



ROTARY INTERNATIONAL DISTRICT 3232
Rotary Year 2019-20

MONTHLY ACTIVITY REPORT

ROTARY CLUB OF:	ADYAR		
CLUB ID No.:	22785	REGION:	3232
FOR THE MONTH OF:	August		
NO. OF MEMBERS:	43		

Verification

We certify that the information furnished in this monthly report are true and correct to the best of our knowledge and information and are extracted from the records maintained by the club:

01/10/2019	R. Senthil Nathan	Venkata Raghava
Date	Club President	Club Secretary

Assistant Governor/Associate District Secretary

INSTRUCTIONS

<i>This report must reach the District Secretariat on or before 10th of the following month to the following address: Rtn. Dr. P. Venkataramana (District Secretary – GOV, Reports) #208, Second Floor, Kaveri Complex, Nungambakkam High Road, Chennai – 600034. Tel.: 044-28235070, Mob: 9840080707, Email: domexvenkat@yahoo.com</i>
<i>Insert rows/tables for project(s) if required</i>
<i>Attach supporting documents/photographs wherever necessary</i>
<i>Please send one copy to your Assistant Governor/Regional Secretary and one copy to District Secretary</i>
Awards from the District will be based upon this report

i) General:

Sl. No.	Brief Description		
1	Date of Payment of District Dues (if paid in this month)		25/07/2019
2	Date of Payment of Subscription to Rotary News Trust		30/07/2019
3	Date of Payment of RI Dues (if paid in this month)		25/07/2019
4	No. of New Members inducted during the month		0
5	Date of Payment of District Dues for New Members inducted		
6	No. of Members left during the month		0
7	Date of Board Meeting held during this month		24/09/2019
8	No. of Board Members attended		18
9	No. of Weekly Meetings held during this month		2
10	No. of Weekly Meetings cancelled (Reason :)		0
11	Percentage of Attendance		60%
12	No. of Fellowship Meetings held		1
13	No. of District Seminars/Workshops attended by you/club members		0
14	Contribution to Rotary Foundation during this month		0
15	Total cost of the Projects incurred by the club during this month		200000/-
16	Have your club accessed Rotary Club Central for reporting?		Yes
17	How many members in your club have individually registered? (Rotary.org) Nos.		20
18	Have you updated your membership data on https://my.rotary.org/		Yes
19	No. of Rotaract Clubs sponsored by your club		3
20	No. of Interact Clubs sponsored by your club		3
21	No. of RCC's sponsored by your club		1

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ii) Service Projects

	Projects conducted	No. of Projects	Cost Involved

1	Community Service Development	1	200000/-
2	Community Service Health		
3	Vocational Service		-
4	International Service		
5	Youth Service		
6	Polio Plus		
7	WINS Projects		
8	Literacy / Asha Kiran		
9	Others (Pink Auto)		
10	Others (specify)		

iii) Rotary Foundation Contribution (in USD)

Previous Month			This Month			Total this year		
PHF	RFSM	AKF	PHF	RFSM	AKF	PHF	RFSM	AKF

PHF: *Paul Harris Fellow*, RFSM: *Rotary Foundation Sustaining Member*, AKF: *Arch Klump Fellow*

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Detailed Reporting:

A) Membership:

1) Details of New Member Inducted:

SI No	Date of Induction	Name, Address and Classification	Name and Address of Proposer

SI No	Date of Induction	Name, Address and Classification	Name and Address of Proposer

(Note: Separate sheet may be attached, if needed)

2) Details of Members leaving the club:

SI No	Date of Leaving	Name, Address and Classification	Reason for Leaving
1	nil		

B) Club Meetings held during this Month:

SI No	Date of Meeting	Speakers Name	Topic	No. of Members attended	Percentage of Attendance
1	10 th Sept	C.S. Ananth	Evolution of Electric vehicles in India	15	33%

SI No	Date of Meeting	Speakers Name	Topic	No. of Members attended	Percentage of Attendance
2	17 th Sept	Youth Month, Debate	Social medial in Personal and professional life boon or bane.	10	25%

SERVICE PROJECTS INFORMATION:

Please report Avenue wise details Please attach photographs where required. Attach extra pages if required				
Club Service				
SI No.	Date	Brief Description	No of Members Attended	Cost Involved
			Total cost:	
Community Service Development				
SI No.	Date	Brief Description	No of Members Attended	Cost Involved
1	15 th sept	Cleaning up of Porur Lake, removal of debris and thorn plants,	5	200000/-
			Total Cost:	200000/-
Community Service Health				
SI No.	Date	Brief Description	No of Members Attended	Cost Involved

				Total Cost:

