



# Women's Wellness & Cancer Clinic

**YOUR WORLD IS INCOMPLETE WITHOUT A HEALTHY YOU**



## Women's Wellness & Cancer Clinic

At Hinduja Healthcare Surgical, Khar, Women's Wellness & Cancer Clinic, we make you and your care a priority. We provide not only the space, but also the environment where care for women is of the highest standards. Our services have been developed specially to restore confidence and provide comfort and peace of mind to women. Our goal is to provide women of all ages with the highest quality medical care. We offer help & advice with a wide range of medical issues affecting women today, including those that impact her emotional and mental well being, as well as her physical health. Our doctors are highly experienced and knowledgeable about the medical issues impacting women at all stages of their lives. We offer a comprehensive, contemporary and caring medical experience for all women, regardless of age, culture, religious or political belief. We favour an integrative approach to healthcare, which means you will have ready access to and support from our Health Professionals who are some of the most respected practitioners in their fields.

### Our friendly team is always available to help you

This comprehensive multispecialty clinic offers patients a broad range of female health services which includes disciplines like Gynaecology, Fertility, Maternity Care, Preventive Oncology, Adolescent Care and PCOS, Breast and Endocrine, Bariatric, Menopause & much more. From a Maternity Ward to a Breast Clinic, the clinic answers every medical question and need a woman may have from adolescence to her post-menopausal stage. The clinic combines everything from private out-patient consultations that deal with matters such as pre and post natal support and gynaecological services, to complementary therapies and allied practitioners, such as nutritionists and physiotherapists.

### One Stop Clinic:

- A one stop clinic with an exclusive all woman support team to make every patient comfortable.
- Care, Concern and Expertise under one roof.
- Interdisciplinary, integrated approach with renowned senior consultants across specialties.
- Including Gynaecology, Uro-gynaecology, Endocrinology & Metabolic Disorders, Breast Disease Management, Cosmetic & Weight Loss Surgery, as well as Cancer Prevention & Care.
- Comprehensive Diagnostic and Laboratory facilities including first-of-its-kind Vacuum Assisted Biopsy Device to treat small lesions in Out-patient Department itself, without necessitating surgery.

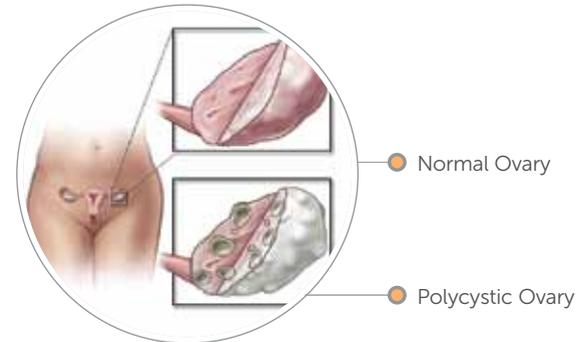
- Elaborate In-patient facilities and state of the art Surgical Suites.

For information please call +91 22 61746174

For appointment please call +91 22 30918989/61548989

1

### Women's Wellness Adolescent Care for Polycystic Ovarian Syndrome and Menstrual Disorders



- Polycystic Ovarian Syndrome (PCOS) affects 5-10% of reproductive age women. It is the most frequent endocrine condition during reproductive age. One in 5 adolescent girls suffer from Polycystic Ovarian Syndrome.
- Some of the most common symptoms are irregular periods, excess body or facial hair, acne and difficulty maintaining a healthy weight. It may also be associated with depression, difficulty getting pregnant, pre-disposition to type 2 diabetes and other long-term health problems.
- We offer comprehensive management of PCOS, not only for fertility, but also for general health.
- The Women's Wellness Clinic offers an integrated approach to treating Polycystic Ovarian Syndrome. Patients see a team of specialists in reproductive endocrinology, dermatology, nutrition, etc. We work together with each patient to create an individualized treatment plan that will work for her.

