

DEPARTMENT OF MEDICAL ONCOLOGY



Mazumdar Shaw
Cancer Center

Unit of Narayana Health



About Narayana Health City

One of the leading private healthcare service providers in India, operating a chain of multispecialty, tertiary and primary healthcare facilities NH has a network of 23 hospitals (multispecialty and superspecialty healthcare facilities which provide tertiary care), 8 heart centres (superspecialty units which are set up in a third party hospital) and 24 primary care facilities (including clinics and information centres), across a total of 32 cities, towns and villages in India including one in Cayman Islands, North America with 5,442 operational beds. Headquartered in Bengaluru, India, and operate a national network of hospitals in India with a particularly strong presence in the southern state of Karnataka and eastern India, as well as an emerging presence in western and central India. Our first facility was established in Bengaluru with approximately 225 operational beds and we have since grown to 57 facilities with 5,442 operational beds.

About Narayana Health City

Narayana Institute of Cardiac Sciences in NH Health City operates as a "centre for excellence for cardiac sciences" with 706 operational beds exclusively for cardiac surgeries and cardiology procedures of which 80 beds dedicated to pre-operative and post-operative paediatric and neonatal ICU.

Mazumdar Shaw Medical Center in NH Health City is a multispecialty tertiary care hospital with 706 operational beds and has over 30 specialities to offer and is focussed mainly on oncology and renal sciences and also houses one of India's largest bone marrow transplant units.

About the Department of Medical Oncology

The Department of Medical Oncology delivers state of the art treatment for cancer for adults. The unit offers the highest international standards of care in a supportive environment including all the ancillary care required by patients and their families. Multidisciplinary care is at the centre of each patient's treatment pathway. Site specific approach for the patients ensures that they receive the best evidence based care available to date. Following treatments are available to the patients:

Chemotherapy: Chemotherapy is the use of anti-cancer (cytotoxic) drugs to destroy cancer cells. Some are given on their own but often several drugs are given together. The type of chemotherapy given will depend on the type and stage of cancer. Chemotherapy may be used alone to treat some types of cancer. It may also be used with other types of treatment such as surgery, radiotherapy, hormonal therapy, biological therapies, or a combination of these.

Targeted therapy: Targeted treatments use substances that occur naturally in the body to destroy cancer cells. These include the use of monoclonal antibodies, cancer growth inhibitors and vaccines. Targeted therapy is also known as biological therapy or immunotherapy. Monoclonal antibodies (called this because they come from a single cell) work by recognizing the protein on the surface of the cancer cell and then locking onto it (like a key in a lock). They

destroy the cancer by either triggering the body's immune system to attack the cancer cell and can cause the cell to kill itself or attaching a cancer drug or a radioactive substance to the antibody which delivers them directly to the cancer cell because they target those specific cells (targeted therapy). In order to grow and divide cancer cells 'communicate' with each other using chemical signals. Cancer growth inhibitors interfere with this process and so affect the cancer's ability to develop. Cancer vaccines are a new type of cancer treatment and are still in the early stages of development. There is though vaccine available to prevent a virus called the human papilloma virus (HPV), which can cause cervical cancer.

Hormone therapy: Hormones are substances that occur naturally in the body. They act as chemical messengers influencing the growth and activity of cells. Hormones are produced by a number of different organs or glands which together are known as the endocrine system. Hormonal therapies act by altering the production or activity of particular hormones in the body. They are most commonly used to treat breast and prostate cancer.

Supportive therapy: These treatments are administered as part of the main treatment either with chemotherapy to reduce the side-effects of chemotherapy (to support blood counts or prevent vomiting or protect bones). Bisphosphonates are given to control (or prevent) bone thinning, reduce the level of calcium in the blood and help control pain in various cancers.

Clinical Trials: The medical oncology unit remains committed to clinical trials. Cancer research trials are carried out to try to find new and better treatments for cancer. Many drugs that have been tested in clinical trials are now in common use. Without ongoing clinical trials it would not be possible to add to our knowledge about effective treatments. Once trials have shown that a treatment is effective, further trials are often carried out to find better ways of using it. These trials may include giving it in different doses or combining it with other treatments. Clinical trials also play a valuable role in testing ways of helping people cope with the emotional aspects of cancer. Carrying out clinical trials is the only sure way to find out if a new approach to cancer care is better than the standard treatments currently used. Without trials, there is a risk that patients could be given treatments which have no advantage, waste resources and might even be harmful to them.

Screening for Cancer: Screening aims to either detect cancer at a very early stage (when treatment may be more effective), or detect changes in cells which, if left untreated, might become cancerous later. We aim to provide screening for cancers of the breast, cervix, bowel cancer and lung cancer.

