

# STRENGTH LIES WITHIN

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**You can  
defeat Cancer,  
if you believe  
you can**



Dear Friends,

The year 2021 started with lot of promise till the COVID-19 pandemic hit us again ferociously in April 2021. My heart and mind went out to all our cancer patients fighting it out on both the fronts. The trust and never-say-die-attitude of our friends and patients made them come out of the epidemic as winners. I salute their resilience.

We did lose some of our friends in the pandemic and the pain and sorrow at the loss of loved ones to COVID-19 left us confronting a sense of helplessness. But as we slowly and steadily return to normalcy, let us look for hope and positivity. These were dark times, but let us look at the brighter side of things. Life is not as we imagined it to be but still, it's worth living happily and positively.

In our endeavour to spread hope and the smile of good health, we are pleased to bring to you the first edition of the **SPOTLIGHT – A Zydus Cancer Centre Newsletter**.

**Warm Regards,**  
**Dr. Medhavini**  
Centre Head,  
Zydus Cancer Centre,  
Ahmedabad

Zydus Cancer Centre



# First Hospital to Introduce TBI in Ahmedabad



**Dr. Sandeep Jain**  
 MD (Radiation Oncology)

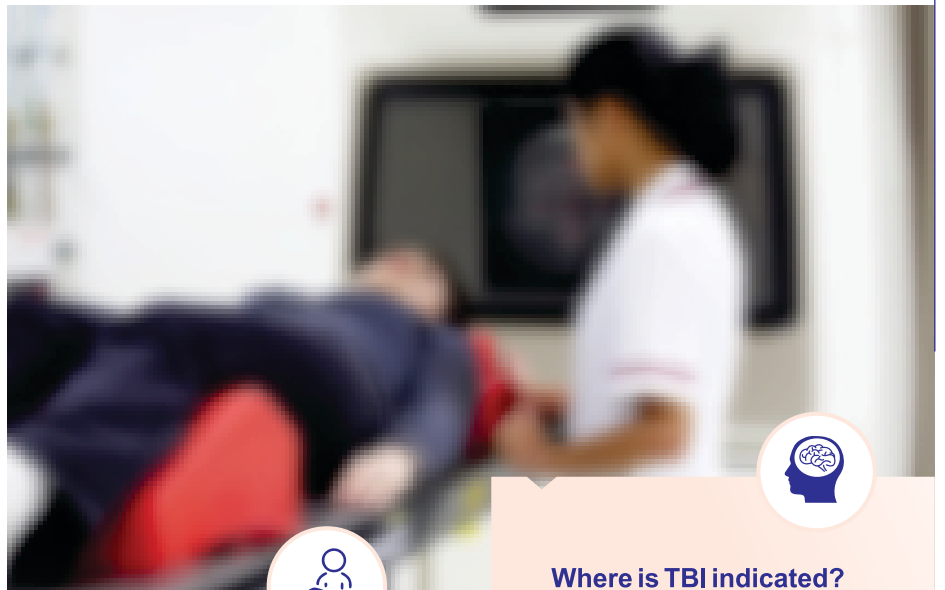
It is heartbreaking to see children suffer from old fatal diseases like cancer. An 11 year boy was diagnosed with Relapse B Cell Precursor Acute Lymphoblastic Leukemia (ALL) in March 2018. After receiving chemotherapy elsewhere, the patient had a relapse in October 2020 with 12% blast in bone marrow.

The patient had taken a salvage therapy with hyper CVAD regimen and had no morphological evidence of residual disease (blast 02%) after 2 cycles.