2

### • Gynaecological Care

- We provide State-of-the-Art Minimal Access Surgeries (Key hole surgeries) for Uterine Fibroids, Hysterectomy, Tumors, Endometriosis, Ovarian cysts, Stress Urinary Incontinence, etc.
- Conventional surgery usually involves an incision (cut) in the abdominal wall and the surgeon will carry out all the surgery through this incision.
- Few advantages of laparoscopic surgery over conventional surgery are:
  - Smaller incisions
  - Less post-operative pain
  - Shorter hospital stay
  - Faster return to work & other daily activities
- Operating through small incisions reduces the discomfort that a person has after surgery. This most often means that the person can go home on the day of surgery or the next morning.
- Performing surgery laparoscopically also reduces the chance of forming internal scar tissue (adhesions) after surgery. In some people, these adhesions can cause pain. Fewer adhesions are formed after laparoscopic surgery because no sponges or retractors are needed, and the internal tissues are not dried by exposure to room.
- Many gynecologists perform laparoscopic surgery. What makes us unique is the length and breadth of experience we have in doing very difficult surgeries. It is our belief that, in experienced hands, as much as 80% of surgeries done for gynecologic disease can be performed with laparoscopic (minimally invasive) techniques.

3

### • Menorrhagia Care

Heavy menses or Menorrhagia affects one in 6 women and is a commonly encountered complaint amongst women in the reproductive age group. Women find heavy bleeding debilitating due to chronic anemia, fatigue, mood swings and pelvic cramping thus affecting their lifestyle and sleep pattern.

Menorrhagia is often associated with gynecological pathologies like fibroids, adenomyosis, endometrial polyps, endometrial hyperplasia, and hormonal dysfunction of the thyroid, polycystic ovaries or peri-menopausal bleeding associated with obesity, hypertension and diabetes.

The CAVATERM system is a minimally invasive treatment for Menorrhagia that has been introduced at Hinduja Healthcare Surgical, Khar and more and more women who are cosmetically aware and wish to retain their uteri are opting for this treatment. The principle of this treatment is to use Heat Therapy with pressure for 10 minutes in order to char the uterine lining which instantly provides relief to a woman from heavy bleeding.

#### The benefits are:

- Hysterectomy which is a major surgery can be avoided.
- It is a day care procedure.
- Associated with minimal pain post procedure which can be alleviated by good pain killers.
- The patient can walk home after this treatment by evening.

#### This is a therapy that can be offered to women who are:

- Pre-menopausal.
- Have completed their child-bearing.
- Have a normal sized uterine cavity.
- Ruling out any focus of infection in the uro-genital tract with a normal PAP Smear.
- The cause of the bleeding being benign.
- Extremely useful as a therapeutic tool to relieve women of heavy bleeding who are medically compromised e.g.: women on dialysis, cardiac disease, lung disease and other high risk women who cannot take the stress of a major surgery like an open or laparoscopic hysterectomy.

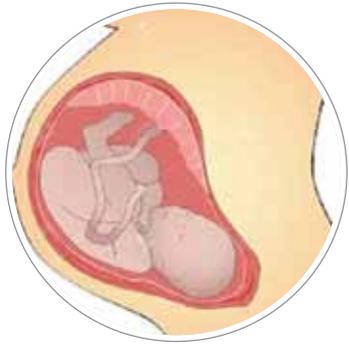
## Women's Wellness & Cancer Clinic

- This is also beneficial for mentally challenged women who have heavy menses and were previously offered a hysterectomy as an option, but now their heavy menses can be easily managed by the Thermal Ablation System.

The cost of the treatment is comparable to the cost of a hysterectomy or less, as the patient has to bear the cost of the balloon which is a single use apparatus.

4

### • Maternity Care



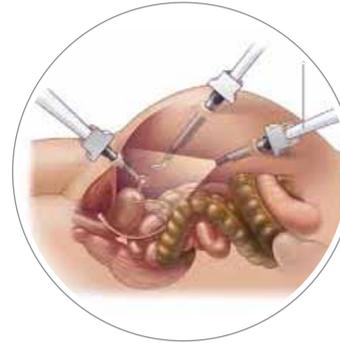
We provide you with quality care and education through-out your pregnancy so that you and your baby return back home safe and sound. Every woman's labor and delivery experience is unique.

