





# PCCM MONTHLY NEWSLETTER

Prashanti Cancer Care Mission's Newsletter



#### WHAT'S IN THIS LATEST ISSUE?

Dr. Kopikker was invited as a guest speaker at the BREASTCON 2023 held in Pune

Dr. Koppiker was invited as a faculty member at the Onco Video Recon event, organized by the Department of Plastic Surgery at Tata Memorial Hospital in Mumbai.

Dr. Kopikker gave a presentation titled "Demystifying Breast Cancer: Insights for All" at the Rotary Club of Pune Central.

Ms. Busheri was invited to deliver a talk on Breast Cancer Awareness at Sir Parashurambhau (SP) College, Pune

Breast cancer awareness campaign was held at BJMC Sasoon Art Centre.

Breast Cancer Awareness campaign was conducted at AFMC Art Centre, Pune

"Advancing TNBC Research: Exploring Multiplex Immunofluorescence"

# 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 our capacity building well as 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. Kopikker was invited as a guest speaker at the BREASTCON 2023 held in Pune

Dr. Kopikker was invited as a guest speaker at the BREASTCON 2023,Pune. The event was organized on 30th of July by the Pune Obstetrics and Gynecology Society in association with the Study on Female Breast Committee, FOGSI. Dr. Kopikker trained the delegates with the extreme niche techniques of core needle biopsy with the guidance of ultrasound sonography (USG) and also presented a talk on 'Refined Diagnostics Leading to Improved Surgical Interventions and Quality of Life in Breast Disease'. The presentation was very informative and well-received by the delegates.









#### Dr. Koppiker was invited as a faculty at the Onco Video Recon event, organized by the Department of Plastic Surgery at Tata Memorial Hospital in Mumbai.

Dr. Koppiker was invited to be a faculty member at the Onco Video Recon event, organized by the Department of Plastic Surgery at Tata Memorial Hospital in Mumbai. He presented a talk on 'Breast Reconstruction surgery' with video demonstrations. The attendees responded positively to his presentation, which was followed by a Q&A session.







#### **Orchids Team & CTCR**

Ms. Laleh Busheri

#### **Research Team**

- Dr. Sneha Joshi
- Dr. Madhura Kulkarni
- Dr. Devaki Kelkar

- Dr. Mugdha Pai
- Dr. Chetan Deshmukh

#### Dr. Kopikker gave a presentation entitled 'Demystifying Breast Cancer : Insights for All' at the Rotary Club of Pune Central.

On July 15th, 2023, Dr. Kopikker gave a presentation on "Demystifying Breast Cancer: Insights for All" at the Rotary Club of Pune Central. During his talk, he discussed the signs and symptoms of breast cancer as well as the latest trends in its treatment and care. His presentation was very well recieved by the audience.



#### **Demystifying Breast Cancer : Insights for All**





International School Of Oncoplastic Surgery Pune



An Initiative by Proshanti Cancer Care Mission



Centre For Translational Cancer Research

BREAST GLOBA

INTERNATIONAL SCHOOL OF ONCOPLASTIC SURGERY



#### Ms. Busheri was invited to speak about Breast Cancer Awareness at SP College in Pune

Ms. Busheri recently gave a talk on breast cancer awareness to both teaching and non-teaching staff held at SP College Pune on the 27th of July. The event was organised by MaaofAllBlogs and Fit Lifestyle INSPIRE Awards. The talk highlighted the importance of early detection, signs and symptoms to look out for, how to conduct a self-breast examination, the gold standard for treatment, and the use of breast oncoplasty. She also debunked common myths surrounding breast cancer and discussed genetics in breast cancers. The presentation was positively received and ended with inspiring survivor stories shared by patients of PCCM support group. The talks were followed by high-tea







#### Breast Cancer Awareness campaign was conducted at AFMC Art Centre, Pune

On the 8th of July 2023, a breast cancer awareness campaign was conducted at AFMC Art Centre, Pune. Ms. Smeeta Nare, PCCM-CTCR delivered an informative talk on breast cancer followed by Clinical Breast Examination (CBE) for 40 civilians.