When the patient's parents approached the team of expert oncologists at Zydus Cancer Centre for options, the Allogenic Stem Cell Transplant (Sibling) was recommended to them as the patient was found to fully match with his

younger brother. In January 2021, the patient was admitted to Zydus Cancer Centre, Ahmedabad for the Allogenic Stem Cell Transplant (Sibling). In view of relapse, Total Body Irradiation (TBI) was added to his conditioning regimen. TBI was administered by Dr. Sandeep Jain (Radiation Oncologist) for 3 days - twice daily with 6 hours interval to a total dose of 12Gy along with Fludarabine Chemotherapy prior to the transplant. All the efforts paid off as the little brave boy responded to the treatment very well and he was discharged in stable condition to everyone's delight.

With this, Zydus Hospitals became the first hospital in Ahmedabad to introduce TBI on a patient.



## FAQ's:



### What is TBI?

Total Body Irradiation (TBI) is a radiotherapy technique used to kill cancer cells, prevent transplant rejection and helps prepare body for new and healthy cells.



### How does it help patients?

TBI increases effectiveness of BMT by 10% for relapsed Leukaemia. It also reduces relapse of Leukaemia in brain. For patients who have received many lines of chemotherapy, it helps reduce further doses. It is also convenient and effective.



### Where is TBI indicated?

TBI can be part of any Bone Marrow Transplant (BMT) procedure, however it is most effective on blood and lymphatic system cancers like Lymphoma, Leukaemia and Myelomas, where Allogenic (matched relative) transplant is done. It can be used in many diseases requiring BMT including benign conditions.

# Pioneers of SCARLESS THYROID Surgery in Western India



**DR. SIDDHARTH SHAH**  
 Sr. Head and Neck Onco Surgeon  
 Minimal Invasive and Endoscopic (Scarless) Thyroid Surgery Expert, Endoscopic, Robotic and Skull Base Surgeon

Every surgery leaves behind an undesirable impression – most of the time as a scar that stays with the patient throughout their lives. People in general are sceptical about these scars and hence they adopt coping behaviours to hide the scar from perceived stigma.

A young girl from Surat and her parents faced a similar issue. When she noticed a visible lump in the midline of her neck, she hardly knew this could mean something worse was coming in. The lump in her thyroid wasn't painful or troubling though, but the possibility of it developing into cancer was worrisome. After a thorough check-up, her parents were told that there was a 3.5 cms thyroid tumour. This meant that this young girl had to undergo a surgery. The typical thyroid gland surgery takes place through the front of the neck resulting in a prominently visible scar that is difficult to conceal.

Considering her young age, her parents were extremely worried about the scar as they had witnessed a close family member face the adverse consequences of the surgical scar on her life. While the surgery was necessary, the parents were reluctant because of the prevailing stigma around the scar and they did not want the surgery to 'affect' their daughter's future life.

One of their friend, who is also a doctor and was aware about their concerns and doubts, advised them to consult Dr. Siddharth Shah - an expert in Scarless Thyroid Surgery at Zydus Cancer Centre.

After meeting Dr. Shah, the parents were much relieved and convinced that the surgery can be performed without leaving any trace of it at all.

**Why should one opt for Scarless Thyroid Surgery against Conventional Thyroid Surgery?**

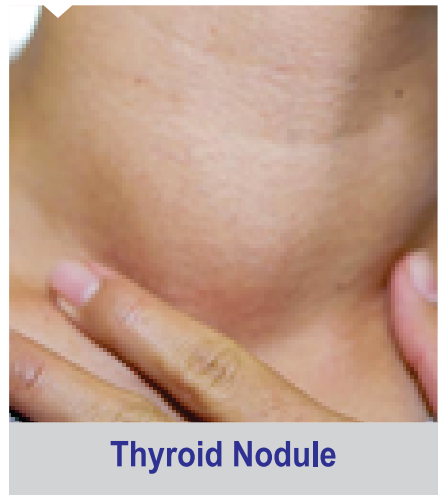
- The conventional surgery, an open surgery for a partial or complete excision of the gland results in significant blood loss, trauma and permanent and distinct scarring
- The scarless surgery enhances the overall outcome and ensures the best cosmetic outcome for patients without any scar
- Completely safe and performed by experienced and expert surgeons

