Life Begins at 50……

It is indeed a great honor for me to be chosen to deliver Dr PK Haldar Oration of the Association of Radiation Oncologists of India. When I attended the first meeting, in Nagpur, the birth place of AROI, little did I realize that I will have the honor of being the President of this society and an orator. I take this opportunity to thank AROI executive and all the members of AROI for giving me these opportunities.

Prof Brian Windrey from Middlesex Hospital UK, teacher of Dr. Haldar, delivered the first Dr PK Haldar Oration of AROI. Prof BD Gupta, his first MD student, was instrumental in getting this oration to AROI. Prof BD Gupta had been my teacher and so I feel really privileged in delivering this oration in the memory of Dr Gupta’s teacher.

Most orators choose a topic in which they either say how the practice has changed over the last few decades or discuss the results of their lifetime work on a particular topic. I have chosen a rather unusual topic. And this is about how a professional oncologist can make a different choice and still be happy and satisfied.

This is the experience which started in my life when I was fifty, and the triggers for this can be traced in my professional life earlier spent both in government and private sector hospitals. I borrowed this title from a recent article entitled “Life Begins at Fifty” published in Economic Times which matched with my thoughts and experiences.

Life begins at fifty is about entrepreneurship through which one can practice one’s own philosophy and apply it to the benefit of the patients, employees, partners, and one’s own self. I am an entrepreneur today and will like to discuss my thoughts and reasons to choose this option after a long professional life spent in various government and private sector hospitals. And I hope that I am able to inspire a few in this audience to follow this path sometimes in their career.

Entrepreneurship is the professional application of knowledge, skills and competencies and/or of monetizing a new idea, by an individual or a set of people by launching an enterprise de novo or diversifying from an existing one, thus to pursue growth while generating wealth, employment and social good.

A famous English proverb says “Fools build houses and wise men live in them”. When a professional is earning a handsome salary by working in a posh environment of a branded hospital, then thinking of starting your own venture seems futile and foolish. The answer can be seen if you look at the life of a tenant in a rented house. A tenant is a) answerable to the landlord every minute b) Sign a contract which will only be renewed at the mercy of the landlord c) Can not have your own rules in the house d) Have no control on whom to invite to your house e) Little choice on what to buy for the house. If this is converted to the situation in a hospital, you have to follow the policies set by the management, you have no choice on selection of faculty and staff in the department, no voice in selection of the new equipment, no control on patient charges, and no role in granting concession to deserving patients. All this leads to a loss of authority thereby frustration in spite of the hard work put in to bring the department or centre to new heights.

No age is late to start your own business.

The Kauffman Ewing Institute report on 5000 start ups in USA in 2004 says that 64 percent of knowledge, skills and competencies and/or of monetizing a new idea, by an individual or a set of people by launching an enterprise de novo or diversifying from an existing one, thus to pursue growth while generating wealth, employment and social good.
which survived until 2008 were headed by entrepreneurs in the 45-and-up group. Vivek Wadhwa, a Duke University researcher, also agrees that people over 55 are almost twice as likely to launch high-growth startups than those aged 20 to 34.

So the data seems to be showing that older entrepreneurs a) Are starting a greater number of companies b) Greater number of high growth companies c) These companies have a significantly higher statistical chance to survive. Many of you want to stand up and tell me that Hotmail was founded by our very own Sabeer Bhatia in 1996 when he was 28 years, William Henry "Bill" Gates III founded Micro-Soft later Microsoft when he was 21, Amazon (Jeff Bezos at 30 years), Google (Lawrence "Larry" Page and Sergey MikhaylovichBrin both 25 years , Twitter (Jack Dorsey, Evan Clark Williams , "Biz" Stone, and Noah Glass all between 30-34 , or Facebook ( Zuckerberg with three other roommates and fellows at Harvard, all were 20 something). And these are the companies which have changed the world in which we live today.

I will like to remind you that starting a HEALTHCARE ENTERPRISE IS VERY DIFFERENT FROM TWITTER OR FACEBOOK. Healthcare can not be equated with ecommerce, or social networking. Promoters need a reputation earned over many years of hard work in treating patients and developing relationships and that is the reason that age plays a bigger role if you want to choose this field.

