

FIGHTING
BREAST **CANCER**
TOGETHER



Jaanta hai
Medanta

Understanding Breast Cancer – What You Need To Know

Breast cancer is the abnormal growth of cells in breast tissue. It typically begins in the ducts or lobules and may be hormone-driven, genetic, or sporadic. It is the most common cancer in women but can also affect men.

Did You Know?

Early detection of **breast cancer** increases survival rates by over **90%**



What Are The Causes And Risk Factors:

Breast cancer risk results from a combination of factors – some uncontrollable, others influenced by lifestyle.

Risk Factors You Cannot Change:

- **Age:** Risk increases with age; most cases are diagnosed after 50.
- **Sex:** Being assigned female at birth is a primary risk factor.
- **Genetics:** Inherited mutations in genes like BRCA1 and BRCA2 significantly raise the risk.
- **Family History:** Having a first-degree relative diagnosed with breast cancer, especially at a young age, increases your risk.
- **Personal History of Breast Cancer:** A prior diagnosis increases the chance of cancer in the other breast.
- **Reproductive History:** Early menstruation (before age 12), late menopause (after age 55), never having children, or having the first child after 30 increases hormone exposure.
- **Dense Breasts:** Dense tissue makes tumours harder to detect on mammograms and are believed to be associated with slightly increased risk.



Risk Factors You Can Control:

- **Alcohol Consumption:** Even moderate alcohol use is linked to increased risk.
- **Physical Inactivity:** Lack of regular activity contributes to higher risk.
- **Obesity:** Especially post-menopause, excess weight increases risk.
- **Hormone Therapy:** Long-term use of combined estrogen-progesterone HRT during menopause may be associated with increased risk.
- **Diet:** A healthy diet rich in fruits, vegetables, whole grains, and lean proteins can help reduce risk. Limit red meat, sugary drinks, and processed food.
- **Breastfeeding:** Extended breastfeeding can lower the risk.

The good news: Many risk factors are modifiable — healthy lifestyle choices can significantly reduce your risk.



What Are The Early Signs Of Breast Cancer?

See a specialist if you notice:

- A new lump or thickening in the breast, chest, or armpit.
- Changes in the size, shape, or appearance of a breast
- Skin changes like dimpling (orange-peel texture), redness, scaling, or puckering
- Nipple inversion, burning, itching, or sores
- Nipple discharge (especially if bloody or watery)
- Swelling in the armpit or near the collarbone
- New onset of pain in the breast or armpit

Remember: cancerous lumps are often painless!



Screening And Prevention

You don't need symptoms to act. Most cancers caught through screening are early and highly treatable.

When Should You Start?

Age 18 above - Self breast examination once a month

Age 40+ - Self breast examination along with annual clinical checkup and mammography as advised by the doctor



Our Screening Toolkit



Digital 2D/3D Mammography



High-Resolution Ultrasound



Breast MRI for Dense Breasts



Core Needle Biopsy, Vacuum-Assisted Biopsy (VABB)



Image-Guided Biopsies (MRI-guided, Stereotactic)

