



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



JULY 2024 | VOLUME 137 ISSUE 81

PCCM MONTHLY NEWSLETTER

Prashanti Cancer Care Mission's Newsletter

DONATE



WHAT'S IN THIS LATEST ISSUE?

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

PCCM and Citadel Precision Medicine have collaborated to understand treatment outcomes in TNBC, on the 26th of June, 2024.

The third issue of the BreastGlobal Journal was published in June 2024

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

Ms. Laleh Busheri's article, 'Wellness beyond treatment: holistic support for patients with breast cancer' was published in June 2024 issue of Bloom Magazine

Ms. Laleh Busheri conducted a Breast Cancer Awareness session for Mrs. India Contestants (Season 5) at Hyatt, Pune.

Dr. Koppiker was invited as a guest at the finale event of Mrs. India Contestants (Season 5) at Hyatt, Pune.

Ms. Laleh Busheri was invited for an online breast cancer awareness talk for Reliance.

Ms. Laleh Busheri was invited for an online breast cancer awareness talk at the Zensar Technologies, Pune.

CTCR's RT-PCR Module- 2, Lecture X and Lecture XI were successfully conducted in the month of June

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" will be held on July 20th & 21st, 2024.

After the success of our first two Hands-On Oncoplastic workshop sessions, we are thrilled to announce the upcoming third session titled 'Essentials in Oncoplastic Techniques-III', scheduled for July 20th and 21st, 2024. Led by the esteemed Dr. Koppiker, this workshop will focus on Level-1 and Level-3 Oncoplastic Techniques with a comprehensive exploration of Chest Wall Perforator Flaps.

Participants can look forward to immersive hands-on simulations, specialized prosthesis sessions, and live video surgeries for real-time learning. With only 30 seats available per workshop, interested candidates can access further details and register via the provided Google Form.

<https://docs.google.com/forms/d/e/1FAIpQLScGPVWsXQJcpHcVA3uWsb1qDJUAE06u9qhQx-wJfOLi2HPQAg/viewform>



INTERNATIONAL SCHOOL OF ONCOPLASTIC SURGERY
International School of Oncoplastic Surgery (ISOS) Introduces
a 4-Part Hands-On Oncoplastic Series

ESSENTIALS IN ONCOPLASTIC TECHNIQUES -III

LEVEL - 1 & LEVEL-3 ONCOPLASTIC TECHNIQUES WITH A COMPREHENSIVE EXPLORATION OF CHEST WALL PERFORATOR FLAPS

20TH AND 21ST JULY 2024

INVITED FACULTY: PROF. (DR.) CHINTAMANI

- Lead Instructor Dr. Chaitanyanand Koppiker will personally conduct the practical training sessions.
- Limited to 30 seats for personalized attention.
- Additionally, discover observer-ship opportunities linked to the workshop sessions. Please fill the google form for inquiries and we will share the program details with you .

WORKSHOP DETAILS

- Date:** 20th and 21st July 2024
- Time:** Saturday : 9:00 am to 5:00 pm
Sunday : 9:00 am to 2:00 pm
- Venue:** School of Oncoplastic Surgery, Pune
- Session-2 Fees:** Send an enquiry through the google form

REGISTRATION INCLUDES

- Course Material
- Lunch and Refreshments
- Certificate of Participation
- Observership Opportunities on application
- Complementary Registration for 2024 Annual Conference

WORKSHOP HIGHLIGHTS

- Immerse yourself in hands-on simulations, case-based discussions, and surgical video demonstrations.
- Enhance your skills with pre-surgery mark-up with Live models and prosthesis sessions
- Multi-disciplinary tumor board sessions for comprehensive learning.

SESSION OBJECTIVES

- Participants will gain practical, hands-on experience in understanding utility of CWPFs and Level-1 Oncoplasty techniques, enhancing their surgical skills.
- Attendees will develop a proficient understanding of Level-I & Level-III oncoplastic techniques for breast surgery, allowing them to expand their repertoire of surgical options for optimal patient outcomes.
- The workshop will provide a thorough understanding of the principles and intricacies of Level-1 and Level-III techniques, ensuring participants are well-equipped to tackle complex cases with confidence.
- Through interactive discussions and case studies, participants will learn effective strategies for patient selection, ensuring appropriate candidates for Level-I and Level-III Oncoplastic procedures.

FILL THE SHORT GOOGLE FORM FOR INQUIRES

Registration deadline extended to 15th June 2024

Click on the Google Form Link given above

Follow our LinkedIn For Updates
www.breastoncoplasty.org
obs.koppiker@gmail.com
WhatsApp: +919665033955

PCCM and Citadel Precision Medicine have collaborated to understand treatment outcomes in TNBC, on the 26th of June, 2024.