**Why choose Zydus Cancer Centre for Scarless Thyroid Surgery?**

- Proud pioneers of this technique in Western India
- Successful in treating many patients

**What are the benefits of Scarless Thyroid Surgery?**

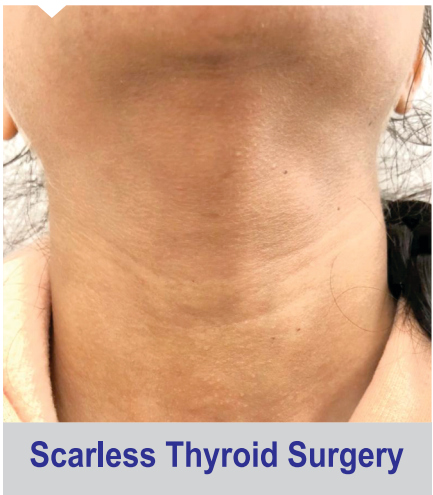
- No Scar
- No Stitches
- No Neck Drains
- Faster Recovery
- Shorter Hospital Stay
- Safe Surgery



**Thyroid Nodule**

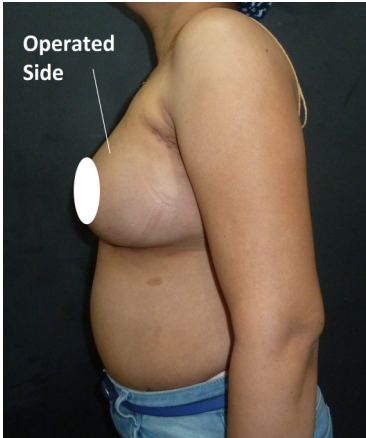
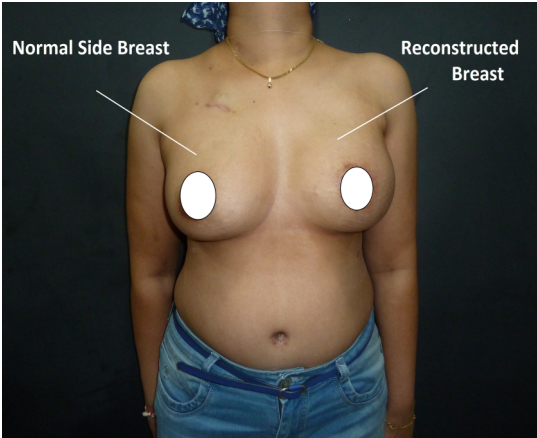


**Open Thyroid Surgery Scar**



**Scarless Thyroid Surgery**

# Breast Reconstructive Surgery



Various studies on breast cancer reveal that, in India, every 4 minutes a woman is diagnosed with breast cancer and every 13 minutes a woman loses her battle against breast cancer; which makes breast cancer one of the most common threats for Indian women.

A woman diagnosed with breast cancer often goes through the surgical removal of the affected breast and sometimes has to let go of the healthy one for prevention of the disease. This procedure is known as Mastectomy (where the tumour and all the breast tissues are removed). Diagnosis of breast cancer is never easy to deal with for any woman. It is especially

distressful when the woman is in her youthful 30's and has just started planning a future for herself and her family.

Needless to say, breast cancer surgery has an agonising effect on a woman's mental and physical state. They lose confidence, dissociate themselves and are uncomfortable about the change in their appearance. Most of the time, the patients who undergo Mastectomy are never educated about the fact that their breasts can be reconstructed.

When a young woman arrived at Zydus Cancer Centre for consultation about her breast cancer, she was terribly distressed as she was told that Mastectomy was the only effective way to treat her cancer by all the doctors she had consulted so far. She was newly married and was living her dream of a blissful married life when the reality broke her down. She was shattered by the thought of getting her breast removed, not knowing that there was hope.

