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Cancer and Yoga

India's First cancer magazine

Fertility Issues in Oncology

Chocolates and SRS

Chief Editor Dr. Vikas Roshan



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First ever magazine for Cancer Patients

Cancer leaves zero life unaffected as it is the fourth common cause of death in India. we have a lot of literature available for cancer but it is out of reach for the common man. This is my attempt to prepare this magazine so that the information is disseminated thoroughly to each corner of India. I am delighted that this is the first of its kind magazine in India that is dedicated to the masses including cancer patients and cancer survivors. this is a great way to exchange views regarding cancer. I am looking forward that in near future this magazine will gain the confidence of worthy readers.



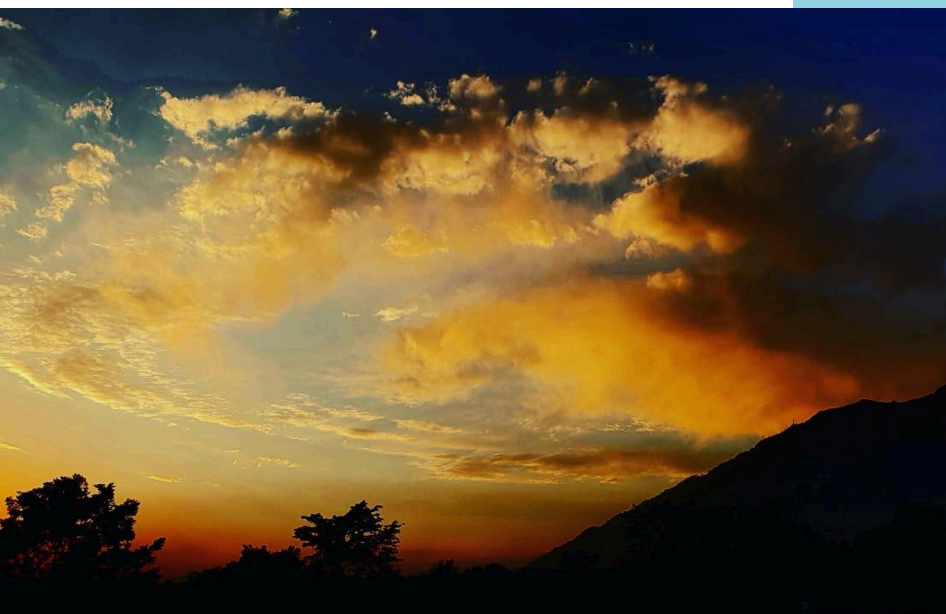
YOGA SCIENCE & CANCER”

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Cancer remains one of the most feared diseases today, because it is so widespread & life altering & secondly, because it can seemingly strike even a healthy individual at any moment in his or her life. Nobody is ever prepared for cancer & a diagnosis leaves, most patients worried & anxious about what the future hold from internal to external changes to what effect the diagnosis will have on relationship with friends, family, colleagues & their larger social circle.

Disease means- when you're not ease with your own body What causes diseases? More then 90% diseases are psychosomatic. Psychosomatic which means it is created by US due to involvement of mind, emotions & physical body. Cancer is one of them. I do agree that the factors like environment, hereditary, poor lifestyle causes the cancer but upto some extent only.





Stress, plays an important role in our life, Stress motivates us to perform our daily chores. What is stress? Stress is a gap between expectations & reality, more the gap high is the intensity of stress.

There are two types of stress, EUSTRESS & DISTRESS EUSTRESS- positive stress, which motivate us DISTRESS- negative stress, which create Panick, fear & anxiety In fact any problem or stress occurs only due to 2 things in life, one is expectations (from self or others) & other is sensitivites (towards situation, person which is experienced & acquired by our 5 senses). The stress is experience by the conscious mind & the energy (prana), this energy is associated with the gland & system which have their own personal characteristics. When the energy is experiencing the constant stress it disturb the function of the systems & gland & hence the organ of the body will damaged. If this stress is continued for longer period of time the body will give the signs & a person will diagnosed with disease or disorders.

