



Prashanti Cancer Care Mission
Reaching out with excellence



Centre for Translational Cancer Research
Joint initiative between IISER, Pune and PCCM



Prashanti Cancer Care Mission
Reaching out with excellence

Orchids
BREAST HEALTH



AUGUST 2024 | VOLUME 138 ISSUE 82

PCCM MONTHLY NEWSLETTER

Prashanti Cancer Care Mission's Newsletter

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WHAT'S IN THIS LATEST ISSUE?

The third session of the ISOS Hands-on Oncoplastic workshop titled, "Essential in Oncoplastic Techniques-III" was held on July 20th & 21st, 2024.

Dr. Koppiker was invited as a guest speaker for Punecon 2024, organized by the Indian Association of Occupational Health, Pune, in association with Jehangir Hospital.

Dr. Koppiker was invited as a faculty for the Onco Video Recon 2.0, hosted by Tata Memorial Hospital, Mumbai, 2024.

A two-day Stryker S2S Surgery Observership Programme was arranged by Dr. Koppiker in collaboration with Stryker at Jehangir Hospital.

Dr. Koppiker was invited as a guest speaker for an event organized by the Yerwada Doctors Association in Pune.

Dr. Koppiker's article was featured in the 'Ask the Expert' section in Femina July 2024 issue.

Ms. Laleh Busheri was invited as a guest of honour for the third edition of the Ikigai Exhibition.

Ms. Laleh Busheri's article was published in the FICCI FLO Pune Magazine.

CTCR's RT-PCR Module- 2, Season Finale, Lecture XII - "Keynote Lecture: Merging Clinical Practice with Research: A Physician Scientist's Guide."

ABOUT PCCM NEWSLETTER


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

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

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

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

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



Orchids
BREAST HEALTH

— BY —

**JEHANGIR HOSPITAL
&
PRASHANTI CANCER CARE
MISSION
(PCCM)**



Prashanti Cancer Care Mission
Reaching out with excellence

The third session of the ISOS Hands-on Oncoplastic workshop titled, "Essential in Oncoplastic Techniques-III" was held on July 20th & 21st, 2024.

The third session of the Hands-on Oncoplastic Workshop series, entitled "Essential Oncoplastic Techniques-III," led by Dr. Koppiker was a resounding success! This session focused on LEVEL-1 & LEVEL-3 Oncoplastic Techniques and provided a comprehensive exploration of Chest Wall Perforator Flaps. It was held on the 20th, and 21st of July 2024 in Pune.

The workshop offered participants hands-on simulations, specialized prosthesis sessions, and real-time video surgeries to enhance their skills.

The workshop was greatly enriched by contributions from distinguished speakers: Dr. Zoltan Matrai (Qatar), Dr. Andrii Zhygulin (Ukraine), Dr. Alberto Rancati (Brazil), Dr. Peter Barry (UK), and Prof. Chintamani from India.

The participants gave enthusiastic feedback about the session.

The next session in the four-part series is scheduled for November 30th – December 1st, 2024. This session will focus on whole breast reconstruction, including both implant and autologous techniques.

Those interested can send their enquiries to:<https://forms.gle/Jjf1cWZRardLtLAW9>.



Highlights from the ISOS Hands-on Oncoplastic Workshop Session- III

We are pleased to share the highlights of the ISOS Hands-on Oncoplasty Workshop Session III, that took place on the 20th, and 21st of July 2024 in Pune.. Whether you attended the workshop or were unable to join us, you can now view the key moments and takeaways through the attached video link.

Click to view the highlights of ISOS Hands-on Workshop Session 3.



Additionally, here are a few testimonials from participants that capture their experiences and insights from the session:



Dr. Wasisto Dwi Yudisaputro, Indonesia

If you want to enhance your knowledge of therapeutic mammoplasty, this is the perfect place to do so. You'll find excellent teachers like Dr. Koppiker and his colleagues, who are experienced in therapeutic mammoplasty.



Dr. Hafsa Salim, Kozhikode

This is my first experience attending an oncoplastic workshop, and I'm very grateful to Dr. Koppiker for organizing it for people like me. It's truly a game changer, as we are gaining updated knowledge and learning new techniques that we hope to incorporate into our practice.



