

# HUES OF LIFE

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## GLOBAL PREVENTIVE ONCO SUMMIT 2026

**16,17,18**

JANUARY (FRIDAY - SUNDAY)

HYATT - REGENCY TRIVANDRUM





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## **MESSAGE**

It gives me great pleasure to learn that Hues of Life Magazine is publishing a souvenir in connection with the Global Prevention Oncology Summit.

Kerala has always been a beacon of inclusive growth and social development. Our governance journey is defined by a deep-rooted commitment to people-centric progress, ensuring that the fruits of development reach every section of society. In the health sector, this vision is embodied by our Aardram Mission, which has transformed public healthcare into a patient-friendly, high-quality service accessible to all.

Cancer remains one of the greatest public health challenges of our time. To combat this, our government has launched the 'Arogyam Anandam – Akattaam Arbudham' campaign, focusing on early screening and prevention at the grassroots. From providing affordable oncology drugs to establishing the country's first Digital Science Park to aid medical research, we are leveraging technology and policy to build a resilient healthcare ecosystem.

This souvenir, reflecting our state's journey of equity and excellence, is a commendable initiative. I hope the deliberations at this Summit will provide new insights into preventive oncology and further strengthen our mission to ensure a healthy and prosperous 'Nava Keralam'.

I wish the Global Prevention Oncology Summit and the souvenir publication every success.

**Pinarayi Vijayan**

## UNITED FOR CANCER-SAFE FUTURE



**DR. M.V. PILLAI**  
Chairman  
Global Preventive  
Onco Summit 2026

**T**he Global Preventive Onco Summit 2026 represents a collective commitment to advancing cancer prevention, early detection, comprehensive care, and rehabilitation. This initiative brings together the Government of Kerala, private healthcare institutions, and civil society to address cancer through a unified and sustainable approach. Kerala has demonstrated that prevention and early detection can significantly reduce cancer incidence, mortality, and the financial burden on families. By strengthening public-private collaboration and focusing on proactive health strategies, we aim to build a future where cancer care is accessible, affordable, and equitable. With the support of leading national and international institutions, GPOS 2026 aspires to position Kerala as a global model in preventive oncology.

I congratulate the organisers and look forward to the collective progress this summit will inspire.

## UNITED FOR CANCER-SAFE FUTURE



**PROF. (DR.) MOHANAN  
KUNNUMMAL**  
Vice Chancellor  
Kerala University of Health  
Sciences &  
University of Kerala

**T**he Global Preventive Onco Summit 2026 arrives at a crucial time when healthcare systems must increasingly prioritise prevention, early diagnosis, and population-level interventions. As Vice Chancellor of the Kerala University of Health Sciences and the University of Kerala, I view this summit as an important academic and public-health initiative that bridges research, policy, and practice. By bringing together national and international experts, the summit encourages evidence-based dialogue and knowledge exchange that can strengthen cancer prevention strategies and improve health outcomes. Such platforms are essential for translating scientific understanding into effective community action.

I commend the vision behind this initiative and wish the Global Preventive Onco Summit 2026 every success in advancing preventive oncology and public health in Kerala and beyond.

**VEENA GEORGE**  
MINISTER FOR HEALTH  
WOMAN AND CHILD DEVELOPMENT  
GOVERNMENT OF KERALA



### **Message**

It is a pleasure to extend my warm greetings to all delegates, speakers, and participants of the Global Preventive Oncology Summit. This timely initiative highlights the growing global focus on preventive oncology, early detection, and patient-centric care, all of which are vital in addressing the rising burden of cancer. By bringing together experts, policymakers, and healthcare professionals, the Summit will serve as a powerful platform for collaboration, knowledge exchange, and collective action towards building stronger, more inclusive health systems. I wish the deliberations every success in advancing preventive healthcare and improving health outcomes.

A handwritten signature in blue ink that reads "Veena George".

**Veena George**

## ADVANCING A PREVENTION-FIRST CANCER AGENDA FROM KERALA TO THE WORLD



### S GOPINATH IPS RTD

Former Inspector General of Police, Trustee, Swasthi Foundation, Trivandrum

**N**ot being a medical professional my knowledge about diseases like cancer was very minimal and has no credentials to prove my competency to speak about the same. Rushing to hospital was the way forward for me for any health challenges. Being a professional continuously engaged with society and first responders to any crisis situations like accidents or natural calamities our challenges were to ensure rescue and timely medical assistance. This has sensitised civil servants like me to the need of involvement of society in crisis situations.

It's on the above back drop that I got associated with Swasthi Foundation, an NGO committed to serving the people. The "Snehathalam" project launched a decade ago was the off shoot of the realisation that Cancer is a major health issue confronted by our population. The oncologists and other medical professionals who were in our fold appraised us about the seriousness of the situation prevailing in our state Kerala. In spite of increased facilities for cancer screening facilities spread all over the state, the number of cancer patients being referred to the referral hospitals for treatment were increasing sharply. A large number of patients reaching referral hospitals had been suffering from advanced stage of the disease and had they been diagnosed at preliminary stage they could have been treated successfully with very good recovery percentages.

The reason for delay in diagnosis was due to the reluctance of people to submit to screening fearing a positive result of cancer. There is a stigma attached to cancer which desisted them to avoid alienation from society and the huge expenditure involved in getting specialist treatment.

We the Swasthians had no hesitation to invoke in this as a responsible NGO. It's true that initial hesitation was there that people may not turn out for screening even if we reach out to them.

We started with Awareness campaigns and preliminary screening camps at different locations conveniently for the public. The social service organisations and institutions supported us to organise the awareness campaigns and the screening camps. They worked among the local public and convinced them to attend the programmes.

Then there was no looking back and it was encouraging that people started coming for screening. Lakhs of people have attended our campaigns and camps and they in fact turned to be our ambassadors spreading the message in the community. Our appreciation to all the Doctors who did volunteer services in our mission of cancer prevention. Who ever found needing further laboratory examination were facilitated by the foundation.

Empowerment of the community and bridging their gap with public health services is the core area we were focusing in our campaigns. Emotional support by counselling and classes on life style modification, nutrition, hygiene & symptoms of cancer were handled by experts in each field.

Concerted efforts were also made to sensitise the stakeholders in healthcare sector to improve infrastructure for treatment, offer affordable treatment and access to medicines. The response from public and private sector was encouraging.

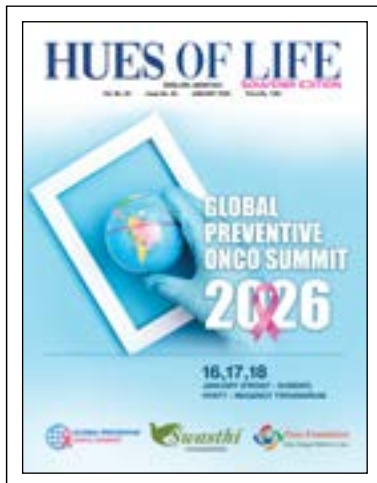
Swasthi could bring together oncologists, researchers, public health experts and policy makers (public & private) on a common platform, The Kerala Preventive Onco Summit 2022. This confluence highlighted the need for preventive strategies for lifestyle related cancer cases.

A dream project christened as "Cancer Safe Kerala" was launched in 2023 in the International Preventative Onco Summit.

The Global Preventative Onco Summit 2026 is a forum of all the stakeholders committed to focus on prevention of cancers. Experts from reputed organisations of the world are participating in the three day programme at Trivandrum. The core area of discussions and sharing of expertise will be aimed at advanced screening protocols and preventative measures in combating cancers. The veteran in the oncology field will share their insights and experience. This shared inputs will ensure collaboration of various preventive and screening procedures across the globe and will go a long way in concerted efforts to arrest spreading of cancers. We enrich our knowledge on this subject and shall go ahead with wide screening across the population for early detection, the key factor that decides the recovery chances of the patient.

Looking forward to healthy discussions and gathering more inputs from world leaders in the fight against Cancer. Let's all join hands to fight against the globally challenging disease, CANCERS.

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The Global Preventive Onco Summit reflects the urgency of the moment and the responsibility we share in addressing the growing cancer burden. By placing prevention and early detection at the forefront, this platform delivers a clear and timely message that the future of cancer care must begin before disease takes hold. It is a purposeful initiative that responds to today's healthcare realities with vision, leadership, and commitment.

The Summit brings together diverse voices to reinforce one common goal: making prevention a priority. Even brief conversations and shared insights here have the power to influence thinking, practice, and policy.

Leadership missions of this nature create lasting societal value. They build awareness, encourage informed action, and strengthen collective resolve. By keeping people at the heart of the dialogue, the Summit nurtures hope and responsibility in equal measure.

We stand in strong support of the Global Preventive Onco Summit and its mission. Together, through sustained leadership and shared intent, we move closer to a healthier society and a future shaped by prevention, progress, and the promise of a cancer free world.