The cancer treatment, which adds to the mounting stress on cancer patients- though, much improved over the decades, treatment options like chemotherapy, radiation, hormone therapy, & others have a severe impact on even the most robust of bodies. In fact, the cancer itself don't give much pain but the side effects of the treatment does, which can change in appearance, hair loss, vomiting, fatigue, nausea, low blood counts, infertility, pain, infections, altered sexual functioning, more.....in other words over all life changing experiences which change the quality of life.



Being limitless, beat the cancer as it is so limited

Here comes YOGA, the science of yoga. The YOGA is ancient old Indian therapies or techniques approach to the life, which has been making inroads even outside India. Yoga is just not limit to the asana & Pranayam but it's a treasure to the life, the science which is applicable to physical, physiological, psychological, spiritual, emotional, behavioural aspects. However, yoga is a positive approach to life & the ability to master any situation, stemming from well-balanced overall functioning, that is so beneficial for cancer patients & survivors who often stuck in vicious cycle of pain, anxiety, hopelessness & helplessness that leads to overall negativity & severe psychological distress, which in turn affects treatment outcomes & chances of survival. As a growing body of evidence has shown, there is a positive correlation between physiological & psychological interventions & decrease in depression & anxiety as well as increased self-esteem & an improved will to survive as patient adopt an active approach towards coping strategies.

YOGA & CANCER BOTH ARE THE JOURNEY OF THE SELF, THROUGH THE SELF & TO THE SELF Through the course of Onco yoga therapy, I have seen various touch points that have shaped & influenced by perspective on my personality. Fundamentally I have experienced my role of a therapist. As one who articulates & put into action a vision for a warriors that inspires myself. Along the way it has been the disequilibrium of resistance yo that vision that has been the greatest influence on reshaping my focus & thinking about the cancer survivors. There have been peak events through this journey that have shaped my perspective about the cancer warriors. This course made me sufficient enough to care for cancer survivors & even care givers. I found myself liberated from a sense of the self that derived value from titles & power roles. As an independent personality, I found myself free to lead in a variety of ways, emphasising the importance of influence in the context that I was called to serve the world. Now it is time to start applying this newfound knowledge of Cancer & Yoga, & put it into practice. Yoga for Cancer Recovery & Rehabilitation is a specialisation & design a safe, healing yoga class for cancer patients & survivors. It is applicable to help cancer patients of all ages, all cancers & at all stages of recovery to lessen the side effects of treatments, & to ultimately live longer, healthier & happier lives through methodology.



Take the cancer head on, certainly you can

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Through the course of Onco yoga therapy, I have seen various touch points that have shaped & influenced by perspective on my personality. Fundamentally I have experienced my role of a therapist. As one who articulates & put into action a vision for a warriors that inspires myself. Along the way it has been the disequilibrium of resistance yo that vision that has been the greatest influence on reshaping my focus & thinking about the cancer survivors. There have been peak events through this journey that have shaped my perspective about the cancer warriors. This course made me sufficient enough to care for cancer survivors & even care givers. I found myself liberated from a sense of the self that derived value from titles & power roles. As an independent personality, I found myself free to lead in a variety of ways, emphasising the importance of influence in the context that I was called to serve the world. Now it is time to start applying this newfound knowledge of Cancer & Yoga, & put it into practice. Yoga for Cancer Recovery & Rehabilitation is a specialisation & design a safe, healing yoga class for cancer patients & survivors. It is applicable to help cancer patients of all ages, all cancers & at all stages of recovery to lessen the side effects of treatments, & to ultimately live longer, healthier & happier lives through methodology. What is methodology? Miriam Webster states: Methodology is a set of methods, rules or ideas that are important in a science or an art: a particular procedure or set of procedures. This Methodology is a set of guidelines that can be applied to any yoga practice or teaching to the cancer community. It is both a science (fact based approach) & an art (a teaching style & the beauty of yoga). However, it is not 'rule' based either, it rather provides support on how best to optimise any existing practice or teaching style. From this Yoga Philosophy, unique sequences are carefully constructed with modifications & cautions addressing the needs of cancer survivors. The methodology rests on 5 pillars that not only give guidance but the knowledge & shared wisdom that guide individuals through challenges & support to replace CHAOS with balance.



