

Comprehensive Clinical **ONCOLOGY**

CURRENT PRACTICES



LIBROMEDPANAMÁ

EDITOR

Cesar J. Restrepo, MD

Surgical Oncology
General Surgery Service
Metropolitan Hospital Complex of the Social Security
Panama, Republic of Panama

SPECIAL GUESTS

Ana Rita J. Maria, MD

General Practitioner at the Regional Health
Administration of Lisbon and Tagus Valley
Affiliated Teacher at NOVA Medical School
Member of Health Technologies
Assessment Commission (Infarmed) Cochrane
Effective Practice and Organization of Care (EPOC) Group Author,
PhD Student at NOVA Medical School
Lisbon, Portugal

Guillermo O. Rosato, MD

Staff of Surgery - Coloproctology Section, Austral University Hospital.
Member of the Argentine Association of Surgery.
Member of the Argentine Society of Coloproctology.
Honorary Fellow of the ASCRS (American Society of Colon and Rectal Surgeons)
Member of the ISUCRS (International Society of University Colon and Rectal Surgeons)
Argentina

Raphael Catane, MD

Medical Director and Oncologist
Sheba Medical Center
Israel

Raphael E. Pollock, MD, PhD

Director, The Ohio State University
Comprehensive Cancer Center
Columbus, OH, USA

Sandra Gioia, MD

Mastologist at National Cancer Institute of Brazil
Founder of the Mastogin Institute
Member of Sociedade Brasileira de Mastologia (SBM)
Rio de Janeiro, Brazil

AUTHORS

Antonio Fortes de Pádua Filho, MD

Mastologist and Cancer Surgeon, National Cancer Institute (INCA) - RJ.
Titular of the Brazilian College of Surgeons - TCBC.
Adjunct Professor, Federal University of Piauí.
Medical Director of the Piauiense Association to Combat Cancer
Hospital São Marcos - Teresina – Piauí. Brazil

Audrey Tieko Tsunoda, MD, PhD

Surgical Oncologist,
Hospital Erasto Gaertner
Instituto de Oncologia do Paraná
Associate Professor,
Positivo University
IRCAD Latin America / Barretos
Curitiba/PR, Brazil

Carlos Alonso, MD

Internal Medicine and Dermatology
Argentina

Cesar J. Restrepo, MD

Surgical Oncology, General Surgery
Service Metropolitan Hospital Complex,
Panama Social Security System
Staff Surgeon
Paitilla Medical Center, Panama
Assistant Professor of Surgery,
Faculty of Medicine, Panama University
Republic of Panama

Daniel Cesar, MD

Surgical Oncology and General Surgery
Master in Minimally Invasive Surgery
Robotic Surgeon at
Samaritano Hospital and São Lucas Hospital
Surgical Oncologist at National Cancer Institute
Rio de Janeiro, Brazil

Efraín Cambronero M., MD

Chief of Surgical Oncology, Head and Neck Surgery
Director, Centro Oncológico Costarricense
La Urica, San José, Costa Rica

Elizabeth Orellana de Enríquez, MD

Gastrointestinal Pathologist and Oncologist
Professor of Pathology
Universidad Francisco Marroquin
Guatemala C.A.

Emanuelle Narciso Alvarez Valente, MD

Medical Residency in Breast Surgery at INCA
Breast Surgeon at INCA
Rio de Janeiro, Brazil

Flavia Morales-Vásquez, MD, MSC

Department of Medical Oncology
Instituto Nacional de Cancerología
México

Hugo Rodrigues Gouveia, MD

Interventional Radiologist
National Cancer Institute
Brazil

Joel Juárez Ávila, MD

Department of Urology Oncology
Regional Hospital of High Specialty No.72
Instituto Mexicano del Seguro Social
México

Leandro Santos de Araujo Resende, PhD

Assistant Professor
University Center of Brasilia (UNICEUB)
DF, Brazil

Lorena P. Suarez-Kelly, MD

Complex General Surgical Oncology Fellow,
The Ohio State University,
Columbus, OH, USA

