



## WHO ARE WE?

M.J. Charitable Trust is working to provide education and health services to the impoverished sections of society in India.

Dr. Ashok Kumar Jainer established the trust in 2008 to fulfil his dreams of a better society for all. This Trust provides selfless and unconditional service to the mankind. Everyone working in the Trust is committed, dedicated and working unpaid, there is no admin cost. The Trust is registered and has been awarded 80G of the income tax act of India.

**VISION:** A world in which everyone obtains good education and health.

**MISSION:** We seek a world of hope and working to ensure that kids growing up in poverty get an excellent education and health.

**VALUE:** Improve well being of people and convert their suffering into self-reliance. We treat them with respect, dignity, compassion and always be responsive to their needs.

## OBJECTIVES

1. Provide quality assured education for children growing in poverty.
2. Provide prompt and safe health care facilities to the poor in rural areas.
3. Provide food and basic amenities for people living in slums.
4. Raising awareness of common illness in rural part of India.

## A GLIMPSE OF OUR WORK

The girl Radha is suffering from congenital illness called phocomelia. Her mother is a widow. Radha used to live happily in her family. One day a tragic and untimely death of her father brought storm in the family. Later, her mother, who was working as healthcare assistant, developed back problems. She also lost her job and came on the street with her daughter. They both have no hopes in life. Radha who was handicapped and her weakness became the strength for survival. She started begging to feed her mother and herself. She also developed epilepsy. Once while begging on the road she had epileptic fits and became unconscious. Her fingers were crushed by a truck while she was unconscious on the road. God tested her strength and became kind to them. Once she was noticed by MJ Foundation team. MJ Foundation adopted her and mother.



**Radha and her family**  
got a new life with  
**MJ foundation's**  
**support.**

This girl's epilepsy is controlled. MJ Foundation provides all kind of support to both of them. Radha was offered a school to study however she could not cope at school. As she is disabled and can't read and write. Now her mother and she have a place to live, monthly ration, clothes, medicine, and full support all the time. This girl is like a family member of MJ Foundation. If she needs any help she easily contacts MJ foundation. Her self-esteem has improved; mother's confidence is built up. MJ can't bring back her husband but able to fill up some gap. She has someone to rely on.



**Dr. Vijay Verma**  
helped this man to live a  
better life.

## BEFORE



## AFTER



This gentleman has no child, no social support and nowhere to live. He lives under the tree. He got a fracture, was struggling in his life. Our MJ Trust doctor Dr. Vijay Verma initially organized his x-ray which revealed a fracture and required a surgery. Prof Vinod Kumar who is associated with MJ foundation came forward as a God, he performed surgery.

We are glad to say that Prof Vinod organized it free of cost even he organized plates himself. This operation has made difference in his life. This is true and unconditional service to the humanity.

One side media is painting a wrong picture of doctors; the public is raising anger toward the doctors. On the other side, doctors associated with MJ foundation, each week, are setting a new milestone and saving the life of those who have no one to rely on and can't afford the treatment. These doctors are capable and able to work in any part of the world.

We are joining together to acknowledge the dedication and caring attitude of Prof Vinod Kumar. He is a great soul. His parents should feel proud of him.