Prashanti Cancer Care Mission and CITADEL PRECISION MEDICINE have come together to work on an aggressive subtype of breast cancer. PCCM has been working in the breast cancer field for over two decades, focusing on the best possible treatment modalities. PCCM has initiated various research directions for the last decade, using cutting-edge techniques. Citadel has joined hands with PCCM, bringing in their bioinformatics and omics data analysis expertise and strengthening the efforts. Together, they will work towards understanding molecular granularities that decide treatment outcomes in Triple Negative Breast Cancer (TNBC). Prashanti Cancer Care Mission and Citadel Precision Medicine signed the official Memorandum Of Understanding (MoU) on 26th June 2024.



The third issue of the BreastGlobal Journal was published in June 2024

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 June 2024 issue.

The 'Ask the Expert' section of Femina June 2024 issue featured Dr. Koppiker's article on 'Losing your Breast to Breast Cancer is not the only option'.

ASK THE EXPERT

LOSING YOUR BREASTS TO BREAST CANCER IS NOT THE ONLY OPTION

EXPLORING BREAST CANCER SURGICAL OPTIONS: BREAST CONSERVATION SURGERY



Dr C.B Koppiker is a nationally and internationally well-known Breast Cancer Surgeon based in Pune. He is the Medical Director of Orchids Breast Health Centre, which pioneers in breast health care. His clinic offers a full range of state-of-the-art breast health services designed to ensure the best possible experience for each patient. For his contributions to fighting breast cancer in India, Dr. C.B. Koppiker has been widely felicitated with numerous recognitions and awards by his medical peers as well as by various social organizations.



DR. C.B KOPPIKER

Breast cancer is the most common cancer among women in India, where many are diagnosed at advanced stages, often leading to Mastectomy (complete removal of breast tissue). While Western countries use breast conservation techniques, India still relies heavily on Mastectomy due to late diagnoses and a lack of skilled practitioners.

At Orchid's Breast Health, we believe that losing breast to cancer should not be the only option. Our specialized multidisciplinary team focuses on oncoplastic surgery to preserve both health and aesthetic outcomes. Our Breast Conservation Surgery (BCS) rates exceed 80%, in stark contrast to the limited 30% adoption rate of BCS in India. This article highlights these advancements and the importance of breast conservation in cancer treatment.

WHAT IS BREAST CONSERVATION SURGERY (BCS)?

Breast Conservation Surgery is an alternative to Mastectomy, where only the breast tumour is removed while preserving most of the breast tissue (Breast Conservation Surgery- BCS). This procedure is followed by radiation therapy to eradicate the remaining cancer cells in the breast, which is known as Breast Conservation Therapy (BCT).

IS BCS A BETTER OPTION OVER MASTECTOMY?

BCT and Mastectomy can offer equivalent survival rates for many patients, but the choice often considers factors such as the size and location of the tumour, the patient's preferences and cosmetic concerns. It is important to note that Mastectomy does not eliminate the risk of local recurrence or development of new primary cancer.

DOES MASTECTOMY OFFER BETTER SURVIVAL RATES THAN BCS?

Studies suggest that people who choose BCS live as long as those who opt for Mastectomy. BCS, combined with radiation therapy, can effectively manage the disease while preserving the breast and improving the quality of life of the patient.

WILL BREAST CANCER RECUR AFTER BREAST CONSERVATION SURGERY?

Risk of recurrence is the same as a mastectomy. This means that choosing BCS does not increase the risk of cancer coming back.

IS CARRYING A BRCA1/2 MUTATION A CONTRAINDICATION FOR BCS?

The presence of BRCA1/2 mutation is linked to a heightened risk of breast cancer. Studies show that for breast cancer patients with this mutation, Breast Conservation Surgery (BCS) stands as a viable and effective alternative to Mastectomy. Surgical decision-making depends on factors

such as tumour size, lymph node positivity, and TNM stage of breast cancer.

WHAT ARE THE TYPES OF BCS?

Breast Conservation Surgery can be Simple breast conservation surgery (Lumpectomy) or Oncoplastic Breast Surgery (OBS).

WHAT IS THE CONCEPT OF ONCOPLASTIC BREAST SURGERY?

Oncoplastic Breast Surgery integrates plastic surgery principles into breast cancer surgery to preserve the breast and provide better aesthetic outcomes. It involves wide excision of the tumour, reconstructing breasts using simple/complex oncoplastic procedures, and possible reduction surgery in healthy breasts to achieve symmetry.

Breast conservation Surgery has shown improved quality of life in patients. At Orchids, we prioritize breast tissue preservation and aim for excellent surgical outcomes.