#### Breast cancer awareness campaign was held at BJMC Sasoon Art Centre.

On July 22, 2023, a breast cancer awareness campaign was held at BJMC Sasoon Art Centre. The objective of this CBE was to raise awareness and educate women about breast cancer. Ms. Smeeta Nare, PCCM-CTCR presented an awareness talk which was followed by a CBE session for approximately 50 attendees from the centre.







#### **RESEARCH UPDATES**

#### "Advancing TNBC Research: Exploring Multiplex Immunofluorescence"

Breast cancer is a complex disease with distinct subtypes that respond differently to treatment and have varying prognoses. One such subtype, Triple-Negative Breast Cancer (TNBC), accounts for a higher percentage of cases in India compared to Western populations. TNBC poses a significant challenge due to its poor prognosis and limited treatment options.

To better understand TNBC and its unique characteristics in the Indian context, we at CTCR utilise many cutting-edge techniques like Multiplex Immunofluorescence (mIF). mIF enables simultaneous analysis of multiple markers in tissue sections, providing insights into specific cell types and their spatial distribution within the tumor microenvironment. We have procured a state-of-the-art system, the Halo Machine, to analyse the results of our multiplex immunofluroscence.

This ongoing research aligns with the growing evidence emphasizing the critical role of the immune microenvironment in TNBCs. The phenotypes and spatial distribution of immune cells are key factors influencing therapy response and prognosis. Through our efforts, we hope to contribute to the development of personalized medicine and biomarker discovery in TNBCs. Ultimately, this research paves the way for the development of new therapeutic strategies and personalized treatments options for TNBC patients.







#### Papers accepted in peer-reviewed national and international journal

- Impact of Oncoplasty in Increasing Breast Conservation Rates Post Neo-Adjuvant ChemoTherapy, Frontiers in Oncology, Special Issue - Oncoplastic Surgery for Breast Cancer
- Familial genetic cancer risk assessment in a male patient with pancreatic and breast cancer with a silent BRCA2 mutation, Indian Journal of Case Reports 2023



#### **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.

In the month of July Total Blocks-20 Biopsy blocks-11 Surgery blocks-9



#### Fresh Frozen (FF)

The fresh frozen breast tissue biobank was established to facilitate genomics and proteomics studies. The 'Fresh Frozen' Biobank has collected approximately 90 consented fresh frozen breast tissue samples from November 2022 to date, from Tru cut biopsy and VAB procedures.

July - 12 Fresh frozen tissue samples collected

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



#### Mammography: 87 patients received free / concessional mammography



Sonography: 119 patients received free / concessional sonography



Biopsy 7 patients received free and concessional biopsy Total Vaccum assisted breast biopsy (VAB)- 6

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



#### Surgery

29 patients received freeship/major concessions on breast surgery



Chemotherapy /Day Care 30 patients received free chemotherapy 80 patients received major concessions at our day care centre for chemotherapy



Onco-Pharmacy 200 patients received free /concessional medicines from our onco-pharmacy

#### Free Counselling Services at Orchids Breast Health



Onco-Psychology Counselling 148 patients have received free psychological counselling to make them stronger during this tough time

Onco-Genetic Counselling 140 patients have received free genetic counselling services so far

Nutrition Counselling 144 patients received free nutrition counselling to fight cancer treatment better

#### **ONCO-GENETIC COUNSELLING**

Onco-Genetic Counselling PCCM's

DID YOU KNOW? Around 5-10% of the breast cancer cases are hereditary, caused by inheritance of a faulty gene members from either of the parent. A simple blood test for germline genetic test can detect these faulty genes.