Integrative oncology : The department plans on launching a centre for preventive medicine with an emphasis on risk assessment, risk reduction and comprehensive screening for the general population. The centre has set the target of becoming a centre for integrative oncology with personalized patient management and translational research for development of novel therapeutics unique to the biological and genetic signature of the patient.

Highlights of the Department

- Personalized care to each patient
- Multidisciplinary care
- "Integrative Oncology" to provide holistic care to patients
- Patient support group meetings
- Site specific approach to cancer care
- Faculty with high international and national profiles
- Commitment to provide quality care to each patient
- Protocol based treatment
- Evidence based approach in treating patients in a multidisciplinary setting
- Ongoing audits to improve quality and services
- Survivorship programmes to follow-up patients and provide customized prevention and management strategies.
- Internal audit
- Community outreach programmes
- Tobacco cessation programmes
- Focus on clinical governance which includes education, risk management, clinical audit, evidence-based care and effectiveness, patient and caregiver involvement
- Specialist oncology nursing
- Cost-effective care
- Prospectively maintained database

Tumour Board / Multidisciplinary team Meeting

At Mazumdar Shaw Cancer Center, a team of our experts from surgical oncology, radiation oncology, medical oncology, radiology, pathology, nuclear medicine and related disciplines come together in the Tumour Board meetings to discuss various cases and form a customized/ joint decision on the treatment plan. We believe that each patient and his/her disease is unique, hence our team of experts customize a 'personalized treatment plan'. We constantly review and improve our protocols and encourage the participation of our patients as well as care givers to understand the disease and its treatment process. All cancer patients are discussed in the tumour board and a copy of decision shared with the patient.

OUR FACULTY



Dr. Santosh Gowda

MD, MS, AB (USA)

Dr. Santosh Gowda is a U.S. trained Hematologist/Oncologist and brings expertise with 4 American Board Certifications in Medical Oncology, Hematology, Internal Medicine, Palliative care and hospice. He worked as a consultant Medical oncologist/Hematologist and Director of Hospice and palliative care for Duke University affiliated hospital in U.S.A until April 2014. He also holds a Masters in Medical Science, Molecular Genetics and Microbiology from University of Florida, U.S.A. He joined Mazumdar Shaw cancer center in June 2014.

Dr. Santosh Gowda mainly focuses on Integrative Oncology delivering Holistic care and believes in patient and family empowered care with personalized medicine. Dr. Santosh Gowda strongly believes in preventive medicine and survivorship. He is committed to giving high quality and evidence based cancer care for his patients.

Areas of expertise

Integrative Oncology and Quality initiative

Lung Cancer, Kidney Cancer, Bladder Cancer, Prostate cancer and other solid tumors

Preventive Medicine

Survivorship care

Cancer Support Group

Cancer Support Group is a group of people and families coming together to share common experiences, good or bad. These experiences may relate to themselves or a family member. They could be shared among a similar group either by an individual or a family who has helped and supported a loved one through a diagnosis of cancer, its treatment and other related issues. Such a group can include people who are newly diagnosed or someone who is undergoing treatment currently as well as someone who has completed their treatment. Various studies have shown that such groups have helped bring about "Mind and Body Healing" and promote a positive attitude. It also helps create a sense of camaraderie, prevents people from feeling isolated in their experiences through the time of their diagnosis, treatment and thereafter. The department aims to set up a patient-caregiver network so as to empower patients in collective decision making and also support them in "living with cancer".



Dr. Pragnya Coca

MD, DM

Dr. Pragnya Coca completed her MD in Internal Medicine from Andhra Medical College. She has completed her DM in Medical Oncology from Nizams Institute of Medical Sciences. She is ESMO (European Society of Medical Oncology) certified in the field of Medical Oncology. She has a special interest in the area of cancer clinical trials, and is especially interested working with new molecules in targeted therapy and cancer immunotherapy.

Area of expertise

Head and Neck Cancers

Neuro-oncology and other solid tumours

Clinical Trials

Services offered

- Chemotherapy daycare
- Chemotherapy counseling
- Integrative Oncology
- Specialist nursing
- Ambulatory infusional chemotherapy
- Telemedicine services
- Routine cancer health check-ups
- Second Opinions
- E-consults

List of procedures

- Chemotherapy day care
- Intensive cancer care
- Specialised neutropenia care
- Ambulatory chemotherapy through continuous infusion pump
- Cancer referral centre
- Telemedicine services
- Targeted therapy and immunotherapy
- Planning and administration
- OPD consultations
- Routine cancer health check-ups
- Second Opinions



Department of
Medical Oncology

For appointments Please call

☎ **Phone: +91 80 7122 2358**

OPD Timings: **9:00 am to 5:00 pm**, Monday to Saturday



For Emergency Call
1800 4250 4250

