



APRIL 2024 | VOLUME 134 ISSUE 78

PCCM MONTHLY NEWSLETTER

Prashanti Cancer Care Mission's Newsletter

[DONATE](#)



WHAT'S IN THIS LATEST ISSUE?

Grand Opening of Orchids Breast Health at Jehangir Hospital.

ISOS Hands-on Oncoplastic workshop will be held on 27th & 28th April 2024.

Dr. Koppiker was invited as a faculty at the 21st Annual Conference of Women's Cancer Initiative organized by Tata Memorial Hospital, Mumbai.

Dr. Koppiker and Ms. Busheri attended the 14th European Breast Cancer Conference in Milan, Italy. Ms. Busheri presented two posters on breast cancer at the conference.

ISOS-BreastGlobal Masterclass 'Precision in Practice: Quadrant-Specific Insights on Simple and Level-1 Oncoplastic techniques

Rx Resilient, Pune Recognizes Ms. Laleh Busheri for her Contributions to the field of Breast Cancer

Ms. Laleh Busheri was invited as a chief guest by Kharadi Women's Club, Pune & the Rotary Club of Pimpri, Pune.

FICCI FLO Pune organized a 'Concert for a Cause' called 'Bol' with PCCM as their NGO partner at the Laxmi Lawns, Magarpatta city, Pune.

Ms. Laleh Busheri was invited for a breast cancer awareness talk at the DRUVA Software, Eaton India Innovation Centre and Cybage Software Private Ltd. Pune.

Ms. Laleh Busheri gave an online breast cancer awareness talk organized by Compucom company, Pune.

CTCR's RT-PCR Module- 2, Lecture V and VI were successfully completed in the month of March 2024.

ABOUT PCCM NEWSLETTER



PCCM Newsletter is our way of connecting with our patients and supporters. With the Newsletter we bring to you the latest updates of our activities at PCCM. Along with our continued efforts for the provision of state-of-the-art integrative care for our patients through Orchids Breast Health Care, we include updates from the research arm at PCCM, Centre for Translational Cancer Research (CTCR). CTCR an initiative between PCCM and IISER Pune is working towards addressing breast cancer research questions relevant to our society, as well as our capacity building initiatives International School of Oncoplasty in collaboration with University of East Anglia, UK and online learning platform BreastGlobal. Your support and encouragement is what keeps us going, be a part of our journey with the newsletter.

Orchid's Breast Health has moved to a new location. We have successfully relocated our equipment, dedicated staff and the entire centre to Jehangir Hospital, Pune premises while ensuring that all essential elements remain unchanged. Our phone numbers for booking appointments also remain the same.

New Address: Jehangir Hospital, 32, Sassoon Road, Pune - 411001, Maharashtra, India

To schedule an appointment, please call: 020 25656110, 020 25650269


Our OPD hours are from Monday to Friday, 10 a.m. to 6 p.m., and Saturday from 9:30 a.m. to 1:30 p.m.



Orchids
BREAST HEALTH

— BY —

JEHANGIR HOSPITAL & PCCM



Prashanti Cancer Care Mission
Reaching out with excellence

Grand Opening of Orchids Breast Health at Jehangir Hospital on March 13th, 2024

ADVERTORIAL

ELEVATING BREAST CARE STANDARDS

Jehangir Hospital recently inaugurated a state-of-the-art Breast Care Centre, Orchids Breast Health, providing comprehensive care tailored to the specific needs of women. The centre offers advanced breast cancer treatments

Jehangir Hospital is delighted to announce the inauguration of its state-of-the-art Breast Care Centre, with Orchids Breast Health (OBH) and Prashanti Cancer Care Mission (PCCM). The alliance of these two entities marks a significant milestone in advance breast care services. The Orchids Breast Care Centre by Jehangir Hospital is dedicated to providing comprehensive and compassionate care tailored to the specific needs of women, offering groundbreaking procedures and surgical advancements in the treatment of breast cancer, thereby instilling hope among women.

HIGH-END TREATMENT

Orchids Breast Care has been at the forefront of providing high-end services for 15 years in city of Pune, distinguishing itself with unparalleled expertise in breast health care. Led by Lead Oncoplastic Breast Surgeon Dr. Koppiker, renowned for his niche oncoplastic and breast reconstruction expertise, the centre has always offered a comprehensive range of advanced services. Oncoplastic Surgery, a specialty at Orchids Breast Health combines oncology and plastic surgery principles to preserve breast aesthetics while treating cancer. Dr. Koppiker's extensive experience includes over 2000 breast surgeries, encompassing more than 900 oncoplastic surgeries, over 200 breast reconstructions, and over 850 sentinel node excisions. The new Orchids Breast Health at Jehangir Hospital will be led by Dr C B Koppiker, Director Oncosciences at Jehangir Hospital. Orchids Breast Health has always stood as a beacon of excellence, having pioneered comprehensive breast health care for over a decade.



Mr Jehangir H C Jehangir, Chairman Jehangir Hospital, lighting the lamp



Dr C B Koppiker, Director Oncosciences, Jehangir Hospital and Mrs Laleh Buseri lighting the lamp



Mr Raghav Gupta, Managing Director, Kailash Vahn Private Limited and his wife Mrs Pooja Gupta, lighting the lamp



Dr C B Koppiker and Mr Raghav Gupta along with his mother and son, inaugurating 'Orchids Breast Health' at Jehangir Hospital



As a standalone breast unit, Orchids consistently provided cutting-edge services, from state-of-the-art diagnostic imaging—including 3D Tomosynthesis, Contrast Enhanced Digital Mammography, Breast MRI, and 3D/4D Breast Ultrasonography with Elastography—to advanced biopsy techniques such as Tru-cut biopsy, Vacuum Assisted Biopsy (VAB), and Stereotactic/Robotic Biopsy. Now, in collaboration with Jehangir Hospital, Orchids Breast Health's full range of services is set to elevate breast care to new heights. The partnership ensures that patients will benefit from the convenience and comfort of in-house

Chemotherapy/Day Care services, alongside a holistic approach to well-being, encompassing psychological counselling, nutrition and dietetics guidance, and physiotherapy for rehabilitation.

TREATMENT WITH INTERNATIONAL STANDARDS
Meeting international standards set by EUSOMA for a specialist breast cancer care, the new Orchids Breast Health Centre by PCCM and Jehangir Hospital stands as one of the few comprehensive units in India adhering to global standards in breast care. From the ambience and aesthetics to state-of-the-art diagnostic and treatment facilities, this centre prioritises patient-centred approaches throughout diagnosis and treatment, ensuring precision and excellence in care. Covering an expansive 3500 sq. ft. area, the unit is dedicated to providing comprehensive and compassionate services tailored to the specific breast health needs of women. Breast cancer remains a significant global challenge, highlighting the importance of early detection. Orchids Breast Health by Jehangir Hospital is leading the way in promoting preventive breast care through education, screening, and support services. However, what truly distinguishes the centre is its cutting-edge technology. Equipped with Digital Mammography with 3D

Tomosynthesis, the centre ensures precise early cancer detection. The Automated Breast Volume Scanner (ABVS) offers a comprehensive view of breast anatomy, while Vacuum-Assisted Breast Biopsy technology (VAB) enables precise diagnosis and non-surgical removal of benign lumps or lesions.