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's article, 'Wellness beyond treatment: holistic support for patients with breast cancer' was published in June 2024 issue of Bloom Magazine

Ms. Laleh Busheri's article, titled 'Wellness Beyond Treatment: Holistic Support for Patients with Breast Cancer,' was published in Bloom Magazine. The article highlighted the multifaceted challenges faced by patients and emphasized how a holistic approach to comprehensive treatment, such as that offered at Orchids Breast Health, can enhance patient's quality of life.

Bloom ISSUE 38 - JUNE 2024

Wellness beyond treatment: holistic support for patients with breast cancer

Laleh Busheri, CEO, Prashanti Cancer Care Mission
Pune, India



Laleh Busheri

Madhavi, a 48-year-old engineer, was juggling a demanding job, a household, and the care of her two teenage kids when she received the unsettling news of her diagnosis: HER2+ breast cancer. The news hit her especially hard, as she had just entered menopause and the cancer diagnosis added another layer of complexity to her health concerns. Fortunately, the company for which Madhavi works has a health program and had asked me to conduct breast cancer awareness talks for its employees on behalf of Prashanti Cancer Care Mission's Orchids Breast Cancer Center. As a result of attending these talks, Madhavi was familiar with breast self-examination. This led to diagnosis of her cancer at an early stage.

In India, where breast cancer rates are alarmingly high, dedicated breast units are scarce. Madhavi sought treatment at Orchids Breast Cancer Center, which was established in 2009 to address the specific needs of patients like her. At Orchids, a specialized multidisciplinary team provides cutting-edge care, emphasizing oncoplastic surgery to preserve both health and aesthetic outcomes.

Comprehensive breast cancer centers can improve patient outcomes by recognizing the multi-faceted challenges faced by patients and offering a holistic approach to breast cancer treatment. To that end, Orchard Breast Care Center has developed patient-reported outcome measures (PROMs), which are facilitated by skilled practitioners and onco-psychologists to measure patient satisfaction with breast appearance, psychosocial well-being, and overall outcome. This allows us to assess how our multi-disciplinary team and oncoplastic techniques affect quality of life and adapt to meet the needs of specific patients.

Madhavi underwent an oncoplastic procedure called perforator flap surgery, a form of oncoplastic surgery that is less invasive and optimizes aesthetic results. She received comprehensive support for managing menopausal symptoms, including personalized yoga and nutrition counseling. These services were adapted to her age and chemotherapy regimen, ensuring that her overall well-being was prioritized alongside her medical treatment. Beyond physical health, the center addressed Madhavi's emotional well-being with the support of an onco-psychologist. This dedicated professional helped her navigate the anxieties and fears associated with her diagnosis, providing a safe space for her to express her concerns about her career, surgery, and the future.

REFERENCES:

- World Health Organization: All cancers. <http://go.jarc.in/today/data/factsheets/cancers/39-48-cancers-fact-sheet.pdf>; 28th November 2023.
- Parmar, V., Koppikar, C. & Doot, S. Breast conservation surgery & oncoplasticity in India - Current scenario. Indian J. Med. Res. 154, 221 (2021).
- Koppikar, C. B. et al. Impact of oncoplasticity in increasing breast conservation rates Post neo-adjuvant chemotherapy. Front. Oncol. 13, 1176609 (2023).
- Koppikar, C. et al. Therapeutic mastopexy: a "wise" oncoplastic choice—lessons from the largest single-center cohort from Asia. Front. Oncol. 13, 1131951 (2023).

SOP for Comprehensive Breast Cancer Care at Orchids Breast Health



- Matching International standards of specialist cancer care produced by EUSOMA.
- One of the few Comprehensive single surgeon unit in LMIC.

- Integrating primary MDT care and holistic support services.
- All the thorough and comprehensive patient-related care in one place, making algorithmic changes.

- Koppikar, C., Joshi, S. & Nagaraj, S. Extreme Oncoplasticity in Breast Reconstruction. in Breast Oncoplasticity and Reconstruction (ed. Des, S. V. S.) 167–178 (Springer Nature Singapore, Singapore, 2023). doi:10.1007/978-981-98-5538-7_23.
- Koppikar, C. B., Chintamani & Doot, S. Oncoplastic Breast Surgery in India: Thinking Globally, Acting Locally. Indian J. Surg. 81, 103–110 (2019).
- Dongchoo, T. et al. Menopausal symptoms among breast cancer patients 6 months after diagnosis: a report from the Shanghai Breast Cancer Survival Study. Menopause 16, 1205–1212 (2009).

