



NOVEMBER 2023 | VOLUME 129 ISSUE 73

PCCM MONTHLY NEWSLETTER

Prashanti Cancer Care Mission's Newsletter

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WHAT'S IN THIS LATEST ISSUE?

Dr. C. B. Koppiker and Ms. Laleh Busheri were invited as guest speakers at the 'II International Baku Breast Cancer Congress, Baku, Azerbaijan.

Dr. Koppiker presented a talk during the 4th ICGA Conference hosted at IISER, Pune.

BreastGlobal Masterclass "A Comprehensive guide to a good Mastectomy" was held on 5th of October 2023.

Breast Global organized 'Patient Centric Webinar for a holistic approach to well-being'

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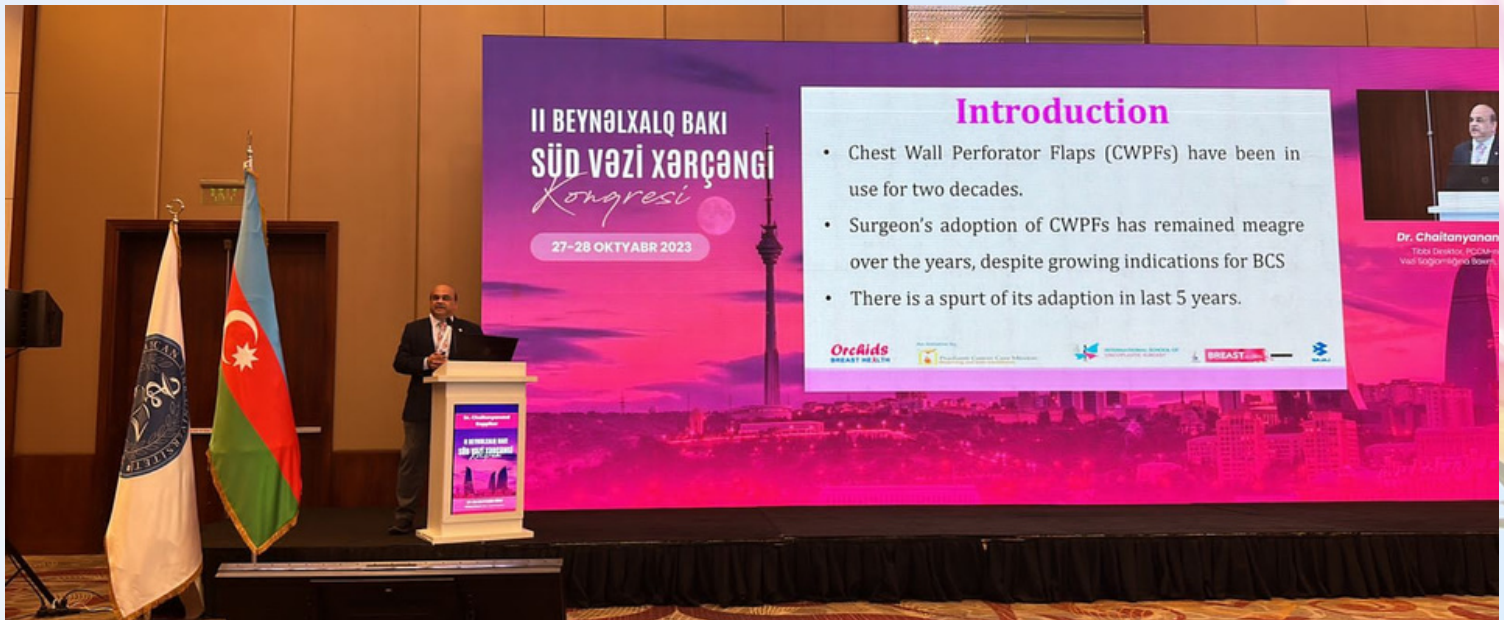
ABOUT PCCM NEWSLETTER

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.

Dr. C. B. Koppiker was invited as a guest speaker at the 'II International Baku Breast Cancer Congress, Baku, Azerbaijan

Dr. Koppiker was a distinguished guest speaker at the 'II International Baku Breast Cancer Congress' held at the Hilton Hotel in Baku on October 27th and 28th, 2023. The event gathered a diverse and international group of prominent oncologists and experts in the field of breast cancer.

During the congress, Dr. Koppiker delivered an insightful presentation on the topic of "Chest Wall Perforator Flaps: Their Versatility and Adaptability". This presentation covered the use of chest wall perforator flaps in reconstructive surgery in breast cancer patients. His presentation was very well received by the audience.