Dr. Natasha Thakur, Srinagar J&K

I would like to express my heartfelt gratitude for the invaluable breast oncoplastic course. Through this course, the detailed lectures, hands on sessions and real life case scenarios have significantly enhanced my understanding and skills in oncoplastic techniques. Dr Koppiker's dedication and expertise has been invaluable in my learning experience. I feel more confident to apply these advanced techniques in my practice.



Dr. Ipsita Aggarwal, Delhi

My experience with this workshop has been amazing. Especially for upcoming surgeons interested in breast surgery, this is a must-attend event. The knowledge and skills you will acquire are truly exceptional. The insights and tips shared by these experts are phenomenal.

Dr. Koppiker was invited as a guest speaker for PUNECON 2024, organized by the Indian Association of Occupational Health, Pune, in association with Jehangir Hospital

On the 6th of July 2024, Dr. Koppiker was invited as a guest speaker for PUNECON 2024, organized by the Indian Association of Occupational Health, Pune, in association with Jehangir Hospital. The event was held in Lonavala. At the event, Dr. Koppiker delivered a talk titled "The Impact of Lifestyle Choices on Breast Cancer Risk and Women's Health'. Dr. Koppiker discussed recent research findings, provided practical recommendations for healthier living, and engaged the audience in a meaningful dialogue about preventative strategies and wellness. The talk was well received by the attendees.



Dr. Koppiker was invited as a faculty for the Onco Video Recon 2.0, hosted by Tata Memorial Hospital, Mumbai, 2024.

Dr. Koppiker served as an online faculty for the Onco Video Recon 2.0, organized by the Department of Plastic and Reconstructive Surgery at Tata Memorial Hospital, Mumbai, from July 12th to 14th, 2024. He delivered an insightful talk titled "Implant-Based Reconstruction," sharing his extensive knowledge and expertise in the field.

**Department of Plastic Surgery
Tata Memorial Hospital, Mumbai**

ONCO-VIDEO-RECON 2.0
Operative Video Workshop & Flap Dissection Course
12 to 14 July, 2024

Register Now!!

MMC Points Applied

Flap dissection course

Early bird till 25th June

Course Highlights

- Basics and advances in Onco-reconstruction
- Unedited video demonstration of all conventional and alternative free flaps
- Hands on cadaveric workshop: End to end training of head and neck reconstruction using free flaps (flap harvest, osteotomy and flap inset)
- 20 seats available for cadavers and 20 for observers
- Tips and tricks by eminent national faculty
- Interactive panel discussion for troubleshooting in microvascular cancer reconstruction

Limited seats 20

Venue

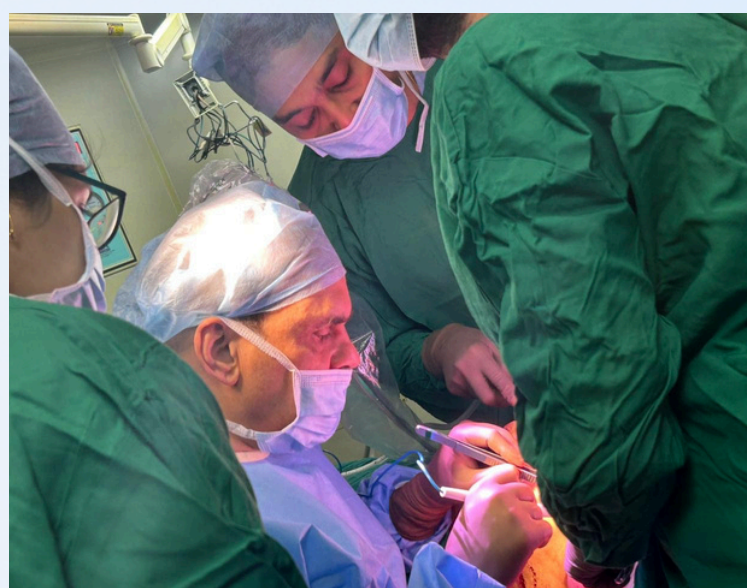
Video workshop: R. D. Choksi Auditorium, G. J. Building, Tata Memorial Hospital, Mumbai
Hands on cadaveric workshop: Surgical skills laboratory, Topiwala National Medical College and B.Y.L. Nair Charitable Hospital, Mumbai