These findings are not to deter the young entrepreneurial minds sitting in this audience but are merely cautionary words. Young minds can always join hands with senior professionals to forge a partnership.

Triggers to motivate a person to start an enterprise include a) Independence b) Challenge c) Opportunity d) Dream desire e) Want to live than just exist.

Entrepreneurs have to have the following qualities a) Break from habits which worked well when you were an employee b) Be hard working, confident, flexible, adaptive, decisive, tough, emotionally stable, and ability to use criticism to their advantage, and make stress work for them c) Be ready to handle tasks which were handled by others eg: accounts, marketing, technology, public relations etc.

People do not want to venture in this area easily because of the following fears a) Losing life’s saving, which one has to invest to start the business, if the business does not take off b) Failure if one is pitted against experienced players in the field c) Loss of reputation as the peers consider business enterprise in health care to be a money making machine with little ethics d) Ignorance on ways of doing the business e) Competition with established players thinking about who will come to you for treatment if there are already well known hospitals established earlier. According to me, these fears are true but one can overcome these by looking at various options viz. debt, venture capital, deferred payments by vendors, your experience and self belief, seek professional help in areas other than your professional expertise, looking at competition to stimulate you and motivate you to excel and offer better care and produce better results.

Choosing your partner in setting up an enterprise is very crucial as partners not only bring money but also add value to the enterprise. A wrong partner can jeopardize the business, put road blocks, and drag you into litigation. Once you select your partner, have complete faith in each other. Always remember that a small piece from a big pie will always be bigger than a big piece from a small pie.

Those of you who work for a government institutions have job security but problems of lack of staff, poor technology, lack of incentives to perform, restricted compensation make you join-work-retire or join-work for 20 years-voluntary retirement-join corporate hospital.

Whereas those in corporate world have access to modern technology, adequate staff, and handsome compensation. However, one has to meet the targets set by the management in the absence of which the compensation will be abruptly with drawn leading to frustration. In order to meet...
Life Begins at 50.....

targets you have to travel out on weekends and hold late night meetings with referring doctors for CME’s which put a lot of physical and mental pressure. You will have to lobby with your colleagues to send you more patients than you colleagues and above all you have no control on issues of the department. Finally, if targets are not met, the job can be in danger which will take you to another corporate hospital where similar fate awaits you.

So, be your own boss by establishing a facility of your own. You will be free from problems mentioned in a government and corporate job, If you succeed or fail, its your own doing. The benefits of hard work come to you directly and does not go to your employer and you can implement your own thoughts and ideas However, pressure to repay loans will always exist.

Incidence of Cancer is rising in the developing world. Over the next 25 years majority of new cases and deaths will occur in these countries. In India this is linked to: Population growth :Greater longevity : Lifestyle changes : Health systems not yet developed the capacity to prevent or control cancer : Lack of sufficiently trained staff to address these trends. By 2020, two thirds of the projected 10 million annual cancer deaths will be in the developing countries.

WHO has prescribed one megavoltage machine per million population for developing countries and five per million for developed countries. India has 0.48 machines per million population at present. More than 600 machines are required in India if we want to come close to the figure for developing countries and more than 5000 if we need to come close to developed countries.

Given the overwhelming presence of private sector in health, state governments have been exploring the option of involving the private sector and creating partnerships to provide health care to the population. It is assumed that PPP would improve equity, efficiency, accountability, quality, and accessibility of the entire health system. Because the government can not expand facilities, they are creating funds for treatment of patients in private sector hospitals in various states.

Have some money to invest
Choose the right partner/s
Keep your ego low
Maintain confidence in your employees: Be their leader
Share your income with your employees
Choose an experienced team even if the compensation is high
Respect competitors
Think that your patient writes your pay cheque
Do not lose heart even if some doors are closed: new doors will open
Always keep learning to be up to date
Keep upgrading your technology
Once you stabilize, scale up your venture by expanding
As an entrepreneur, one should not forget the corporate social responsibility.
For us at ROS, the destination is not important, we want to enjoy our journey

Dr S Hukku
Chairman
Roentgen Oncologic Solutions Pvt Ltd &
Roentgen-BLK Radiation Oncology Centre, New Delhi

Photo Essay—35th AROI during 1st ICC at Delhi

Dr. Rajesh Vashistha-AROI session
1st ICC hosts with 2nd ICC (2017) hosts
Sessions and celebrations
Minutes of the Annual General Body Meeting of AROI, Friday, 22nd November 2013

The annual general body meeting of AROI-2013 was held in ICC-2013, at Hotel Kempinsky, Yamuna Sports complex, Delhi at 5.00 PM on 22nd November under the chairmanship of Prof Ramesh S. Bilimaga.

