CANCER INSTITUTE (WIA)

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NEWSLETTER

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COVER STORY

FROM VISION TO INNOVATION: THE 16TH DR. S. KRISHNAMURTHI MEMORIAL ORATION ON IMMUNOTHERAPY

Correspondent: **Dr. Sridevi Duggirala**

About the Oration

The Dr. S. Krishnamurthi Memorial Oration is an annual event dedicated to celebrating the vision, values, and lifelong contributions of one of the most respected figures in Indian oncology and the adviser of the Cancer Institute (W.I.A), Dr. S. Krishnamurthi (1919–2010). Honouring his legacy, the 16th Krishnamurthy Oration was held jointly by the Cancer Institute (W.I.A) and The Tamil Nadu Dr. M.G.R. Medical University, Chennai, on 30th September 2025 at the Silver Jubilee Auditorium of The Tamil Nadu Dr. M.G.R. Medical University

The event featured Professor Christian Hermann Heinrich Ottensmeier from University of Liverpool, UK, who delivered an insightful lecture on "Cancer vaccines and stratified medicine: towards rational decision-making in immunotherapy for patient benefit." This oration emphasized advancements in immunotherapy and cancer vaccine development for patient benefit.





The gathering included the governing body members, management, faculty, staff, and students of the Cancer Institute (W.I.A), as well as dignitaries and students from The Tamil Nadu Dr. M.G.R. Medical University. The event was introduced by Dr. Kalpana Balakrishnan, CEO and Medical Director of the Cancer Institute, who welcomed Prof. Ottensmeier and highlighted the significance of this memorial lecture in advancing translational oncology research.

Dr. K. Sivasangeetha, Registrar of The Tamil Nadu Dr. M.G.R. Medical University, welcomed the gathering, and Dr. Vijayanand Pandurangan, Professor, Division of Vaccine Discovery at La Jolla Institute for Allergy and Immunology, introduced the orator. The orator was felicitated by the Vice-Chancellor, Dr. K. Narayanaswamy, The Tamil Nadu Dr. M.G.R. Medical University.

About the Oration

Professor Christian Ottensmeier is Professor of Immuno-Oncology at the University of Liverpool. He practices clinically at the Clatterbridge Cancer Centre NHS Foundation Trust. He is also an Adjunct Professor at the La Jolla Institute of Immunology in California, USA, and a Visiting Professor at the School of Cancer Sciences, University of Southampton, UK.



Throughout his distinguished career, Professor Ottensmeier has dedicated his research to enhancing and understanding immune responses in patients. His core focus has been the development of immunotherapies targeting solid tumours, with particular emphasis on cancers such as head and neck as well as lung cancer. His work has significantly advanced the understanding and clinical application of immunotherapies and vaccines for these challenging tumours. His research aims to understand human immune responses to cancer and use this knowledge to improve cancer immunotherapy.

Talk Highlights

Professor Ottensmeier reflected on global progress in immunotherapy, drawing from his Ph.D. research on lymphoma vaccines 25 years ago. He emphasized the importance of personalizing cancer vaccines to target tumour-specific antigens effectively. A key challenge for clinicians is identifying suitable antigens that enable the immune system to distinguish cancer cells from healthy cells. Immunotherapy aims to boost T-cell production and convert "cold" tumours into immunoreactive ones for better therapeutic responses.

With the success of COVID-19 vaccines, the ability to design vaccine constructs that recognize only cancer cells has improved. He presented his study on BNT113, an mRNA cancer vaccine targeting HPV-positive head and neck cancer, demonstrating that combining immunotherapy with vaccines leads to improved patient survival. The oration underscored the transformative potential of cancer vaccines in future treatment paradigms. Professor Ottensmeier addressed the impact of these vaccines on the future of cancer treatment.

DEPARTMENT HIGHLIGHTS

CATALYST
THE WARD SECRETARY

Correspondent: **Dr. Y. Swapna**



The Ward Secretary plays a vital and crucial supportive as well as administrative role within the Cancer Institute. This enthusiastic team of about 21 members reports to Mrs. Sri Vidya Shankar. Mrs. Prema, Mrs. Bakkiyalakshmi, and Mrs. Joys Kiruba have successfully completed a decade of service.

They manage patient admissions, transfers, and discharges efficiently, allowing clinical staff to focus on patient care. They form the link between clinical staff and patients, attending to inquiries and coordinating with insurance, investigations, diet, pharmacy, and billing. Their role extends to ensuring the smooth functioning of theatres and wards.

