



## Dr Nita Nair

DNB(GEN SURG), MRCS(Ed), MCh (Surg Onco) 21+ Years Experience

Dr Nita Nair is a top Oncologist in Mumbai at Apollo Spectra Hospitals Chembur, Apollo Hospitals Navi Mumbai . Book appointment online with Dr Nita Nair at Ask Apollo.

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10:00-16:00



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## Overview

Dr. Nita S. Nair is a highly esteemed Breast Surgeon with over 21 years of extensive clinical experience, currently serving as the Lead Consultant in Breast Surgery at Apollo Cancer Centre in Navi Mumbai, Maharashtra. She has an impressive educational background, having earned her MBBS from Grant Medical College, Mumbai, followed by DNB in General Surgery from P.D. Hinduja National Hospital. Additionally, Dr. Nair holds the MRCS qualification from the Royal College of Surgeons in Edinburgh and completed her M.Ch in Surgical Oncology at Tata Memorial Hospital, Mumbai.

As a senior professor and consultant surgeon at Tata Memorial Hospital, Dr. Nair has been instrumental in the management of breast diseases, leading significant research in breast cancer treatment. She has contributed as a lead co-investigator and author on crucial publications concerning the role of surgery in metastatic breast cancer and the perioperative use of lidocaine in early-stage breast cancer. Her expertise is recognized nationally and internationally, as evidenced by

her delivery of more than 200 invited lectures and her authorship of over 100 peer-reviewed publications and book chapters.

Dr. Nair is also a member of key professional organizations, including the Executive Committee of the Association of Breast Surgeons of India and the Comprehensive Breast Collaborative Society. Her areas of interest cover various aspects of breast health, including oncological surgery, the treatment of young women with breast cancer, and survivorship issues that focus on quality of life. Furthermore, she serves as faculty for the University of East Anglia's Master's program in oncoplastic surgery, where she shares her insights and knowledge with aspiring medical professionals. Fluent in both English and Hindi, Dr. Nair is dedicated to providing comprehensive care tailored to her patients' needs, making her a prominent figure in the field of breast surgery.

## Experience

**2001-2002** : 1 year compulsory rotating internship at Grant Medical College and Sir J.J. Group of hospitals (Mumbai) including 3 months at an attached community hospital in Khandas, Raigad.

Rotation in various clinical departments of Sir J.J.

Group of Hospitals

**2003-2006** : General Surgical Residency Rotations in the Department of General Surgery, P. D. Hinduja Hospital and Medical Research Centre, Mumbai. Rotation in Departments of General Surgery, Minimal Access surgery, Surgical Oncology, Vascular surgery, Plastic surgery as part of training.

**2006-2007** : Clinical Associate in the Department of general Surgery, P. D. Hinduja Hospital and Medical Research Centre.

**2007-2008** : Clinical Research and observers post at Department of Plastic and reconstructive surgery (Breast Reconstruction) at the University of Michigan, USA.

**2008-2009** : Research Fellow in Surgical Oncology, Breast service, Tata Memorial Hospital, Mumbai

**2009-2010** : Ad hoc-Lecturer Surgical Oncology, Breast service, Tata Memorial Hospital, Mumbai

**May 2010 onwards** : Working as Consultant Surgical Oncologist at Tata Memorial Hospital, Mumbai

**August 2010- July 2013** : Registered for MCh Surgical Oncology at Tata Memorial Hospital, Mumbai

**July 2013- Present date** : Working as Consultant Surgical Oncologist at Tata Memorial Hospital, Mumbai

## Membership

### Research Experience:

**1995** : One year Honors program at St. Xavier's College Mumbai on Plasmid translocation.

**2003-2006 (DNB Dissertation)** : Sentinel Lymph node biopsy in cN0 axilla in breast cancer patients. National board of examinations.

**2010-2013 (MCh Dissertation)** : To evaluate the role of tumor quadrant in outcome, in Women treated for early breast cancer at Tata Memorial Hospital

**2010 to present** : Clinical trials Planning, Organizing, conducting and analyzing Phase II and Phase III clinical trials, Principal Investigator, Co-investigator and coordinator of over 40 trials. These trials have involved breast cancer management.

**2014** : ACORD workshop on protocol development and research. (Attendee)

**2017-19**

: conduct workshops on introduction to medical

statistics

## Teaching Experience:

**2010 to present**

: Senior residents and Fellows (training for the degree of MCh and HBNI fellowship in breast oncology) in Surgical Oncology at Tata Memorial Hospital, Mumbai.

