



Romanian Association for Cancer Prevention

cherish life!

## PREVENTION AND PALLIATION Virtues and Prayer of a Community!

By prevention and palliation,  
the **community** challenges its leaders  
to find solutions together!



*“Man does not live on bread alone,  
but on every word that comes from the mouth of God”(Mathew 4,4)*

***Do not conform any longer to the pattern of this world,  
but be transformed by the renewing of your mind.  
Then you will be able to test and approve what God's will is  
- his good, pleasing and perfect will.***  
**(Romans 12:2)**

## **Let's be united...**

Probably many things would change for better if we really wanted it and if we were not so indifferent, negligent or even useless, not only for ourselves but also for those who are next to us, some of them willing to know us, and even become our friends one day...

We accept much too easily the arrogance of those who strongly want to lead everything to 'something not fabulous and not important', of those who 'fight' only for their reflected image, who talk a lot and do nothing... the decisions not shared with the others are so wrong, even if some of them seem to be right.

Other centers can be built in addition to the first center of the Romanian Association for Cancer Prevention, where people would respect

each other, where doctors, priests, teachers and apprentices, young and not so young, men and women would have a natural, common wish to respect TRUTH and LIFE.



Because nothing is for free and the state always charges and invents taxes and fees, while people seldom offer something for free, we ask you to support the Romanian Association for Cancer Prevention in its attempt to educate population, to discover early disease, to treat it and to keep it under observation – not only in hospitals, but also on the streets, at home and even in human beings' souls.

Let's be united and confident that we can change the arrogance and the ignorance around us. It won't be easy...

# THE CHURCH AND THE PREVENTION CENTER

**Just like the Church takes care of the soul, prevention should take care of the body. If God, in His unlimited power, saves the souls of sinners– the ones with 'soul cancer', the medicine, because of its limits, does not always manage to save the ones with body cancer.**



In this respect, the cancer prevention, by discovering the disease as early as possible and maintaining health by education and periodic examination, appears as an indispensable partner for the aware man.

The doctor doing prevention work (together with the ones who he works with) is not an ordinary doctor, because he does not treat ordinary patients.

The cancer patient, almost in all

cases, turns his face towards God. If the doctor does not touch the patient on a spiritual side, and offers him only physical aid, devoid of the spiritual component, he creates a sterile medical act, sometimes inefficient even from the medical point of view, and the patient may be healed in body, but remains with an unhealed soul.

The despair of the suffering man, translated into recognition of the divine power, brings also the family, many times, closer to the Church. In the same time, when a close one gets ill, the family members discover that prevention, by increasing the awareness of the healthy man, reduces significantly the risks of cancer emergence and evolution.

A big share of population, apparently healthy people, with no direct experience involving cancer is, in Romania, fully ignorant or dismissive regarding the procedures ment to constantly maintain and control health, which is exactly the prevention goal. The target of the prevention center is the healthy man, who can defeat illness by learning about it before it starts.

The man who accepts prevention lives in the present and has the responsibility of his and his family's future, thus being the one who increases the number of talents, and not the one who buries them.

In hospital, the doctor tries, and sometimes does not succeed, to heal the body. In Church, the priest tries to heal the soul.

In prevention centers, we try to change the attitude of the man-doctor towards the man-patient, and that of the man-patient towards his own health status. Here, the man-doctor, highly skilled, becomes a true partner of the man-patient (healthy or ill) only if he understands that for the ill man he must be not only a body healer, but also a soul healer, and for the healthy one, a teacher who shows him the way to stay healthy.

We would be honored if you would join us, in our effort to give medicine a spiritual dimension, through the cancer prevention centers.



