



Prashanti Cancer Care Mission
Reaching out with excellence



DECEMBER 2024 | VOLUME 142 ISSUE 86

PCCM MONTHLY NEWSLETTER

Prashanti Cancer Care Mission's Newsletter

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WHAT'S IN THIS LATEST ISSUE?

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

The BreastGlobal Journal is accepting Submissions for its future editions.

The Third session of the Prashanti Cancer Care Mission's Pink Ribbon Support Group Webinar Series was conducted on 21st of November 2024

Food essentials were donated to Prashanti Cancer Care Mission's Food Bank by ADP India Office

ABOUT PCCM NEWSLETTER


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

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

The 'Ask the Expert' section of Femina November 2024 issue featured Dr. Koppiker's article on 'A comprehensive guide to key terminologies in pathology reports: Breast Cancer- Part-I'.

ASK THE EXPERT

Orchids
BREAST HEALTH
—OF JEZHANGIR HOSPITAL—
—Prashanti Cancer Care Mission—



JEZHANGIR HOSPITAL
Prashanti Cancer Care

A COMPREHENSIVE GUIDE TO KEY TERMINOLOGIES IN PATHOLOGY REPORTS: BREAST CANCER

Q

A

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

Although Pink October has ended, our commitment to raising awareness continues. We aim to improve patient outcomes and save lives by educating people about breast cancer and its management. Our previous article discussed the advanced biopsy techniques used at Orchids Breast Health Centre, Pune, which are painless and leave no scars. After a breast biopsy is performed, the tissue sample is sent to a laboratory, where a pathologist examines it to determine whether the tissue is cancerous or non-cancerous. This article will explain some common terms often encountered in a pathology report.

WHAT IS A PATHOLOGY REPORT?
A pathology report is a detailed information about the collected tissue sample obtained through biopsy or surgery. There are different types of pathology reports. A biopsy involves the removal of a small sliver of tissue through a needle. Biopsy pathology report confirms the diagnosis of the lesion as cancerous or non-cancerous, and certain parameters such as the hormone receptor status are elucidated. After surgery the tissue that is removed is sent to pathology for examination. Then a detailed report on various important parameters are obtained for planning further treatment.

WHAT ARE SOME COMMON TERMINOLOGIES ENCOUNTERED IN A PATHOLOGY REPORT?
Benign: Non-cancerous. The abnormal growth could be fibrocystic changes, fibroadenomas or cysts.
Precancerous lesions such as Ductal carcinoma in situ (DCIS) and high-risk lesions such as Lobular Carcinoma in situ (LCIS) and atypical papillomas
Cancerous lesions such as Invasive Ductal

Carcinoma (IDC) or Invasive Lobular Carcinoma (ILC)

WHAT ARE THE SPECIAL MARKERS TO DEFINE THE CHARACTER OF THE CANCEROUS TUMOUR

- Grade – Grade 1-3:** Grade 1 being lowest and Grade 3 being aggressive
- Receptor Status:** Receptors are special proteins present in cells that bind to specific chemicals and helps the cancer cells multiply.
- Hormone Receptor Status:** Estrogen and Progesterone Receptors being present qualifies the tumour as less aggressive (good) and is sensitive to anti-hormone therapy tablets (anti-estrogen) post-surgery. These patients often do not require chemotherapy.
- Her2 Status:** HER2 is a special protein against which antibodies have been discovered and hence these tumours can be targeted with very specific medicines that have minimal side effects.
- TNBC:** Triple Negative Breast Cancer is the most aggressive form of breast cancer where all three above mentioned receptors are absent.

HOW DO YOU KNOW THE STAGE OF BREAST CANCER?
Breast cancer is staged through the TNM system, where the letters T, N, and M describe three aspects of the breast tumour:
T: The size of the tumour
N: Number of lymph nodes having cancer cells
M: Cancer spread to other organs
TNM staging in breast cancer ranges from Stage 1 (least advanced) to IV (most advanced) stage.

