

- A Space Marketing Feature

HealthCare

ROOT OUT THE STRESS OF CANCER AFFLICTION

Sudhesh, a 52-year-old finance professional has been diagnosed with stage IIIB liver cancer. As it has not spread to lymph nodes or other organs, all is not lost yet. At the same at stage III and his age, we cannot say that his cancer can be cured completely through surgery or transplant. Sudhesh is the only breadwinner in a middle class family of four-his wife being a full time homemaker, his son pursuing electronics engineering, and daughter getting ready to appear in Xth class board exams.

On doctor's advice, Sudhesh opted for surgery followed by a chemotherapy regimen to kill malignant cells. The side effects are not easy to cope with high levels of pain, hair and fingernail loss, constipation, diarrhea, unrelenting fatigue, and frequent fever. Added to the financial stress caused by the high cost of medicare is the stress of managing the symptoms and side effects.

How often do we come across such stories? Almost always. According to National Institute of Cancer Prevention and Research (NICPR), more than 2.5 million people are living with cancer; and every year over seven lakh new patients are being diagnosed with cancer. Cancer is a dreaded disease not just because survival rate is zero to low. It is dreaded because of its extremely painful impact on the body and the stress it creates for the caregivers.

Today, cancer patients and survivors are increasingly looking for (or shall we say desperately!) complementary treatment approaches to reduce side effects of conventional cancer treatment, enhance health-related quality of life, and improve clinical outcomes.

Thankfully, there is a solu-

tion; and it does not cost a fortune. This solution enables patients to effectively manage the side effects of chemotherapy and radiotherapy; boosts their immunity; and reduces the risk of relapse. This solution can also help lower cancer risk in normal people. Welcome to the world of Integrative medicine (or in this case integrative oncology).

Typically, when faced with a cancer diagnosis, the normal practice is to consult the surgeons, who cuts out tumors, and to oncologists, who use potent chemo therapies and radiation to stop the disease from spreading. Usually, the treatment ends here.

Integrative oncology takes a more holistic, long-term approach to the disease, paying close attention to the overall health of patients suffering from cancer. Across the world, several medical practitioners, including doctors, have embraced the expanding field of integrative oncology, which fuses the best of conventional and alternative treatments.

Let us understand cancer in simple terms. Toxins, or even simply disease causing waste material, starts piling up in cells. When it reaches such high levels, it denies the cell 60 percent or more of its oxygen requirements. Short on breath, the cell starts to mutate to survive.

In this degraded form, the cell has lost it higher functions: it no longer heals or regulates body functions, does not produce hormones, and cannot help digest food. Whichever part of the body this mutating cell is in, cancer grows and grows, and starts spreading.

Conventional Oncology is focused on finding sharper ways to kill a tumor – usually with lethal toxicity to the host body. Integrative Oncol-

ogy focuses on nutrition, exercise, stress management and targeted supplements to reduce inflammation and boost immunity.

Integrative Oncology treatment protects a normal healthy cell and boosts the immune system by blocking

the angiogenic process that supports cancer growth and minimizes cancer-induced cachexia. In short it de-stresses the cell! The added advantage is that it complements and enhances conventional treatment strategies.

You may or may not cure

cancer. You can 'root out' the stress of cancer affliction.

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UNDERSTANDING LIVER CANCER

Liver is the major organ in the human body. It plays a vital role in all the metabolic activities. The important functions of liver are synthesis of proteins, helping in digestion and detoxification. It supports storage of glycogen, secretion of hormones etc., Such an important organ can be affected by various ailments of which most important one is Liver cancer.

not become apparent until the disease has progressed to a late stage. Patient may suffer from upper abdominal pain. Also loss in weight, loss in appetite and severe weakness may be noticed. Discolouration of body and eyes, which is caused by jaundice, is also identified. Abdominal swelling due to enlargement of liver may be noticed.

Once a cancer is suspected,



National Institute of Gastroenterology Doctors are internationally trained surgeons and the place has well equipped high end facilities like state-of-the-art operation theatres and other infra structure to cure problems of the digestive system. It has eminent man power to handle these kind of cases. Quality medical care is available here.

