



JUNE 2025 | VOLUME 10 | ISSUE 100

PCCM MONTHLY NEWSLETTER

Prashanti Cancer Care Mission's Newsletter

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WHAT'S IN THIS LATEST ISSUE?

PCCM hosts Dr. Zoltan Matrai (Qatar) for Clinical Research and Oncoplastic Surgery Collaboration

Research Publication Spotlight! PCCM-CTCR's Milestone

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

PCCM's Hands on Bio-banking Workshop 'Essentials in Biobanking and Workflow' will be held from July 4th-6th 2025

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Dr. Sneha Joshi (Research Lead, PCCM-CTCR) represented the Center for Translational Cancer Research (CTCR) at the INORMS 2025 Global Conference, Madrid

CTCR's RT-PCR Phase III, Lecture VIII titled, "Patient Derived Organoids in Oncology Research" was held on the 08th of May 2025

CTCR's RT-PCR Phase III, Lecture IX titled, "Ethics in Translational and Clinical Research" was held on 22nd of May 2025

Prashanti Cancer Care Mission is delighted to launch Chapter 2 of its Pink Ribbon Support Group Webinar Series: Small Acts, Big Impact During Recovery

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.

Prashanti Cancer Care Mission (PCCM) is a registered NGO established in 1995. It was born out of the unfulfilled desire of departed cancer patients, caregivers, doctors and the community basically to provide freeship to patients who either didn't start treatment or abandoned their treatment halfway due to lack of funds. Today this organization has grown to provide freeships in diagnostics, surgeries, chemotherapy, radiation, pharmacy and much more. It helps the patient and their families through the bewildering maze of challenges the disease brings to its wake.

Recognizing the need for holistic care, PCCM has further expanded its services to include free complementary support such as nutritional counseling, genetic counseling, and onco-psychology services.

This month alone, the following number of patients have benefitted from free complementary counseling services at PCCM:

- Nutrition Counselings: 15
- Genetic Counselings: : 15
- Onco-Psychology Counselings: : 10

Witness the profound impact of these services through the patient testimonials below:

Devanshi Jagdish Chandran

When you meet Dr. Koppiker, it feels like you've actually met God in human form. He is not only a highly skilled and professional doctor but also a truly wonderful person. In my opinion, he is the best and an unmatched oncosurgeon.

The supporting staff Vandana, Smita, and Ruth are also amazing. They make you feel at home and take care of you with great warmth and comfort.

Thank you, Team Orchid!



Unfiltered, real voices straight from the heart

Ms. Jagruti Sachin Bhingeordive

At first, I was very nervous and anxious because of my previous experiences. But the day I entered here, I met the kindest tutor (Mrs. Salomi Ma'sm), and that immediately made me feel more relaxed. She took me to Dr. Koppiker, who patiently explained my diagnosis and the procedure to be done.

I am truly grateful to the doctors, the staff, and everyone here. The most special thing about this team is that they work with such kindness and care toward their patients. They help patients feel at ease and offer the support needed to not give up.

Basically, if you come here with your worries and fears, you leave with peace of mind and a smile on your face!

Mrs. Archana Sharma

I trusted Dr. Koppiker, so I chose to undergo my treatment under his care. He is extremely reliable we had experienced this before as well. I have great respect for him.

Shamshadbi Rangerz

I, Shoeb Rangerz, from Ahmednagar, came to Orchid's Breast Health to consult Dr. Koppiker. We received excellent cooperation from the entire team. They even helped raise funds for the surgery. We are truly grateful to everyone for their support.

Thank you!

PCCM hosts Dr. Zoltan Matrai (Qatar) for Clinical Research and Oncoplastic Surgery Collaboration

Prashanti Cancer Care Mission (PCCM) was honored to host Dr. Zoltan Matrai, an internationally renowned oncoplastic breast surgeon from Hamad Medical Corporation, Qatar, during his visit to Pune from May 22nd to 24th, 2025.

The visit focused on strategic planning for collaborative clinical and translational research, particularly in triple-negative breast cancer, diagnostics, and surgical innovations. Dr. Matrai engaged in intensive discussions with the PCCM team to outline joint research protocols, mentorship models, and educational exchanges.

A highlight of the visit was a special academic session at Jehangir Hospital, featuring talks by PCCM and Jehangir faculty. The session's highlights included Dr. Matrai's insightful lecture on "Tips and Tricks in Simple Oncoplastic Surgery" and Dr. Koppiker's talk on "Orchids Breast Health Care: Departmental Milestones and Clinical-Academic Growth Trajectory". The session concluded with a case-based multidisciplinary discussion and a ward round, offering valuable interaction for clinicians and students.

