

Vaccination is provided to prevent certain types of cancers (like cervical cancer) and guidance on cancer preventive lifestyle is provided.

- **Diet planning:** Nutrition has a vital role in patients on chemotherapy. Our dieticians are trained to provide the special diet for patients who are on chemotherapy and prone to get infection. The food given to the patient is of high quality and prepared in utmost hygienic conditions. The faculty of Nutrition Medicine makes it a constant endeavour to upgrade their knowledge and create awareness for all the changes taking place in the medical fraternity.
- **Screening:** We have a comprehensive cancer screening program for common cancers, such as that of the oral cavity, cervix, colon, prostate and breast that is individualized to the person based on risk factors. These include special blood tests, endoscopies and imaging (such as mammogram).
- **Fertility preservation:** Cancer treatment can result in loss of fertility which is distressing to younger patients who are yet to start their family. We are sensitized to the problem and can offer many innovative methods to preserve fertility in conjunction with the Department of Obstetrics and Gynecology.

There are many wrong notions held by patients and their care givers about chemotherapy.

Modern chemotherapy can be administered with negligible discomfort to the patient and most patients can continue with their normal routine while on such treatment.

The oncologist helps to minimize side effects by active counseling on anticipated side effects and early interventions.



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Medical Oncology

DEPARTMENT OF MEDICAL ONCOLOGY

Cancer was once considered to be an incurable disease leading to a certain death. Recent advances in medical field have revolutionized our outlook towards the disease. There are thousands of happy cancer survivors who symbolize the victory of medical science over cancer. Numerous cancer research studies are emerging with promising opportunities in palliation and cure of the disease.

The Medical Oncology department at Seven Hills Hospital offers comprehensive cancer care, featuring dedicated, skilled and compassionate doctors, supported by the latest equipments, technology and facilities for outpatient and inpatient cancer treatment, prevention, screening, research and education.

Chemotherapy

Chemotherapy is the use of drugs to destroy rapidly growing cancer cells. Some kinds of chemotherapy may slow the growth of cancer cells, and keep them from spreading to other parts of the body.

In Medical oncology department, chemotherapy is given at specialized treatment areas, managed by a team of oncology trained nurses who provide close monitoring.

- Evidence based chemotherapy using the latest drugs based on internationally accepted evidence based guidelines to ensure world class treatment.
- Concurrent chemo-radiotherapy – chemotherapy with radiation that helps to make the latter more effective.
- Neoadjuvant chemotherapy that reduces the extent of surgery or radiation and is valuable in

organ preservation - breast, limbs, urinary bladder, oesophagus (food tube) and larynx (voice box) are some of the organs that need no longer be removed surgically to treat cancer.

Targeted therapy

- Targeted therapy is the recent development in the field of oncology where the drugs are given to target the tumor cells. These drugs can be used in the form of oral tablets or injections with minimal or acceptable toxicity.

Facilities at Seven Hills Hospital

It is equipped with world class facilities to provide the best possible care to the patient. The advantage is that it has all the 3 specialties available under one roof.

Latest mode of chemotherapy infusion: The entire chemotherapy drug mixing is being done in a strict aseptic environment. Most of the chemotherapy drugs are given in day care ward. Continuous chemotherapy is given by infusers which is very convenient to the patient, where the chemotherapy drug is put in the pump which goes on for required period of time. It does not require long drips.

Apart from intravenous chemotherapy, the facilities are available to give intrathecal and intraperitoneal chemotherapy also.

All types of cancers are being treated including solid tumors, leukemias, lymphomas and multiple myeloma in both adults and children with great care and attention.

State-of-the-art Diagnostic centre: We have high-tech Pathology and Haematology Departments where not only is the diagnosis done but also information on the aggressiveness of the disease (prognostic factors) and

the likelihood of response to specific therapy (predictive factors) are analysed. We are also equipped with the latest cancer imaging facilities like such as PET-CT scan, 64 slice CT scan, MRI, bone scan etc.

Tumour Board: The Tumour Board provides comprehensive and personalized care to each patient in its true sense by adopting the team approach. Optimal cancer care is multimodal and the best care can be provided only when experts from the field of medical oncology, surgical oncology, radiation oncology, pathology, radiology, nuclear medicine and palliative care are involved in the management of the cancer patient sit and chalk out the treatment plan for individual patients.

- **Allied departments:** Treatment modalities like TACE (Trans-arterial chemo-embolisation) and RFA (Radio-frequency Ablation) can also be delivered where indicated by our Interventional Radiologist. The Department of Nuclear Medicine also offers treatment facilities such as high dose radioiodine (for thyroid cancer), MIBG and radio-active strontium (for pain relief).
- **Pain management and palliative care:** With the advent of newer techniques, cancer patients can be provided with adequate pain-relief and palliative care to ensure that they live in comfort and dignity. A composite team of palliative care specialists, anaesthetists, interventional radiologists and psychiatrists will evaluate each patient and offer appropriate therapy.
- **Preventive services:** this helps to detect the risk of cancer in first degree relatives of cancer patients with the help of genetic counseling.