Ms Laleh Busheri was invited as a guest speaker at the 'II International Baku Breast Cancer Congress, Baku, Azerbaijan

Ms Laleh Busheri was invited as a guest speaker at the 'II International Baku Breast Cancer Congress' held on October 27th and 28th, 2023 at the Hilton Hotel in Baku. This conference brought together a global community of renowned oncologists. At the conference, Ms. Busheri represented PCCM and presented on 'From Bench to Bedside Breast Biobank Fueling Breast Cancer Research in India'. Her presentation focused on studying breast cancer in an Indian context, particularly at a smaller centre, Orchid's Breast Health Clinic, which deals with breast cancer patients. Ms. Busheri elaborated on the various projects undertaken by PCCM, with a particular emphasis on their efforts to understand breast cancer in India. She highlighted PCCM's impact on research, academics, patient care, and clinical practice.

II INTERNATIONAL BAKU BREAST CANCER Congress

CHAIRS

- Prof. Dr. Mahmut Müezzinoğlu, Chair
- Prof. Dr. Abd Alkayem, Chair

SPEAKERS

- Prof. Dr. Behrooz Dastgheib, Speaker
- Assoc. Prof. Dr. Margaret Wallace, Speaker
- Ms. Laleh Busheri, Speaker
- Assoc. Prof. Dr. Mustafa Bostancı, Speaker

27-28 OCT | 2023 REGISTER NOW www.breastdiseases.az

II BEYNƏLXALQ BAKI SÜD VƏZİ XƏRÇƏNGİ Kongressi
27-28 OKTYABR 2023

2023 Audit OUR IMPACT ON

- Research
- Academics
- Patient care
- Clinicians

ACADEMICS	RESEARCH	PATIENTS	TRAINING
1500+ PUBLICATIONS	1500+ PUBLICATIONS	1500+ PATIENTS	1500+ TRAINING
40+ TRAINING PROGRAMS	40+ TRAINING PROGRAMS	40+ TRAINING PROGRAMS	40+ TRAINING PROGRAMS
35+ PAPER PRESENTATIONS	35+ PAPER PRESENTATIONS	35+ PAPER PRESENTATIONS	35+ PAPER PRESENTATIONS
60+ SURVIVORS	60+ SURVIVORS	60+ SURVIVORS	60+ SURVIVORS
20+ STUDENTS	20+ STUDENTS	20+ STUDENTS	20+ STUDENTS

SERVICES & CONSULTING FOR CAPACITY BUILDING & TRAINING

- 1500+ PATIENTS
- 1500+ TRAINING
- 1500+ PUBLICATIONS
- 1500+ PAPER PRESENTATIONS
- 1500+ SURVIVORS
- 1500+ STUDENTS

Dr. Laleh Busheri

Dr. Laleh Busheri

II BEYNƏLXALQ BAKI SÜD VƏZİ XƏRÇƏNGİ Kongressi
27-28 OKTYABR 2023

Genetic Clinic established in 2017 with over 300 patients tested

Genetic Counseling & Testing Workflow

Pre-test Counseling by Board Certified Counsellor (Pedigree Analysis, Clinical Correlation, Psychological Support)

- Family History Charting
- Clinicopath correlation
- Advising specific gene panel
- Psychological support

Blood Collection for Genetic Testing

Post-Test Counselling to understand Genetic Test Reports

Genetic Testing for Breast Cancer Patients (NCCN Guidelines)

- Patients diagnosed with breast cancer <45yrs of age
- Personal History of any previous Cancers
- All Triple Negative Breast Cancer Patients
- Family History of Cancer (1 or more close family members with breast/ovarian/prostate cancer diagnosed <50years)

Healthy Individuals

- Family History of Cancer (1 or more close family members with breast/ovarian or prostate cancer diagnosed <50years)

Dr. Laleh Busheri
CEO, Prostate/ Ovarian/ Breast/ Metastasis (PCCM) Pune, Maharashtra

Dr. Koppiker presented a talk during the 4th ICGA Conference hosted at IISER, Pune.

Indian Cancer Genome Atlas, a national initiative to profile cancers in India was initiated in PCCM through the seed funding of Bajaj Auto Ltd. The 1st TCGA Conference was organized by PCCM at IISER Pune in 2019. After two virtual conferences in 2020 and 2022, the 4th ICGA Conference 2023, co-organized by PCCM was held in IISER-Pune from October 6th to 8th 2023.