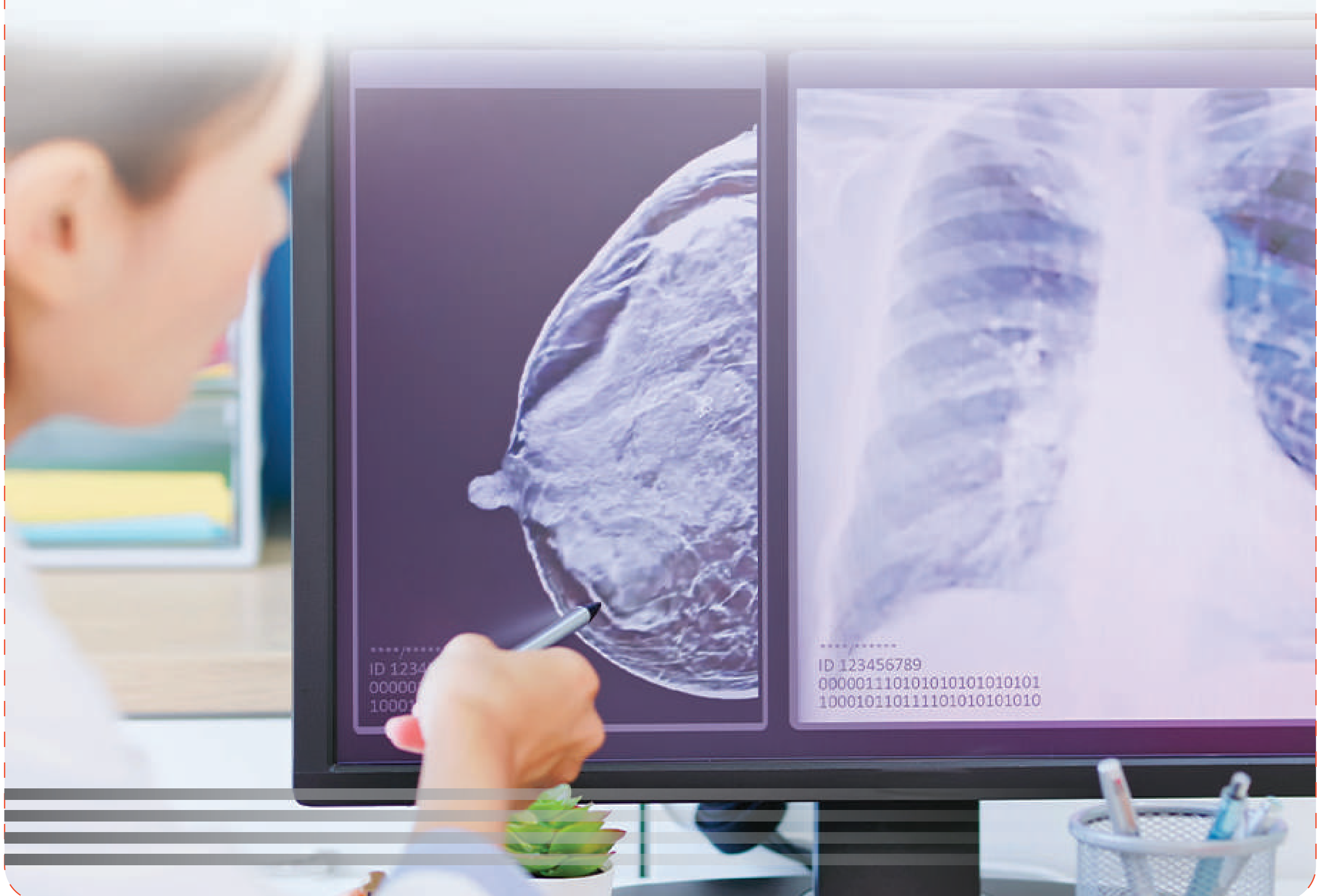


Histopathology and Immunochemistry



Molecular and Genetic Testing (BRCA1/2, HER2, ER/PR)

Screening is simple, non-invasive and could save your life.



YOUR RITUAL OF SELF-CARE

3 Minutes. 3 Steps.

STEP 1: MIRROR EXAMINATION

- Stand straight in front of a mirror
- Look closely at the shape and skin of both breasts
- Raise both arms above your head
- Now place your hands on your waist and press gently

Look for any change in breast shape, skin dimpling or pulling in.
These could be early signs of a lump.



STEP 2: PHYSICAL EXAMINATION

- Raise your right arm and place it behind your head.
- Use the three fingers of your left hand to check your right breast and vice versa. Use light pressure, like a soft massage.
- Move your fingers in circles, up-down, and around the nipple

Feel for lumps, knots or any unusual mass, with or without pain.



STEP 3: NIPPLE CHECK

- Stand straight and gently press each nipple one after the other.

Check for nipple discharge. If watery or blood-stained, seek medical advice at the earliest – even a single episode should not be ignored.



If you notice any unusual changes, consult a doctor without delay.

Breast Cancer Treatment At Medanta – The Tumour Board Approach

Each case is reviewed by a Multidisciplinary Tumour Board, including:

- Surgical Oncologist
- Medical Oncologist
- Radiation Oncologist
- Radiologist and Pathologist

This ensures:

- Personalised, coordinated treatment
- Faster decisions
- Attention to fertility, genetics, and long-term wellness



Comprehensive Breast Cancer Services

Diagnostic Excellence

- Digital 2D/3D Mammography
- High-Resolution Ultrasound
- Core Needle, Stereotactic and MRI-Guided Biopsy
- Histopathology, IHC, Genetic Testing (HER2, ER/PR, BRCA1/2)