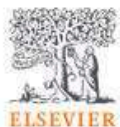


Research Spotlight | PCCM-CTCR Milestone Publication

PCCM's Center for Translational Cancer Research (CTCR), latest publication, titled “Adapting Global Tools for Local Realities: Linguistic Validation of the BREAST-Q BCT Module in Hindi and Marathi for Breast Cancer Surgical Management in India,” highlights a crucial yet often underrepresented aspect of breast cancer care: the need for culturally and linguistically relevant Patient-Reported Outcome Measures (PROMs).

This study reports the successful linguistic validation of the internationally recognized BREAST-Q Breast-Conserving Therapy (BCT) Module into Hindi and Marathi—two of the most widely spoken regional languages in India.

By making this tool accessible in local languages, the study bridges a vital gap in evaluating quality-of-life outcomes from the patient’s perspective and strengthens efforts toward equitable, patient-centered breast cancer care across India.



Clinical Epidemiology and Global Health

Volume 34, July–August 2025, 102021



Original article

Adapting global tools for local realities: Linguistic validation of the BREAST-Q BCT module in Hindi and Marathi for breast cancer surgical management in India

Jisha John ^{a b 1}, Anjali Joshi ^{a b 1}, Vishesha Lulla ^{a b}, Justin Scarimbolo ^b, Pradnya Rotithor ^b,
Shalaka Joshi ^c, Rupa Mishra ^{a b}, C.B. Koppiker ^{a b} , Sneha Joshi ^{a b}

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

Dr. Koppiker's article on, 'Role of Onco- Nutrition in Cancer Care and Recovery' was featured in the May 2025 issue of the Femina Magazine

ASK THE EXPERT

Orchids
BREAST HEALTH
—BY JEHANGIR HOSPITAL—
—Prashanti Cancer Care Mission—



ROLE OF ONCO-NUTRITION IN CANCER CARE AND RECOVERY



Dr. Chaitanyanand B. Koppiker

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



DR. C.B KOPPIKER

Good nutrition before, during, and after cancer treatment is essential for better recovery and treatment outcomes. A balanced diet provides energy, supports healing, and helps maintain a healthy weight. Some patients may need extra calories and protein to regain strength and prevent malnutrition. At Orchids Breast Health by Jehangir Hospital and Prashanti Cancer Care Mission, expert nutrition counselors guide patients at every stage, helping them stay strong and cope better during treatment.

CAN MY WEIGHT INCREASE DURING BREAST CANCER TREATMENT, AND HOW CAN I MANAGE IT?

Yes, weight gain is common during breast cancer treatment due to factors like chemotherapy-induced menopause, reduced physical activity, increased appetite from medications, and fluid retention. You can manage it by eating a balanced diet, staying physically active (as advised by your doctor), monitoring your weight regularly, and consulting an Onco-nutritionist for personalized guidance.

WHAT IS ONCO-NUTRITION?

Onco-Nutrition is a branch of clinical nutrition focused on the dietary needs of individuals diagnosed with cancer. It addresses the challenges posed by cancer and its treatments and aims to support the body with the right balance of nutrients. It is an essential part of a multidisciplinary approach to cancer care, helping to improve treatment tolerance, reduce complications, and support long-term wellness.

HOW DOES CANCER TREATMENT AFFECT NUTRITIONAL HEALTH?

Cancer treatments such as chemotherapy, radiation, or surgery can cause several side effects like nausea, vomiting, taste alterations, appetite loss, diarrhoea, constipation, and mouth ulcers. These side effects may lead to poor food intake, weight loss, muscle wasting. Nutritional counseling can help patients manage these symptoms and maintain adequate nourishment.

HOW CAN I MANAGE APPETITE OR TASTE-RELATED SIDE EFFECTS?

When dealing with appetite loss or taste changes, it's helpful to eat small meals more frequently. Choose foods that are gentle on the stomach and appealing to your current taste preferences. Cold or room-temperature foods may be easier to tolerate if nausea is a problem. Nutritional shakes or soft, high-protein snacks can also help fill nutritional gaps.

WHAT SHOULD I EAT IF I HAVE MOUTH SORES OR ULCERS?

Eating can be painful when dealing with a sore mouth. Soft, non-acidic, and non-spicy foods such as porridge, yoghurt, lassi, soups, mashed vegetables, soft fruits (like bananas, melons, and peaches), and cool juices (like apple or beetroot juice) are usually soothing. Avoid rough, spicy, or citrusy foods that can irritate tender mouth tissue.