The team also maintains the inventory and supply chain of the pharmacy and oversees documentation, including consent forms, Local Condition Case Records, bedside charts, and quality indicators. This tireless team coordinates activities at the Cancer Institute 24×7.

EVENTS

PINKTOBER CIWIA 2025: SPREADING HOPE, AWARENESS & STRENGTH

Correspondent: **Dr. V. Venktesh**

The Pinktober CIWIA 2025 celebrations at the Cancer Institute (W.I.A.) were a vibrant blend of creativity, compassion, and knowledge, all dedicated to raising awareness about breast cancer. The month-long event featured various activities uniting patients, students, and healthcare professionals in a shared mission of hope and education.

The Rangoli competition showcased 22 teams comprising 110 participants creating inspiring pink-themed designs symbolizing strength, resilience, and awareness. A poster competition drew 107 entries, including physical and e-posters, highlighting early detection, survivorship, and advocacy. Participants contributed taglines in Tamil and English, capturing the spirit of breast cancer awareness through words that inspire courage and positivity.





Public awareness stalls on wigs and bra prostheses educated and supported patients, alongside the "Wall of Hope," a tribute to breast cancer survivors. The Pink Pulse Quiz for postgraduates was an engaging session blending fun with learning while reinforcing key concepts in breast oncology. Though the much-anticipated Walkathon was cancelled due to weather, participants' enthusiasm kept the spirit of Pinktober alive.

The celebrations concluded with a Valedictory Ceremony and Prize Distribution, recognizing participants' creativity, knowledge, and passion. The organizers expressed gratitude to the Director, Dr. Kalpana, Dr. Hemanth Raj, and Head of the Department, Dr. Arvind Krishnamurthy, as well as every participant, volunteer, and faculty member.

Organizing Team: Dr. Raksha, Dr. Anjali, Dr. Anand Murali, Dr. Bhavana, Dr. Gaurav Gupta | **Author:** Dr. Raksha

EVENTS

MOVING WITH A MISSION DAWN TO DUSK (D2D) MARATHON'25

Correspondent: **Dr. Sridevi Duggirala**

The Cancer Institute (W.I.A), in collaboration with Neville Endeavours Foundation, organized the "Dawn to Dusk" marathon on 5th October 2025 at Anna University to raise funds for paediatric cancer patients. The marathon aimed to raise cancer awareness, extend psychosocial support, and promote a healthy lifestyle, emphasizing physical activity as a means of disease prevention.





The event included running and cycling events for adults and running events for children. The 25 km and 21 km marathons were flagged off at 5 a.m. by Thiru Ma. Subramanian, Minister of Health & Family Welfare; Dr. Kalpana Balakrishnan, CEO & Medical Director; and Dr. C. Sylendra Babu, IPS & Former DGP. Subsequent events, including the 16 km, 10 km, 5 km, and 3 km runs and cycling events, were flagged off by actor Mr. Arya. Children participated in 10 km, 5 km, 3 km, 800 m, and 400 m runs, flagged off by Dr. Kalpana Balakrishnan. Around 3,500 participants joined enthusiastically.

EVENTS

TERRY FOX RUN 2025 : COMMUNITY FOR A CAUSE

Correspondent: **Dr. Sridevi Duggirala**

The Terry Fox Run was held on 21st September 2025 at the Island Grounds, Chennai. Over 5,000 participants, including students and members of the public, ran or walked to raise cancer awareness and funds for research at the Cancer Institute (W.I.A). Dr. Sylendra Babu, IPS, and actor Mr. Harish Kalyan flagged off the event. The Department of Psycho-oncology and Resource Center for Tobacco Control exhibited a cancer awareness stall, while the Department of Molecular Oncology showcased advances in genomics and diagnostics. IEC materials were distributed to attendees. Dr R. Swaminathan, Associate Director, Cancer Institute (WIA), represented the senior administration of the institute to thank the organizers for their donation towards cancer research at the institute.



2ND EDITION OF PLAYU PINK RUN 2025

Correspondent: **Dr. Sridevi Duggirala**



The second edition of the PlayU Pink Run 2025 for Breast Cancer Awareness, organized by Playu in association with the Cancer Institute (WIA), Adyar, was successfully held on 12th October 2025 at Island Grounds, Chennai. The event featured 10 km, 5 km, and 3.5 km timed and non-timed run categories and saw enthusiastic participation from runners across the city.

