

HOROSCOPE



ARIES
(MAR 21-APR 20)

Keep your emotions in check at work. Eliminate situations that do not benefit you. Avoid getting into arguments. Your lucky day this week is Wednesday.



TAURUS
(APR 21-MAY 21)

Try not to allow your partner to upset your routine. Travel for business. Do not expect too much from others. Your lucky day this week is Thursday.



GEMINI
(MAY 22-JUN 21)

Your sensitivity toward those you love will be rewarding. Utilise your versatile mind. Impress others with speed and accuracy. Your lucky day this week is Tuesday.



CANCER
(JUN 22-JUL 22)

Spend quality time with children. You must act quickly. Make sure everything is in order. Your lucky day this week is Sunday.



LEO
(JUL 23-AUG 22)

Don't give them the use of your credit card. Concentrate on work. Just be yourself. Your lucky day this week is Monday.



VIRGO
(AUG 23-SEP 23)

Focus on improving your physical health. Make positive changes at home. You need to earn more cash. Your lucky day this week is Thursday.



LIBRA
(SEP 24-OCT 23)

Concentrate on work. Do not lend anyone money. Plan a day of enjoyment with them. Your lucky day this week is Thursday.



SCORPIO
(OCT 24-NOV 21)

Take precautions to avoid minor accidents. Think twice before giving information. Family outings should include visiting relatives. Your lucky day this week is Friday.



SAGITTARIUS
(NOV 22-DEC 21)

You will be attracted to foreign cultures. Your ideas will be well received. You can help them with difficult projects. Your lucky day this week is Sunday.



CAPRICORN
(DEC 22-JAN 20)

You will easily charm members of the opposite sex. Ignore co-workers who insist on spreading rumours. Take some time out. Your lucky day this week is Sunday.



AQUARIUS
(JAN 21-FEB 19)

Not everything you hear is true. Be supportive in order to avoid confrontations. The answers can only come from within. Your lucky day this week is Monday.



PISCES
(FEB 20-MAR 20)

Things at home are still tense. Get involved in sports activities. Sometimes listening is better than speaking. Your lucky day this week is Thursday.



CanHOPE Dhaka is a non-profit cancer counselling and hotline initiative supported by Parkway Cancer Centre. It is a resource for information about cancer, available cancer screening tests and treatments for both patients and the general public. It is manned by an experience, knowledgeable and caring support team who has access to comprehensive information from reputable resources on a wide range of cancer topics. CanHOPE Dhaka, is set up with the objective to #Fight Cancer in Bangladesh.

HEALTH

Ray of hope for the treatment of gastrointestinal cancers

In the past, gastrointestinal cancers such as colorectal cancer and stomach cancer were usually treated with surgery, radiation and/or chemotherapy, but the advent of targeted therapies has had a significant effect of prolonging life for patients with these diseases.

Immunotherapy and targeted therapy give patients more options in the battle against gastrointestinal cancers. Targeted therapies block the growth and spread of cancer by interfering with specific molecules that are involved in the growth, the progression, and the spread of the disease. They are, however, not a magic bullet, as the cancer cells may eventually evolve and become resistant to these drugs.



COLORECTAL CANCER

This particular form of cancer originates from the colon (the longest part of the large intestine), or the rectum (the last several inches of the large intestine, before the anus). Most colorectal cancers are adenocarcinomas, which are cancers that begin in cells that make and release mucus, and other fluids.

Singapore has one of the highest incidences of this cancer in Asia. Colorectal cancer is the most common cancer in Singapore and the incidence of this cancer has been steadily increasing. Thanks to the rise of targeted treatments, oncologists can now turn to targeted agents such as Avastin (bevacizumab) and Erbitux (cetuximab), which have been approved for use in fighting colorectal cancer.

Avastin works by blocking the growth of new blood vessels into the tumour. This deprives the cancer cells of nutrients, making them more vulnerable to chemotherapy.

Erbitux, on the other hand, in tumours which are sensitive to it, can block the signal that tells a tumour cell to grow. Regulators have approved the use of Avastin against metastatic colon cancer as well as certain types of lung, ovarian, cervical, kidney, and brain cancers. Erbitux has been approved for use against certain types of metastatic colon cancer as well as certain types of head and neck cancer.

STOMACH CANCER

Stomach cancer is the second leading cause of cancer death in both men and

women around the world. In Singapore, it is the sixth most common cancer in men and the eighth most common cancer in women. About 300 people die each year from stomach cancer in Singapore.

Targeted therapy is now on the list of approved therapies for stomach cancer. The targeted therapies that are approved for stomach cancer are Cyramza (ramucirumab) and Herceptin (trastuzumab). Cyramza stops the growth of new blood vessels, while Herceptin stops the growth of cancer cells that have too much of a protein known as HER2 on their surface.

IMMUNOTHERAPY

Another new form of cancer treatment, immunotherapy, relies on the body's immune system to fight cancer. The body's immune system is already able to fight off bacterial and viral infections. Immunotherapy makes the immune system work against the cancer.

So far, immunotherapy has had the biggest impact in the treatment of melanoma and lung cancer. Trials are underway to examine its effectiveness in the treatment of gastrointestinal cancers.

For further enquiry, please contact:
CanHope Dhaka, Suite-B3, Level-4,
House-10, Road-53 Gulshan-2, Dhaka-1212,
Bangladesh.

Or, call 0197-7770-777; Email: zeba@parkwayhealth.net

Photo: Parkway Cancer Centre