









PCCM MONTHLY NEWSLETTER

Prashanti Cancer Care Mission's Newsletter





WHAT'S IN THIS LATEST ISSUE?

Dr. Koppiker was invited to present a talk at the Oncovision 2025 held at the Army Hospital (R & R) in Delhi Cantonment.

Dr. Koppiker's article was featured in the 'Ask the Expert' section in the Femina Magazine January 2025 issue.

The fifth session of the Prashanti Cancer Care Mission's Pink Ribbon Support Group Webinar Series was held on 08th of January 2025.

The first lecture of CTCR's RT-PCR Phase III, a 12-week webinar series, was held on January 30th, 2025.

ABOUT PCCM NEWSLETTER

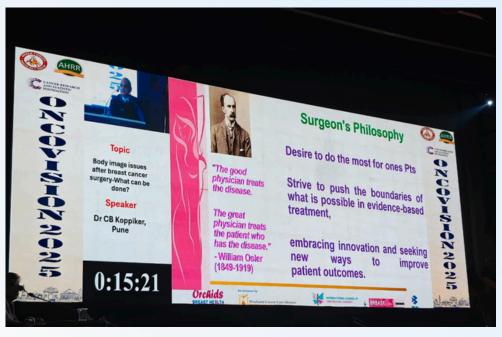
PCCM Newsletter is our way of connecting with our patients and supporters. With the Newsletter we bring to you the latest updates of our activities at PCCM. Along with our continued efforts for the provision of state-of-the-art integrative care for our patients through Orchids Breast Health Care, we include updates from the research arm at PCCM, Centre for Translational Cancer Research (CTCR). CTCR an initiative between PCCM and 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. Koppiker was invited to present a talk at the Oncovision 2025 held at the Army Hospital (R & R) in Delhi Cantonment.

Dr. Koppiker's presentation at Oncovision 2025, titled "Body Image Issues After Breast Cancer Surgery - What Can Be Done?," was held at the Army Hospital (R&R) in Delhi Cantonment on January 18th and 19th. The talk focused on the effects of surgical outcomes on self-esteem and mental well-being. He highlighted oncoplastic techniques and reconstructive options available to help patients regain their confidence. Dr. Koppiker emphasized the importance of a patient-centered approach in addressing body image concerns and improving the overall quality of life for breast cancer survivors.







Dr. Koppiker's article was featured in the 'Ask the Expert' section in Femina January 2025 issue.

The 'Ask the Expert' section of Femina January 2025 issue featured Dr. Koppiker's article on 'Understanding the role of Neo-adjuvant systemic Therapy in breast cancer Management'.

ASK THE EXPERT Orchids





UNDERSTANDING THE ROLE OF NEO-**ADJUVANT SYSTEMIC THERAPY IN BREAST** CANCER MANAGEMENT



Dr. Chaltanyanand B. Kopplker

Breast Cancer, Breast Oncoplastic and Reconstruction Surgeon Medical Director, Orchids Breast Health in Association with Jehangir Hospital and Prashanti Cancer Care Mission, Pune India

multimodal approach, including surgery, chemotherapy, hormone therapy, targeted therapy and radiation therapy. Advances in the medical field • It may allow the assessment of continue to drive innovative approaches to breast cancer management. At Orchids Breast Health Centre, in prioritize oncological safety and aim to optimize aesthetic outcomes with Breast (NAST)? Conservation Surgery, ensuring a better At Orchids Breast Health Care, a quality of life for our patients. Neoadjuvant systemic therapy (NAST) plays a crucial role in increase. crucial role in increasing the likelihood of personalized treatment plans through breast conservation surgeries. This article will explore the significance of NAST and its role in breast cancer treatment.

WHAT IS NEO-ADJUVANT SYSTEMIC THERAPY (NAST)?

Neo-adjuvant systemic therapy (NAST) refers to treatments like chemotherapy, hormone therapy, or targeted therapy given before surgery in breast cancer patients. Its goals are to shrink tumors, make surgery less invasive, and assess the tumor's response to therapy, helping guide further treatment.

CAN YOU DISCUSS FURTHER THE ADVANTAGES OF NEO-ADJUVANT SYSTEMIC THERAPY (NAST)?

- NAST helps downstaging the tumour to bring it to operability in cases of non- ADMINISTERED? metastatic locally advanced breast NAST for breast cancer is administered cancer and large operable breast cancers.
- extensive surgery on the breast and / orally and intravenously. or axilla
- Using this approach increases the DOES

- reast cancer treatment involves a likelihood of breast conserving surgery, thus improving cosmetic outcomes and reducing postoperative complications.
 - chemosensitivity, which could guide subsequent adjuvant therapy.

collaboration with Prashanti Cancer HOW DO YOU KNOW IF YOU ARE A Care Mission and Jehangir Hospital, we SUITABLE CANDIDATE FOR NEO-prioritize oncological safety and aim to ADJIIVANT SYSTEMIC THERAPY ADJUVANT SYSTEMIC THERAPY

multidisciplinary tumour board carefully evaluates each case and formulates detailed discussions, ensuring patient's participation in their treatment journey. Tumour histology, grade, stage and estrogen, progesterone, and human epidermal growth factor receptor 2 (Her2) expression guide clinical decisions.