Warm regards,

**Nijith Raj**  
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Editor: NIJITH RAJ.

## UNITED FOR CANCER-SAFE FUTURE



**DR. ROBERT B. DIASIO**  
Former Director  
Mayo Clinic Comprehensive  
Cancer Center, USA

It is my pleasure to share my warm greetings as we prepare for the Global Preventive Onco Summit 2026, to be held from January 16–18 in Kerala, India. As the former Director of the Mayo Clinic Comprehensive Cancer Center in Rochester, Minnesota, where I had the privilege of serving for over 13 years, I deeply appreciate the importance of global collaboration in advancing cancer prevention. I extend my sincere thanks to the organizers for their commitment to bringing together experts, researchers, and leaders from around the world to strengthen our collective efforts in cancer control. I am truly looking forward to being part of this important gathering—reconnecting with longtime colleagues and meeting new partners who share the same dedication to research, early detection, and preventive oncology. I hope each of you will join us for this meaningful summit as we work together toward a safer and healthier future. I look forward to seeing you in Kerala.

## UNITED FOR CANCER-SAFE FUTURE



**MEENAKSHI LEKHI**  
Former Union Minister  
Government of India

It is truly inspiring to witness the Swasthi Foundation taking such a decisive and visionary step toward global cancer prevention. The Global Preventive Onco Summit 2026 stands as a landmark initiative that brings together some of the world's finest minds in oncology, public health, and medical innovation. By hosting this summit in Thiruvananthapuram, Kerala is being positioned as a global hub for dialogue and action in preventive oncology.

The participation of esteemed institutions such as the Mayo Clinic and the World Health Organization adds immense scientific credibility and global relevance to this effort. Initiatives like these play a vital role in shifting the focus from treating cancer after it strikes to preventing it before it begins. I look forward to the meaningful discussions, collaborations, and outcomes that will emerge from this summit, contributing significantly to a healthier and cancer-safe future.

## UNITED FOR CANCER-SAFE FUTURE



**DR. SOMASHEKHAR S.P.**  
Chairman - Medical  
Advisory Board, Aster DM  
Healthcare GCC & India

Heartfelt wishes for the grand success of the Global Preventive Onco Summit 2026. This inspiring platform brings the world together with a shared purpose to place prevention and early detection at the forefront of the fight against cancer. May the ideas exchanged here ignite bold action, foster lasting partnerships, and inspire people centred solutions. Such visionary initiatives have the power to transform awareness into impact and science into hope. Wishing the Summit meaningful outcomes that guide us toward a healthier and truly cancer free society.

## UNITED FOR CANCER-SAFE FUTURE



**MG SREEKUMAR**  
Managing Trustee  
Swasthi Foundation

**A**s we move closer to the Global Preventive Onco Summit 2026, I would like to extend my sincere greetings to everyone involved in this important initiative. This summit reflects a timely and meaningful focus on cancer prevention and early detection—areas that are critical to improving health outcomes and reducing the burden of disease on individuals and families. Bringing together experts, researchers, policymakers, and healthcare leaders from across the world, this gathering creates an important space for dialogue, learning, and collaboration. Initiatives such as this play a vital role in strengthening awareness, encouraging preventive practices, and shaping a more informed and proactive approach to cancer care.

I commend the vision behind this summit and wish it every success. I hope the discussions and partnerships formed here will contribute significantly to building a healthier and cancer-safe future for our communities.

## UNITED FOR CANCER-SAFE FUTURE



**BABY MATHEW  
SOMATHEERAM**  
Global President -World  
Malayalee Council (WMC)  
Advisory Board Member  
Swasthi Foundation

**W**ith the inspiring theme Together We Can: Early Detection Saves Lives, this Summit represents a powerful step forward in strengthening global commitment to cancer prevention and early diagnosis. I am confident that the collective wisdom, shared experiences, and collaborative spirit fostered through this platform will lead to meaningful outcomes that save lives and shape healthier communities.

May the deliberations inspire lasting partnerships, progressive policies, and impactful action, advancing the cause of preventive oncology and reinforcing the belief that together, early detection can truly make the difference.

## UNITED FOR CANCER-SAFE FUTURE



**PRITHVIRAJ  
SUKUMARAN**

Actor • Director • Film  
Producer

**M**y heartfelt congratulations to Swasthi Foundation on hosting the Global Preventive Onco Summit 2026, scheduled from January 16–18. Preventive oncology is the cornerstone of a cancer-free future, and this summit stands as an important step toward that vision.

By spreading awareness, promoting early detection, and empowering communities to take charge of their health, we can collectively reduce the burden of cancer. I strongly believe that when people are informed and supported, real change becomes possible. Together, let us work towards a healthier tomorrow and a world where prevention becomes a universal priority.”

## UNITED FOR CANCER-SAFE FUTURE



**MAMTA MOHANDAS**

Brand Ambassador &  
Trustee  
Swasthi Foundation

**I**t gives me immense joy to share that Swasthi Foundation, in collaboration with Mayo Clinic (USA), Health & Family Welfare Department, Kerala University of Health Sciences, and several esteemed partner institutions, is advancing a renewed mission – Cancer Safe Kerala. This initiative focuses on empowering every individual across Kerala through comprehensive cancer screening, awareness, and early-detection education. We strongly believe that prevention is the most powerful tool we have, and by helping people understand the risks, early signs, and available screening methods, we can save countless lives.

As we move forward with this transformative mission, I wholeheartedly invite each one of you to walk with us. Your participation can help build a future where Kerala leads the nation in preventive oncology – a future that is healthier, stronger, and free from the fear of late-detected cancer. Thank you for your continued support, trust, and compassion. Together, let us create a safer tomorrow.



**DR. RIJO MATHEW**  
 Hon. Treasurer, Indian  
 Radiological & Imaging  
 Association.  
 Founder & National  
 Coordinator, Preventive  
 Radiology.  
 Secretary Asiasafe-  
 Asian Oceanian Society  
 of Radiology

## **Global Preventive Oncosummit, Trivandrum: Translating Vision into Action Integrating Science, Systems, and Society**

The Global Preventive Oncosummit, scheduled to take place in Trivandrum on January 16-18, promises to be a landmark event in the fight against cancer. This multidisciplinary conference will bring together thought leaders, medical specialists, policymakers, and stakeholders from across the globe to share ideas, best practices, and innovative strategies for cancer prevention and care.

### **A Multidisciplinary Approach to Cancer Prevention**

The summit will feature eminent physicians, surgeons, administrators, policymakers, and insurance sector experts from countries like China, USA, Netherlands, and Singapore. They will share cancer prevention models, highlighting the need to shift focus from medical spaces to community, government, and global initiatives. The emphasis will be on early detection, risk stratification, and reduction of cancer-prone non-communicable diseases.

#### **Key Focus Areas:**

- 1. Risk Reduction Strategies:** Addressing tobacco, alcohol, addictions, obesity, infections, inflammation, and neuroimmunoendocrine dysfunctions.
- 2. Metabolic Dysfunction Assessment:** Objective assessment of metabolic dysfunction for serial evaluation and community risk reduction.
- 3. Community Engagement:** Increasing exercise, diet, and weight consciousness through community risk reduction strategies.
- 4. Regulatory Measures:** Implementing legal and executive regulations on unhealthy food and sedentary behaviors.
- 5. Stress Reduction:** Promoting stress reduction techniques and mental well-being.

### **Building a Network for Cancer Prevention**

A key goal of the Global Preventive Oncosummit is to bring together multiple stakeholders beyond medical professionals, including community health leaders, policymakers, educators, and industry experts. By creating a network that involves important stakeholders in community health, we aim to promote health span and empower every entity to perform at its fullest potential.

#### **The Way Forward**

The Global Preventive Oncosummit aims to catalyze a holistic approach to cancer prevention, involving governments, corporations, healthcare centers, NGOs, and individuals. By integrating science, systems, and society, we can reduce cancer incidence and improve outcomes. The summit will serve as a platform for action, inspiring hope leaders and change-makers to work towards a cancer-safe world.

#### **Key Expectations:**

- Collaboration and collective action in cancer prevention and care.
- Community engagement and government initiatives driving change.
- Focus on risk reduction, early detection, and treatment.
- Regulatory measures to reduce cancer incidence.

The Global Preventive Oncosummit is poised to mark the beginning of a new era in cancer prevention, one that prioritizes integration, innovation, and collective action.

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# "Together We Can: Early Detection Saves Lives"





**T**he Global Preventive Onco Summit 2026 arrives at a critical juncture in global health, when the limitations of treatment focused care are increasingly evident and the need for prevention led strategies has never been stronger. As scientific progress continues to improve outcomes, a deeper realisation is taking root across the world. The most sustainable and humane pathway to reducing the cancer burden lies in prevention, early detection, and equitable access to care. GPOS 2026 responds to this reality with clarity of purpose and global vision.

