

9th Indo Global Summit on **Cancer Therapy**

November 02-04, 2015 Hyderabad, India

Impact of breast cancer on the quality of life of patients and their caregivers

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Background: Breast cancer is one of leading causes of morbidity and mortality worldwide in females. It has been associated with both physical and psychological burden. It also has a profound effect on family and friends leading to psychological strain, social isolation, relationship strain and financial strain apart from added responsibility of taking care of patient. Many studies done have found profound effect on patients as well as caregivers of breast cancer but data from Indian setup is lacking hence this study was designed to study the impact of breast cancer on quality of life of patients as well as caregivers.

Methods: This cross-sectional study was conducted on patients and caregivers visiting the oncology department. The study was approved by the IEC of the institute and informed consent was obtained from all the participants. The patients were subjected to Quality of Life Scale/Breast Cancer Patient and World Health Organization-Quality of life-Brief (WHO-QOL Bref) questionnaire. The caregivers were subjected to WHO-QOL Bref questionnaire and Zarit Burden Interview (ZBI).

Results: A total of 50 patients and caregivers were enrolled in the study, the QOL of both the patient and caregivers was compromised and was significantly ($p < 0.05$) higher in patients and caregiver who were diagnosed in the last few months. The QOL scores of both the patient and caregivers improved with passage of time and was significantly higher in patients who were symptom free and leading almost a normal life.

Conclusion: To conclude breast cancer not only compromises the patients well being it also takes a toll on the caregivers. With due course of time and treatment, there was significant improvement in quality of life.

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Determination of anticancer activity of aqueous leaf extracts of *Senna alata* using MTT assay

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Senna alata is an important ethno-medicinal plant belonging to Fabaceae family. The plant is widely used in folk medicine for its laxative and antifungal properties. The extracts of the plant are also known to possess a wide range of medicinal properties like antimicrobial, antioxidant, anti tumor, antipyretic and analgesic properties. In the present investigation an attempt has been made to study the anticancer activity attributed to the aqueous leaf extract of the species using MTT assay. *In vitro* anticancer activity of aqueous leaf extracts of *Senna alata* was carried out on human Breast Cancer (MCF-7) cell line using MTT assay. After treating the MCF-7 cells with the standard and test drugs and subsequent incubations, OD of Tamoxifen (STD) was compared to that of the test extract at 492 nm and percentage of inhibition of cell proliferation was calculated. The results of the present study showed that an increase in the inhibition of cell proliferation was concentration dependent and even at lower concentrations the test extracts effectively regulated cell proliferation. As the concentration of the test extract increased from 6.25-200 µg/ml, an increase in the percentage of cell inhibition was observed and at highest concentration (200 µg per ml) of the leaf extract the maximum percentage of cell inhibition (99.92%) was observed. The leaf extract of *S. alata* can be used to cure the breast cancer.

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