Faculty on the MCh oncoplasty course in Indian which is associated with university of East Anglia UK.

## Awards

Conferences Organised:

- 19th WCI-TMH conference 2021, Mumbai: Asian reflections
- 18th WCI-TMH conference 2020, Mumbai: Exploring the extremes
- ABC conference 2016: Amby Valley in collaboration with ICS, GOKARNA and WCI-TMH
- ABC conference 2014: Goa in collaboration with ICS, GOKARNA and WCI-TMH

ABSI conferences attended:

- ABSICON 2016, Bengaluru, attended as faculty
- The 'Breast Conclave' [19–20 May 2018], ABSI accredited, attended as faculty
- ABSICON 2018, Delhi, attended as faculty
- ABSICON 2019, Jaipur, attended as faculty
- Delivered a talk at the Chest Wall Perforator Web Series in 2021 (ABSI accredited)
- Delivered a talk at the BreastICS24h 2021 ABSI session on LICAP flap

# Research and Publication

## Publications and Abstracts:

1. **Nair NS**, Gupta S, Ghosh J, Desai S, Parmar V, Shet T, Chitkara G, Siddique S, Badwe RA. Access to HER2-targeted therapy at a tertiary care center in India: An evolution Indian J Cancer. 2021 Mar 21. doi: 10.4103/ijc.IJC\_841\_19. Epub ahead of print.
2. Ghosh J, Joy Phillip DS, Ghosh J, Bajpai J, Gulia S, Parmar V, **Nair N**, Joshi S, Sarin R, Budrukhar AN, Wadasadawala T, Desai SB, Shet T, Patil A, Sawant SP, Dhir AA, Kembhavi S, Popat P, Hawaldar R, Kembhavi Y, Perumal P, Banavali SD, Badwe RA, Gupta S. Survival outcomes with 12 weeks of adjuvant or neoadjuvant trastuzumab in breast cancer. Indian J Cancer. 2021 Jan 27. doi: 10.4103/ijc.IJC\_850\_19. Epub ahead of print.
3. **Nair NS**, Penumadu P, Yadav P, Sethi N, Kohli PS, Shankhdhar V, Jaiswal D, Parmar V, Hawaldar RW, Badwe RA Awareness and Acceptability of Breast Reconstruction Among Women With Breast Cancer: A Prospective Survey. JCO Glob Oncol. 2021 Feb;7:253-260
4. Reddy, A., **Nair, N.S\***, Mokal, S. et al. Can We Avoid Axillary Lymph Node Dissection (ALND) in Patients with 1–2 Positive Sentinel/Low Axillary Lymph Nodes (SLN/LAS+) in the Indian Setting? Indian J Surg Oncol (2021). <https://doi.org/10.1007/s13193-021-01297-6>.
5. Jyoti Bajpai, Vijay Simha, T.S. Shylasree, Rajeev Sarin, Reema Pathak, Palak Popat, Smruti Mokal, Sonal Dandekar, Jaya Ghosh, **Neeta Nair**, Seema Gulia, Sushmita Rath, Shalaka Joshi, Tabassum Wadasadawala, Tanuja Sheth, Vani Parmar, S.D. Banavali, R.A. Badwe, Sudeep Gupta. Pregnancy associated breast cancer (PABC): Report from a gestational cancer registry from a tertiary cancer care centre, India, The Breast, 2021, 56: 88-95.
6. Sharma S, Tiwari S, Sharma K, **Nair N**. Randomised controlled trial comparing the efficacy of pectoral nerve block with GA in patients undergoing unilateral mastectomy. IJSO, 2021; 12(1): 158-163.
7. Shet T, Pai T, Wadasadawala T, **Nair N**, Gulia S. Grossing and reporting of breast cancer specimens: An evidence-based approach. Indian J Cancer. 2020 Apr-Jun;57(2):144-157.
8. Akash P. Sali, Nishtha Sharma, Anuj Verma, Amruta Beke, Tanuja Shet, Asawari Patil, Trupti Pai, **Nita Nair**, Vani Parmar, Sudeep Gupta, Rohini Hawaldar, Sangeeta B. Desai. Identification of Luminal Subtypes of Breast Carcinoma Using Surrogate Immunohistochemical Markers and Ascertaining Their Prognostic Relevance. Clinical Breast Cancer, 2020; 20(5) : 382-389.
9. **Nair NS**, Chitkara G, RW Hawaldar et al. En-bloc excision of phyllodes tumour of the breast: Radical approach heralds' better outcome Clinical breast cancer , available online 9/9/2020.