**We provide excellent:**

- Antenatal care for both low risk and high risk patients (Gestational Hypertension, Gestational Diabetes, Placenta Previa, Placental Invasion, etc. to name a few).
- Antenatal and postnatal exercises.
- Painless labour with Entonox and Epidural analgesia. Giving birth to your baby can be a truly satisfying experience if you know what to expect and how to make labour less painful.
- State-of-the-Art care and NICU facilities

5

### • Female Cancer Care



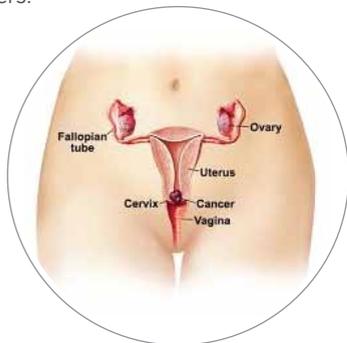
- It is estimated that there are approximately 2 to 2.5 million cases of cancer in India at any given point of time and that there are 7,00,000 new cancer patients diagnosed every year in India.
- The cancer toll in developing countries, especially India, is due to the fact that over 70% of cases are detected late and reported for treatment in very advanced stages.
- Cancers if neglected or left untreated will progress to an advanced stage and can prove to be fatal to the life of the patient.
- Our department of preventive oncology is designed with State-of-the-Art facilities which enable us to deliver various types of preventive oncology care.
- **Our preventive oncology services include the following:**
  - Pap smears and HPV DNA testing
  - Colposcopy
  - Colposcopic guided biopsies
  - LLETZ procedures, conisation, etc.

## Women's Wellness & Cancer Clinic

- We have a precise and goal-oriented approach to treatment of cancer. These steps include:
  1. Determining your treatment plan. Diagnosis is critical for determining an appropriate treatment plan. We advocate a partnership approach between the patient and health care team to collectively evaluate the various treatment options and determine the most appropriate plan of care. Together, we consider the nature of the problem to be treated, the patient's general medical condition and the patient's goals and expectations.
  2. Delivering your treatment plan. Our team consists of specialized oncologists, support staff and an alternative healing modalities staff. Together, they treat the patient, and not just the cancer, which makes all the difference in the world. A team of experts comes together to review your specific needs and determine the most effective treatment plan.
  3. Evaluating your treatment plan. This collective team is a multi-disciplinary group of renowned physicians who rely on each other's expertise and experience to not only create personalized treatment plans for each patient, but to also monitor care management.
  4. Supporting your recovery. Our patients are supported in their journey back to health in our warm and caring environment.

The following cancers are treated by our team:

Ovarian Cancer, Uterine Cancer, Cervical Cancer, Vulva and Vaginal Cancers and Breast Cancers.



## 6

### ● Breast Care

- According to World Health Organization (WHO), deaths from cancer worldwide are projected to continue rising, with an estimated 12 million deaths in 2030.
- Breast Cancer is the most common cancer affecting urban Indian women. The last three decades have seen the numbers of breast cancer patients grow steadily. It is estimated that by 2015-2020, India will have the leading incidences of new & fresh breast cancer cases detected every year.
- With breast cancer affecting an estimated one in nine women in their lifetime, awareness and knowledge among women is more important than ever. Early detection, diagnosis and treatment ensures patients the best possible outcome.
- Our comprehensive Breast Care Unit is well-equipped and has highly qualified specialists who guide a patient towards right treatment plan for any breast related disease.
- A State-of-the-Art breast imaging facility, enables women to have their digital mammography, breast ultrasonography, specialist consultation, minimally invasive biopsies and procedures.

We provide many services:

- Breast Cancer Screening
- Mammography, Ultrasound, MRI-Guided Breast Biopsy and other services
- Breast Reconstruction
- Cosmetic and Reconstructive Surgery
- Lumpectomy and Mastectomy
- Surgery, radiation therapy, chemotherapy, biological treatments, hormone therapy and other treatments for breast cancer
- Breast Cancer Prevention counseling
- Ultrasound and Fine Needle Aspiration
- Genetic Counseling for people who are at high risk for breast cancer
- Patient education and Breast Cancer Survivorship programs
- Minimally Invasive Biopsies and Procedures

7

### • Endocrinology & Women



The Endocrine system is a highly evolved system in the human being. It plays an active role in practically every function of the body. As a matter of fact the Neuro-Immune-Endocrine axis determines the overall well being of the whole person.