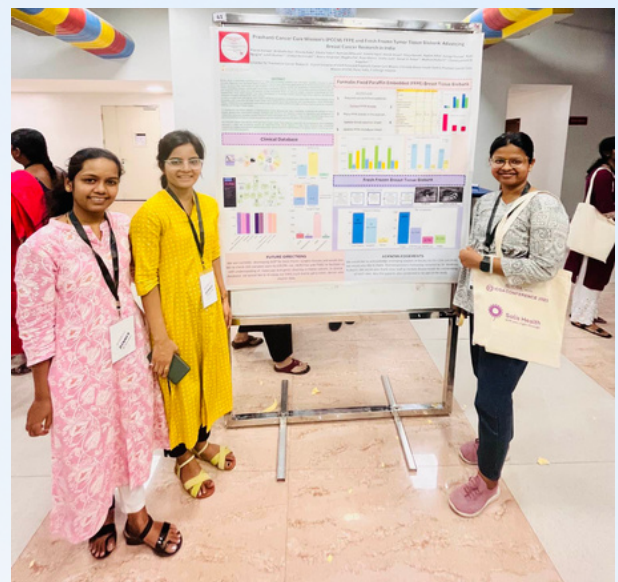
During the conference, Dr. Koppiker delivered a presentation entitled "Bridging the Gap: Prashanti Cancer Care Mission's Data-Driven Revolution." In addition to his presentation, Dr. Koppiker also actively participated in a panel discussion centered on the topic of "ICGA: A Game Changer for Cancer Genomics and Precision Oncology in India." This panel discussion brought together experts from all over India to discuss the potential transformative impact of the Indian Cancer Genome Atlas (ICGA) on cancer genomics and precision oncology in the country.



Research team of PCCM-CTCR participated in the 4th ICGA Conference held at IISER Pune.

CTCR-PCCM had an exceptional presence at the recent 4th Indian Cancer Genome Atlas (ICGA) Conference, held from October 6th to 8th, 2023, at IISER Pune. The participants contributed to the theme of the conference "Advancing towards integrated precision oncology in India"

CTCR-PCCM presented three enlightening talks, shedding light on the current state of breast cancer in our country and sharing CTCR-PCCM's innovative approach to breast cancer management. These discussions sparked valuable conversations and collaborations with fellow researchers and clinicians. The research staff also presented seven research posters at the conference. Ten percent of the posters presented at the conference hailed from the CTCR-PCCM team.

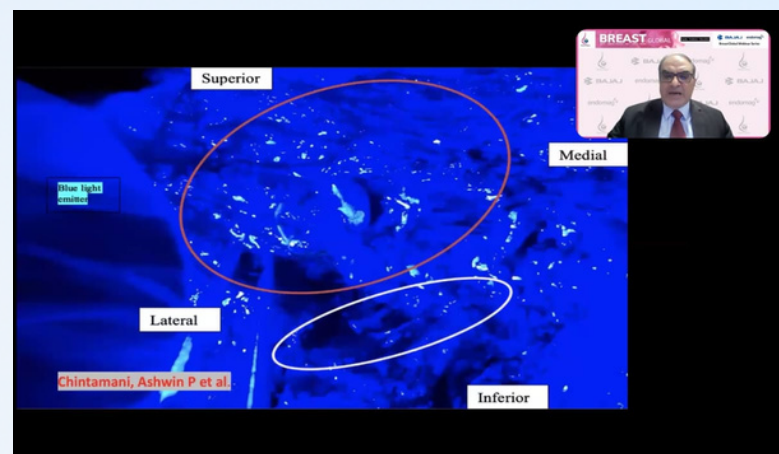
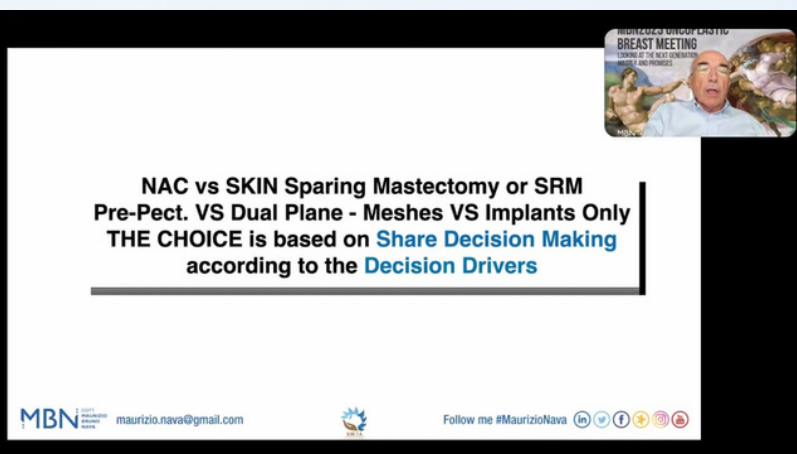


BreastGlobal Masterclass "A Comprehensive guide to a good Mastectomy" was held on 5th of October 2023

BreastGlobal Masterclass "A Comprehensive guide to a good Mastectomy" was held on 5th of October 2023.