Conceived as a distinguished international platform, the Summit brings together clinicians, researchers, policymakers, public health leaders, and institutions united by a shared commitment to reshape how cancer is addressed across populations and generations. Its focus is not episodic intervention but long term impact, placing preventive oncology at the centre of public health thinking and collective action.

At its core, GPOS 2026 reinforces a powerful truth. Cancer prevention must extend beyond hospitals and laboratories and become embedded within communities, health systems, and everyday life. Through evidence based dialogue, data driven insights, and the sharing of proven models, the Summit seeks to influence policy, practice, and public awareness. Prevention is presented not as an alternative to treatment but as its strongest ally in saving lives, reducing suffering, and easing the social and economic burden of cancer.

The choice of Thiruvananthapuram, Kerala as the host city carries deep significance. Kerala is globally recognised for its people centric healthcare model, high health literacy, and strong public health outcomes. More than a venue, the state represents a living example of what is possible when policy, institutions, and communities work in alignment. GPOS 2026 draws strength from this experience while opening its doors to global perspectives that enrich and expand the preventive oncology ecosystem across cultures and regions.

The Summit builds on the transformative journey of Cancer Safe Kerala, an initiative that has demonstrated the power of population wide screening, early detection, and community driven prevention. With a focus on accessible screening services, strengthened referral systems, and reliable cancer data, the initiative has shown that prevention can be practical, measurable, and scalable. GPOS 2026 presents these learnings not as isolated success stories but as adaptable frameworks with global relevance.

Knowledge exchange lies at the heart of the Summit. GPOS 2026 will feature renowned national and international experts who will share advancements in screening and early detection, vaccination led prevention, lifestyle based risk



reduction, digital health innovations, and large scale awareness strategies. Alongside global insights, the Summit will highlight best practices from Kerala and other regions, encouraging collaboration, partnerships, and shared learning that translate ideas into action.

This global platform is the outcome of more than a decade of sustained commitment by the Swasthi Foundation to preventive oncology and public health. What now takes shape as an international Summit began with grassroots engagement, scientific advocacy, and an unwavering belief that cancer prevention must be led by society itself. Since 2013, Swasthi has worked consistently to shift the cancer narrative from late stage intervention to early detection, prevention, and awareness.

Community based initiatives such as Snehathalam and Jeevathalam launched in 2016 reached over three lakh individuals across Kerala through screening, education, and outreach, particularly among underserved populations. These programmes established the ethical and operational foundation for a broader preventive movement grounded in inclusion and access.

Key milestones strengthened this journey. The Kerala Preventive Onco Summit 2022 brought together medical and public health leaders to address lifestyle related cancer risks and the need for coordinated prevention strategies. The International Preventive Onco Summit 2023 further expanded this momentum and became the launch platform for Cancer Safe Kerala. This pioneering model demonstrated how technology, traditional

knowledge systems, and community participation can work together at scale.

Now operational across the state, Cancer Safe Kerala has proven that preventive oncology is not aspirational but achievable. Free screenings, mental health support, lifestyle awareness programmes, and strong institutional partnerships, including collaboration with the Indian Armed Forces, have positioned Kerala as a credible model of cancer prevention in action.

GPOS 2026 emerges directly from this lived experience as a global extension of systems tested, communities empowered, and lessons learned over the past decade. It reflects a conviction that effective cancer prevention requires international knowledge exchange, policy advocacy, technology integration, and culturally rooted holistic care. Participants are invited to engage deeply, share actionable insights, and contribute to a unified global movement dedicated to reducing preventable cancers and ensuring early detection for all.

Looking beyond the Summit, GPOS 2026 is envisioned as a catalyst for lasting institutional outcomes. It seeks to strengthen health systems, empower communities, and influence policy through collaboration grounded in evidence and experience.

Among its strategic goals is the establishment of India's first International Preventive Oncology Centre in Kerala. While many institutions focus on diagnosis and treatment, there is currently no dedicated national centre for prevention. This proposed centre will serve as a global hub for research, education, capacity building, and policy development, positioning Kerala as a leader in preventive medicine at both national and international levels.

Another core objective is the realisation of universal free cancer screening across Kerala. Building on the success of Cancer Safe Kerala, the aim is to ensure population wide screening for oral, breast, and cervical cancers so that every eligible

individual has access to early detection regardless of geography or economic status. This approach promises to save lives, reduce treatment costs, and offer a replicable public health model for wider adoption.

The Summit also seeks to advance the design of a comprehensive cancer insurance framework. Recognising the financial strain cancer places on families, GPOS 2026 will bring together policymakers, insurance experts, health economists, and care providers to develop a sustainable model that ensures continuity of care and financial protection.

In essence, GPOS 2026 represents a transition from advocacy to institution building, from awareness to system creation. It is not merely an event but a movement that redefines how the world approaches cancer with foresight, responsibility, and hope.



**Hans Foundation**  
Help Change Children's Lives



**Flemy Abraham**  
President, Hans Foundation  
Chief Coordinator- Global  
Preventive Onco Summit 2026

### JOINING HANDS FOR NOBLE CAUSE

The Global Preventive Onco Summit 2026 is proudly coordinated with Swasthi Foundation by the Hans Foundation, an organisation deeply committed to health equity, preventive healthcare, and sustainable community wellness. Through its extensive community-driven initiatives, the Foundation works tirelessly to bridge critical gaps in cancer awareness, early detection, and access to preventive healthcare services.

The Hans Foundation's association with GPOS 2026 is rooted in its long-standing social mission to address healthcare disparities, particularly among underserved and vulnerable populations. Recognising that a significant proportion of cancers are preventable through awareness, lifestyle modification, vaccination, and early screening, the Foundation actively supports initiatives that promote early intervention, community education, and inclusive public health models. By aligning with GPOS 2026, the Hans Foundation seeks to elevate preventive oncology as a public health priority and ensure that global knowledge translates into meaningful grassroots impact.

# GLOBAL PREVENTIVE ONCO SUMMIT 2026: ADVANCING THE VISION OF A CANCER-SAFE FUTURE



## ABEY GEORGE

General secretary  
Swasthi Foundation  
Chief coordinator - Global  
preventive onco summit

**G**POS 2026 is a landmark international gathering dedicated to reshaping the global approach to cancer prevention, early detection, and sustainable public health action. The summit is organised by Swasthi Foundation, a Kerala-based public charitable trust with over a decade of committed service in preventive healthcare.

GPOS 2026 brings together leading oncologists, public health experts, policymakers, researchers & healthcare administrators from across India & around the world. The summit is designed as a collaborative platform to exchange knowledge, share best practices, and build actionable strategies that can reduce cancer burden through prevention-focused, community-centred approaches.

The central theme of GPOS 2026 “United Against Cancer” reflects a shared commitment to collective responsibility. It underscores the belief that cancer prevention cannot be achieved by healthcare systems alone, but requires the combined efforts of governments, institutions, professionals, communities, and individuals working together toward a common goal.

### Cancer Safe Future: From Vision to Action

GPOS 2026 is closely aligned with the evolving public health mission Cancer Safe Future, an initiative that builds upon Kerala’s strong foundation in cancer prevention while addressing emerging challenges with renewed urgency and innovation.

Kerala continues to report one of the highest cancer incidence rates in the country, driven largely by modifiable risk factors such as tobacco and alcohol use, unhealthy dietary patterns, physical inactivity, obesity, and infection-related causes. Cancer Safe Future focuses on addressing these risks through awareness, lifestyle modification, early screening, and timely referral, ensuring that prevention is accessible, inclusive, and effective.

Through large-scale free screening programmes, community engagement, and data-driven public health strategies, Cancer Safe Future envisions a society where cancer is detected early, treated effectively, and increasingly prevented. GPOS 2026 serves as a global extension of this mission – translating local success into shared learning and scalable global models.

### Key Highlights and Academic Programme

GPOS 2026 will feature a comprehensive academic programme that includes keynote addresses, high-level panel discussions, policy dialogues, & interactive sessions covering the full spectrum of preventive oncology. The summit places equal emphasis on science, policy, and community engagement, recognising that sustainable cancer control requires integrated solutions.

Distinguished leaders from medicine, public health, governance, and academia will share insights on topics such as cancer prevention strategies, early detection & screening models, emerging technologies, health system integration, survivorship, and quality-of-life care.

It is designed not only to highlight scientific advances, but also to encourage meaningful dialogue between clinicians, administrators, and policymakers – ensuring that evidence translates into practice and policy.

### **A Platform for Collaboration and Change**

Beyond academic exchange, GPOS 2026 is envisioned as a catalyst for collaboration. It offers participants a unique opportunity to build partnerships, foster cross-sector engagement, and contribute to shaping the future of cancer prevention at both national and global levels.