Hormones are essential right from pregnancy to birth till the very last breath of a human being. They play an essential role in the growth & development of the brain and nervous system; functioning of the Alimentary system and health of the kidneys. They are responsible for setting in motion the pubertal development at the right time and help in completing this development over the next 3-4 years. Impregnation & successful termination of pregnancy is also dependent on hormones. Bone growth was traditionally thought to be dependent on normal levels of Calcium and Phosphorous but it is actually determined by the interplay of multiple hormones.

Endocrinology is the branch of medicine which deals with hormone disorders. Diabetes mellitus and Thyroid disorders are probably the commonest disorders that an Endocrinologist has to manage. Each one of these affects nearly 10% of the population (at a very conservative estimate!). Polycystic Ovarian Syndrome is currently being diagnosed in a fairly significant number of females in the second and third decade of their lives and seems to have effects not only on menstrual cycle, skin (acne/ hirsutism), and reproductive capability but also on the metabolic system (obesity). Post-menopausal women lose bone mass very rapidly in the first 2-3 years after onset of menopause. This makes each and every ageing woman prone to Osteoporosis with increased risk of fractures. There are other endocrine gland dysfunctions which may contribute to several problems. These include Adrenal glands (unexplained or resistant hypertension, Cushing's Syndrome/ Pheochromocytoma), Pituitary

gland and Parathyroid glands (kidney stones, bone fractures, occasional behavioural changes).

8

### • Bariatric Care



Obesity has become a cause of concern for woman of different age groups in India. Women gain excessive body fat due to the imbalance between energy intake and energy expenditure. Less energy expenditure increases the number of fat cells in woman's body. Around 30 to 35 billion fat cells are present in the body of a normal-sized woman. When a woman gains weight, these fat cells first increase in size and later in number which leads to increase in weight or obesity. One pound of body fat represents about 3500 calories. Overweight women try to reduce weight with diet control and exercise. When a woman starts losing weight, the cells decrease in size but the number of fat cells generally remains the same in a woman's body which increases the possibility of gaining weight once again.

Apart from less physical activities, over consumption of processed and packaged food, fast food, street food with saturated fats and salt are the main reason to gain extra fat which increases chances of obesity. Modern lifestyle, including eating excessive amounts of high-calorie food and spending a lot of time sitting at desks, on sofas or in cars leads to weight gain. Physical inactivity is one of the causes of obesity among even young girls & teenagers.

There are different time periods when woman gains weight due to the growth of fat cells in numbers.

These time periods are:

- Between 12 and 18 months of age
- Between 12 and 16 years of age

## Women's Wellness & Cancer Clinic

- Adulthood when a woman gains in excess of 60% of their ideal body weight
- Pregnancy

The most pre-dominant obesity-related diseases include diabetes, high blood pressure, high cholesterol, heart disease, stroke, gall bladder disease, Gastro Esophageal Reflux Disease (GERD), osteoarthritis, sleep apnea and respiratory problems and cancers. Surgical treatment is an option for obese women in India. According to the World Health Organization (WHO), 1.2 billion people worldwide are officially classified as overweight. In India more than 3 percent (3 crores) of the Indian population is obese.

Heart damage can occur in obese woman without any specific symptoms. The damage can also take place without other heart risk factors such as diabetes, high blood pressure and high cholesterol. Obesity independently increases the risk of heart muscle damage and the risk for heart failure. Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps blood. If this pressure rises and stays high over time, it can damage the body in many ways. Chances of having high blood pressure are greater if someone is overweight or obese.

Obesity can affect fertility by causing hormonal imbalances and problems with ovulation, particularly for obese women having their first baby. If a mother is obese, it increases the risk of pregnancy complications and health problems for the baby. Risks associated with obesity in pregnancy include miscarriage, hypertension, infection, blood clotting, need for induction of labour, caesarean birth and stillbirth.

Obesity is also harmful for women in early pregnancy as overweight and obesity are associated with increased risks of infant mortality. According to doctors, babies do best when mothers have a normal body weight before and during pregnancy.