10. Shrikhande SV, Pai PS, Bhandare MS, Bakshi G, Chaukar DA, Chaturvedi P, Goel M, Gulia A, Qureshi SS, Maheshwari A, Moiyadi A, Nair S, **Nair NS**, Karimundackal G, Saklani AP, Shankhadhar VK, Parmar V, Divatia JV, Cs P, Puri A, Badwe RA; all collaborators from Department of Surgical Oncology      Outcomes of Elective Major Cancer Surgery During COVID 19 at Tata Memorial Centre: Implications for Cancer Care Policy   Ann Surg. 2020 Sep 1;272(3):e249-e252.
11. **Nair NS**, Shet T, Kirti K, Bajpai J. Palpable DCIS . A paradox of benign mind with malignant action . IJMPO 2020; 41: 244-6.
12. Jarin Noronha, Shalaka Joshi, Rohini Hawaldar, **Nita Nair**, Vaibhav Vanmali, Vani Parmar, Tanuja Shet, and Rajendra Badwe. Sterilization Rate of the Axilla After Neoadjuvant Chemotherapy: The Scope for Conservative Surgery   JCO Global Oncology 2020 :6, 1184-1191
13. Parmar V, **Nair NS**, Vanmali V, Hawaldar RW, Siddique S, Shet T, Desai S, Rangarajan V, Patil A, Gupta S, Badwe RA. Sentinel Node Biopsy Versus Low Axillary Sampling in Predicting Nodal Status of Postchemotherapy Axilla in Women With Breast Cancer. JCO Glob Oncol. 2020 Oct;6:1546-1553
14. **Nair NS**, Parmar V, Badwe RA. Intent of Surgery of the primary tumour in metastatic breast cancer remains palliative   Breast J. 2019;25(2):353
15. Parmar V, **Nair NS**, Thakkar P and Chitkara G. Molecular biology in the breast clinic- current status and future prespectives. IJSO, 2019. Doi:10.1007/s13193-019-00954-1
16. **Nair N**, Shet T, Parmar V et al. Breast cancer in a tertiary cancer center in India - An audit, with outcome analysis.IJC, 55:16-22; 2018.
17. Wadasadawala T, Mondal M, Paul SN, Parmar V, **Nair N**, Shet T, Desai S, Gupta S, Sarin R. Should molecular subtype be recommended as one of the selection criteria for accelerated partial breast irradiation? Preliminary results from an Asian cohort.   J Contemp Brachytherapy. 2018 Feb;10(1):47-57. doi: 10.5114/jcb.2018.74137.
18. Wadasadawala T, Mondal M, Paul SN, Parmar V, **Nair N**, Shet T, Desai S, Gupta S, Sarin R. Should molecular subtype be recommended as one of the selection criteria for accelerated partial breast irradiation? Preliminary results from an Asian cohort. J Contemp Brachytherapy. 2018 Feb;10(1):47-57. doi: 10.5114/jcb.2018.74137.
19. Badwe R, Gupta S, **Nair N**, Parmar V, Hawaldar R. Survival of patients with metastatic breast cancer with or without locoregional therapy - Authors' reply. Lancet Oncol. 2015 Dec;16(16):e587-8.

20. Badwe R, Hawaldar R, **Nair N** et al. Locoregional treatment versus no treatment of the primary tumour in metastatic breast cancer: an open-label randomised controlled trial. *Lancet Oncol* ;16(13):1380-8,2015
21. **Nair NS**, Badwe RA. Loco-Regional Therapy for Early and Advanced Breast Cancer in the Molecular Era. [Current Breast Cancer Reports](#), 6(4): 267-274 ;2014.
22. **Nair NS**. Editorial: 'Bigger is not better! The risk of obesity and risk of breast cancer incidence and recurrence in the Indian Subcontinent'. *South Asian Journal of Cancer*, Year 2013, Volume 2, Issue 3 [p. 119-120]
23. **Nair NS**, Parmar V, Badwe RA. *Surgery for breast cancer*. Atlas of operative surgical oncology, ISBN 978-93-86261-98-4.  
  