With upto 600 registrations, the session was highly interactive, with engaging discussions and valuable insights. Professor Chintamani delivered a captivating presentation on conventional techniques for breast cancer management. Following his presentation Prof. Maurizio Bruno Nava discussed on conservative Management of Breast cancer by sharing illustrative cases from his clinical practice.



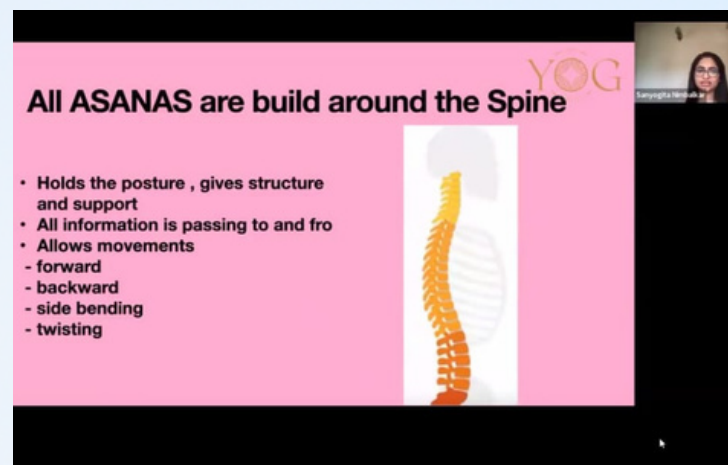
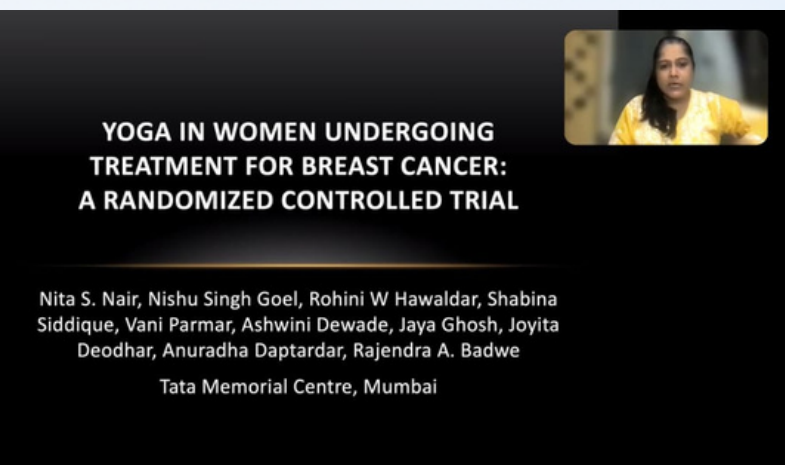
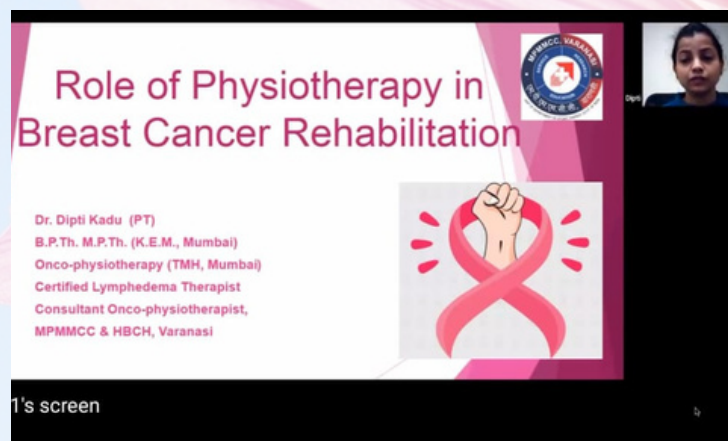
Breast Global organized 'Patient Centric Webinar for a holistic approach to well-being'

On 27th of October, Breast Global organized a 'Patient-Centric Webinar for a holistic approach to well-being.' This webinar brought together experts in their field to share insights on breast cancer care and rehabilitation.

The Patient-Centric Webinar organized by Breast Global featured presentations from various experts:

- Dr. Sanyogita Nimbalkar discussed the role of yoga techniques for breast cancer patients.
- Dr. Neeta Nair shared insights into her study, 'Yoga in Women undergoing breast cancer treatment : A randomized controlled Trial'. She highlighted the importance of Yoga in breast cancer rehabilitation.
- Dr. Deepti Kadu highlighted onco-physiotherapy in breast cancer rehabilitation.
- Dr. Syeda Zubeda discussed the role of genetic counselling in breast cancer patients.

