

## **Press Release**

*For Immediate Publication*

### **Cervical cancer top most killer In Indian women: Dr Bedi**

**Jammu, February 27, 2016:** Cervical cancer is the top most killer in Indian women, affecting them in the age group of 35 to 64 years. Despite being preventable, cervical cancer continues to be the second most common cancer in women, said Dr Rajeev Bedi, Director of Medical Oncology at Fortis Cancer Institute Mohali and Dr Narendra Bhalla, Senior Consultant – Radiation Therapy, Fortis Cancer Institute, Mohali while interacting with media here today.

Dr Bedi said that as per the Cancer registries (official data maintained about cancer patients) over 70 percent of cancers in women occur in the age-group of 35-64. Despite cancer knocking early on doors, around 70 percent women seek diagnosis and treatment at an advanced stage of the disease, resulting in poor survival rate and high mortality.

Dr Bedi revealed that women have become more prone to cancer, with the male-female ratio in India changing from 49-51 to 39-61 in the last 10 years. He added that with this paradigm shift, better diagnostic techniques are needed to detect cancer at early stages as well as create awareness among women to give priority to their own health too, besides looking after their families.

Dr Bedi said that emphasis on early diagnosis and proper treatment of cancer patients, coupled with strategies for prevention of the deadly disease can help combat cancer. Lack of hygiene, unhealthy lifestyle, environmental pollutants, repeated pregnancies and early marriages are the primary reasons for cancer in women. He added that the disease is now a global scare causing mortality worldwide. The number of people suffering from cancer is expected to increase from 14 million in 2012 to 22 million within the next two decades.

Dr Bhalla said that women need radiation techniques that have lesser side-effects and better tolerance like the Image Guided Radiation Therapy (IGRT), Volumetric Arc Therapy (VMAT) and Image Modulated Radiation Therapy (IMRT) that is available at Fortis Cancer Institute Mohali. Explaining about brachytherapy, Dr Bhalla said that it allows an application to be kept in the uterus which delivers a high dose of radiation. The advantage of brachytherapy is that the radiation dose is limited to the uterus, thereby saving the healthy organs.

He added that Fortis Cancer Institute Mohali has an organ-centric approach to treat tumours. Specialized cancer clinics have been constituted so that patients can benefit from experience and specialization of various surgeons. The comprehensive multidisciplinary expertise available at Fortis Cancer Institute encompasses a variety of sub-specialties including gynae-onco, uro-onco, paediatric-onco, ortho-onco, neuro-onco, breast-onco, endocrine, liver, head and neck, oral, ocular cancer, pain and palliative services and also includes a stoma clinic, making it a one stop comprehensive treatment centre for all forms of cancer.

He added that cancer such as breast, prostate, head and neck, lung, skin, cervix, endometrial, CNS tumors, anorectal, bladder cancers are treated using radiotherapy alone or as principle/combination treatment. He also said that computer assisted 3 D planning and IGRT shaped beams are directed from multiple angles to the lesion. This is an

advantageous procedure as high conformity decreases risk of injuries to healthy organs, decreases high dose volume and decreases cognitive impact.

#### **About Fortis Hospital Mohali**

*Fortis Hospital Mohali is a 355 bed, JCI and NABH-certified, multispecialty care hospital. The hospital commenced operations in 2001, and is today considered one of the most recognized cardiac hospitals of India. Located in the heart of Punjab over 8.22 acres, the tertiary hospital has a comprehensive team of clinicians delivering world-class patient care, supported by advanced technology. In July 2014, Fortis Hospital Mohali added the 55-bed 'Fortis Cancer Institute' on its premises to offer the latest and most comprehensive Medical, Surgical and Radiation Therapy modalities.*

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