Lucas Alves Sarmiento Pires, MD

Master in Medical Sciences,
Associate Researcher Experimental Morphology Lab.,
Universidade Federal Fluminense
Brazil

Luiz Fernando Nunes, MD

Oncology Surgeon
National Cancer Institute
Head of Connective Bone Tissue Section
Rio de Janeiro, Brazil

Luiz Gonzaga Porto Pinheiro, MD

Medical Residency in Surgical Oncology at INCA
Associate Professor Dept. of Surgery
Faculty of Medicine, Federal University of Ceará
Brazil

Mauro Monteiro Correia, MD, PhD

Oncology Surgeon National Cancer Institute
Head of the Surgical Dept. of
UNIGRANRIO University
Rio de Janeiro, Brazil

Michael A. Henderson, MBBS, BMedSc, MD, FRACS

Director, Melanoma and Skin Service
Deputy Director, Division of Cancer Surgery
Professor of Surgery
University of Melbourne
Peter MacCallum Cancer Center
Melbourne, Australia

Raphael Iglesias, MD

General and Oncologic Surgeon
Cardoso Fontes Hospital
Rio de Janeiro, Brazil

Reinaldo Isaacs Beron, MD

Vice President, Latin-American Gastric
Cancer Association
Honorary Fellow Brazilian College of
Digestive Surgery
General Surgeon at Caja de Seguro Social
Republic of Panama

Rodolfo Suárez Monge, MD, MsC

Service of Dermatology and Allergology
Hospital México
San José, Costa Rica

Sarah Baxter Fisher, MD, MS

Fellow, Dept. Surgical Oncology
Division of Surgical Endocrinology
The University of Texas,
MD Anderson Cancer Center
Houston, TX, USA

Silvia Ortolani, MD

Medical Oncologist
Dept. of Clinical Oncology
Pederzoli Hospital – Peschiera del Garda
Verona, Italy

Simone de Oliveira Coelho, MD

Pediatric Oncology Surgeon
National Cancer Institute
Brazil

Stanley P. L. Leong, MD, FACS

Chief of Cutaneous Oncology
Associate Director of the Melanoma Program
Center for Melanoma Research and Treatment
California Pacific Medical Center
San Francisco, CA, USA

**Steven D Wexner, MD, PhD (Hon), FACS,
FRCS(Eng), FRCS(Ed), FRCSI (Hon),
Hon FRCS(Glasg)**
Director, Digestive Disease Center
Chair, Department of Colorectal Surgery Cleveland
Clinic Florida
Affiliate Professor
Florida Atlantic University College of Medicine
Clinical Professor Florida International University
College of Medicine
Weston, FL, USA

Terence Pires de Farias, MD, PhD, MsC.
Federal Health Researcher -
Brazilian National Cancer Institute (NCI)
Attending Head and Neck Surgeon at NCI
Assistant Professor of Head and Neck Surgery
Pontifia Universidade Católica do Rio de Janeiro
Rio de Janeiro, Brazil

Thais Agnese Lannes, MD
Specialist in Gynecology and Obstetrics
(TEGO 2008).
Specialist in Mastology (THEME 2013).
Mastology Service of the Porto Velho Unit (RO) of
the Barretos Cancer Hospital.
Brazil

Tomas Koltai, MD
Oncological Research Center
Buenos Aires, Argentina

Victor Hugo Ribeiro Vieira, MD
Oncology Surgeon
National Cancer Institute
Transplant Surgeon, Instituto D'Or
Brazil

Yara Farias de Mattos, MD
Medical Residency in Breast Surgery at INCA,
Master's degree in Medicine at
University of Pernambuco
Assistant Professor in Sciences
University of Pernambuco Brazil
Mastologist at Barao de Lucena Hospital
PE, Brazil

CO-AUTHORS

Adeilson Moreira Júnior, MD

Department of Head and Neck Surgery,
Brazilian National Cancer Institute - NCI,
Rio de Janeiro, RJ, Brazil

