

Womens CENTER



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Detect
Cancer
before it's too late



Faced with the risk of uterus removal, Selvi today is a

Happy Mother

WOMENS CENTER
ALWAYS THE BEST

OBESITY OVERTAKES
SMOKING IN CAUSING
CANCER

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OBESITY OVERTAKES SMOKING IN CAUSING CANCER

Smoking, for decades, has been on the leading causes of cancer. However, new study reveals that this trend is about to change. So, wonder who is the new villain that causes cancer?

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Dear Reader,

It is my pleasure to bring you the first edition of *Womens Center News*. I am very certain that you will find this issue very useful and informative in more ways than one.

In fact, we have worked a great deal on the content and design of this magazine to give it a professional look freeing it from the general clutter that in-house newsletters suffer from.

In this maiden issue, you will find an article on cancers. The information, I am sure, helps women in taking adequate precautions, so that, they are blessed with a healthy life.

In this connection, I would like to mention that *Womens Center News* is not a tool for disseminating the information pertaining to our chain of hospitals alone.

Besides keeping you in the loop about services being provided by us, *Womens Center News* has been conceived as a wholesome product of healthcare information.

In this maiden issue, you will find an article on cancers. The information, I am sure, helps women in taking adequate precautions, so that, they are blessed with a healthy life.

We have also included the Hello Doctor column, because, we find that many people, though, have nagging doubts in the back of their minds still do not know whom to ask.

Of course, we have also featured one of our recent success stories relating to Ms.G.Selvi who reached our center with an enlarged uterus.

About a year into marital life, she suffered from severe pain and bleeding and the doctors whom she had consulted earlier had said removal of the uterus of was the only option.

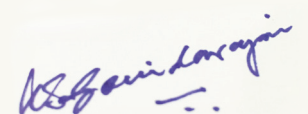
So, Selvi was really in a shattered condition when she reached us, because, removal of the uterus also meant motherhood for her only would remain in dreams.

Today, Selvi not only has been cured of her medical condition but she has also become a proud mother thanks to our expertise. Hers is a story that instills hope.



As we move forward, I assure you that we would strive to innovate and reinvent this magazine with exciting content which would help you lead a healthier life.

Yours,



Dr.Govindarajan
Editor-in-Chief

Womens Center Always the best

Womens Center is a chain of hospitals and it has its facilities in Coimbatore, Chennai, Salem and Tiruchirappalli and is still in the process of expanding its operations.

A one-stop service destination, Womens Center caters exclusively to the comprehensive healthcare needs of women and the newborn.

The center which has completed 25 years of its dedicated and devoted services to the ailing humanity has on board over 100 medical and paramedical experts.

Headed by its clinical director Dr.Mirudhubashini Govindarajan, Womens Center has several consultants, who have had international exposure, working as consultants.

Besides visiting professionals, the center has in its rolls a number of healthcare professionals including scientists educated at the best centres around the world.

Being a technology-friendly institution, Womens Center was the first infertility center in India to obtain ISO 9001-2008 certifications for its test tube laboratory services.

The team at the institution ensures international quality and best medical and administrative practices in the delivery of its specialised services.

The services being provided by Womens Center enjoy recognition by various international universities and medical boards across the world.

Besides, the center also has a global training facility for undergraduate and post-graduate students. Buoyed by success, Womens Center would soon emerge as a pan-India player.

FERTILITY CENTER

Womens Center Fertility Center has one of the most extensive, dedicated infrastructural facilities and a dedicated team of specialists to provide the

patients with every available option.

Its team of doctors and embryologists are fully equipped to conduct comprehensive diagnostics to pinpoint fertility problems and their root causes.

Once the diagnosis is done, the doctors at Womens Center discuss the range of treatment options available and recommend the most suitable ones.

