast cancer early for timely treatment



Actress Shabana Azmi (left) and Kiran Mazumdar Shaw at the launch of HCG Centre for Breast Health in Bangalore on Saturday.

THIS HEALTH NEWS

**Gritty survivors**  
Bangalore: The very first hint of the slightest lump on the breast might be shocking for a woman, but proper diagnosis through mammography and clinical breast examination go a long way in preventing breast cancer. The HCG Centre for Breast Health, inaugurated on Saturday, will attempt to create this much-needed awareness of the disease.

Statistics on breast cancer are not new, but the figures are still alarming - one in every 22 Indian women is likely to suffer from breast cancer at the rate of one woman affected every 11 minutes.

According to Ajai Kumar, chairman and CEO of HCG, the problem in India has more to do with awareness. "Around 1.5 lakh women intervened in the cancerous period (diagnosis right)," he said. It is usually women who are more prone to the disease due to various reasons like lifestyle, influence of alcohol and tobacco, and even late pregnancy.

"But timely focus on proper diagnosis and effective palliative partnership in setting up more such centres can help tackle the disease effectively," he said.

Having already seen two close friends suffer from breast cancer, Kiran Mazumdar Shaw, who inaugurated the centre, said there is more to be tackled under psycho-oncology. "The mental health needs to be focused at a higher level making the affected realize that if you can live with diabetes and HIV, you can also live with cancer," she said. Further, every woman above 40 should get a regular mammogram done once a year.

"This would also help prevent any further cost on health."

**Hope at last**

Who said fighting breast cancer is only possible at occasionally higher wealth? Suguna from Anekal took it not from an economically sound background and works as a teacher at a local school. Working on a tight low-salary at home and school, she never realized the disease until she reached stage two.

And it was the acute pain while sitting under that got her alerted. But now she is out of danger. A family medical case at St John's Hospital and the level she got from HCG centre gave her a huge relief when she detected her problem at an advanced stage.

**Tackling twin fears**  
A major psychological fear of most women affected by breast cancer is the possible loss of femininity with hair loss during chemotherapy and likely surgical removal of breasts. "But they can be tackled with confidence," says Shabana Azmi, brand ambassador for breast cancer awareness.

"Who said being bald is not being a woman? During the show for the film *Haai*, I sported a bald head boldly in public and even at my son's wedding. There is no need to fear it. Just face it boldly and the headlines will never worry you," she said.

"Not always does a woman affected with breast cancer have to lose her breasts. This is done only in rare cases when there is no other possible way out to save her life," she explained.



Actress Shabana Azmi (left) and Kiran Mazumdar Shaw at the launch of HCG Centre for Breast Health in Bangalore on Saturday.



Actress Shabana Azmi (left) and Kiran Mazumdar Shaw at the launch of HCG Centre for Breast Health in Bangalore on Saturday.

# ಅಭಿವೃದ್ಧಿ ಮಾಪನ ಬದಲಾಗಲಿ: ಶಬನಾ

ಪ್ರಜಾವಾಣಿ ವರದಿ

ಬೆಂಗಳೂರು: 'ದೇಶದ ಅಭಿವೃದ್ಧಿ ಮತ್ತು ಒಟ್ಟು ರಾಷ್ಟ್ರವು ರಾಷ್ಟ್ರವನ್ನು ಅಭಿವೃದ್ಧಿ ಮಾಡಲು ಅಗತ್ಯವಿರುವ ಅಭಿವೃದ್ಧಿ ಯೋಜನೆಗಳನ್ನು ಮುಂದುವರಿಸಲು' ಎಂದು ಕಿರಿಯ ಮಾಜಿ ಮಂತ್ರಿ ಶಬಾನಾ ಆಝ್ಮಿ ಆಶೀರ್ವಚನಗಳನ್ನು ನೀಡಿದರು.

ಸರ್ಕಾರದ ಸಂವಿಧಾನಬಾಹಿರವಾಗಿರುವ ಎಚ್‌ಎಚ್ ಸರ್ಕಾರದ ಸೂಚನೆಗಳನ್ನು ಸ್ವನ ಚಿಕ್ಕಪ್ಪ ಕೇಂದ್ರವನ್ನು ಉದ್ಘಾಟಿಸಿ ಅವರು ಮಾತನಾಡಿದರು.

"ಸ್ವಯಂ-ಉದ್ದೇಶದವಾಗಿದೆ ಮತ್ತು ಸರ್ಕಾರದಿಂದ ಸ್ವಯಂ-ಉದ್ದೇಶದವಾಗಿದೆ. ಇದು ಸ್ವಯಂ-ಉದ್ದೇಶದವಾಗಿದೆ ಮತ್ತು ಸರ್ಕಾರದಿಂದ ಸ್ವಯಂ-ಉದ್ದೇಶದವಾಗಿದೆ. ಇದು ಸ್ವಯಂ-ಉದ್ದೇಶದವಾಗಿದೆ ಮತ್ತು ಸರ್ಕಾರದಿಂದ ಸ್ವಯಂ-ಉದ್ದೇಶದವಾಗಿದೆ."

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ಮುಂಬರುವ ಸರ್ಕಾರದ ಸೂಚನೆಗಳನ್ನು ಸ್ವನ ಚಿಕ್ಕಪ್ಪ ಕೇಂದ್ರವನ್ನು ಉದ್ಘಾಟಿಸಿ ಅವರು ಮಾತನಾಡಿದರು.

ಸ್ವನ ಚಿಕ್ಕಪ್ಪ ಕೇಂದ್ರವನ್ನು ಉದ್ಘಾಟಿಸಿ ಅವರು ಮಾತನಾಡಿದರು.