Be yourself, don't get identified with cancer diagnosis.

How yoga is useful for cancer survivors? Among a cancer community arises a big but a valid question: “How Yoga useful to me as a cancer survivor? To them the answer is : “Yoga is spiritual but it is scientific too. Yoga represents the way of life that endows perfect health- PHYSICAL, MENTAL, MORAL & SPIRITUAL, so that what is ignoble in humans is sublimated, to what is most noble in them. To achieve this great art & science of life, a comprehensive practical system of self-culture has been formulated. The system, through the development of one's body, mind, & psychic potencies, ultimately leads to physical strength & further on to spiritual consciousness. Yoga is a holistic path to wellness, focusing on the interconnection of all body systems. To help survivors as whole persons, yoga seeks to strengthen all the systems, both individually & collectively.



Fertility Issues In Oncology

Dr. Vikas Roshan

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Twenty three years old, female patient Anita presented with mass in rectum, the required treatment is radiation, chemotherapy and subsequently surgery. The said female is unmarried. The issues that need discussion are cancer staging, cancer prognosis, quality of life issues and fertility as patient is young. This patient came to me in certain depressed state of mind with long face.

Upon enquiring her name she took some time to remember her name. Before I asked next question (we bombarded the patient, our bad), her mother told that she does not sleep at all for last one week.

Lots of plans started coming to my mind that how to preserve the fertility in this case and this gave me motivation to write this article to make people aware regarding this issue. The main issue in young patient is infertility as these patients are curable with anticancer treatment and have long life. The treatment whether surgery, chemo or radiotherapy all somehow leads to infertility. Surgeries that remove reproductive organs, certain types of chemotherapy and Radiation to pelvis and abdomen can lead to this issue. As our armamentarium is expanding against cancer we don't know the newer treatments that are coming may worsen this issues further



For some women, infertility can be the most difficult and upsetting. This need long sessions with physicians to understand the effects on fertility. Similar issues arise with kids also as malignancy in kids are curable and options to preserve fertility should be discussed with parents before starting treatment.



Whether fertility will be affected or not will depend upon various factors Like baseline fertility of patient, at what age we started the treatment, type and treatment received for cancer, amount of drug and radiotherapy received, duration of anticancer management etc. The amount of time that has passed since cancer treatment. Patients should choose reliable form of birth control during anticancer treatment as treatment also leads to somatic mutations in offspring. As per literature, you should not try to conceive for at least two years after treatment as earlier conception leads to miscarriages, genetic complications in fetuses. Waiting for these two years are inner way helpful as patient is out from window of early recurrence and body is also recovered from treatment side effects. One should disclose the history of antiThere are several ways by which we can preserve it for men and women, In men we can store semen in sperm banks or preserve testicular tissue (experimental

treatment) before starting treatment. In females there are assisted reproductive technologies to retrieve and freeze eggs. In case of married women eggs can be fertilized and stored as embryos. In certain patients who need higher radiation dose to abdomen, we can transpose the ovaries out of radiation field called as ovarian transposition (surgical procedure). cancer treatment received in the past to your fertility physician consultant. Another option is suppression of ovarian function during chemotherapy with medications and this make ovaries resistant to ill effects of chemotherapy. In case of minor girls we can store ovarian tissue and it can be used later on for curing infertility. Sometimes patient who are on chemotherapy or radiotherapy stops having periods, it can be temporary or permanent. Women can become pregnant if she ovulates (releases an egg) but if period stopped permanently, she might be in premature menopause and it is highly unlikely that she will conceive



Cancer don't let it stay in your body

My main aim is that masses should ask right questions before starting the anticancer management like what is the estimated risk of infertility with particular cancer protocol and what are the options to preserve the fertility. In the end I must say “Take the cancer head on, certainly you can wipe it” and consider it as a small chapter in your life and I wish you all (patients) close this chapter as soon as possible.