*Teoctist, Former Patriarch of Romanian Orthodox Church and  
Pope John Paul II*



# WHAT IS ROMANIAN ASSOCIATION FOR CANCER PREVENTION ?

## What is RACP?

Romanian Association for Cancer Prevention (RACP) is a non-governmental and non-profit association, which was founded in January, 2002. It has nineteen charter members, who together with the Romanian Patriarchate have the aim to improve the social-medical services as follows:

- People's education regarding the illness phase, the early detection of cancer, patient's diagnosis, curing and tracing.
- The improvement of social-medical (health care) services in the rural area
- Medical and social assistance for the families which include individuals who cannot walk or be moved - these structures include the patients in a terminal phase (far-gone) of an illness

As a first step taken in this direction, through a Protocol with the Bucharest Holy Archbishopric, RAPC is planning to develop these services through a pilot project, cost-effective, which will help us detect more easily and accurately the real needs of the people.

## Services

RACP comes forward with a package of services, minimal and mandatory, for a correct diagnosis as follows:

- Biochemistry tests, cytology, immunologic hysto-chemistry, laboratory exams;
- Mammography, pulmonary radiographies, general and organs ultrasound exams
- Alimentary duct laboratory exams: colonoscopy, gastroduodenoscopy, irigography, etc
- Gynecology: Babes-Papanicolau test, vaginal secretion, colposcopGynecology: Babes-Papanicolau test, vaginal secretion, colposcopy, ultrasound exams, getting-in and interpretation of the biological samples resulted from cervix, vulvar, vaginal and uterine cavity biopsy and curettage (histopatologically and imunohistochemistry exam);
- Urology: urine test, PSA test, prostate biopsy, urinary system ultrasound exams (prostate and kidneys);
- Dermatology: observation, diagnosis and treatment of color- changed tumors

## **“The cancer from prevention to palliation” at the Patriarchy Palace**

The Romanian Patriarchate and the Romanian Association for Cancer Prevention have organized today at the Patriarchate Palace a seminar entitled “The Cancer From Prevention To Palliation”. Speeches on the seminar theme were delivered by: Dr. Bogdan Catrangiu, the President of the Romanian Association for Cancer Prevention, Mrs. Professor Dr. Elena Zamfir, the Director of the Social Assistance and Psychology Department of the Sociology and Social Assistance Faculty of the Bucharest University,



Mrs. Marlene Farcas, the Executive Director of the Romanian Cancer Society in Cluj, Mrs. Malina Dumitrescu, Director of the “Hospice House of the Hope” organization in Brasov, doctors, priests, psychologists and social assistants involved in cancer prevention, palliative treatment and cancer affected people assistance.

In the beginning of the seminar, His Beatitude Patriarch Teoctist delivered the participants a blessing speech, in which he emphasized the fact that the involvement in the society problems represents a priority to the church. His Beatitude Patriarch Teoctist showed that sickness is not only a suffering of the body and asserted the importance of the spiritual means (fasting, praying, The Holy Sacraments) in re-establishing the balance of the human life.

“The precarious body estate challenges the soul’s powers, His Beatitude Patriarch Teoctist added, but at the same time it emanates unknown energies, creating solidarity, carefulness, dedication, honor and patience, often leading to faith and wisdom. This way, the illness decreases its negative effect, and life is the only thing that matters. If health is a relative notion, the opposite sense of the sickness is life itself, for which any human being should thank God.”

## **What is the purpose of the Romanian Association For Cancer Prevention?**

The Romanian Association for Cancer Prevention wants to create an educational prevention program of the most frequent cancer forms with the competent help of the medical personnel, the priests, social assistants, psychologists and all the people who understand that we are not involved in a medical pragmatism only, but also in a less explored direction which we consider nevertheless mandatory in order to perform in what the health condition and the sickness diagnosis are regarded, a friendly attitude towards the patients and work colleagues, a desire to share a diagnosis and a therapeutical decision with the patient, his family and the doctors involved in the system.

First of all, the value of our approach consists in the attitude we will have among the doctors, priests and social assistants, waiting the targeted people for a feedback at least equally interested in the project.