WHAT IS 'THE BLOOM RICHARDSON SCALE' OR NOTTINGHAM SCORE?



DR. C.B KOPPIKER

In addition to the gross description, which details how the tumour appears to the naked eye, the specimen is also examined under a microscope. The Bloom-Richardson Scale or Nottingham scale is used to assess how the tumour looks microscopically. Features like gland formation, nuclear grade, and mitotic count are assigned numerical values and added to assign a grade. This helps in predicting the behaviour and prognosis of cancer.

WHAT DOES THE TERM LYMPH VASCULAR OR PERINEURAL INVASION MEAN?
Lymphovascular invasion refers to the presence of cancer cells in lymph channels or small blood vessels. Perineural invasion occurs when cancer cells grow into or around nerves & nerve sheaths.

WHAT ARE THE TWO COMMON METHODS FOR TESTING HER2 STATUS, AND WHAT DO THE RESULTS INDICATE?
The two methods are Immunohistochemistry (IHC) and Fluorescence in situ hybridization (FISH). An IHC result of 0 or 1+ is considered HER2-negative, 2+ is equivocal (requiring FISH for confirmation), and 3+ is HER2-positive, suggesting potential treatment with HER2-targeted drugs.

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

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

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

The third session of the Prashanti Cancer Care Mission's Pink Ribbon Support Group Webinar Series was conducted on 21st of November 2024

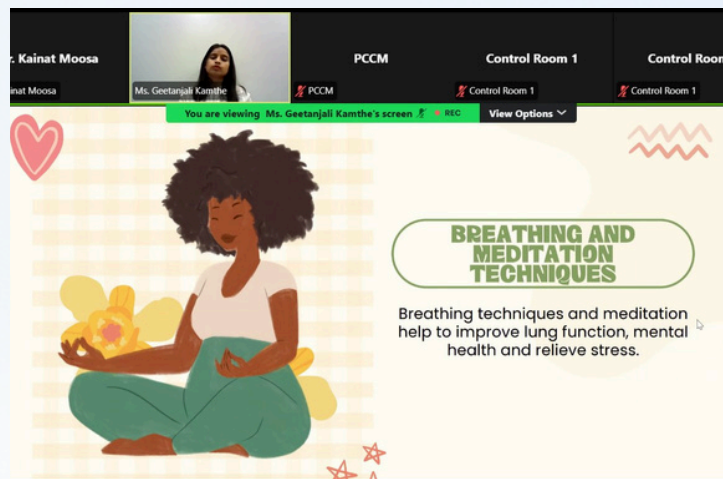
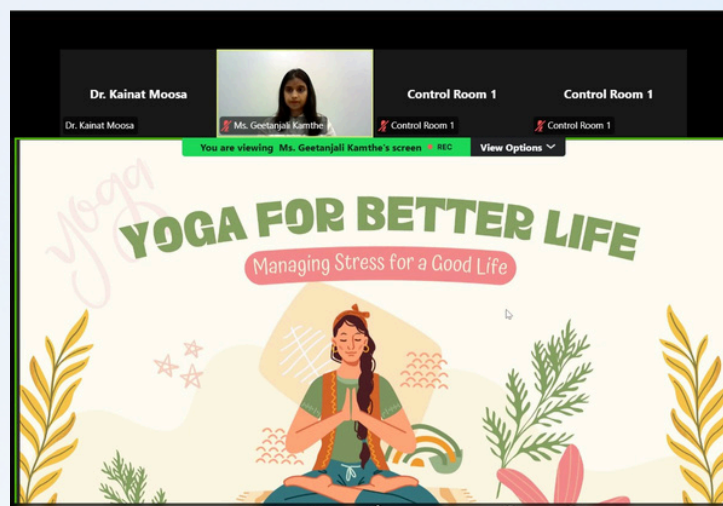
The third session of the Pink Ribbon Support Group Webinar Series was held on November 21st, featuring Ms. Geetanjali Kamthe discussing "Physical activity: Yoga and Meditation". The session covered how to incorporate yoga practices into daily lives to stay fit and healthy. The session concluded with an engaging Q&A, allowing participants to actively interact and share their queries

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

The upcoming lecture in the Pink Ribbon Support Group Webinar Series will focus on "How Stress Impacts Lifestyle and Simple Steps to Create Balance" on December 11th, 2024.