WHAT HAPPENS TO BLOOD COUNTS AFTER CHEMOTHERAPY, AND HOW CAN I SUPPORT RECOVERY THROUGH DIET?

Blood counts often drop 8–10 days

after chemotherapy, especially with 3-week cycles, which increases infection risk. While supportive injections may be given, a balanced diet is vital. Eating foods rich in protein (lean meats, eggs, legumes), iron (spinach, beans, beet root, pomegranate, dates, red meat), folate (dark leafy greens, lentils), and vitamin B12 (fish, dairy, eggs) can help restore healthy blood levels.

IS THERE A SPECIFIC CANCER DIET RECOMMENDED FOR TREATMENT?

There is no one-size-fits-all cancer diet. However, a well-balanced approach is widely recommended. Meals should focus on whole foods—fruits, vegetables, legumes, whole grains, healthy fats, and moderate amounts of protein. Limiting processed meats, refined sugars, and high-fat fast foods is encouraged.

WHO CAN HELP WITH NUTRITION DURING CANCER TREATMENT?

Specialized oncology dietitians or nutritionists are trained to assess individual needs and design personalized nutrition plans. They are a critical part of the cancer care team and work with patients to support their nutritional well-being throughout treatment.

Orchid Breast Health by Jehangir Hospital
and Prashanti Cancer Care Mission
32 Sassoon Road, Pune 411001
For appointments pls call
020 - 66811126/25656110
Facebook: <https://www.facebook.com/koppiker>
Dr. Chaitanyanand Koppiker | LinkedIn

PCCM's Hands on Bio-banking Workshop 'Essentials in Biobanking and Workflow' will be held from July 4th, 5th 2025

Prashanti Cancer Care Mission's (PCCM) Hands-on Biobanking Workshop will be a hands-on training session designed to educate clinicians, researchers, and healthcare professionals about the essentials of biobanking in the context of cancer research. The workshop will provide an in-depth understanding of tumor biobanking practices, collection methods, storage protocols, and their significance in translational cancer research.

Dates: July 4th, 5th 2025

Location: Pune

This workshop also serves as a practical component for PCCM's RT-PCR course.

Click here to register:



Contact Dr. Madhura Kulkarni: 9172679320

Prashanti Cancer Care Mission
Reaching out with excellence

HANDS-ON BIOBANKING WORKSHOP

Organized by PCCM

ESSENTIALS IN BIOBANKING: ETHICS AND WORKFLOW

2 Day Workshop
JULY 4TH, 5TH 2025

DAY-01

INTRODUCTION

- Best Practices for Ethical and Legal Compliance
- Roles, SOPs and Workflow

DATA MANAGEMENT

- Associated clinical data collection
- Data Curation

DAY-02

HANDS-ON PRACTICAL EXPERIENCE WITH BIOBANK SAMPLES

- Fresh Frozen
- FFPE

The Biobanking Workshop at Prashanti Cancer Care Mission (PCCM) is a hands-on training session designed to educate clinicians, researchers, and healthcare professionals about the essentials of biobanking in the context of cancer research. The workshop will provide an in-depth understanding of tumor biobanking practices, collection methods, storage protocols, and their significance in translational cancer research.

Venue: Pune

conference@prashanticancercare.org

Prashanti Cancer Care Mission
Reaching out with excellence

ISOS Announces 2025 Chapter of Hands-on Oncoplasty Workshop Focused on Essential Level 1 & 2 Oncoplasty Techniques

Following the successful completion of our four-part Hands-on Oncoplasty Workshop series, we are thrilled to announce the next chapter:
Essentials in Oncoplastic Techniques: Hands-on Oncoplasty Workshop Chapter 2025

Theme: Introduction to Oncoplasty with a Focus on Simple Level 1 and Level 2 Techniques

Dates: 23rd & 24th August 2025

Venue: International School of Oncoplastic Surgery (ISOS), Pune

Don't miss this opportunity to strengthen your skills with hands-on training in essential oncoplastic techniques!

