

CIMS Cancer Care

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ÚkkþhkeEz Lkk hkøk røþuòýku

ÚkkþhkeEz yaf {kæe yfík: †kø fhíke (Endocrine) økúke Au slukku ykfkñ Ákítrokþk sðku Au yLku økæLkk ykøkæLkk ¼ækøk{kt í kmlkæeLke çkLLkuçkksw ykðe-e Au íkúkt fkuæEz {xeheþ÷ yLku ÚkkþhkeEzLkk fkwkunkþ Au íkuÚkkEhkeEz nkúçkuk Lkku yfík: †kø fhu Au (T3 & T4) slukku fLxðe TSh Úke Úkkþ Au

ÚkkEhkeEz{kt øký «fkhLkk {íþíðuhkøk nkþ Au

- nkþÁkkúkkþhkeEz { (Hypothyroidism)
- sifkt ÚkkþhkeEz ykAþfk{ fhuAu
- nkþÁkhÚkkþhkeEz { (Hyperthyroidism)
- sifkt ÚkkþhkeEzLkk yfík: †kø ðÄðúke ðAþfk{ fhuAu
- ÚkkþhkeEzLke økkð (Nodule)
 - yaf fhíkt ð½trøktðkunkúðe (Multinodular)
 - yaf økkð- sluku Cyst fnðkþ yúðk Solid økkð
 - (Adenoma or Cancer)
 - Hot Nodule

ÚkkþhkeEz -NODULE

Thyroid Nodule ÚðkLku «{ký ykþhu h0 Úke 76% nkþ Au 90% feykuslke ø{h 70 Úke ðÄkhu yLku 60% Ákñ»kku slke ø{h 80 Úke ð½khu nkþ íkúçLku Thyroid Nodule ÚðkLke þfþíkk nkþ Au

ykpæzeLk WýÁk, çkkæÁký{kt þf ÷e½k nkþ fu fkwçk{kt fkeLku nkþ íkku Thyroid Nodule ÚðkLke þfþíkk ð½trnkþ Au

ÚkkþhkeEz Nodule fðe hefku òye þfkþ ?

- økkð sðtrøkæLkk ðá [úkk ¼ækøk{kt ÷køku
- økæLke MkkúkkækiVe fhðúke fuçkeð fkhýkmlkñ CT Scan fu PET CT Scan fhðþtr nkþ íkku ¾çkh Ákzu

yðk Thyroid Nodule Úke ø¼hkððkLke sYh Lúke fkhý fu 10 % to 15% su fLmkk Lkknþ Au

14 ð»kúke Lke [uyLku 70 ð»kóWÁkhLkk EÉeçkúke yk Nodule fLmkk nkðkLke þfþíkk ðÄtrnkþ Au yk Nodule {kt fLmkk Au fuLkne íku MkkúkkækiVe yúðk Mkkþúke ÷eÁe fkwkúkk yçþkMkúke ¾çkh Ákze þfuAu (FNAC)

Eðkúke yðk Solid Nodule {xðkLke þfþíkk nkúke Lkúke.

¾çk LkkLkk yLku fLmkk Lkk nkþ íkðk Nodule Lku Observe fhe þfkþ Au yLku íkúke Surgery íkku s sYhe Au ðu íku s0Ee ðÄtrnkþ nkþ, E¼kðku Úkkþ, yúðk MkkúkkækiVe {kt VlnVkh E¼kþ íkku yðk EÉeçkúke Nodule ðkæe yz½e økúke fkeze Lkk¾ðkúke {xe ðþ Au yk ykðkþLkLku Hemi thyroidectomy fnðkþ Au

òu yðku Nodule FNAC {kt fLmkkLkku sýkþ íkku Hemi yúðk Total Thyroidectomy fhðkLke nkþ Au

òu½ýk çkÁk Nodule ÚkkþhkeEz{kt nkþ (Multi Module Goiter)

yLku íkúke MkkEí {kæe nkþ fu «þhLkk ÷úýku sýkþ yúðk fkm{æeef fkhýkmlkñ Total Thyroidectomy fhðk{kt ykðuAu yk¾e ÚkkþhkeEz fkeze Lkkíþk Ákæ Replacement íkhefu ÚkkþhkeEz nkúçkuk Lke økkæyku ykðk{kt ykðuAu