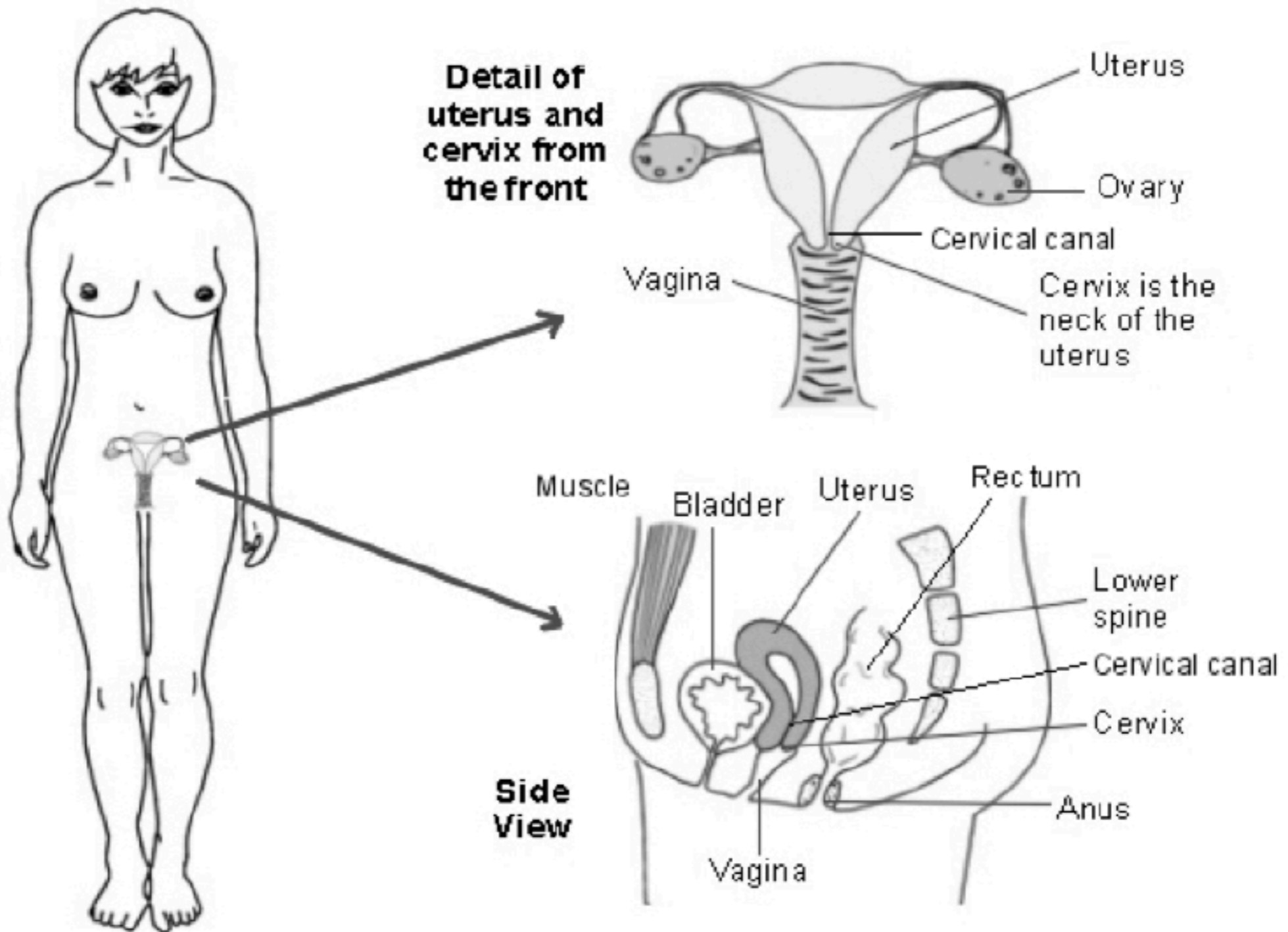
## LISTEN TO OUR EXPERTS



**Dr. Abha Sinha (MD, MRCOG, Consultant Obstetrician and Gynaecologist, Clty Hospital Birmingham, UK)**

### What is Cervical Cancer?

The cervix is the lower part of your womb (uterus) which extends slightly into the top of your vagina. The cervix is often called the neck of the womb. The surface of your cervix is covered with skin-like cells.



There are two main types of cervical cancer:

1. **Squamous cell cervical cancer** is the most common. This develops from a skin-like cell (a squamous cell) that covers the neck of the womb (cervix), which becomes cancerous.
2. **Adenocarcinoma cervical cancer** is less common.

## Who gets cervical cancer?

Most cases develop in women aged in their 30s or 40s. Some cases develop in older and younger women. It is rare in women aged under 25 years.

## Risk Factors

The fact that HPV infection is very common but cervical cancer is relatively uncommon suggests that only a very small proportion of women are vulnerable to the effects of an HPV infection. There appear to be additional risk factors that affect a woman's chance of developing cancer of the cervix. These include:

1. Smoking - women who smoke are twice as likely to develop cervical cancer; this may be caused by the harmful effects of chemicals found in tobacco on the cells of the cervix.
2. Taking the oral contraceptive pill for more than five years  
Having children (the more children you have, the greater your risk) - women who have two children have twice the risk of getting cervical cancer

## Cervical Cancer Symptoms

You may have no cervical cancer signs at first, when the tumour is small. As the tumour becomes larger, symptoms include:

1. Bleeding between normal periods (intermenstrual bleeding).
2. Bleeding after having sex (postcoital bleeding).
3. Any vaginal bleeding in women past the menopause.
4. A vaginal discharge that smells unpleasant.
5. Discomfort or pain during sex.

All the above symptoms can be caused by various other common conditions. But if you develop any of these symptoms, you should see a doctor.

## How is Cervical Cancer Diagnosed?

To confirm the diagnosis a doctor will usually do a vaginal examination if you have symptoms which may possibly be cervical cancer. He or she may feel an abnormal neck of the womb (cervix). If cervical cancer is suspected, you will usually be referred for colposcopy.