#### Who should undergo Genetic **Counselling** & **Testing**?

1) Individuals with Family History of Cancer

2) Personal History of Cancer

3) Patients diagnosed with breast cancer <50yrs of age

4) Patients with Breast Cancer subtype - TNBC

#### **Germline Genetic Counselling & Test** in 3 steps

#### Step 1



Step 2

Step 3

#### **Statistics** & **Projects at our** Clinic





Genetic Testing

#### Ongoing Genetics related projects treatments

1) Assessment of Hereditary Breast & Ovariar However, Cancer risk in Indian population. and testing in Breast Cancer Patients 3) Analysis of Patient Reported Outcome measures for breast Cancer patients with germline mutation

### **How does Genetic** help?

For Individuals with family history of Cancer

Breast Cancer patients Know their risk for any other cancer

Genetic Counselling Clinic was established in 2017 to patients and family cater to at high risk for Hereditary Breast Cancer. This initiative aimed to improve early detection, management, and personalized treatment opportunities.

Genetic counseling and testing have valuable in tailoring (Subsidised pric proven for breast cancer. in India, genetic 2) Assessing perception of Genetic couselling counselling and testing is not prevalent. though, recently there is steady growth in genetic counseling/testing in India.

Counselling & Test PCCM has been at the forefront of the effort and has also extended the reach of genetic counselling and testing to underserved populations through telecounselling, thus empowering patients and advancing the fight against breast cancer.

#### **BLOG CORNER**

#### TIPS FOR CAREGIVERS SUPPORTING A LOVED ONE WITH BREAST CANCER

A caregiver's role is vital in a patient's journey with breast cancer. They act as a liaison between the patient and the doctor and are responsible for ensuring that both the patient's needs and their own duties are met. It can be tough for caregivers to find the right balance between maintaining efficiency in both areas while also prioritizing their tasks. This can lead to neglecting their own health, which may not show immediate effects but can become a problem in the long run. The job requires both physical and mental fitness, making it a challenging task. To help manage these situations, here are some tips for caregivers



1. Set a routine: Establish a daily schedule to ensure that your daily life runs smoothly. It is important to allocate some time for yourself to avoid burnout.

2.More time to exercise: Engage in a physical activity you enjoy like yoga, exercise, or meditation for at least 30 minutes daily. This will help you feel refreshed and energized to start your day.

3.Effective task management: When your daily task list is ready sort them into those that only you can do and those that someone else can handle. Delegate the tasks that can be done by others. It's important to divide the workload so that it doesn't become overwhelming.

4.Stay connected: Stay connected with your friends by going for a walk with them whenever possible. Sharing your thoughts with them can make you feel better, and they may even offer help if possible.

5. Taking care of Emotional Health: It's important to pay attention to your emotions and feelings. If you are experiencing hopelessness, low mood, sadness, or fatigue, it could be a sign of an underlying illness. Seeking help through counselling can be beneficial

6. Routine medical check-up: It is important to regularly schedule and attend routine medical checkups to ensure good health and well-being. Please take care and prioritize your health.

7. Ask for help: When caring for someone with breast cancer, there may be many costs involved. Consider reaching out for help through fundraising efforts.

8. Stay Healthy: Follow healthy eating habits and prioritize sleep.



Prioritizing self-care is essential for your well-being and ability to provide effective care. Invest in your health and happiness to better support loved ones during their breast cancer journey.

### WHY PSYCHOEDUCATION IS FOR BREAST CANCER PATIENTS

Dealing with a breast cancer diagnosis is an overwhelming experience, and patients often find themselves grappling with numerous uncertainties. Psychoeducation involves a range of tactics aimed at empowering patients with knowledge and emotional support. By sharing crucial information, discussing challenges, encouraging emotional expression, and fostering social support, patients gain valuable tools to navigate their breast cancer journey more effectively.

Prashanti's Clinical and Research arm, Orchids Breast Health Care (OBHC) and Centre for Translational Cancer Research (CTCR) respectively, work to put great emphasis on psychoeducation, led by skilled oncopsychologists. They equip patients with a comprehensive "mind map" of their situation, providing them with all the necessary information to understand their treatment process thoroughly. By addressing potential risks and changes in the treatment plan, patients can approach their journey with confidence, knowing they can seek guidance and clarity without hesitation.