## So help us God!



*Left: Rodica Radian Gordon,  
Former Ambassador of Israel in Romania  
Right: IPS Vinčențiu Bishop of Słobozia and Călărași*



*Aurel Vainer, The President of Federation of  
Jewish Communities in Romania and Jonathan Rosenzweig  
Second Secretary of Israeli Embassy in Romania*



*Pr. Ciprian Sascău  
The Catholic Church*



*Aurel Vainer, The President of Federation of  
Jewish Communities in Romania*



*Pr. Aurelian Ciocan  
The Orthodox Church*



*Michaela Bercovitch M. D.  
Chairman of Israeli Palliative Medicine Society*



*Murat Yusuf  
The Mufti of the Muslim Community in Romania*

*Some of the people supporting our ideas*

*“And when we’ve built an altar for the Unseen Light  
We can place above it the little lights  
that our bodily eyesight was made for”*

*T.S. Eliot*

Every thing that we try to find out or tell has three meanings.

- the first one, ragged or vain refers to beer, newspapers, daily information, news, politics, Babes-Papanicolau test, mammography, emergency ordinance etc
- second is about you, me, common memories that brought us together to discuss and understand certain things, your family and my family, how you feel, why are you sad, how good you look, what you do next or how I can help you, be careful where you are going etc., meaning a direct communication between people who care what happens to the other .
- third, and in fact never the least, has always been and remains the most important, our dialog with Him about us. It is the only one that can lead to a timeless and successful communication, it does not choose words and facts but it lives in the words and actions of people who always ask Him for his blessing for their modest deeds and understandings.

The prophetic word does not come from the brain. We are beautiful because there is a garden inside us, a garden that, from time to time, may be seen through our actions. (attention: is there?...) )

The suffering of the body caused by a life event, accident or by growing older humbles the man, makes the same things seem different and the man starts looking for a deeper perception of the third understanding, he looks for Him, the one whom he seldomly asked what does He think about the events in his evanescent human existence.

People always make mistakes but rarely humble themselves or ask for forgiveness, until they learn they need to look at the same things differently and they feel overwhelmed and oppressed. The only help man can get is by sitting at the table with his family and inviting Him, whom he has never tried to know, although other brothers and sisters in faith called him to sit together...but he was always on the run and he always postponed looking for excuses...



*I*llness makes us humble but nothing humbles you more than to feel how people baptized in the same Church as you, brothers and sisters, oppress you even more through their words and behaviour...

*R*omanian Association for Cancer Prevention militates for the respect every human being deserves regardless of religious affiliation, by those who have self-consciously assumed the role of body healers (doctors) and spiritual healers (priests). Beyond them all is a large-scale and inconsistent demagoguery of big words and insignificant deeds.

*T*he Metropolitan Church of Muntenia and Dobrogea, christian-orthodox and catholics, jews, moslems, gypsies, other cults, rich and poor, people who are heading to a Nowhere connected to the Internet, humble themselves and ask You, our God of all, to forgive them and to look into the gardens of their souls and to forgive their vainglory.

*S*it next to them at this table of wishes and words and give them the hope that through their thoughts, silence and deeds they will be able to remember and cherish the longing and memory of their parents, who let them face the life by themselves...

*H*elp them find the understanding, the aspiration and the glory of Your eternal commemoration in their actions and thoughts. Help them shape with their hands and pious souls, on the potter's wheel, the pot carrying their faith that will end their thirst...

*A*nd may their glory be Your eternal commemoration, now and forever,

AMIN!





## ABOUT HUMAN KINDNESS



There is no use in having all of these: brightness, culture, cleverness, massive knowledge, Ph. D., post graduated courses in Ph. D, (like the teacher in Eugen Ionescu's lesson), if we are bad, evil, bounder and vulgar, stupid and balmy, unworthy. The brightness, knowledge and the post graduated courses in Ph. D and all the international congresses we attend, and all scholarships which we win in difficult contests would be gone forever.

Nothing can replace and supply a bit of kindness, of benevolence, tolerance and understanding. A bit of sustained becomingness.