These presentations covered diverse aspects of breast cancer care, including holistic well-being, rehabilitation, and genetic factors, providing a comprehensive approach to patient support.



Dr. Koppiker's article was featured in the 'Ask the Expert' section in Femina October 2023 issue.

Dr. Koppiker's article on 'Understanding radiology for breast cancer diagnosis' was featured in the 'Ask the Expert' section in Femina October 2023 issue. The article delved into the understanding of technical terminologies related to radiological diagnostic procedures and their significance in breast cancer diagnosis.

ASK THE EXPERT

UNDERSTANDING RADIOLOGY FOR BREAST CANCER DIAGNOSIS – PART II

KNOWING THE KEY RADIOLOGICAL TERMS IN BREAST CANCER DIAGNOSIS



Dr C.B Koppiker is a nationally and internationally well-known Breast Cancer Surgeon based in Pune. He is the Medical Director of Orchids Breast Health Centre, which pioneers in breast health care. His clinic offers a full range of state-of-the-art breast health services designed to ensure the best possible experience for each patient. For his contributions to fighting breast cancer in India, Dr. C.B. Koppiker has been widely felicitated with numerous recognitions and awards by his medical peers as well as by various social organizations.



DR. C. B KOPPIKER

Early detection is crucial in managing breast cancer, and various radiological techniques are indispensable tools to aid the diagnosis. In our preceding section, we highlighted the essential radiological techniques such as X-rays, Mammography, Ultrasound, Computed Tomography (CT) scans, Magnetic Resonance Imaging (MRI) and positron emission Tomography (PET) scans. This article will delve into key radiological terminologies encountered while reviewing medical reports.

WHAT IS TUMOR SIZE?

Tumor size refers to the dimensions of the tumor. It is measured in millimetres or centimetres. It indicates the physical extent of the tumor in the breast.

WHAT IS INVASIVE VS. IN SITU CANCER?

In 'Invasive Cancers', the cancer cells have spread beyond the original site, while 'In Situ' means the cancer cell remains at its original location.

WHAT IS METASTASIS?

The word 'Metastasis' suggests that the tumor cells have spread from the primary tumor location to a distant site or organ. This spread occurs via the bloodstream or lymphatics.

WHAT IS CALCIFICATION?

Calcification refers to tiny calcium deposits that can appear in breast

tissue, which are often seen on mammograms. Calcifications can be benign or malignant.

WHAT IS "ARCHITECTURAL DISTORTION"?

Architectural distortion is a term used when the normal arrangement of breast structures is disrupted, often suggesting an underlying issue that requires additional investigation to determine if it's benign or cancerous.

WHAT IS "NODAL INVOLVEMENT"?

Nodal involvement indicates the presence of cancer in lymph nodes near the breast. This information is crucial for determining the extent and stage of breast cancer.

WHAT DOES "MARGINS" MEAN?

Margins refer to the edge of a detected abnormality in imaging. Well-defined margins generally suggest a lower likelihood of cancer spreading beyond that area, while poorly defined margins can be concerning for malignancy.

WHAT IS "STAGING" IN RELATION TO BREAST CANCER?

Staging refers to determining the extent of the cancer's spread. It involves assessing the size of the tumor, the lymph node involvement, and whether cancer has spread to other parts of the body. Staging helps guide treatment decisions and prognosis.

WHAT SHOULD I DO IF MY MAMMOGRAM REPORT SHOWS AN ABNORMAL FINDING?

If your report indicates an abnormality, don't panic. Follow up with your healthcare provider for further evaluation, which may include additional imaging tests, a biopsy, or consultation with a specialist.

ARE ALL ABNORMALITIES ON A MAMMOGRAM INDICATIVE OF BREAST CANCER?

No, not all abnormalities detected on a mammogram indicate breast cancer. Many findings turn out to be benign (non-cancerous). Further tests will help determine the nature of the abnormality. Understanding radiological terms equips individuals with the knowledge and confidence to make healthcare decisions. It may help with better communication with the healthcare team. Familiarity with these radiological terms can help alleviate fear and anxiety through a better understanding of the disease.

Twitter: @KoppikerCb
 Instagram: @dr.koppikercb;
 @orchidsbreasthealthpune
 Facebook: <https://www.facebook.com/koppiker>

Ms. Laleh Busheri gave an awareness talk Central Park Hotel , Pune.

