

2026

February
Edition

Community
Health News

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2024

Newsweek

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Noida

New Advancement
in Cancer Diagnosis
and Treatment

Can I Screen For
Oral Cancer At Home?

What Are The Warning
Signs Of Breast Cancer?

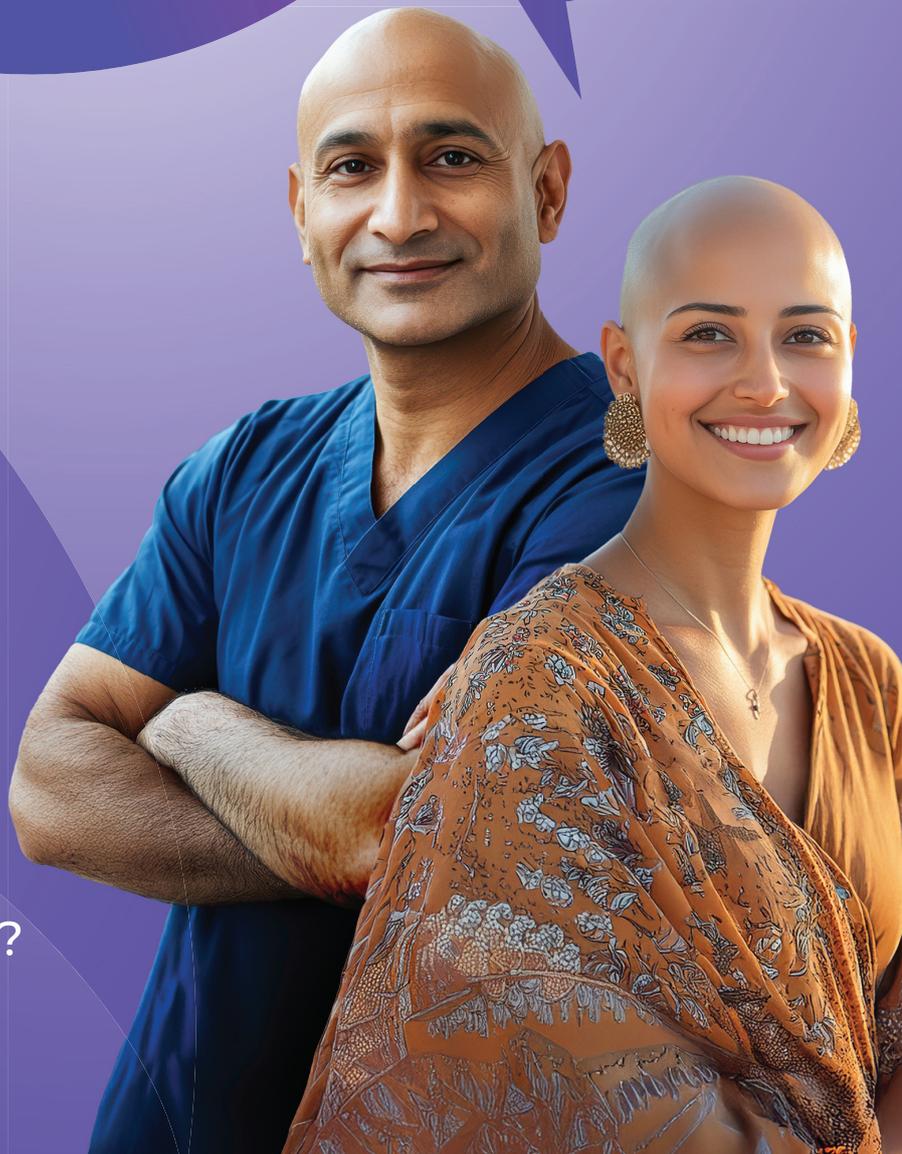




Table Of Contents

01

Why Cancer Screening Is Important?

New Advancement
In Cancer Diagnosis
and Treatment

Advancements In Brain
Cancer Treatment

03

Can I Screen For
Oral Cancer At
Home?

What Are The
Warning Signs Of
Breast Cancer?

