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LIGHTING THE PATH FOR EVERY CANCER FIGHTER

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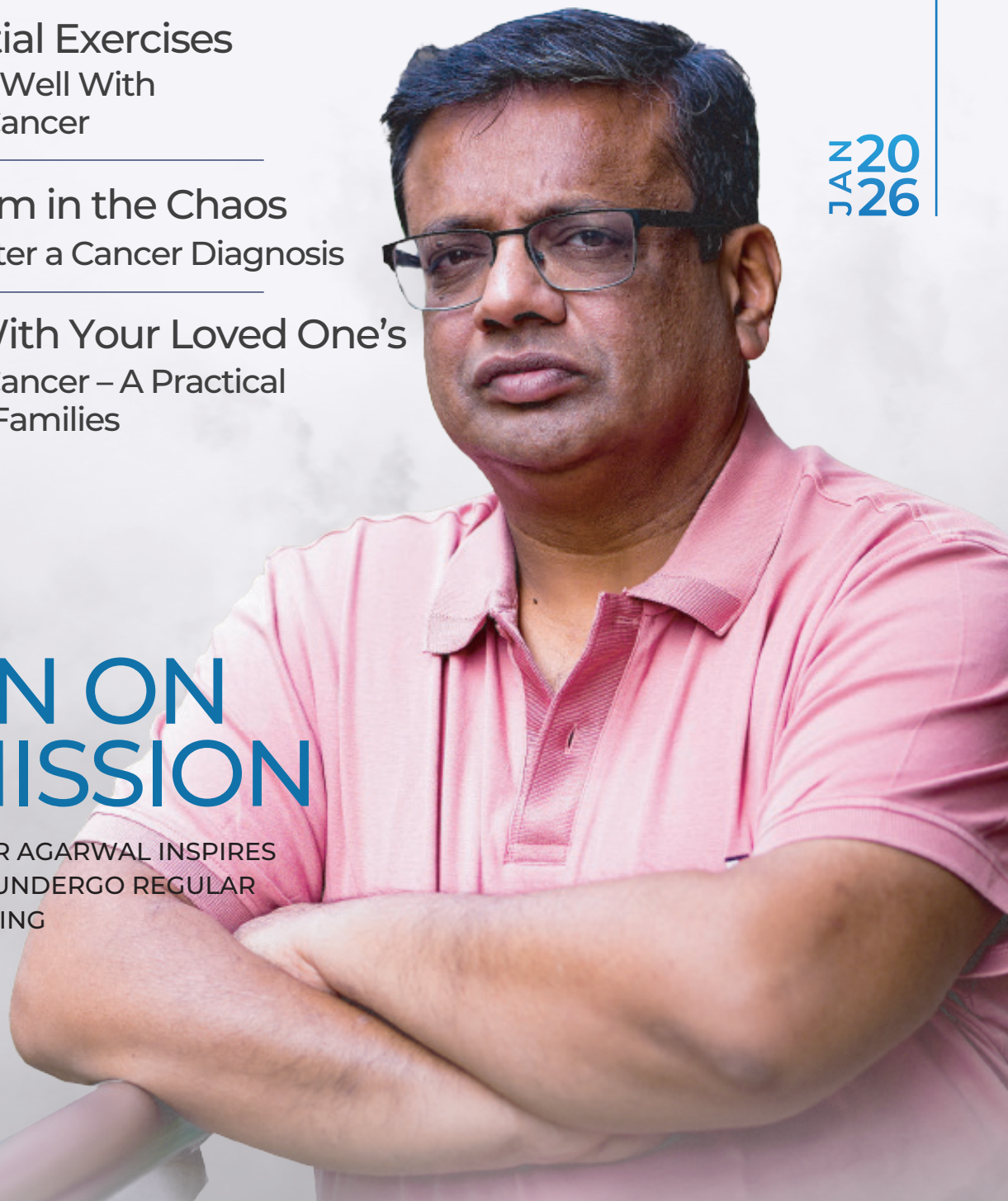
4 Essential Exercises
For Living Well With Prostate Cancer