The PlayU Pink Run is a non-profit breast cancer awareness and fundraising initiative by playu.in. The inaugural edition in October 2024 brought together over 1,200 participants and contributed ₹50,000 to the Cancer Institute (WIA), Adyar, for cancer research and treatment. This year, the initiative saw significant growth with 2,200+ participants and a contribution of ₹1,00,000 to the Cancer Institute.

As part of the PlayU Pink Run 2025 initiative, multiple cancer awareness sessions were conducted by PlayU at various colleges and workplaces. These sessions were led by eminent doctors from the Cancer Institute (WIA), Adyar, including Dr. Arvind Krishnamurthy (Professor & Head, Department of Surgical Oncology), Dr. Priya Iyer (Professor & Head, Department of Radiation Oncology), and Dr. Moushmi V (Assistant Professor, Department of Surgical Oncology). Awareness activities were held at ACS Medical College, SRM Institute of Science and Technology, DBS Bank, and other institutions.



In addition, several radio interviews on BigFM helped amplify the reach of the campaign. One interview featured Dr. Arvind Krishnamurthy, who spoke about symptoms, warning signs, risk factors, and treatment options for breast cancer. Another interview featured a breast cancer conqueror who shared inspiring insights on staying positive, the role of a strong support system, and the importance of early detection.

The event was graced by Mr. A. M. V. Prabhakar Raja (MLA, Virugambakkam), Mrs. Varalakshmi Vijayakumar (Associate Director, Cancer Institute (WIA), Adyar), along with dignitaries from partnering sponsors and institutions. A special video message from the Honourable Minister for School Education, Mr. Anbil Mahesh, added further encouragement and support to the initiative.

Author: Mrs. Aiswarya Shiraj

EVENTS

RAD-IMMUNE CONFERENCE 2025 : FROM BENCH TO BEDSIDE

Correspondent: **Dr. Sridevi Duggirala**

The Department of Radiation Oncology, in collaboration with the Department of Molecular Oncology, conducted the Second Annual Rad-Immune Conference on 8th November 2025. The focus was "From Bench to Bedside — Advancing Patient Care through Rad-Immune Collaboration."





Advances in understanding the immune system are transforming cancer treatment. Focused radiotherapy acts as an immuno-sensitizer, enhancing the body's ability to fight cancer. Exploring molecular mechanisms underlying cellular and immune responses to ionizing radiation is paving the way for integrated treatment strategies.

This year's CME emphasized the Rad-Immune Lab concept. Scientific research gains value when aimed at improving patient care, and the best research questions often arise from clinical practice.

The Rad-Immune Lab aims to inspire the next generation of Physician-Scientists to bridge research and practice. Faculty and delegates from multiple states and two international speakers from the US and the UK attended.

EVENTS

NATIONAL CANCER AWARENESS DAY – DISTRICT OUTREACH

Correspondent: **Dr. J. S. Malliga**

National Cancer Awareness Day programs were conducted across District Cancer Screening Centres on 7th November 2025. The sessions focused on oral, breast, and cervical cancers, including causes, symptoms, risk factors, and the importance of early detection. Participants were educated on preventive screening methods and practical measures to reduce cancer risk, promoting healthier practices and timely screening for effective prevention.



Initiatives included the Villupuram Cancer Education & Screening Project; the Thiruvallur project at Christ King Matriculation Higher Secondary School; the Pudukkottai project focusing on women from MGNREGA in Eriyur; and projects in Thiruvannamalai and Sivagangai. These programs engaged students, teachers, and local women, spreading awareness about cancer prevention and early detection.



EVENTS

WORLD ANAESTHESIA DAY 2025 – ANAESTHESIOLOGY IN HEALTH EMERGENCIES

Correspondent: **Dr. S. Nivedhyaa**

16th October is celebrated as World Anesthesia Day

The Department of Anaesthesiology, Pain, and Palliative Care commemorated World Anaesthesia Day 2025 with a week-long celebration centered on the theme "Anaesthesiology in Health Emergencies." The initiative highlighted the indispensable role of anaesthesiologists in critical care and emergency response while fostering interdisciplinary engagement and creativity.