Badwe RA, **Nair NS**, Joshi S. Efficacy and effectiveness of clinical breast examination in screening of breast cancer : for the IARC handbook. IARC handbook 2015
1. **Nair NS**, Parmar V, Badwe RA                      Surgery for breast cancer                      Atlas of operative surgical oncology, ISBN 978-93-86261-98-4
2. Kirti K, **Nair NS**, Parmar V, Badwe RA                      Microdocheotomy                      Atlas of operative surgical oncology, ISBN 978-93-86261-98-4
3. Mandhane N, **Nair NS**, Parmar V, Badwe RA                      Axillary dissection , Breast cancer                      Atlas of operative surgical oncology, ISBN 978-93-86261-98-4
4. V. Parmar, R. Hawaldar, T. Shet, **N. S. Nair**, V. Vanmali, S. Desai, S. Gupta, V.Rangrajan, I. Mittra, R. A. Badwe Sentinel node biopsy versus low axillary sampling in women with clinically node negative operable breast cancer. *Breast* 22(6):1081-6, 2013
5. Parmar V, Hawaldar R, **Nair NS**, Shet T, Desai B, Badwe RA. Pathological complete response in locally advanced breast cancer: determinants and predictive significance. *NMJI*. 2012 May-June; 25(3): 132-136
6. **Nair NS**. Paradigm shift in surgery for breast cancer: the Indian reality. *Indian J Cancer*. 2011 Oct-Dec;48(4):389-90.
7. Estrogen, progesterone and HER2 receptor expression in breast tumors of patients, and their usage of HER2-targeted therapy, in a tertiary care centre in India. Ghosh J, Gupta S, Desai S, Shet T, Radhakrishnan S, Suryavanshi P, Parmar V, Jalali R, Goyal G, Hawaldar R, Patil A, **Nair N**, Badwe RA. *Indian J Cancer*. 2011 Oct-Dec;48(4):391-6
8. **Nair NS**, Parmar V, Badwe RA. Breast Conservative Surgery in Cancer. *Rajiv Gandhi Newsletter* April 2010.

9. **Nair N**, Atisha DM, Streu R, Collins ED, Diehl K, Pearlman M, Alderman AK. An innovative approach to the primary surgical delay procedure for pedicle TRAM flap breast reconstruction. Plastic Reconstructive Surgery Vol 125(4):173e-174e. 2010
10. Alderman AK, Storey AF, **Nair NS**, Chung KC. Financial impact of breast reconstruction on an academic surgical practice. Plastic Reconstructive Surgery 123(5):1408-13, 2009
11. Katara AN, Chandiramani VA, Pandya SM, **Nair NS**. Migration of intrauterine contraceptive device into the appendix. Indian J Surg 2004; 66: 179-180
12. Chandiramani VA, Katara AN, Pandya SM, **Nair NS**. Prolene hernia system in the tension-free repair of primary inguinal hernias. Indian J Surg 2003;65:488-91.

## Frequently Asked Questions

### 1. Where does Dr. NITA NAIR practice?

Dr. NITA NAIR currently practices at Apollo Hospitals Navi Mumbai, located in Mumbai.

### 2. Who is Dr. NITA NAIR?

Dr. NITA NAIR is a highly experienced Oncologist with 21 years of expertise in the field. She is known for providing exceptional patient care and advanced medical treatments. Her areas of expertise include Breast Lump Treatment. She also treats conditions such as Breast Infection, Breast Pain.

### 3. Why do patients choose Dr. NITA NAIR?

Patients trust Dr. NITA NAIR for her expertise, patient-centric approach, and commitment to providing the highest standard of care. She is well-versed in the latest medical advancements and ensures personalized treatment for every patient.

### 4. What is Dr. NITA NAIR's specialization?

Dr. NITA NAIR specializes in Oncology, with expertise in treatments for Breast Lump Treatment.

### 5. What are Dr. NITA NAIR's medical qualifications?

Dr. NITA NAIR holds prestigious qualifications, including DNB(GEN SURG), MRCS(Ed), MCh (Surg Onco).



## **6. How many years of experience does Dr. NITA NAIR have?**

Dr. NITA NAIR has 21 years of experience in the medical field, treating various conditions related to Oncology.

## **7. How can I book an appointment with Dr. NITA NAIR?**

You can book an appointment with Dr. NITA NAIR through: Online: Visit

<https://www.apollohospitals.com/book-doctor-appointment/> to schedule an appointment.