The summit reflects Swasthi Foundation's long-standing commitment to preventive healthcare through initiatives such as Snehathalam and community-based cancer screening programmes that have reached lakhs of individuals across Kerala. GPOS 2026 represents the culmination of these efforts – bringing local experience onto a global stage.

### **Join the Movement**

GPOS 2026 invites healthcare professionals, researchers, public health leaders, institutions, and concerned citizens to be part of this important global dialogue. Together, we can move beyond treatment-centric models and work toward a future where prevention is prioritised, early detection is universal, and every life is valued.

By uniting knowledge, policy, and community action, GPOS 2026 and the Cancer Safe Future initiative aim to create lasting impact – not just for Kerala or India, but for populations worldwide.

TOGETHER, WE MOVE TOWARD A CANCER-SAFE FUTURE.

## **UNITED FOR CANCER-SAFE FUTURE**



**Dr. SANDHYA K S**  
CEO, SK HOSPITAL

It gives me immense pleasure to extend my warm greetings to all delegates, speakers, and participants of the Global Preventive Oncology Summit. This distinguished gathering comes at a defining moment in global healthcare, as the focus steadily shifts from cure to prevention, from treatment to holistic well-being. Preventive oncology stands as a transformative approach that not only saves lives but also empowers communities and strengthens health systems through awareness and early intervention. By bringing together visionary experts, policymakers, researchers, and healthcare professionals, the Summit serves as an inspiring forum to exchange knowledge, share innovations, and forge partnerships that can redefine the future of cancer prevention and control.

I appreciate Hues of Life for bringing out the Official Souvenir Edition, which thoughtfully captures the essence of the Summit and extends its impact beyond the event. I wish the deliberations every success in advancing preventive healthcare and improving health outcomes.

# LIFESTYLE AS MEDICINE

## THE NEW FRONTIER IN CANCER PREVENTION

**W**hile marking extraordinary advancements in the medical field, we realise with a shock that the lifestyle related cancers continue to rise at an alarming pace. This paradox exposes a deeper imbalance which we need to address. The roots of disease, in many cases, do not lie solely in our genes, but in the way we live, eat, work, rest, and respond to our environment. Prevention was once considered as secondary or passive, has now emerged as the most powerful determinant of long term health. The growing science of Lifestyle Medicine places daily choices at the centre of cancer prevention, transforming ordinary habits into decisive tools for resilience.

Cancer was long perceived as a disease of chance or fate. Today, decades of epidemiological and clinical evidence tell a different story. Nearly forty percent of cancers can be prevented by addressing modifiable risk factors. Tobacco use, unhealthy diets, physical inactivity, alcohol consumption, obesity, chronic stress, disrupted sleep, environmental exposure, and social isolation form a complex web that silently fuels disease. These risks accumulate gradually, often unnoticed, until biology begins to reflect behaviour. The path to prevention therefore does not begin in hospitals or laboratories alone. It begins in homes, workplaces, schools, and communities where habits are shaped, reinforced, and transmitted across generations.

**“The most powerful determinant of health is not manufactured. It is shaped by what we eat, how we live, and the connections we nurture.”**

Among all preventable risks, tobacco remains the single most destructive factor driving global cancer incidence. Tobacco use is directly linked to cancers of the lung, oral cavity, throat, esophagus, pancreas, bladder, and cervix, while passive exposure compromises the health of non smokers, particularly children and women. Tobacco is not merely a lifestyle habit. It is a systemic toxin that disrupts DNA repair, overwhelms detoxification





pathways, fuels inflammation, and suppresses immune surveillance. In the context of Lifestyle Medicine, tobacco elimination is not an optional recommendation. It is the most fundamental act of prevention.

Food, the most intimate and repeated act of self care, sits at the heart of cancer prevention. Every meal sends biochemical signals that influence inflammation, metabolism, immunity, and even gene expression. Diets rich in whole grains, fruits, vegetables, legumes, nuts, and seeds provide antioxidants and phytonutrients that protect DNA, neutralise free radicals, and regulate cellular repair. Traditional dietary patterns such as the Mediterranean approach, abundant in olive oil, fresh produce, herbs, fish, and fermented foods, consistently demonstrate lower cancer incidence and longer life expectancy.

Nature offers a vast pharmacopeia through food. Curcumin from turmeric supports cellular defence and anti-inflammatory pathways. Catechins in green tea assist detoxification and protect DNA. Resveratrol in grapes helps regulate abnormal cell growth. Cruciferous vegetables such as broccoli, cabbage, and kale activate enzymes that enhance the body's natural protective mechanisms. The diversity of colour on a plate often mirrors the diversity of protection within the body. In contrast, diets dominated by ultra processed foods, refined carbohydrates, sugary beverages, and trans fats create metabolic stress, disrupt gut microbiota, and increase the risk of colorectal, breast, pancreatic, and liver cancers.

Sustainable nutrition is rooted in balance rather than restriction. Mindful eating cultivates awareness of hunger, satiety, and emotional triggers, reconnecting

nourishment with intention. In prevention, moderation is not compromise. It is biological intelligence.

Movement represents another powerful, yet undervalued, form of medicine. The human body is designed for motion, yet modern life confines it to prolonged sitting and continuous screen exposure. Sedentary behaviour has now emerged as an independent risk factor for multiple cancers, even among those who exercise occasionally. Regular movement regulates hormones, improves insulin sensitivity, enhances immune function, and supports metabolic balance. Even moderate physical activity, such as brisk walking for thirty minutes on most days, can redirect biological pathways away from disease.

Movement need not be confined to gyms or structured routines. Gardening, dancing, cycling, yoga, household activity, and active commuting stimulate circulation and vitality. Strength and flexibility training preserve muscle mass, hormonal balance, and metabolic health. Practices such as yoga and tai chi integrate breath with movement, lowering stress hormones while cultivating mental clarity. Prevention is strengthened not by intensity alone, but by consistency and integration into daily life.

Stress, though invisible, is among the most potent disruptors of health. The body is biologically equipped to handle short bursts of alertness, not prolonged psychological strain. Chronic stress elevates cortisol, suppresses immunity, disrupts metabolism, and fuels inflammation. Over time, this internal environment becomes conducive to disease development. Emotional hygiene therefore becomes as essential as physical hygiene. The ability to process emotions, release resentment, and cultivate resilience directly influences biological outcomes.

Mindfulness practices such as meditation, controlled breathing, journaling, and gratitude rituals have demonstrated measurable reductions in stress markers and improvements in immune regulation. Purpose and belonging further enhance emotional resilience. Studies of long living populations consistently reveal strong social bonds, community engagement, and joy as central pillars of longevity.

Sleep remains one of the most underestimated tools in cancer prevention. Modern culture often glorifies productivity at the cost of rest. Yet sleep is when the body repairs tissues, balances hormones, strengthens immune defence, and clears cellular waste. Inadequate or irregular sleep disrupts melatonin, a hormone that regulates circadian rhythm and functions as a powerful antioxidant



with anticancer properties. Good sleep hygiene, including consistent sleep schedules and reduced screen exposure, transforms rest into a therapeutic intervention.

Metabolic health and body weight play a crucial role in cancer risk. Obesity is not merely a cosmetic concern. It is a chronic inflammatory state that alters hormonal signalling and promotes insulin resistance, creating conditions favourable to tumour growth. Prevention shifts focus from weight alone to metabolic harmony, achieved through nourishment, movement, stress regulation, and restorative sleep. Extremes undermine sustainability. Balance restores physiology.

Environmental exposure represents an expanding frontier in cancer prevention. Air pollution, chemical residues, endocrine disruptors, and microplastics are now embedded in modern ecosystems. While complete avoidance is unrealistic, conscious reduction is achievable. Choosing fresh foods, filtering water, reducing plastic use, and selecting natural household products meaningfully reduce toxic burden over time. Urbanisation introduces additional challenges such as polluted air, overcrowding, noise, and limited green space. Solutions must therefore extend beyond individual behaviour to collective action through clean energy, green urban planning, walkable communities, and accessible public spaces.

**“Cancer prevention is not just a medical mission. It is a cultural, environmental, and emotional awakening.”**

Human connection itself is one of the most powerful yet overlooked determinants of health. Loneliness and social isolation have emerged as silent epidemics that weaken immunity and shorten life expectancy. Meaningful relationships, shared meals, laughter, and community participation strengthen both psychological and physiological resilience. In an increasingly digital world, authentic connection has become a radical act of wellness.

Beyond social connection lies the spiritual dimension of health. Whether expressed through faith, meditation, or communion with nature, spirituality cultivates inner calm and perspective. It allows individuals to navigate uncertainty with acceptance rather than fear. The healthiest individuals are not those who avoid adversity, but those who respond with awareness and resilience. Cancer prevention must therefore be holistic, integrating body, mind, environment, and meaning into a unified approach.

Healthcare systems themselves must evolve in response to this understanding. The future of



medicine lies not in reacting to illness, but in nurturing wellness. Physicians and institutions must expand their role from treatment providers to prevention partners. Lifestyle counselling, nutrition education, stress management, sleep guidance, and community engagement must become integral to mainstream care.