At Zydus Cancer Centre, all patients who undergo Mastectomy are educated about the advantages of plastic and reconstructive procedures. When the same was explained to her, she could see a ray of hope and immediately agreed to remove the cancer out of her system. Simultaneously a new breast was recreated from her tummy skin and fat. In the process, the young woman not only got rid of the atrocious cancer by removing her breasts and reconstructing new ones, but she also got a thinner waistline that she always aimed for.

The new breast was recreated in such a manner that it would look the same in size and shape as the other breast. It was a moment of delight to see the patient return to her home happy, content and confident.

## TEAM OF PLASTIC & RECONSTRUCTIVE SURGERY



**Dr. Raghuvir Solanki**  
 MS, M.Ch (Plastic Surgery, Gold Medalist)  
 Fellow, TMH, Mumbai  
 MD Anderson Cancer Centre, Houston, Texas, USA



**Dr. Jatinkumar Bhojani**  
 MS, M.Ch.  
 Plastic & Reconstructive Surgery

**You can defeat Cancer, if you believe you can.**



**Dr. Nahush Tahlilani**  
 MD, DM  
 Medical Oncologist & Haematologist

You cannot win a battle if you think you cannot fight it. The power of belief is the fiercest power of all. There are thousands of stories around us which vouch for the power of belief, faith and positive thinking that work wonders and often create miracles.

Here's one such story of miraculous victory of a brave cancer survivor hailing from the land of warriors – Jodhpur, Rajasthan.

A 38-year-old father of three daughters was devastated when he first learnt he had cancer. One morning, he woke up only to notice a slight swelling on the left side of his neck. Considering it to be normal and assuming it to settle on its own in a few days, he ignored it. A few weeks passed but the swelling, instead of subsiding, had grown worse. This caused panic in the family and they consulted their family doctor. The doctor thought these were the signs of Tuberculosis and advised him to undergo some tests. To his relief, the tests were negative and the doctor prescribed him routine drugs.

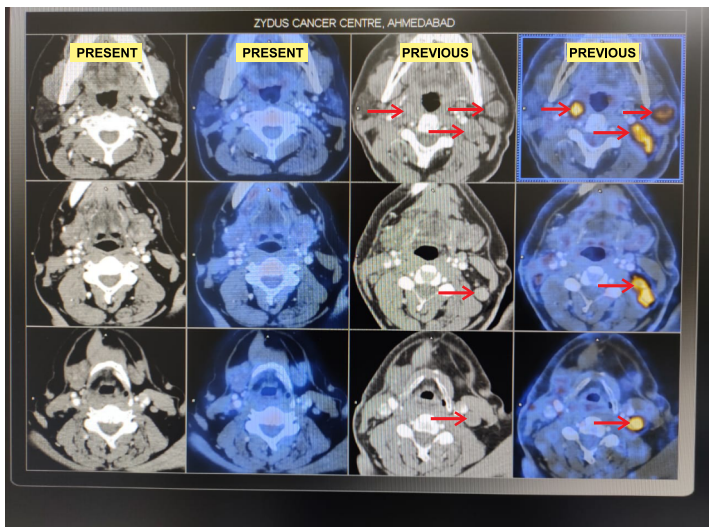
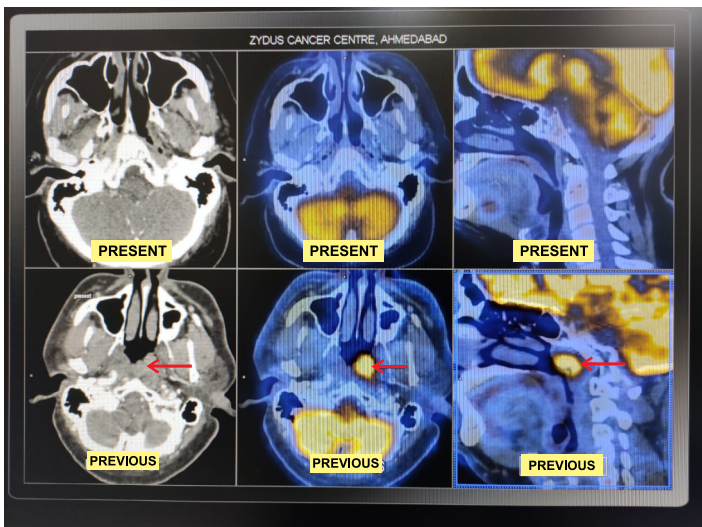
A few more days passed and he observed that, although painless, the swelling had increased in size. He was now bothered. He consulted another doctor who suggested him to undergo a CT scan of neck. It confirmed his fears; he was diagnosed with a possibility of cancer. He had multiple swellings – small to medium size – aka Lymph Nodes on both sides of his neck along with a small lesion in Nasopharynx (an area behind nose). Further investigations confirmed it to be cancer.