At the outset signature and E-mail ID of all the members were collected.

One minute silence was observed in memory of the sad demise of Mr. Saravan Kumar Chandramouleeswaran who was working in Grecian hospital as Chief Medical Physicist and RSO.

2nd AGBM 2012 which was held in Kolkata on 1st Dec 2012, all the proposals given were passed by AROI members.

Membership:- Last year total No. new members inducted was 145 leading to total membership-2045,It was approved in GB as proposed by Prof. Subir Ganguly and seconded by Dr. Santanu
New Fellowships from AROI and Amount for Awards
The prize money of Dr. J M Pinto Gold Medal Best paper for PG students Increased from Rs 5000 to Rs7500/-
The prize money for the Best paper for Medical Physicist increased from Rs 5000/- to Rs 7500/-. The travel grant amount was increased from Rs 2000 to Rs 5000/person for 5 persons.

New Fellowships has been started for post PG students of <35 yrs age for training in advanced centers with a grant amount of Rs,50,000 per person for two Persons Rs,20,000 per person for one person
It was proposed to start a new AROI- International fellowship for the members of age 35-40 yrs , having value of for Rs. 1 Lakhs. It will be fund ed by AROI, if association cannot mobile a sponsor.

It was approved by the GBM as was proposed by Dr P. K.Sur and seconded by Dr Nagraj Huigol.

Fellowship completed:- Last year all fellowships were completed on time except three ,which is delayed due to some technical reasons, which will be completed in coming 3 months. This year a total of 42 no. of applications was received for all fellowships and the selection process is complete d. It was proposed to increase the amount of Neil Joseph fellowship from Rs 10,000/ to Rs 15,000/-. The travel grant amount was increased from Rs 2000 to Rs 5000/person for 5 persons.

Teaching program:- Two ICRO teaching programs for the post graduate students were conducted in 2012 successfully i.e 14th ICRO was held at MAMC, New Delhi in which prize winners were Dr. Vijaya Aditya Y, M.S.Ramaiah Bangalore & Dr. Muhammed Rifayi, GMC Calicut. 15th ICRO was held at Mahaveer cancer Sansthan, Patna where the winners were Dr. Raviteja Miriyala, PGIMER Chandigarh, Dr. Soumyajit Roy ,AIIMS New Delhi and Dr. Pankaj Goyal, New Delhi

Young Radiation Oncologists forum:- It was proposed to name the Young Radiation Oncologists wing as Young Radiation Oncologists forum. The letter of intent prepared by Dr K.T.Bhowmik in this context will be jointly evaluated and examined by Dr.K.T.Bhowmik and Dr SubirGanguly,The same was approved as proposed by Dr Kilara and seconded by Dr P.K.Sur.

COLLABORATION:-
AROI ESTRO
It was decided that AROI (local organizer) will bare 50% of overseas travel expense (Economy fare) and 50% has to be born by ESTRO.
Initially faculty ratio between AROI & ESTRO will be 80:20 as the year goes by it be reduced. By the end of 4 Yrs it will be 20:80.
Dr. Umesh Mohantha Shetty who is co coordinating is requested to continue the same.

AROI & ASTRO:- Dr. VijayAnand Reddy communicated that no concrete decision has been taken yet from ASTRO side. He is requested to pursue the matter.

AROI-ABS:- Dr Vijayanand Reddy highlighted that few members ABS are willing to come to India and will participate in teaching and demon-
Heartiest wishes from AROI & ICRO Executive Committee Members and Newsletter Editorial Board Members to all members and friends of AROI for a Happy New Year.
35th Annual AROI Report

35th Annual meeting of AROI was jointly organized with ISO, IASO, and ISMPO as the first Indian Cancer Congress (ICC) at New Delhi from November 21-24, 2013. The host of the meeting was Oncology Forum, New Delhi. The venue was Hotel Kempinski, New Delhi.