Find Calm in the Chaos
Coping After a Cancer Diagnosis

Living With Your Loved One's
Prostate Cancer – A Practical Guide for Families



MAN ON A MISSION

NITIN KUMAR AGARWAL INSPIRES OTHERS TO UNDERGO REGULAR PSA SCREENING

Dr Ashok Vaid
Chairman,
Medanta Cancer Institute

Message from The Chairman

Cancer care continues to evolve, and so does our commitment to every patient and family who walks through our doors. As we bring you the second edition of this newsletter, our focus remains clear: to empower you with insights that make decision-making easier, to bring hope where there is doubt, and to strengthen the circle of care around every patient.

Letter from The Editor

Cancer is never just a diagnosis - it is a journey that reshapes lives in ways far beyond the medical reports. For patients and families, navigating treatment, recovery, & the questions that arise in between can often feel overwhelming.

With this edition, our goal remains the same: to walk beside you with credible information, practical guidance, and perspectives that support healing in every dimension - physical, emotional, and personal. Whether you are undergoing treatment or finding your way forward after it, we hope these pages bring you clarity, strength, and a sense of connection.

Dr. Puneet Ahluwalia
Senior Director & Head,
UroOncology & Robotic Surgery

4 Essential Exercises for Recovering Better After Prostate Cancer Treatment

Simple daily movements that support strength, recovery, and overall well-being

01 Brisk Walking

A 20–30 minute walk each day boosts heart health, improves stamina, and reduces cancer-related fatigue.

02 Strength Training

Using light weights or resistance bands twice a week helps rebuild muscle mass & supports bone strength, especially during hormone therapy.

03 Pelvic Floor (Kegel) Exercises

These exercises strengthen the muscles that control urination, improving bladder control after prostate surgery.

04 Stretching and Yoga

Gentle stretching or simple yoga poses ease stiffness, improve flexibility, and calm the mind.

You've Got This!

6 Questions to Ask Your Doctor After a Prostate Cancer Diagnosis

Dr. Gagan Gautam
Chairman,
UroOncology & Robotic Surgery

Hearing the words “you have prostate cancer” can feel like everything around you has suddenly paused. It’s natural to feel fear, confusion, or even disbelief. In such moments, the most empowering step you can take is to start asking the right questions.

Here are six key questions—simple, practical, and patient-friendly—that can guide your next appointment.

01 What stage is my cancer,

This helps you understand whether the cancer is in early stages or more advanced, shaping all future decisions.

02 Do I need additional tests or a second opinion?

A second opinion can offer reassurance and may highlight newer or more personalised approaches.

03 What treatment options are available for my stage & health?

Your doctor will help you compare choices like active surveillance, surgery, or radiation so you can pick what fits your life best.

04 What side effects should I prepare for?

Knowing about urinary, sexual, hormonal, or bowel changes helps you plan support and manage expectations.

05 How will this treatment impact my routine work?

This lets you organise your time, responsibilities, and recovery more easily.

06 What support resources are available for me and my family?

Counselling, nutrition advice, exercise programs, and support groups can make the journey less overwhelming.

A prostate cancer diagnosis is not the end of your story—it’s the beginning of a more informed, empowered chapter. Asking these questions helps you understand your options, stay emotionally supported, and take an active role in your care.

Your Cancer Counsellor

Find Calm in the Chaos
Coping After a Cancer Diagnosis

Nitin Vyas
CEO - Cluster ASIA, BEUMER Group

Life, whether long or short, is a beautiful story in the cradle-to-grave time horizon. In the beautiful story of life, you sometimes encounter chapters that are not so desirable, but that's how life slowly unfolds, keeping you ready for adverse situations and possibly helping you appreciate life even better.

Receiving a cancer diagnosis can feel like the ground has shifted beneath your feet. Fear, confusion, anxiety, anger, sadness - everything may come at once. Many people describe this phase as "mental noise" or "emotional chaos." The good news is that you don't have to navigate it alone. With the right support and coping tools, you can gradually regain clarity, strength, and control.

