

Innovative surgical techniques can save organs in treatment of cancer

With minimal access surgery, shorter hospital stay and better results, treatment and cure for cancer has advanced, making it easier for patients to lead normal lives after treatment and rehabilitation

Cancer is a global epidemic and one of the leading causes of death in the world, particularly among developing countries, says a WHO report. However, over 30 percent of all cancer can be prevented and others, if detected early, can be treated and cured. Centre of excellences like Health Care Global (HCG) Cancer Centre use minimal invasive surgical procedures to make cancer treatment painless.

MINIMAL ACCESS CANCER SURGERY

Over the years, medical technology too has made great strides and surgeries are no longer of the 'open' kind nor do the affected organs need be removed. Improved surgical techniques have made it possible to make small incisions and remove only the affected parts leaving the rest of the organ to function normally.

"In the world of minimal access surgery, it is important to preserve the organs. We endeavour to do precisely this wherever possible," says Dr DG Vijay, Breast cancer specialist.

"Certain Laryngeal Cancers (Cancer of voice box) can be effectively treated with Transoral Endoscopic Laser Surgery (TOLS), Minimal Invasive Video Assisted Thyroidectomy (MIVAT) and Parathyroidectomy which do not require open surgery or Radiotherapy. TOLS and MIVAT is a novel way of treating these early stage cancers without putting a skin incision. It requires a short hospital stay, is painless and preserves the organ. In advance cases where the organ is removed, reconstruction is possible by advance microvascular techniques which restore the cosmesis as well as the function", states Dr Rajendra Toprani, head and neck surgical oncologist.

STRUCTURES SPECIALTIES

The surgical oncology department



at HCG Cancer Centre comprises an expert panel of 10 onco surgeons with expertise in five major cancer sub-specialties.

"All international hospitals have these kind of structured sub-specialties where a team of specialists work in tandem in the treatment process. Similarly, we have two surgeons each for oral and neck cancer, breast cancer, gastrointestinal cancer, gynaecological cancer, and prostate cancer," states Dr Jagdish Kothari, consultant GI and hepatobiliary surgeon.



The Specialist
in Cancer Care

HEAD AND NECK SURGERY

Surgical resection of head and neck tumors extending to or through the skull base requires special expertise combining the talents of skull

base surgeons and head and neck surgeons; the multidisciplinary team may also include neurosurgeon and reconstructive surgeon.

"Newer approaches including endoscopic techniques to access these

tumors have made a dramatic impact on the overall outcome by reducing mortality and morbidity, reducing hospital stay and improving overall prognosis. Many head and neck cancers that were previously thought to be inoperable have been successfully removed through small and precise exposures by these techniques," states Dr Kaustubh Patel, head and neck cancer specialist.

BREAST SURGERY

In India, women can get breast cancer at the age of 49 years. One out of every 22 women develop breast cancer. However, this cancer can be prevented from spreading if detected early. The breast reconstruction procedure manages to restore the confidence and self esteem in patients.

"Breast cancer surgery has evolved from being simple but mutilating (radical extirpation of the breast, muscle, skin and lymph nodes from the axilla) to advanced, complex, refined and comprehensive, aimed at providing better quality life." according to Dr D G Vijay, Breast can-

cer specialist.

Breast saving treatment and breast reconstruction options maintains the femininity, body image, sexuality and the sense of being complete and prevent depression and sense of loss in women. This addresses issues related to the partners psyche and reduces marital problems. Conventional mastectomy causes physical problems as well, such as shoulder stiffness, massive swelling of the arm and postural problems.

GI SURGERY

HCG Cancer Center has created a specialised gastrointestinal oncology service. This service has at its core surgical oncologists who link with numerous other services available to provide optimum, comprehensive care. In keeping with HCG's commitment to state-of-art technology, the OT is equipped with high definition laparoscopic equipment, hemostatic devices to minimise blood loss, body and fluid warmers to maintain temperature during long operations

URO ONCO SURGERY

Treatment of uro oncology conditions have improved dramatically in the last decade. Many types of cancer are diagnosed in the early stage and surgical removal of cancer has given the patient a chance of cure.

Dr Hemang Baxi explains, "surgical techniques have improved with the advancement in laparoscopy surgery (key hole surgery), endoscopy surgery (scope surgery without a surgical cut) and robotic assisted surgery. Hence, surgical outcomes are much better; cause less pain and results in quicker recovery of the patient."

CURE AND REHABILITATION

One of the most unique aspects emphasised upon is the rehabilitation program where patients undergoing treatment for various cancer are given holistic therapy through counseling, and physiotherapy. "Restoration of good quality of life is the primary aim behind every surgical procedure undertaken by us," says Dr Kalpana Kothari, consultant gynaec oncologist.