WOMENS CENTER OFFERS

- ▶ Comprehensive Infertility Evaluation including SCSA® Analysis
- ▶ Testicular Sperm Extraction (TESE)
- ▶ Intra-Uterine Insemination
- ▶ In-Vitro Fertilisation (IVF)
- ▶ Intra Cytoplasmic Sperm Injection (ICSI)
- ▶ Assisted Hatching
- ▶ Sperm Banking
- ▶ Embryo Freezing & Frozen Embryo Transfers
- ▶ Blastocyst Culture & Transfer
- ▶ Donor Insemination
- ▶ Egg Donation
- ▶ Embryo Donation
- ▶ Surrogacy

A FEW OTHER SPECIALTIES

- ▶ Adolescent Care
- ▶ High-risk Pregnancy Care
- ▶ New-born Care
- ▶ Dedicated NICU
- ▶ Cancer Screening
- ▶ Menopause Management
- ▶ Comprehensive Health Screening
- ▶ MRgFUS-guided fibroids & adenomyosis management

YOU WON'T BE A FOREIGNER HERE!

Illness by itself is a very unpleasant experience. Topping it up if you also happen to be in a foreign land away from the care and touch of your loved ones...?

We can say without hesitation the situation could really be scary. Womens Center can relate well to those 'alien fears' which make one jittery.

It is this realisation that prompted Womens Center to establish an International Desk to meet

the most specific and exclusive needs of patients arriving from abroad.

Regardless of nationality, patients can look forward to personal care at every step coupled with matchless medical care befitting global standards.

Besides ensuring a fixed and transparent fee schedule, the staff members at Womens Center render valuable assistance even before the patients leave the countries of their origin.

Womens Center, headquartered in Coimbatore is only 30 minutes drive from the Coimbatore International Airport and hence it is easily accessible.

The Center makes it a point to provide conveyance to patients on arrival based on requests. The Center also deploys its own emergency team and a standby 24x7 ambulance service on request.

This service ensures the brisk transfer of international patients to the Womens Center facility from the airport. The Center is guided by the philosophy of single-point contact.

This being so, it has in its rolls friendly and amiable Guest Service Managers who would go that extra mile to make your stay comfortable and a memorable experience.

INTERNATIONAL SERVICES

- ▶ Medical Referrals
- ▶ Fixing Appointments
- ▶ Travel Planning
- ▶ Visa Processing
- ▶ Hotel/Apartment Reservation
- ▶ Interpreter & Secretarial Assistance
- ▶ Concierge Service

NEWS IN CAPSULE



New Acquisition

Womens Center has acquired the country's first hysteroscopic morcellator. This will aid in the hysteroscopic removal of polyps, septus and fibroids among others. This new addition speeds up the recovery period so much so that patients can leave hospital by the end of the day.

Accolades

There is more good news. Womens Center is now certified and validated to provide genetic testing on the embryo through pre-implantation genetic diagnosis and pre-implantation genetic screening.

Help for pregnancy postponement

You may have your reasons for postponing pregnancy. We are not getting into your private domain. But, if you want to postpone your pregnancy, Womens Center can help you with Oocyte freezing services. You could avail these services for a minimum period of 6 months with unlimited cap in the maximum number of years.

Get second opinion free!

The fibroid center at Womens Center now offers free second opinion in the treatment options for fibroids on Tuesday and Thursdays. This service is available to all patients keen in exploring various options. Interested? Then, get in touch and fix an appointment to meet the medical experts at Womens Center.





Clinical Director
Dr. Mirudhubashini Govindarajan,
FRCS - Canada



Q

I'm a 25-year-old woman and my husband is 30 years. I got married a year back. I am healthy and so is my husband. We have been trying for a child since Day 1, without any luck. My relatives and friends often ask me why I'm yet to conceive. Such questions are embarrassing us a lot. So far, we have not consulted a doctor. My husband does not smoke or drink. So, should we wait for some more time before seeing a doctor?

Mrs.DP
Madippakkaam, Chennai

Answer

From your mail, I can see that you are really anxious and under unnecessary stress. Please understand that many normal couples do take about a year or so to achieve pregnancy. So, I don't see anything unusual in your case and there is no need for you to get upset or embarrassed at this point. However, if you are still concerned you can approach a good fertility unit to have baseline investigations for both of you. But, a word of caution: keep away from complicated medications and procedures until your basic investigations are completed. Best wishes!