Tips to Support
Your Loved Ones
Through Cancer

45 is the new 50!
Start Screening For
Colon Cancer

05

Leukaemia:
UnderStanding The
Disease And New
Hope In Treatment

Can The HPV Vaccine
Be Taken At Any Age?

Medanta Noida
Hospital Video

Eat Well
Live Well Recipe

06

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, and 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. Girish Chandra
Vaishnava**

Director, Internal Medicine
Medanta Noida



Why Cancer Screening Is Important?

- **Prevention**
Some screenings can detect pre-cancerous conditions.
- **Early Detection**
Screening helps find cancer at an early stage.
- **Targeted Treatment**
Screening identifies the type and stage of cancer, helping doctors plan the most effective treatment.
- **Improved Survival Rates**
Early-stage cancers are easier to treat, leading to better outcomes.

Consult your doctor to know which screening is right for you.



Dr Sajjan Rajpurohit
Director & Head
Medical Oncology



Dr Manish Vaish
Director & Head
Neurosciences



New Advancement In Cancer Diagnosis And Treatment

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

Here are some of the latest advancements explained:

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.

Advancements 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 Neuro-navigation based on tractography for surgical planning, intraoperative brain mapping, and when combined with intra-operative ultrasonography (and in a few cases intraoperative dye for tumor delineation) 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. These innovations enhance safety and recovery while preserving essential brain functions.

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 understand the latest treatment options.

Early Detection



Dr Alok Thakkar
Director
Head & Neck 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

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 V Seenu
Director
Breast Services



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 Deepak Mittal
Director
Radiation Oncology



Dr Vivek Tandon
Director
GI Surgery & GI Oncology



Dr Deepak Govil
Director
GI Surgery & GI 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 and effective support while maintaining their own well-being.

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

Colorectal cancer (CRC) is one of the most common and preventable cancers. Screening plays a crucial role in detecting pre-cancerous polyps or cancer at an early stage, significantly improving treatment outcomes.

Does Screening Help?

Yes, colorectal cancer screening saves lives by:

Detecting polyps early: Screening helps identify and remove abnormal growths before they turn cancerous.

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

Reducing mortality: Studies show that regular screening lowers the risk of dying from colorectal cancer.

Who Should Get Screened?

Adults aged 45 and older: Regular screenings starting at age 45 are recommended, as colon cancer rates have risen among younger adults.

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

People with risk factors: Those with inflammatory bowel disease (IBD), obesity, smoking, or a sedentary lifestyle should consult their doctor about earlier screening.

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.



Dr Esha Kaul

Director
HaematoOncology &
Bone Marrow Transplant



Dr Priya Bansal

Senior Consultant
Gynaecology



Leukaemia: Understanding The Disease And New Hope In Treatment

Leukaemia is a type of blood cancer that begins in the bone marrow, where blood cells are produced. In leukaemia, the body makes abnormal white blood cells that multiply rapidly and crowd out healthy blood cells. This weakens the body's ability to fight infections, carry oxygen, and control bleeding.

There are several types of leukaemia, broadly classified as acute or chronic. Acute leukaemia progresses quickly and requires urgent treatment, while chronic leukaemia develops more slowly and may remain stable for many years. Common symptoms include persistent fever, fatigue, frequent infections, easy bruising or bleeding, unexplained weight loss, and bone or joint pain.

New Advancement in Treatment

Treatment options for leukaemia have advanced significantly. In addition to chemotherapy and bone marrow transplantation, newer therapies such as targeted therapy, immunotherapy, and CAR-T cell therapy are improving outcomes. These approaches attack cancer cells more precisely, helping reduce side effects and improve long-term survival.

Leukaemia in the Indian Scenario

In India, leukaemia is among the most common blood cancers in both children and adults. Improved diagnostic facilities, greater access to advanced treatments, and expanding transplant centres have strengthened care in major hospitals. However, early diagnosis and awareness remain crucial. With timely treatment, many patients with leukaemia in India are now living longer and healthier lives.

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.

Special Video Feature



Medanta Noida
A New Era of Super
Speciality Healthcare

PLAY 



SCAN TO
WATCH

Eat Well, Live Well Recipe

Ingredients:

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



Because Prevention is Better Than Cure

Health checkup ₹999

42 Parameters | 1 Doctor Consultation



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