Obesity also increases the risk of joint problem of the knees, hips, and lower back among woman. Excess weight strains the knees, causing damage of tissues. Moreover, fat cells are believed to contribute to arthritis which leads to knee pain.

Obesity is one of the main reasons of type 2 diabetes in woman. Most women who have type 2 diabetes are overweight. The 90% of diabetics that are Type 2 diabetics generally develop their diabetes in their middle years (30s to 60s). This type of diabetes is always associated with obesity and appears to be related to hormonal substances produced by adipose tissue (body fat). In type 2 diabetes, the body's cells don't use insulin properly. At first, the body reacts by making more insulin. Later, the body can't make enough insulin to control its blood sugar level. Diabetes is a leading cause of early death, CHD, stroke, kidney disease, and blindness among elderly woman. Obesity also raises risk for colon, breast, endometrial, and gall bladder cancers.

Sleep apnea is a common disorder among women in which a woman who has sleep apnea may have more fat stored around the neck. This can narrow the airway, making it hard to breathe. Obesity Hypoventilation Syndrome (OHS) is a breathing disorder that affects some obese people, including women. In OHS, poor breathing results in too much carbon dioxide (hypoventilation) and too little oxygen in the blood (hypoxemia). OHS can lead to serious health problems and may even cause death among women.

Women who are overweight or obese are at increased risk of having gall stones. Gall stones are hard pieces of stone-like material that form in the gall bladder. They are mostly made of cholesterol. Gall stones can cause stomach or back pain. Also, being overweight may result in an enlarged gall bladder that doesn't work well.

Polycystic Ovary Syndrome (PCOS) is another common disease among obese women. Most women with PCOS grow many small cysts on their ovaries. That is why it is called Polycystic Ovary Syndrome. The cysts are not harmful but lead to hormone imbalances. It is a problem in which a woman's hormones are out of balance. Such hormonal imbalance affects normal life cycle and leads to serious health problems. It can also create problems for a woman to get pregnant.

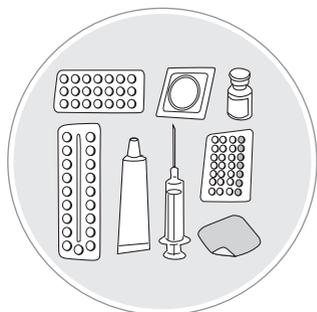
Surgical treatment of obesity is an option for obese women. There are a few different types of bariatric surgery or weight-loss surgery treatment options:

- Laparoscopic Gastric Banding (lap band surgery) is surgery to make the stomach smaller
- Gastric Bypass Surgery
- Gastric Sleeve Surgery
- Mini Gastric Bypass Surgery

Bariatric surgery is the only proven method that results in durable weight loss. Weight loss surgery or bariatric surgery can control numerous medical diseases including diabetes, hypertension, high cholesterol, sleep apnea, chronic headaches, venous stasis disease, urinary incontinence, liver disease, and arthritis. Recently, techniques in Laparoscopic and Minimally Invasive Surgery have caused a dramatic increase in the number of weight loss surgeries being performed worldwide.

## 9

### • Fertility Awareness



#### • What is Fertility Awareness Check Up?

Fertility Awareness Check Up program provides basic fertility testing for both, male and female individuals or as a couple.

This will help individuals or couples in their quest to plan a family by providing an initial overview of reproductive potential. This will help alleviate stress, save valuable time and financial resources in your journey to become a parent.

#### • Why should I be tested?

40% of infertility involves men, 40% involves women, and the other 20% is a combination of the two.

Our Centre offers comprehensive sexual and reproductive health care for women. Our confidential services include physical examination, counseling.