Chronic infection with hepatitis viruses increases the risk of developing liver cancer. HBV and HCV viruses can be spread from person to person through blood or other body fluids. These viruses damage the liver cells and the scar tissue replaces the healthy tissue in the liver, which is known as Cirrhosis. Cirrhosis of the liver predisposes to liver cancer. Additions like excessive alcohol consumption, may also lead to liver cancer. Some times cancer in the other body parts, may spread to liver and cause secondary liver cancer. Even if cirrhosis does not develop as a result of the infection, there is still an increased risk of liver cancer. However not all liver tumours are cancerous. Sometimes tumours like haemangioma, adenoma, FNH look like cancer, but are benign in nature.

Unfortunately, the signs and symptoms of liver cancer do

further studies can be done to find out how much of the liver is involved. The most common radiological tests used are CT scans, ultrasound scan and MRI. Other, more specialized tests are sometimes needed, such as an angiogram or laparoscopy. Certain blood tests like serum AFP (alfa feto protein) estimation can confirm the existence of cancer. Rarely a biopsy test may be required to confirm cancer in liver.

Once cancer is confirmed different types of treatments are available to cure cancer. A primary liver tumor, usually remains confined to the liver for a considerable time and removing the tumor surgically by a procedure called hepatectomy, may be possible and is usually curative. If complete removal of the tumor is not possible, Heating of cancer cells (RFA), micro wave ablation or freezing of cancer

cells (Cryo) will be used in different stages of cancer. Sometimes injection of drugs into the liver tissue, known as chemo embolisation can halt cancer progression. chemotherapy (anticancer drugs) can also help the patient to survive longer.

When the liver cancer is a secondary tumor, chemotherapy (anticancer drugs) will usually improve the patient's quality of life and prolong survival. Limited secondary tumors in the liver may be surgically removed by hepatectomy.

Liver cancer can be prevented with avoidance of alcohol and Hepatitis B vaccination in some patients. But with understanding of the risk factors involved, it might be easier to detect it in its early stages and cure it completely with various surgical and non surgical methods.

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When to opt for IVF:

it's best to consult fertility expert if you are trying for more than a year"

-By Dr. Vandana Hegde

Q) Hi doctor, my sperm count is persistently low even after using medicines for 6 months. It is 2 million/ml. we are trying for pregnancy from 2 years. What is best treatment for me to have a child?

A) Hello, your sperm count is quite low. Moreover, you have not responded well for medicines. Chances of conceiving with simple treatments are less. Intra cytoplasmic sperm injection- ICSI (test tube baby) is the best treatment for you with good success rates.

Q) Hello madam, my name is Ramya. We are trying for pregnancy from 5 years. I have undergone 6 IUI's at different hospitals in the last 3 years. My AMH is 2ng/ml, my tubes are normal and my husband sperm count is normal. Can I go for IVF?

A) Hi Ramya, you have already tried maximum IUI cycles. Since your egg reserve is also borderline (AMH), it is better to go for IVF. Success in IVF depends on egg reserve and age of the female partner. Hence, sooner the better.

Q) Hi madam, I am Shilpa 34 years old. I have 6 years old child, tubectomy was done 4 years back. Now we are planning to have second child. My husband sperm count is 7 million. Can I go for tubal repair to conceive naturally?

A) Hello Shilpa, tubal re-anastomosis may not be the right treatment for you. Since your age is 34 and your husband sperm count is also low, you will have better success rates with IVF.

Q) Hello doctor, I had 3 miscarriages, during the last miscarriage fetal tissue was tested which revealed Turner syndrome. How can I overcome this problem and prevent miscarriage?

A) Hello... firstly get a karyotype test done for both of you. You can opt for pre-implantation genetic screening, where after IVF, embryos are tested for genetic abnormalities and only normal ones are transferred back to your womb. This will prevent miscarriages and ensure healthy babies.



Q) How long does IVF procedure take?

