

# Latest advancements in the treatment of breast, head and neck cancer

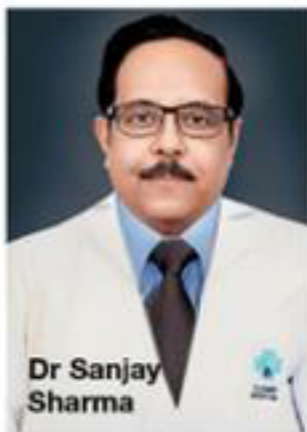


**B**reast cancer is the most common cancer among females in India. Causes include strong family history (maternal side), smoking hookah or cigarettes. Women who have never given birth, those above the age of 40 or women who have not breastfed or poor breastfeeding are said to increase risk for breast cancer.

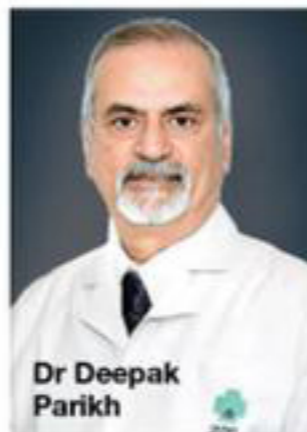
Consultant Oncosurgeon Dr Deepak Parikh and Consultant Oncosurgeon Dr Sanjay Sharma at Lilavati Hospital and Research Centre say that depending on size, extent and spread to other organs, the cancer can be staged from stage 1 to stage 4. They say, "Depending on the stage, treatment may include removal of the whole or part of breast and lymph nodes, with or without chemotherapy and radiotherapy."

## TREATING BREAST CANCER

Many women who have surgery to remove an entire breast have the option of having the shape of the removed



Dr Sanjay Sharma



Dr Deepak Parikh

breast rebuilt using implants or autologous tissue. "Implants are shorter procedures with faster recovery, but may need replacement due to or for prevention of complications. On the other hand, the autologous reconstructions are permanent solutions with lesser complications, but are the longer procedures with prolonged recovery. In advanced cases,

surgery is aided by radiation and chemotherapy along with newer targeted anti-hormone therapies," says Dr Parikh.

"Self breast examination seven days after their menses specifically in ladies over 30-35 years is essential. Lilavati Hospital has sonomamo specialist consultants and the latest generation machine. The screening test is advisable for high-risk patients like nulliparous, obese with family history or if a lump is noticed on self-examination," explains Dr Sharma

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## HEAD & NECK CANCER MANAGEMENT

Dr Deepak Parikh says, "In India, head and neck cancers form 35 per cent of the overall new cancers seen every year predominantly because of the habits of tobacco, betelnut chewing, poor dental hygiene and alcohol. Surgical innovations like lasers, robotics, microvascular flaps and 3D printing have aided surgeons and refinements in radiation along with immunotherapy and targeted medications help oncologists to achieve these goals."

Dr Sanjay Sharma says, "A laser machine attached to a hand piece or an operating microscope can be used to cut out a cancerous growth in the mouth or voice-box region through the mouth, resulting in no visible scars and preservation of voice. At Lilavati Hospital, specialised equipment like the Nerve Integrity Monitor assists the surgeon in ensuring the safety of nerve supply to the vocal cords while performing intricate and complex thyroid surgeries. Our Nuclear Department has a gamma camera to facilitate diagnosis of thyroid diseases."