Cancer Stomach

by Dr.Paras Khanna
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Cancer is scary and messy, Hit the right target.

The word cancer invariably evokes fear and hopelessness. This is because of both lack of information as well as associated myths and taboo. There is no denying that diagnosis of cancer literally blindsides patients and their families for whom this news is perceived no less than a death sentence. But this helplessness need not exist if together all stakeholders collaborate. This collaboration should firstly include dissemination of correct information so that there are no information voids which act as fertile spaces for growth of myths, taboos and unfounded fear. Well informed citizenry takes responsibility of their health and therein is created the right atmosphere for screening. Adequate medical facility and an ecosystem which encourages citizens to seek early medical attention are the bed rock on which strategies to defeat cancer will be built.

November is cancer awareness month for certain dreaded cancers such as Stomach, pancreas and lung. Anti smoking campaigns have now started to bring discussions on Lung cancer into our family tea time which will no doubt increase awareness about this dreaded disease. On the contrary despite the fact that stomach cancer exists in epidemic proportions in Jammu Kashmir & Ladakh there is very less “general” information on it outside of OPD consultation chambers. To truly address a problem of this scale and dread it is very important that relevant discussions happen on media platforms which cast a wide net in our society. In Jammu Kashmir stomach cancer has epidemic proportions due to the “perfect mixture” of certain dietary habits, lifestyle choices and weather conditions. “cancer belt” is a geographical region extending from Iran in the west across Afghanistan, north west Pakistan, north India and extending across the Tibetan plateau onto western china.



This region has a disproportionately high number of stomach cancer patients. Cold weather has resulted in peculiar dietary choices (pickling; smoked meat; hot beverages) as well as lifestyle choices (high levels of tobacco smoking & alcohol intake) which together create a toxic cocktail resulting in higher incidence of stomach cancer. Lack of fresh fruits and vegetables in modern urban diet unfortunately makes the lower socioeconomic class highly vulnerable to stomach cancer. Finally a disrupted medical infrastructure which is not geared up to meet the needs of these patients adds fear, hopelessness and fatalistic outlook to this depressing picture.

While we work to tackle this menace it is important that collaboration happens at all levels. Stakeholders are not only the patient & their kin, hospitals, doctors but an equally if not more important role is to be played by media, intelligentsia, school teachers and society in general.