Q

I'm a 33-year-old woman and my husband is 39 years. I got married five years back and I'm still without a child. Our relatives and friends often make fun of me and my husband. We have visited many temples seeking God's blessings for a child. But our dream is yet to become a reality. My husband smokes about a 15 cigarettes a day and drinks occasionally. Is smoking a reason that prevents successful pregnancy? We have not seen a doctor so far. Should we see a doctor?

Mrs KKL
Anna Nagar, Trichy

Answer

First things first! Your husband should understand that smoking not only kills but can also have a debilitating effect on fertility. So, the first step towards successful pregnancy is to stay away from cigarettes and drinks.

I can see that you and your husband have crossed the age of 30 and have been trying for a child for over 5 years. It is time you approached a good fertility unit. It is necessary that both of you should undergo all the necessary medical investigations. But, there is no need to panic yet since many medical problems could be corrected easily these days with the advances in medical science. But, you should be willing to put in that extra effort to make your dream come true. Please do remember that God Almighty generally helps people who make sincere efforts. All the best to you!

Q

I'm a 45-year-old husband and my wife is 40 years and we are a childless couple. We had earlier visited an infertility clinic in Coimbatore. We went through IUI procedure four times without success. Each time the doctor says, pregnancy will happen in the next session. But, other than paying money and heeding to rosy promises there has not been any positive result. What should we do?

Mr.VSK
Kovaipudur, Coimbatore

Answer

The success rate of IUI at the best is only 20-25 per cent. This, of course, decreases in older couples. Rather than painting a rosy picture, you should have further investigations to assess the underlying problems. You should be given a realistic assessment and guided further in your efforts. Wish you good luck!





Faced with the risk of uterus removal, Selvi today is a

Happy Mother

A victim of adenomyosis in its most severe form, doctors whom she consulted earlier had advised her to undergo hysterectomy as the one and final remedy for her medical condition.

COIMBATORE

Met G Selvi (name changed) and you will know she is a happy woman today. For, she delivered a healthy baby girl on Monday (November 02, 2015).

A victim of adenomyosis in its most severe form, doctors whom she consulted earlier had advised her to undergo hysterectomy as the one and final remedy for her medical condition.

So, as a last resort, when Selvi walked into Womens Center she was in utter pain, both physically

and mentally.

She was in physical distress, because, she suffered from excruciating physical pain besides heavy bleeding during her menstrual cycles.

She was in mental pain because doctors had advised hysterectomy which dashed all her hopes of becoming a proud mother.

Selvi in her late 20s was just a year into her marital life when she was diagnosed with adenomyosis – a medical condition resulting in enlarged uterus.

“With excruciating pain and

“I’d lost all hopes. It was then I came to Womens Centre as a last resort. Here the doctors told me, my uterus had undergone an enlargement to the size of 4-5 months pregnancy,”

heavy bleeding, she was in a hopeless state and couldn’t lead a normal marital life when she came to us,” recalls Dr.Mirudhubashini Govindarajan.

A leading fertility expert Dr.Mirudhubashini who heads Womens Center says Selvi had become a dependent on strong injectable pain killers for symptom relief.

“She’d also gone through other modes of treatment before coming to us. But, they were ineffective in alleviating her pain,” adds the doctor.

“I’d lost all hopes. It was then I came to Womens Centre as a last resort. Here the doctors told me, my uterus had undergone an enlargement to the size of 4-5 months pregnancy,” Selvi says.

Though Selvi thought she would have to remain barren throughout her life, doctors at Womens Center, however, convinced her that MRgFUS procedure could help.

Selvi had no idea what the procedure meant. But, when the doctors explained its benefits, she readily agreed to undergo the same.

MRI - Guided Focused Ultrasound Surgery – MRgFUS in short-is a non-invasive surgical technique which uses ultrasound as treatment device and MRI as the visualizing tool.

