

**CONTINENTAL**  
HOSPITALS  
*Our Healing touch..*



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<b>Radiology Services</b>	+91 84980 73000
<b>Centralised Report Dispatch Unit</b> 9:00 AM - 6:00 PM	+91 84980 76000
<b>Pharmacy</b>	+91 40 6700 0444

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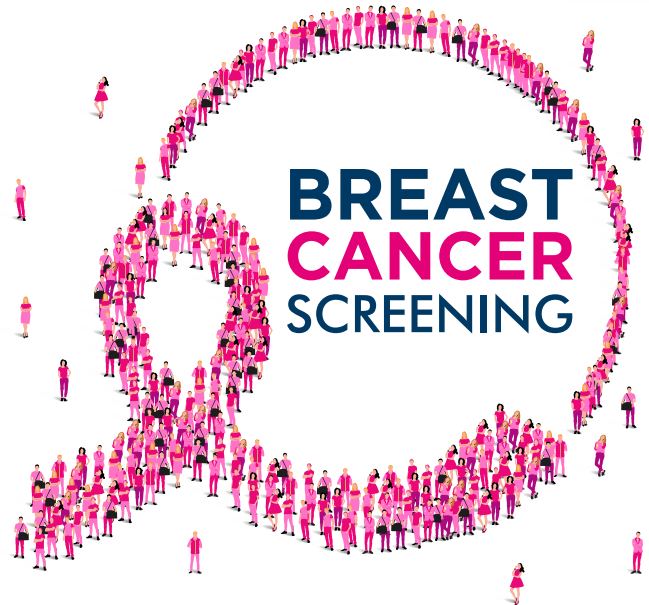
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*Comprehensive*  
**CONTINENTAL**  
**CANCER -CENTRE**  
*From Prevention to Palliative*

**CANCER PREVENTION**  
**STAY AHEAD OF CANCER**

**EARLY DETECTION**  
**BETTER OUTCOMES**



**DEPARTMENT OF**  
**CANCER PREVENTION AND**  
**EARLY CANCER DETECTION**

Breast Cancer is one of the most common cancers in the world and in India, every 4 min.

a woman is diagnosed with breast cancer. Early recognition and detection of breast cancer increases the chance of treatment before it spreads to other parts of the body. Every year 1,80,000 new cases are diagnosed. Breast cancer is now the most common cancer in Indian women.

## SCREENING

Our recommendation at Continental Hospitals:

### WOMEN:

- 45-54 annual mammogram
- 55 and older every two years until age 70
- Continue screening as long as the woman is in good health and expected to live 10 years or longer
- Those at high risk and under 40 years of age, and be referred to our specialist breast surgeons and experienced clinical oncologists
- High risk women should have genetic testing, annual MRI and mammogram from the age of 30. The High risk group includes:
  1. Who have BRACA 1 or BRACA 2 mutation
  2. Mainly based on family history, have a 20-25% risk of breast cancer based on risk assessment tools
  3. Those who have a first degree relative, brother, sister or child with BRACA 1 or BRACA 2 gene mutation and have not undergone genetic testing themselves
  4. Those who underwent radiation to the chest between the ages of 10 and 30

5. Those with Li Fraumeni syndrome, Cowden syndrome, Bannayan Riley Ruvalcaba syndrome
6. First degree relatives with any of the above syndrome, for women with heterogeneously dense breasts, MRI is recommended in addition to screening mammogram. 3D mammogram are now in use either for screening or diagnostic purposes. Contrast mammograms are also in use.

For high risk group, we recommend MRI and mammograms continue from the age of 30 and for as long as the women remain in good health. At Continental Hospitals, we have our breast specialists and when appropriate, we arrange genetic counselling after comprehensive genetic testing.

If mammogram or MRI has shown and confirmed a suspicious cancer, our experts will do a biopsy. If malignant, you will be discussed in our multidisciplinary tumour board. You may be treated only by surgery or combined with radio therapy, chemotherapy, Immunotherapy and our experts offer precision medicine for targeted therapy

Find out more about our Continental Breast service

**Early detection of breast cancer increases your chances of survival, less treatment, less time spent in recovery**

**We encourage self examination of your breasts and if you are unsure, our breast team nurses would teach you**

