

NEWSLETTER JANUARY – 2018

1) ESTABLISHMENT OF GENETIC CLINIC AT ORCHIDS BREAST HEALTH CLINIC.

Cancer Risk Reduction Clinic at OBHC "Hereditary Breast and Ovarian Cancer Syndrome" (also known as HBOC) is most commonly caused by mutations in one of two breast cancer causing genes namely **Breast cancer susceptibility** genes: BRCA1 and BRCA2 (**Breast cancer type 2 susceptibility protein**). These mutations increase the risk for breast, ovarian, pancreatic, prostate, melanoma and possibly other cancers. A very important phenomenon called mutation (i.e., change in nucleotides in DNA) affects the genetic material within the cell. The mutations could either be spontaneous, induced by radiation/carcinogens or inherited in nature. Genetic testing involves identification of mutations in disease causing genes to determine their biological significance in normal physiology and disease etiology. Unlike most other medical tests, genetic tests can reveal information not only about the person being tested but also about that person's relatives.

Orchids Breast Health Clinic-(OBHC) has recently established a "HBOC Risk Reduction Clinic". This preventive oncology clinic is based on the principles of multi-modal risk assessment of HBOC using family history, radiological imaging and genetic screening for HBOC. On advice of treating onco-clinicians, the patients are referred to well-trained genetic counselors who evaluate the need and type of genetic testing applicable. Genetic reports from DNA collected from blood or saliva samples is then discussed with the patients and given appropriate advice for follow-up actions. The patient with high risk of HBOC is monitored through active surveillance that involves regular follow-up, timely radiological assessment and lifestyle changes for effective prevention and management.



2) AWARD: DR. KOPPIKER

Dr. Koppiker was awarded Health Icon's of Pune award by Times of India on 7th Dec 2017 at Hyatt, Pune.



3) TALKS BY DR. KOPPIKER : WAGHOLI & AUNDH – 16TH

Dr. Koppiker spoke at a CME on the topic – Breast Surgery in the Era of Integrative Medicine at Integrated Cancer Treatment and Research Center, Wagholi, Pune and he also gave a lecture on New Paradigms in Management of Breast Cancer, Aundh for GPs in the month of December.



4) BLOOM ARTICLE

Bloom is an international magazine which publishes articles from round the globe to encourage people for their genuine work for cancer patients and everyone related to them. In the month of December an article on patients and care givers from Prashanti Cancer Care Mission was published in their recent edition. It gives you a glimpse of the how the NGO (PCCM) works for the well being of their patients and care givers.

16 PERSONAL STORIES

Bloom ISSUE 25 - DECEMBER 2017

Spotlight on: India!

Prashanti Cancer Care Mission cares for patients and caregivers alike

Laleh Busheri,
Pune, India



2016 breast cancer awareness marathon, Pune



Laleh Busheri



The Pink Ribbon Club picnic



Yoga Day celebrations for the patients

Prashanti Cancer Care Mission, established in Pune, India in the year 2000, is a non-profit organization that was born out of the unfulfilled needs of departed cancer patients and of caregivers, survivors, volunteers, and doctors whose lives have been touched by cancer. It is dedicated to supporting and advancing compassionate health care delivery through surgery, radiation, chemotherapy, and supporting the caregivers.

In 2009, Prashanti Cancer Care Mission also established Orchids Breast Health Clinic in Pune with an objective of providing world class breast care under one roof. This center has now gained reputation as a center of affordable excellence for breast care in India. The center has acquired cutting edge diagnostic tools such as digital mammography, 3D tomosynthesis screening, vacuum-assisted biopsy, and automated breast volume scanning. Further, Orchids has created a niche by pioneering in breast oncoplastic surgery in India with the help of a multi-disciplinary team of breast oncoplastic surgeons, radiologists, and clinical scientists. It also houses a chemotherapy daycare, counselors, and nutritionists.

The Pink Ribbon Club, our support group for patients and caregivers, helps patients and caregivers through the bewildering maze of challenges the disease brings, preparing them for normal life after treatment. The Pink Ribbon Club volunteers — often unsung heroes — provide hours of assistance to patients by volunteering their time at our in-house chemotherapy daycare and even during ongoing surgeries and radiation regimes. They also support the caregivers by sending meals, taking their children to and from school, and occasionally treating them to manicures or movies.

Monthly activities are organized involving movies, picnics, breast awareness symposiums, and holistic activities such as yoga for the caregivers. In addition, an annual breast cancer awareness marathon is organized in Pune to bring patients and caregivers together. Through these activities, survivors and newly-diagnosed patients are provided a platform and encouraged to share their experiences with each other. The caregivers are encouraged to appreciate the importance of looking after their own mental and physical well-being in addition to those of the patients.

