



Take Home Messages

- If you have symptoms, **DO NOT DELAY CONSULT YOUR HEALTH CARE PROVIDER AS SOON AS POSSIBLE**
- 80% of Liver cancers in India occur in patients with cirrhosis of liver, 60% of them are Hepatitis B Carriers.
- Every year approx 25,000 die from Liver Cancer
- Risk of Liver Cancer is increased if you smoke or drink excessive alcohol
- Cut your alcohol to no more than one drink per day
- **If diagnosed early, it may be possible to remove the cancer completely.**



Emergency	+91 84980 81000
Appointments / General Information	+91 40 6700 0000
Health Check Department	+91 84980 83000
Radiology Services	+91 84980 73000
Centralised Report Dispatch Unit 9:00 AM - 6:00 PM	+91 84980 76000
Pharmacy	+91 40 6700 0444

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CANCER PREVENTION
STAY AHEAD OF CANCER

EARLY DETECTION
BETTER OUTCOMES

CANCER OF THE LIVER



DEPARTMENT OF
CANCER PREVENTION AND
EARLY CANCER DETECTION

- Liver cancer can arise from within liver or from elsewhere into the liver.
- Long standing chronic inflammation in the liver can develop genetic alterations and lead to cancer
- Liver is a chemical factory. Liver cancer is more common in men than women
- It lies below the diaphragm and lies above the stomach
- Most common cancer arises from the main type of liver cell. Other uncommon types are cancer arising from the bile ducts in the liver (cholangio carcinoma, hepatoblastoma)
- Cancers from other areas eg colon, ovaries, breast, can spread to liver (Metastatic cancer)



Who is at risk of developing liver cancer

- Persisting chronic infection by a Virus–Hepatitis B or C
- Cirrhosis – In this condition, scar tissue forms inside the liver, which would increase your chances of liver cancer, if long standing
- Some types of inherited diseases relating to iron and copper metabolism
- Those who are diabetics, longer the duration, poor control of blood sugar, greater the risk
- Fatty liver – accumulation of fat in liver, long standing increases risk of liver cancer (Not due to alcohol)
- Due to toxins exposure eg Aflatoxins from crops such as grains, nuts
- Chronic liver damage due to long standing chronic hepatitis hepatitis, long standing excessive alcohol usage

SYMPTOMS :

- Loss of appetite, loss of weight, bloated abdomen
- Nausea and vomiting
- Discolouration of skin and the white of your eyes to yellow
- Upper abdominal pain, may be more on the right side
- Change in colour of stools – pale, white, clay like consistency. How can liver cancer be detected?
- From your history, doctor's findings on examination, blood tests, ultrasound, CT Scan, PET SCAN may be ordered. Blood tests will include a Tumour marker for liver cancer – urine analysis will be ordered.
- If any abnormality is found, doctor will refer you to a specialist . You may require a tissue biopsy, where under ultrasound guidance, under sterile conditions, a tissue will be obtained using a core needle. Specimen will be sent to the laboratory for tissue diagnosis
- If diagnosis of cancer is confirmed, the treating specialist may do liquid biopsy, submit your findings to multidisciplinary tumour board to plan the treatment
- Treatment options would depend on the stage of the disease, overall health, age, personal preferences by the patient

- **OPTIONS -SURGERY** – To remove the cancer. Surgeon may apply liquid nitrogen directly onto the cancer under guidance by ultrasound images. Surgeon may inject alcohol directly into the tumour. Powerful anti cancer drugs can be applied directly to the liver by a method called chemoembolisation
- In highly selected cases the surgeon may do liver transplantation, if the cancer is in early stage
- Tiny radioactive particles can be directly placed in the tumour in the liver.
- Treatment may involve radiation therapy or proton therapy to destroy the cancer cells. In cases of advanced cancer, radiation therapy is helpful to control symptoms, a specialised form called stereotactic radiotherapy also may be used, where multiple beams are focussed to the concerned area.
- From the sample of tissue which was removed or from blood, genetic changes which has undergone in the cancer cells, can be analysed and drugs can be chosen to block these genetic abnormalities. **Continental Medical oncologists offer personalised cancer medicine care.**

Our medical oncology experts, may consider chemotherapy alone or in combination with immunotherapy and in advanced cases, cell therapy. When all options have failed, our medical oncologists would offer palliative care and before then, with your consent, they would offer you to try clinical trials overseas.

Our highly specialised hepatobiliary oncology team led by our very experienced surgical oncologist Dr P. Jagannath, and **Dr Guru N Reddy Head of Gastro enterology and Hepatology** is ready to serve you together with our experienced medical oncologists

How can liver cancer be prevented?

- Get tested for hepatitis B and C infection at our Continental laboratory or elsewhere near you
- Limit tobacco and alcohol use (No More than one drink per day)
- Maintain healthy weight, take regular exercise
- Limit exposure to chemicals which are carcinogenic
- Identify and treat diseases which increase liver cancer risk and Hepatitis B virus and Hepatitis C virus chronic infection. To reduce the risks, it is recommended that all children and adults up to age 60 be vaccinated with HBV Vaccine. Sadly at present, there is no vaccine for Hepatitis C. It is highly recommended that all over 18 years be tested for Hepatitis B and C Viral antibodies and thereafter every five years.

Can Liver cancer in "at risk" patients be detected, without invasive tissue biopsy? Yes. By examining blood sample, urine, saliva, cell free DNA or Circulating tumour DNA CAN BE ASSESSED. There are newer biomarkers now available.

- Regular ultrasound examinations, blood tests, regular clinical consultations with your gastroenterologist or oncologist will help early detection in the at risk groups.