WHAT IS EXPECTED BEFORE A NAST?

Before initiating the treatment, a thorough primary diagnostic procedure is carried out, which includes breast and axilla imaging, core biopsy, and histopathological and Immunohistochemistry evaluation. Whilst taking the biopsy, a radio opaque clip is placed in the tumour to assist in localizing the tumour bed prior to NAST.

HOW IS NEOADJUVANT SYSTEMIC THERAPY FOR BREAST CANCER

in cycles. The number of cycles needed varies from patient to patient, typically It increases the chances of less over 3-6 months. It can be administered

EVERYONE BENEFIT



NAST can offer significant benefits for many breast cancer patients. At our center, the majority of patients have shown a positive response to NAST, enabling conversion from mastectomy to BCS. Through the effective combination of NAST and oncoplastic techniques, approximately 72% of patients who initially qualified for mastectomy were successfully transitioned to BCS, preserving their breast.

DOES NAST ELIMINATE THE NEED FOR SURGERY?

No, NAST is not a substitute for surgery. The goal of NAST is to make surgery more effective by reducing tumour size and allowing less invasive procedures for tumour removal.

HOW DO DOCTORS KNOW IF NAST IS WORKING?

Evaluating the response to NAST involves a coordinated effort by a multidisciplinary team, including pathologists, radiologists, surgeons and medical oncologists. Patients receiving NAST are closely monitored for response at regular intervals by clinical-radiological assessment.

32 Sassoon Road, Pune 411001 Dr. Chaitanyanand Koppiker I Linkedii

The fourth issue of Volume I of the BreastGlobal Journal is now available online.

Dr. Koppiker, along with his colleagues established the BreastGlobal platform to address knowledge gaps, offering a unified portal for experts, trainees, and industry to access global learning and training opportunities.

In collaboration with Wolters Kluwer publishers, BreastGlobal launched the 'BreastGlobal Journal' aimed at providing universal access to specialized breast training worldwide.

The journal features a distinguished editorial board and has already released three issues, with the fourth issue published in November 2024. BreastGlobal Journal is currently accepting submissions for future editions, and manuscripts can be submitted through the provided link.

Submit online: https://review.jow.medknow.com/bgj

Please contact the editorial team at thebreastglobal@gmail.com

Journal's editorial board : https://journals.lww.com/bgjr/pages/editorialboard.aspx
Access all issues of the journal: https://journals.lww.com/bgjr/pages/issuelist.aspx





The fifth session of the Prashanti Cancer Care Mission's Pink Ribbon Support Group Webinar Series was held on 8th of January 2025

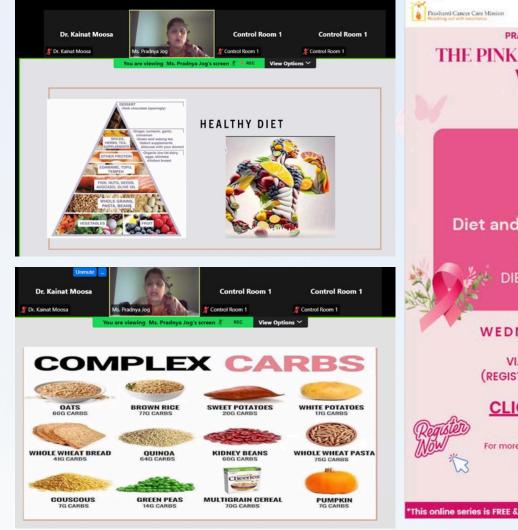
The fifth session of the Pink Ribbon Support Group Webinar Series was held on January 8th, featuring Ms. Pradnya Jog discussing "Diet and Nutrition for a Healthy Life." Her talk focused on the role of balanced nutrition in recovery and overall well-being, highlighting dietary strategies to maintain energy levels, and support long-term health for cancer survivors.

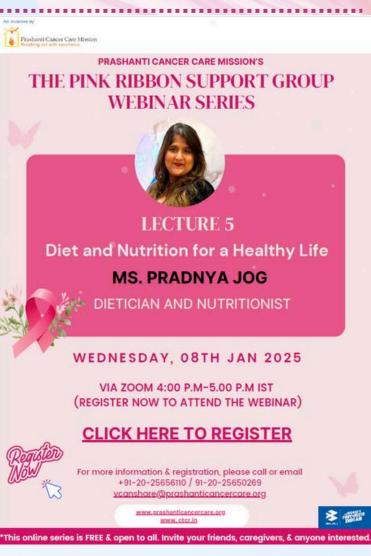
The Pink Ribbon Support Group Webinar Series will continue every 2nd Wednesday of the month, with each session running from 4:00 PM to 5:00 PM IST on Zoom. Participation in these webinars is FREE and open to all. Patients, caregivers, and anyone interested in breast cancer awareness and care are encouraged to join and benefit from these informative discussions.