MENTAL WELLBEING
Another outstanding feature of this Centre of Excellence is its focus on addressing not only the physical but also the mental well-being of patients. With advanced diagnostic and surgical equipment utilized by the highly dedicated doctors and

support staff, the centre has managed to establish an elite standard for specialized breast health services. Orchids Breast Health by Jehangir Hospital not only caters to the patients from Pune, but all over India. The centre ensures swift recovery and boasts nearly 100% accuracy in diagnoses. As pioneers of Oncoplastic Surgeries, the centre places a strong emphasis on aesthetics, addressing a primary concern of patients. The diagnostic services, including contrast mammograms, enable the detection of diseases at stage 0, facilitating early intervention without the need for surgical procedures. The Jehangir Breast Centre

following cancer treatment or for aesthetic enhancement.

CHEMOTHERAPY/ DAY CARE:
• Chemotherapy administration and day care services for convenient and comfortable treatment experiences.

COUNSELLING AND SUPPORT:
• Psychological counselling and emotional support services to address the holistic needs of patients and their families.

NUTRITION AND DIETITICS:
• Customised nutrition plans and dietary counselling to support overall health and well-being during breast cancer treatment and recovery.

PHYSIOTHERAPY:
• Rehabilitation programs and physiotherapeutic interventions to improve mobility and quality of life post-treatment.

Backed by a team of highly skilled doctors, Jehangir Hospital ensures the delivery of effective and personalised treatment plans, setting a benchmark of excellence in healthcare provision throughout the city. With the establishment of the specialised Breast Health Centre, Jehangir Hospital has emerged as the premier destination for comprehensive women's health care.

Jehangir Hospital was established in 1946. It began as Jehangir Nursing Home, to offer personalized health care of high quality at an affordable price to the people of Pune. On the 6th of February, 1946, it became the city's first significant private hospital. Today being one of the oldest and most renowned names in Multispecialty tertiary care Hospital in Pune, Jehangir Hospital, has a legacy of providing quality healthcare services for over 77 years and holds a steadfast position of trust and respect in the people's hearts and minds. NABH, NABL, and Nursing Excellence accredited, Jehangir Hospital is synonymous with medical excellence, quality of its patient care, and affordability, following the ethos of 'Patient First'



Dr C B Koppiker, Director Oncosciences at Jehangir Hospital along with Dr Vinod Sawantwadkar, CEO Jehangir Hospital unveiling the Scope of Services Board for Breast Care Centre



(L to R) Guest of honor, Mr Raghav Gupta Managing Director, Kailash Vahn Private Limited along with his wife Mrs Pooja Gupta and Mr Jehangir H C Jehangir, Chairman Jehangir Hospital

signifies a significant advancement in breast care delivery, prioritising patient-centred approaches to diagnosis and treatment. By integrating surgeons and radiologists in real-time consultations, the centre streamlines the process, reducing the need for repetitive appointments and ensuring a more timely diagnosis and treatment initiation for women with breast cancer.

ADVANCED TECHNOLOGY

Key features of the centre include the latest technology such as 3D tomosynthesis mammography, which offers advanced applications like contrast-enhanced mammography. This technology helps clinicians detect lesions that might otherwise be missed, improving the accuracy of diagnosis.

"For many women, scheduling a breast examination often involves taking time off work, followed by an appointment that can evoke feelings of anxiety," Dr C.B. Koppiker highlights. "Having cutting-edge breast care technologies like the 3D mammography, which provides women with a facility to adjust breast compression levels during their mammograms, is just one of the many features at our new breast centre that empowers women to regain a sense of control."

Dr Koppiker further emphasizes, "The new breast centre reflects our unwavering commitment to excellence in patient care. It marks the culmination of a year where our clinician-researchers have been at the forefront of addressing unmet patient needs under the banner of our research unit, Prashanti Cancer Care Mission."

Orchids Breast Health is supported by a dedicated team of researchers and scientists committed to advancing Breast Cancer Translational Research, ensuring that the centre's practices are backed by proven data and evidence-based approaches.

Jehangir Hospital 32, Sassoon Road, Pune - 411001 (Maharashtra) India
 Contact centre: 020 - 25656110, 66818800 / 8801
 Email: enquiry@jehangirhospital.com
 Website: www.jehangirhospital.com

Disclaimer: Issued in public interest for general awareness and is not intended or implied to be a substitute for professional medical advice or for treatment of any medical condition. The views expressed are independent opinions based on studies from authentic sources. Please consult your doctor / registered medical practitioner before starting any treatment/medicine.

ISOS Hands-on Oncoplastic workshop will be held on 27th & 28th April 2024.

Following the success of our recent Hands-On Oncoplastic workshop held in February 2024, we are excited to announce next Workshop, titled 'Essentials in Oncoplastic Techniques-II', scheduled for April 27th and 28th, 2024. Led by the esteemed Dr. Koppiker, this workshop will delve into the intricacies of Therapeutic Mammoplasty.

The workshop will offer participants a unique opportunity for hands-on simulations, specialized prosthesis sessions, and continuous video surgeries for real-time learning.

Limited to only 30 seats per workshop, interested candidates can find further details and register through the provided Google Form.

https://docs.google.com/forms/d/195defoPVw8NXQK2myXxRjc9BQE3l7_Dt-johM1Jc23A/edit



INTERNATIONAL SCHOOL OF ONCOPLASTIC SURGERY
International School of Oncoplastic Surgery (ISOS) Introduces
a 4-Part Hands-On Oncoplastic Series



ESSENTIALS IN ONCOPLASTIC TECHNIQUES -II

LEVEL-2 ONCOPLASTIC TECHNIQUES WITH A COMPREHENSIVE EXPLORATION OF THERAPEUTIC MAMMOPLASTY

27TH AND 28TH APRIL 2024

- Lead Instructor Dr. Chaitanyanand Koppiker will personally conduct the practical training sessions.
- Limited to 30 seats for personalized attention.
- Additionally, discover observer-ship opportunities linked to the workshop sessions. Please fill the google form for inquiries and we will share the program details with you .