Aida Mota, MD

Department of Radio-Oncology
Instituto Nacional de Cancerología
México

Alessandro Giardino, MD, PhD, FACS

General Surgeon
Pancreatic Surgical Unit
Pederzoli Hospital – Peschiera del Garda (Verona)
Italy

Alexandre Cesar Vieira de Sales, MD

Medical residency in clinical cancerology by INCA,
Master in education in the health professions by the
University of Maastricht,
Doctorate in applied health biology LIKA-UFPE,
Titular member of the Brazilian Society of
Clinical Oncology
Assistant Professor of Clinical Oncology UFPE
Brazil

Aline Valadão Britto Goncalves, MD

Medical Residency in Gynecology-Obstetrics,
Regional Hospital of Asa Sul-DF
Medical Residency in Mastology from the National
Cancer Institute (INCA-MS), Master's Degree in
Health Sciences from the Federal University of
Sergipe
Cemise - Centro de Med Integrada
Sergipe, Brazil

Alison Weppler, MD, FRCPC,

BSc (Hons), MPH(Epi)

Melanoma and Skin Service,
Peter MacCallum Cancer Centre,
Melbourne, Australia

Antonio Bahena, MD

Department of Medical Oncology
Instituto Nacional de Cancerología
México

Bruno Roberto Braga Azevedo, MD

Surgical Oncologist
Instituto de Hematologia e Oncologia Curitiba -
Oncoclínicas
Curitiba, Brazil

Carlos Eduardo Rodrigues Santos, MD, PhD

Surgical Oncologist and HPB Surgeon
of the National Cancer Institute-Brazil
Compagnon Hepatobiliare
Brazil

Cesar J. Restrepo, MD

Surgical Oncology, General Surgery
Service Metropolitan Hospital Complex,
Panama Social Security System
Staff Surgeon, Paitilla Medical Center, Panama
Assistant Professor of Surgery,
Faculty of Medicine, Panama University
Republic of Panama

David F. Cantú de León, MD, PhD

Department of Gynecologic-Oncology
Instituto Nacional de Cancerología
México

Dilon Pinheiro Oliveira, MD

Medical Residency in Breast Surgery at INCA,
Full Professor of Mastology at the Institute of Post-
graduate Medical Carlos Chagas, RJ, Brazil,
Doctorate and PhD from the Fluminense
Federal University Holder of the Brazilian
Society of Mastology
Institute of Postgraduate Medical Carlos Chagas,
Rio de Janeiro, Brazil

Eid Goncalves Coelho, MD

Titular of the Brazilian Society of Oncologic Surgery, of the Brazilian Society of Cancerology and of the Brazilian Society of Mastology, Oncology Surgeon at the University Hospital - UFPI and the Piauiense Society for Combating Cancer, Department of Gynecological Oncology and Mastology. University Hospital - UFPI and the Piauiense Society for Combating Cancer, Piauí, Brazil

Elizabeth Trejo Durán, MD

Department of Radio-Oncology
Instituto Nacional de Cancerología
México

Emma Verastegui, MD, PhD

Palliative Care Service
Instituto Nacional de Cancerología
México

Emilio Tosto Neto, MD

Department of Head and Neck Surgery
Brazilian National Cancer Institute – NCI
Rio de Janeiro, Brazil

Enrico Lazzarini, MD

General and HPB Surgical Department
Policlinico GB Rossi, University of Verona
Italy

Eva Ruvalcaba Limón, MD, PhD

Department of Gynecologic-Oncology, FUCAM
México

Fernando Luiz Dias, MD, PhD, FACS

Chief, Head and Neck Surgery Service
Brazilian National Cancer Institute
Chairman, Dept. Head and Neck Surgery
Post Graduate School of Medicine
Catholic University of Rio de Janeiro
Rio de Janeiro, Brazil

Gabriela Fiod, MD

Medical residency in surgical oncology at INCA
Brazilian NCI (INCA),
Rio de Janeiro, Brazil

Gaya Spolverato, MD

Surgical Oncologist
Clinica Chirurgica I, University Hospital of Padova –
Padova, Italy

Georgina Dominguez-Ocadio MD

Palliative Care Service
Instituto Nacional de Cancerología
México

Hayim Gilshtein, MD

Clinical Fellow
Dept. of Colorectal Surgery, Cleveland Clinic Florida
Weston, FL, USA

Héctor Enríquez Blanco, MD

Colorectal Surgeon
Medical Director
Unidad de Medicina Conductual y Motilidad
Centro Gastrointestinal S. A.
Guatemala, C. A.