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✉ plasticsurgery@tmc.gov.in
prstmh@gmail.com

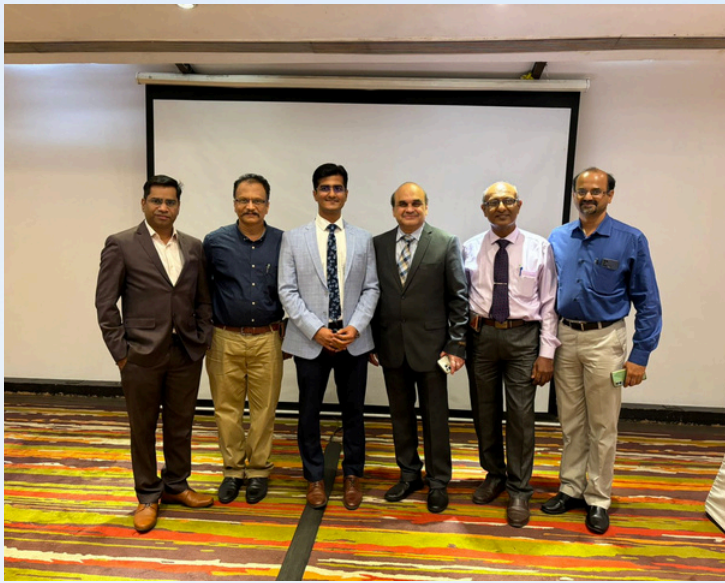
A two-day Stryker S2S Surgery Observership Programme was arranged by Dr. Koppiker in collaboration with Stryker at Jehangir Hospital.

A two-day Stryker S2S Surgery Observership Programme featuring live demonstrations of breast oncoplastic surgeries was arranged by Dr. Koppiker in collaboration with Stryker on the 18th-19th of July 2024 at Jehangir Hospital, Pune. Surgeons from all over India visited to train and learn from Dr. Koppiker. The programme included live demonstrations of breast oncoplastic surgeries along with scientific interactions, providing a valuable learning experience for all participants.



Dr. Koppiker was invited as a guest speaker for an event organized by the Yerwada Doctors Association in Pune.

Dr. Koppiker delivered a talk titled "The Impact of Lifestyle Choices on Breast Cancer Risk and Women's Health" at an event organized by the Yerwada Doctors Association. The presentation was well appreciated by the audience for its valuable information.



Dr. Koppiker was invited as a guest speaker at an event organized by FICCI FLO Pune at Jehangir Hospital in Pune.

Dr. Koppiker was invited as a guest speaker at an event hosted by Ficci Flo Pune at Jehangir Hospital on July 16, 2024. At the event, he delivered a talk titled "Path to Wellness," which focused on breast cancer awareness and prevention for women.



The BreastGlobal Journal is accepting Submissions for its 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 two issues, with the third issue published in June 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>



BREAST GLOBAL
BREAST RESEARCH EDUCATION AND SURGICAL TRAINING
Equity | Evidence | Education
Breast Global

CALL FOR PAPERS : BREAST CANCER

BREASTGLOBAL CORDIALLY INVITES ARTICLES FROM RESEARCHERS, CLINICIANS, AND EXPERTS WORLDWIDE





We welcome articles in the following category

- 1 ORIGINAL ARTICLES
- 2 CASE REPORTS/ SNIPPETS
- 3 CLINICAL PHOTO GALLERY
- 4 LETTERS TO EDITORS & SHORT REPORTS
- 5 HOW DO I DO IT
- 6 VIDEO DEMONSTRATIONS

Why select Breast Global Journal?

- Open Access journal accessible to wider audience
- One-of-a-Kind unique journal with **no article processing charges/ subscription fee.**
- Affiliated with **Wolter-Kluwer**, a reputable and trusted publisher in medical field
- Peer review by **international board of surgeons and scientists**
- Comprehensive coverage: Wider range of perspective and contributions are welcome
- **ISSN:** Officially registered with an ISSN number

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>

www.breastglobal.org

Dr. Koppiker's article was featured in the 'Ask the Expert' section in Femina July 2024 issue.