For inquiries and registration: <https://forms.gle/ff3ErBZhNVmKwmv3A>

Contact Mr. Aditya Kamthe: 9665033955



INTERNATIONAL SCHOOL OF
ONCOPLASTIC SURGERY



ESSENTIALS IN ONCOPLASTIC TECHNIQUES

HANDS-ON ONCOPLASTY WORKSHOP 2025

CHAPTER

INTRODUCTION TO ONCOPLASTY: WITH FOCUS
ON SIMPLE ONCOPLASTY LEVEL-1 & LEVEL-2
TECHNIQUES

SAVE THE DATES

23rd- 24th AUGUST 2025

Scan Here to send enquiry



📞 9665033955 :
Program Coordinator

✉️ obs.koppiker@gmail.com

🌐 www.breastoncoplasty.org

BreastGlobal Journal is currently accepting submissions for future editions

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 four issues. 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

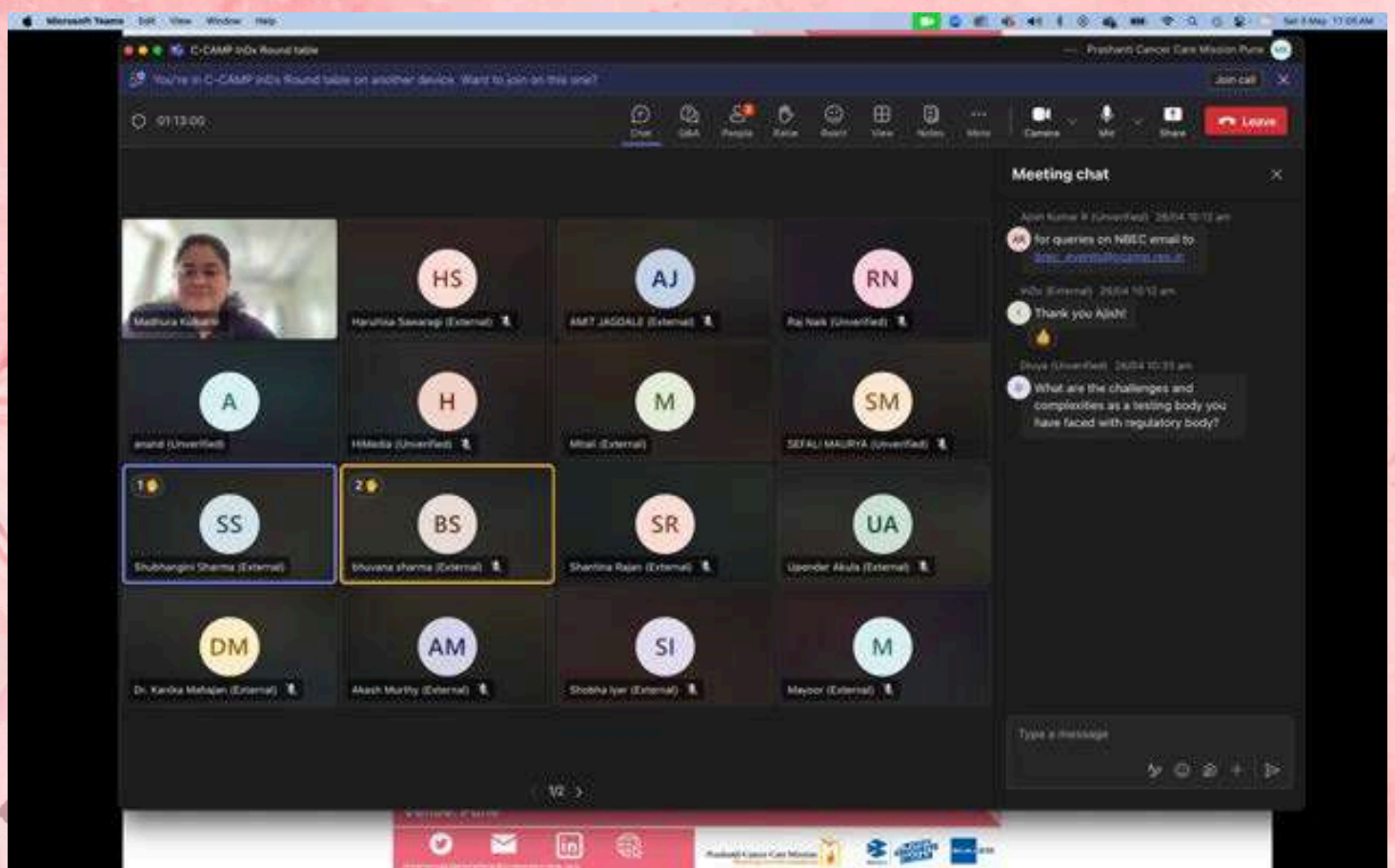
Journal's editorial board : <https://journals.lww.com/bgjr/pages/editorialboard.aspx>

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Dr. Madhura Kulkarni (Translational Research Lead at PCCM-CTCR) was invited to deliver an online talk at the InDx Round Table, organized by The C-CAMP, Bangalore

Dr. Madhura Kulkarni (Translational Research Lead at PCCM-CTCR), was invited to deliver an online talk at the InDx Round Table, organized by The Centre for Cellular and Molecular Platforms (C-CAMP) Bangalore, where she spoke about PCCM's Biobank and its openness to collaborations with the industry and pharmaceutical sector.