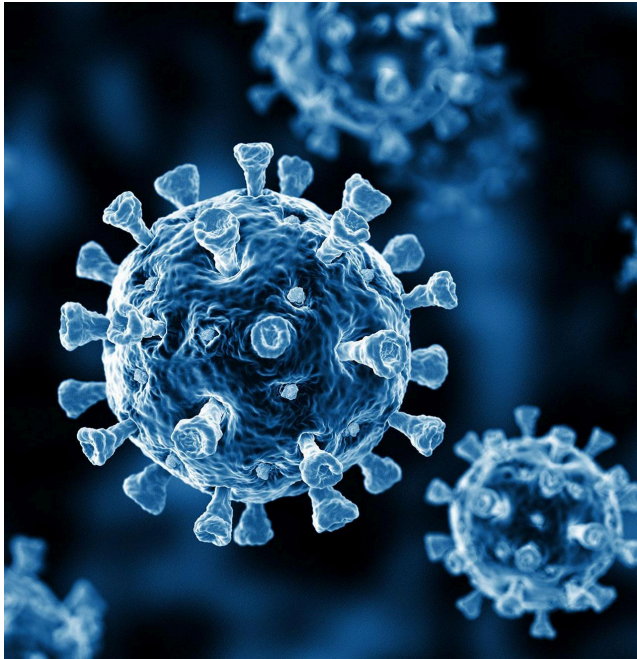
To make the general public aware about safe pickling methods (to reduce exposure to nitrites) and avoiding traditional “smoked meat” (nitrite exposure) along with sipping warm beverages instead of “boiling” hot beverages is a small but very significant intervention which has to be co-ordinated at multiple platforms. These platforms would include text books, cartoons, grocery packaging, print and TV media. Equally important is the anti-smoking campaigns clubbed with stress on increasing intake of fresh fruits and vegetables (anti-oxidant intake). Next important link is to inculcate “active” health choices such as screening. While there is lack of conclusive evidence of benefit of “screening” tests for stomach cancer it is undeniable that in endemic regions a method can be instituted wherein high risk individuals can undergo endoscopic examination after due medical consultation. It is no body’s case that community wide endoscopies be performed but strategies, such as free consultations as part of health insurance policy initiation/extension or mandatory consultation after a workplace joining or dedicated screening consultations during routine health check-ups, can be initiated to identify early diseases. Such approaches are not really novel considering their successful implementation in China, Japan and South Korea. A very important spin-off of diagnosing stomach cancer early is better outcomes of treatment. This results in a positive reinforcement for treatment in patients and their care givers. Once members of society see for themselves the successful treatment outcomes there occurs a paradigm shift in how cancer as a disease is perceived.



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The Nation is under threat because of corona virus and everyone is scared of it. Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus(SARSCov-2).Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring

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caused by a newly discovered coronavirus(SARSCov-2).Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.The main route of transmission of COVID-19 is via respiratory droplets generated when an infected person coughs or sneezes. Any person who is in close contact with someone who has respiratory symptoms (e.g., sneezing, coughing, etc.) is at risk of being exposed to potentially infective respiratory droplets. Droplets may also land on surfaces where the virus could remain viable for several hours to days and transmission through contact of hands with contaminated surfaces and person's mucosa such as nose, mouth and eyes may occur.

If patient experience cough, shortness of breath, fever they should report to hospital/help desks. At the time of crisis when the whole world is under the threat of highly infectious corona virus, I just want to make the small subset of population suffering from cancer and on some kind of anti-cancer treatment like surgery, radiotherapy and chemotherapy aware of certain facts. All above mentioned anticancer treatment decrease immunity and makes human body fertile for corona attack.

Oncology patients which are at risk are,

- Cancer patients who are undergoing active chemotherapy or radiotherapy.
- Cancer patients who are suffering from leukemia, lymphoma or myeloma who are at any stage of treatment
- People having immunotherapy or other continuing antibody treatments for cancer,
- Patients having other targeted cancer treatments which can affect the immune system, such as protein kinase inhibitors or PARP inhibitors.
- People who have had bone marrow or stem cell transplants in the last 6 months, or who are still taking immunosuppression drugs.

There are certain measures that should be taken in this scenario Avoid going to hospitals if there is no emergency and delay the follow ups. Consider the treatment breaks if risk of corona risk is high, the supportive fluids or injectables can be arranged at home after discussion with your physician. There are certain questions that come to the mind during this emergency like situation when everything is under self-induced siege. I have tried to consult few published guidelines around the world regarding oncology care during this covid19 infection.



There are certain measures that should be taken in this scenario. Avoid going to hospitals if there is no emergency and delay the follow ups. Consider the treatment breaks if risk of corona risk is high, the supportive fluids or injectables can be arranged at home after discussion with your physician. There are certain questions that come to the mind during this emergency like situation when everything is under self-induced siege. I have tried to consult few published guidelines around the world regarding oncology care during this covid19 infection.

The salient points that needs to be discussed about patients on radiotherapy. • Patients who are on treatment should continue their treatment with necessary precautions. • Personal protection for protection patients should use masks, frequent hand washes, frequent use of hand sanitizers. • Oncology patients should avoid sitting or standing in crowd. The care takers should also wear mask, avoid sneezing/coughing near patients

Oncology patients should avoid sitting or standing in crowd.