WORKSHOP DETAILS

- **Date:** 27th and 28th April 2024
- **Time:** Saturday : 9:00 am to 5:00 pm
Sunday : 9:00 am to 2:00 pm
- **Venue:** School of Oncoplastic Surgery, Pune
- **Session-2 Fees :** Send an enquiry through the google form

REGISTRATION INCLUDES

- Course Material
- Lunch and Refreshments
- Certificate of Participation
- Observership Opportunities on application
- Complementary Registration for 2024 Annual Conference



WORKSHOP HIGHLIGHTS

- Immerse yourself in hands-on simulations, case-based discussions, and surgical video demonstrations.
- Enhance your skills with pre-surgery mark-up with Live models and prosthesis sessions
- Multi-disciplinary tumor board sessions for comprehensive learning.



SESSION OBJECTIVES

- Proficiently apply Level-2 oncoplastic techniques in breast surgery.
- Gain a thorough understanding of the principles and intricacies of Therapeutic Mammoplasty.
- Develop the ability to assess and select appropriate candidates for Therapeutic Mammoplasty.
- Acquire strategies for managing complications and achieving optimal aesthetic outcomes in Therapeutic Mammoplasty procedures.

FILL THE SHORT GOOGLE FORM FOR INQUIRES

Registrations are now Open
Registration deadline extended
to 10th April 2024

 Follow our LinkedIn For Updates
www.breastoncoplasty.org
obs.koppiker@gmail.com
 WhatsApp +919665033955

 Click on the Google Form Link given above

Dr. Koppiker was invited as a faculty at the 21st Annual Conference of Women's Cancer Initiative organized by Tata Memorial Hospital, Mumbai.

The 21st Annual Conference of Women's Cancer Initiative - Tata Memorial Hospital from Feb 29th to Mar 3rd 2024 focused on 'Breast Cancer Treatment - An Evolution or Revolution'. Dr. Koppiker presented 2 talks at the event.

On February 29th at HBB, THM, Parel, Dr. Koppiker delivered a presentation on **'Perforator-based islanded flaps'**, discussing innovative surgical techniques in breast reconstruction.

On March 1st at ITC Grand Central Parel, Dr. Koppiker presented on the **'Approach to management of multifocal and multicentric tumors'**, shedding light on strategies for dealing with complex cases of breast cancer involving multiple tumor sites.

He also joined panels discussing oncoplastic surgery challenges and Clinico-radiological-pathological correlation. His contributions highlighted innovative surgical techniques and multidisciplinary approaches in breast cancer treatment.

21st Annual Conference of Women's Cancer Initiative - Tata Memorial Hospital

**BREAST CANCER TREATMENT:
AN EVOLUTION OR REVOLUTION?**

Conference Workshops

29th Feb : Oncoplastic Surgery, Geriatric Oncology

29th February - HBB, TMH, Parel | 1st - 2nd March 2024 - ITC Grand Central, Parel



Dr. Koppiker and Ms. Busheri attended the 14th European Breast Cancer Conference in Milan, Italy. Ms. Busheri presented two posters on breast cancer at the conference

Dr. Koppiker & Ms. Laleh Busheri attended The 14th European Breast Cancer Conference (EBCC) at Allianz MICO in Milan, Italy held from March 20th to March 22nd, 2024. Among the presentations, Ms. Laleh Busheri showcased two posters focusing on breast cancer care in India.

The poster titled, "Impact of establishing a genetic clinic in conjunction with clinical practice in India", emphasized the significance of incorporating genetic counseling and testing services into clinical settings to enhance breast cancer management, particularly in the Indian context.

The poster titled, "Elevating breast cancer care in India: A focus on quality of life," suggesting a shift towards a more holistic approach in breast cancer care that prioritizes not only treatment outcomes but also the quality of life for patients.

Elevating Breast Cancer Care in India: A Focus on Quality of Life
D. Mishra¹, N. Ashraf¹, S. Nay¹, G. J. Bhatia¹, R. Mishra¹, D. Kulkarni¹, S. Joshi¹, C. Koppiker^{1,2}
¹Prakash Cancer Care Mission, Pune, India.
²PCCM - SV's Oncology Breast Health Centre, Pune, India.

Introduction: Breast cancer presents a mounting concern in India, exacerbated by increasing incidence rates. Addressing the unique needs of Indian breast cancer patients, including a significant lack of awareness, is crucial for improving outcomes. This poster highlights the impact of a genetic clinic in conjunction with clinical practice in India, focusing on elevating breast cancer care and enhancing the quality of life for patients.

Key Findings:

- Genetic testing identifies high-risk individuals, enabling early detection and personalized treatment.
- Genetic counseling empowers patients, addressing concerns and facilitating informed decisions.
- Integration of genetic testing and counseling into clinical practice improves patient adherence and outcomes.

Quality of Life Impact for Year 2022-2023:

- Genetic Counseling: 65.2%
- Genetic Testing: 47.7%
- Genetic Counseling and Testing: 300%
- Genetic Testing: 200%

Future Perspective:

- Expand genetic testing and counseling services to underserved areas.
- Develop educational programs to increase awareness of breast cancer and genetic testing.
- Collaborate with healthcare providers to integrate genetic testing into routine clinical practice.



Impact of establishing a genetic clinic in conjunction with clinical practice in India
Y. Thakur¹, J. Ashar¹, N. Ashraf¹, S. Nay¹, L. Bhatia¹, C. Doshi¹, M. Mishra¹, D. A. Kulkarni¹, S. Joshi¹, R. Mishra¹, C. B. Koppiker^{1,2}
¹Prakash Cancer Care Mission, Pune, India.
²PCCM - SV's Oncology Breast Health Centre, Pune, India.

ABSTRACT: Breast cancer is one of the most common cancer affecting women worldwide. Approximately 50% of all breast cancer cases are hereditary, caused by germline mutations in breast cancer predisposing genes. As a result, genetic testing and counseling are critical components of diagnosis and therapy especially for women with a family history of breast and/or ovarian cancer. However, despite the importance of germline testing, the uptake of genetic testing is still low in the Indian population. This poster highlights the impact of a genetic clinic in conjunction with clinical practice in India, and the benefits of hereditary breast cancer in India in an not well-established. To mitigate this gap, Prakash Cancer Care Mission (PCCM) established a Genetic Clinic in 2017 providing free genetic counseling and individualized genetic testing to breast cancer patients.

Background: Breast cancer is one of the most common cancer affecting women worldwide. Approximately 50% of all breast cancer cases are hereditary, caused by germline mutations in breast cancer predisposing genes. As a result, genetic testing and counseling are critical components of diagnosis and therapy especially for women with a family history of breast and/or ovarian cancer. However, despite the importance of germline testing, the uptake of genetic testing is still low in the Indian population. This poster highlights the impact of a genetic clinic in conjunction with clinical practice in India, and the benefits of hereditary breast cancer in India in an not well-established. To mitigate this gap, Prakash Cancer Care Mission (PCCM) established a Genetic Clinic in 2017 providing free genetic counseling and individualized genetic testing to breast cancer patients.

