



An extra mile to connect with the community





Breast Cancer- How to recognize

India is experiencing an unprecedented rise in the number of breast cancer cases across all sections of society, and is now the most common cancer among urban females in most cities.



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There is no way we can prevent breast cancer, but we can definitely detect it early and treat adequately. With early detection, we can achieve cure and ensure a longer survival. The warning signs of breast cancer are not the same for all women. The most common signs are a change in the look or feel of the breast, a change in the look or feel of the nipple and nipple discharge. By performing monthly breast self-exams, you will be able to more easily identify any changes in your breast and any time if an abnormality is discovered, it should be investigated by a healthcare professional.

Signs and symptoms of breast cancer include:

A lump in the breast – the most common first sign

- ▲ The woman usually finds the lump.
- ▲ The lump is present all the time and does not get smaller or go away with the menstrual cycle.
- ▲ The lump may feel like it is attached to the skin or chest wall and cannot be moved.
- ▲ The lump may feel hard, irregular in shape and very different from the rest of the breast tissue.
- ▲ The lump may be tender, but it is usually not painful.

A lump in the armpit (axilla)

- ▲ Sometimes small, hard lumps in the armpit may be a sign that breast cancer has spread to the lymph nodes. Although these lumps are often painless, they may be tender.

Changes in breast shape or size

Skin changes

- ▲ The skin of the breast may become dimpled or puckered. A thickening and dimpling of the skin is sometimes called orange peel skin.
- ▲ Redness, swelling and increased warmth (signs that

look like an infection) may be a sign of inflammatory breast cancer.

- ▲ Itching of the breast or nipple may be a sign of inflammatory breast cancer.
- ▲ Itchiness is often not relieved by ointments, creams or other medications.

Nipple changes

- ▲ Some people's nipples are always pointed inward (inverted). Normal nipples that suddenly become inverted should be checked by a doctor.
- ▲ Discharge from the nipples can be caused by many conditions, most of which are non-cancerous (benign).
- ▲ Discharge from one nipple may be a sign of breast cancer, especially if it appears without squeezing the nipple (is spontaneous) and is blood-stained.
- ▲ Crusting, ulcers or scaling on the nipple may be a sign of some rare types of breast cancer, such as Paget disease of the nipple.

Common Myths & Facts About Breast Cancer

- **Myth 1:** You can't get breast cancer if you don't have family history.
- **Fact:** Unfortunately anyone can get breast cancer. Approximately 70% of women with breast cancer had no identifiable risk factors. Having a first-degree family member with breast cancer doubles your risk, but you can get the disease without any family history.
- **Myth 2:** The only visible sign of breast cancer is a breast lump.
- **Fact:** Breast cancer can manifest itself physically in a number of ways. Symptoms include nipple discharge, breast swelling, scaliness, or a lump in the underarm area.
- **Myth 3:** Young women don't get breast cancer.
- **Fact:** You can get breast cancer at any age. Although it is less common in young women it can happen to anyone. Make sure to check yourself monthly and be on the lookout for any changes in your body.
- **Myth 4:** Men can't get breast cancer.
- **Fact:** Although it is less common in men than in women, breast cancer can affect anyone. Signs to look for include nipple discharge, lumps or swelling, or skin dimpling or puckering.
- **Myth 5:** Diet and lifestyle don't affect your risk of breast cancer.
- **Fact:** Poor diet increases your risk by 23%, smoking by 20% and lack of exercise by 20%. To help decrease your risks eat a healthy diet, get plenty of exercise, and put down those cigarettes!
- **Myth 6:** Needle biopsies can disturb cancer cells and cause them to spread to other parts of the body.
- **Fact:** There's no conclusive evidence for this claim. Despite some previous concerns, studies found no increased spread of cancer among patients undergoing needle biopsies compared to those who did not have the procedure.



Osteoporosis- When to Seek Help

Osteoporosis means weak bones which can be easily broken (fracture) even with an insignificant stress or trauma like slip on floor, or missing a step while climbing downstairs, sneezing, coughing, etc.



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Osteoporosis is more common in women (1 in 2 women) than in men (1 in 5 men) mostly above the age of 50 yrs. Women are at higher risk for osteoporosis after menopause because of low levels of Estrogen, a hormone which helps maintain bone mass in women. Also patients having Kidney, Thyroid problem, Rheumatoid arthritis or on medicines like – steroids, anti-epileptics or who smoke or drink alcohol are more prone to having osteoporosis. Lack of exercise, inactivity, bed ridden state further increases the osteoporosis.

Symptoms

It remains asymptomatic for a long period until the bones have been weakened and fracture easily without any major injury. These kind of fractures are called fragility fractures. The patient can present with:-

- ▲ Back pain
- ▲ Loss of height over time
- ▲ A stooped posture
- ▲ Fracture at Wrist & Hip after insignificant injury.

Most important prevention & treatment of osteoporosis includes Optimal diet, exercise and smoking cessation.

Diet

- ▲ Optimal diet includes taking adequate proteins, calories, calcium and Vitamin D.

- ▲ Recommended dose of calcium is 1000mg – 1200mg of Calcium (Total Diet + Supplements) for premenopausal women & men. Good sources of calcium are Milk and milk products, broccoli, soy products.
- ▲ Milk is a good dietary source of vitamin D, with approximately 100 international units per cup (240 mL), and salmon has 800 to 1000 units of vitamin D per serving.