Héctor Manuel Sánchez López, MD

Head, Nephro-Urology and Transplant Service,
Regional Hospital of High Specialty of Bajío, Leon
Guanajuato, México

Horacio N. López-Basave, MD

Department of Surgical Oncology
Instituto Nacional de Cancerología
México

Isabella Frigerio, MD, PhD

General Surgeon
Pancreatic Surgical Unit
Pederzoli Hospital, Peschiera del Garda (Verona)
Italy

Jaime Coronel, MD, PhD

Department of Medical Oncology
National Cancer Institute of México
México

Jaime de la Garza Salazar, MD

Instituto Nacional de Cancerología
México

João Henrique Cunha Villela, MD

Head and Neck Surgeon.
University Hospital - Federal University of Santa
Catarina – HU UFSC,
Florianópolis, SC, Brazil

Joao Ivo Xavier Rocha, MD

Graduation in medicine at Federal University of
Ceará, Brazil,
Medical Residency in Surgery at General Hospital of
Fortaleza
Oncology Education and Studies Group (GEEON),
Fortaleza, Ceará, Brazil

José Carlos de Oliveira Gomes, MD

Specialist in Mastology - TEMA.
Titular of the gynecology and obstetrics society.
Piauiense Association to Combat Cancer - Hospital
São Marcos, Teresina
Piauí, Brazil

Karina de Oliveira Ferreira, MD

Medical Residency in Clínica Médica at
Hospital da Lagoa, Rio de Janeiro,
Clinical Oncology at the National Cancer Institute /
INCA,
Specialist Degree in Clinical Oncology,
Clinical Oncology at the National Institute of Cancer
/ INCA,
Member of the Brazilian Society of Clinical
Oncology / SBOC since 2002.
Vitta Centro de Oncologia,
Sergipe, Brazil

Laercio Gomes Lourenco, MD, PhD

Associate Professor of Surgery
Universidade Federal de Sao Paulo, Brazil
Former President of Brazilian Gastric
Cancer Association
Head of General Surgery of Hospital do Rim
Hospital Osvaldo Cruz Cancer Center
Brazil

Lenny N. Gallardo Alvarado, MD

Department of Clinical Investigation
Instituto Nacional de Cancerología
México

Luiza Labrunie, MD

Oncologist Radiologist
National Cancer Institute
Brazil

Márcio Antonio Babinski, MD, Msc, PhD

Associate Professor of Clinical Anatomy
Department of Morphology
Federal Fluminense University
Niterói, Rio de Janeiro,
Brazil

Mauro Monteiro Correia, MD, PhD

Oncology Surgeon National Cancer Institute
Head of the Surgical Dept. of UNIGRANRIO
University
Rio de Janeiro, Brazil

Nancy D. Perrier, MD, FACS

Department of Surgical Oncology,
Division of Surgical Endocrinology,
The University of Texas
MD Anderson Cancer Center,
Houston, TX, USA

Patricia Chaves de Freitas Campos Jucá, PhD
Medical residency in surgical oncology at INCA,
Master's degree and PhD in Surgery by the
Federal University of São Paulo – UNIFESP, SP
Brazil
Brazilian NCI (INCA)
Rio de Janeiro, Brazil

Paul Strombom, MD
Clinical Fellow
Department of Colorectal Surgery
Cleveland Clinic Florida
Weston, Florida USA

Paula Juárez, MD
Instituto Nacional de Cancerología
México

Paulo Henrique Diogenes Vasques, MD, PhD
Mastologist and General Surgeon,
Member of the Brazilian Society of Mastology,
Full Member of the Brazilian College of Surgeons -
TCBC,
Medical Director of the Mastology Service of the
Oncology Education and Study Group (GEEON),
Fortaleza, Ceará, Brazil