Dr. Sneha Joshi (Research Lead, PCCM-CTCR) represented the Center for Translational Cancer Research (CTCR) at the INORMS 2025 Global Conference, Madrid

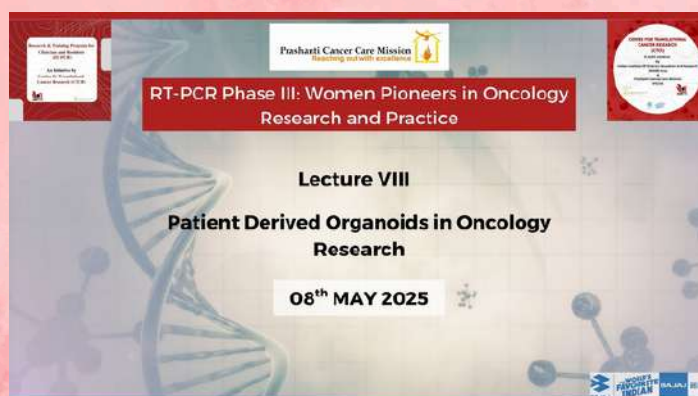
Dr. Sneha Joshi (Research Lead, PCCM-CTCR) represented the Center for Translational Cancer Research (CTCR) at the INORMS 2025 Global Conference held in Madrid from May 5th–8th, which brought together over 2,200 participants from around the world with 17 parallel sessions running each day.

Dr. Joshi delivered a compelling talk titled: “The Research Administrator’s Compass: Navigating Impactful Breast Cancer Research in a Small Setting from an LMIC.” Her presentation emphasized how research administrative leadership plays a pivotal role in CTCR’s mission, turning vision into structure, and ideas into impact. In resource-constrained environments, a strong research office becomes essential—bringing structure, sustainability, and strategic direction to scientific efforts.



CTCR's RT-PCR Phase III, Lecture VIII titled, "Patient Derived Organoids in Oncology Research" was held on the 08th of May 2025

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.

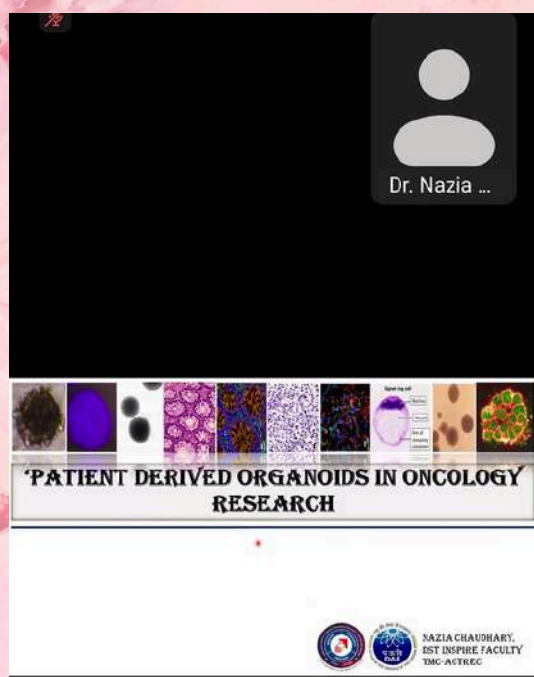


It has successfully completed Module-1 and Module-2, garnering more than 500 registrations. The RTPCR Phase III Module : 'Women Pioneers in Oncology Research and Practice' is an advanced 12-week online course, will feature renowned female scientists/clinicians working exclusively in oncology, offering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

Click to Register for the course:

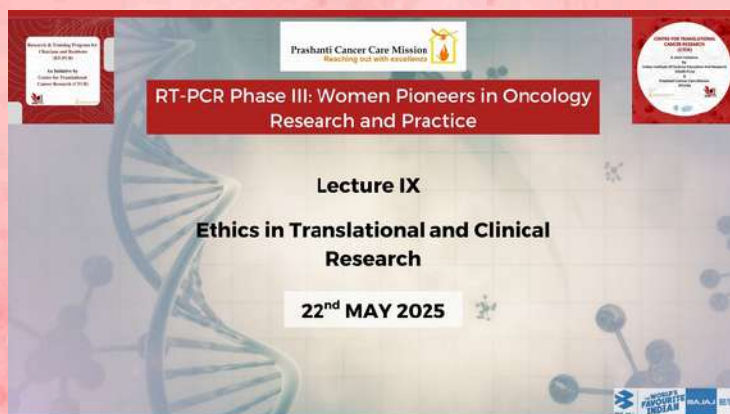


The eighth lecture of Phase 3 of the RT-PCR course, held on May 8th, 2025, featured Dr. Nazia Chaudhary speaking on "Patient-Derived Organoids in Oncology Research." She highlighted how Patient-Derived organoids are advancing personalized cancer treatment and research.



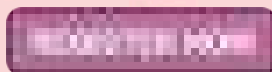
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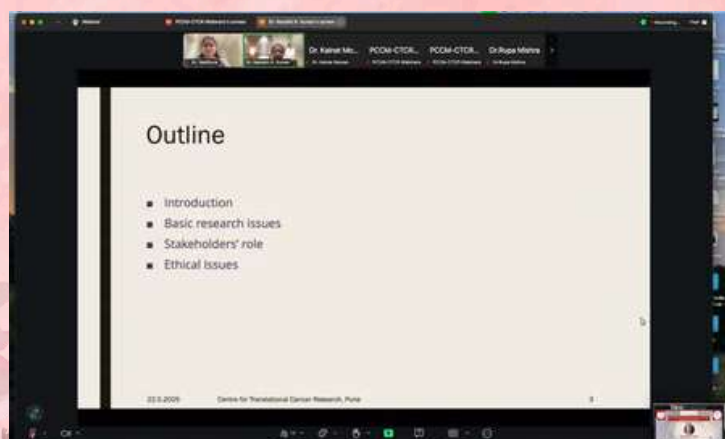
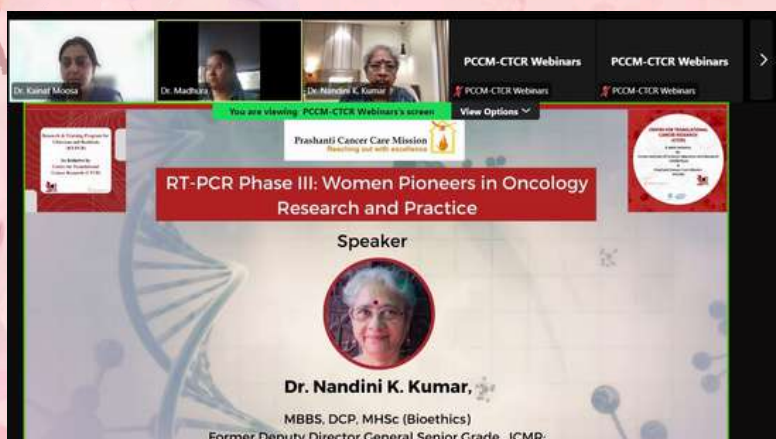


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Click to Register for the course:



The ninth lecture of Phase 3 in the RT-PCR course, held on May 22nd, 2025, was delivered by Dr. Nandini K. Kumar on "Ethics in Translational and Clinical Research." She discussed key ethical principles, challenges, and the importance of integrity in research involving human participants.