The upcoming lecture in the Pink Ribbon Support Group Webinar Series will focus on "Breast Cancer Genetics" February 12th, 2025.

Click to Register for the Webinar:

REGISTER NOW





CTCR's RT-PCR Phase III, Lecture I titled, ""Personalized Medicine and Molecular Diagnostics Approaches in Profiling Solid Tumors in Serbia"

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.



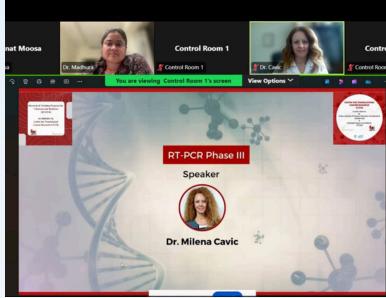
It has successfully completed Module-1 and Module-2, garnering more than 500 registrations. The RTPCR Phase III Module: 'Women Pioneers in Oncology Research and Practice' is an advanced 12-week online course, will feature renowned female scientists/clinicians working exclusively in oncology, offering participants an exceptional opportunity to explore cutting-edge research and its application in cancer treatment and prevention.

Click to Register for the course:

REGISTER NOW

The first lecture of Phase 3 in the RTPCR course, titled "Personalized Medicine and Molecular Diagnostics Approaches in Profiling Solid Tumors in Serbia," took place on January 30, 2025. The lecture was expertly led by the esteemed Dr. Milena Cavic. It focused on the latest advancements in tumor profiling and personalized therapeutic strategies. After the lecture, students participated in a Q&A session, allowing them to interact with the faculty.





BLOG

Why Genetic Testing Matters for At-Risk Individuals?



Breast cancer is one of the most common types of cancer worldwide. Surprisingly, about 1 in 10 cases are linked to inherited genetic mutations. Genetic testing can help identify these mutations, giving individuals at risk valuable information to guide prevention, early detection, and treatment options.

Who Is Considered "At-Risk"?

Certain factors may increase an individual's likelihood of carrying a genetic mutation associated with breast cancer, such as:

- You have a first or second degree relative that has been diagnosed with breast cancer at or before age of 50
- You have first or second degree relative who has been diagnosed with more than 1 type of breast cancer.
- You have first or second degree relative with triple negative breast cancer, male breast cancer, ovarian cancer, pancreatic cancer or metastic prostrate cancer



Genetic Testing is a simple blood test with results available in 4 weeks.

How to manage risk?



Screening
Recommendations for
Individuals at Increased
Risk of Hereditary Breast
Cancer:

- Mammograms
- Breast MRI
- Combination of Mammograms & MRI

How Genetic Testing Helps?

- Identifies inherited mutations (e.g., BRCA1/2) that increase cancer risk.
- Guides proactive measures like screenings, lifestyle changes, or surgeries.
- Informs family members of potential genetic risks.



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 Bungalow Society, Next to NIBM Institute, before Clover Highlands, NIBM Road, Kondhwa, Pune, Maharashtra- 411 048.

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

updated address.



- Enhancing and Enriching the PCCM Database through collaborations with Elixir AI and Swasthya AI.
- Fresh frozen biopsy samples from 188 patients, along with 97 fresh frozen surgery samples, have been collected and stored at IISER.
- The CTCR Research team is actively preparing for a Hands-On Biobanking Workshop scheduled to be held from July 4th-6th 2025. This Workshop will be a hands-on training session designed to educate clinicians, researchers, and healthcare professionals about the essentials of biobanking.
- The abstract titled "Advancements and Future Directions in Biobanking for Breast Disease: A Case Study from the Centre for Translational Cancer Research, Pune" submitted by the PCCM-CTCR Research Team has been selected for both poster & oral presentation. Dr. Priya Sivadasan (Research Scientist, PCCM-CTCR) will be presenting at the BBIF International Biobank Conference (IBC) 2025, scheduled to take place on February 24-25 in New Delhi.
- The article titled "The Social Area of the Breast: An Evolution Through Cultures and Centuries", which is co-authored by Dr. Chaitanyanand Koppiker, has been published in the Aesthetic Surgery Journal Open Forum.
- The PCCM-CTCR's research poster titled "Evaluating the Use and Feasibility of Indocyanine Green (ICG) in Sentinel Node Biopsy for Breast Cancer: Insights from an Oncoplastic Practice in a Low-Resource Setting" has been selected for a poster presentation at the prestigious 19th St. Gallen International Breast Cancer 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.