Our clinic also houses three specialized clinics:

#### • Contraceptive Health Care:

Our Centre provides information, counseling and assessment for all methods of birth control, including

- Birth Control Pills
- Condoms
- Barrier methods (diaphragm)
- Birth Control Patch

- NuvaRing
- Intrauterine devices (IUD's)
- Injectibles (Depoprovera)

#### • Reproductive Health Care:

- Pregnancy testing
- Assistance with pregnancy decision-making
- Counseling
- Referrals to other health-care providers.
- Treatment for Subfertility and Infertility

#### • Sexual Health Care

- Pap tests
- Testing and treatment for sexually transmitted infections.
- Safer sex counseling and information.
- Hepatitis B vaccination.
- Counselling and referral on other sexual health issues.
- HIV information testing and treatment

## 10

### • Menopause Care



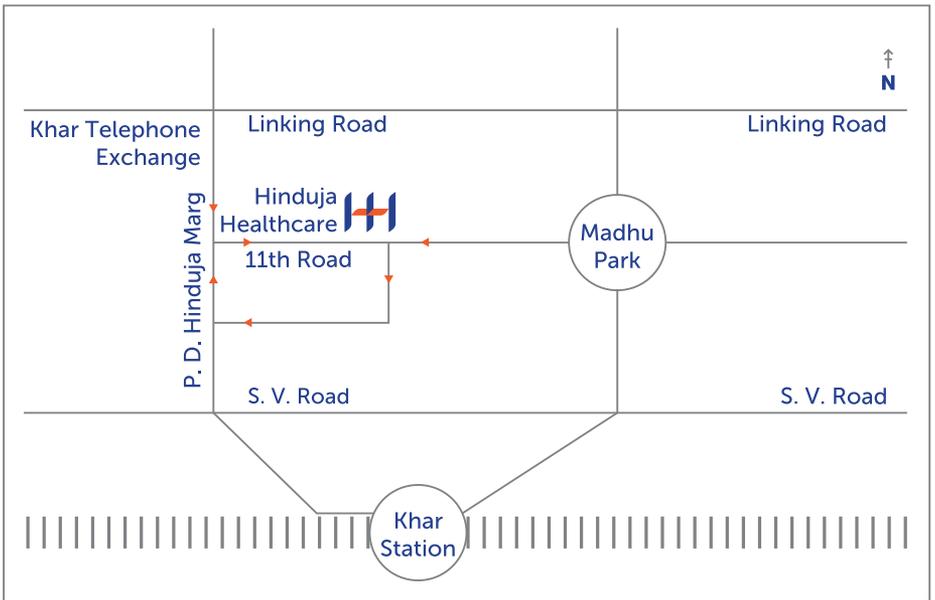
- Menopause is a normal part of life, just like puberty.

## Women's Wellness & Cancer Clinic

- Menopause isn't a single event; it's a transition in life for a woman. This transition can be the most disturbing and at times gloomy. It can start in your 40s and last into your 50s or even 60s. You may begin to experience signs and symptoms of menopause well before your periods stop permanently.
- Once you haven't had a period for 12 consecutive months, you've reached menopause. The change over taking place biologically is certainly very crucial as a part of the ageing process.
- Although it's associated with hormonal, physical and psychosocial changes in your life, menopause isn't the end of your youth or of your sexuality.
- Menopause is often surrounded by misconceptions and myths. However, Menopause is a natural step in the process of aging. It is not a disease that has to be treated. But you might need help with symptoms like hot flashes, sleep disturbances, night sweats, skin disorders and psychological disturbances like depressions and anxiety. Physical changes do occur with menopause and with aging. But the changes that happen during this period can be minimized by healthy living and by proper guidance.
- The purpose of our clinic is to ensure that our patients obtain a good understanding of the menopause whilst tailoring and individualizing their treatment to ensure best quality of life without compromising safety.
- Numerous therapies are available with us to help you manage menopausal symptoms and stay healthy during this important phase of your life. It can even help prevent some of the long-term effects that are linked to estrogen deficiency (like heart disease or osteoporosis).
- At the menopause clinic at Hinduja Healthcare Surgical, Khar we take care of women undergoing menopause or at the cusp of it and help them to find calmness and composure in life. Our qualified doctors provide investigations of the medical problems faced by them, personal counselling is the part of the program where she can share all the problems with the doctors and our doctors will help you to deal with the situation.
- Starting at peri-menopause, schedule regular visits with your doctor for preventive health care and any medical concerns. Continue getting these appointments during and after menopause.

- Always seek medical advice if you have bleeding from your vagina after menopause.

**Trust in us to care for your every need!**



2910.14

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)