The 'Ask the Expert' section of Femina July 2024 issue featured Dr. Koppiker's article on 'Changing breast cancer treatment scenario globally vs Indian context'.

ASK THE EXPERT

Orchids
BREAST HEALTH
BY JEHANGIR HOSPITAL
&
Prashanti Cancer Care Mission

CHANGING BREAST CANCER TREATMENT SCENARIO GLOBALLY VS INDIAN CONTEXT



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

Breast Cancer while one of the most common cancers today in India, offers a promising outlook as it is among the easiest cancers to cure completely. Despite its high prevalence and mortality ratio, early detection and access to state-of-the-art treatment significantly boost survival rates. Collective efforts are essential to ensure early detection and to establish effective therapeutic guidelines for breast cancer management. In this article, we will explore the current global scenario and its implications for the Indian context, highlighting the advancements in breast cancer treatment.

WHAT ARE SOME CURRENT TRENDS IN THE GLOBAL MANAGEMENT OF BREAST CANCER?

Recent diagnostic advancements have improved breast cancer staging and management. Targeted therapy and neo-adjuvant chemotherapy have increased treatment efficacy. Globally, more patients choose breast conservation surgery (BCS) over mastectomy. Multimodal treatment with multidisciplinary teams has transformed breast cancer care. However, in India, radical mastectomy still accounts for 78% of surgeries. While BCS has become the global standard, it remains emerging in India, with few centers equipped to perform it.

HOW DO THE BREAST CANCER TREATMENT APPROACHES IN INDIA COMPARE TO THOSE IN OTHER COUNTRIES?

In India, most breast cancer cases are detected at a late stage, limiting the scope of breast conservation surgery (BCS). Surgery remains the primary treatment in breast cancer, accompanied by chemotherapy, hormone therapy and radiation therapy. But even now in most parts of India, mastectomy which is associated with severe sequelae and poor quality of life, is used as the choice

of surgery. Nevertheless, at Orchid's Breast Care Centre, we emphasize BCS over mastectomy, with our BCS rates exceeding 80% compared to 10-30% nationally.

HOW HAVE ADVANCEMENTS IN DIAGNOSTIC TECHNIQUES IMPROVED THE DETECTION AND STAGING OF BREAST CANCER?

Breast cancer is a highly treatable form of cancer, especially if it is detected early. Therefore, advanced diagnostic techniques are essential to detect breast cancer at an early age. Diagnostic methods, such as 3D mammography have higher cancer detection rates than 2D mammograms. Other advanced diagnostic techniques, such as breast ultrasound, 3D Tomosynthesis, Tru-cut biopsy, vacuum-assisted biopsy (VABB), stereotactic breast biopsy, and contrast-enhanced digital mammography, have improved significantly the diagnosis and accurate staging of breast cancer. All these techniques are a part of a regular clinical algorithm at Orchids Breast Cancer Care

ARE ADVANCED DIAGNOSTIC AND TREATMENT FACILITIES AVAILABLE IN INDIA?

Extending advanced diagnostic and treatment facilities to tier 2 and tier 3 cities in India is challenging. Very few institutions in India are adopting latest diagnostic and treatment techniques for better management of breast cancer. The treatment should not only focus on quality of life during treatment but also beyond the disease, necessitating a comprehensive treatment protocol. A multidisciplinary team of expert radiologists, pathologists, medical oncologists, and surgeons with oncoplasty expertise is essential. Additionally, an extended MDT including nutrition, health, and genetic counseling is crucial for holistic care. Established tertiary care centres, such as Orchids Breast Care Centre, offer

all advanced techniques and treatment protocols for patients under one roof, ensuring both early detection and thorough treatment.

WHAT IS THE SIGNIFICANCE OF ONCOPLASTIC SURGERY IN THE CONTEXT OF BREAST CANCER TREATMENT?

An oncoplastic procedure is a single surgery where not only is the cancer removed, but the breast is also reconstructed using your own body tissue. The procedure ensures the cancer is treated while maintaining the breast's natural appearance, leading to better cosmetic outcomes and preserving the patient's body image. When the patient wakes up post-surgery, they not only find the cancer gone but also see their breasts reconstructed with better cosmesis. Oncoplastic surgery seamlessly integrates aesthetic considerations with oncologic safety, thereby enhancing patient outcomes.

