

2025

February
Edition

Community Health News

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**Oral Cancer •
Screening At
Home**

**Breast Cancer •
Warning Signs**

**Can Food Really •
Cure Cancer?**



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Letter from the Editor

Dear Readers,

In this special edition for World Cancer Day, we focus on cancer prevention, recognizing early signs, and improving overall health. From understanding the impact of lifestyle choices to busting common myths about diet and cancer, our goal is to provide you with clear, actionable insights to protect yourself & your loved ones.

Prevention begins with knowledge, and small, consistent steps—like maintaining a balanced diet, regular exercise, & routine screenings—can go a long way.

Together, let’s break down barriers, eliminate fear, and embrace a proactive approach to health.

Warm regards,

Dr. Sushila Kataria

Senior Director, Internal Medicine,
Medanta, Gurugram



Why Cancer Screening
is Important?

Prevention

Some screenings can detect pre-cancerous conditions.

Targeted
Treatment

Screening identifies the type and stage of cancer, helping doctors plan the most effective treatment.

Early Detection

Screening helps find cancer at an early stage.

Improved
Survival Rates

Early-stage cancers are easier to treat, leading to better outcomes.



New Advances in Cancer Diagnosis and Treatment

Cancer care has made incredible progress, using new technologies and therapies to improve treatment results.

Here are some of the latest advancements explained simply:

High tech Scans

Modern CT scans give very clear and detailed images, helping doctors find cancer earlier and more accurately. These scans also use less radiation, making them safer for patients.

Targeted Treatments

Medanta also uses special therapies like antibody-drug conjugates (ADCs) that deliver cancer-killing medicine directly to the cancer cells.

Immunotherapy

Immunotherapy boosts the body's natural ability to fight cancer. It uses special medicines to help the immune system recognize and attack cancer cells. This is especially helpful for cancers that don't respond well to regular treatments.

CAR-T Cell Therapy

This is a cutting-edge treatment where doctors take a patient's immune cells, change them in a lab to better fight cancer, and then put them back into the body. It has shown great success in treating certain blood cancers.

At Medanta, personalized treatment plans are created for each patient. This approach, called precision medicine, ensures that treatments are safer and work better for individual patients.



Dr. Ashok Kumar Vaid

Chairman
Medical Oncology

Tips to Support Your Loved Ones Through Cancer

A cancer caregiver provides essential physical and emotional support to a loved one facing cancer. While it's a challenging role, it can also bring personal satisfaction.

Here are some tips to help you navigate this journey effectively:

Prepare Yourself with Information

Learn about the stage of cancer, treatment options, tests, and potential side effects. If you have doubts about a diagnosis or treatment plan, don't hesitate to seek a second opinion. Finding the right medical team that understands your needs is crucial.

Keep a Journal

Track important information about treatments, side effects, and the patient's progress. This will help you communicate effectively with the medical team.

Share with Others

Build a support system of family, friends, or a support group to assist with daily tasks and provide guidance for emotional challenges.

Take Care of Yourself

Don't feel guilty about needing breaks—they'll help you stay focused and energized.

These tips aim to empower caregivers in providing compassionate & effective support while maintaining their own well-being.

Dr. Tejinder Kataria

Chairperson
Radiation Oncology



Women's Corner



Can The HPV Vaccine Be Taken At Any Age? FAQs

What is an HPV vaccine for?

The HPV vaccine protects against the human papillomavirus (HPV) infection, which is linked mainly to cervical cancer along with other cancers (like vaginal, anal, and throat cancers). In India, cervical cancer is a leading cause of cancer-related deaths among women.

Who should get the HPV vaccine?

The vaccine is recommended for girls and boys, between the ages of 9 and 14. It is most effective before the onset of sexual activity. Women up to age 26 who have not been vaccinated earlier can also benefit.

Can the HPV vaccine be taken at any age?

While the vaccine is most effective at a younger age, adults aged 27 to 45 can discuss its benefits and their risk factors with their doctor.

Is the vaccine beneficial for those who've already had an HPV infection?

Yes, however, it is not a treatment for existing infections and works as a preventive measure for future infections.

HPV vaccination is crucial for preventing cervical cancer. Public awareness about safe sexual practices and early detection through screening methods like Pap smears or HPV DNA testing are also vital for prevention.