Participants from B.Sc. specialities including Operation Theatre & Anaesthesia Technology (OT & AT), Radiology, Nuclear Medicine, Radiotherapy, and Junior Staff Nurses took part in competitions blending knowledge and creativity. Activities included quizzes testing general knowledge and Institute facts, artwork representing anaesthesia's evolution, reflective poetry, and a timed Basic Life Support relay. The closing ceremony on 18th October featured a Villupaatu performance, quiz and BLS finals, poetry recitations, and prize distribution.



Villupaatu performance by the BSc students in the Department Of Anesthesia



BSc Nuclear Medicine students were the prize winners for the Quiz, Dr. Priya (Head of Radiotherapy department) distributed the prizes.

Author: Dr. V. Kausalya

EVENTS

SOAPCCON 2025 – PERSONALISED ANESTHESIA IN THE ERA OF PRECISION ONCOLOGY

Correspondent: **Dr. S. Nivedhyaa**

SOAPCCON 2025, the seventh annual national conference of the Society of Onco-Anaesthesia and Perioperative Care, was held on 23rd and 24th August 2025 in Chennai. The theme was "Personalised Anesthesia in the Era of Precision Oncology." Organized by the Cancer Institute (W.I.A) at IIT Madras Research Park, the conference involved major corporate hospitals and featured pre-conference workshops on airway management, POCUS, simulation, pain and regional blocks, and CPET in onco-anaesthetic practice.



Dr. J. Balavenkatasubramanian, Senior Consultant Anesthetist & Academic Director, Ganga Hospital, Coimbatore is seen inaugurating the SOAPCCON 2025 at Chennai along with senior dignitaries namely Dr. Sohan Solanki, Professor, Department Of Anesthesia, Tata Memorial Hospital Mumbai, Dr. Jyotsna Goswami, Head Of the Department of Anesthesia, Tata Medical Centre, Kolkata, Dr. Kalpana Balakrishnan, Director and CEO, Cancer Institute (WIA), Chennai and Dr. Jayaprakash Indian Society OF Anesthesia (ISA) Chennai city branch secretary.



The Anesthetists from the Department Of Anesthesia, Cancer Institute (WIA) Chennai who made SOAPCCON 2025 a dream come true in Chennai!

The main conference covered topics in onco-anesthesia, including head-and-neck, thoracic, hepatobiliary, and other complex situations. Renowned national and international faculty participated in small-group sessions, panel discussions, debates, case presentations, posters, paper presentations, and quizzes. The event was well-received and attended by delegates from across India and abroad.



The Anesthetists from the Department of Anesthesia at Cancer institute Adyar - a team effort to make SOAPCCON 2025 a grand success.

Author: Dr. Pritha Raj

EVENTS

DIGITAL MAMMOGRAM INAUGURATION – VILLUPURAM CANCER SCREENING CENTRE

Correspondent: **Dr. J. S. Malliga**

The Rotary Club of Madras donated the third digital mammogram to the Department of Preventive Oncology. The first two machines, funded by SBI MF India, were installed in Devakottai and Thiruvannamalai District Cancer Screening Centres. The newly installed machine, funded by Access Healthcare through the Rotary Club of Madras, has been placed at the Villupuram Cancer Education and Screening Centre.



The facility was inaugurated by Chief Guest Rtn. Nikhil Raj, President of the Rotary Club of Madras, who highlighted the importance of accessible healthcare and the role of technology in combating cancer. The Guest of Honour, Dr. Kalpana Balakrishnan, CEO & Medical Director, shared insights on the impact of early detection in improving health outcomes. This facility is expected to serve approximately 275,000 eligible women in Villupuram District by enabling screening and early detection of breast cancer.



Author: Dr. Pritha Raj

EVENTS

COPE 2025 – ORIENTATION FOR EXAM-GOING POSTGRADUATES

Correspondent: **Dr. Parathan**

The Cancer Institute Orientation Program for Exam-going Postgraduates (COPE) is an annual academic initiative organized by the Medical Oncology Department in association with the Indian Society of Medical and Pediatric Oncology (ISMPO). Established in 2009, it provides final-year Medical Oncology postgraduates a platform to simulate examination settings and interact with eminent examiners from leading academic institutions.



COPE 2025 was held on 11th and 12th October 2025, with 111 registrations from residents representing 11 states. The event featured practical case discussions, OSCEs, and viva sessions guided by 26 senior examiners. Top candidates were recognized with the prestigious ISMPO Gold Medal.