Colposcopy is a more detailed examination of the cervix. During colposcopy it is usual to take a small piece of tissue (biopsy) from the cervix. The biopsy sample is then examined under a microscope to look for cancer cells.

## Assessing the Extent and Spread

If you are found to have cervical cancer then further tests may be advised to assess if the cancer has spread.

For example, a computerised tomography (CT) scan, a magnetic resonance imaging (MRI) scan, a chest X-ray, an ultrasound scan, blood tests or other tests. This assessment is called staging of the cancer. The aim of staging is to find out:

1. How much the tumour has grown and whether it has grown to other nearby structures such as the bladder or back passage (rectum).
2. Whether the cancer has spread to local lymph glands (nodes).
3. Whether the cancer has spread to other areas of the body (metastasised).

## Cervical Cancer Treatment

Treatment options which may be considered include surgery, radiotherapy, chemotherapy or a combination of these treatments. The treatment advised for each case depends on various factors. For example, the stage of the cancer (how large the first (primary) cancer tumour is and whether it has spread), your general health and also if you are planning on having children. You should have a full discussion with a specialist who knows your case. They will be able to give information on:

1. Likely success rate.
2. Details of possible side-effects.
3. The various treatment options for your type and stage of cancer.

## Surgery

An operation (called a hysterectomy) to remove the neck of the womb (cervix) and the womb (uterus) is a common treatment. If the cancer is at an early stage and has not spread then surgery alone can be curative. In some cases, in very early-stage cancer, it may be possible just to remove the part of the cervix affected by the cancer without removing the entire uterus. This would mean that you could still have the chance to try to have your own children.

If the cancer has spread to other parts of the body, surgery may still be advised, Even if the cancer is advanced and a cure is not possible, some surgical techniques may still have a place to ease symptoms.

## Radiotherapy

Radiotherapy is a treatment which uses high-energy beams of radiation which are focused on cancerous tissue. This kills cancer cells or stops cancer cells from multiplying. Radiotherapy alone can be curative for early-stage cervical cancer and may be an alternative to surgery. For more advanced cancers, radiotherapy may be advised in addition to other treatments.

Even if the cancer is advanced and a cure is not possible, radiotherapy may still have a place to ease symptoms.

## Chemotherapy

This is a treatment using anti-cancer medicines which kill cancer cells or stop them from multiplying. Chemotherapy may be given in addition to radiotherapy or surgery in certain situations.

## Cervical Cancer Prognosis

The outlook (prognosis) is best in those who are diagnosed when the cancer is confined to the neck of the womb (cervix) and has not spread. Treatment in this situation gives a good chance of cure for 8-9 women out of 10. For women who are diagnosed when the cancer has already spread, a cure is less likely but still possible. Even if a cure is not possible, treatment can often slow down the progression of the cancer.

## Prevention of Cervical Cancer

Many cases of cancer of the cervix are already prevented through the cervical screening programme. In this programme, women in the at-risk age category have regular smear tests. This test looks for early changes in cells, which could turn into cancer. If early changes seem to be progressing towards cancer, you can have treatment to stop you developing cervical cancer. Find out more about the cervical smear test.

As above, it is also hoped that the HPV immunisation programme will prevent many cases of cervical cancer.



## Dr. Alka Mittal on Asthma

Asthma is a common chronic lung condition. It often starts in childhood but can occur first time in adults. Often is lifelong, but some children can grow out of it. Symptoms are exacerbated by allergens and irritants like cigarettes and smoking both active and passive, exercise-induced, chest infections, and genetic predisposition. Typical symptoms are wheeze (whistling sound on breathing), breathlessness, cough, and tightness in the chest.

The focus should be on control of symptoms to improve quality of life not cure as poorly controlled symptoms would lead to tiredness, poor sleep and concentration and psychological issues also poor growth. The mainstay of treatment is avoidance of allergens, inhalers via a spacer (improves delivery of medicine multi-fold) ensure technique is correct. Inhalers are of two kinds, preventer to be taken every single day in morning and evening even when well and reliever to be taken example before exercise or when needed example of infection or tightness of chest/breathlessness experienced.



## Dr. Shishu Sharma (MBBS, MD, MRCPCH, PGDipCH, University of Leeds, UK) on Hepatitis

Liver is the powerhouse of our body which is essential for providing energy for our day to day activities. It also helps in forming proteins which are the essential building blocks for very important tissue and organ functionality. It plays a central role in maintaining the fluidity and coagulability of the blood. Besides the above, it's a common knowledge that it helps in digestion and processing of the food stuff we consume on daily basis.