Corporates, educational institutions, and governments also carry responsibility. Workplaces can be designed to promote health through nourishing food options, movement friendly environments, and mental wellbeing support. Schools can shape lifelong habits by teaching nutrition literacy, physical activity, and emotional regulation early in life. Governments must elevate prevention to a national priority, embedding it within policy, urban design, tobacco control, screening programmes, and public communication. Investment in prevention yields exponential returns in productivity, longevity, and societal wellbeing.

Technology has emerged as a powerful enabler in this transformation. Wearables, digital wellness platforms, personalised nutrition tools, and telehealth services expand access to preventive care. Artificial intelligence and data analytics can identify population level risk patterns and guide targeted interventions. Yet technology can only support change. It cannot replace intention. The ultimate determinant of health remains conscious choice.

Lifestyle Medicine is not about perfection or rigid discipline. It is about balance, sustainability, and self compassion. It celebrates small, consistent improvements that compound into resilience over time. Prevention is not about living cautiously. It is about living consciously, aligned with biological rhythms and the wisdom of moderation.

**“When lifestyle becomes medicine, prevention becomes inevitable.”**

The journey toward a cancer free future does not begin with laboratory breakthroughs alone. It begins with awareness. It begins with choosing smoke free spaces, whole foods over processed options, movement over prolonged stillness, rest over exhaustion, connection over isolation. Each choice becomes a quiet act of prevention.

In the final analysis, how we live is how we heal. Cancer prevention is not distant or abstract. It is present in our kitchens, our streets, our workplaces, and our relationships. Every act of balance, responsibility, and care becomes a prescription for longevity. The most advanced medicine of the future may well be the simplest wisdom of the present: to eat consciously, move regularly, rest deeply, reduce what harms, and nurture what sustains.

Lifestyle is not merely how we live. It is how we thrive.

# GLOBAL PREVENTIVE ONCO SUMMIT 2026

## ADVANCING A PREVENTION-FIRST CANCER AGENDA FROM KERALA TO THE WORLD



### DR. ANSAR P. P.

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Cancer control is increasingly defined by what happens before diagnosis—risk reduction, vaccination, early detection, equity-driven screening, and systems that convert data into action. The Global Preventive Onco Summit 2026 (GPOS 2026) is a focused international platform convened in Kerala, India, to accelerate the transition from treatment-centric oncology to a prevention-first public health movement. GPOS 2026 brings together clinicians, public health leaders, administrators, global experts, and communication partners to build implementable strategies across cervical, breast, oral, and other common cancers, while addressing key enabling domains such as digital health, registries, risk communication, and community engagement. This article outlines the rationale, objectives, thematic priorities, expected outcomes, and the broader significance of GPOS 2026 as a scalable model for cancer prevention.

### Why Prevention Must Lead Modern Oncology

Despite major advances in precision therapeutics, the greatest population-level gains in cancer outcomes continue to come from prevention and early detection. Tobacco control, HPV vaccination, evidence-based screening, and timely referral pathways reduce incidence and downstage cancers at diagnosis—saving lives while easing financial toxicity for families and health systems. Yet, implementation gaps remain: uneven screening uptake, fear-driven narratives, weak follow-up systems, limited registry-to-action pipelines, and fragmented digital infrastructure.

India, like many LMIC settings, faces a dual challenge: a rising cancer burden and inequitable access to timely diagnosis. Kerala simultaneously offers a unique opportunity—high health awareness, strong primary care orientation, robust local governance structures, and an active academic-clinical ecosystem. In this context, GPOS 2026 is envisioned as a catalyst: a practical summit designed not only to deliberate but to operationalize prevention. The

### Vision of GPOS 2026

GPOS 2026 is structured around a single unifying premise: “Preventive Oncology is not a parallel discipline—it is the foundation of sustainable cancer control.” The summit aims to move beyond traditional conference formats by prioritizing actionable frameworks, cross-sector coordination, and measurable commitments. As Organising Secretary of GPOS 2026, and representing the Kerala Association of Surgical Oncologists (KASO), I underscore the role of surgical oncologists in prevention: we witness late presentation daily, manage avoidable morbidity, and understand that earlier-stage disease changes everything—survival, cost, function, and dignity. Prevention therefore is both a public health imperative and a clinical moral duty.

### Core Objectives

GPOS 2026 is convened with five central objectives:

- 1. Translate evidence into implementation:** Align proven prevention and screening strategies with real-world pathways that are feasible in Indian settings.
- 2. Strengthen systems for early diagnosis:** Improve referral linkage, triage protocols, and follow-up mechanisms to reduce diagnostic delay.
- 3. Integrate digital health and registries:** Promote registry-to-public health action, unique health IDs, and interoperable data systems that can guide screening and outcomes.

**4. Build multi-stakeholder coalitions:** Engage clinicians, government leaders, academics, and community institutions to ensure continuity beyond the summit.

**5. Reframe cancer communication:** Reduce fear, stigma, and fatalism through responsible media messaging and hope-based narratives that normalize screening.

### Scientific Themes and Priority Domains

**1) Vaccination and Infection-Associated Cancer Prevention** Cervical cancer elimination is increasingly achievable through HPV vaccination, screening, and treatment of precancerous lesions. GPOS 2026 prioritizes evidence-based strategies for vaccination scale-up, program design, and addressing hesitancy through trust-centered communication.

**2) Screening and Early Detection Pathways** The summit emphasizes pragmatic models for breast, cervical, and oral cancer screening—especially methods that can be scaled through primary care and community health networks. Key considerations include risk-stratified screening, quality assurance, and strong follow-up systems for positive screens.

**3) Tobacco, Alcohol, and Modifiable Risk Factors** Prevention of tobacco-related cancers—particularly head-and-neck malignancies—is a high-impact domain. The summit also addresses alcohol-associated cancer risk and integrated lifestyle strategies as part of population-level risk reduction.

**4) Digital Health, Unique Health ID, and Registry-to-Action Systems** A recurring limitation across screening programs is incomplete tracking: individuals are screened, but positive cases are lost to follow-up, and outcomes remain unmeasured. GPOS 2026 highlights the need for unique health identifiers, interoperable e-health records, and robust registries that inform policy and allow program accountability.

**5) Artificial Intelligence and Imaging Innovations** AI-assisted screening, particularly in mammography and other imaging workflows, holds promise for augmenting capacity, standardizing reads, and improving triage. The summit reviews opportunities as well as ethical and operational challenges such as validation, bias, governance, and human oversight.

**6) Communication, Cinema, and Fear Reduction** Fear of cancer remains a silent driver of delayed diagnosis. GPOS 2026 places emphasis on narrative transformation—working with media, artists, and public messaging professionals to replace fatalism with awareness, and stigma with survivorship.

### Expected Outcomes and Deliverables

GPOS 2026 is designed to produce outcomes that extend beyond academic discussion:

- A consensus prevention roadmap tailored for

scalable district-level implementation.

- Action briefs and protocols for screening workflows, referral linkage, and follow-up.
- Policy-aligned recommendations for digital health integration and unique health ID-enabled tracking.
- Multi-institutional partnerships to support pilot projects and evaluation.
- A concluding declaration capturing shared commitments toward a prevention-first oncology ecosystem.

### Kerala as a Living Laboratory for Scalable Cancer Prevention

Kerala's strengths—local governance, health literacy, and a mature healthcare network—make it a natural demonstration setting for structured preventive oncology. If prevention pathways can be standardized and measured at district-level here, the model can be adapted elsewhere in India and comparable health systems.

GPOS 2026 therefore frames Kerala not only as a host but as a prototype state for implementation. The ambition is to create a credible, evidence-backed, operational template that can be replicated with contextual adaptations.

### The Role of KASO and the Clinical Community

The Kerala Association of Surgical Oncologists (KASO) supports initiatives that improve cancer outcomes through science, training, service, and advocacy. Prevention is a logical extension of this mandate. Clinicians—especially surgical oncologists—must be active contributors to prevention because we understand the human cost of late presentation and the transformative impact of early diagnosis.

GPOS 2026 invites clinicians across specialties to participate not only as speakers but as action partners in building systems, piloting pathways, and strengthening interprofessional collaboration across community and tertiary care.

### From Conference to Movement

GPOS 2026 is an invitation to redesign the cancer story—where prevention is prioritized, screening is normalized, fear is reduced, and digital systems ensure no patient is lost along the pathway. By convening global and local expertise in one implementation-oriented platform, the summit aims to accelerate measurable progress and inspire a broader prevention movement. The success of GPOS 2026 will ultimately be judged not by attendance, but by what changes afterward: improved uptake, earlier stages at diagnosis, better tracking, stronger referral pathways, and fewer families experiencing avoidable suffering. Kerala can lead this shift—offering a model for India and beyond.