Plinio Valdes, MD
Retired Professor of Medicine,
Medical Oncology and Propedeutics
Panama, Republic of Panama

Raphael Fernandes Calhau, MD
Department of Head and Neck Surgery
Brazilian National Cancer Institute – NCI,
Rio de Janeiro, RJ, Brazil

Raphael E. Pollock, MD, PhD
Director, The Ohio State University
Comprehensive Cancer Center
Columbus, OH, USA

Renato Santos de Oliveira Filho, MD
Professor of Surgery,
Federal University of São Paulo, UNIFESP-EPM,
São Paulo, Brazil

Rodolfo Suárez Monge, MD, MSc
Service of Dermatology and Allergology
Hospital México
San José, Costa Rica

Rodrigo Brilhante de Farias, MD
Medical Residency in
Breast Surgery at INCA
Federal University of Ceará,
PE, Brazil

Rodrigo Motta de Carvalho, MD
Medical Residency in Surgical Oncology at
Brazilian National Cancer Institute
(INCA),
Rio de Janeiro, Brazil

Salim Abraham Barquet-Muñoz, MD
Department of Gynecologic-Oncology
Instituto Nacional de Cancerología
México

Sandro Luiz Sayao Prior, MD
Medical Residency in Breast Surgery at
Mario Kroeft Hospital, RJ.
Specialist in Mastology - TEMA
Pérola Byington Hospital,
São Paulo, Brazil

Silvia Allende-Pérez, MD, MB
Palliative Care Service
Instituto Nacional de Cancerología
México

Sophie Francoise Mauricette Derchain, PhD

Full Professor Campinas State University
(UNICAMP)
Campinas, SP
Brazil

Valerie P. Grignol, MD

Assistant Professor of Surgery,
Division of Surgical Oncology,
The Ohio State University,
Columbus, OH, USA

Vanessa Leal Ramos, MD

Medical Residency in General Surgery Hospital
Getúlio Vargas - SES- PE,
Medical Residency in Mastology by Hospital Barão
de Lucena - SES PE
Mastologist at Santa Joana Hospital –
Recife, PE, Brazil,
Emergency Manager Agamenon
Magalhães Hospital – SUS
PE, Brazil

Victoria Valinluck Lao, MD, PhD

Department of Colorectal Surgery
Cleveland Clinic Florida
Weston, FL, USA



DEDICATION

To my wife Itzel M.

*To my kids: Itzelita, César Jr., Marieangie,
Georgios Emmanuel, Adriana Sofía.*

To my Mentor and Friend Charles Balch,

To Raphael Pollock, more than a friend, a “Big Brother”.

*To all the family members, that fought the battle against this
dreadful disease named Cancer and finished with the head up.*

To the students of all ages.

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To the Authors of this book, to Srinivas Chaubey, Sheyla Marengo and Elektra McDermott. I hope it's not too late, I want to thank you for having trusted in this project.

I am not rich, but I am very lucky, I believe in God, I have a big family and some friends (a few, and you are one of them). We aspire to a lot, without appreciating the little, which is really what belongs to us.

I want to tell you: these last 20 years, especially the last 10 have been, extremely difficult, "from so much crying I learned to smile". Thanks for being in my life.

I hope that one day, I can thank you, all the time and in every place, the only one that is always, is God. In the good you will be surrounded by many, in the bad, you will find me. Thanks for your example, for your friendship.

PROLOGUE

This book is designed to serve an important gap in our clinical knowledge base, which is that there are no oncology texts describing the key elements of multidisciplinary cancer care focusing on malignant diseases of prevalence in Central and South America as well as the Caribbean. This is a vast and diverse catchment area in which cancer is emerging as a major health challenge on an individual and population-wide basis.

For practitioners who specialize in oncology as well as more general practitioners, medical students and residents in training, it is hoped that this small volume will help address this deficit in compiled oncology information.