Click to Register for the Webinar:

REGISTER NOW



Prashanti Cancer Care Mission
Practicing with love, awareness & compassion

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



LECTURE 3:
**Physical Activity : Yoga and
Meditation**
MS. GEETANJALI KAMTHE
GRAPHICS DESIGNER AND YOGA INSTRUCTOR

THURSDAY, 21ST NOV 2024

VIA ZOOM 4:00 P.M-5.00 P.M IST
(REGISTER NOW TO ATTEND THE WEBINAR)

JOIN NOW
FREE ENTRY

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

<https://www.prashanticancercare.org/>
www.ctcr.in

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

Foodbank

The PCCM Food Bank is conducting regular drives to aid unaffording patients and their families by supplying essential food items. On 7th of Nov 2024 Food essentials were donated by ADP India Office. If you wish to contribute please contact Ms. Laleh Busheri (9850251000) or Mr. Aditya Kamthe (9665033955).



BLOG

YOUR GUIDE TO REDUCING BREAST CANCER RISK



Breast cancer is one of the most common cancers affecting women worldwide. At Orchids Breast Health Centre, in association with PCCM and Jehangir Hospital, we are dedicated to supporting women through personalized care at our Risk Reduction Clinic for Breast Cancer.

WHAT WE OFFER AT THE RISK REDUCTION CLINIC

- **Personalized Risk Assessments:** Using international models, we evaluate your unique risk profile.
- **Clinical Breast Exams:** Thorough evaluations by specialized healthcare professionals.
- **Genetic Counseling and Testing:** For individuals with a higher risk based on family history.
- **Screening Services:** Including mammograms, ultrasounds.
- **Counseling Services:** Covering mental health and nutrition to support holistic well-being.

WHAT IS BREAST CANCER RISK ASSESSMENT?

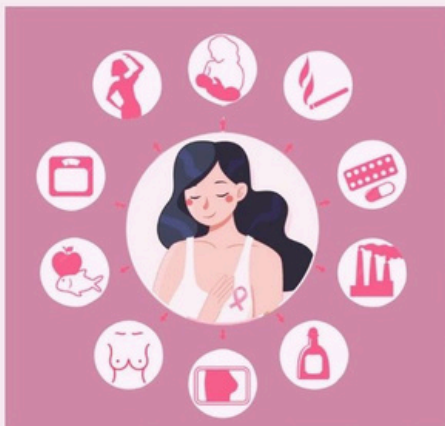
Risk assessment is a systematic evaluation of factors contributing to breast cancer risk. These include:

- **Age:** Risk increases as women age.
- **Family History:** Genetic predisposition plays a significant role.
- **Lifestyle Choices:** Habits such as diet, exercise, and alcohol consumption impact risk levels.

By assessing these factors, we can provide tailored guidance to support proactive monitoring and prevention strategies.

KEY STRATEGIES TO REDUCE BREAST CANCER RISK

- **Adopt a Balanced Diet:** A diet rich in fruits, vegetables, and whole grains is protective.
- **Engage in Regular Physical Activity:** At least 150 minutes of moderate exercise weekly.
- **Limit Alcohol Consumption**
- **Avoid Prolonged Hormone Therapy:** Use hormonal medications only under medical supervision.
- **Regularly examine your breasts** for changes and consult a healthcare provider if you notice anything unusual.



** Please note: Risk scores provided do not mean a diagnosis or an indication of future diagnosis **



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 172 patients, along with 67 fresh frozen surgery samples, have been collected and stored at IISER.
 - Molecular Profiling of a Triple-negative Breast Cancer Cohort in India for EGFR and AR expression analyzed for patient outcomes showed a distinct subset of cellular co-expression (In Review)
 - An audit of Triple Negative Breast Cancer (TNBC) management at a tertiary breast cancer care centre in India, (In Review)
 - Two Master's students from IISER Pune recently achieved significant milestones in their academic journeys. Their studies were conducted under the guidance of Dr. Madhura Kulkarni, a Senior Scientist at PCCM, and utilized patient data from Orchid's Breast Health Centre.