ÚkkþhkeEz fLmkk Lke [u {sçkLkk «fkhLkk nkþ Au

- Papillary Cancer- Mkkhk «fkhLku {xe þfu íkðu fLmkkhu
- Follicular Cancer- Ák0 % Úke 99 % Lku {xe þfu
- Medullary Cancer- 70% Úke 80% {xe þfu
- Metastatic Cancer- çknkñLkk çkesk yðþð{kúke ykðe-tr
- Anaplastic Cancer- ¾çk ¾hkçk «fkhLku í zÁkúke ðÄtrnkþ yLku Vte-kíku fLmkk.
- Papillary yLku follicular «fkhLkk fLmkk {kt ykðkþLk Ákæ þf fu fe {kúknkæeLke sYh hnúke Lkúke.

Hypothyroidism : sifkt ÚkkþhkeEz nkúçkuk T3 & T4 ykAk nkþ yLku TSH ðÄtrnkþ Au

r [Lnku : [kze Mkkæe Ákzðe, Xze ðÄtr ÷køkðe, {ku WÁkh Mkkúð ykðk, ðslk ðÄðtr yðks Ákku Úkðku Úkkf ÷køkðku fçkSPkík Úkðku {krMkf yrLkþr{ík Úkðku nEPLkk Açkfkñk Áxðk yLku Cholesterol ðÄðtr

Treatment : Thyroid Hormone Lke økkæyku TSH Lkk «{kýy ykðk{kt ykðuAu su {kæk ¼ækøku Life Time ÷ðkLke nkþ Au

Hyperthyroidism : sifkt T3 & T4 nkúçkuk ðÄtrnkþ Au yk TSH ¾çk ykAþykðuAu

r [Lnku ¾çk ÁkhMkðku Úkðku økh{e ðÄtr ÷køkðe, íkzk Úkðk, nEPLkk ½çkfkñk ðÁe sðk, ðslk ykAþÚkðku ¼q¼ ðÄtr ÷køkðe, {krMkf ykAþ ykðkþkúkk {kæe Úkðe, yk¾Lkk zkæk çknkñ ykðk, nkúçkúkt Áðhe ykðe (Change of Handwriting)

Treatment : Oral Tablet, MkkþçkæÄ ÷ðe Ákz yúðk Radio Active I-131 Úke Thyroid økúkelku çkkæe Lkk¾ðk{kt ykðu yúðk Operation fhe Thyroid økúkelke MkkEí LkkLke fhe Eðk{kt ykðu (Sub Total Thyroidectomy)

xif {kt Thyroid økúkelku ÷kíkk hkøk {xe þfu fke nkþ Au Áký íkúke þkþ Mkkhðkh Medical Observation Úke fhðe sYhe Au

MkkisLP

zkip sþþ ðe. Ákxte-

MS

fLmkk Mksþelkk rLkúýkík

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What happens when you stop tobacco?

QUIT TOBACCO FOR LIFE

Statutory Warning: Cigarette smoking is injurious to health!

We probably read or listen to this almost every day, be it movies, advertisements, radio, newspaper or the box of cigar itself! And we cringe at the thought of the same old ugly tumor videos before movies, when all we want to do is enjoy a romantic night out with our partner, even though it is "jan hit mein jaari"

So, this is one more attempt at hammering the same sane advice and to encourage those who are still procrastinating quitting tobacco!

If you want to know, how your next 20 years will unfold, once you quit tobacco, read on!

TIMELINE:

AFTER 1 HOUR

In as little as 20 minutes after the last tobacco consumption, the heart rate drops and returns to normal. Blood pressure begins to drop, and circulation may start to improve.

AFTER 12 HOURS

The body cleanses itself of the excess carbon monoxide & level returns to normal, increasing the body's oxygen levels.

AFTER 1 DAY

The risk of heart attack begins to decrease.

AFTER 2 DAYS

A person may notice improved sense of smell.

AFTER 1 MONTH

A person's lung function begins to improve.

AFTER 1-3 MONTHS

For the next several months after quitting, circulation continues to improve.

AFTER 1 YEAR

The risk of heart disease will decrease by half.

AFTER 5 YEARS

Lowering the risk of stroke (bleeding in brain).

The risk of stroke will continue to reduce over the next 10 years as the body heals more and more.

AFTER 10 YEARS

A person's chances of developing cancer and dying from it are roughly reduced to half compared to someone who continues to use tobacco.