A) IVF can last anywhere from 2-4 weeks prior to egg retrieval. The embryos are then transferred between 3-5 days after egg retrieval and you will be tested for pregnancy 15 days after the embryo transfer. Overall it takes 5-6 weeks for complete procedure.

Q) Hi doctor, we are married for 2 years and trying for pregnancy from 1 year. Should we go for IVF treatment?

A) It is better to consult fertility expert since you are trying for almost 1 year. After evaluation, you will be advised treatment based on the reports. Not all couples need IVF. IVF is advised for very few couples who have major problems like:

- a) Both tubal blocks
- b) Severe endometriosis (stage 3 & 4)
- c) > 3-6 failed IUI cycles
- d) Hydrosalpinx
- e) Male partner having very low sperm counts.



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Do you know, most foot deformities come from footwear which does not fit correct to your feet? Foot deformity happens when the shoe you purchased, is not matching your feet shape and length. Shoes are made on foot length, in standard sizes of

footwear and check where it is wearing! If the wear is in centre of outsole, then your feet are good but if wearing is anywhere near edges of sole surely your feet are already deformed.

The best solution is to use custom footwear's. The custom footwear are those



6,7, 8, and so on. These are good for those having the right foot length. If your foot length is in between two sizes, then you need to buy either small or big Shoes.

Since such footwear are not good for your feet they generate foot cripples. Normally we seldom take care of our feet and footwear and hence never know when feet are getting deformed. The easiest way is to check bottom of outer sole of your

which are made exact to your foot length and shape. In other words, to make custom footwear, first your feet replica models are made and on those models, your footwear are built. Certainly all such footwear shall fit your feet the best.

- Dr. N. Dhanalakshmi.
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Early Detection of Breast Cancer

Twenty Six year female, believed in working hard and partying harder. A fitness enthusiast, she would clock 45 minutes at the gym before rushing to catch the morning routine. Her job entailed dealing with high pressure and stress, until a medical check up played spoilsport. she got a x ray mammogram done. Although the cysts turned out to be non-cancerous, the damage was already done – she found it difficult to resume normal life and had to seek psychiatric help to get through the tough phase. But she is only one among the many women who, once alarmed by reports of abnormalities in their breast, opt for a x ray mammogram rather instantaneously. A Mammogram is diagnostic tool where low energy X-rays are used to examine the human breast and detect masses or lumps. The test has often proved life-saving, since it detects cancer early.

Of late, however, the test has come under the scanner the American Cancer Association revised the guidelines for undergoing mammography. It recommended that only women aged 45 and above should get a mammogram done annually and that those above 54 should get one done once in two years. The screening module has been critiqued for creating panic among women and for giving false positive reports.

Can a healthy breast develop cancer or does the breast first become unhealthy? if the later, how can one learn if their breasts have become unhealthy? Logically breast cancer cannot develop in a healthy breast. a normal breast has to first become unhealthy & thus would have an environment conducive to abnormal cell growth notably the breast, a significant fat "storage" organ will tend to accumulate environmental chemical etc, the associated with an increased risk of cancer.

Thermography No Touch Mammography: "the no-touch mammography or thermal mammography is a heat based system, which works on temperature hot spots on the surface of the breasts. Most women are not aware that identification of early risk factors allows time for intervention with known modifiers: Dietary changes, weight loss, detoxification and oxygenation. You will see how new technology combined with progressive thinking is detecting the presence of potential life threatening formations years before traditional mammography identifies them

Breasts are a very sensitive to radiation this is where thermal imaging or thermography, has a unique role & where no other investigation is as cost effective, painless & without radiation

Over 20 years Dr.Praveen K Saxenaa MBBS DMRD FCMT. Specialising in Environmental Medicine, has helped people with chronic health problems using latest advances in complementary & integrative medicine, which emphasizes science based natural therapies in place of surgery & prescription medications.

At Dr. Saxena's Integrative Private Limited, the objective is free the patients from this vicious cycle of dependency on medicines and the burden of carrying some form of illness all throughout life. In a society weighed down by multiple diseases, mounting healthcare costs and lack of ethics in medical profession, Dr. Saxena's is a life-changing path waiting to be explored

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