At Orchids Breast Care Centre, the adoption of oncoplastic techniques allows us to treat a broader range of patients, including those with larger or multiple tumors, expanding indications of breast conservation. This widens the scope of breast conservation surgeries that might otherwise have required mastectomy, offering patients better survival rates, improved quality of life, and superior aesthetic results.

New Address: Jehangir Hospital, 32, Sassoon Road, Pune - 411001, Maharashtra, India.
Twitter: @KoppikerCb
Instagram: @dr.koppikercb;
@orchidsbreasthealthpune
Facebook: <https://www.facebook.com/koppiker>

Ms. Laleh Busheri was invited as a guest of honour for the third edition of the Ikigai Exhibition



Ms. Laleh Busheri, was invited as a Guest of honour for the third edition of the Ikigai Exhibition. This event was curated by the Ms. Smita Raje Patwardhan, and took place at the Westin Hotel on the 5th of July.

Ms. Laleh Busheri participated in the ceremonial lamp-lighting, marking the beginning of this exhibition. The Ikigai Exhibition is renowned for showcasing an exquisite collection of jewelry, couture, gourmet delicacies, and refined home decor items.



Ms. Laleh Busheri's article was published in the FICCI FLO Pune Magazine

Ms. Laleh Busheri's article, "Busting the Myth" about breast cancer, was featured in the FICCI FLO Pune Magazine. It aimed to dispel common misconceptions related to breast cancer.



Busting the Myth
By Laleh Bushari

7
FICCI FLO PUNE

Men don't get breast cancer?
Myth: Although it is very rare. The incidence is about one in 100,000 men, men do get breast cancer.


Underwire bras or black bras cause breast cancer?
Myth: No, there is no evidence to support that underwire bras or black bras cause breast cancer.

Everyone with breast cancer need a mastectomy?
Myth: No, not everyone requires a mastectomy. The gold standard treatments today globally is focused on breast conservati
better cosmetic outcomes and better quality of life post t

8/14

All lumps in the breast cancerous?
Myth: No, not all lumps are cancerous. Many lumps are benign, but it is essential to get them evaluated by a healthcare professional/ Breast Expert to be sure.

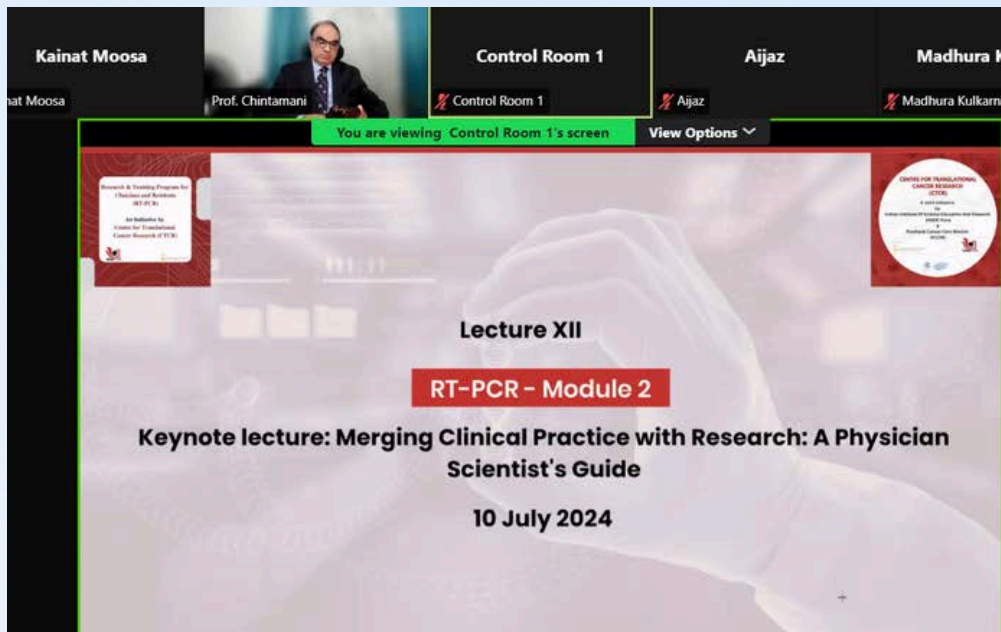
Is it okay to use deodorants?
Some studies have raised concerns that aluminum and parabens in antiperspirants and deodorants may be linked to breast cancer. However, the evidence is still building and not yet conclusive. People who wish to reduce their risk of breast cancer may engage in lifestyle practices that can help mitigate their risk.