When patients hear the word cancer they get overwhelmed with fear and negative thoughts as a natural reaction. So was the case with him. When he came to Zydus Cancer Centre, our team of doctors had a task on hand to strengthen him emotionally while preparing him for the battle against cancer.

Zydus Cancer Centre with a multi-disciplinary team including Medical Oncologist, Head & Neck Cancer Surgeon, Radiation Oncologist and Nuclear Medicine Expert, discussed this case and chalked out the best possible treatment plan for him. The doctors knew that the tumour, because of its position, couldn't be operated upon. Hence, doctors began the intense chemotherapy session. After 3 sessions, the Post Chemotherapy PET Scan revealed that the tumour had disappeared. It was nothing less than a miracle!

It was a real booster. He was more hopeful now and became stronger than before. Doctors subjected him to a long course of Radio Therapy along with chemotherapy sessions. Although the treatment was extremely difficult and draining, it all paid off in the end. The PET scan after completion of the full process revealed the good news. Like many brave cancer survivors, he is also cancer-free who received a gift of life.

Our world is full of such positive stories of inner strength and spirit to live. Cancer as a disease arouses fear but we need to understand that early detection along with a strong fighting spirit can do wonders.



## Our Comprehensive Team of Women Cancer Care



### **Dr. Ava Desai**

MD, DGO, Gynaecologic Oncologist

**36 years of experience in treating Gynaecological Cancer**

### **Dr. Aditi Bhatt**

MS M.Ch

GI, Gynaec & Peritoneal Surface Oncology Surgeon

**'Internationally renowned and India's leading expert in treating peritoneal cancers with HIPEC' (Nearly 200 stage IV peritoneal cancer surgeries in 3 years)**



### **Dr. Priyanka Chiripal**

MS (Gold Medalist), Oncoplastic Breast Surgeon

**Breast Cancer specialist with an expertise in Breast Conservation Surgeries and Oncoplasties**



#### **SERVICES & TREATMENTS AVAILABLE FOR:**

Ovarian Cancer | Cervical Cancer | Uterine Cancer | Vaginal Cancer | Vulvar Cancer | Peritoneal Surface Oncology | Breast Cancer | Breast Reconstruction Surgery

## Scope of Services

### Medical Oncology and Haematology

- Chemotherapy
- Immunotherapy
- Bone Marrow Transplant
- Paediatric Oncology
- Geriatric Oncology
- Onco Critical Care

### Surgical Oncology

- Head and Neck
- Breast
- GI, Lung and Thoracic
- Cervical and Gynaecology
- Prostate and Genito-urinary