Total blocks collected in this month: 17

Biopsy blocks: **09** Surgery blocks: **08**



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 patient samples collected till date.

8 Fresh frozen Biopsy and **17** surgery samples collected this month.

Free counselling services at Orchids Breast Health so far



Onco-Psychology Counselling - 333



Onco-Genetic Counselling- 356



Nutrition Counselling-442

PCCM provided 18 Freeships/Major Concession on diagnostics, surgery, chemotherapy, onco-pharmacy, clinical procedures, and consultations at Orchids Breast Health in January 2025.



Mammography



Sonography



Biopsy



Surgery



Chemotherapy



Onco-pharmacy

TESTIMONIALS FROM OUR PATIENTS

Stories of Strength: Patients Reflect on the Impact of Our Care and Support

Anny Joseph

I am. Anny's Sister, and I can write about my experience as well as my sister's. When we got to know that any has been diagnosed with Invasive breast cancer. We were, of course, in shock and denial. We were referred to Doctor Koppiker by our neighbour, Dr. Smriti. And the minute my sister consulted Dr. Koppiker, she was so much at peace and reassured that she was in safe hands. She had a lot of doubts and questions, which doctor helped answer and addressed so well. That emotional support is very important and we are grateful we got that. Not just the doctor but all the staff like all the sisters at the sonography, ultrasound were helpful. Even post surgery, we were immediately informed br. Koppiker about how the surgery went, which was again a very good deed.

All in all, we are truly grateful to have found Orchids and the entire experience has been smooth. Will recommend to all family and friends.

For 'Bharati Das'

When my mother was detected with breast cancer, we were terrified and went to various hospitals like AIMS, TATA memorial etc. But upon hearing about Dr Koppiker Sir, we thought of visiting him once. From that day onwards, he became our GO-TO doctor. His treatments, attitude, approach and advises were entirely perfect. The entire staffs were very helpful and any time available for answering to our queries. I thank Koppiker sir and his entire unit. This unit is the best in the world. Many thanks for a successful treatment of my mother.

Regards,

Son-Chandra bhansa Kanungo

TESTIMONIALS FROM OUR PATIENTS

Amrit Kaur Jabbal

Before coming here, my friend told me that Dr. Koppiker is highly experienced and a kind-hearted doctor. His treatment is exceptional. When we met Dr. Koppiker, I found him to be an outstanding doctor who guided us with great care. All our worries disappeared under his reassuring guidance. His demeanor is warm and compassionate.

Dr. Namrata and the entire team are extremely cooperative, kind, and provided excellent guidance throughout. The doctors and staff in the OT unit were also very polite, explaining everything clearly.

The accommodation is comfortable and clean, and the unit staff offered prompt attention and support, making the experience smooth and reassuring.

Nisha Ajay Wakharkar

I Abhijit Wakharkar son of Nisha Wakharkar feel immensely happy and proud, thankful to say that my mother is well, recovered and healthy because of Dr. Koppiker and his teams effort. They helped us from day 1 to till date. The way the team explained and treated patient was great.

Thanking you for everything the team did for us directly and indirectly. It means a lot to us.

Words cannot express our respect, gratitude and love and most importantly trust we have on Dr. Koppiker and his team.

Thanking you.

Testimonial from a patient who utilized the genetic counseling services at our centre

Tejal Nahar

The genetic counselling session was incredibly helpful, insightful, and informative. The coordination with the coordinator was seamless, making the entire process smooth and stress-free.

We now have a clear understanding of the next steps and realise how valuable it is to seek guidance from a professional rather than relying on uninformed opinions. I highly recommend consulting a counsellor for better clarity and understanding on any topic.

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 $\mathcal E$ 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.



Vijayshree Ramlu Nalanaglu (52 Yrs)

Vijayshree Ramlu Nalanaglu (52 years) has stage I breast care: She is a homemaker, and her husband is small scale construction contractor. She has two daughters studying in college. The husband earns minimal income to support the family and patient's treatment

Treatment	Amount (In Rs.)
Chemotherapy	2,45,000
Diagnostics and OPD Charges	20,550
Radiation	000
Surgery	00
Total	2,65,550

02.



Saima Naaz (43 Yrs)

Saima Naaz (43 years) has stage II breast cancer. She is a homemaker, and her husband is unemployed. She has 3 children studying in school. She is supported by her brother for the family's financial needs. Her brother too has his own family to support, limiting his support to the patient.

Treatment	Amount (In Rs.)
Chemotherapy	1,88,450
Diagnostics and OPD Charges	25,000
Radiation	000
Surgery	000
Total	2,13,450

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:



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 Bungalow Society, Next to NIBM Institute, before Clover Highlands, NIBM Road, 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