

2025

March  
Edition

Community  
**Health News**

★★★★★  
**WORLD'S  
BEST  
HOSPITALS**  
2025

**Newsweek**

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**Sehat  
ki baat**

**COLORECTAL  
CANCER  
AWARENESS  
MONTH SPECIAL**

THE  
POWER OF  
**EARLY  
DETECTION**

**PREVENTABLE.  
TREATABLE.  
BEATABLE.**



HOW LIFESTYLE  
AND DIET CAN HELP  
**PREVENT  
COLON CANCER**



Table Of Contents

01

Signs of Anemia In Elderly

What Is  
Colorectal Cancer?

03

45 is the new 50!  
To Start Screening  
for Colon Cancer

Endoscopic Treatment  
of Colon Cancer

05

Can Lifestyle and Diet  
Help Prevent Colon  
Cancer?

Eat Well Live Well Recipe-  
Pea & mint hummus crackers

02

Advancements in  
Colorectal Surgery

How Is Advanced  
Colon Cancer  
Treated?

04

The Power of Early  
Detection

Self Risk Assessment  
For Colorectal Cancer

06

Early detection & treatment are crucial to preventing serious complications such as heart problems, cognitive decline, increased risk of infections, muscle weakness, and worsening of existing chronic conditions.

Letter from the Editor

Dear Readers,

As we mark Colorectal Cancer Awareness Month this March, this edition focuses on early detection, prevention, and advanced treatment options. Colorectal cancer is highly preventable and treatable if caught early, making screenings starting at age 45 essential. We'll cover risk factors, lifestyle changes, and the latest advancements in surgery, radiation, and targeted therapies. With the right knowledge and timely action, we can improve outcomes and save lives.

Let's prioritize awareness, encourage screenings, and take proactive steps toward better health.

Warm regards,

Dr. Sushila Kataria

Senior Director, Internal Medicine,  
Medanta, Gurugram



Signs of Anemia in the Elderly

Fatigue and  
Weakness

Pale or  
Yellowish Skin

Dizziness or  
Lightheadedness

Shortness of  
Breath

Cold Hands  
and Feet

Irregular  
Heartbeat

Cognitive  
Issues

## Health Awareness



### March Is Colorectal Cancer Awareness Month

Dear all,

Initially thought to be a disease of elderly and western population, we are seeing increasing number of cases of colorectal cancers in our OPDs especially at a younger age. Genetically, Indians are more predisposed to these cancers, but incidence rates were very low as traditional diet and activity was protective. Now with economic transition from low to medium income economy and changing lifestyles, the incidence is rapidly increasing.

What we eat and our lifestyle determines our risk of developing colorectal cancers and by modifications in diet and lifestyle, we can decrease this risk. Good thing about these cancers is that if diagnosed at an early stage, complete care is possible and that's the reason lot of stress is given on screening in western world.

Overall outcomes are much better in these cancers compared to other cancers of the body and there are lot of effective treatment options available in the form of endoscopy, surgery, chemotherapy and radiation therapy.

To make people aware of these facts about colorectal cancers, about who and when to get screening, the month of March is celebrated all over the world as "Colon Cancer awareness month". **This special edition of Sehat ki Baat has messages from all experts in the field.**

**Just remember Colorectal cancers are PREVENTABLE, TREATABLE & BEATABLE. So let us educate all our loved ones by spreading this message**

### Advancement in Colorectal Surgery: A Leap Forward in Patient Care

Since decades, colorectal surgery—whether to treat cancer, diverticulitis, or inflammatory bowel disease—required large abdominal incisions, prolonged recovery, & significant discomfort. Today, advances in laparoscopic and robotic surgeries have transformed patient experiences, offering safer, faster, & more effective treatment options. It completely avoids large abdominal incisions, & surgery is performed through small holes in the abdominal wall.

#### Key Benefits:

**Reduced Pain & Discomfort:** Smaller incisions and minimal tissue trauma lead to significantly less postoperative pain, reducing reliance on pain medications.

**Lower Infection Risk:** Precise techniques and smaller wounds decrease exposure to pathogens, reducing surgical site infections.

**Faster Recovery:** Less internal damage allows quicker return to daily activities, work, and exercise (often within weeks vs. months in open surgery).

**Shorter Hospital Stay:** Patients are often discharged within 3-5 days, lowering healthcare costs.

**Minimal Scarring/Better cosmesis:** Tiny incisions heal with barely visible scars, improving cosmetic outcomes and emotional well-being.

If you or a loved one faces colorectal surgery, ask a specialist about minimally invasive options. It's not just a medical advance—it's a chance to reclaim your health with dignity and speed.