Exercise

- ▲ Decreases fracture risk by improving bone mass and reduces the risk of hip fracture in elderly as a result of increased muscle strength. Exercising for at least 30 minutes three times per week is recommended.

Smoking

- ▲ Smoking cigarettes is known to speed bone loss. People who smoke one pack per day throughout adulthood have a 5 to 10 percent reduction in bone density by 50yrs of age, resulting in an increased risk of fracture.

Tests

- ▲ DEXA Scan is, recommended by WHO, to be done in every woman > 65yrs and every man > 70 yrs. This along with some battery of blood test are to be done while assessing and treating osteoporosis.

When to see your Doctor

- ▲ It is very important to know when to seek professional help for osteoporosis as it remains asymptomatic for a long time before a patient presents with fractures. These fractures occur most commonly in the spine, hips and wrists. Once a patient has a fragility fracture then chances of getting another such fracture increase greatly.

Medical Management

Medical Management includes a wide variety ranging from Simple calcium to bisphosphonates to Hormonal therapy, all depending on the severity of osteoporosis. Your doctor will assess the fracture risk and will start the appropriate treatment accordingly.

Prevention is the best treatment of Osteoporosis which can be easily achieved at home with some life style changes and with help medical therapy from your doctor. In case of fragility fractures (eg. spine), these can be easily managed without surgery or with the help of newer percutaneous techniques like balloon kyphoplasty or vertebroplasty, which are safe, pain free and are done under Local anaesthesia as a day care procedure, with immediate pain relief.



Dermatologist guide for brides to be

It's the most important day of your life. There are a hundred things that need to be done. But most important of all, you have to look beautiful and healthy! Our Dermatologist gives some exclusive week by week tips for the brides of this season-



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WEEK 4

- ▲ Eat healthy meals, drink eight glasses of water every day.
- ▲ Shed those extra kilos. Fix an appointment with a reputed Dietician or Nutritionist. You should be able to drop about 5-6kg.
- ▲ Get a Dermatologist to tackle chronic problems such as acne, pigmentation, tanning, undereye circles and cracked heels.
- ▲ This is the right time to buy water based good quality makeup products. Try & test them.
- ▲ Grow your nails. Regular manicures and pedicures will keep your hands and feet soft, and nails glowing.

WEEK 3

- ▲ Keep your skin glowing by continuing the peels & microdermabrasion
- ▲ No more junk food and colas. Drop the alcohol; instead, fill up on vegetable juices or smoothies and water.
- ▲ You can't avoid going out, so when stepping out in the sun, wear shades, carry an umbrella and use a sunscreen with a high SPF level.
- ▲ Go for Body Lactic peel like Cleopatra milk bath

WEEK 2

- ▲ Stay home as much as possible. Catch up on indoor exercise and get enough rest and sleep.
- ▲ If you have dry hair, try a hot-oil massage twice a week half an hour before bath. You can use sesame seed, almond or olive oil. Follow it by wrapping your hair in a hot towel for five minutes.
- ▲ Add exfoliation treatments done by dermatologist.

WEEK 1

- ▲ Make sure you get a manicure and pedicure done. Get your brows shaped to get perfect arches.
- ▲ Use a body wash & may get skin polishing done at this stage.
- ▲ Maintain your mental calm by taking short naps and keep up your 10-minute yoga or meditation routine.
- ▲ You can get a bleach done after patch test & also a facial after consulting your dermatologist about your skin type.

Our endeavor towards Quality (June – August 2016)

Jaypee Hospital is committed to deliver quality healthcare & best in class services to its patients. In our endeavour to achieve highest standards of care delivery we are continuously striving and challenging our processes with National & International standards & benchmarks.

We have established standards laid by the certified organisations to measure the service quality. Hospital has achieved, **National Accreditation for Hospital & Healthcare Providers (NABH)** in January 2016.

Our Blood bank which is equipped with the latest world-class technologies has also been recognised & accredited by NABH for Blood banks. Our Laboratory services have now been accredited by **National Accreditation Board for Laboratories (NABL)**.

All our accreditations are our milestones in our journey towards Continuous Quality Improvement and our witness towards strict adherence to process improvement & Patient Safety Goals. We are regularly monitoring our quality parameters like our patient Satisfaction rate in OPD is 95% for last three months. We have reduced our Average length of Stay to 3.36 days. Our Executive Health Check up has achieved 98% satisfaction rate for last three months. Like this we are working on various parameters to ensure consistent service standards.

SPECIAL OFFERS

Breast Cancer Screening Package - Rs. 1999

Fasting Blood Glucose | Mammography | Chest X-Ray
Ultrasound-Lower Abdomen | Oncologist Consultation

Spot Liposuction (Day Care) - Rs 49,000

Non-Surgical Hair loss Treatment PRP Therapy with Dermaroller (Per Sitting) - Rs 10,000

Bone Health Check - up Package - Rs. 1499

(Orthopaedic Consultation, Vitamin D3, S. Calcium, S. Phosphorus, ALP, S. Uric Acid, RBS, TSH, Dexa Scan (Spine & Femur) X-Ray Knee Both - AP/Lateral)

Kidney Screening Package - Rs. 1999

(FBS, PPBS, HbA1c, Lipid Profile, KFT, Urine R/M & Nephrologist Consultation)

Prostate Screening Package - Rs. 2999

(Urine R/M, USG (KUB), Uroflowmetry, Serum PSA, RBS, Mini KFT & Urologist Consultation)