Methods: The PCMC Genetic Clinic recommends breast cancer patients for genetic testing to get National Comprehensive Cancer Network (NCCN) guidelines. If NCCN criteria are met by a breast cancer patient, they are referred to the doctor to undergo genetic counseling and testing. The testing is provided with complementary genetic counseling before the genetic test to emphasize the need and importance of testing and post-test counseling meet the reports arrive to explain the result and give surveillance and therapy options.

Results: We present data for 100 breast cancer patients who visited the PCMC genetic clinic and underwent genetic testing. Of the 100 patients tested, 48 (48%) (48%) did not have any germline mutations, while 52 (52%) (52%) had one or more mutations in breast cancer predisposing genes. We also noted a higher family history of genetic positive patients, with family members of 20 patients undergoing genetic testing. All individuals who underwent genetic testing were counseled regarding testing and procedures to be undertaken in case of their genetic test. Patient testing profile for pathogenic germline mutations were recommended appropriate modification in their treatment options. An ongoing project is also assessing the genetic of genetic counseling and testing among breast cancer patients.

Conclusion: The PCMC Genetic Clinic has provided genetic counseling to over 100 patients with over 100 patients tested. The availability of complementary genetic counseling and individualized genetic testing at the clinic is an effective measure towards increasing the uptake of genetic testing in the Indian population. We also noted a higher family history of genetic positive patients, with family members of 20 patients undergoing genetic testing. All individuals who underwent genetic testing were counseled regarding testing and procedures to be undertaken in case of their genetic test. Patient testing profile for pathogenic germline mutations were recommended appropriate modification in their treatment options. An ongoing project is also assessing the genetic of genetic counseling and testing among breast cancer patients.

Methodology: The PCMC Genetic Clinic recommends breast cancer patients for genetic testing to get National Comprehensive Cancer Network (NCCN) guidelines. If NCCN criteria are met by a breast cancer patient, they are referred to the doctor to undergo genetic counseling and testing. The testing is provided with complementary genetic counseling before the genetic test to emphasize the need and importance of testing and post-test counseling meet the reports arrive to explain the result and give surveillance and therapy options.

Results: We present data for 100 breast cancer patients who visited the PCMC genetic clinic and underwent genetic testing. Of the 100 patients tested, 48 (48%) (48%) did not have any germline mutations, while 52 (52%) (52%) had one or more mutations in breast cancer predisposing genes. We also noted a higher family history of genetic positive patients, with family members of 20 patients undergoing genetic testing. All individuals who underwent genetic testing were counseled regarding testing and procedures to be undertaken in case of their genetic test. Patient testing profile for pathogenic germline mutations were recommended appropriate modification in their treatment options. An ongoing project is also assessing the genetic of genetic counseling and testing among breast cancer patients.

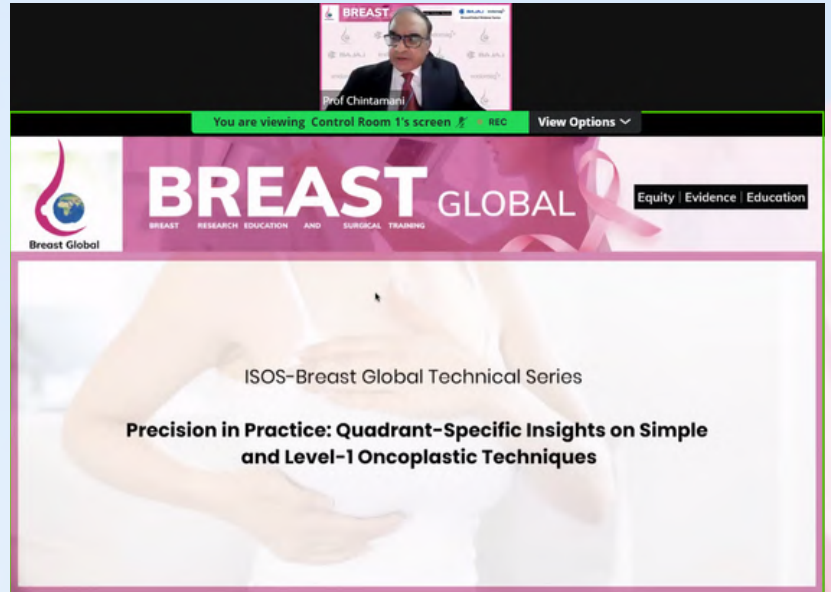
Future Perspective:

- Expand genetic testing and counseling services to underserved areas.
- Develop educational programs to increase awareness of breast cancer and genetic testing.
- Collaborate with healthcare providers to integrate genetic testing into routine clinical practice.

PCCM- CTCR's academic arm, 'ISOS-BreastGlobal' conducts its 20th Masterclass on 'Precision in Practice: Quadrant-Specific Insights on Simple and Level-1 Oncoplastic techniques

About BreastGlobal

BreastGlobal (BG) is a virtual educational network established in 2021 by PCCM. This online portal has been created to bridge the gaps in knowledge by providing a single platform where experts, trainees and industry can have access to a plethora of global learning and training opportunities.



Today BG has over 3500 Global members and have conducted over 18+ webinars and e-masterclasses, which usually attracts more than 400 attendees. These webinars are recorded and available to registered members on the website www.breastglobal.org.

The 20th ISOS-Breast Global Masterclass conducted on 15th of March provided a comprehensive understanding of utilizing Level-1 Oncoplastic Breast Surgical techniques (OBS). The event featured Prof. Gaurav Aggarwal, Dr. Antonella Grasso and Prof. Omar Youseff who shared their extensive knowledge of this technique through various surgical video demonstrations. They demonstrated various tips and tricks from their extensive clinical practice, which contributed to the overall success of the webinar. The event was expertly moderated by Prof. Chinta Mani. With over 500 registrations, the session was highly interactive, with engaging discussions and valuable insights.



Rx Resilient, Pune recognizes Ms. Laleh Busheri for her contributions to the field of Breast Cancer

On the occasion of Women's Day, Ms. Busheri was honored for her notable contributions to social causes by Rx Resilient. Her work in the field of breast cancer serves as an inspiration to others in creating positive change within communities.



Ms. Laleh Busheri was invited as a chief guest at the Rotary Club of Pimpri, Pune.

On the occasion of Women's Day, the Rotary Club of Pimpri invited Ms. Laleh as their esteemed chief guest. At the event, Ms. Busheri delivered a captivating talk on breast cancer awareness and the gold standards in treatment. She shed light on the importance of raising awareness about breast cancer, emphasizing the significance of early detection and access to quality treatment. Ms. Busheri was honoured with a well-deserved award by the Rotary Club of Pimpri.