# ANANTHAPURI HOSPITALS & RESEARCH INSTITUTE (AHRI)

## TWO DECADES OF ADVANCING HEALTHCARE WITH INTEGRITY AND COMPASSION

Located in the capital city of Kerala, Ananthapuri Hospitals and Research Institute has emerged as a defining presence in the region's contemporary healthcare landscape. Over the past twenty years, the institution has steadily evolved into a trusted tertiary care hospital, distinguished by ethical medical practice, academic depth, and a consistent focus on patient centred care. Its growth reflects a carefully maintained balance between clinical precision, institutional discipline, and human values, establishing the hospital as a respected benchmark in South Kerala.

### Visionary Origins and Institutional Evolution

The foundation of the hospital was laid in 2005 under the leadership of Dr. A. Marthanda Pillai, an eminent neurosurgeon, Padma Shri awardee, and former Professor and Head of the Department of Neurosurgery at Government Medical College, Thiruvananthapuram. With extensive experience spanning clinical medicine, medical education, and healthcare administration, including his role as National President of the Indian Medical Association, Dr Pillai envisioned an institution of international standards in Kerala's capital city.

The initial focus was on neurosciences, with strong emphasis on clinical excellence supported by academic rigour. From the outset, the institution prioritised ethical practice, transparent systems, and compassionate care. As patient confidence strengthened, services expanded in a structured and responsible manner. The induction of senior consultants and academic leaders transformed the hospital into a comprehensive multi speciality institution, while preserving the core principles on

which it was founded.

*"Guiding principles ensure consistency and excellence across every department."*

Today, AHRI operates as a 350 bed tertiary care hospital delivering integrated healthcare services under one roof. The institution is supported by a multidisciplinary team of over one thousand professionals, including more than two hundred doctors across over forty five specialties. This scale has been achieved through sustained investment in infrastructure, continuous professional development, and the adoption of evolving medical technologies.

Clinical accountability, patient safety, and quality governance form the backbone of the hospital's operational philosophy. These standards have enabled alignment with national and international benchmarks, while ensuring accessibility and affordability for a wide spectrum of patients.

Guided by long term vision and sustained patient trust, the hospital has developed focused centres of excellence in key disciplines.

- Neurology and Neurosurgery
- Cardiology and Cardiothoracic Surgery
- Nephrology and Urology
- Medical and Surgical Gastroenterology
- Pediatrics and Neonatology
- Orthopedics, Pulmonology, and General Medicine





These services are supported by advanced diagnostic laboratories, comprehensive radiology facilities, ten modular operation theatres, and international standard intensive care units. A fully functional emergency department operates round the clock, ensuring continuity and responsiveness in critical care.

### **People, Culture, and Institutional Values**

While visionary leadership provided the foundation, the hospital's sustained success has been driven by collective commitment. The organisational culture encourages collaboration, ethical decision making, and continuous learning. Equal importance is placed on professional competence and humane interaction, reinforcing a patient first approach across all levels of care.

Inclusivity remains a key strength, with active support for women doctors, young specialists, and professionals from diverse backgrounds. Ongoing training initiatives and timely technology upgrades ensure that clinical teams remain aligned with current standards and future demands.

### **Achievements Over the Years**

- Treated more than one million patients and performed over twenty five thousand major surgeries
- Achieved NABH accreditation under the fifth edition standards along with ISO certification for quality and safety
- Recognised by the Government of Kerala for excellence in patient management during the COVID period
- Established the Ananthapuri Medical Research

Foundation to promote structured clinical research and innovation

### **Education, Research, and Workforce Development**

Academics and research form an integral component of the hospital's long term vision. The institution contributes actively to national healthcare capacity through structured education and training programs. DNB postgraduate programs are offered in multiple specialties, producing specialists equipped with strong clinical and ethical foundations.

The Ananthapuri Nursing College offers BSc nursing programs with emphasis on evidence based practice and compassionate care. The Institute of Public Health functions in association with the Global Institute of Public Health, providing training in epidemiology, health policy, and community health management. In addition, a broad spectrum of paramedical programs supports skill development in laboratory sciences, radiology, anaesthesia, dialysis, operation theatre technology, and allied health sciences, strengthening the overall healthcare workforce.

### **Patient Experience and Community Commitment**

Beyond infrastructure and technology, the defining strength of Ananthapuri Hospitals and Research Institute lies in its approach to patient engagement. Care delivery is designed to address clinical needs alongside emotional wellbeing. Clear communication, respect for patient dignity, and family involvement form integral parts of the care process, strengthening recovery outcomes and long term trust.

The hospital serves patients from across Kerala and other parts of India, while also welcoming international patients from the Middle East, Maldives, and Africa. At the same time, it remains closely connected to the community through rural medical camps, subsidised treatment initiatives, and health awareness programs. Expanding academic collaborations and research partnerships further strengthen its role in global knowledge exchange and medical tourism.

### **Looking Forward**

As Ananthapuri Hospitals and Research Institute complete twenty years of service, it stands as a mature and forward looking healthcare institution shaped by experience, discipline, and purpose. Anchored in the enduring vision of Dr A Marthanda Pillai, the hospital continues to focus on academic excellence, research driven care, and responsible expansion.

The future direction remains aligned with the values that defined its beginning: integrity in practice, innovation in medicine, and compassion in care, ensuring meaningful contribution to the evolving healthcare needs of Kerala and beyond.

## PREVENTIVE ONCOLOGY

### SHIFTING CANCER CARE FROM TREATMENT TO PREVENTION



**DR. ARUN A. J**  
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Despite remarkable advances in targeted therapies, immunotherapy, and molecular oncology over the past two decades, the global cancer burden continues to rise. Annual new cancer cases are projected to exceed 30 million by 2040, with the sharpest increase occurring in low- and middle-income countries. In these regions, nearly 65–70% of cancers are diagnosed at advanced stages, leading to poorer outcomes and placing immense strain on healthcare systems. These trends highlight the limitations of a treatment-centric approach to cancer control.

Increasingly, cancer is recognised as a largely preventable disease. Nearly 30–50% of cancers can be avoided through modification of well-established risk factors such as tobacco use, unhealthy diets, physical inactivity, obesity, and alcohol consumption. Tobacco alone accounts for approximately 22% of global cancer deaths, while infection-related cancers linked to HPV, hepatitis B, and *Helicobacter pylori* contribute close to 15% of the global burden. The growing incidence of early-onset cancers, particularly colorectal and breast cancers in individuals under 50, further underscores the role of lifestyle, metabolic, and environmental influences.

Preventive oncology represents a fundamental shift from reactive treatment to proactive risk reduction. It is a comprehensive framework designed to reduce cancer incidence, morbidity, and mortality by addressing risk factors across the cancer continuum. By integrating public health principles with advances in clinical and molecular oncology, preventive oncology enables earlier intervention and more sustainable long-term outcomes.

Primary prevention focuses on reducing cancer risk at its source through tobacco control, promotion of healthy lifestyles, environmental risk mitigation, and vaccination programmes. Population-wide initiatives such as HPV and hepatitis B vaccination have demonstrated substantial reductions in cervical and liver cancers, making them among the most cost-effective strategies in cancer control.

Secondary prevention emphasises early detection through structured screening programmes. Evidence-based screening for breast, cervical, colorectal, and lung cancers has been shown to reduce cancer-specific mortality by 20–60%. Early diagnosis not only improves survival rates, often exceeding 80–90% for several cancers, but also reduces the need for intensive and high-cost treatments.

With over 50 million cancer survivors worldwide, tertiary prevention has become increasingly important. Survivorship care focuses on long-term monitoring, rehabilitation, and prevention of recurrence or second malignancies, significantly improving quality of life and optimising healthcare resources.

By bridging oncology with public health, genomics, behavioural science, and health systems research, preventive oncology addresses cancer across its biological, environmental, and social determinants. Moving cancer control from episodic intervention to sustained population-level risk reduction, preventive oncology stands as a critical pillar for achieving equitable, cost-effective, and sustainable cancer care.

## PRECISION, COMPASSION, AND CURE THE ART OF SURGICAL ONCOLOGY



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MOHANDAS**

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**S**urgical oncology remains a cornerstone of multidisciplinary cancer care, playing a decisive role in diagnosis, staging, curative treatment, palliation, and prevention. Alongside medical and radiation oncology, it forms the foundation of evidence-based cancer management, particularly for solid tumours where surgery offers the greatest chance of long-term control and cure.

At SK Hospital, surgical oncology begins with precision-driven diagnosis. Our team is actively involved in comprehensive diagnostic evaluation through a wide range of biopsy and excision procedures, enabling accurate histopathological and molecular assessment. Regular multidisciplinary tumour board discussions with medical oncologists, radiation oncologists, radiologists, and pathologists ensure that each patient receives an individualised, evidence-based treatment plan. Accurate staging and assessment of tumour biology are central to determining the most effective therapeutic strategy.