Build Your Care Circle

In India, family support is strong, and so is support from friends. Find understanding support within your family or among friends. Allow that person or persons to help with hospital visits, meals, chores, or caregiving. Creating a support system gives you space to rest and recover emotionally. Look for people with a positive approach to life - people with glass-half-full thoughts - as your support pillars.

Feelings are important

It's normal to feel overwhelmed in the beginning. Talk to someone you trust - a family member, close friend, or counsellor - who can understand what you are going through without offering pity. Sharing your thoughts lightens the emotional load, but with the wrong set of people, the mental noise may get amplified.

Self-Care routine

Small daily routines like short walks, light stretching, reading, meditation, or prayer help bring stability. Gentle breathing exercises or mindfulness can calm the mind and reduce stress.

Get the Right Information

After a diagnosis, people often search online and end up feeling more confused. Instead, rely on your oncologist. Ask questions freely about treatment, side effects, duration, and expected outcomes.

Avoid Isolation

Staying alone often worsens fear. Connect with survivors, patient groups, or counsellors. Listening to others' journeys brings hope and perspective.

One Step at a Time

You don't need to figure out everything today. Focus on the next appointment, the next day, the next small task. Every step you take is progress.

A cancer diagnosis may feel like chaos, but with support, information, and emotional care, you can slowly reclaim balance and strength.

Caring for the Caregiver

Living With Your Loved One's Prostate Diagnosis

A Practical Guide for Families

When someone in the family is diagnosed with prostate cancer, the journey affects everyone. In many homes, men often hesitate to talk about their discomfort, emotions or fears. As a caregiver or family member, your support can make a big difference in how they cope with treatment and recovery.

Varun Madan
Founder, CEO at Salad Days

Create a Safe Space for Conversations

Men may feel shy discussing urinary issues, sexual health, or emotional distress. Encourage open conversations without judgement. Let them share only when they feel ready. Sometimes, listening silently provides the comfort they need.

Encourage Healthy Eating

A nutritious diet plays a key role in recovery. Prepare meals rich in vegetables, fruits, whole grains, and lean protein. Reduce oily and processed foods. Encourage plenty of water unless advised otherwise by the doctor.

Be Part of Their Medical Journey

Attend appointments when possible. Ask the doctor questions about side effects, diet, physical activity and emotional well-being. Keep track of medicines and tests. This involvement reassures the patient that they are not facing the journey alone.

Maintain Emotional Well-Being

Cancer can bring fear, anger, or frustration. Encourage activities like meditation, gentle music, deep breathing or spiritual practices if they find comfort in them. If anxiety or sadness increases, suggest speaking to a counsellor.

Support Daily Routines

Treatment may cause fatigue, body changes or mood fluctuations. Help them maintain simple routines — walks, light stretches, reading, or spending quiet time outdoors. Balanced daily structure brings emotional stability.

Take Care of Yourself Too

The caregivers often neglect their own health. They should rest well, and eat properly, and share responsibilities. A strong caregiver provides better care to the patient.

With patience, empathy and teamwork, families can help their loved one navigate prostate cancer with dignity, confidence and hope.

Rise to the Challenge

Mr. Nitin Kumar Agarwal uses his experiences with prostate cancer to be a light for others.

On and off for more than a year, Nitin Agarwal had noticed his PSA levels rising slowly but steadily. Each time, he consulted a specialist and was prescribed antibiotics to treat a suspected urinary tract infection. He was advised to undergo an MRI scan, but he kept avoiding it due to claustrophobia.

Last year, during another routine PSA test, the levels were significantly high. That was when he decided to confront his fear and finally went ahead with the MRI. This time, the findings were clear, indicating possible malignancy, and he was advised to undergo a PET scan.

In the weeks that followed, Agarwal was diagnosed with prostate cancer. He ultimately opted to have his prostate removed. An arduous recovery followed, but with the support of his family, he was back to normal in less than a month. Agarwal embraced the challenges, and after treatment and recovery, he seized the opportunity to make a difference in the lives of others by sharing his story and encouraging men to undergo regular PSA testing after the age of 40.