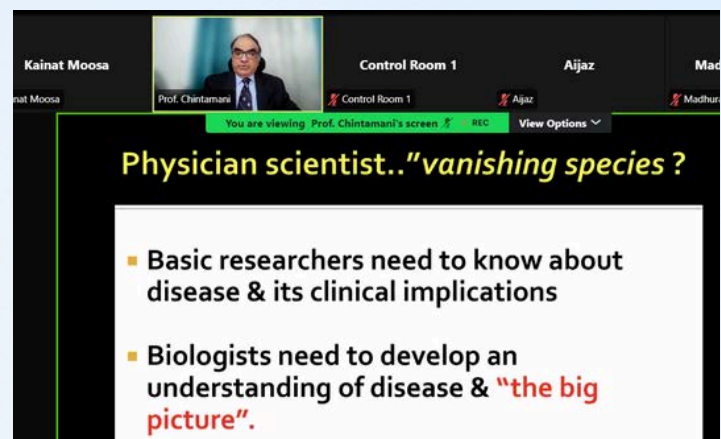
Author is CEO of Prashanti Cancer Care mission , a non profit NGO from Pune

CTCR's RT-PCR Module- 2, Season Finale, Lecture XII - "Keynote Lecture: Merging Clinical Practice with Research: A Physician Scientist's Guide

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.



The season finale session of the RTPCR course - Module 2 (Molecular Insights into Oncology -MIIO) concluded with a talk presented by Prof. Chintamani titled "Keynote Lecture: Merging Clinical Practice with Research: A Physician Scientist's Guide." The session guided participants on integrating clinical practice with research, emphasizing the critical role of physician-scientists in advancing medical innovation and patient care. The talk was followed by a Q&A session and was well received by the audience.



BLOG BY OUR ONCO-PSYCHOLOGIST

Assemble the Power of Your Mind: How Your Mind Can Help Your Body

Breast cancer can be a challenging journey, but recent research highlights the power of a positive mindset in overcoming it. By incorporating mental wellness techniques into your care plan, you can boost your overall well-being and improve your chances of a successful outcome. Here are some uplifting ways to strengthen your mental practices and attitude in your fight against breast cancer.

Embrace a Positive Mindset

Maintaining a positive attitude doesn't mean ignoring the challenges you face, but it does involve focusing on hope and resilience. Studies have shown that a positive mindset can enhance your immune system and improve your body's ability to cope with stress. Visualization techniques, where you imagine your body fighting cancer successfully, can also be a powerful tool. Although it's not a cure, positive thinking can help you feel more in control and empowered.

Stress Reduction Techniques

Integrating stress reduction techniques like meditation, deep breathing exercises, or yoga into your routine can help manage stress levels.

Engage in Enjoyable Activities

Doing things that make you happy can improve your mood and overall outlook.

Set Realistic Goals

Setting achievable goals can provide a sense of purpose and accomplishment. Celebrating small victories can boost your morale and motivation.

Practice Self-Care

Self-care routines, like getting enough rest, eating nourishing foods, and engaging in gentle exercise, can support both your mental and physical health.



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 121 patients, along with 30 fresh frozen surgery samples, have been collected and stored at IISER
- RTPCR course Module- 2: Season Finale, Lecture XII - “Keynote Lecture: Merging Clinical Practice with Research: A Physician Scientist's Guide” was successfully conducted on the 10th of July 2024
- PCCM’s CTCR research paper titled, ‘Bridging the Gap in Oncoplastic Surgery Training and assessing its Impact on Breast Cancer Management in India was accepted for publication in the Global Surgical Education - Journal of the Association for Surgical Education.