Kindness is not a subtle and refined virtue; it is a main attribute of the human being and also a cultural attribute. Kindness is another name for Aristotle's definition of the human being: the social being. We can't possibly live without kindness except in dreadful conditions and justifying Sartre's grievous affirmation: the others, this is the hell!

There is a basic altruism expressed by kindness which is an axiom for public life. Berediaev said: bread for me is a material problem (understood as selfish and vulgar), but the bread of the person next to me, continues Berediaev, represents a spiritual duty for me. The obvious conclusion is that nothing can completely replace kindness.

We are aware that even if we spoke all the languages and dialects on Earth and we were able to classify according with the decimal classification all the printed volumes in all languages, starting with Gutenberg up to nowadays, and even if we were experts and scholars and we knew the use of all specific terms of all science and techniques, we still could not consider ourselves refined people if we were grudgers, bumpkins and unkind.

Whether we like it or not, culture is not only about knowledge volume, but also a good character and the capability to understand that kindness is not an old fashion and sentimental virtue.

We should not make the regrettable error to consider the bookmakers as writers and people who simply memorize information as cultivated men.

*Nicolae Steinhardt*



## LETTER TO A YOUNG MONK

“In an extraordinary text of the French poet Henri Michaux – I found it recently – it's about a candidate to monasticism who confesses to the abbot of the monastery where he would like to be accepted: **You should know, Father, that I have no faith, no light, no essence, no self-confidence and I don't think that I can help myself even less the others. I have nothing.**

The abbot answers:

**What does it have to do with that! You have no faith, but giving it to others, you will have it. Searching it for others, you will gain it. You have to help your brother, your nearest, by giving him what you don't have. Not from your abundance, not from your little but from your emptiness. Giving others what you don't have – faith, light, trust, hope – you will gain them for yourself.**

**You have to help with what you don't have.**

**You gain what you gave to others by giving what you don't have.**

What Michaux says explains us, maybe, deeper, the text about the scary Final Judgement. **You give the thirsty water and the hungry food that you neither may have, you dress the naked with clothes that you may desire to have...**

**Isn't this the secret of monastic life?**

This is the Christian paradox in all its fullness, power and splendor. **This is what Christ asks for: what seems to be absolutely impossible! Giving what you don't have! But here is the crazy, shattering, terrible pledge: giving what you do not have, you gain for yourself what you gave from the emptiness of your being. The supernatural gift given to the other is being reflected on yourself and fills you up, enriches you, transforms you and christens you.**

**Of course! It couldn't be otherwise! How could I be so blind and lout to imagine that Christ asks us to give what we have, much or little! Big deal! He asks us something else, the impossible: to give what we don't have. The same way as He, being God, gave us His death of a mortal being.**

Let any fear, uncertainty, despair disappear: the monk is called to give the others the faith and light, even if he doesn't have them.

And don't worry about it, giving means gaining.

*Nicolae Steinhardt*

# PREVENTION CENTRES IN CANCER HEALTH CENTRES

**HOME** - Hospital for cure (policlinics for diagnosis) - again HOME.

**HOME:** family, friends, place of work, playground....

Discussions, fights, make-ups, forgiving, dreams, disappointments, hopes, photography album, love, every day the same and still different.

**HOSPITAL (POLYCLINICS):** doctors, shots, medicines, hospital air, crowded, fear of the unknown, investigations, treatment, surgery hall, prescription...

**DOCTOR:** professionalism, dedication, communication. Dedication and communication are the missing attributes for 99% of the doctors, either separately or together. Professionalism depends a lot on the training period of the resident doctor (usually 6 years)- future specialist, that not only has to do a mandatory target of

medical manoeuvres, but he also has to learn how useful is the activity in his team for him and the patient, to share a diagnosis and the therapeutic attitude together with the colleagues and also the patient's family, to have opinions and have whom to discuss them with, not to be arrogant, not to think disrespectfully about his colleagues and patients,

to be aware of the fact that he can make mistakes and that he has to minimize these risks in the medical practice, to have the courage to accept that he can be better at some things and incapable regarding others, to be a good confident and reliable, to accept professional and human challenges that are offered to him, not to be a coward...