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Vocational Service				
SI No.	Date	Brief Description	No of Members Attended	Cost Involved
1				
				Total Cost:
International Service				
SI No.	Date	Brief Description	No of Members Attended	Cost Involved
1				
				Total Cost:
Youth Service				
SI No.	Date	Brief Description	No of Members Attended	Cost Involved
				Total Cost:
Polio Plus				
SI No.	Date	Brief Description	No of Members Attended	Cost Involved
				Total Cost:
Public Relations				
SI No.	Date	Brief Description	No of Members Attended	Cost Involved
				Total Cost:
WINS Projects				
SI No.	Date	Brief Description	No of Members Attended	Cost Involved
				Total Cost:
Literacy /Asha Kiran				

SI No.	Date	Brief Description	No of Members Attended	Cost Involved
			Total Cost:	

Date 06-09-2019 Club President R.Senthilnathan Club Secretary Venkata Raghava A
Assistant Governor/ District Secretary: D.V.Ramkumar / Dr. Venkataramana









CHENNAI SPECIALITY KLINIC

HEALTH FOUNDATION

REGD. NO. : TP36038562 / 2018

Transforming Lives



PROSTATE CANCER AWARENESS MONTH (SEPTEMBER)

PARTNER WITH
ROTARY CLUB
OF ADYAR

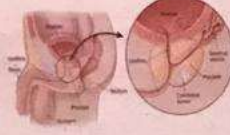
ISSUED IN PUBLIC INTEREST BY
CHENNAI SPECIALITY KLINIC HEALTH FOUNDATION

Early Prostate Cancer may not have symptoms. Being aware is the best way to stay ahead.

Questions we need answers

- 1. What is prostate gland?**
Prostate gland is a gland in the human body present only in men. It is situated at the bottom of the abdomen. The urine pipe (urethra) starts from the urinary bladder and goes through the prostate gland and then comes out of the body.
- 2. What is the work of prostate gland?**
Prostate helps in matures sperms. This step is required for successful pregnancy. As men grows old, prostate gland itself does not have any role. However the gland may enlarge and compress the urethra. This can cause difficulty in urination.
- 3. What are the medical issues that can happen in prostate gland?**
In early adulthood, infection and inflammation can affect prostate gland. This will require antibiotics and anti-inflammatory tablets. As grow old, prostate gland becomes enlarged. More importantly, the gland becomes tighter and therefore restricting the flow of urine. This restriction causes urinary symptoms.
- 4. I have got a report of prostatomegaly on ultrasound. Should I be worried?**
Prostatomegaly is a report given by the ultrasonologist whenever they find that the size of the gland has increased. This itself is not a cause of concern. Every man will notice this enlargement with time. However if the enlargement causes urinary symptoms or if there is cancer then treatment needs to be done.
- 5. What are the symptoms of an enlarged prostate cause?**
Enlargement / tightening of prostate cause ongoing urinary symptoms commonly called Lower Urinary Tract Symptoms (LUTS). This includes, difficulty in initiation, poor flow, incomplete emptying, intermittent flow, frequency of urination, getting up often in the night time. At time blood in the urine could be a presenting symptom of prostate cancer.
- 6. If I have symptoms do I have prostate cancer?**
Presence of urinary symptoms does not necessarily mean you have cancer. Majority of the men with urinary symptoms have only a benign (non-cancer) enlargement of the prostate.
- 7. Can I have prostate cancer without symptoms?**
Yes. Many a times, patients with early stage prostate cancer may not have symptoms. Awareness is the key for detecting these cancers.
- 8. How to detect prostate cancer?**
Good clinical examination by a urologist or Urooncologist will raise the suspicion of cancer. Once suspected, the doctor will ask for a blood test called Prostate Specific Antigen (PSA).
- 9. Does elevated PSA mean I have cancer?**
PSA blood test varies with age. If the age specific PSA is higher than normal then the suspicion increases especially at higher values. However PSA can be elevated due to other causes such as urinary infection, instrumentation, retention of urine etc. Hence the values need to be interpreted with caution by the doctor.
- 10. If PSA is higher or if examination shows some abnormality in the prostate what would happen next?**
At this stage, your doctor will advise you for a scan (Multiparametric MRI) and then a biopsy of the prostate gland.
- 11. How is prostate biopsy done? Is it very painful?**
Prostate biopsy is done using an ultrasound scan probe through the motion passage. The procedure is bit uncomfortable. The doctor will usually give you a local anaesthesia before taking biopsies. The biopsies are assessed by a pathologist who can confirm as whether prostate cancer is found or not.
- 12. Are the tests mentioned above fool proof to find cancer? Is there a chance of missing cancer?**
The combination of above mentioned tests usually picks up the vast majority of cancers. However in spite of the best efforts, sometimes small focus of cancer may get missed. Hence it is crucial that the patients be on close follow up with the doctor.
- 13. Is prostate cancer lethal? Will it kill me?**
Prostate cancer, if found early can be treated effectively and can potentially be cured. Unlike many other cancers, early prostate cancer especially low stage and low grade cancers can be cured. Even in advanced stage with spread disease, effective treatments are available to allow patients live for a long period of time for e.g. 5-10 years. The aim of this publication is to make people aware of prostate cancer so that the disease can be picked up at early stage where we can cure them.
- 14. My doctor mentioned about grade of the tumour. What does it mean?**
Prostate cancer is usually graded using a grade devised by Dr Gleason. Hence it is called Gleason grade. In a prostate gland, many grade may be present. Hence we take the most prevailing grade + second most prevailing grade in that biopsy and give a Gleason score. This will help us understand the