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: 18

Biopsy blocks: 6

Surgery blocks: 12



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.

6 Fresh frozen Biopsy & 8 surgery tissues samples collected this month

PCCM provided support to 48 patients through Freeships/Major Concession for diagnostics, surgery, chemotherapy, onco-pharmacy, clinical procedures, and consultations at Orchids Breast Health in July 2024.



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

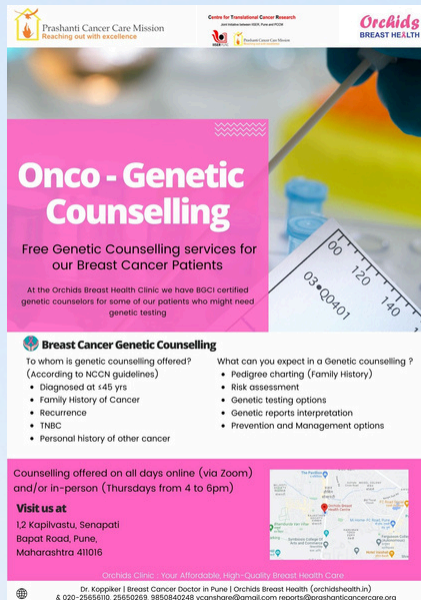
- Overcome Stress and Shock
- Psycho-social adjustment
- Care and Support for the Caregivers
- Stress management
- Deal with health-related anxiety
- Helping underlying psychological issues
- Psychotherapies

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**



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**



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**



Mammography



Sonography



Biopsy



Surgery



Chemotherapy



Onco-pharmacy

TESTIMONIALS FROM OUR PATIENTS

Ms. Shivani Maheshwari

When I relocated from Mumbai to Pune in 2022 and was diagnosed with breast cancer, not only was I in a state of major depression and anxiety, but was caught in a state of extreme uncertainty. I wondered whether I should return to Mumbai, a city I was so familiar with, having lived there for years. Ultimately, I decided to stay in Pune, and I am grateful for that decision every day.

I have completed my chemotherapy, mastectomy, and breast reconstruction surgeries and am now preparing for radiation therapy. The journey has been remarkably smooth, thanks to the exceptional care I received. Dr. Koppiker has been an incredible support from the beginning, demonstrating phenomenal knowledge and gentleness. He is not only a gifted surgeon but also a great human being. He encourages open communication and works collaboratively, always providing a calming presence. His smile and gentle words before surgery gave me confidence, allowing me to enter the operating theatre with a sense of calmness. I am deeply thankful for his outstanding care.

Dr. Chetan Deshmukh, who guided me through chemotherapy, has been a wonderful support. He is extremely caring and a true professional. I was amazed at how quickly he responded to my text messages and queries, even while traveling abroad. It was also delightful to see his human side and sense of humor, discussing movies like Mission Impossible and his favorite James Bond conflicts.

As I now prepare for radiation under the care of Dr. Mansi Munshi, I recall meeting her first for genetic counseling. She patiently explained everything my husband and I needed to know about the testing and its implications. After the results came in, she was forthright but reassuring, making me feel safe and well-informed.

I would also like to mention Dr. Beenu Varghese, who was the first to indicate the possibility of malignancy during a mammogram at Jehangir Hospital. I have since met her many times at Orchid, and she always puts me at ease.

Special mention must go to George, who has expertly managed my chemotherapy. The entire team at Orchid's Breast Care Centre is efficient, proficient, and caring. Sister Smeeta, in particular, has been incredibly sweet and helpful. I recall a time when my drainage tube got clogged on a late Saturday evening, causing panic. Sister Smeeta calmly guided us through the situation via video call, ensuring everything was resolved. Sister Ruth has also been gentle and encouraging with my bandages and dressings.

Lastly, Vandana at the front desk deserves recognition. No amount of questions or concerns ever ruffles her; she remains calm, always smiling, and willing to help.

Overall, I strongly recommend the team at Orchid's Breast Care Centre. I can confidently say that anyone seeking care here will be in very safe hands. My deepest and sincerest thanks to everyone involved in my treatment. I am recovering well and am truly glad I stayed in Pune, not Mumbai!