Dr. Sabhyata Gupta

Chairperson
Gynaecology & GynaeOncology

What Are The Warning Signs Of Breast Cancer?

Did you know that breast cancer accounts for nearly 14% of all cancers in Indian women? With high mortality rates often due to late detection, raising awareness and recognizing early symptoms are vital.

Some early warning signs include:

Lumps or Changes in Skin Texture

Regularly check your breasts for painless lumps that persist after your period. Flattening or indentation, dimples, asymmetry or unusual size changes. Look for reddish, pitted skin resembling an orange peel, or marble-like areas under the skin.

Nipple Abnormalities

Check for Inverted nipples, dimpling, burning, itching, scaly rashes, Unusual discharge, especially clear or bloody.

Breast Pain or Tenderness

While most cancerous lumps are painless, persistent pain or tenderness during self-exams warrants a doctor's visit.

Swelling Under Arm or Neck

A sudden hardening of lymph nodes in these areas may signal breast cancer.

These signs don't confirm cancer but are early indicators requiring clinical evaluation. Early detection can save lives.

Dr. Kanchan Kaur

Senior Director
Breast Cancer



Can I Screen For Oral Cancer At Home?

Oral cancer accounts for 30% of all cancers in India, making it the most common cancer in men and the third most common in women. It includes cancers of the mouth, jaw, and tongue.

While self-screening is not a substitute for regular check-ups with an ENT specialist, you can follow these simple steps at home:

Face and Neck Check

Look in the mirror for swelling, lumps, rashes, or moles on your face and neck.

Lips and Cheeks

Pull your lips and cheeks outward to check for discoloration, lumps, or patches of red or white.

Tongue and Gums

Feel your gums, inner cheeks, and tongue for lesions or tenderness. Check under your tongue by touching its tip to the roof of your mouth.

Roof of Mouth

Tilt your head back to examine for ulcers or discoloration.

Neck

Feel for lumps or swelling, as these can indicate advanced oral cancer.

Discuss your risk factors and screening frequency with your doctor for early detection and better outcomes.



Dr. Deepak Sarin

Vice Chairman
Head & Neck Cancer

Is Your Prostate Health at Risk? Signs to Watch For

Prostate Cancer is the second most common cancer in men in India. Most prostate cancers are asymptomatic and these are the most treatable cancers. It is imperative that after the age of 45, men should go for an annual health check for prostate health.

There are some warning signs you should keep in mind:

Painful or burning urination

You might feel pain or a burning sensation when you urinate

Frequent urination

You might need to urinate more frequently, especially at night

Blood in the urine or semen

You might notice blood in your urine or semen

Difficulty starting or stopping urination

You might have trouble starting or stopping urination

The most common risk factors include:

Age. Your risk increases as you get older. About 60% of prostate cancers occur in people older than 65.

Family history. You're two to three times more likely to get prostate cancer if a close family member has it.

Lifestyle factors such as smoking, having a BMI > 30 (having obesity), Sexually transmitted infections (STIs).

Screenings can help catch prostate cancer early. Speak to your doctor about screening, they will guide you according to your risk factors. Early detection saves lives.

Dr. Sanjay Gogoi

Chairman – Urology,
Kidney Transplant & Uro-Oncology





Modern Therapies Taking Us Closer To **Curing All Children With Cancer**

Every year, February 4th marks World Cancer Day, a time to raise awareness about a disease affecting 2.5 million people in India. Annually, 7 lakh new cases are diagnosed, and 5.5 lakh lives are lost, with 70% of deaths occurring in individuals aged 30-70 years.

Cancer also impacts approximately 70,000 children annually in India. However, the good news is that childhood cancers are highly curable, with overall cure rates exceeding 80%, and some types reaching over 90%. The most common childhood cancers include leukemia, brain tumors, and lymphomas. Advances in safe and effective chemotherapy, surgery, and radiotherapy have significantly improved outcomes.

Newer treatments are offering hope for previously incurable cases:

Targeted Therapies: Drugs like tyrosine kinase inhibitors target specific molecules to cure leukaemia.

Immunotherapies: Monoclonal antibodies (CD20, CD19, CD22, CD30, CD33) help treat leukaemia and lymphoma.