It is administered sans



Dr.Mirudhubashini Govindarajan (centre) with the girl child of Ms.G.Selvi

anaesthesia, hospitalisation or any blood loss with the patient lying flat on her stomach. It is a technology ideal for people who want to preserve their fertility.

MRgFUS, according to Dr. Mirudhubashini, would also be highly beneficial to those who have contraindications to surgery like diabetes, obesity and cardiovascular problems among others.

Interestingly, there are not many trained doctors who can do a thorough job with this procedure as there are only 120 centres, globally, which have access to sophisticated equipment and resources.

Womens Center is one among them and it also has a certified gynaecologist and radiologist who have expertise in performing this procedure.

There are, in fact, only two centres in India which offer this procedure while one offers this

for treating fibroids, Womens Center uses it for adenomyosis too.

“So, we can safely say Selvi’s case is the first in the country,” confirms Dr.Mirudhubashini. Selvi responded to treatment well though it took 4 hours to complete the procedure.

It took a little more than the usual time because her uterus was abnormal in size. But, within 3 months Selvi bounced back to her old self and a normal life.

The story did not end there. After a period of symptom-free life, Selvi and her husband chose to undergo fertility treatment too resulting in a normal and uneventful pregnancy.

Today, Selvi is a happy mother. Cuddling her bundle of joy, she says: “I’ve tears in my eyes today. But, these tears are not the result of pain but joy,” she signs up.

Womens Center is one among them and it also has a certified gynaecologist and radiologist who have expertise in performing this procedure.



Womens Center is equipped with most modern and sophisticated equipment and medical expertise which help in the early detection of cancer and appropriate treatment. Counseling plays an important and crucial role in the life of a person diagnosed with cancer. At Womens Center we realise this and our expert counseling instills a new hope and life in patients.

Detect Cancers before it's too late

Cancer among women in India today is one of the leading causes of ill-health. Cancer appears in several forms but cervical, uterine, ovarian, breast, colon and lung cancers are very common and ubiquitous.

But, just because, someone has been diagnosed with cancer does not mean his or her life has come to an end. As a matter of fact, with greater awareness we can either prevent cancer or detect it early.

Today, with advances in medical science, diagnostic procedures have become highly accurate in early detection of cancer. Early detection, it goes without saying, could be a life-saving affair.

Womens Center is equipped with most modern and sophisticated equipment and medical expertise which help in the early detection of cancer and appropriate treatment.

Counseling plays an important and crucial role in the life of a person diagnosed with cancer. At Womens Center we realise this and our expert counseling instills a new hope and life in patients.

So, it is time you underwent a regular medical check-up. It is time you stepped into our center. Always remember that the secret to health does not lie in procrastination but acting in advance!

Cervical Cancer

This is one of the most common cancers among Indian women. Researches and studies reveal that India contributes to 50 per cent of the cervical cancer occurring worldwide.



Cervical cancer is more common among women who have poor nutrition. Women exposed to HPV viral infections and who shy away from regular checkups or pap smears are also at considerable risk.

Western countries have witnessed a dramatic reduction in the number of deaths emanating from cervical cancer due to greater awareness, regular medical checkups, proper diagnosis and early detection.

So, it time you underwent a pap test by gynaecologist to detect changes in the cervix before developing into cancer. Pap test is also an excellent tool in the early detection of cancer when it could be cured.

What Womens Center has?

Updated version of papsmear such as LBC (Liquid Based Cytology)

Cervical cancer is more common among women who have poor nutrition

If you are 21 – Start pap testing

If married or sexually active - Repeat test thrice a year

If you are between 30 and 65 - Do pap along with HPV test.