The book is organized with a focus on individual diseases that are frequently as well as only occasionally encountered in the target geographic locations. The role of multi-disciplinary care, including the role of diagnostic physicians such as pathologists and radiologists as well as treating physicians, including medical, surgical, and radiation oncologists are concisely yet thoroughly discussed. How to care for specific cancer entities, including addressing oncology care priorities when resources may be scarce, are likewise developed in the context of specific diseases.

The key starting point of developing multi-disciplinary cancer planning conferences is critical, and this is a prospect that increasingly will be aided by teleconference mechanisms connecting physicians, patients, and experts elsewhere in an orchestrated and concerted effort to provide the highest quality care access to all patients burdened by malignant disease.

The format of each chapter is designed to provide immediate access to key information needed to establish an informed therapeutic relationship between caregivers and patients.

A brief list of pertinent and contemporary references is included in each chapter. It is hoped that this very focused volume will prove to be useful to you, and we would be delighted to hear from you with questions, comments, as well as direct feedback on whether or not we have hit our desired targets!

*Raphael Pollock, MD
Director, The Ohio State University
Comprehensive Cancer Center
Columbus, OH, USA*

PROLOGUE

Cancer is serious public health problem in countries of all resource levels. Although major advances in the detection and treatment of the disease have occurred in higher income settings, similar progress has been slow or scarce in most low- and middle- income countries (LMCs).

The poorer outcomes in LMCs may relate to the limited capability of their healthcare systems (HCS) to provide successful early detection, diagnosis, and treatment of cancer.

Impediments to better outcomes include insufficient numbers of appropriately trained healthcare workers, limited access to screening/treatment facilities, inadequate supplies of necessary drugs, and timeliness of treatment after diagnosis.

This initiative, facilitated by Cesar J. Restrepo, MD, and with the participation of prestigious oncologists from various countries around the world, reinforces the importance of the development and training of oncology specialists.

Soon, cancer will be the number one disease in many countries, and we need to prepare for it. Being one step ahead of cancer to help healthcare systems and public policies reduce mortality from cancer worldwide.

Enjoy reading this very elaborate book.

*Sandra Gioia, MD
Mastologist at National Cancer Institute of Brazil
Founder of the Mastogin Institute
Member of Sociedade Brasileira de Mastologia (SBM)
Rio de Janeiro, Brazil*

INTRODUCTION

This Oncology Book is written, from “the battlefield”, there are extraordinary Oncology Books, well written, but none like this (as far as I know). This book fills a space with these other books and shows the reality of our situation.

Written by extraordinary and frequent writers, all Experts in their field, members of International Surgical Oncology Societies. It is designed in such a way that the Oncologist, as well as the profane, the scholar and the students will understand.

We do not need to prove, that our Cancer statistics are not good, they do not reflect our reality. When studying the current International Guidelines for Cancer, we cannot apply them in full, due to our “lack of resources, different culture and geographic location”, so we end up (“Tropicalizing”), making local adjustments. This is our Book spirit and Goal.

Cancer is a genetic disease, in addition to studying Cancer, it is necessary to understand those affected, patients and relatives; the society, the country. The incidence of Cancer is, and will, continue to increase, up to 75% in 2030. Low and middle-income countries will experience the greatest impact.

Lung cancer and those caused by infections will be those with the greatest increase. In the rich area of the planet, prostate, colon and breast cancer will continue to have the highest incidence. Developing countries will suffer the evils of tobacco, which generates 12 percent of their cancer cases, a percentage that continues to grow. Another 25 percent of cases find their origin in chronic diseases. Researchers estimate that by the year 2030, 1.7 million cancer cases will be diagnosed in Latin America and the Caribbean and more than one million deaths from cancer.

This Book has 55 chapters, the last tells the history of Oncology in Panama, linked to the History of Panama and the World. A small country with 4 million inhabitants, a “melting pot”, a genetic mixture.

Cesar Restrepo, MD

Surgical Oncologist

Fellow MD Anderson Hospital and Tumor Institute, Houston Texas, USA.

