

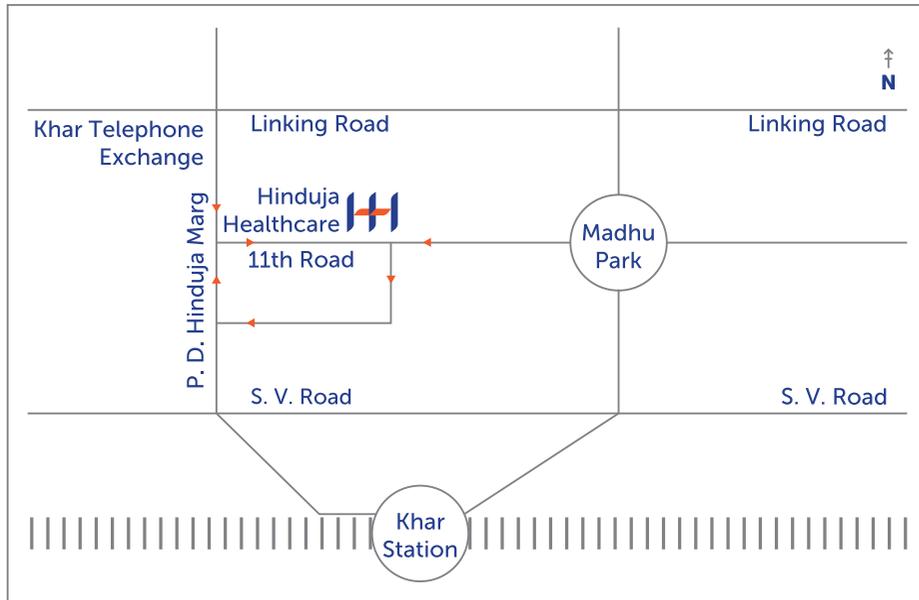
As Mumbai's only Hospital, Hinduja Healthcare Surgical, Khar offers you our medical expertise with sophisticated infrastructure and equal attention to lifestyle and serves as a one stop destination to your breast enhancement.

We are equipped with the latest technologies such as Digital Mammography, Colour Doppler with Breast Elastography, 3D Digital Tomosynthesis.

Our doctors specialize in:-

- Oncoplastic Breast Conservation Surgery
- Reconstructive Breast Surgery with Implants and flaps
- Lymphedema management
- State-of-the-Art Diagnostics such as:
  - Image-Guided Needle Biopsy
  - Image-Guided Vacuum Assisted Biopsy for the management of non-palpable lesions of the breast
  - Trucut, Mammotome and Core Biopsy
  - Sentinel Node Biopsy

Dr. Chaityanand Koppiker(Consultant Breast Oncoplasty Surgeon) is now available at Hinduja Healthcare Surgical, Khar on every Friday between 11am-1 pm.



Hinduja Healthcare Surgical • 11<sup>th</sup> Road, Khar (W), Mumbai 52.

**For Appointments:** +91 22 3091 8989/6154 8989 • **For Enquiries:** +91 22 6174 6000/2646 9999

**For Emergency:** +91 22 6174 6098/99 • [www.hindujahealthcare.com](http://www.hindujahealthcare.com)

# Oncoplastic Breast Surgery

## Women's Wellness & Cancer Clinic

A HEALTHY YOU IN YOUR STORY...



# What Is Breast Cancer?

The normal breast consists of milk-producing glands that are connected to the surface of the skin at the nipple by narrow ducts. The glands and ducts are supported by connective tissue made up of fat and fibrous material. Blood vessels, nerves, and lymphatic channels to the lymph nodes make up most of the remaining breast tissue.

Breast Cancer refer to uncontrolled growth of breast cells.

It develops in the breast tissue, primarily in the milk ducts (ductal carcinoma) or glands (lobular carcinoma). The tumor may grow and invade tissue around the breast, such as the skin or chest wall. These cells may also travel to locations in the body where they are not normally found. When this happens, it is called metastatic cancer.

1 in 22 women develop breast cancer in India. It is the most common cancer in urban areas of India.