Hence there is no surprise that when such an important organ is affected by a disease process it leads to crippling effect on the body. One of the very common disorder affecting liver that we commonly come across and hear about is hepatitis. Hepatitis is a generalised term referring to the inflammation of the liver and the inflammation could be due to various reasons. The most common factors leading to hepatitis are the viral infection and chemical injury by alcohol. There are other types of hepatitis like Auto-immune hepatitis which is a condition where the body starts fighting against its own organs, in this situation liver.

Another important cause of liver disease is Non-Alcoholic fatty Liver Disease which is the direct outcome arising from the ticking time bomb of obesity/mal-nourishment pandemic. This is an easily preventable disorder which can be kept at bay by adopting healthy lifestyle and staying active.

Liver has a remarkable capability to recover and regenerate from such injuries. When most of the cases resolve spontaneously or with treatment, in some cases delayed intervention fails to prevent the scarring of the liver which leads to hazardous outcome in the form of liver cirrhosis, which is a point of no return when it comes to liver recovery. Cirrhosis can lead to terminal events namely liver cancer and death. Though tremendous research is going on to cure cirrhosis with stem cell transplant however the only practical and viable available option of the treatment is liver transplant which comes with huge number of risks and costs. For the purpose of this topic I will highlight salient features of viral and alcohol related hepatitis only and will discuss other kinds of liver injuries on another occasion.

### Viral Hepatitis

The viral hepatitis is primarily of the following types:

1. Hepatitis A
2. Hepatitis B
3. Hepatitis C
1. Hepatitis D
2. Hepatitis E
3. Hepatitis due to other viruses such as Epstein Bar Virus.



The symptoms and signs associated with infective hepatitis are:

- |                        |                         |
|------------------------|-------------------------|
| 1. Flu like symptoms   | 1. Generalised weakness |
| 2. Fever               | 2. Loss of appetite     |
| 3. Jaundice            | 3. Abdominal pain       |
| 4. Dark coloured urine | 4. Itching              |

Out of the above Hepatitis A and E are primarily transmitted through food and water contaminated with faeces of an infected person. Hepatitis E is also transmitted via consumption of uncooked livestock products mainly pork and shellfish. Therefore hand hygiene and improved cooking environment are of paramount importance in their prevention. India is considered to be a high risk country for the transmission of Hepatitis A and E due to poor sanitation and generally low awareness about cleanliness. Hepatitis E is usually self-limiting, however it can lead to fulminant acute hepatitis and death in pregnancy. Hepatitis B, C and D are transmitted through infected blood products, unprotected sex and using contaminated injectable needles. Chronic infection with Hepatitis B and C can lead to cirrhosis and its complications. Hepatitis B virus is essential for survival of Hepatitis D virus and thus Hepatitis D infection goes hand in hand with Hepatitis B

Treatment of viral hepatitis is primarily symptomatic however antiviral medications are available for Hepatitis B and C infections. Vaccines are also available against Hepatitis A and B and are highly recommended for people living or working in high risk environment. Vaccine for Hepatitis B also prevents infection for Hepatitis D. You should contact your nearest doctor for vaccination of yourself as well as your near and dear ones.

## **Alcoholic Hepatitis**

In recent decades alcohol has emerged as a major killer on and off road with no regard for age, sex and socioeconomic status. Even the so called 'social drinkers' are not spared from its harmful effects. Women have increased predilection for development of alcohol related liver disease and cirrhosis. Most of the alcohol drinkers are not aware that they may already have developed early changes of alcoholic hepatitis as it's largely asymptomatic in early stages. It is scientifically proven that chronic alcohol consumption over a cumulative 10 year period is a sure shot concoction for infliction with liver cirrhosis. The good news is that if a person stops taking alcohol before scarring sets in then the liver can recover back to its normal capacity.

As you may have already inferred from the above discussion that as it goes with every health condition, hepatitis is not an exception to the age old saying 'prevention is better than cure'. Therefore we must take control of our health and improve our environment, sanitation and lifestyles to allay the fears of being inflicted with various preventable diseases including viral and alcohol related hepatitis.

## OUR MEDICAL ADVISORY BOARD



Dr. Sudheer Tyagi,  
Neurosurgeon



Dr. Dinesh Singh,  
Physician



Dr. Dharendra Singh,  
Orthopaedic Surgeon



Dr. Renu Jainer,  
Paediatrician

## OUR EDUCATION ADVISORS



Bhism Singh,  
DCP



Ramkripals Singh,  
Ex-editor in Chief,  
Nav Bharat Times



Shailesh Kumar,  
Ex-CEO of News Nation &  
Dean of News 24 Media

## MEDICAL CLINIC INCHARGE



Dr. Vijay Verma,  
MBBS, MD



Dr. Sanjay Jainer,  
BAMS

## TECHNICAL ADVISOR



Mahimvir Singh,  
9 Digital