Corresponding Member of the Society of Surgical Oncology (SSO)

TABLE OF CONTENTS

SECTION I SOFT TISSUE SARCOMA

Chapter 1 Soft Tissue Sarcomas

SECTION II HEAD AND NECK CANCER

Chapter 2 Introduction to Head and Neck Cancer

Chapter 3 Immunotherapy in Head and Neck Cancer

Chapter 4 Advances in Radiotherapy and Chemotherapy as Organ Preservation in Head and Neck Cancer

Chapter 5 Molecular Biology in Head and Neck Cancer

Chapter 6 Molecular Target Therapies in the Treatment of Head and Neck Cancer

Chapter 7 Neoplasms of the Anterior Cranial Fossa and Paranasal Sinuses

Chapter 8 Nasopharynx Cancer

Chapter 9 Oropharynx Cancer

Chapter 10 Oral Cavity Cancer

Chapter 11 Hypopharynx Cancer

Chapter 12 Larynx Cancer

Chapter 13 Malignant Tumors of the Parotid Gland

Chapter 14 Thyroid Cancer

SECTION III THYROID CANCER

Chapter 15 Differentiated Thyroid Cancer – Surgical Considerations

SECTION IV BREAST CANCER

Chapter 16 Breast Cancer Surgical Treatment

Chapter 17 Radical Surgical Treatment of Breast Cancer

Chapter 18 Surgical Treatment of Locally Advanced Breast Cancer – LABC

Chapter 19 Surgical Treatment of Breast Cancer After Neoadjuvant Systemic Therapy

Chapter 20 Sentinel Lymph Node Biopsy

SECTION V GASTRIC CANCER

Chapter 21 Gastric Cancer

SECTION VI PANCREATIC CANCER

Chapter 22 Adenocarcinoma of the Pancreas

SECTION VII LIVER, BILIARY CANCER

Chapter 23 Historical Aspects of Liver Surgery

Chapter 24 Morphologic Anatomy

Chapter 25 Liver Regenerative Properties

Chapter 26 Hepatocellular Carcinoma – HCC

- Chapter 27** Liver Metastases
- Chapter 28** Gallbladder Cancer
- Chapter 29** Cholangiocarcinoma
- Chapter 30** Hepatoblastoma
- Chapter 31** Intraoperative Ultrasonography in Liver Surgery
- Chapter 32** Interventional Radiology in Hepatobiliary Pathologies
- Chapter 33** Interventional Radiology – Liver Thermal Ablation
- Chapter 34** Interventional Radiology – Portal Vein Embolization
- Chapter 35** Interventional Radiology – Loco Regional Therapies

SECTION VIII UROLOGICAL CANCER

- Chapter 36** Kidney Cancer
- Chapter 37** Bladder Cancer
- Chapter 38** Testicular Cancer
- Chapter 39** Prostate Cancer

SECTION IX GYNECOLOGICAL CANCER

- Chapter 40** Endometrial Polyps
- Chapter 41** Ovarian Cancer Surgery
- Chapter 42** Cervical Cancer

SECTION X COLORECTAL AND ANUS CANCER

- Chapter 43** Adenocarcinoma of the Colon
- Chapter 44** Rectal Cancer
- Chapter 45** Anal Cancer
- Chapter 46** Other Benign and Malignant Tumors of the Bowel

SECTION XI MELANOMA

- Chapter 47** Epidemiology of Melanoma in Latin America
- Chapter 48** Epidemiology of Cutaneous Melanoma in South America
- Chapter 49** Clinical Diagnosis of Cutaneous Melanoma
- Chapter 50** Treatment of Primary Cutaneous Melanoma
- Chapter 51** Ocular, Mucosal, Subungual and Leptomeningeal Melanoma
- Chapter 52** Past, Present and Future of SLN Surgery
- Chapter 53** Management of Locoregional and Distant Recurrence

SECTION XII CANCER METABOLISM

- Chapter 54** Targeting Cancer Metabolism

SECTION XIII HISTORY OF ONCOLOGY IN PANAMA

- Chapter 55** History of Oncology in Panama