

IACAN anticipates 2019 to be a very productive year. One of IACAN's goal is to educate the community on different kinds of cancer, treatments, resources available in the community, how to cope with cancer and life after cancer, most importantly how to live a cancer free life. It strives to spread the knowledge about nutrition, various therapeutic therapies such as yoga, meditation, and other means of stress releasing methods. The outreach programs are geared towards achieving this goal. Also, IACAN strives to lend a helping hand to the cancer survivors to ease their hard journey of life.

One such outreach program was presented at the Islamic Center of Clear Lake city on Sunday, Feb. 10^h, 2019. Dr. Surendranath Shastri eloquently presented the topic of "How to Eliminate Cervical Cancer Completely?" Dr. Surendranath S. Shastri, M.B.B.S, M.D., D.Ph., is the Professor, Division of Health Disparities Research at M.D. Anderson Cancer Center. In the past, Dr. Shastri headed the Division of Preventive Oncology in Tata Memorial Hospital, Mumbai, India, and was the Director of the World Health Organization's (WHO) Collaborating Centre for Cancer Prevention, Screening and Early Detection for South East Asia. He often serves on the WHO expert panel for cancer and non-communicable diseases.

Dr. Shastri explained the association between Human Papilloma



Virus (HPV) and cervical cancer. HPV, spreads through sexual intercourse.

Women with multiple partners or with a partner with previous multiple partners are most likely in danger HPV infections which might lead to cervical cancer. Patients do not experience any

symptoms until late stages of the disease. Due to late detection, treatments involves extensive surgery, radiation and chemotherapy. However, HPV vaccination and regular cervical screening could prevent and completely cured.

HPV vaccination not only prevents cervical cancer but also other forms of HPV-related cancers such as oral, anal, penile and vulvar



cancers. According to WHO HPV vaccination guidelines, that every adolescent male and female should be vaccinated around the age of 11-12 years. This was a very informative presentation

and Q and A session was filed with many questions from the audience. Thank you Dr. Shastri for presenting such a wonderful talk.

IACAN makes every effort to help the cancer survivors and their care givers. Many therapeutic and stress releasing activities are planned and carried out to help survivors to cope with the difficulties they face in life. One such activity was a musical program held on Saturday, March 9, 2019 at Udupi Restaurant, Sugar land, TX.

Music heals the mind and soul. It soothes the mind, reduces stress and anxiety, elevates the mood, eases the pain, improves cognition, relaxes the listeners and give them a sense of happiness and calm.

The audience experienced all these benefits at the music concert conducted by Mrs. Mani Sastri and Mr. Krishna Prasad of Nada



Vinoda Music Academy. These two artists are not new to IACAN. They had a fantastic music program last year and due to popular demand, they graciously agreed to treat us this year as well. These artists happily support IACAN by conducting music concerts for the survivors and care givers. Today's program exceeded the expectations of everyone. These singers put their

heart and soul when they perform. They choose the best songs – both new and old and fill the hall with nostalgia. Every song is selected with great thought, compassion and excellent taste. So, it is no wonder, the audience enjoyed these songs to the fullest. The program was so enthralling, the participants took to the dance floor



and danced for a couple of songs. This was an amazing performance. This was followed by a sumptuous dinner.

There are many wonderful programs in the pipe line. Many outreach programs are being planned for the near future.

The Bone Marrow Drive, in collaboration with the Gulf Coast Blood Center is coming along fine. IACAN will be celebrating its 10th Anniversary in September, 2019.

IACAN thanks all the volunteers and financial supporters. It is because of their selfless efforts IACAN is able to serve our community. We are looking forward with your continued support.