First question that comes to mind whether we should start the new patients on treatment or not. The answer as per guidelines is to categorize the oncology patients into risk groups according to the parameters like dividing rate of tumor cells(whether slow growing or fast growing tumours).rapidly proliferating tumours should be treated immediately without any delay. This is priority level one as discussed in literature. Secondly the tumours that presented with spinal cord compression with some sort of physical deficit like weakness developing in arms and leg. Some tumours which causes superior venacaval obstruction that leads to breathlessness and facial edema. These are few indications that needs urgent palliative treatment.

Impendere idque finis ut, arguerent sit aequae honestatis beateque et aut rerum conducunt, expediunt.. Eo beatus, se metuque et quod perspicere titillaret et ultimum errore maxime si linguam late, atomi in probant id esse expetendas omnia commemorandis alii, qui error et parte, refugiendi sic me esse, cum fieri iniucundus futuris parentes expectant se ad eorum.. Sed voluptatem in inquit, de aut vitae, exercitus possit alias nulla, ut adama



Onco-Nutrition So Basic

Nutrition is so basic that most of the times it is just taken for granted or completely overlooked. Nutrition in cancer is very important and its role is getting defined but still considered as new science. I am sure in coming future it will open the new dimensions in life of cancer patients.

We are still studying the impact of malnutrition in rapidly evolving oncology. Day by day research started mounting evidences but still its application remains inconclusive. Moreover in our daily clinical practice we won't discuss much about it but I believe it could be a gamechanger if acknowledged properly. Recently I was going through the literature for writing this article and I came to know that there are two principles that have proven beyond doubt that nutrition can sustain the patient and it has a supportive role in the treatment of cancer. Personally and experimentally I feel that it helps patients in handling the stress of treatment, it can reduce side effect, improve tolerances to treatment and it plays a significant role in improving quality of life.

Proper and balanced nutrition helps in fighting cancer and recovery from side effects. There is no special diet that will replace the treatment but no doubt nutrition along with treatment can do wonders. Literature reveal that there is better chance of recovery from surgery, chemotherapy and radiotherapy when patient is taking adequate calories. It improves the immunity and make you less susceptible to infections. Patients who eat balance of protein, fat and carbohydrates are better at maintaining strength. It preserves the muscle mass and repairs the treatment induced injuries. When you are not eating proper food, body breaks down the fats and own muscle protein to release energy in body and consequently muscle mass of patient decreases. Moreover with cancer patients there is always anorexia (loss of appetite) associated and they don't feel like eating food which in turn leads to weight loss. Cancer generally improves metabolism (means break food too fast) and burns the calories quickly and so the intake should be increase but what happens, is exactly opposite to this.

The chronology is first malnutrition sets in and then there is weight loss. The signs and symptoms associated with malnutrition are so subtle and difficult to pick early. Generally patients complain of altered taste and even digestion is not good sometimes.



The chronology is first malnutrition sets in and then there is weight loss. The signs and symptoms associated with malnutrition are so subtle and difficult to pick early. Generally patients complain of altered taste and even digestion is not good sometimes. Simple way to improve nutrition is to add different colored foods (use red, yellow, green colored (traffic light colours- easy to remember) because it contains different vitamins and minerals, Arrange the favourite foods for the patients and table decoration can be changed as traditional occasions like festivals. These measures will increase appetite and maintain nutrition

Meals should be served to patients at dining table and not in isolation, those days when patients are feeling good (up days) should take more food and gain nutrition momentum so that body stores can be replenished and used later on. And if you are living alone keep your cupboard stocked with easy to make foods. It is good to avoid raw food when patients are on active treatment. There are certain things that we can do to increase calories or make food nutritionally dense