Author: Dr. Pragadeesh T

EVENTS

ROME 2025 – RADIATION ONCOLOGY MODEL EXAM

Correspondent: **Dr. Parathan**

The Radiation Oncology Model Exam (ROME) 2025 reaffirmed its role as a cornerstone in exam preparedness for postgraduate students in Radiation Oncology. Annually organized, ROME provides candidates with assessment, feedback, and learning opportunities from renowned examiners across India.



The program emphasized core principles of radiobiology, physics, and cancer biology, along with comprehensive disease-site management including external beam therapy, brachytherapy, emerging technologies, treatment planning, and recent evidence. Interactive feedback sessions highlighted common pitfalls, high-yield learning points, and consensus guidelines relevant to exam success and clinical practice. ROME 2025 included candidates from the Institute and other centres across Tamil Nadu and neighbouring states, with plans to expand virtual participation and case-simulation modules.



Author: Dr. P. R. Vengada Krishnan

EVENTS

INFECTION PREVENTION WEEK 2025

Correspondent: **Mrs. R. Harini**

The Hospital Infection Control team, under the guidance of Dr. Hemanth Raj and Dr. Kalpana Balakrishnan, organized Infection Prevention Week 2025 at the Cancer Institute (W.I.A). The theme was "Stand UP for Infection Prevention." Activities included hand hygiene audits and awareness campaigns across the hospital, a quiz on Infection Prevention and Control for doctors, nurses, technicians, and housekeeping staff, and recognition of Hand Hygiene champions.



ADVANCING RADIOLOGY: CME



The Radiology Department conducted a CME programme on 22 November 2025, bringing together faculty and clinicians for a focused session on advancements in imaging.

The programme featured an insightful address by **Dr. Kalpana S., DMRD, MDRD, DNB, Director & HOD, Barnard Institute of Radiology, Madras Medical College,** who shared valuable expertise and updates in diagnostic radiology.

The session provided participants with enhanced clinical perspectives and reinforced the department's commitment to continuous learning and improved patient care.

Author: Dr. Pritha Raj

EVENTS

ROENTGEN DAY 2025: CELEBRATING A DISCOVERY THAT CHANGED MODERN MEDICINE

Correspondent: **Dr. Vikram Babu**

"Roentgen Day" is also known as World Radiography Day, which is celebrated annually on November 8th to commemorate the discovery of X-rays by German physicist Wilhelm Conrad Roentgen in 1895.

The day honors the vital role of radiographers in healthcare and raises public awareness about diagnostic imaging and technology.

Author: Dr. Pritha Raj





EVENTS

DISASTER PREPAREDNESS & FIRE SAFETY – ESSENTIAL PILLARS OF SAFE HEALTHCARE DELIVERY

External Disaster "CODE ORANGE" Mock Exercise

In a hospital where every second counts, strong disaster preparedness is vital. To enhance rapid-response capability, Cancer Institute (WIA) partnered with the National Disaster Response Force (NDRF) to conduct a large-scale External Disaster Code Orange Mock Exercise.

Ahead of the drill, on 9 October 2025, Inspector Sakthi Murugan and the NDRF team met our Safety Committee to plan and align the exercise with our Emergency Response Team (ERT). On 10 October, the NDRF arrived at 1:00 pm, setting up the disaster management station with a live telecast to NDRF Headquarters. At 3:00 pm, Code Orange was declared, and within two minutes, our staff and ERT assembled at the designated point.





The drill featured key rescue demonstrations, including collapsed-structure extraction, earthquake and flood-response techniques, and hospital-based emergency management. These practical sessions significantly strengthened staff confidence and coordination. Code White was declared at 4:45 pm, concluding the exercise. With around seventy ERT members and two hundred and fifty staff participating, the drill was comprehensive and highly effective.

This exercise reinforces our commitment to emergency readiness and our continued collaboration with national disaster-response agencies to safeguard our patients, staff, and community.

HALL OF FAME

Correspondent: **Dr. Parathan K, Dr. S. Nivedhyaa & Mrs. M. S. Kalyani**



Miss P. Soundaryanayagi
Won the Silver Medal for her poster at the 43rd Annual Conference of the Indian Society for Medical Statistics.

