

**Press Release**

*For Immediate Publication*

## **As many as 25% cancers in women are breast cancer: Fortis doctor**

**Saharanpur, March 11, 2016:** As many as 25% cancers in women are breast cancer. Sharing this fact and more, **Dr Naval Bansal, MS, MCh, Endocrine & Breast Surgeon at Fortis Hospital Mohali (Punjab)**, discussed the importance of early detection for breast cancer, saying it was the leading cancer among urban women in the Region. Dr Bansal also talked about the lesser-known, but more dangerous, endocrine tumours (thyroid, parathyroid, adrenal and pancreas), saying these need special attention as this very small tumour can lead to devastation.

For both breast and endocrine cancers, surgery is the main treatment, so an expert handling these tumours is important, the Oncology Surgeon said. "Thyroid cancer is on the rise in India and it needs early detection and good surgical care because inappropriate treatment can lead to loss of voice, permanent calcium deficiency and disease recurrence. Nowadays, scar-less thyroid surgery can be performed by laparoscope if the tumour is detected at early stage," Dr Naval said.

He also mentioned how a small parathyroid tumour can result in recurrent kidney stone formation, frequent bone fractures and body aches. "So simple and early detection can save potential long-term effects on the patient's health," the Fortis doctor added.

"Endocrine tumours need special attention as a very small tumour can lead to hormone overproduction and can have devastating effect on the body," he warned.

Talking about breast cancer screening, he said, "Monthly self-breast examination along with clinical breast examination, if possible mammography, should be the ideal way of early detection of this tumour. Surgery to save the breast with reconstruction are possible if tumour is detected at an early stage. So, timely detection and appropriate treatment is important.

Dr Naval added: "Cancer registries show that over 70 percent of cancers in women occur in the age-group of 35-64. Around 70 percent women seek diagnosis and treatment at an advanced stage of the disease, resulting in poor survival rate and high mortality. In fact, 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."

On the importance of organ-centric approach to treat tumours, he said that specialized cancer clinics have been constituted so that patients can benefit from the 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, haemato-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 treatment centre for all forms of cancer.

## **ABOUT 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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