After 15 Years

The chances of heart attack is same as healthy person.

AFTER 20 YEARS

A risk of cancer is same as a non-smoker and person can enjoy the healthy life of that of someone who has never smoked.

Hence, the sooner the better. Quit tobacco now!

For more information, feel free to contact us.

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Cancer & Nutrition



We all know what is a healthy balanced diet (At least we think we do). Most nutrition guidelines recommend lots of green leafy vegetables, fruits and whole grains along with limiting the intake of processed foods, sugar, alcohol, tobacco salt and maintaining an age- height appropriate weight.

But when you are suffering from cancer, these guidelines can be difficult to follow as you need to fight the disease itself as well as the Stress of treatment.

Nutrition is one of the most important aspect of cancer treatment, because healthy body tolerates the treatment better and recovers fast!! Isn't it logical?

Almost always, a change in diet is essential to help build up the strength and withstand the effects of cancer and its treatment. Now, who likes a sudden major change in their lifestyle? This is the reason why majority of cancer patients find it difficult to follow the "cancer nutrition guidelines".

When you are diagnosed with cancer, your oncologist will talk about the treatment plan. which may include surgery, radiation therapy, chemotherapy, hormonal therapy or combination of treatments. All these treatments, essentially target the cancer cells, but our healthy cells bear the brunt as well. This damage to the normal cells, is what causes side effects.

Approach to nutrition differs in cancer patients, as compared to general population. For instance, cancer patients need high fat, high calorie food to maintain their weight because Basal Metabolic Rate (BMR) increases significantly in all cancer patients along with increase in requirements of calorie, fat & protein by 1.5 to 2 times as compared to that of a healthy individual. Some patients need soft and cold foods like ice-cream or milk shakes as they are unable to eat solids due to oral ulcers.

Some common side effects that can affect nutrition are:

- Loss of appetite
- Oral ulcers
- Dry mouth
- Change in taste or smell
- Nausea
- Vomiting
- Loose stool
- Constipation
- Fatigue (Feeling tired all the time)

Not all patients suffer from these side effects. These are dependent on multiple factors like the type of cancer, stage of cancer, part of body affected, general health of patient and type, dose & length of treatment. Most side effects can be managed by medicines, lifestyle change and positive attitude. They even reduce over time once the treatment is completed. Discussions with your oncologist or cancer team will make it easy to deal with it.

For more information feel free to contact us.

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Þínkyktlfku: kIS (¼køk-2)

«klix fílmh yx÷u þú?

ÁkólLkk «sLkLkíkPk{kt ÁkþkçkLkk {køkçkt ykðe-e øktíÚk Au íku {þkþþLke Lke [Lkk ¼køk{kt nkþ Au ykþhu 80 xfk ðeþo íku{kúke Lkefðu Au

«klix ðÄðkLkk fkhýku fPk Au?

- MkkÉe økkð, çkelLkRLk yL÷kæðLx yktv «klix (BEP)
- fílmhLke økkð (Ca Prostate)
- «klix ðÄðkúke (BEP or CA Prostate) þú íkf÷eV Úkkþ?
- Ákþkçk{kt ðín fhðv Ákzu
- ÁkþkçkLke Ákh Lkçkæe Úkkþ
- ÁkþkçkLke Ákh yxfe yxfelku ykðu
- Ákþkçk fPkó ÁkAe {þkþþ{kt Ákþkçk hne økþku nkþ íkðv ÷køku
- hkøku Ákþkçk fhðk sðv Ákzu
- fíx÷kf ÉÉeçkt Ákþkçk Mkákyó yxfe ðþ íku fíx÷kf ÉÉeçkt ðkhðkh RLVfþLk ÷køku

«klix fílmhLkk ÷ükýku þú nkþ Au?

þYykíLkk íkçk→k{kt MkkÉe økkð sðk s r[öku nkþ Au Þþkhu fílmh þeh{kt V÷kþ íþkhu nkzfkLkku Éw¼kðku (f{h{kt Éw¼kðk), Ákøk{kt Mkkú, ¼q¼ Lk ÷køkðe, ðsLk ½xe ðþ Au ½ye ðkh þYykíLkk íkçk→k{kt ÉÉeçku fíRÁký ÷ükýkunkíkk Lkúke. {køk YrxLk [f-yák{kt Áke.yMk.yuLke íkÁkkMk{kúke s fílmh nkðkLke þfk sýkþ Au

PSA þú Au?