On October 6th, 2023, Ms. Laleh Busheri gave a breast cancer awareness talk at the Central Park Hotel in Pune. The talk was titled 'Know Your Risks, Be Aware: Empowering Women Against Breast Cancer'. During the presentation, Ms. Laleh emphasized the importance of knowing the signs and symptoms of breast cancer, highlighting the significance of early detection. She shared insights into PCCM's Orchids Clinic, which serves as a crucial resource for breast cancer information, screenings, support, and treatment. Ms. Laleh also debunked common myths surrounding breast cancer.



Ms. Laleh Busheri gave an Awareness Talk at Eaton India Ltd. Eon free Zone, Kharadi, Pune.

On 11th of October 2023, Ms. Laleh Busheri gave an awareness talk at Eaton India Ltd. Kharadi, Pune. Her talk on breast cancer awareness offered deep insights into the significance of early detection, risk factors and the latest advancements in breast cancer research and treatment. The talk was very well received by the audience.



Ms. Laleh Busheri gave an awareness talk at CHRIST University, Lavasa Pune.

On 14th of October, Ms. Laleh Busheri presented an awareness talk at Christ University, Lavasa, Pune. The awareness talk covered the basic signs and symptoms of breast cancer and the myths associated with breast cancer. Her talk was followed by Clinical Breast Examination (CBE) of 75 civilians by Ms. Smeeta Nare and Ms. Ruth.



Breast Cancer Awareness campaign was conducted at Maxion Wheels, Khed City, Kanhersar

On 17th October 2023, Breast Cancer Awareness campaign was conducted at Maxion Wheels, Khed City, Kanhersar. Ms. Smeeta Nare from PCCM-CTCR delivered an informative talk on breast cancer followed by Clinical Breast Examination (CBE) for 30 civilians.



Breast Cancer Awareness campaign was conducted at Khedekar Hospital, Pune.

On 18th of October 2023, Breast Cancer Awareness campaign was conducted at Khedekar Hospital, Pune. Ms Smeeta Nare from PCCM- CTCR delivered an informative talk on breast cancer followed by Clinical Breast Examination (CBE) for 68 civilians.



**BREAST
CANCER
SCREENING
PROGRAM**

Empower, Educate, Eradicate: Unite Against Breast Cancer.

Date
Wednesday, 18 Oct 2023
At 11 -1 PM

Venue
Khedekar Hospital,
Bhopdi

PARTNER ORGANISATIONS

RSB FOUNDATION
Pashanti Cancer Care Mission
Rotary Club of Poona Downtown
Rotary Club of Pune
Rotary Club of Mumbai





RESEARCH UPDATES



- Dr. Madhura Kulkarni's abstract "Role of YAP in HER2-mediated Tumorigenesis" was accepted for oral presentation at 9th International Conference on Hippo Signalling in Development, Disease and New Therapies, Biopolis Singapore.
- Research team at PCCM-CTCR presented 7 research posters at the Indian Cancer Genome Atlas (ICGA) Conference.



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.

This month

- Total Blocks-27
- Biopsy blocks-16
- Surgery blocks- 11

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.

10 Fresh frozen tissue samples collected this month



**Freeships/ Major Concession for Diagnostics, Surgery, Chemotherapy,
Onco- Pharmacy, Clinical Procedures and Consultations at Orchids
Breast Health in October 2023**



Mammography:
76 patients received
free / concessional
mammography



Sonography:
110 patients received
free / concessional
sonography



Biopsy
15 patients received
free and
concessional biopsy

**Freeships/ Major Concession for Diagnostics, Surgery, Chemotherapy,
Onco- Pharmacy, Clinical Procedures and Consultations at Orchids
Breast Health in October 2023**



Surgery

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



Chemotherapy /Day Care

**30 patients received free
chemotherapy
95 patients received major
concessions at our day care
centre for chemotherapy**



Onco-Pharmacy

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

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

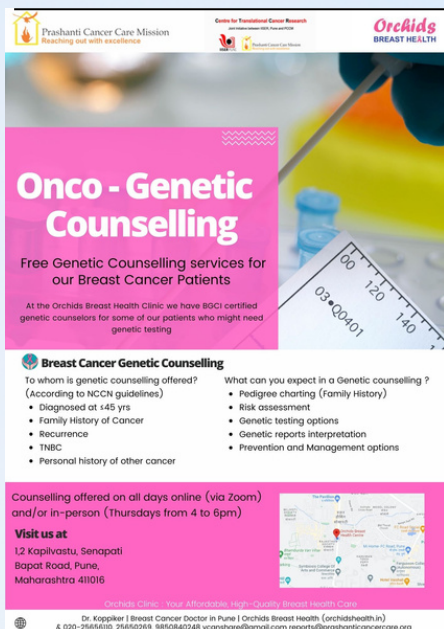
- Overcome Stress and Shock
- Psycho-social adjustment
- Care and Support for the Caregivers
- Stress management
- Deal with health-related anxiety
- Helping underlying psychological issues
- Psychotherapies

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
212 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

Onco-Genetic Counselling
190 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

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

Supporting mental health during this breast cancer awareness month

Breast Cancer Awareness month and World Mental Health Day

In light of Breast Cancer Awareness Month and World Mental Health Day on October 10th, it is crucial to underscore the significance of these important issues. This year's theme for Mental Health Day is "Mental health is a universal human right." This theme is gradually gaining traction in the medical field, highlighting the growing recognition of the mind-body connection.