**Dr. Amanjeet Singh**

Senior Director & Head Colorectal Surgery  
GI Surgery, GI Oncology & Bariatric Surgery

**Dr. Adarsh Chaudhary**

Chairman  
GI Surgery, GI Oncology & Bariatric Surgery







## 45 is the new 50! To start screening for Colon Cancer

Colorectal cancer (CRC) is one of the most common and preventable cancers. Screening healthy people detects precancerous polyps or cancer at an early stage. This helps to prevent colorectal cancer or in detecting cancer early at a curable stage.

### Does Screening Help?

**Detecting polyps early:** Screening helps to identify polyps which are abnormal growths with a potential to grow into cancer over few years. These polyps can be removed endoscopically during screening before they become cancerous.

**Finding cancer early:** When caught in the early stages, Colon cancer is highly treatable.

**Reducing mortality:** Regular screening lowers the risk of dying from colorectal cancer.

### Who Should Get Screened?

**Adults aged 45-50 & older:** Recent studies in west recommend screening at 45 years due to increasing cancer incidence in young adults.

**Individuals with a family history:** Those with a first-degree relative diagnosed with Colon cancer may need screening earlier.

**People with risk factors:** Like inflammatory bowel disease (IBD), obesity, smoking etc.

### Screening Methods

**Colonoscopy (every 10 years):** Gold standard for detection and polyp removal.

**Stool tests (annually or every 3 years):** Less invasive, but require follow-up if abnormal.

Regular colorectal cancer screening is essential for prevention and early detection, helping to save lives through timely intervention.

## How Is Advanced Colon Cancer Treated?

When colon cancer spreads, we rely on special tests to guide treatment decisions. A personalized treatment plan ensures the best possible outcome for each patient.

### Essential Tests for Advanced Colon Cancer

- Genetic Testing (Next-Generation Sequencing - NGS) – Identifies mutations that can be targeted with specific drugs.
- MSI and dMMR Testing – Helps determine if immunotherapy will be effective.
- KRAS, NRAS, and BRAF Mutation Testing – Guides the choice of targeted therapies.
- Imaging Tests (CT, MRI, PET scans) – Check how far the cancer has spread.
- Colonoscopy – To get the extent of disease and to guide biopsies

### Personalized Treatment Options

- Chemotherapy – The foundation of treatment, used to slow tumour growth and relieve symptoms.
- Targeted Therapy – Blocks cancer growth signals in tumours with specific genetic mutations.
- Immunotherapy – If the tumour is MSI-high or dMMR-positive, the immune system can be activated to fight cancer.
- Surgery (in Select Cases) – If cancer is confined to specific areas, surgery may still be an option.

By using advanced testing and tailored treatments, we can provide more effective and precise care for patients with advanced colon cancer.



**Dr. Randhir Sud**

Chairman  
Gastroenterology

**Dr. Ashok Kumar Vaid**

Chairman  
Medical Oncology





## Emerging Treatments



## Colonoscopies are better than colostomy bags!

### Endoscopic treatment for Colon cancer

Colon cancer is one of the leading causes of cancer-related deaths worldwide. But did you know that with regular screening and advanced endoscopic techniques, it can often be prevented or treated early?

#### Why Screening Matters:

Colon cancer doesn't just appear overnight—it usually starts as small growths called polyps. If these polyps are detected and removed early, cancer can be avoided altogether. Countries that have implemented routine colonoscopy screenings after the age of 45 every five years have seen a significant drop in colon cancer cases.

#### The Power of Endoscopic Treatment

- Detect polyps even earlier and assess their potential to turn cancerous.
- Predict how deep a cancer has spread, helping plan the right treatment.
- Remove larger polyps (up to 5-6 cm) and early-stage cancers without major surgery.

At Medanta, we do simple and complex polypectomies, Endoscopic mucosal resection (EMR), Endoscopic submucosal dissection (EMD) that spares patients from complex surgeries.

**By choosing regular screening and endoscopic treatment, you can significantly reduce your risk of colon cancer, avoiding costly and invasive procedures later. Prevention truly is better than cure!**



**Dr. Rajesh Puri**

Vice Chairman  
Gastroenterology

## The Power of Early Detection: How It Can Save Lives

Colorectal cancer is a serious disease, but early diagnosis can dramatically improve treatment success and survival rates. As a radiation oncologist, I see firsthand how catching cancer early allows for less aggressive treatments, better patient outcomes, & an improved quality of life.

#### Why Early Detection Matters:

**Treatment is more effective:** Early-stage cancer responds well to treatment, often requiring less intense therapy.

**Higher survival rates:** The 5-year survival rate for early Colorectal cancer is over 90%.

**Less need for major surgery or chemotherapy:** Early cases may be treated with minimally invasive techniques, reducing side effects.