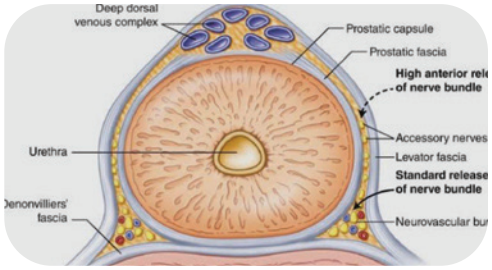
"I am thankful to God for a second chance. I am now adopting a healthier lifestyle and have given up my sedentary habits," concludes Mr. Nitin Kumar Agarwal.

Mr. Nitin Kumar Agarwal
Senior Vice President
Home Credit Finance India Limited

Hope for Survivors

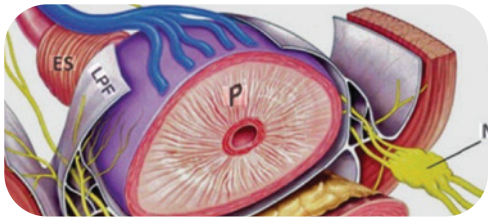
Preserving Quality of Life After Robotic Prostate Cancer Surgery

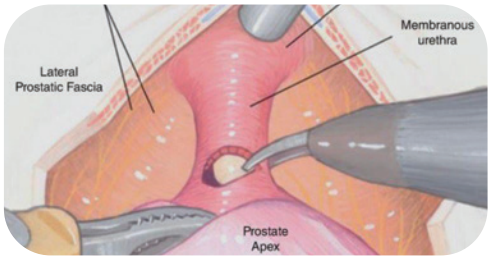
Dr. Puneet Ahluwalia
Senior Director & Head,
UroOncology & Robotic Surgery



In CASPER, we remain close to the prostatic capsule and preserve all surrounding structures including Venous complex in front and neurovascular bundles on posterolateral sides of prostate.

This helps in achieving urinar continence and sexual function better and faster after surgery





For many men undergoing prostate cancer surgery, one of the most important concerns after cancer control is the return of normal urinary function. Urinary incontinence can impact confidence, daily activities, and emotional well-being. Recognising this, surgeons at Medanta are adopting advanced surgical techniques that focus not only on removing cancer effectively, but also on preserving quality of life after surgery.

One such advancement is the Clipless Anterior Structure Preserving (CASPER) Robotic Radical Prostatectomy—a refined robotic approach aimed at supporting faster and more natural recovery of urinary continence.

Unlike conventional methods, the CASPER technique carefully preserves the muscles, ligaments, and supportive tissues located close to urinary sphincter and preserves neurovascular bundles completely on the posterolateral sides of prostate. These structures play a critical role in bladder control. By protecting them and avoiding clips and excessive cautery, tissue trauma is minimised and the body's natural continence mechanisms are maintained.

The procedure uses precise, athermal dissection and meticulous nerve preservation, allowing removal of the prostate while keeping surrounding structures intact. Special attention is given to preserving urethral length and maintaining a small bladder neck—both important factors in early continence recovery. Reconstruction is performed to restore anatomical support and promote healing.

At Medanta, outcomes with this approach have been encouraging. In a recent case, the patient experienced minimal blood loss, a smooth recovery, and was discharged within two days. He regained urinary control rapidly, becoming diaper-free within two weeks, while cancer margins remained clear.

Looking Ahead with Confidence

The CASPER technique reflects Medanta's commitment to precision-driven, compassionate cancer care. By prioritising both cure and quality of life, such innovations offer patients renewed confidence and a hopeful path forward after prostate cancer surgery.

Jaanta hai Medanta

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SOCHO MAT, **BAAT KARO.**

The 1-Minute Prostate Check

A quick 3-question assessment that helps you understand your risk of prostate cancer.

What Would You Like to Read?

We have created this newsletter to add value to your treatment journey.
To make sure it truly helps you, please take a moment to answer some quick questions.

Share your feedback

To Book an Appointment with Medanta Experts:

88-0000-1068 www.medanta.org

*Disclaimer: This newsletter is for informational purposes only and is not intended to substitute professional medical advice, diagnosis, or treatment. Always seek advice from your physician or other qualified health provider.