- Colorectal
- Peritoneal
- Brain, Spine and Bone
- Liver and Pancreas

### Plastic and Reconstructive Surgeries

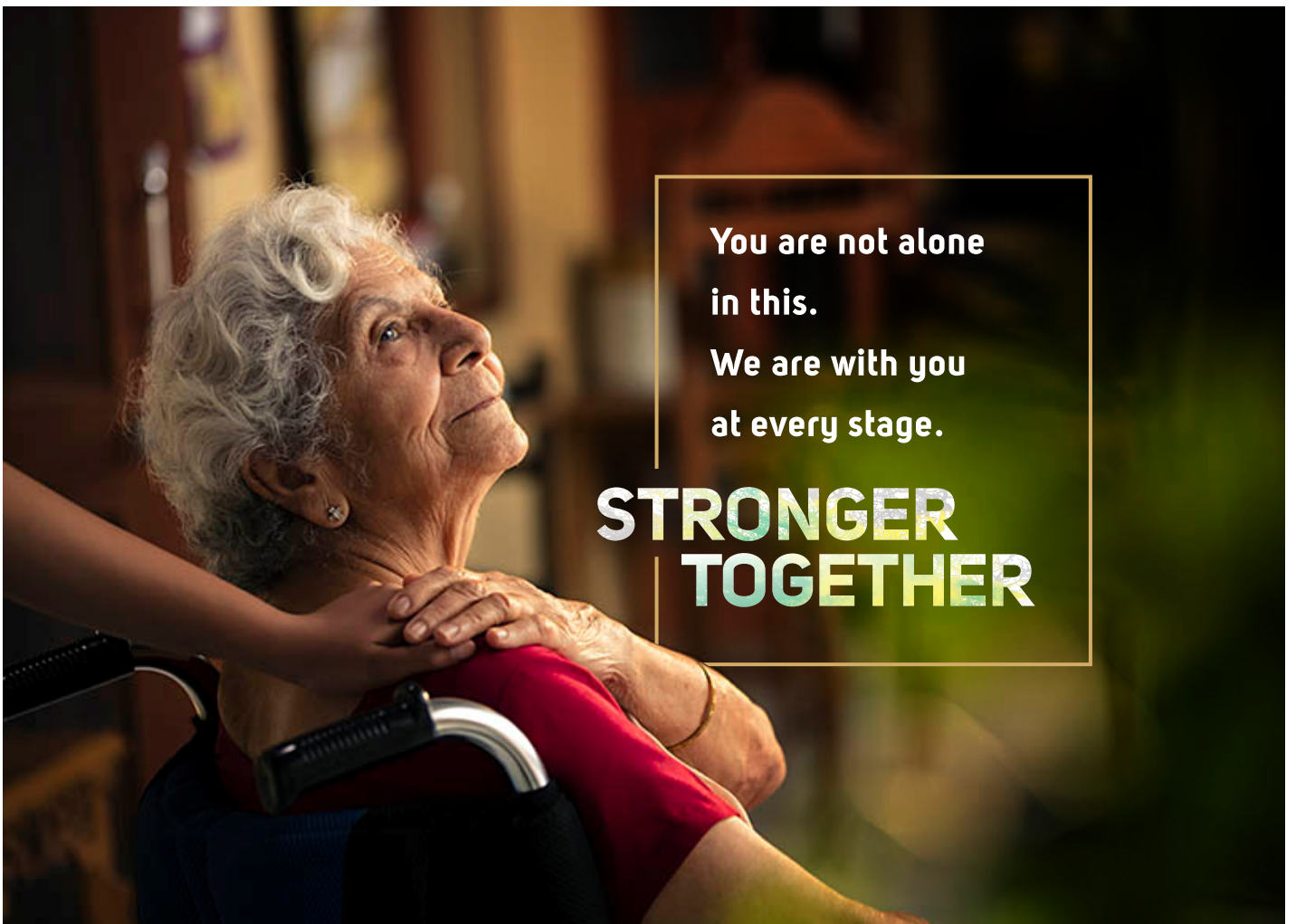
### Radiation Oncology

- Radiation Therapy

### Nuclear Medicine

- PET-CT
- SPECT
- High Dose Radionuclide Therapy

### Pain and Palliative Care



You are not alone  
in this.  
We are with you  
at every stage.

**STRONGER  
TOGETHER**

Zydus Cancer Centre

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**Helpline: 72290 47022**

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