- PSA «klix MÄMkeVef yLxesLk, su «klixLkk fíkkukúke ÷kneçkt ðþ Au
- ÷kneLke íkÁkkMk íkhk Úkíku Mkk{kLþ xMx Au
- ðu ÷kçkínæhe íkÁkkMk{kt ðÁkhu sýkþ íku yLþ íkÁkkMk (yL.ykh.yE. «klix, çkþkÁMke) sYhe çkLku Au

þú nkþk PSA fílmhLkk fkhýu s ðÁu?

- Lkk, íku «klixLkk fíRÁký hkøk síç fu RLVfþLk yúkðk çke.E.Áke. {kt Áký ðÁe þfu Au

fílmhLkv [ku→Mk rLkÉkLk FR hefku Úkkþ Au?

- «klixLke çkþkÁMke íkhk

«klix fílmh fPk íkçk→kLkv Au íku fíç ðýe þfkþ?

íkuLk {kxu yL{ykhýE «klix yTMu çkklk Mfílk (nkzfkLke íkÁkkMk) fhðk{kt ykðu Au Áke.yMk.yL.yu Ákæ Mfílk íkhk Áký fílmh þeh{kt «Mhu÷ Au fu Lkn^a íku ðýe þfkþ Au

«klix fílmhLkk Mxís fPk Au?

- «Úk{ yTMu çkeð íkçk→k{kt fílmh «klixLke yÉh s nkþ Au
- økeð íkçk→k{kt «klixLke çknkh íkúkk çkksLkk yðþøku MkeLk÷ ðMkef÷{kt V÷kþ Au
- [kúkk íkçk→k{kt fílmh nkzfk íkúkk ÉþLkk yþkku (÷eðh, Vv/Mkk) {kt V÷kþ Au

Mkhðkh

«Úk{ yTMu çkeðu íkçk→k

- ykákþLk íkhk fílmhLkku Mkákyó rLkfk÷ (Radical Prostatectomy) yúkðk ðu ykákþLk {kxu ÉÉeçke ÁkrhÁMÚkrík Þkøþ Lk sýkþ íku huzþþLk (þf) ÚkínÁke økeðu íkçk→k

- ykÁMLkf Mkhðkh{kt yk Mxís{kt Áký ykákþLk fhðk{kt ykðu Au íku ÁkAe sYh Ákzu íku þf yúkðk nkçkLk RLSfþLk yÁkkþ Au (Multimodal Therapy). ykákþLk rðLk þf ÚkínÁke yLku nkçkLk RLSfþLk Áký ykÁke þfkþ Au

[kúkk íkçk→k

- çkLku þkÁkz fíZðkLkv ykákþLk (B/L orchidectomy)
- ðunkzfk{kt øký Úke ykAe sþþky nkþ yTMu ÉÉeç Mksf÷e Vex nkþ íku Multimodal Therapy ykÁke þfkþ Au

«klix fílmh ykákþLk (huzf÷ «klixðxkúe) ÁkAe ÁkþkçkLkku Mkákyó fíçk÷ síkku hnþ

- Lkk, ykákþLk ÁkAe ÉÉeçkt ykþf fíçk÷ ðþ Au su 4-6 {rnLkçk{kt ÁkÁku ykðe þfu Au

þú íkçk→k ðÚPk ðakh B/L orchidectomy fhðkþ?

- Lkk, íkuLk íkhk ÓÉþ hkøkúke {þþw ÚðkLke MkðkðLk Áký ðÁu Au ðu yf Úke øký íkçk→k{kt s ík{KY fílmh ykðu íku B/L orchidectomy Lke sYh Lkúke.