Navigating Real-time challenges

In our culture, women are the backbone of our homes. Women in their middle years often find themselves juggling various domestic and professional responsibilities while also navigating changes in their sense of self. These years are pivotal for establishing self-worth and meaning after enduring life's ups and downs. Unfortunately, breast cancer can disrupt the tranquility of this stable life, hitting like a sudden storm.

Licensed psychologists and other mental health professionals, experienced in breast cancer treatment, can provide invaluable support. Their primary goal is to help women cope with the physical, emotional, and lifestyle changes that accompany cancer and the often painful and traumatic medical treatments.

The role of psychotherapy in Breast cancer

For some women, the focus may be on explaining their illness to their children or managing their partner's response. Others may need assistance in selecting the right hospital or treatment. Stress, anxiety, or depression control may be the priority for some. Psychologists teach patients problem-solving strategies in a supportive environment, aiding them in navigating their grief, fear, and other emotions. Many women find that this life-threatening crisis eventually leads to personal growth opportunities.

Breast cancer patients aren't the only ones who can benefit from psychological treatment. Their Partners may also experience significant challenges. Psychologists can help spouses manage the demands of emotional and practical support while dealing with their own feelings. Children, parents, and friends involved in caregiving can also find psychological interventions helpful.

Full time Oncopsychologist at Prashanti

The need for psychological treatment may persist beyond medical treatment. Emotional recovery may take longer and can be unpredictable. Despite societal pressure to return to normalcy swiftly, breast cancer survivors require time to form a new self-image that incorporates their experiences and changed bodies.

Consider chemotherapy-induced nausea and vomiting as an example. These side effects can be, potentially causing women to consider discontinuing treatment. Psychologists can teach relaxation techniques, meditation, self-hypnosis, imagery, or other methods to effectively alleviate nausea without pharmaceutical side effects.

Psychologists at Prashanti empower women to make informed choices amidst conflicting advice and improve communication with healthcare providers. In short, psychologists enable women to become active participants in their treatment, leading to a deeper understanding of the disease, its treatment, and a greater willingness to take the necessary steps towards recovery.





World Food Day!!

16th October 2023

Water is Life, Water is Food ●●●



16th of October

Every year on the 16th of October, the Food and Agriculture Organization of the United Nations celebrates World Food Day, which focuses on eradicating malnutrition and enhancing food security worldwide. This year's theme highlights the importance of water for life. Safe drinking water is a fundamental human right, and it is our responsibility to ensure that nobody is deprived of it. We should use water strategically to conserve it for everyone's use.

Ways to improve your fluid intake :

Fluids can be included in diet in various forms:

Soups, juices, tea, flavoured water, thin stew/ gravies



Soothing immunity boosting drink to improve fluid intake:

Water 500ml+ cinnamon 1/2 inch + crushed black pepper 2 pinch+ lemon grass 1 blade+ tulsi 4-5 leaves+ cloves 2

Boil all ingredients together till quantity reduces to 200ml. strain add 1tsp honey and drink warm.



Why Hydration Matters?

Water is one of the most crucial nutrients for our bodies, yet it is often overlooked. Adequate water intake is essential to maintaining normal bodily functions. This is especially important for individuals undergoing breast cancer treatment, as chemotherapy and radiotherapy can cause side-effects such as nausea, vomiting, diarrhea, and loss of appetite. It is imperative that those undergoing such treatment stay hydrated to aid the body's natural healing processes. Good fluid intake, around 3 to 3.5 liters per day, is particularly essential during breast cancer treatment to avoid dehydration and to help the body recover more efficiently after surgery and other cancer treatments.