Ms. Laleh Busheri was invited as a chief guest by Kharadi Women's Club, Pune

Ms. Laleh Busheri was invited as the chief guest by the Kharadi Women's Club, where she delivered a keynote address. Her speech emphasized the pivotal role of women in society and stressed the importance of prioritizing their own well-being. Specifically, she highlighted the significance of regular screenings for early detection of breast cancer, noting that early detection significantly improves management outcomes. Through her talk, Ms. Busheri promoted regular health check-ups and screenings for better health outcomes.



FICCI FLO Pune organized a 'Concert for a Cause' called 'Bol' with PCCM as their NGO partner at the Laxmi Lawns, Magarpatta city, Pune.

On March 9th, the Federation of Indian Chambers of Commerce and Industry-Ladies Organisation (FICCI FLO) Pune Chapter organized a 'Concert for a Cause' called 'Bol' with PCCM as their NGO partner. The event showcased a diverse range of musical genres creating an extravagant and rhythmic journey for the audience.



Ms. Laleh Busheri was invited for a breast cancer awareness talk at the DRUVA Software, Pune

On the eve of Women's Day, Ms. Laleh Busheri was invited for a talk to DRUVA Software, Pune. Her talk aimed to raise awareness about breast cancer, empower women with knowledge for early detection, dispel misconceptions, and provide insights into available treatment options. Overall, Ms. Busheri's presentation served as an informative session for the audience.



Ms. Laleh Busheri was invited for our 2nd talk on breast cancer awareness at the Eaton India Innovation Center, Pune.

Ms. Laleh Busheri gave an insightful breast cancer awareness talk at the Eaton India, Pune, on International Women's Day. Ms. Busheri addressed pertinent issues related to breast cancer within the local population and provided practical guidance on how to perform self-examinations for breast cancer detection. She highlighted various risk factors associated with breast cancer and emphasized the benefits of early detection. Furthermore, she spoke about the newer treatment options available for breast cancer management and the importance of personalized treatment plans unique to each presenting case.



Ms. Laleh Busheri gave a breast cancer awareness talk at Cybage Software Private Limited, Pune

On 12th March 2024, Ms. Laleh Busheri gave a breast cancer awareness talk at Cybage Software Private Limited, Pune. The awareness talk highlighted the key aspects of breast cancer including the signs and symptoms, emphasizing the importance of early detection. Additionally, Ms. Busheri addressed common myths associated with breast cancer. The talk was well received by the audience.



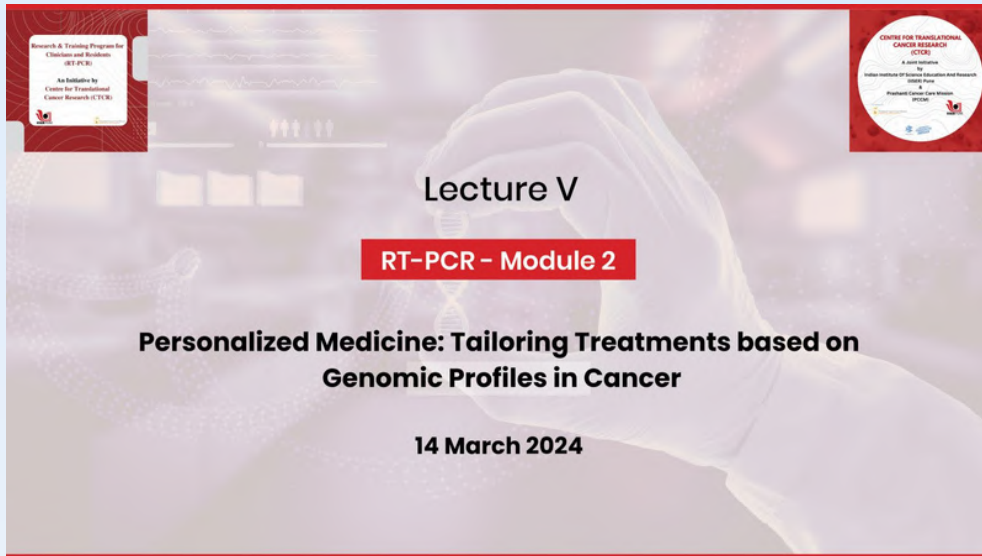
Ms. Laleh Busheri was invited for an online breast cancer awareness talk by Compucom company, Pune

Ms. Laleh Busheri delivered an online breast cancer awareness talk, which was organized by Compucom company. During the session, she shared insights and information about breast cancer, aiming to raise awareness about this important health issue.



CTCR's RT-PCR Module- 2, Lecture V titled, "Personalized Medicine: Tailoring Treatments based on Genomic Profiles in Cancer."

The Research Training Program for Clinicians and Residents (RT-PCR) by CTCR-PCCM is uniquely designed to encourage clinicians to integrate scientific research in their clinical practice and understand the process of scientific enquiry.



Module 2 of RTPCR, titled "Molecular Insights into Oncology (MIIO)", will further explore various aspects of cancer research, including molecular and cellular profiling, epigenetics, personalized medicine, single-cell genomics, AI and ML in oncology, clinical trial design, in vitro and animal models, bioinformatics, ctDNA applications, and the microbiome-cancer connection. The purpose of this module is to bridge the gap between clinical practice and scientific research.

The fifth lecture in Module 2 of the RTPCR course, titled "Personalized Medicine: Tailoring Treatments based on Genomic Profiles in Cancer," was held on 14th of March 2024. It was expertly led by esteemed faculty Prof. Rajiv Sarin. This lecture delved into the transformative impact of genomic research on our comprehension of individual variations and its role in facilitating personalized treatment strategies. Following the lecture, students engaged in a Q&A session, providing them with the opportunity to interact with the faculty and clarify their doubts.

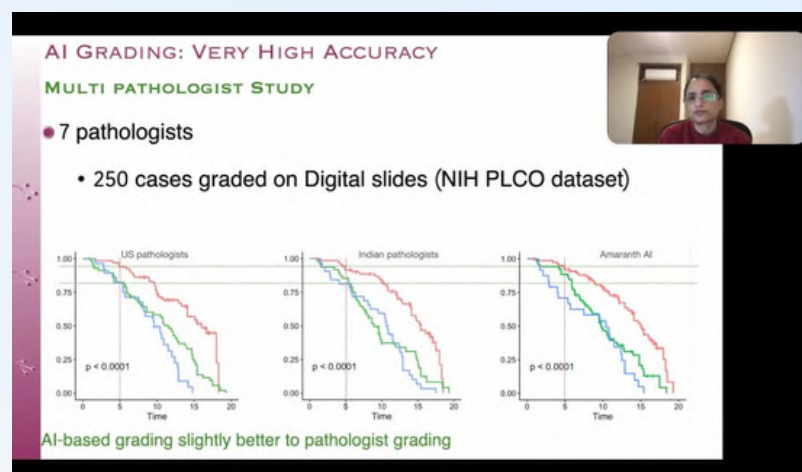


CTCR's RT-PCR Module- 2, Lecture VI titled, 'Harnessing AI and ML for deeper understanding of Tumor Biology'

In the ongoing RTPCR course's Module 2 (Molecular Insights into Oncology -MIIO) lecture series, the 6th session was dedicated to the topic of 'Harnessing AI and ML for deeper understanding of Tumor Biology'. The lecture was held on 28th of March 2024 and was led by Dr. Nameeta Shah.