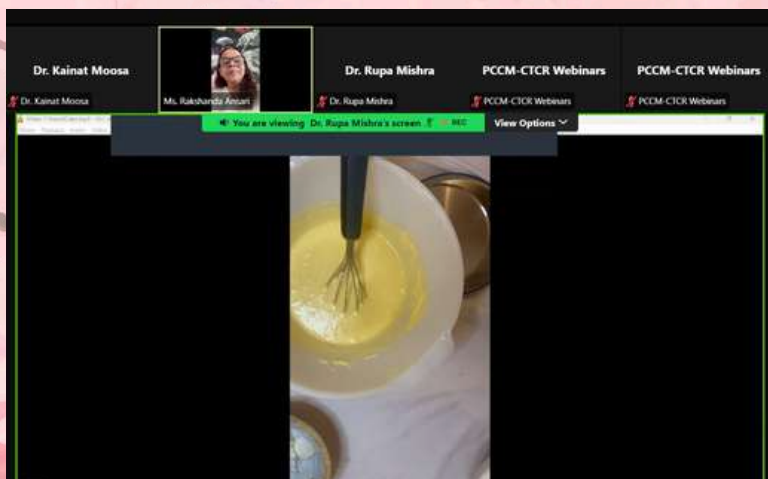
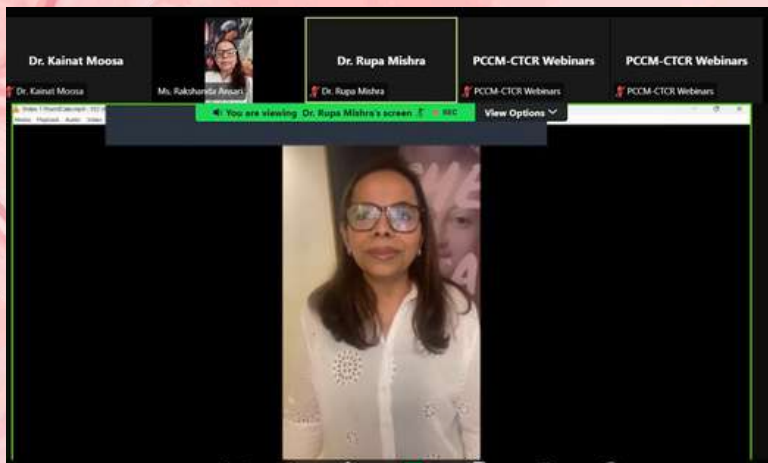
Prashanti Cancer Care Mission is delighted to launch Chapter 2 of its Pink Ribbon Support Group Webinar Series: Small Acts, Big Impact During Recovery

Building on the success of Chapter 1 (Sept 2024–Mar 2025) — where we explored key aspects of survivorship such as mental health, nutrition, yoga, meditation, and genetics — Chapter 2 ‘Small Acts, Big Impact During Recovery’ now turns the spotlight to everyday activities that uplift the spirit and foster healing in meaningful, accessible ways.

On Wednesday, 28th May 2025, the Pink Ribbon Support Group hosted Lecture 8 of its ongoing webinar series, focusing on the healing power of simple, joyful activities for patients and caregivers.

This session, titled “Baking Joy: Easy Treats to Uplift and Energize,” was led by Ms. Rakshinda Ansari, Owner and Pastry Chef at XOXO Desserts. With her warm presence and passion for baking, Ms. Ansari shared easy, nourishing recipes and creative ideas that brought smiles, comfort, and inspiration to all who attended.

Click to Register for the Webinar:




An Initiative by
Prashanti Cancer Care Mission
Reporting out with excellence

PRASHANTI CANCER CARE MISSION'S THE PINK RIBBON SUPPORT GROUP WEBINAR SERIES

Chapter 2: Small Acts, Big Impact During Recovery

LECTURE 8

Baking Joy: Easy Treats to Uplift and Energize
MS. RAKSHINDA ANSARI
Owner/ Pastry Chef at XOXO Desserts



After a successful Chapter 1 (September 2024–March 2025) on survivorship, mental health, nutrition, yoga, meditation, and genetics, we invite you to Chapter 2, “Small Acts, Big Impact During Recovery” where we'll explore simple, empowering activities for patients and caregivers.

WEDNESDAY, 28TH MAY 2025
VIA ZOOM 4:00 P.M–5:00 P.M IST
(REGISTER NOW TO ATTEND THE WEBINAR)

CLICK HERE TO REGISTER

FREE WEBINAR

For more information & registration, please call or email
+91-20-25656110 / 91-20-25650269
yanshara@prashanticancer.org

www.prashanticancer.org
www.ccr.in



***This online series is FREE & open to all. Invite your friends, caregivers, & anyone interested.**

BLOGS

MENTAL HEALTH CARE DURING CANCER TREATMENT JOURNEY

Receiving a cancer diagnosis can change your life and cause a range of feelings, such as fear, insecurity, and hopelessness. Cancer's psychological effects can be just as challenging as its physical ones. As they face their diagnosis and the course of treatment, many patients feel discomfort, higher anxiety, and mood changes.

Seeking Emotional Support

Discussing concerns and fears with loved ones and caretakers can be soothing and comforting. A sense of community is created, and feelings of loneliness are reduced by supportive relationships.

Participating in an online or in-person cancer support group might be helpful. These meetings provide a safe environment for people to talk about their experiences, get support, and get inspired by others who are aware of the difficulties of having cancer.