Dr. Sahitya Sriman (Assistant Professor, Dept. of Anesthesia, Cancer Institute (WIA)
Won the 1st price in the Snippet Competition at the national SOAPCCON 2025





Dr. Vinoth Kumar
Second-year FNB Anesthesia at Cancer Institute (WIA), Chennai, won the second prize for the Snippet Competition in SOAPCCON 2025.

Dr. Padmapriya secured third place in the Oral Abstract Presentation at ICON 2025.



Dr. Prayag Premnath
Second-year FNB Anesthesia at Cancer Institute (WIA), Chennai, won the first prize for the Paper Presentation in SOAPCCON 2025.

Team Cancer Institute W.I.A, consisting of three residents and their mentors, won first prize in the Multidisciplinary Tumour Board contest at MABCON 2025, held on 28th September 2025 at Chennai.





The Medical Oncology team
Won the rolling shield for the Best Oncology PG Institute at the 53rd ICON Conference, 19–21 September 2025, Gwalior.

Dr. Hanumita Radhakrishnan received the ISO-ISMPO Gold Medal for securing first place at COPE 2025.





Dr. Pragadeesh T (Medical Oncology) received the IASLC International Mentorship Program Award 2025, including sponsorship to WCLC 2025 & an observership at the University of Turin.

Dr. Gopu Bhargav Reddy won second place in the Oral Abstract Presentation at the Best of ASCO Conference.





Dr. Amrish S & Dr. Krinal T Won first place in a CME quiz on Difficult Leukemias

Dr. Karthik Bommannan received third prize for his research on ALL MRD at Hematocon 2025.



THE TEACHER IN ME

Dr Jayashree



I come from a humble beginning, where the world often felt larger than my dreams. In those tender school days, it was my teachers who became the spectacles through which I first learned to see clearly. They sharpened my blurred curiosities, steadied my trembling confidence, and showed me that learning could be a quiet form of courage.

Years later, when I stepped into medical college as a first-generation medico, that sense of vastness returned. Once again, my teachers held my hand through the unfamiliar corridors of science, discipline, and responsibility. They guided me to a place of safety and strength, gently transforming hesitation into purpose. When I chose Obstetrics and Gynaecology for my postgraduate training, my teachers opened an even deeper window into the lives of women.

They taught me to understand the silent battles women endure: the difficulty of making choices, the burden of decisions made by others, and the quiet strength that often goes unseen. It was my teachers—many from the other gender—who reminded me that compassion, not impatience, is what truly advances women's health. My journey into gynaecologic oncology began with one such mentor, and during my training, I had the privilege of learning from teachers who were disciplined, energetic, and profoundly inspiring.

I had the privilege of learning from my own "saptarishis." They saw in me facets I had not dared to explore, especially the calling of preventive oncology. I once feared that embracing preventive work would dilute me as a surgeon. Where would I find the time? Would one strength weaken another? My teachers dispelled these doubts with their own lives. They taught me that when the purpose is clear, time reveals itself. One skill does not diminish another—each deepens the other. They modelled time management not as a technique, but as a philosophy of intention and balance.

A true teacher does more than teach concepts—they offer a part of their life. They shape not only a student's mind, but their path, their priorities, and their sense of service.
Teaching, after all, is a noble art where even moons can illuminate the sun—the students who rise high because of their teachers. And the teacher in me aspires every day to carry forward that light: to recognise potential, nurture purpose, and help shape healers who serve both medicine and society with grace.

This is the story of my journey so far. Do wait for my next write-up in the upcoming issue, where I will unfold the teacher I aspire to be.

PREVENTIVE PEARLS

Prevention: What Should Every Woman Know?

When it comes to breast cancer prevention, a few timeless principles go a long way. Daily habits such as staying physically active, maintaining a healthy weight, limiting alcohol, eating a colourful Mediterranean-style diet, and avoiding smoking all help reduce risk. Early detection is equally essential. Most women benefit from starting mammograms around age 40–45, and practicing breast self-awareness allows them to notice changes promptly.

Family history may raise concerns, but it does not determine your future. Genetic counselling can clarify risks, and modern preventive strategies empower women. Breastfeeding provides added protection, while balanced nutrition and adequate vitamin D support overall breast health. Above all, never ignore warning signs like new lumps, skin dimpling, nipple changes, unusual discharge, or persistent pain. Trust your instincts, seek timely care, and remember that prevention is truly the best medicine.

FEEDBACK

FEEDBACK & MESSAGES TO:

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