## What precautions should I take for prevention of Breast Cancer?

- STAY FIT- Regular exercise for 45 mins in a day for 4-5 days in a week. Intake of low calorie and low fat diet. Reduction of alcohol intake.
- SELF BREAST EXAMINATION- Check your breasts once a month, three to five days after your menstrual period ends.
- GET SCREENED-Go for an annual Breast Cancer screening in the form of mammography after 40 years.
- ASK-A detailed discussion with your doctor regarding use of oral contraceptive pills and Hormone Replacement therapy.

## Is Breast Cancer curable?

Yes, it is curable if detected at an early stage, i.e., Stage 0 (pre-cancer), Stage I and II (early cancer).

## Do I need to undergo complete removal of breasts if diagnosed with cancer?

No. Early stages of cancer can be treated by Breast Conserva-

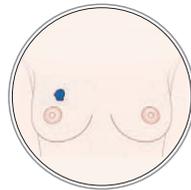
tion Surgery-removal of cancerous lump or removal of tumor. In fact, Oncoplastic breast surgery gives better cosmetic results without disfiguring the breast.

One quarter of breast cancers incidences need a total mastectomy. But these too can be reconstructed immediately so that one need not live without a breast.

## What is Oncoplastic Breast Reconstructive Surgery?

While diagnosis of breast cancer can lead to a negative psychological impact in a woman, it is necessary to know that most cancers are curable and a favorable prognosis leads to better life expectancy. The psychological trauma of breast cancer can get aggravated when the affected woman has to come to terms with losing her breast when mastectomy is done. Mastectomy or loss of breast can induce extreme depression in the patient due to the mutilation which causes loss of her femininity, body image and hence self esteem. This can affect her chances of survival too.

With Tumor



After Breast Oncoplastic Surgery



Oncoplastic Breast Surgery is the integration of two major specialties viz. Breast Cancer Surgery and Cosmetic Surgery. This combined approach ensures improved aesthetic outcomes without compromising the local control of the cancer. Breast Lift + Breast Augmentation + Breast Conservation Surgery for the cancer is done in the same sitting so that the patient has aesthetic breasts immediately after the primary surgery. It thus leads to better shape, appropriate size, less or no scars and a perked up look that all humans dream of at any age. Most women have droopy breasts after pregnancy. This gets corrected during the breast cancer surgery.

Oncoplastic Breast Surgery also encompasses immediate Breast Reconstructive Surgery after Mastectomy which involves restoration of breasts with patient's own fat tissue (Autologous Reconstruction) or breast prosthesis (Implant Reconstruction).

In other words, the breast reconstruction procedure is carried out immediately which eliminates the need for a subsequent procedure on a future date.

Thus, Oncoplastic Surgery tends to preserve her sexuality, restore her body image and enhance her self-esteem hence mitigate depression and improve the quality of her life.

## What is a Mammogram?

A mammogram is an X-ray of breast.

A digital mammogram uses less radiation compared to a plain mammogram, hence is safer. Digital mammography is the gold standard for screening breast cancer in women.

## What are the other treatment options for Breast Cancer?

Radiation, Hormone therapy, Targeted therapy, Chemotherapy.

## Why is the Breast Clinic at Hinduja Healthcare Surgical the right choice for me?

We, at HHS Breast Clinic, aim at providing you the most comprehensive and integrated breast treatment management centre in the city. Hinduja Healthcare Surgical breast unit brings to you the most advanced breast health services with State-of-the-Art Imaging in town.

We are committed to providing you with information on cancer, early detection and prevention, better diagnostics and treatment options.

Our motto is to ensure that every woman attending the clinic is approached in a holistic manner and briefed about breast health thus raising awareness and eradicating myths about breast cancer.

We combine sound concepts of cancer removal with the most aesthetic approaches for breast reduction.

Our team, headed by an internationally renowned Oncoplastic Breast Surgeon, constantly strive to serve you with our compassionate care. Our counselors are well trained to support you, relieve your dilemmas and strengthen your positive attitude.