

FIGHTING
BREAST **CANCER**
TOGETHER



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?

Every minute, four women are diagnosed with breast cancer worldwide.

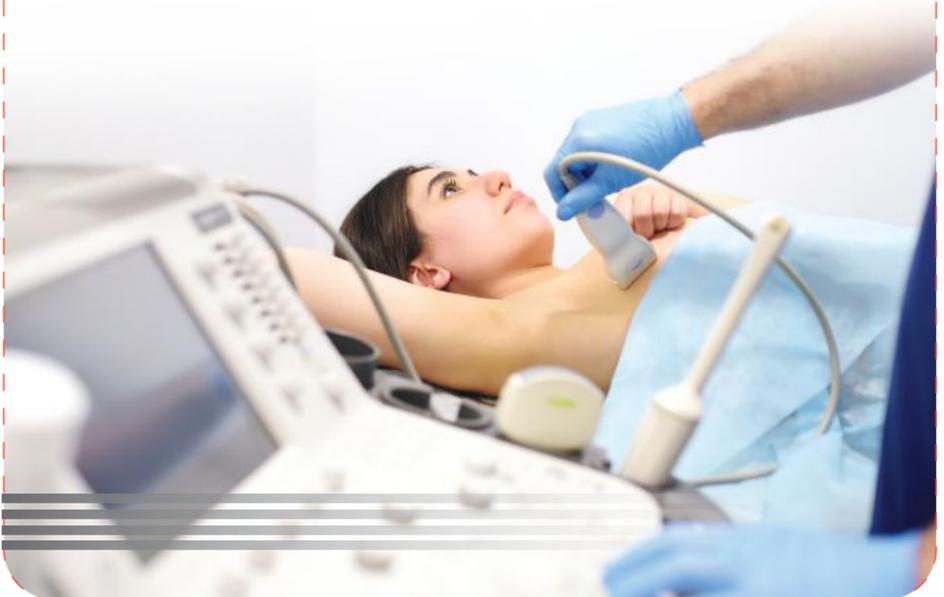


What Are The Causes And Risk Factors:

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 is 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 oestrogen-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 foods
- **Breastfeeding:** Extended breastfeeding can lower the risk

The good news: Many risk factors are modifiable, and 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 or armpit, even if it is painless
- 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 and above :

Breast self-examination once a month

Age 40+ :

Breast self-examination once a month along with annual clinical checkup and mammography, as advised by your doctor



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.



Screening And Diagnostic Excellence



Digital 2D and 3D Mammography



High-Resolution Ultrasound



Contrast-Enhanced Breast MRI



Core-Needle Biopsy, Vacuum-Assisted Biopsy (VABB)



Ultrasound, MRI, and Stereotactic (Mammo-Guided) Biopsies



Histopathology and Immunohistochemistry



Molecular and Genetic Testing (BRCA1/BRCA2)

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



Breast Cancer Treatment At Medanta: The Tumour Board Approach

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

- Surgical Oncologists
- Medical Oncologists
- Radiation Oncologists
- Radiologists and Pathologists

This ensures:

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



Comprehensive Breast Cancer Services

Breast Surgery

- **Breast-Conserving Surgery (BCS) with Oncoplasty:** Tumour removal with breast preservation
- **Mastectomy (Simple, Skin/Nipple-Sparing):** For larger or multi-focal tumours
- **Preventive Mastectomy:** For high-risk or BRCA-positive individuals
- **Excision of Benign Breast Tumours:** For fibroadenomas, and phyllodes
- **Sentinel Lymph 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
- Varian Edge With Hyperarc™
- BRAVOS - Varian HDR Brachytherapy System
- Heart-Sparing Radiation

Supportive Care

- Nutrition and Recovery Support
- Prosthetic and Psychological Counselling
- Lymphoedema 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-LUCKNOW