Checkpoint Inhibitors: These recharge the immune system, enabling T cells to fight cancer effectively.

CAR-T Cell Therapy: This revolutionary treatment genetically modifies a patient's T cells to attack and destroy cancer cells, now available for B-cell leukemia/lymphoma.

These advancements offer new hope, emphasizing the importance of early diagnosis and continued research.

Advances in **Brain Cancer Treatment**

Brain cancer treatment has progressed significantly, offering new hope to patients. Among these, surgical advancements stand out as a cornerstone of improved care.

Advanced Surgical Techniques

Modern neurosurgery has revolutionized brain cancer treatment. Techniques like MRI-guided surgery and intraoperative brain mapping enable surgeons to remove tumors with unparalleled precision, even in sensitive brain regions. Awake craniotomy allows doctors to monitor critical functions like speech during surgery, minimizing damage to healthy tissue. Application of minimally invasive techniques and adjuncts like neuro navigation, tumor

Targeted Radiation Therapy

Technologies such as stereotactic radiosurgery (SRS) deliver high doses of radiation directly to the tumor, sparing healthy tissue. This precision reduces side effects and is particularly useful for hard-to-reach tumors.

Emerging Therapies

Breakthroughs in immunotherapy and tumor-treating fields (TTF) are reshaping treatment. These therapies either enhance the immune system's ability to fight cancer or use electric fields to slow tumor growth.

Surgical advancements, combined with cutting-edge therapies, have improved outcomes and quality of life for brain cancer patients. If you or a loved one is affected, consult your doctor to explore the latest treatment options.



Dr. Satya Prakash Yadav

Director
Paediatric Hemato Oncology & BMT

Dr. V. P. Singh

Chairman
Neurosurgery





Can Food Really Cure Cancer?

The role of diet in managing cancer has gained significant attention recently. While a good diet cannot cure cancer, it plays a vital role in supporting overall health during treatment. Cancer patients often face challenges like anemia, weight loss, and weakened immunity, which can be mitigated through proper nutrition.

Anti-inflammatory foods are vital for recovery. Omega-3-rich oils, nuts like almonds and walnuts, flaxseeds, and chia seeds help reduce inflammation, while cruciferous vegetables are rich in antioxidants essential for healing. Whole grains and legumes improve digestion and gut health, and hydrating drinks like lemon water and coconut water maintain electrolyte balance. Healthy fats from nuts, seeds, and avocados provide energy, and lean meats, fish, eggs, and legumes are crucial for muscle mass and tissue repair.

Cancer survivors are advised to limit red and processed meats, ultra-processed foods, sugary beverages, and fast food high in fat, starch, or sugar. Instead, small, frequent meals with balanced nutrients can boost appetite and energy. Safe food handling is also essential to prevent foodborne illnesses caused by bacteria, parasites, or viruses.

“Anti-cancer diets” often lack scientific evidence. A clinical dietitian or onco-dietitian should provide individualized nutritional advice based on the patient’s diagnosis, cancer stage, and treatment plan. Customizing dietary needs ensures better recovery, outcomes, and overall well-being at every stage.



Ms. Sandhya Pandey

General Manager
& Chief Dietician

Eat Well, Live Well Recipe



Ingredients:

- 30g quinoa (uncooked)
- 30g tomato
- 50g pomegranate seeds
- 50g orange (4-5 slice)
- 20g apple (1-2 slice)
- 30g cucumber
- 30g beetroot
- 5ml (1 tsp) lemon juice
- 30g lettuce
- 20g fresh mint (10-12 no.)
- 10g feta cheese
- 2g salt (pinch)

Serving Size- 1 (380 g)

Instructions:

1. Cook the rinsed quinoa with about 60 ml water. Bring it to a boil, then lower the heat and simmer for 10-12 minutes.
2. Now chop all the other ingredients and assemble together in a large bowl and top it with feta cheese crumble.
3. Drizzle 1 tsp of lemon juice and pinch of salt over the salad and toss again to coat evenly. Enjoy!

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 Heart Health 15th every month 7:00 pm	 Heart Health 20th Feb 5:00 pm	 Transplant Conversation 25th Feb 5:00 pm

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