The event unfolded with ICRO workshop on November 20, 2013. The theme of the workshop was stereotactic radiosurgery. The program was conducted with Indian and International faculty and was attended by approximately 400 students.

The main conference was attended by approximately 4500 delegates from India and many overseas countries.

The conference was inaugurated by Mr Anshu Prakash, from Ministry of Health and Family welfare on November 21, 2013.

The program was divided into pre and post lunch sessions. In the morning, multidisciplinary topics were discussed and in the afternoon individual associations conducted their scientific program. The scientific program was conducted simultaneously in eight halls.

Dr PK Haldar oration entitled “Life Begins at Fifty” was delivered by Dr S Hukku on November 21, 2013. Dr Paul Harari from USA delivered the KD Dinshaw Oration on November 22nd and his topic was Head and Neck Oncology: Past and Present. Dr C S Madhu delivered Dr Rangi Prasad Lecture on November 23, 2013 on Thyroid Cancers.

Various tracks covered in the morning sessions included: Breast Oncology, Cancer Genetics, Gastrointestinal Oncology, Gynae Oncology, Head and Neck Oncology, Hemato Oncology, Hepatobiliary Oncology, Medical Physics, Neuro Oncology, Neuroendocrine Oncology, Nuclear Medicine, Nursing Oncology, Onco Pathology, Palliative Care, Pediatric Oncology, Psycho Oncology, Research, Sarcoma Oncology, Thoracic Oncology.

There were special sessions for patient advocacy groups, NGO’s, and cancer survivors.

Various round table sessions discussed guidelines for various cancers prevalent in our country.

The “Oncotech Arena” attracted around 200 exhibitors ranging from equipment manufacturers, pharmaceutical companies, diagnostic services, publishers, car manufacturers, banks and financial institutions etc.

This year there were a record number of applicants for various AROI fellowships.

AROI will be the host association for the next ICC in 2017. There were three contenders for organizing this event (Bengaluru, Hyderabad, Lucknow). Members voted in favour of Bengaluru as the ICC venue in 2017.

Radiation Oncologist wins 1st position in 1st ICC award paper presentation

Dr. Rajender Kumar, Attending Consultant, radiation Oncology, MSSH Saket became the 1st Radiation Oncologist to win 1st position and an award of Rs.1.35Lakhs during 1st ICC, New Delhi. He got this award for his paper on “Prospective study on dosimetric comparison of Gated IMRT versus Non Gated Volumetric Arc Therapy in left sided breast cancer patients”. This study has shown significant dosimetric advantages with respect to doses received by heart, left anterior descending artery, contralateral breast and lung.”

We thank Dr. Kumar for bringing this laurel to radiation oncology community and are proud of his achievement.

-Input Deepak Arora

Other winners:

1st Prize Dr Mahesh Goyal (Gastrosurgeon at TMH) Rs. 1.35 lakh Co-winner
2nd prize Dr Bhusan Wani H & N Surgeon Rs. 1 lakh
3rd prize Dr Lavanya G. Radiation oncologist Rs. 80000
4th prize Dr Ajay olse Radiation oncologist Rs. 50000
5th Prize Captain Ms Biyani for cancer awareness Rs. 50000
Forthcoming Events 2013/14
Compilation by Dr. Pardeep Garg, Faidkot

National

Jan 2014
4-5 2nd YROC Conf, Vishakhapatnam, yroc2014.com

Feb 2014
7-9 Appolo Cancer Conclave, Chennai
www.apollocancerconclave2014.com and www.acc2014.in
21-22 Eight biennial conference of hyperthermia, B.P. Koirala Hospital,
Bharatpur, NEPAL Org. Chairman: Dr. Anjani Jha
Indian Co-ordinator - Dr. Nagraj Huilgol email - nagrajhuilgol@gmail.com
22-23 2nd Forum on Head, Neck and Thyroid Cancer, Patel Hospital, Jalandhar
http://www.hncancercon2014.com/
27-2 12th Evidence Based Management Conference, TMH, Mumbai
www.tmc.gov.in