Our onco-psychology course, which is held at regular intervals for those who wish to acquire skills in counseling and rehabilitation, is another source of empowerment for caregivers. In addition, Orchids has also started nutrition counseling activities to educate patients and caregivers about the importance of correct nutrition and looking after themselves in order to ensure a healthy lifestyle, thereby improving their quality of life.

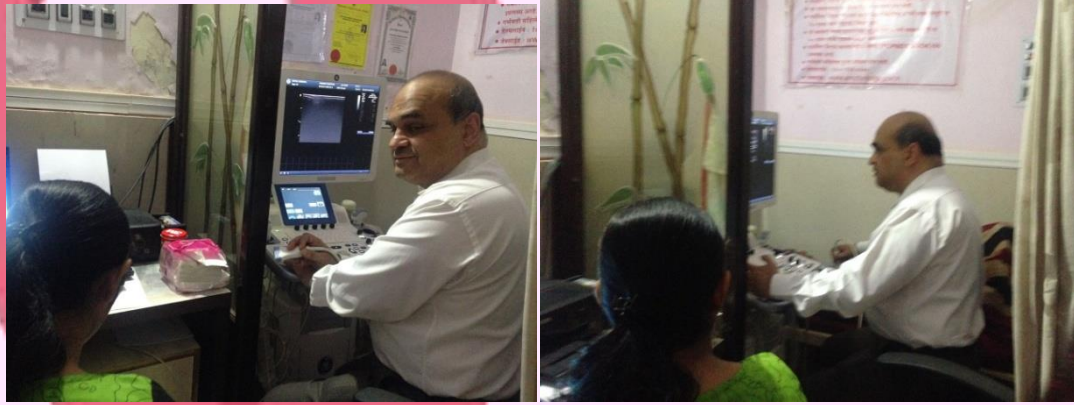
This year, out of 10,800 patients seen, about 2,400 have received free treatments. Roughly 5,000 survivors have voluntarily created a strong network of caregivers. Prashanti Cancer Care Mission remains committed to continuously strengthening caregivers by providing them unstinting psychological and financial support. It is only timely and appropriate that in addition to the contributions of clinical and para-clinical teams in cancer management, the selfless efforts of such caregivers be given its due recognition and respect.

17 SPOTLIGHT ON OUR MEMBERS

Bloom ISSUE 25 - DECEMBER 2017

5) RATNAGIRI CAMP

Dr. Koppiker visited Ratnagiri on 2nd and 3rd Dec 2017 where Mukul Madhav Foundation have set up with Dr. Koppiker a breast screening clinic.



6) ZUMBATHON

On 3rd Dec 2017 Pune Zins hosted an event Dance for Charity / Zumbathon: Make Every Move Count, to create awareness of Zumba and its advantages on health of an individual. Pink Ribbon Club members from Prashanti Cancer Care Mission were invited for the event, they were felicitated and requested share their experience and journey surviving Breast Cancer.



7) CLINICAL BREAST EXAMINATION CAMP : PUNE

In the month of December the ongoing Clinical Breast Examination camps were organised at Annasaheb Magar College Hadapsar (05.12.17), Sofosh, Pimple Gurav (13.12.17) and Sasoon (26.12.17), St. Clare's Convent School(16.12.17), Hirkani School, Khed, Ambegaon (18.12.17) in Pune. Around 430 women were screened last month.



8) TESTIMONIALS OF THE MONTH:

A) Sharda Maruti Chaure



I Mrs. Sharda Chaure resident of Ahmednagar, diagnosed with Breast Cancer. I would sincerely like to thank Dr. Koppiker and Laleh Maam for helping me get through my treatment. I received free chemotherapy at the Day Care at Orchids Breast Health Clinic. The staff is very supportive and caring, I would once again like to thank doctor and Laleh maam for supporting me financially for completing my treatment. God bless everyone.

B) Subhadra Pawar



I am Mrs. Subhadra Pawar, diagnosed with Breast Cancer , resident of Karnataka. I belong to a middle class family and being diagnosed with cancer is causes more of a financial burden than anything else. We were taken back by the fear of how will I get through my treatment chemo, surgery, radiation and other medication cost was creating constant fear. Dr. Koppiker and Ms. Laleh Busheri helped me financially. I received free chemotherapy worth Rs.1,20,000/- I thank both of them for this help and continuous support throughout my treatment.

**We would like to THANK our
Donors & Supporters**



Warm Regards,
Ms. Laleh Busheri
CEO
Prashanti Cancer Care mission