**FAMILY** - people you live with, that you care for and that care for you, men and women, different ages, people that help you and that you live with all the moments life can offer... good or bad. Husband, wife, parents, children, friends.... Work colleagues, neighbors... people that you create with the every day noise.

**What do you know about them?**

**What do they know about you?**

**Are you alike or different?**

**Are you smiling to each other or are you indifferent?**

**Would you like to know them or let them know you?**

**BEFORE A DISEASE IS DISCOVERED  
IN A MEDICAL CABINET AND CURED IN A HOSPITAL,  
THE MAJORITY OF PEOPLE  
HAVE AND ADMIT IT OR HAVE AND DON'T ADMIT IT:  
INSECURITY AND NEGLIGENCE**

**People are not aware of their disease in time!  
(the disease that precedes the body illness- illness of the soul)  
and they seek medical and social assistance too late, because of the negligences and  
insecurities they constantly gather up.**

**Unfortunately, this goes both for individuals and families. Relations with family  
and society are not mandatory, they have to be developed by each person in a  
positive and conscious way, otherwise unpleasant surprises may occur...**

**Which are these barriers? How many are they? Do they always appear or do they end? What keeps them alive? Who discovers them and who helps us overcome them? Do we need to talk about them and observe them with all our sincerity? What happens with us and the other around us if we take no measures to stop them? When do they appear and do they overwhelm us?**

**THE DISEASE IS - NO MATTER OF THE DIAGNOSIS A DOCTOR STATES - A STATE OF ANARCHY THAT:**

1. CONSUMES PERSONAL AND FAMILIAL HUMAN ENERGIES;
2. MAKES THE PATIENT FACE ANOTHER WORLD, A COLD AND HOSTILE ONE, A WORLD WITH DIFFERENT MESSAGES...
3. CONSUMES MONEY;
4. LEADS TO CHANGES THAT MAY PRODUCE REAL DRAMAS.

The Romanian Association for Cancer Prevention, together with the Israeli Embassy( Tel Aviv University of Medicine, Israel), under the patronage of the Romanian Patriarchate wants to develop during the next years a coherent, cost-effective program, to fight against the late discovered and treated in hospital disease, because of the uncertainty and negligence of the patients and their families, but also against the lack of professionalism, communication and dedication in the hospitals.



***Bogdan Catrangiu M.D.***

***President of Romanian Association for Cancer Prevention***

The program is a challenge of life, time, human understanding, a fight against arrogance and ignorance almost brought to extreme that are beginning to be more and more present in our life...

We will never replace a hospital or a polyclinic which already exist around us... we will try to offer a greater visibility to the true values and human desiderates, we will offer a total commitment to the wish to improve the doctor's life, the citizen's life, the patient's life...



## What is prevention?

Prevention cumulates all measures, methods and devices which can play an important role in delaying or suppressing the possibility of getting ill.

## Why do we need prevention?

Because the illness exists, it is a reality that we cannot ignore.

Because more and more people get sick as a result of arrogance and ignorance which invade more and more our lives.

Because life is the most precious gift from God and deserves to be taken care of.

## What is early tracking down?

Early tracking down is related to prevention because it refers to the moment when illness, already installed, is diagnosed early enough in order to be successfully treated, thus preventing the settlement of a non-reversible pathological process.

## What is the disease?

A disease is a state of anarchy, disorganization and somatic-psychical lack of poise of the individual and his family, which determines a decrease of the capacity to adapt to the social and environmental requirements, a substantial energetic and material consumption and the attempt to reestablish the balance only by using medical services is often insufficient.



Let's pray **TOGETHER!**  
A romanian **PROPOSAL**, an european **PROJECT...**  
***THE STARS LIGHT UP THE DARK!***



**"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." (John 16:33)**



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