

Why is a team-based approach good for Prostate Cancer Management?

It has been observed that in patients of Prostate Cancer of all stages, variation in treatment decisions with different clinicians has been a major confusing issue. The treatment decisions had little relation to the patient's preferences or a personalised approach but were associated with the specialty of the primary clinician.

A primary goal of the Prostate Cancer MDT (Multi-Disciplinary Team) approach to Prostate Cancer is to provide balanced evidence-based information in an open and interactive fashion, with all clinical specialists present at the same time. Shared decision about the risk and benefits of each treatment can decrease distress and post-treatment regret.

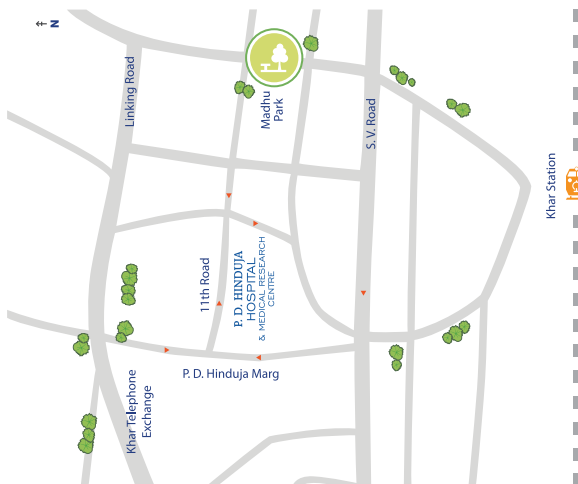
Benefits of the Prostate Cancer Clinic:

- Personalized and shared decision making - knowledge about all the possible implications of the patient's treatments and prognosis
- Different care providers at same forum; less hassles of visiting numerous clinics and multiple repetitive testing
- Improved communication between patients & caregivers
- Psychosocial benefits for caregivers

The Prostate Cancer Clinic Team:

Dr. Ganesh Bakshi - Consultant, Uro-Oncology

Dr. Vivek Anand - Consultant, Radiation Oncology



P. D. HINDUJA HOSPITAL & MEDICAL RESEARCH CENTRE

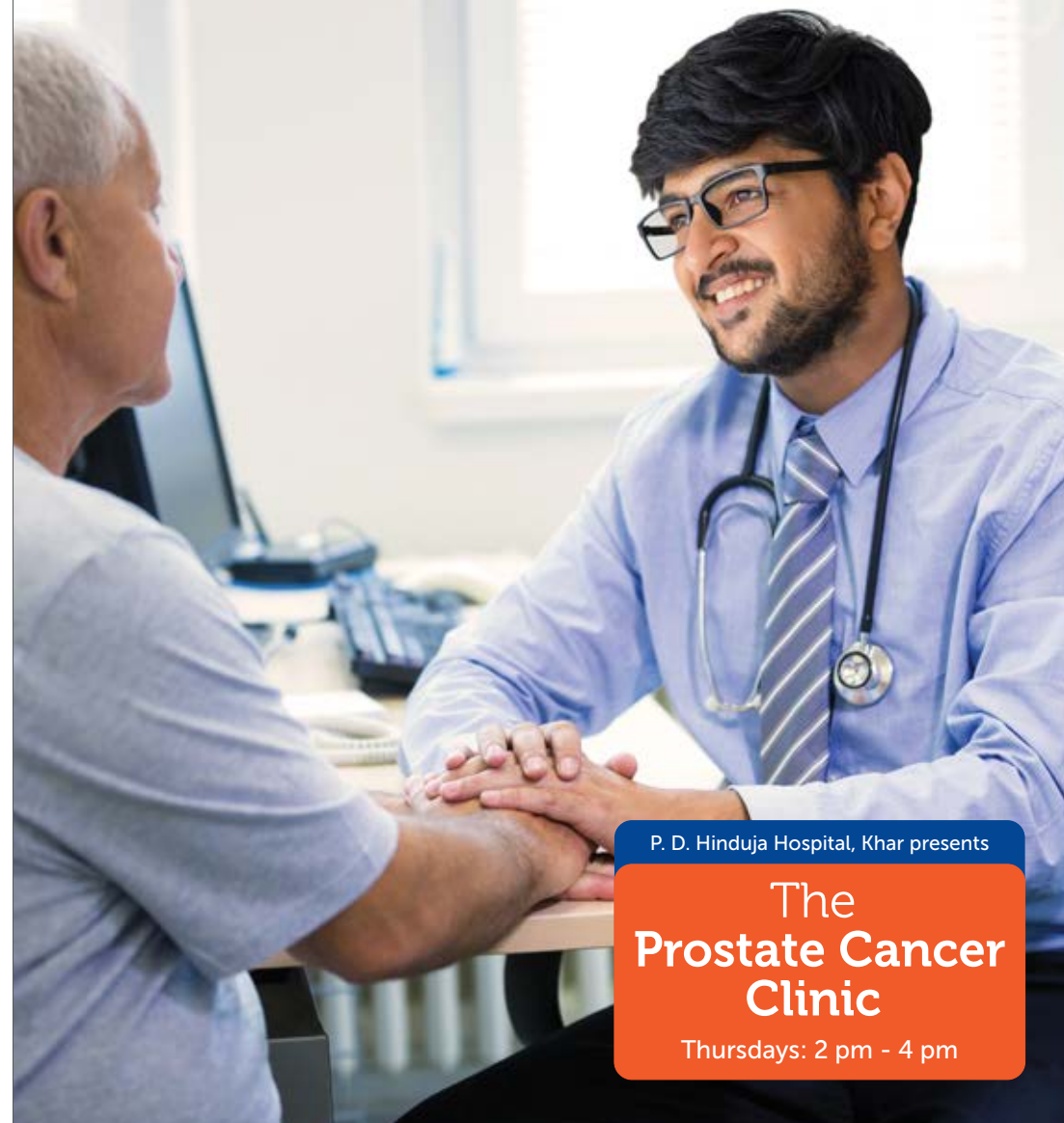
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Team-based approach. Patient-specific treatment.