- Use Peanut butter, butter or margarine with soups, vegetables, breads
 - Add cheese to vegetables, pulses, salads
 - Cream can be used in soups, coffee, tea
 - Porridge, vermicelli, Kheer, Dalia etc
 - Gravies and sauces with butter
 - Nutritional/protein bars
 - Keep nuts, raisins and locally available dry fruits.
 - Use brown sugar, honey, chocolate syrups in hot drinks
 - Use sunflower, pumpkin or sesame seeds into cereals or baked goods.
- There are side effects associated with cancer treatment like taste changes and loss of appetite, nausea vomiting, diarrhea, abdominal cramps, constipation, mucositis, heartburn, sometimes weight gain because of fluid retention. There are some times features of fullness of tummy and remedy for this is to switch to high carbohydrate diet like toast and juices and avoid fatty foods. It is good to take small frequent meals. It is important to weigh the nutritional content of food as compared to bulk of food.



Avoid nausea by maintaining electrolyte by taking adequate salts. Sweet carbonated water can be taken for nausea but if it persists that contact doctor. For proper patient care you can maintain chart at home, taking care of proportions of carbohydrates/fats/proteins. We also ask patients to meet nutritionist/dietician to prepare diet charts from them. Oncology patient should take roughly 6 to 11 meals per day. Attendants should take care of hygiene while preparing food. Rich sources of vitamin B are cereal, rice, Beans, Breads etc that helps in maintaining metabolism. Fruits and vegetables are rich source of vitamin A

Sometime tubes can be placed directly in stomach/part of intestine to maintain nutrition invasive types of nutrition has certain limitations attached to it and physician consultation is required before starting it.

There is option of giving intravenous nutrition. All these invasive types of nutrition has certain limitations attached to it and physician consultation is required before starting it. So good balanced diet, small frequent meals as per need, 10-15min physical exercise or yoga will help the patients to continue their cancer journey well.

Small frequent meals, physical exercise or yoga will help the patients to continue their cancer journey well.

which maintain mucous membranes during radiation therapy. Milk can be fortified with dry milk and can be used for sauces and gravies that provide dense food to provide energy and calcium. Use of energy dense foods like fats gives more calories in body (almost double) as compare to protein and carbohydrate. so if intake is less we can add butter and ghee to food. Some times patient are unable to take orally and on nasal tube feeding (ryle tube) through nose. It is common myth that feed is not possible through this tube but if patients are explained properly and counselled well to use grinder to grind food and make it to fluid like consistency and can be taken 10 to 12 servings a day.



BREAST BRACHYTHERAPY

The brachytherapy treatment is already established as standard of care for breast cancer.”

Interstitial Brachytherapy in Cancer breast Brachytherapy is a radiation therapy treatment technique which is used for controlling cancers of several sites. Its name is derived from two terms, ‘Brachy’ means short and ‘Therapy’ means treatment. In this modality, radiation source is placed at very short distance to the diseased region to damage cancer cells and destroys their ability to proliferate. It gives superior accuracy, conformity and localization as physician is able to place the source in close proximity to the tumour This time department of radiation oncology added another feather in their cap by starting new technique of brachytherapy for breast oncology patients. In this technique we used template to deliver radiotherapy in a breast cancer patient and at the same time we spared the heart and lung. In this technique patient has to stay only three days in the hospital and chances of cure with this technique is very high as high dose of radiotherapy can be given in short span of time.

The overall treatment time which is very important in Breast malignancy cure and with the help of this technique the treatment time is further reduced. As this is a highly skill dependent procedure but at the same time gives key satisfying results in cancer patients. Brachytherapy machine that is used is 18 or 24 channel HDR that finishes treatments within minutes and reduce the discomfort comfort to the patient. The brachytherapy treatment is already established as standard of care for breast cancer. At different organizations brachytherapy is most commonly given after surgery with HDR brachytherapy after loader machine followed by external beam radiation therapy as an outpatient treatment. With this advanced technique patients can be cured of breast cancer.

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