The core strength of our department lies in the management of complex and advanced cancers through definitive oncological surgery. Complete tumour excision with oncologically safe margins, combined with appropriate lymph node management, remains the most effective curative approach for many malignancies, particularly when detected early. Equal emphasis is placed on preserving organ function and maintaining quality of life.

We manage a broad spectrum of cancers, including breast, gastrointestinal, head and neck, thoracic, endocrine, soft tissue, gynaecological, and urological malignancies. Oncoplastic and reconstructive surgery is an integral part of our practice, with procedures such as breast reconstruction post mastectomy, head and neck reconstruction using locoregional flaps, and reconstruction following extensive sarcoma resections, ensuring functional and aesthetic rehabilitation after radical surgery.

Advanced intraoperative support, including frozen section analysis, allows real-time margin assessment, particularly in breast, gastrointestinal, and head and neck cancers. We routinely employ minimally invasive and advanced surgical techniques, including laparoscopic, robotic-assisted, and image-guided procedures, supported by interventional radiology. These approaches significantly reduce surgical morbidity, shorten hospital stay, and enhance recovery.

Surgical oncology today is inseparable from multimodal cancer care. Surgery is often combined with chemotherapy, immunotherapy, or radiotherapy in neoadjuvant or adjuvant settings to optimise outcomes. Advanced procedures such as cytoreductive surgery with hyperthermic intraperitoneal chemotherapy are also performed for selected indications.

Palliative surgical care remains an essential responsibility, aimed at symptom relief and improving quality of life in advanced disease. Procedures addressing obstruction, bleeding, or nutritional compromise play a meaningful role in comprehensive cancer care. Preventive surgery is equally important, particularly for individuals with hereditary cancer syndromes, where risk-reducing procedures can significantly alter disease trajectory.

Over the past year, our department has successfully performed more than 200 complex oncological surgeries, including cytoreductive procedures with HIPEC, advanced reconstructions, limb salvage surgeries for sarcomas, complex thyroid resections, minimally invasive hepatobiliary and pancreatic surgeries, and multivisceral resections for gynaecological and gastrointestinal cancers.

Our mission remains clear: to deliver high-quality, evidence-based surgical cancer care that is comprehensive, compassionate, accessible, and affordable. As cancer care continues to evolve, surgical oncology will remain central not only to treatment, but also to prevention, survivorship, and long-term patient well-being.

## REDEFINING THE CANCER NARRATIVE

### A GLOBAL STRATEGY FOR PREVENTIVE ONCOLOGY



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**D**espite unprecedented advances in precision therapeutics and personalised cancer care, the global cancer burden continues to rise at an alarming pace. Projections indicate a sharp increase in new cancer cases over the next two decades, with the impact felt most severely in low- and middle-income countries where late-stage diagnosis remains common and healthcare systems are under strain. Evidence clearly shows that nearly 30 to 50 percent of cancers are preventable through modification of known risk factors such as tobacco use, obesity, unhealthy lifestyles, and chronic infections. The rising incidence of early-onset cancers and the escalating cost of advanced oncology care further highlight the urgent need for a paradigm shift. Cancer control can no longer rely solely on treatment; prevention must become central to global health strategy.

Preventive oncology represents a decisive move from reactive care to proactive risk reduction. It is a structured, multidisciplinary framework built on three interconnected pillars. Primary prevention focuses on eliminating root causes through tobacco control, lifestyle interventions, environmental risk mitigation, and population-wide vaccination against HPV and hepatitis B. Secondary prevention emphasises evidence-based screening and early detection, enabling cancers to be identified at stages where outcomes are significantly improved. Tertiary prevention addresses survivorship, recurrence prevention, and rehabilitation, ensuring long-term quality of life for cancer survivors. Together, these pillars integrate oncology with public health, genomics, and digital health to address cancer across its biological, environmental, and social determinants.

Technological innovation is accelerating this transition toward precision prevention. Genomic risk stratification using polygenic risk scores enables identification of high-risk individuals well before clinical disease develops. Artificial intelligence is transforming screening by improving accuracy and scalability in radiology and pathology, particularly in resource-limited settings. Liquid biopsy technologies are advancing non-invasive, multi-cancer early detection through circulating tumour DNA analysis. Digital health platforms, wearables, and robust cancer registries further support population-level monitoring, behavioural change, and data-driven policy decisions.

Kerala, and particularly Thiruvananthapuram, offers a compelling setting for this global dialogue. The state's strong public health foundation, high literacy levels, effective primary healthcare system, and success in vaccination coverage have created an enabling environment for preventive oncology. Kerala's experience with cancer registries and community-based screening for breast, cervical, and oral cancers demonstrates how preventive strategies can be effectively implemented and scaled, even within resource-constrained settings.

The Global Preventive Oncology Summit aims to catalyse collective action by fostering collaboration, advocating the integration of prevention into national cancer control policies, and advancing equity-driven research. By bringing together policymakers, clinicians, researchers, and public health leaders, the summit seeks to build consensus and develop practical roadmaps for sustainable cancer control. As global leaders, we must affirm that the right to health includes the right to prevention, placing preventive oncology at the heart of the fight against cancer.

# REPLACING THE AORTIC VALVE WITHOUT OPEN SURGERY

## DR. ARSHAD M. SHARES INSIGHTS ON TAVR



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The human heart works continuously to pump oxygen-rich blood throughout the body, with the aorta playing a central role in this process. As the largest artery, the aorta carries blood from the heart to all vital organs. The aortic valve, located at the junction between the left ventricle and the aorta, regulates this blood flow. With advancing age or due to progressive calcification, this valve can become narrowed, a condition known as aortic stenosis.

Aortic stenosis restricts blood flow from the heart, leading to reduced cardiac output. Patients may experience breathlessness, chest pain, fatigue, dizziness, and, in advanced cases, heart failure if the condition is left untreated. For decades, open-heart surgery was the only definitive treatment for replacing a diseased aortic valve. Today, advances in interventional cardiology have transformed this landscape through Transcatheter Aortic Valve Replacement, or TAVR, offering a safer and less invasive alternative.

TAVR represents a major breakthrough in the treatment of aortic stenosis. Unlike conventional surgery, it does not require opening the chest or stopping the heart. During this minimally invasive procedure, a thin catheter is inserted through a blood vessel in the lower limb, most commonly the femoral artery. A compressed artificial valve is guided through the catheter and positioned within the diseased valve. Once in place, it is expanded and immediately takes over the function of the damaged valve. The procedure is usually performed under local anaesthesia or mild general anaesthesia, allowing for faster recovery and reduced physical stress.

One of the most significant advantages of TAVR is the minimal trauma involved. Compared to open-heart surgery, patients experience less pain, smaller incisions, and lower overall risk. Hospital stays are shorter, and recovery is quicker, enabling patients to return to daily activities sooner. Importantly, the risk of complications such as stroke, kidney failure, infection, or major bleeding is considerably reduced. For elderly patients and those with multiple medical conditions that increase surgical risk, TAVR often proves to be the safest and most effective treatment option.

TAVR is especially beneficial for older adults with severe aortic stenosis, patients at high or moderate risk for open-heart surgery, and individuals who are frail or have coexisting health issues. With continuous improvements in device technology and procedural safety, even younger and lower-risk patients are now increasingly choosing TAVR as a preferred treatment.

Careful planning is essential for successful TAVR. The decision is made jointly by the patient, family, and a multidisciplinary medical team. Investigations such as echocardiography and CT angiography are critical in assessing suitability. CT angiography provides detailed information on valve size, calcification, aortic anatomy, coronary artery origins, and femoral artery diameter, all of which are vital for precise procedural planning.

Despite its many benefits, TAVR has limitations. In some patients, femoral arteries may be too narrow for catheter access, and certain anatomical features can make the procedure technically challenging. Cost is another consideration, as TAVR valves are currently more expensive than surgical valves. However, with wider adoption and ongoing technological advances, costs are expected to decrease over time.

TAVR marks a significant shift in the management of aortic valve disease, offering renewed hope to patients once considered unsuitable for surgery. It demonstrates how innovation in cardiology can enhance quality of life while reducing risk and recovery time.

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## CANCER PREVENTION IN INDIA

### PROGRESS, PARADOXES, AND LESSONS FROM KERALA



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Over the past two decades, India has made notable strides in cancer prevention through legislation, national programs, and public health initiatives. Yet, as the country confronts a steadily rising cancer burden in 2026, the gap between policy ambition and on-ground delivery remains evident. Kerala—often described as India’s health frontrunner—offers a revealing window into both the promise and paradox of this journey. With its strong health indicators, comprehensive registries, and early epidemiological transition, the state mirrors where much of India is headed, underscoring the urgent need to move from intent to impact.