The sixth lecture of RT-PCR Course Module-2 focussed on Harnessing AI and ML for deeper understanding of Tumor Biology. During the lecture, Dr. Shah highlighted the transformative potential of artificial intelligence (AI) and machine learning (ML) tools in cancer research. She discussed how these advanced algorithms can analyze pathology images to predict a range of factors, from genetic alterations to uncovering insights into the underlying biology of cancer. Her talk was followed by a Q & A session where queries from the participants were efficiently resolved.





RESEARCH UPDATES

We are glad to announce that Prashanti Cancer Care Mission now has its own property for the research centre, and the new address is as follows.

New Address: 21 Everjoy Society, Next to Dorabjees, NIBM Road, near NIBM Institute, Kondhwa, Pune, Maharashtra- 411 048.

We kindly request you to send all cheques, donations, letters, and posts to this updated address.



- Abstract titled, 'Impact of establishing a genetic clinic and associated population-specific projects in clinical practice for optimal patient care was submitted to MASCC/AFSOS/ISOO 2024 Annual Meeting 27-29 June 2024, Lille, France.
- The poster titled, "Elevating breast cancer care in India: A focus on quality of life", submitted by the research team at PCCM-CTCR was presented at the 14th European Breast Cancer Conference Scientific Committee (EBCC) in Milan.
- The poster titled, "Impact of Establishing a Genetic Clinic in Conjunction with Clinical Practice in India," submitted by the research team at PCCM-CTCR, was presented at the 14th European Breast Cancer Conference Scientific Committee (EBCC) in Milan.
- The poster titled, 'Oncoplastic Breast Surgery taking 'centre' stage: Oncoplasty solutions and outcomes for Central quadrant tumors' was submitted to the India Breast Meeting (IBM), April 5th-7th, Sir HN Reliance Foundation Hospital, Mumbai.
- RTPCR course Module- 2: Two Lectures Successfully Conducted in the Month of March 2024.



RESEARCH UPDATES

Ongoing projects and manuscripts:

- Advantages of Perforator Flaps in Breast Cancer Surgical Management– A Single Institutional Audit.
- Surgical management of Central Quadrant Tumors – A Single Institutional Audit.
- A single institutional audit of surgical management in Triple Negative Breast Cancers.
- A Cross-Sectional Study Assessing the Impact of a Structured Oncoplastic Training Program on Surgical Practice in India
- Assessing perception of genetic counselling and genetic testing in Breast Cancer Patients.
- Setting up of a complementary nutrition clinic for breast cancer patients at a single surgeon unit from India.
- Breast-Q BCT module translation and linguistic validation to Hindi and Marathi languages.
- Setting up of a complementary onco-psychology counselling for breast cancer patients at a single surgeon unit in India
- Assessing germline mutational profile and its clinicopathological associations in Triple Negative Breast Cancer .
- Triple-negative breast cancer tumor microenvironment profiled for immune infiltrates stratified for treatment response – Indian cohort of breast cancer patients.
- Prognostic significance of Yes-associated protein-1 (YAP1) in molecular subtypes of an Indian cohort of breast cancer patients
- Synergistic effect of YAP and HER2 growth factor receptor signalling in mammary epithelial cell line.

RESEARCH UPDATES: BIOBANK

Biobank is a repository where biological samples that facilitate research studies are conserved and stored, we specifically have breast tissue biobank- Formalin-Fixed and Paraffin-Embedded (FFPE) and Fresh Frozen (FF).



Formalin-Fixed Paraffin-Embedded (FFPE)

FFPE is a way of preservation of tissue samples in a paraffin block. FFPE blocks can be stored up to 12 years at ambient temperature and used for research purposes. With patient consent, we collect both biopsy and surgery blocks for the biobank. Currently the biobank houses over 1500 FFPE blocks.



Fresh Frozen (FF)

The fresh frozen breast tissue biobank was established to facilitate genomics and proteomics studies. The 'Fresh Frozen' Biobank collects consented fresh frozen breast tissue samples from Tru cut biopsy and VAB procedures. Over 100 samples collected till date.

Free Counselling Services at Orchids Breast Health



Onco - Psychology Counselling

Free Psychological Counselling services for our Breast Cancer Patients and their Caregivers. We have certified psychologists who work with you in easing your stress

Psychological Counselling For Breast Cancer Patients

- Overcome Stress and Shock
- Psycho-social adjustment
- Care and Support for the Caregivers
- Stress management
- Deal with health-related anxiety
- Helping underlying psychological issues
- Psychotherapies

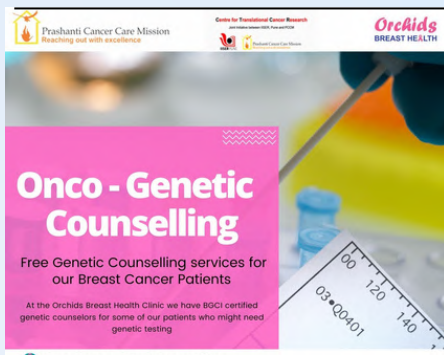
At the Orchids Breast Health we encourage our Breast Cancer Patients and their family members to undergo psychological counselling for emotional wellness during cancer treatment

BOOK YOUR APPOINTMENT NOW
(Offered both online (via Zoom) and/or in-person)

Visit us at
12 Kapilvastu, Senapati
Bapat Road, Pune,
Maharashtra 411016



Onco-Psychology Counselling
287 patients have received free psychological counselling to make them stronger during this tough time



Onco - Genetic Counselling

Free Genetic Counselling services for our Breast Cancer Patients

At the Orchids Breast Health Clinic we have BGC certified genetic counselors for some of our patients who might need genetic testing

Breast Cancer Genetic Counselling

To whom is genetic counselling offered?
(According to NCCN guidelines)


- Diagnosed at ≤ 45 yrs
- Family History of Cancer
- Recurrence
- TNBC
- Personal history of other cancer

What can you expect in a Genetic counselling ?

- Pedigree charting (Family History)
- Risk assessment
- Genetic testing options
- Genetic reports interpretation
- Prevention and Management options

Counselling offered on all days online (via Zoom) and/or in-person (Thursdays from 4 to 6pm)

Visit us at
12 Kapilvastu, Senapati
Bapat Road, Pune,
Maharashtra 411016



Dr. Koppiker | Breast Cancer Doctor in Pune | Orchids Breast Health (orchidshealth.in)
& 020-2565950, 25650293, 9850840248 vcanshore@gmail.com reports@prashantcancerclinic.org

Onco-Genetic Counselling
226 patients have received free genetic counselling services so far



Onco - Nutrition Clinic

Free Nutrition Counselling services for our Breast Cancer Patients

Nutrition Counselling

- Diet during Chemo and Radiotherapy
- Personalized Charts
- Improved tolerance of treatment.
- Decreased fatigue
- Hydration Counselling
- Improved healing and recovery.