«klix fílmh

60 ðkúkk yáðíðþæð, «klix fílmhLkk rLkÉkLk çkÉ çkeð yr¼kþ {kxu ykðPk. íkuLke íkÁkkMk fPkó çkÉ fílmh Lk nkðkLke þfk øR. íkuLk eçkþkÁMke çkesu Xífkýu íkÁkkMk fhðíkk íkuLk «klixLke MkkÉe økkð nkðkLkv sýkðw yTMu íknyku¼þ{wík çkLþk. økkÁelkøk, {Lku ÁkþkçkLke íkf÷eV {kxu Élnçkelkúke «klixLkv ykákþLk fhðk{kt ykðv níkv íkuLke çkþkÁMke{kt fílmh ykðíkk nþ øk¼hkE økþku níkv {Lkusýkððk{kt ykðv fu {khk çkLku þkÁkz fíZðk Ákzþu ðu «klixLkv ykákþLk fhðeþ íku yk¼e sÉøke ÁkþkçkLkku fíçk÷ síkkuhnþu íþkh çkÉ {Uzku YÁkþ þknLke M÷kn ÷eÁe. íkuLku {khk fílmhLkv Mxís Lk→e fhe «klix (huzf÷ «klixðxkúe)Lk ykákþLk {kxu sýkðw su ÷øk¼øk yksúke yZe ðko Ákræ-k fhðþv níkv yksu {khu fílmhLkku hkøk Áký {xe økþku yTMu ÁkþkçkLkku fíçk÷ Áký Au

MkkíSLP

zlp YÁkþ þkn

MS, DNB Urology, Fellowship in Uro-Oncology

Þínke-kIS Mx yLku Þínke ykúL fíçk÷ kIS Mx

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Dr. Tarang Patel - MS, MCh (Onco), MAMS



- Has work experience of 35 years, belongs to first generation of qualified Surgical Oncologist of India
- Performs Advance Surgical Technique like Sentinel Lymph Node Biopsy, Breast Oncoplasty and Breast Reconstruction by LD Flap as well as fine delicate surgery like Thyroid and Parotid Surgery
- Has extensive experience of chemo port and supra-major surgeries like commando and salvage surgery
- Has special interest in "Breast Cancer Awareness"
- Has been invited and participated to Canada, Belgium, Switzerland and USA as Faculty

MkeBMk fLMkh Mklxh

fLMkh Úke fiðe heíkuck [e þfkP íkúke fíx÷ef xeÁMk



MöMÚk ðsLk Lku
òððe hk¾ku



V¾ku yLkupkfnkhe
ðÁw¾kðk òEyu

fMkhík fhðe



ykÓfknk÷=Lktv
MkðLk Lk fhðtv

Mkøkh yLku [hçke ðk¾w
{þkøÉík «{ký ÷ku



MkþofhýkúLkkuðÁw
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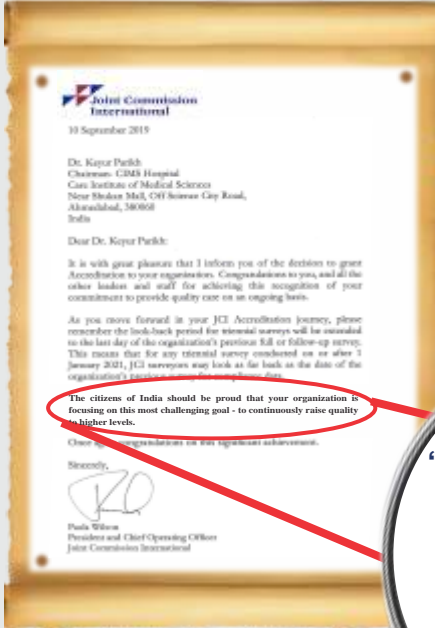
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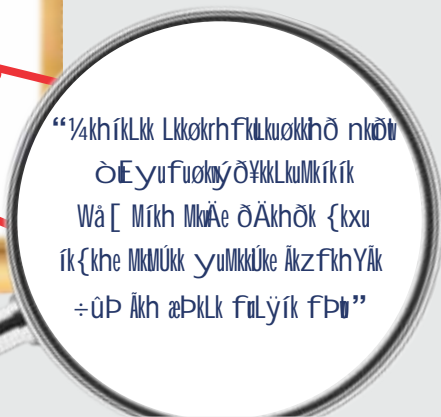
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M k e B M k f L M k h M k L x h

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÷ k n e L k e í k Á k k M k



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MkeBMk fLMkh Mklxh

yðk Åkrhçk ð kufusu {kZkLkk fLMkhLkÙò¼ { ðÄkhe þfuAu



- કોઈપણ પ્રકારનો તમાકુનો ઉપયોગ, સિગારેટ તથા તમાકુ ચાવવું.
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- તમારા ચહેરા પર વધારે પડતો સૂર્યનો સંપર્ક
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