Testimonials of a few patients who were adopted for Freeship

Nassim Khatri

डॉक्टर कोपिकर चेतन सर इनको हमारी तरफ से बोहोत सला। मैं नसीम खत्री ब्रैस्ट कैंसर की पेशेंट हू। शुरू मैं में बोहोत घबरा गई थी लेकिन यहपार आकर देशमुख सर ने हास बोल कर की बीमारी का डर दिल से निकल गया हमे महसूस ही नै करवाया की हम बीमार हैं बोहोत तसल्ली दी। मेरा ट्रीटमेंट फ्री में करवाया इलाज अच्छे से चल रहा है। यहाँ घरजैसा ही मोहोल है। अल्लाताला साब को दुनियाकी सब खुशिया कामयाबियां नसीब हो। हमारी दुआए हमेशा इनके साथ है



Varsha Bidkar

मी प्रशांती कॅन्सर केअरचे खूप नाव ऐकले होते. मी जेव्हा इकडे आलो तेव्हा थोडा मनामध्ये भीती वाटत होतो. कि एवढे मोठे क्लिनिक आणि इकडे ट्रीटमेंटध्यायची आता. किती पैसे लागतील, आणि एवढी आपली ऐपत आहे का? आसा मनात वाटत होता. परंतु जेव्हा कोपीकर सरांना भेटलो आणि माझ्या बायकोला गाठ होती त्याबद्दलसांगितले, सरांनी आम्हाला काय कायचे आता याची कल्पना दिली. सगळ्या गोष्टी खूप शांतपणे समजावून सांगितल्या. सर्व मनातल्या शंका दूर केल्या. प्रशांती मध्ये आल्यावर सर्व ट्रीटमेंट झटकन झाल्या. क्लिनिकमधीलसर्व स्टाफ खूप छान आहे. सर्व काम हे नियमित व काटेकोरपणे केले जाते. सर्वांचे बोलणे वागणे छान आहे. सर्व शांतपणे समजावतात आणि कधीही चिडत नाहीत. इथे जो कोणी पेशंट येईल तो इकडे खेळीमेळीच्या वातावरणामुळे लवकर बारा होईल.

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

Alka Tambe

I am immensely grateful for the exceptional care mom received during her cancer treatment, surgery, and chemotherapy at Orchid breast health. The entire hospital staff exhibit unwavering support and doctors have remarkable expertise and compassion throughout challenging journeys. In April when my mom was diagnosed with malignancy their guidance and care became beacon of hope. We owe a debt of gratitude to Orchid Hospital and its dedicated team of their invaluable role in my mom's recovery.

Dr. Milind Dorda

We are coming to the clinic for the last two visits regarding my mother's breast surgery. The first consultation was impressive, and we could feel the caring nature of doctor and his patience to very query. This gave us confidence that we are in the right hands and hoping for the best surgery outcome in the coming time.



Priya Patil

I visited the clinic for the first time in March. Dr. Koppikar and his staff vary prompt in identifying the treatment plan. All the time a detailed explanation was provided on queries. The fact that sonography, mammography, biopsy could be done at the same place is a big plus point. Saving time in traveling and waiting for service at different places. The counseling provided by other doctors was also good.

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) 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"> <thead> <tr> <th>Treatment</th> <th>Amount (In Rs.)</th> </tr> </thead> <tbody> <tr> <td>Chemotherapy</td> <td>1,59,684</td> </tr> <tr> <td>Diagnostics and OPD Charges</td> <td>35,700</td> </tr> <tr> <td>Radiation</td> <td>1,85,000</td> </tr> <tr> <td>Surgery</td> <td>2,10,000</td> </tr> <tr> <td>Total</td> <td>5,90,384</td> </tr> </tbody> </table>	Treatment	Amount (In Rs.)	Chemotherapy	1,59,684	Diagnostics and OPD Charges	35,700	Radiation	1,85,000	Surgery	2,10,000	Total	5,90,384
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Total	5,90,384													
02.		<p>Yasmin Khan (43 years) has stage II breast cancer. She has 5 members in the family with 2 daughters, 1 son, and a husband. She is a homemaker, and her husband works in a local shop with a salary of Rs.6,000 only.</p> <table border="1"> <thead> <tr> <th>Treatment</th> <th>Amount (In Rs.)</th> </tr> </thead> <tbody> <tr> <td>Chemotherapy</td> <td>39,459</td> </tr> <tr> <td>Diagnostics and OPD Charges</td> <td>28,200</td> </tr> <tr> <td>Radiation</td> <td>1,85,000</td> </tr> <tr> <td>Surgery</td> <td>1,50,000</td> </tr> <tr> <td>Total</td> <td>4,02,659</td> </tr> </tbody> </table>	Treatment	Amount (In Rs.)	Chemotherapy	39,459	Diagnostics and OPD Charges	28,200	Radiation	1,85,000	Surgery	1,50,000	Total	4,02,659
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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” Address: 1,2 Kapilvastu, Senapati Bapat Road, Pune, Maharashtra 411016

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
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