At the Orchids Breast Health Nutrition Clinic we make you aware of the power of good nutrition and help you make your breast cancer treatment easier

BOOK YOUR APPOINTMENT NOW
(Offered both online (via Zoom) and/or in-person)

Visit us at
12 Kapilvastu, Senapati
Bapat Road, Pune,
Maharashtra 411016



Dr. Koppiker | Breast Cancer Doctor in Pune | Orchids Breast Health (orchidshealth.in)
& 020-2565950, 25650293, 9850840248 vcanshore@gmail.com reports@prashantcancerclinic.org

Nutrition Counselling
283 patients received free nutrition counselling to fight cancer treatment better

**Freeships/ Major Concession for Diagnostics, Surgery, Chemotherapy,
Onco- Pharmacy, Clinical Procedures and Consultations at Orchids
Breast Health in March 2024**



Mammography:
143 patients received
free / concessional
mammography



Sonography:
165 patients received
free / concessional
sonography



Biopsy
24 patients received
free and
concessional biopsy

**Freeships/ Major Concession for Diagnostics, Surgery, Chemotherapy,
Onco- Pharmacy, Clinical Procedures and Consultations at Orchids
Breast Health in March 2024**



Surgery

**28 patients received
freeship/major
concessions on breast
surgery**



Chemotherapy /Day Care

**5 patients received free
chemotherapy
10 patients received major
concessions at our day care
centre for chemotherapy**



Onco-Pharmacy

**33 patients received free
/concessional medicines
from our onco-pharmacy**

BLOG BY OUR NUTRITION EXPERT

Refreshing coolers to Beat the Heat

Summers are here and we have got some exciting coolers to keep you hydrated and cool. All the coolers below are packed with essential vitamins and antioxidants to help you stay active and refreshed.

Aam Panna: This refreshing seasonal beverage is perfect for staying hydrated during hot summer days. Boil medium ripe mangoes in water, let them cool, then add sugar and cardamom powder. Blend the mixture and serve it chilled.



Ruby Roots: A delightful sweet and sour mix to add zest to a lazy summer afternoon. Combine beetroot, fresh ginger, orange juice, and water, then add salt to taste. Savor it fresh and chilled.



Minty Buttermilk: This twist to classic buttermilk will add more vitamins and minerals to the evergreen healthy drink. Blend mint leaves, ginger, cumin seeds and a little sugar to form a paste. Sieve this paste and add to thick buttermilk, add black salt and enjoy.



Imli ka Amlana: This tangy and super refreshing drink is perfect way to cool down during dry summer days. Stir and dissolve tamarind pulp and jaggery in water. Grind black pepper, cumin seeds and cardamom in fine powder. Add this powder and pink salt to the tamarind mixture. Chill and enjoy with your meals.



Pathimukham: The bark of Biancaea sappan, known as Pathimukham, can be found Kerela stores near you. Rich in antibiotics, it also acts as a thirst quencher. Simply add Pathimukham wood shavings to boiling water, let it cool, and savor this pink water with soaked sabja seeds to stay hydrated during the summer.



BLOG BY OUR NUTRITION EXPERT

DIET DURING MENOPAUSE

Menopause marks a natural phase in a woman's life when menstruation ceases. With age, estrogen levels decrease in the body, disrupting the typical estrogen and progesterone cycle. Reduced estrogen levels can lead to a slower metabolism, weight gain, increased cholesterol, decreased bone density, and symptoms like hot flashes and sleep disturbances in some women. Maintaining a healthy diet that includes fibre, fluids, calcium, and high-quality protein can alleviate menopausal symptoms. Given below is a healthy weekly menu for menopausal women to help manage symptoms.

MENU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAK - FAST	Nachni amboli and Chutney	Pohe/ Upma + masala milk	Carrots and raisin oats porridge	Methi thepla and Chutney	Idli sambar	Moongdal chilla and coconut chutney/ veg omlet	Veg/ chicken sandwich and Chiku milkshake
MIDMEAL	Apple	coconut water	Watermelon	lemon ice tea	Buttermilk/ boiled egg	Muskmelon	Sabja infused lemonade
LUNCH	2 Roti+ Ridged gourd sabji+ Buttermilk	Whole wheat red pasta with sprouts salad	Mix veg paratha and curd	Bhakiri and matki sabji/ fish curry + cut salad	Bottle gourd muthiya and kadhi	2 Roti +mix veg sabji+ curd	Aloo parathi+ Pudina raita+ Laccha salad
SNACKS	Mango chia pudding	Paneer frankie	Almond banana smoothie	Masala khakra and chutney	Flax seed crackers and hummus	Appe chutney	Beetroot sprouts juice
DINNER	Dalia khichadi + kadhi	2 Roti + sabji + Dal	Dal rice + sauted vegetable	Beans/ egg salad	Baked vegetables +grilled paneer/ chicken	Vegetable dal khichadi	Jowari khichadi with kadhi