March 2014
6-9 International conference on Breast Cancer, Kochi(Kerala)
dr.csmadhu@gmail.com, breastoncology2014@gmail.com
www.BreastOncology2014.org
13-16 Advance Radiotherapy techniques - Treatment Planning & Delivery -
IMRT, IGRT, VMAT and SBRT,
Dr. S.C. Sharma, Prof. & Head, Dept. of Radiotherapy, PGIMER,
Chandigarh
14-16 4th Annual Conference of Indian Brachytherapy Society, 2014,
AIIMS, New Delhi http://www.aiims.edu/aiims/events/rcc4.htm

April 2014
05-06 First ASCO-SSL-C-PGIMER-TMC Multidisciplinary Lung Cancer Manage-
ment Course, Dr. Navneet Singh, Assistant Professor, Department of Pulmonary Medicine,
F Block Level 4, Nehru Hospital, PGIMER, Sector 12, Chandigarh - 160012

International Events

Mar 2014
12-15 67th SSO
TBD, Phoenix, USA www.astro.org

Apr 2014
4-8 ESTRO 33
Vienna, Austria
5-9 AACR Annual Meeting
San Diego, USA
11-13 THE ASIAN ONCOLOGY SUMMIT, Malaysia
www.asianoncologysummit.com

ASTRO launches Best Practices (BP) program

Best Practices define the appropriate use of radiation oncology technology, treatment methods and patient care processes. The first Best Practices project launched in 2012.

Obituary

It is shocking to know about the sudden demise of veteran and senior as well as renowned Radiation Oncologist Dr. K.K. Singh of Patna. He was 80 years old, but was very much active in the teaching work for the last twelve years in Mahavir Cancer Sansthan, Patna. He did his schooling from Patliputra School, Patna and did his college education from T.N.B. College Bhagalpur. He got his MBBS and MD degree from Patna Medical College & Hospital, Patna. Later on he went to U.K. and did his DMRT and came back to Patna after spending a few years over there. His death occurred at his Patna residence due to massive heart attack. His contribution was immense for Mahavir Cancer Sansthan, Patna. I am sure the vaccum created due to his sudden demise will take a long-time to be filled up.

May god grant his soul peace in the heaven and give strength to all his family members and friends to bear this saddest occurrence.

Dr. J. K. Singh, Director, Mahavir Cancer Sansthan, Patna

19th NZAROICON 2013 CONFERENCE

19th NZAROICON 2013 was held on 28-29th September 2013 at CANCER RESEARCH INSTITUTE, HIHT UNIVERSITY, DEHRADUN which was attended by around 150 participants and had over 80 senior faculty members. The theme of the conference was recent advances in radiation biology and technology.

Input by Dr. Sunil Saini and Dr. Meenu Gupta
Dr. P K Julka, Prof., Radiation Oncology becomes Dean (Academics) of AIIMS, New Delhi

Congratulations to Dr. Julka who is now Dean (Academics) at AIIMS, New Delhi.

Dr. Julka has keen interest in Head & Neck Cancer, Breast Cancer, Brain Tumor, Lung Cancer, Molecular Oncology and has more than 250 papers in National & International journals to his credit.

Dr. M C Pant has been nominated as Vice Chancellor of Medical University, Dehradun, Uttrakhand.

Congratulations to Dr. Pant who is Head, Radiation Oncology at KGMC Lucknow, is now the 1st Radiation Oncologist to be nominated as Vice Chancellor. He was also awarded B.C. Roy award in 2005, Padmashree Award 2008, Birbal Shahni Award 2008 and FAMS 2009.

Dr. Pant, you made us all proud!

3rd Radiobiology Teaching Course—Simla

Response to last issue question

Accreditation of IMRT practices in India, how near or how far?

Recognized Accreditation of healthcare facility or its process by outside agencies is always a daunting task. Challenges faced in the process are enormous. However such accreditation not only infuses more confidence in the host institute and its employees but ensures better patient care standards and patient safety.

Hospital accreditation by NABH (National Accreditation Board for Hospitals & Healthcare Providers) is now normally sought after by good private and govt. hospitals which sets benchmark for healthcare industry. This helps them in establishing SOPs (standard operating procedures) and regular audits keep tabs on its working.

The white paper “QA: Quality and Safety Considerations in Intensity Modulated Radiation Therapy (IMRT) (2011) by Jean M. Moran et al” critically evaluates guidance and literature on the safe delivery of IMRT, with a primary focus on recommendations to prevent human error and methods to reduce or eliminate errors mistakes or machine malfunctions that can lead to catastrophic failures.