P. D. Hinduja Hospital, Khar presents

The Prostate Cancer Clinic

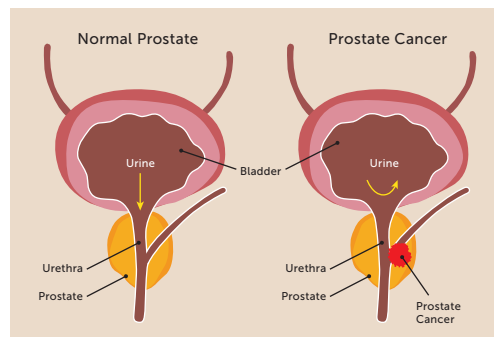
Thursdays: 2 pm - 4 pm

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What is Prostate?

Prostate is a walnut-shaped gland found only in males. It is located below the bladder and in front of the rectum. The Prostate is a reproductive organ that produces seminal fluid that helps nourish and transport sperm.

What is Prostate Cancer?



Abnormal growth of Prostate Cells, leads to Prostate Cancer. Prostate Cancer is one of most common types of cancer. When Prostate Cancer is detected early, the treatment can be highly successful.

What factors increase your risk of Prostate Cancer?

• Family history: If a blood relative such as a parent, sibling or child is a prostate cancer patient • Old age • Afro-American race • Inherited genes • Less clear evidence: Dairy products, Obesity, Smoking

What are the causes of Prostate Cancer?

The exact cause is not known. Prostate Cancer begins when there are DNA changes in the Prostate Cell due to the imbalance between Oncogenes (promotes cancer) and Tumor suppressor genes (against cancer). DNA-related changes can be hereditary or acquired.

What are the preventive methods?

There is no specific preventive method but what you can do to reduce the risk of Prostate Cancer is to ensure your body weight is in control. Develop healthy lifestyle habits such as a good diet (coloured fruits and vegetables), and regular exercise. Avoid too many dairy products, red & processed meats, and sweetened beverages. Include Soya (Soy Proteins) in your diet as it lowers the risk of developing Prostate Cancer.

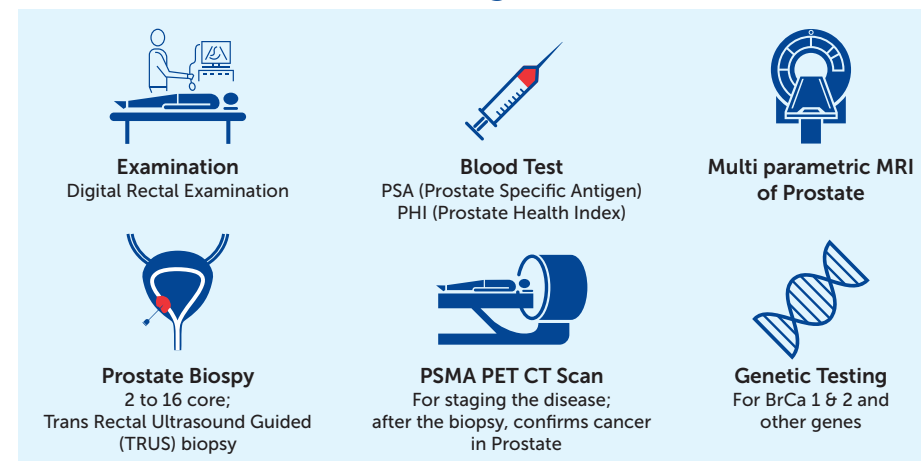
Who should get screened?

A screening test detects potential health disorders or cancers in normal individuals.

- First degree relatives (aged 45 years & above) of prostate cancer patients
- Adults above the age of 50 years
- Male relatives (aged 40 years) of patients with BrCa2 mutations
- Patients with urinary complaints (Subject to Doctor's consultation)

Screening is not offered usually to persons with a life expectancy of less than 10 years.

What are the various diagnosis methods?



What is the treatment?

The treatment of Prostate Cancer varies as per the stage of cancer.

Localised Prostate Cancer:

- Active Surveillance • Radiation Therapy
- Surgery - Radical Prostatectomy (usually done Robotic)

Locally Advanced Cancer Prostate:

- Multimodality Therapy • Hormone Therapy
- Radiation Therapy • Surgery

Metastatic Prostate Cancer:

- Androgen Deprivation Therapy (ADT): To achieve castration
- Medical Castration
- Surgical Castration (Bilateral Scrotal Orchiectomy)

**Comprehensive treatment.
Personalized care.**

**The
Prostate Cancer
Clinic**

P. D. Hinduja Hospital, Khar



Prostate Cancer Clinic is a initiative of P. D. Hinduja Hospital, Khar. Managed by our team of Uro-oncologist and Radiation Oncologist to help prostate cancer patients receive a comprehensive consultation and a personalized cancer management plan. A Medical Oncologist would also be available, whenever required.

The objective of the Prostate Cancer Clinic is to devise management plans that are tailored to individual needs of each patient as per the best available evidence.