If you are over 65 and had regular screening last 10 years – Need not have regular screening

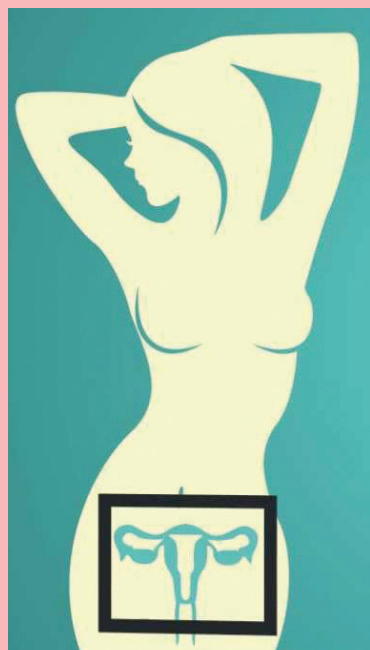
What it does?

Offers improved diagnostic capabilities.

Uterine Cancer

Endometrial cancer is a type of cancer that begins in the uterus which is a hollow, pear-shaped pelvic organ in women where foetal development occurs. Endometrial cancer begins in the layer of the cells that form the lining (endometrium) of the uterus.

Studies reveal that this form of cancer poses greater risk to women who are obese or who have early onset of period, late menopause, PCOD, history of infertility.



World Health Organisation (WHO) reported that 144,937 women were newly detected with breast cancer in India in 2012



What you can do?

Undergo ultrasound examination of the uterus every year and rule out polyps or unusual thickening of the uterus' lining. Undergo investigation by a gynaecologist in case of any abnormal uterine bleeding.

that 144,937 women were newly detected with breast cancer in India in 2012.

Breast cancer can occur at any age. However, the risk of getting breast cancer goes up with increasing age. A woman is under higher risk of breast cancer if she has a member in the family who is affected by the problem.

Breast Cancer

Breast cancer is a very common problem. Collectively, India, China and the United States account for almost one of third of the global breast cancer burden. World Health Organisation (WHO) reported

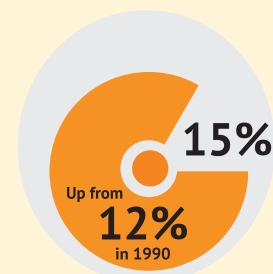
What you can do?

Between the ages of 40 and 45 - Optional yearly screening
Between 45 and 54 - Yearly mammogram

DOUBLE JEOPARDY

WORLDWIDE

There were 14.9 million new cancer cases and 8.2 million deaths in 2013



Cancers accounted for 15% of all deaths in 2013

Lung cancer caused the most deaths, in men and women

IN INDIA

Cancers of the mouth, throat and voice box have the highest incidence

Breast cancer among women more than doubled between 1990 and 2013, with the incidence rising from 57,374 to 154,261

New cervical cancer cases in women grew at 0.2% in the same period, while breast cancer had one of the highest increases, at 166%.

SOURCE: WORLD CANCER REPORT, 2013

LOCALLY ADVANCED BREAST CANCER

Accounts for 61% of breast cancer cases in India: breast cancer is the most common form of the cancer among women. LABC is an invasive cancer with one or more of the following features

Large tumour (typically bigger than 5 cm)

Spread to several lymph nodes in the armpit or other areas near the breast

Spread to other tissues around the breast such as the skin, muscle or ribs

No spread beyond the breast

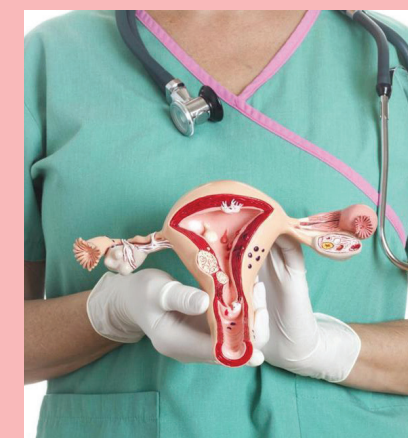
Fifty five years and above - Mammogram every two years
MRI and mammogram for women with family history

What Womens Center has?

MRI facility which is very effective in screening plus special facility called MRI with Mammocoil.

Ovarian Cancer

Ovarian cancer has emerged as one of the common malignancies affecting women in India. It is so notoriously stealthy that three out



of four women notice its signs only when it is too late. There has to be constant and consistent efforts to educate the people for early detection.