Similarly if one seeks ACR, JCHO or Novalis Circle accreditation its benefits are as follows:

- Your practice is peer reviewed and is educationally focused.
- You document need for dedicated equipment, continued education or qualified personnel.
- Experts assess your processes like image quality, dosimetry, treatment planning, delivery, QA etc. i.e. end-to-end testing.
- Keeps you ready for Govt. or Insurance payers criteria’s.
- It could bring in more patients seeking quality care to your practice.

India is steadily taking appropriate steps in this direction. Hospital accreditation is now a norm and leading hospitals like Medanta, Appolo, Max, RGCI, DCH, BLK etc. have it. Recently Max Saket got accreditation from Novalis Circle for stereotactic radiosurgery (SRS/SRT), stereotactic body radiotherapy (SBRT), small-field dosimetry, image-guided radiotherapy (IGRT) and IGRT gated radiotherapy.

As per Mr. R.K Munjal, Chief Physician, MSSH Saket, however process require full commitment from personnel and management while going for a third party accreditation as it asked for a lot of additional time for QA, training and investment.

We hope to see more and more institutes going for accreditation in near future in the country.

-Input by Deepak Arora, CMP, Max Patparganj

Our Winners—AROI Awards & fellowships

1. Proffered Paper
   -40 Years age group – Dr. Shaleen Kumar S.G. PGI Lucknow
   <40 years groups- Dr. Narendra Kumar PGI Chandigarh.

2. Dr. G.C. Pant Young Doctor Award
   - Dr. Chandani Hotwani-TMH Mumbai.

Best Paper For PG Students

3. Parvati Devi Gold Medal
   - Dr. Ritam Joarder-Medical College, Kolkata.

4. Dr. J M Pinto Gold Medal
   - Dr.Dhananj Dhole- K.G.M. U. Lucknow

5. Travel Fellowship
   a) Dr. Sofia L-PGI Chandigarh.
   b) Dr. Vijay K Reddy- Adyar Chennai.
   c) Dr. Ankta Patel- MLMC, Allahabad
   d) Dr. Banu Priya - Adyar Chennai.
   e) Dr. Aruj Dhayani– MC, Kolkata.

6. Gold Medal (In Best Paper) Medical Physicist
   - Mr. Amrinder Chhabra- Max Bathinda

Result of AROI Fellowship

- Age group more than 50 years AROI- Kirloskar Therapeutics
  - Dr. Satyajit Pradhan, IMS, Varanasi
  - Dr. Rajesh Vashi, Max Bathinda

- Age group more than 40-50 years AROI- Novartis, Dr, Reddy's, Merck
  - Dr. Neeraj Jain, GRDMC, Amritsar

- Age group 35-40 years AROI Nuclotron, Dr. Reddy's Lab, Fulford MSD
  - Dr. Susovan Banerjee, NRSCHKolkata
  - Dr. Harsh KP, IMS New Delhi
  - Dr. Narendra Kumar, PGI, Chandigarh
  - Dr. Sandeep Jain, NHHC, Bangalore

- Age group 30-35 years AROI, Dr. Reddy's, AROI
  - Dr. Rashi agrawal, GCI, Ghaziabad
  - Dr. Jitendra Verma, K.G.M.U., Lucknow

AROI- FellowshipRs-2000

- Dr. Romeeta Trehan, GMCH, CHD

Neil Joseph Fellowship

- Dr. Aruj Dhyan, IPGMER, Kolkata
- Dr. Nidhin Raj, MMC, Chennai
- Dr. Smriti Gaur, MMC, Chennai
- Dr. Anindya Mukherjee, MCH, Kolkata
- Dr. Koustuv Majumder, MC, Kolkata

AROI- Fellowship for Medical Physicist Rs. 20,000

- Mr. Amrinder Chhabra Max Bathinda

AROI- Fellowship for Radiotherapy Technician Rs. 10,000

- Mr. Thakur S Pharswan Max Mohali

Question of this issue

Future of multi-disciplinary cancer care in India?

Please send your reply for publication in next issue of AROI newsletter to deepak.arora3@maxhealthcare.com