**Testimonials of a few patients who were adopted for
Freeship**

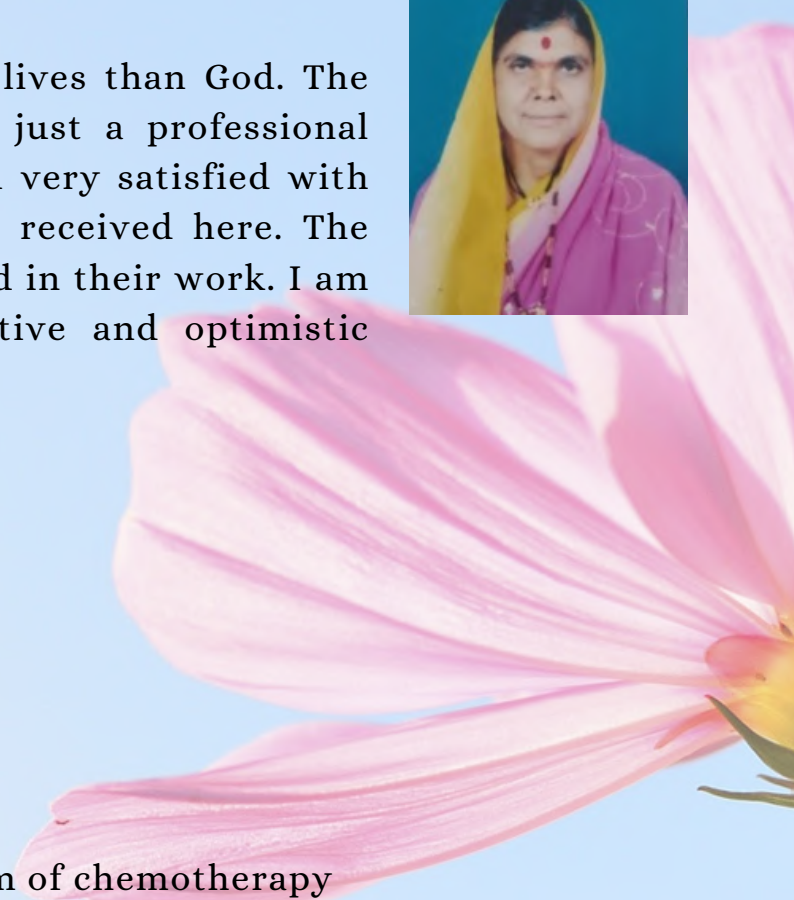
Savita Kale

Doctor plays no different role in our lives than God. The doctor-patient relation is more than just a professional outcome. It needs trust bonding. I am very satisfied with the excellent service and treatment I received here. The whole staff is very supportive and good in their work. I am thankful to each of them. The positive and optimistic atmosphere here is healing me.



Rajesh Samarth

Thank you very much to the entire team of chemotherapy department at the clinic. We found all of them very caring and compassionate during our treatment. A very special thanks to George sir, for being very helpful and caring.



**Testimonials of a few patients who were adopted for
Freeship**

Uma Palod

We had gone places before reaching Orchid after getting detected. But we heard from our relative Dr. Pravin Dayama about the ease of treatment that orchid provides and he persisted, we get treated here. We are thankful, we listened to him. From Day 1, we felt supported and at ease. We highly appreciate the unique approach of Day Care Center of Orchid. It saves patient the hassle, tiredness which comes from going to huge hospitals. Thanks to Koppiker Sir to make us feel that this is an easy process to go through. Thanks to Chetan Deshmukh Sir for always being there to hear us out and explaining us things. The staff is very friendly and makes communication smooth for us. Special thanks to George for his care and tension free chemo process. He also gave us resources like wig makers which made the journey very smooth for our patient.



Radhika Mathur



The team at Orchids under Dr. Koppiker's expertise are extremely caring, skilled and patient. They are constantly updating their knowledge and have been tremendous support through this journey. May God bless them all.

PCCM appeals for support and donations to help save breast cancer patients

We are ever grateful for your generosity and donations over the years that have helped save the lives of over 10000 young girls & women annually.

As you know breast cancer treatment is a long and arduous process that not only has a physical and emotional impact on the patient but also adds the economic burden of the treatment.

We appeal you to help for 2 breast cancer patients in urgent need of financial support. Below is the list of the needy patients along with their family and support details and treatment estimation.

01.	 <p>Varsha Bidkar (37 years)</p>	<p>Varsha Bidkar (37 years) has stage II breast cancer. She is a homemaker, and her husband works as a newspaper distribution boy with a salary of Rs.7000 only. She has her mother, sister and her two children in the family.</p> <table border="1" data-bbox="518 1137 1552 1505"> <thead> <tr> <th>Treatment</th> <th>Amount (In Rs.)</th> </tr> </thead> <tbody> <tr> <td>Chemotherapy</td> <td>59,684</td> </tr> <tr> <td>Diagnostics and OPD Charges</td> <td>15,700</td> </tr> <tr> <td>Radiation</td> <td>1,80,000</td> </tr> <tr> <td>Surgery</td> <td>000</td> </tr> <tr> <td>Total</td> <td>2,55,384</td> </tr> </tbody> </table>	Treatment	Amount (In Rs.)	Chemotherapy	59,684	Diagnostics and OPD Charges	15,700	Radiation	1,80,000	Surgery	000	Total	2,55,384
Treatment	Amount (In Rs.)													
Chemotherapy	59,684													
Diagnostics and OPD Charges	15,700													
Radiation	1,80,000													
Surgery	000													
Total	2,55,384													
02.	 <p>Sahera Jamadar (35 years)</p>	<p>Sahera Jamadar (35 years) has stage II breast cancer. She is a homemaker, and her husband works as police constable with a salary of Rs.6000 only. She has twin children of 5 years. Her husband also has additional responsibility to support his uncle's family in the village.</p> <table border="1" data-bbox="518 1787 1552 2092"> <thead> <tr> <th>Treatment</th> <th>Amount (In Rs.)</th> </tr> </thead> <tbody> <tr> <td>Chemotherapy</td> <td>39,684</td> </tr> <tr> <td>Diagnostics and OPD Charges</td> <td>8,950</td> </tr> <tr> <td>Radiation</td> <td>1,85,000</td> </tr> <tr> <td>Surgery</td> <td>000</td> </tr> <tr> <td>Total</td> <td>2,33,634</td> </tr> </tbody> </table>	Treatment	Amount (In Rs.)	Chemotherapy	39,684	Diagnostics and OPD Charges	8,950	Radiation	1,85,000	Surgery	000	Total	2,33,634
Treatment	Amount (In Rs.)													
Chemotherapy	39,684													
Diagnostics and OPD Charges	8,950													
Radiation	1,85,000													
Surgery	000													
Total	2,33,634													

PCCM appeals for support and donations to help save breast cancer patients

Every small amount from you would help save the lives of these women and allow them to live a healthy life with their loved ones.

Click to donate:

[DONATE](#) 

Following are the details through which you can donate to Prashanti
You may donate via either of the two options:

a. Through the donation page on the website:

<https://www.prashanticancercare.org/donations.php>

or

b. Send us a cheque in favour of “Prashanti Cancer Care Mission”

New Address: 21 Everjoy Society, Next to Dorabjees, NIBM Road, near NIBM Institute, Kondhwa, Pune, Maharashtra-411 048.

***We kindly request you to send all cheques, donations, letters, and posts to this updated address. Do not send them to the previous location at Kapil Vastu.

Please mail your Full Name, PAN Card copy, Mobile Number and Address proof to accounts@prashanticancercare.org so as to enable us to courier or email to you the 80G tax exemption certificate and donation receipt.

Every donation will receive a Receipt, benefit of Tax Deduction under 80G of IT Act 1961 and a Thank you Letter within a week or two.

For any queries, please feel free to contact me personally on 9850251000.

A big thank you once again for all the support over the years. Without your help, it would be impossible to do what we do. God Bless and wishing you and your family a blessed life.

**We would like to thank our
Donors & Supporters
for their unconditional support over the years**

Warm Regards,

**Ms. Laleh Busheri CEO
Prashanti Cancer Care mission
Visit us at : www.prashanticancercare.org /
www.orchidsbreasthealth.com
<https://www.facebook.com/orchidsbreasthealth>**