One of India’s most visible successes has been tobacco control. Strong laws, public smoking restrictions, and prominent pictorial warnings have reshaped awareness and social norms. Early action against emerging threats such as electronic nicotine delivery systems has further strengthened this framework. However, enforcement gaps persist, particularly around schools and among adolescents, where access remains worryingly easy. Alcohol regulation, managed largely by states, has taken diverse forms—from total bans to taxation-based control—reflecting local realities but producing uneven protection nationwide. Together, these policies signal progress, but also highlight the limits of legislation without sustained community engagement.

A major milestone is the availability of India’s indigenous quadrivalent HPV vaccine, CERVAVAC. Its approval and commercial launch mark a turning point for cervical cancer prevention, offering an affordable, locally produced alternative that protects against the most oncogenic HPV strains. While the vaccine is now being deployed through state-led and pilot public programs, its full integration into the national immunisation framework remains a work in progress. Scaling this up equitably, particularly in underserved regions, will be crucial if India is to align with global goals for cervical cancer elimination.

Yet, prevention continues to struggle for attention in a system overwhelmingly oriented toward treatment. Screening coverage for breast, cervical, and oral cancers remains limited, referral pathways are fragmented, and follow-up mechanisms are weak. Frontline health workers, burdened by multiple responsibilities, often lack the training and incentives needed to sustain cancer prevention efforts. Meanwhile, digital health tools, AI-assisted screening, and mobile outreach platforms hold transformative potential but remain unevenly deployed, particularly in rural and tribal areas.

Kerala’s experience vividly illustrates this problem. Despite high literacy, long life expectancy, and a robust public health system, the state reports some of the highest cancer incidence rates in the country. Lung cancer remains dominant among men, breast cancer among women, and thyroid cancer has shown a striking rise, raising concerns alongside improved detection. Encouragingly, cervical cancer incidence has declined, hinting at what is possible when awareness, social change, and health systems align. Kerala demonstrates that strong data systems can illuminate problems—but solving them requires more than surveillance.

India now stands at a crossroads. Its cancer prevention architecture is stronger than ever, with tobacco control, environmental safeguards, and indigenous vaccine development forming a solid base. What’s missing is coherence, scale, and continuity. Prevention must be embedded into primary care, decentralised through district-level services, and supported by sustained community engagement.

“The future of cancer control in India will not be decided in hospital wards alone, but in classrooms, communities, and primary care clinics—where prevention truly begins”.



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# RECONSTRUCTING CONFIDENCE AFTER A CANCER DIAGNOSIS- ART AND SCIENCE OF BREAST RECONSTRUCTION

## **Breast Reconstruction: Healing Beyond the Scar**

For many women, the diagnosis and treatment of breast cancer is not only a medical journey but an emotional one. Surgery that saves a life can also leave lasting physical changes. Breast reconstruction is a medical option that helps restore the shape of the breast after mastectomy or lumpectomy—and, for many, plays an important role in emotional recovery and self-confidence.

Breast cancer is now the most common cancer among women in India. While advances in early detection and treatment have improved survival, thousands of women are left to cope with the physical and emotional impact of losing a breast. Breast reconstruction, though available, remains underutilised and poorly understood—often seen as a cosmetic luxury rather than an essential part of recovery.

## **What Is Breast Reconstruction?**

Breast reconstruction is a surgical procedure that recreates the breast mound after all or part of the breast has been removed due to cancer or, in some cases, to reduce high cancer risk. It does not treat cancer, but it helps address the physical impact of cancer treatment.

Reconstruction can be done at the same time as breast removal surgery (immediate reconstruction) or months or even years later (delayed reconstruction). The choice depends on medical factors, cancer treatment plans, and personal preference of patient.

## **Types of Breast Reconstruction**

There are two main approaches:

### **Implant-based reconstruction**

This uses silicone or saline implants to form the breast shape. It is one of the most common methods and usually involves shorter surgery time and recovery. But the implant is a foreign body and hence has its own pros and cons.

### **Autologous (tissue-based) reconstruction**

In this method, tissue is taken from another part of the body—such as the abdomen, back, or thigh—to create a new breast. While the surgery is more complex, the result often feels more natural.

In some cases, a combination of both methods is used.

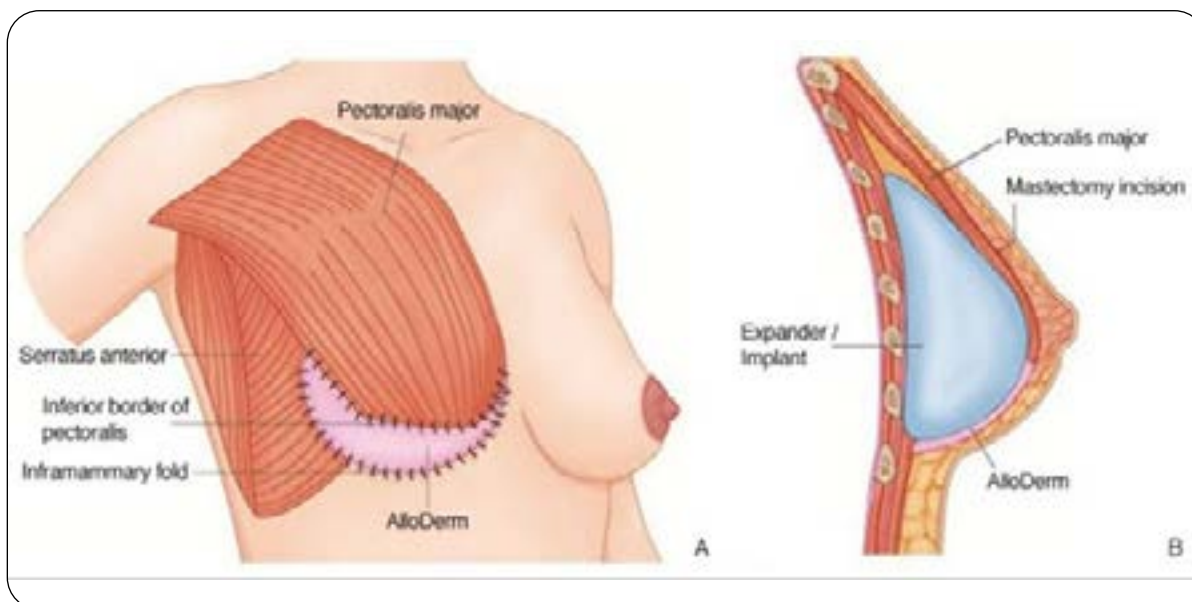
## **Is Reconstruction Necessary?**

It's important to know that breast reconstruction is a choice, not an obligation.

Breast reconstruction is not a functional one, it aims to restore shape and confidence. Some women choose external breast prostheses or decide not to reconstruct at all. There is no “right” or “wrong” decision—only what feels right for the individual.



**Dr Amrita Rao**  
Plastic and Breast Surgeon  
Sut Hospital Pattom



Importantly, reconstruction does not interfere with cancer treatment or detection when appropriately planned.

### Emotional and Psychological Benefits

Beyond physical appearance, breast reconstruction can help some women feel more comfortable in their bodies after cancer treatment. Studies show it may improve body image, self-esteem, and overall quality of life. However, emotional healing is personal, and support from family, friends, and counseling services is equally important.

### Safety and Recovery

Breast reconstruction is generally safe when performed by trained plastic surgeons, but like all surgeries, it carries risks such as infection, scarring, or the need for additional procedures. Recovery time varies depending on the type of reconstruction chosen.

### Awareness Matters

Despite being widely available, many women are unaware of their reconstruction options or assume it is purely cosmetic. In reality, breast reconstruction is considered a part of comprehensive breast cancer care in many countries, and patients have the right to discuss these options before surgery.

Many women are never informed that reconstruction is an option. Cultural stigma, fear of additional surgery, cost concerns, and lack of trained specialists in public hospitals all contribute to low uptake. According to public health experts, informed consent is incomplete if reconstruction

options are not discussed before mastectomy. Government hospitals and cancer centres in India are increasingly recognising this gap and working to integrate reconstructive services into cancer care.

“I Thought Survival Was the Only Goal”

“When I was told I had breast cancer, my only thought was survival. I didn’t even know reconstruction was possible. Months later, I struggled with how I looked and felt. When my doctor finally explained reconstruction, it gave me hope—not vanity, but dignity.”

— 48-year-old breast cancer survivor

### A Personal Decision

Breast reconstruction is deeply personal. What matters most is that women are informed, supported, and empowered to make decisions that align with their health needs and sense of self.

Healing after breast cancer is not just about surviving—it’s about living well. And reconstruction aims at exactly this, helping a woman live a happy confident and productive life after the treatment of cancer

The most important part of the cancer healing journey is finding a great team of doctors, surgical oncologist, medical oncologist and a reconstructive surgeon, a team that not only works well but more importantly works well together and we at SUT Hospital Pattom do exactly that. Do feel free to come and discuss all your fears and options with us.



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