#### Role of Radiation Therapy in Treatment:

**Shrink tumors before surgery** (neoadjuvant therapy) for better surgical outcomes.

**Kill remaining cancer cells after surgery** (adjuvant therapy) to reduce recurrence risk.

**Manage symptoms in advanced cases**, improving comfort and quality of life.

**Colorectal cancers can occur as de novo or develop on polyps.** The patients with family history need to start having colonoscopy from the age of 45 years or 10 years before the index case. They should have an annual fecal occult blood test (FOBT) every year & lower GI endoscopy every year.

With early detection and advanced radiation therapy techniques, we can offer patients the best chance at a longer, healthier life.



**Dr. Tejinder Kataria**

Chairperson  
Radiation Oncology



## Can Lifestyle and Diet **Help Prevent Colon Cancer?**

Yes! Making healthy lifestyle and dietary changes can lower your risk of colon cancer. While some factors like age and genetics can't be changed, your daily habits play a big role in prevention.

### **How Lifestyle Changes Help**

**Stay Active:** Regular exercise helps keep your digestive system healthy and reduces inflammation, lowering cancer risk. Aim for at least 30 minutes of physical activity most days.

**Maintain a Healthy Weight:** Obesity, especially belly fat, is linked to a higher risk of colon cancer. Eating right and staying active can help manage weight.

**Quit Smoking and Limit Alcohol:** Smoking damages cells, and excessive alcohol increases cancer risk. Reducing or quitting both can significantly improve your overall health.

### **Dietary Changes for Prevention**

**Eat More Fiber:** High-fiber foods like fruits, vegetables, whole grains, and beans help digestion and reduce cancer risk.

**Cut Back on Red & Processed Meat:** Too much red meat (like beef and pork) & processed meats (like sausages and hot dogs) increase the risk of colon cancer. Try lean proteins like fish, chicken, and plant-based options.

**Include Healthy Fats:** Omega-3 fatty acids from fish, nuts, and seeds have anti-inflammatory benefits that may help prevent cancer.

By making these small but important changes, you can significantly lower your risk of colon cancer and improve your overall health!



**Dr. Narayan Adhikari**

Associate Consultant  
Medical Oncology

## Do You Know Your Colorectal Cancer Risk? **Scan to Find Out!**

At Medanta, We always believe in equipping our Patients with Advanced Health Management Tools to help manage their Health Better.

We have specially designed a Colorectal Risk Assessment tool - an interactive calculator that estimates a patient's risk of developing colorectal cancer in their lifetime.

The calculation of your risk is based on studies of people age 40 and over who have no previous history of cancer. But everyone can benefit by learning more about their risk and receiving a personal health action plan.

Understanding your personal risk can empower you to make informed health decisions, adopt preventive measures, and seek timely medical advice. While this assessment is not intended to diagnose cancer, it serves as a valuable resource to raise awareness and encourage early detection. Stay informed, stay proactive, and prioritize your health today!

### **To Know Your Risk Of Colorectal Cancer**

Scan the QR code now





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## Eat Well, Live Well Recipe



HEALTHY SNACKING  
PEA & MINT HUMMUS CRACKERS

### FOR THE HUMMUS

- 200g chickpeas, drained & rinsed
- 100g peas, defrosted
- 1 tbsp tahini (optional)
- Juice of 1 lemon
- 1 tbsp olive oil
- A small bunch of fresh mint leaves (4g)
- A pinch of salt & pepper to taste

### FOR THE TOPPERS

- 1 fresh tomato, sliced
- A few basil leaves
- A sprinkle of mixed seeds

**BASE-** Multigrain/ Brown Bread, Sesame seeds

### Method

Simply blitz all the hummus ingredients together in a blender with a splash of water until smooth. Spread onto your breads and top with slices of tomato, basil leaves and some mixed seeds for an extra fibre crunch. And enjoy.... or just dip the hummus straight from the bowl!

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## Online Learning Sessions

Tune in monthly on You tube and facebook  
to watch Medanta Experts discuss important health topics & answer your questions LIVE.

 <b>Cancer Care</b> <b>7<sup>th</sup></b> every month   7:00 pm	 <b>Women's Health</b> <b>8<sup>th</sup></b> every month   6:00 pm	 <b>Lung Diseases</b> <b>11<sup>th</sup></b> every month   7:00 pm
 <b>Heart Health</b> <b>15<sup>th</sup></b> every month   7:00 pm	 <b>Heart Health</b> <b>20<sup>th</sup></b> Mar   5:00 pm	 <b>Transplant Conversation</b> <b>25<sup>th</sup></b> Mar   5:00 pm

**To Book an Appointment with Medanta Experts,**  
Call : 0124-414-1414 or Visit : [www.medanta.org](http://www.medanta.org)

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