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HOSPITALS
Our Healing touch..



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Plot No. 3 • Road No. 2 • IT & Financial District • Gachibowli • Hyderabad - 500 035

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continentalhospitals.com
info@continentalhospitals.com

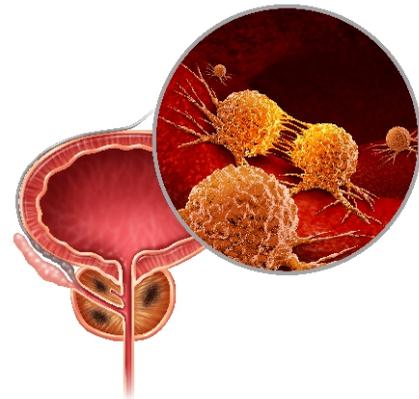
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Comprehensive
CONTINENTAL
CANCER -CENTRE
From Prevention to Palliative

CANCER PREVENTION
STAY AHEAD OF CANCER

EARLY DETECTION
BETTER OUTCOMES

PROSTATE CANCER



DEPARTMENT OF
CANCER PREVENTION AND
EARLY CANCER DETECTION

- Prostate Cancer arises from the prostate gland. The prostate is like an "Orange", an outer covering and the inner juicy pulp

- This Cancer is much more commoner in black people than Asians, while people or Hispanics

Cancer arising from the gland and not having spread to far Sites, SURVIVAL RATE CAN BE AS HIGH AS 100%

We believe at Continental, NO ONE SHOULD DIE OF THIS CANCER IF DETECTED EARLY

- Early Detection of Prostate Cancer, Prompt treatment SAVES LIVES. WHO ARE AT RISK OF DEVELOPING PROSTATE CANCER

Age greater than 50

Smokers-If you quit smoking, development of prostate cancer will be less chances

- Black people (African Ancestry)

first degree relatives with prostate Cancer- father, Brother (NOT grand father)

those who have genetic mutations - BRACA1 OR BRACA 2, LYNCH SYNDROME

- Obese, Sedentary life style (Maintain Healthy Weight)
- Type 2 DIABETICS

KNOW the symptoms, If you have them, Contact without delay, your doctor.

What are they?. Trouble Starting urine to be passed, Weak urine flow, Pain or burning while passing urine.

Blood in urine

Erection is difficult and may be painful

Lower back Pain

Be aware, there are other conditions which may cause above symptoms

Also benign growths from prostate gland may cause above symptoms When should you start Screening ?

how is Screening done?

- Age 50. Start measuring PSA. Earlier age at 40 is recommended if there is strong family history.

PSA (Prostate specific antigen) is a protein produced from epithelial cells, to aid in liquefaction of semen, which has leaked into the blood Stream. If PSA high, your doctor would refer to a urologist. Urologist may undertake further tests such as repeat PSA, measure PSA variants such as free PSA, PSA HK3, PSA Density, PSA Velocity, Prostate health Index.

Our Specialists/clinical oncologists may request for ultrasound, Multiparametric MRI, biopsy, special PET Scan and depending on the biopsy report, guided by the abnormal cells in the specimen, our multidisciplinary team at Continental Hospital may offer you - Surgery, Stereotactic radiation, chemotherapy, hormonal therapy and immunotherapy, depending on the stage of the disease, in our state of the art facilities

At Continental Hospital, we have experts who carry out Robotic Surgery to remove the prostate gland

Our experts offer "ACTIVE SURVEILLANCE after treatment. Continental also offers GENETIC TESTING, advanced testing of EXOSOMES in the urine for Screening and Diagnostic purposes and personalised Screening and Personalised precision medicine for treatment.

EARLY Detection of Prostate Cancer, reduces MORTALITY BY AS HIGH AS 20%

How can you reduce the risk of developing PROSTATE CANCER?

- Exercising, change of life style, avoid sedentary life style

Eat a healthy diet-Lots of fruits and vegetables, although there is no proven evidence, Meditaranean diet has been observed to reduce the incidence

-diet, low diary diet, avoid red meat, a low fat diet We at present DO NOT HAVE a definite Strategy to adopt to prevent Cancer of the Prostate

Prostate Cancer prevention-Quit smoking

Reduce drastically, alcohol intake

Our Recommendations for Screening

- For average risk patients, we advice age 50

- For men who carry genetic mutations like BRACA1 OR BRACA2 OR LYNCH SYNDROME, WE advice as early as 40 years