- 15. Ok Doc! I have been told I have Prostate Cancer? What should I do now?**
Well, it's best to sit down with your doctor and have good discussion. There are multiple treatment options for prostate cancer. Hence your doctor, in discussion with other experts (Urooncologist, Medical Oncologist and Radiation Oncologist) and after a good discussion with yourself to understand your needs, will suggest the optimal treatment plan for you. Some patients may require more than one treatment (multimodal treatment). In such occasions, your doctor will suggest the optimal sequence which will suit your situation. For this decision making multiple factors such as grade, stage, fitness, presence of urinary symptoms, extent of the disease, other comorbidities etc will be taken into account.
- 16. What treatments are available for prostate cancer?**
In general treatment options could include operations (Radical prostatectomy, TURP) / Radiation therapy (External Beam Radiotherapy, Brachytherapy), hormones therapy (to cut off the testosterone levels), chemotherapy and many new drugs.
- 17. Please tell me about the operations for prostate cancer...**
Operations for prostate cancer can be either Radical prostatectomy or TURP. Radical Prostatectomy is done to remove the whole prostate with the cancer. Along with prostate seminal vesicles and vas and some amount of nerves around the prostate are removed in order to give a complete clearance. Radical prostatectomy can be done by open or Robotic method. Both of them have the same results. However Robotic method has advantages as it is minimally invasive and therefore patients comfort is more and pain after operation is very less. TURP entails coring the prostate through in order to improve the flow of urine. In this process the outer shell of the prostate is still made the body. This operation is done for symptom improvement rather than for cancer. After this operation, patients may still need to have another treatment such as Radiation or hormones or very rarely radical prostatectomy.
- 18. What are the side effects of radical prostatectomy?**
Patients undergoing radical prostatectomy will experience urine leakage for a short while and impotence. Urine leakage (Stress incontinence) during coughing or sneezing is noticed immediately after the surgery. With adequate pelvic floor exercises, medications and motivation the vast majority of the patients will become dry. Impotence happens in all the patients. With treatment almost half the patients (who were sexually active before the operation) will notice recovery of the function almost a year after the surgery. As regards TURP, the side effects are very minimal. Stress urinary incontinence happens rarely. Small proportion of men with TURP may develop a blockage (stricture) and may require some more treatment.
- 19. Please tell us about Radiation?**
Radiation therapy is a method to treat prostate cancer. In this method, x-rays are shone on the prostate from outside. So this method generally does not involve operations. There are many methods of radiation. This includes IMRT, IGRT, Cyberknife, Proton Therapy etc. Another method to give radiation is to implant radioactive seeds in the prostate called Brachytherapy. Usually patients go the hospital every day / 5 days a week for about 4-6 weeks for their radiation treatment.
- 20. What are the side effects of radiation therapy?**
Generally well tolerated, radiation side effects in the initial period of treatment is minimal. During the later part of the treatment and for a few weeks afterwards patients may experience urinary and rectal urgency. Rarely other side effects such as rectal bleeding etc can happen. In long term, patients with radiation experience a bit of rectal urgency and urinary urgency. A small proportion of patients will report long term urge urinary incontinence. Impotence rates are very similar to surgery.
- 21. What is Hormone therapy?**
Prostate cancer thrives on the testosterone hormones produced by the testes. Hormone therapy, also called Androgen Deprivation Therapy, acts by stopping the male hormones in the body and thereby depriving cancer cells their nutrition. In this type of treatment is the corner stone for patients who have advanced widespread disease. This treatment is also used in patients who are undergoing radiotherapy on a short term basis.
- 22. Doctor, you mentioned about Multimodal therapy?**
In a single patient one or more methods may need to be used to obtain best cancer control. The team of doctors will help you understand as what would be the ideal sequence of treatment based on many factors which I discussed before.
- 23. Can I prevent Prostate cancer?**
Like many other cancers, the precise reason for this cancer is largely unknown. Smokers seem to have a higher chance of having this cancer. Being men and getting old are the tall-tale reason for prostate cancer. We can't prevent prostate cancer. But being aware allows you to find this cancer at an early stage which in turns allows to have treatment which will cure.
- 24. So what should I do now Doc?**
Well, Be aware that prostate cancer is common in men and is curable cancer. Have your periodic health check. Make sure your dad, uncle, brother and your friends have a check-up done.



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THE CHENNAI SPECIALITY KLINIC

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Increase from Birmingham
Three-year-old baby may
walked for a happy French