Surgery

- **Breast-Conserving Surgery (BCS) with Oncoplasty:** Tumour removal with breast preservation
- **Mastectomy (Simple, Skin/Nipple-Sparing):** For larger or multi-focal tumours
- **Lymphovenous Anastomosis:** To reduce the risk of swelling in the armpits
- **Sentinel Node Biopsy:** Less invasive lymph node check
- **Axillary Clearance:** For multiple node involvement
- **Reconstructive Surgery:** For best cosmetic and functional outcomes
- **Scar Management and Physical Rehabilitation**



Medical Oncology

- Chemotherapy, Hormone Therapy, Targeted Therapy, Immunotherapy
- Daycare Chemotherapy Unit
- Neoadjuvant and Adjuvant Protocols

Radiation Oncology

- IMRT, VMAT, IGRT
- CyberKnife Radiosurgery
- TomoTherapy
- Integrated Brachytherapy Unit (IBU)
- Heart-Sparing Radiation

Supportive Care

- Nutrition and Recovery Support
- Psychological Counselling
- Lymphedema and Scar Management



Commonly Asked Questions

Will Treatment Affect Fertility?

Yes. Some therapies impact ovarian function. If you wish to conceive later, we advise egg/embryo freezing, fertility counselling, and oncofertility support.

Will My Periods Stop During Treatment?

Treatment may cause irregular or absent periods. Menopause may be temporary or permanent depending on age and treatment.

Will I Look Or Feel Different After Surgery?

Changes to body image are common. Reconstructive surgery, cosmetic support, and counselling are available to help you feel like yourself again.



YOUR CARE TEAM AT MEDANTA

Breast Oncology



Dr. Kanchan Kaur
Senior Director



Dr. Rajeev Agarwal
Senior Director

Medical Oncology



Dr. Ashok Kumar Vaid
Chairman



Dr. Satya Pal Kataria
Vice Chairman



Dr. Kunjahari Medhi
Senior Director



Dr. Amit Bhargava
Director

Radiation Oncology



Dr. Tejinder Kataria
Chairperson



Dr. Deepak Gupta
Associate Director



Dr. Shyam Singh Bisht
Associate Director



Dr. Susovan Banerjee
Associate Director



Dr. Kushal Narang
Consultant



**REAL STORIES.
REAL RECOVERIES.**



A YOUNG DOCTOR WHO REFUSED TO PAUSE HER LIFE



Dr. Eleza Koirala

Age - 32

A routine self-exam revealed a lump. Her BRCA-positive diagnosis threatened both her career and her young daughter’s future.

“I’m the doctor in our house—yet suddenly I was the patient.”

Restoring Her Future, Not Just Her Breast

Medanta performed bilateral skin-sparing mastectomies and immediate IEP-flap reconstruction. She underwent chemotherapy with mental health support from our psycho-oncology team.

“Technology gave me time; empathy gave me strength.”



* The patient's name has been withheld to maintain confidentiality.

Twice a Survivor, Once in a Million



Mr. Yogendra
Age - 38

Thirteen years after a left mastectomy for DCIS, Yogesh returned with discharge in the right breast, an extremely rare male second primary.

“I beat the odds once. Why not again?”

Facing Cancer Twice and Winning

He underwent right mastectomy and sentinel node biopsy. Nodes were clear. Today, he mentors others and lives cancer-free.

“Medanta didn’t just treat me twice—it stood by me twice. That made all the difference.”



*The patient's name has been withheld to maintain confidentiality.

A MOTHERLESS FIGHTER WHO CHOSE TOMORROW



Akriti Agrawal

Age - 26

With a BRCA family history and a 35 mm triple-negative tumour, she acted decisively.

**“ I wasn’t ready to be a memory.
I wanted a future.”**

Future-Proof Surgery and Fertility

Eggs were preserved before surgery. Bilateral mastectomy, implants, and chemo followed.

**“ Science saved my body;
Medanta saved my dreams.”**

*The patient's name has been withheld to maintain confidentiality.

TWO SISTERS, ONE DIAGNOSIS – FIGHTING SIDE-BY-SIDE

Ankita Singh

Age - 46

Amrita Singh

Age - 36



A 46-year-old woman and her 36-year-old sister were both diagnosed with BRCA-positive, triple-negative cancer within days.

“ We cried together—then decided to fight together.”

Parallel Recovery, Shared Strength

They had coordinated surgeries in adjacent theatres. Both later opted for ovarian risk-reduction.

“ When two hearts heal together, fear loses its grip.”



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SCAN TO KNOW MORE
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