Breast Oncology



Dr. Amit Agarwal
Director



Dr. Roma Pradhan
Associate Director

Medical Oncology



Dr. Harsh Vardhan Atreya
Director



Dr. Abhishek Singh
Director

Radiation Oncology



Dr. Neeraj Rastogi
Director



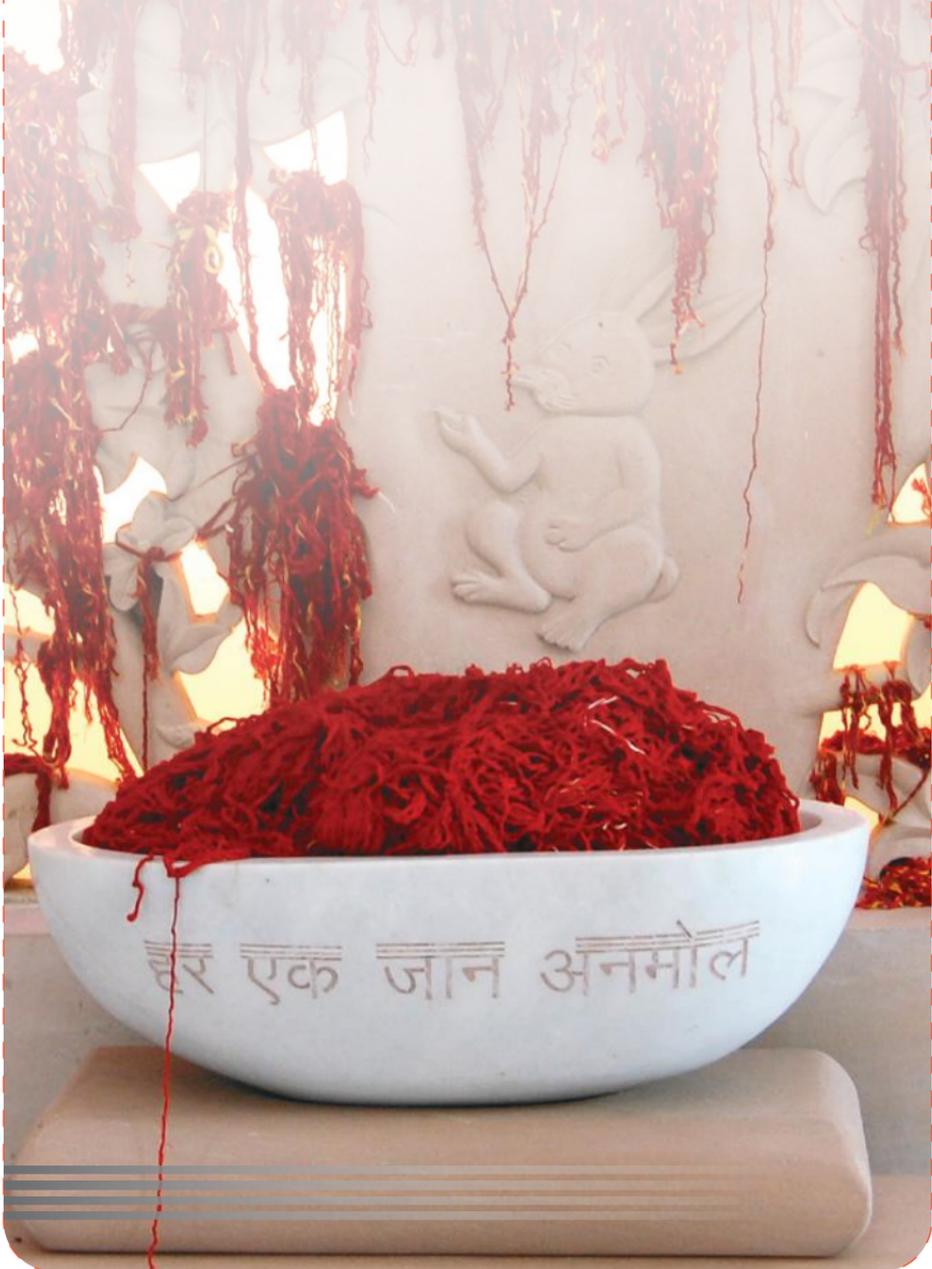
Dr. Mohd Suhaib
Director



Dr. Resham Srivastava
Associate Director



**REAL STORIES.
REAL RECOVERIES.**



A WOMAN WHO CHOSE CONFIDENCE OVER FEAR

Mrs. Reema Rao

Age – 38



A small breast lump turned out to be cancerous, with multiple tiny foci across the breast. Though removal of the entire breast was advised, she was reassured that reconstruction was possible.

“I was scared to lose a part of myself.”

Reconstruction and Renewal

She underwent nipple-sparing mastectomy with silicone implant reconstruction using ADM, and reduction mammoplasty on the opposite breast for symmetry, followed by chemotherapy.

“Treatment didn’t take away my confidence - it rebuilt it.”



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

A YOUNG WOMAN WHO PRESERVED HER TOMORROW

Ms. Pooja Agarwal

Age – 29



When cancer threatened her dreams of motherhood, she chose to preserve her hope — and her future.

“I didn’t want cancer to take away my tomorrow.”

Fertility Preservation Before Chemotherapy

After counselling, she opted for egg cryopreservation before starting chemotherapy — protecting her chance of motherhood.

**“Science saved my future,
not just my life.”**



*The patient's identity 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, Yogendra 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 identity has been withheld to maintain confidentiality.

A YOUNG FIGHTER WHO CHOSE TOMORROW

Ms. 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 identity has been withheld to maintain confidentiality.

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

Ms. Ankita Singh **Ms. Amrita Singh**

Age - 46

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.”



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



Click for Details

Sirf ilaaj hi nahin,
aapki sehat ka
khayaal rakhna bhi

Jaanta hai
Medanta



For appointments and
more information, call



88-0000-1068



Medanta Network of Hospitals

Gurugram | Lucknow | Patna
Indore | Ranchi | Noida



Click for more information
www.medanta.org