1. Anuvind presented his findings through a meticulously designed poster that highlighted the single-cell data analysis of breast cancer samples.

2. Sakshi Durge, focused her research on 100 Triple Negative Breast Cancer (TNBC) patient samples tested for germline mutations, specifically BRCA mutations. Some samples tested positive for BRCA mutations, while others were wild-type for BRCA mutations. Her research aimed to establish a correlation between immune infiltrates in the tumor microenvironment and patient outcomes. Sakshi has submitted her final report and is scheduled to defend her project in the coming week.



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: **40**

Biopsy blocks: **32**

Surgery blocks: **8**



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.

13 Fresh frozen Biopsy and **8** 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 Kapilvastu, Senapati
Bapat Road, Pune,
Maharashtra 411016



Onco-Psychology Counselling - 320

Onco - Genetic Counselling

Free Genetic Counselling services for our Breast Cancer Patients

At the Orchids Breast Health Clinic, we have BSCI 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- 327

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-414

PCCM provided support to 28 patients through Freeships/Major Concession for diagnostics, surgery, chemotherapy, onco-pharmacy, clinical procedures, and consultations at Orchids Breast Health in November 2024.



Mammography



Sonography



Biopsy



Surgery



Chemotherapy



Onco-pharmacy

TESTIMONIALS FROM OUR PATIENTS

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



Ms. Poojae

CB Koppiker, the renowned breast surgeon who operated on Poojae on the 11th of November, has truly worked wonders. Yesterday, she returned to Indore with her last drain removed—a significant milestone in her journey. It's often said that a surgeon performs even better when the patient is armed with a positive mindset, and this has been a shining example of that. Sharing a picture of the two rockstars—Poojae, with her unwavering positivity, and Dr. Koppiker, with his incredible skill—who together achieved the best possible outcome. May God bless them both!

TESTIMONIALS FROM OUR PATIENTS

Sangita Choudhary

Dr. Chaitanyananad koppiker Sir and Team,

I want to take a moment to express my deepest gratitude for the exceptional care and support you have provided me during my breast cancer journey. From the moment I walked into your clinic, I felt reassured and in capable hands.

Your expertise, compassion, and dedication have made a significant difference in my experience. Not only did you guide me through each stage of my treatment with professionalism, but you also took the time to address my concerns support. It truly made the process much easier to face.

To the entire team, thank you for your kindness and tireless efforts. From the nurses to the administrative staff, every interaction was positive, and I always felt like a valued individual, not just a patient.

I am incredibly grateful for the personalized care I received, and I am beyond thankful to have had such a wonderful team by my side.

With my sincerest thanks and appreciation.

Testimonial from a patient who utilized the onco-psychology counselling at our centre

The session went pretty well. All the questions asked were answered. It was a well coordinated session and yes went as expected.

My doubts have been resolved.



It's always been a boon liaising with you all from day 1

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.		Kunda Chopade (49 years) has stage II breast cancer. She is a homemaker with a young son and her husband works as a driver. The family income is minimal to support the patient's treatment.	
		Treatment	Amount (In Rs.)
		Chemotherapy	2,18,000
		Diagnostics and OPD Charges	45,758
		Radiation	000
		Surgery	000
		Total	2,63,758
02.		Shobha Tambe (44 years) has stage II breast cancer. She is a homemaker, and her husband is a farmer. She has two daughters; one is married and other is a student. The only family income is from farming which is minimal and cannot support the family and her treatment.	
		Treatment	Amount (In Rs.)
		Chemotherapy	1,39,459
		Diagnostics and OPD Charges	28,200
		Radiation	1,85,000
		Surgery	1,50,000
		Total	5,02,659

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>**