Nutrition and Mental Health

It is well established that diet and mental health go hand in hand. Consuming foods high in nutrients can help control mood, lower inflammation, and boost brain function.

Eating a nutritious, well-balanced diet can help keep mood swings at bay and energy levels steady. A healthy diet is essential for preserving emotional stability while going through cancer treatment.

Exercise and Physical Activity

Mental health is greatly influenced by physical activity. Endorphins, which are released when you move, naturally improve your mood and lower stress levels. Walking or yoga are examples of gentle exercises that can increase mental clarity, lower anxiety, and improve general wellbeing.

Brief daily walks might help one feel more in control of their bodies and brains. Additionally, exercise boosts circulation, improves the body's natural healing processes, and encourages better sleep.

Sleep and Rest

Sleep disturbances caused by cancer treatment often end in tiredness and irritation. Taking care of sleep issues is essential for mental health. Patients should create a peaceful sleeping environment, restrict screen time before bed, and establish a nighttime ritual.

Use of relaxation techniques, having a nighttime routine, avoiding screen time during bed, avoiding intake of caffeine in the evenings are some of the most effective ways of sleep hygiene, which promotes better mental health and overall general wellbeing.

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 238 patients, along with 156 fresh frozen surgery samples, have been collected and stored at IISER.
- PCCM is actively preparing for its upcoming Workshop:
 - Essentials in Biobanking: Ethics and Workflow
A hands-on biobanking workshop covering key ethical and operational aspects
Date: 4th & 5th July 2025
 - ISOS Hands-on Oncoplasty Workshop 2025 Chapter
Introduction to Oncoplasty: Emphasis on Level-1 & Level-2 simple oncoplastic techniques.
Date: 23rd–24th August 2025
 - Integrating Research and Clinic for Oncogenetics: A workshop focused on establishing effective cancer genetic practices.
Date: 13th–14th September 2025
- PCCM-CTCR successfully conducted two lectures of the RT-PCR Webinar Series: Women Pioneers in Oncology and a Pink Ribbon Support Group Webinar

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: 49

Biopsy Blocks: **22** Patients

Surgery Blocks: **27** Patients



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.

15 Fresh frozen Biopsy and **23** surgery samples collected this month.

Free counselling services at Orchids Breast Health so far

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 Koppalwatu, Senapati
Bapat Road, Pune,
Maharashtra 411016

**Onco-Psychology
Counselling - 398**

Onco - Genetic Counselling

Free Genetic Counselling services for our Breast Cancer Patients

At the Orchids Breast Health Clinic, we have MRCOG certified genetic counsellors 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?
(According to NCCN guidelines)

- Pedigree charting (Family history)
- Risk assessment
- Genetic testing options
- Genetic report interpretation
- Prevention and Management options

Counselling offered on all days online (via Zoom) and/or in-person (Thursdays from 4 to 5pm)

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

**Onco-Genetic
Counselling- 428**

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 Koppalwatu, Senapati
Bapat Road, Pune,
Maharashtra 411016

**Nutrition
Counselling-488**

RISK REDUCTION CLINIC FOR BREAST CANCER

At the Orchids Breast Health Risk Reduction 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 Koppalwatu, Senapati
Bapat Road, Pune,
Maharashtra 411016

**Preventive clinic
services-51**

PCCM provided 29 Freeships/Major Concession on diagnostics, surgery, chemotherapy, onco-pharmacy, clinical procedures, and consultations at Orchids Breast Health in April 2025.



Mammography



Sonography



Biopsy



Surgery



Chemotherapy




Onco-pharmacy


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.		Ujwala Kadam (35 years) has stage II breast cancer. She is a homemaker with one son of 5 years. Due to patients' health condition and required continues attention, her husband left his job and is currently unemployed.	
		Treatment	Amount (In Rs.)
		Chemotherapy	3,95,458
		Diagnostics and OPD Charges	75,800
		Radiation	000
		Surgery	000
		Total	4,71,258
		Ujwala Kadam (35 Yrs)	

02.		Anjum Kazi (43 Years) has stage II breast cancer. She is a homemaker with 2 children studying in school. Her husband has lost his job, and the family has no income source.	
		Treatment	Amount (In Rs.)
		Chemotherapy	1,22,500
		Diagnostics and OPD Charges	45,150
		Radiation	000
		Surgery	000
		Total	1,67,650
		Anjum Kazi (43 Yrs)	

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://prashanticancercare.org/donate/>

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.

JUNE 2025 | VOLUME 10 | ISSUE 100

**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>**