TESTIMONIALS FROM OUR PATIENTS

Mrs. Vatsala Gunjal

आमच्या life मध्ये सर्व काही normal चालले होते , एके दिवशी आई शेतातून घरी आल्यावर म्हणाली तिच्या काखेत गाठ आली आहे, तिला वाटले कामाचा ताण पडल्यामुळे गाठ आली असावी , पण आमची दीदी म्हणली कदाचित ती गाठ कॅन्सरची असु शकते आपण चेक करू पण आईची तशी तयारी नव्हती तिला वाटले आपल्याला कशामुळे कॅन्सर होईल , नंतर तिने पण मनाची तयारी केली व आम्ही चेक केले असता रिपोर्ट सकारात्मक

आला , कॅन्सरचे निदान झाल्यावर आम्ही शब्दात व्यक्त करू शकत नाही , आम्ही कुटुंबातील सर्वजण न विसरू शकणारे दुःख आम्हाला झाले , पण आम्ही ठरवले होते की काहीही झाले तरी आपण best of the best treatment घ्यायची , Best doctor शोधत असताना आम्हाला कोप्पीकर सरांबाबत समजले , मी कोप्पीकर सरांना भेटायला गेलो , सरांनी रिपोर्ट पाहिल्यावर मला म्हणाले , " काळजी करू नका आपण सर्व काही ठीक करू " सरांचे हे वाक्यचं खूप आधार देणारे होते , सरांनी दुसऱ्या दिवसापासून केमोथेरेपी सुरू केली .

सरांनी आम्हाला प्रशांती कॅन्सर केअर मधून उपचारासाठी खूप मदत केली , त्यासाठी आम्ही सरांचे आयुष्यभर ऋणी राहू सर्व स्टाफने खूप सहकार्य केले , ते सर्व तुम्हाला मदत करण्यास तयार आहेत, ऑर्किड सोबत उपचार कधी पूर्ण झाली हे पण समजले नाही.

डॉ. चेतन सर , मानसी मॅडम, नम्रता मॅडम यांचे पण मनापासून आभार स्मिता मॅडम , प्रियंका मॅडम , वंदना मॅडम व ज्योती मॅडम या सर्वांचे आभार आई आता पूर्णपणे बरी झाली असून सामान्य आयुष्य जगत आहे . धन्यवाद कोप्पीकर सर



Ms. Arifa

Dr. Koppikar is one of the best Oncologists. Staff is also very helpful and they have advanced technologies. The entire team is supportive and caring towards the patients.

TESTIMONIALS FROM OUR PATIENTS

Ms. Evelyn Woodhouse

I'd like to thank Dr. Koppiker and his whole team for guiding me along my journey with cancer and making the best of the worst situation, beyond their professional obligations. The team listened to all my questions and offered prompt answers, which helped build up my confidence to fight cancer. Their constant stream of encouragement and insistence on 'sticking to the fight when you are hardest hit, when things seem worse that's when you mustn't quit' helped assuage my fears. All of this was only possible because I was in the midst of Dr. Koppiker and his very dedicated team. Since GOD cannot be around us in person, he appointed Guardian Angels like Dr. Koppiker and his team to guide us, giving us mental strength not just to survive but also to thrive and live a healthy, happy, and cheerful life again. Thank you.





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. |  Naseem Khatri (58 Yrs) | Ms. Naseem Khatri (58 years) has Stage III breast cancer. She is a widow and has 4 family members. Her son is the only earning member in the family, doing the job of material loading/unloading in a delivery firm with a salary of only Rs. 5000 per month. | |
| | | Treatment | Amount (In Rs.) |
| | | Chemotherapy | 1,05,000 |
| | | Diagnostics and OPD Charges | 35,500 |
| | | Radiation | 000 |
| | | Surgery | 000 |
| | | Total | 1,40,500 |
| | | | |
| 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 | 1,68,000 |
| | | Diagnostics and OPD Charges | 35,500 |
| | | Radiation | 000 |
| | | Surgery | 000 |
| | | Total | 2,03,500 |
| | | | |

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

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

Click to donate:

DONATE 

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

a. Through the donation page on the website:

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

or

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

New Address: 21 Everjoy 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>**