Studies reveal that women with a family history and history of infertility issues or who conceived her first child after they turned 30 are at higher risk.

What you can do?

Examination by gynaecologist
Ultrasound test
Blood test

WARNING SIGNS FOR BC

- Thickened and dimpled skin
- Ulcers on the skin of the breast
- A lump that feels attached to the chest wall
- Red, swollen breast (also called inflammatory breast cancer)
- A lump in the armpit that doesn't move freely away from the chest wall
- A lump at the base of the neck

5 WAYS TO LOWER RISK

1 GET SCREENED: Women diagnosed with breast cancer at an early stage have a nine in 10 chance of recovery. Start getting annual mammograms at 40, 35 if you have a family history



2 LOSE WEIGHT: Obesity has been shown to raise the risk of cancer after menopause.



3 DRINK LESS, AVOID FATTY FOODS: Daily alcohol intake has been shown to raise the risk of breast cancer by 6%.



4 WALK: Three large studies in Italy and US showed a correlation between inactivity and breast cancer.



5 AVOID HORMONE REPLACEMENT THERAPY: Women on HRT are 63% more likely to develop breast cancer, ovarian cancer and endometrial cancer (cancer of the lining of the womb)



OBESITY OVERTAKES SMOKING IN CAUSING CANCER



Smoking, for decades, has been one of the leading causes of cancer. However, new study reveals that this trend is about to change. So, wonder who is the new villain that causes cancer?

It might come as a surprise. But, if one is to go by the claims by the medical experts, obesity will most likely claim the lead spot as the principal cause of 10 different types of cancer in the next decade.

The shocking revelation found its way when cancer specialists from world over discussed the latest trends at a conference in Chicago organized by the American Society of Clinical Oncology (ASCO)

According to specialists, the spiraling rates of obesity means that cancer once seen as a disease of old age is now increasingly being diagnosed up to two decades earlier than the past.

"Their figures suggest, one in five cancer deaths in Britain is caused by

excess weight," added the medical experts who claim that the link between obesity and cancer are quite clear.

Stating that excess weight can increase the risk of cancer rather significantly, the experts said obese women were more prone to womb cancer by 600 per cent.

Hormone imbalances associated with obesity, the experts opined, fuel tumour growth thus elevating the risks of every type of gynaecological cancer including prostate and colon.

Researchers also seem to have found a correlation between obesity and increased risk of cancer relapse which prompts one to sit up and think.

According to them, overweight survivors of prostate cancer runs the risk of 3 per cent high rate of relapse compared to their slimmer counterparts and 7 per cent higher odds of cancer spreading.



Laughter Therapy



Patient: I'm in a hospital! Why am I in here?

Doctor: You've had an accident involving a bus.

Patient: What happened?

Doctor: Well, I've got some good news and some bad news. Which would you like to hear first?

Patient: Give me the bad news first.

Doctor: Your legs were injured so badly that we had to amputate both of them.

Patient: That's terrible! What's the good news?

Doctor: There's a guy in the next ward who made a very good offer on your slippers.

Doctor Khan was giving a lecture to a group of medical students at the city hospital.

Pointing to the x-ray, he explained: "As you can see, this patient limps because his right fibula and tibia are radically arched."

The doctor looked up at the assembled students, and asked Sidney "Now what would you do in a case like this?"

Sidney piped up: "I suppose I would limp too."

ONE OUT OF TWO WOMEN DIAGNOSED WITH BREAST CANCER DIES IN INDIA!



Statistics reveal that 144,937 women were newly detected with breast cancer in our country in the year 2012. In the same year, 70,218 women died of the same disease. So, it's now roughly estimated that for every 2 women newly diagnosed one dies of breast cancer. The numbers are staggering! But, not that everything is lost. Periodic check-ups and early detection can help you lead a normal life. For more information call us to walk into our chain of hospitals. Our experts would only be too happy to give you right advice.

Issued In Public Interest By



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