#### How it is helping our patients in the clinic-

### • <u>We explain to the patient what to expect in each</u> stage of treatment.

E.g., Health management during chemotherapycommon symptoms, and how they can be managed with medical and complementary support.

### <u>Elaborating on the tentative timeline for</u> <u>treatment</u>

This helps patients to plan and manage household work. This reduces related uncertainty and stress.

Help in decision-making.

We make them understand available options and different ways to manage familial responsibilities, treatment, surgery, and other health choices. Patients feel included in the process and their autonomy is respected.

Dos and Don'ts during the treatment

We give a few self-care tips for food, and mental health, focusing on maintaining good health. We encourage patients to take an active part in taking care of themselves.

### • Keep open discussion for concerns other than their health.

We make sure patients feel heard. And clinic feels like a safe space for them to discuss anything that concerns them.

This is how psychoeducation makes a difference in our patients. 10 patients and their families have worked through their phase of uncertainty and distress and found better clarity and control over the situation this month. We in the clinic like to work as a team to attain the goal, make the process easier and lesser hurdles.

#### Testimonials of a few patients who were adopted for Freeship in April 2023

#### Mehrunissa Patel

पेशंट ची खूप काळजीपूर्वक आणि आपुलकीच्या भावनेने ट्रीटमेंट मिळाली. त्यामुळे पेशंटला खूप समाधान मिळाले, लॅब रिपोर्ट चांगला आले. संपूर्ण स्टाफ पुर्णपणे सहकार्याने आत्त्मियतेने कार्यरत आहे. खूप खूप धन्यवाद.



#### Khatunbee Shaikh

Dr. Koppiker is a well experienced doctor. I have come to him to show my mother as I am well satisfied with Orchids Clinic and doctor. Advises and treatment is excellent and fabulous and staff hospitality to patients is awesome whether it is staff or reception all are professionals and very helpful. I am well satisfied with Orchids treatment.



#### Testimonials of a few patients who were adopted for Freeship in April 2023

#### Neelam V Rathod

I am Kishoree Rathod, daughter of patient Neelam Rathod. My mother was detected with cancer in the month of December 2022. I utterly lost hope but one of my friend Rashmi convinced me to once meet Dr. Koppiker Sir and he guided me very nicely. He gave me a hope. He successfully operated the cancer at Jehangir and afterwards we started chemo at Orchids Breast Health. Now, my mother is recovering so fast.

I would like to thank Dr. Koppiker specially and Dr. Chetan Deshmukh. Both are very nice and helpful people. Also, I would like to appreciate all the staff of Orchids Breast Health, each and every person who treat us like a family member.



#### पठाण जकीया

मी पठाण जकीया पेशेंट ला मिस्टर हूं। हमे आर्किड हॉस्पिटल में बहुत अच्छा ट्रीटमेंट मिला। स्टाफ भी बहुत अच्छा हैं। सब बहुत कॉर्पोरेट करते हैं. यहाँ पर हमारा इलाज बहुत अच्छा हुआ।

# 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.

		Ms. Naseem Khatri (58 years) has Sta widow and has 4 family members. H	
01.	0	member in the family, doing the job of material loading/unloading in a delivery firm with a salary of only Rs. 5000 per month.	
	The could	Treatment	Amount (In Rs.)
		Chemotherapy	1,28,000
		Diagnostics and OPD Charges	20,100s
		Radiation	1,80,000
		Surgery	000
	Naseem Khatri (58 Xrs)	Total	3,28,100
02.		Manisha More (40 years) has stage II breast cancer. She is a homemaker with 2 children studying in school. Her husband works in a dog shelter with a mere salary to support the family and patient treatment.	
		Treatment	Amount (In Rs.)
		Chemotherapy	1,54,450
		Diagnostics and OPD Charges	35,800
		Radiation	1,80,000
		Surgery	2,00,000
	Manisha More (40 Xrs)	Total	5,70,250

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 Visit us at : www.prashanticancercare.org / www.orchidsbreasthealth.com https://www.facebook.com/orchidsbreasthealth