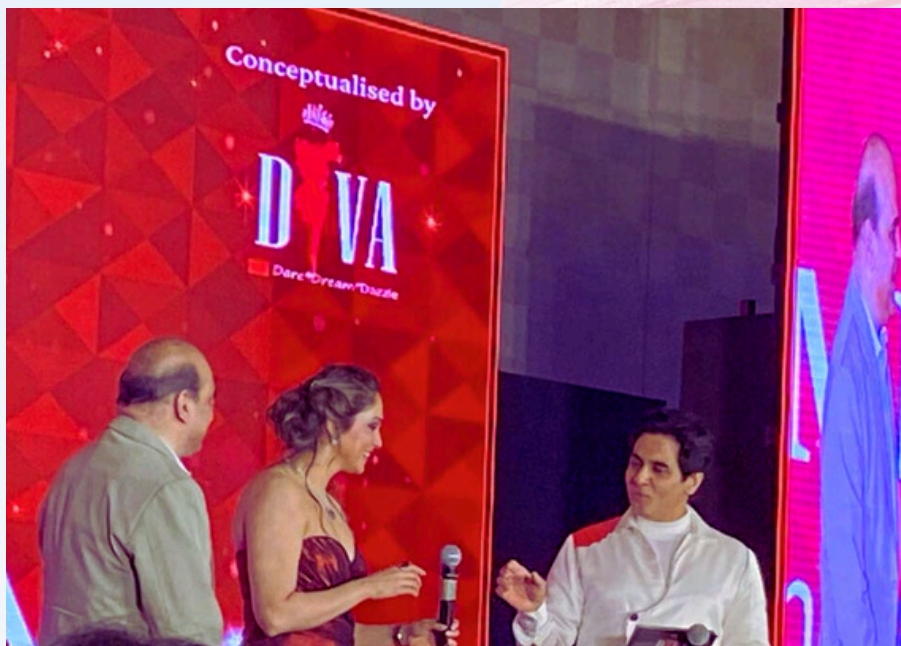
Ms. Laleh Busheri conducted a Breast Cancer Awareness session for Mrs. India (Season 5) contestants at Hyatt, Pune.

On 20th of June, 2024, Ms. Busheri conducted a session on breast cancer awareness for Mrs. India contestants at the Hyatt, Pune. She spoke about breast cancer awareness, taught the contestants how to perform self-breast examinations, and discussed risk factors as well as the gold standard treatments for both benign and malignant breast diseases.



Dr. Koppiker was invited as a guest at the finale event of Mrs. India Contestants (Season 5) at Hyatt, Pune

Dr. Koppiker was invited as a guest at the grand finale event of Mrs. India Contestants (Season 5) held at the Hyatt, Pune on June 23rd. He felicitated the contestants for their achievements. His presence inspired contestants and attendees alike.

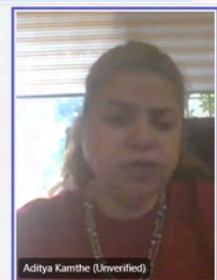


Ms. Laleh Busheri was invited for an online breast cancer awareness talk for Reliance.

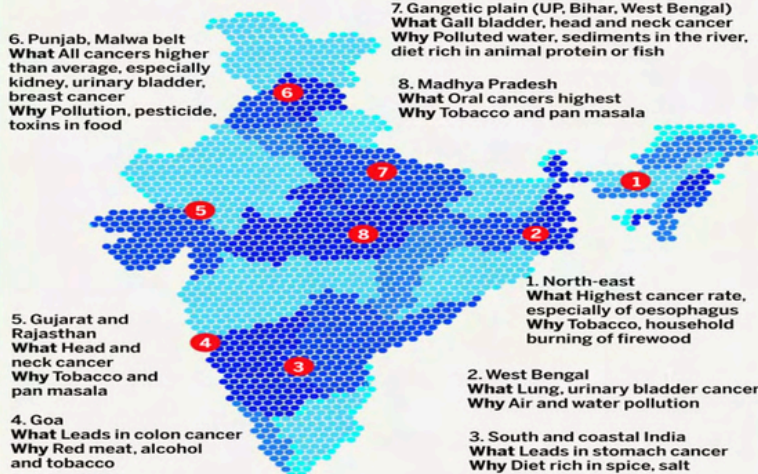
Ms. Busheri conducted an online breast cancer awareness talk for Reliance on June 14th. During the session, she discussed the demographics of breast cancer and its risk factors. Ms. Busheri also emphasized the significance of early detection and the gold standard treatment for breast cancer. Additionally, she shared dietary and healthy lifestyle tips for preventing the illness. The audience received her presentation very well.

Tips to Eat more Vegetables and Fruits Each Day

- Keep fruit where you can see it- Place several ready-to-eat washed whole fruits in a bowl or store chopped colourful fruits in a glass bowl in the refrigerator to tempt a sweet tooth.
- Explore the produce aisle and choose something new- Variety and colour are key to a healthy diet. On most days, try to get at least one serving from each of the following categories: dark green leafy vegetables, yellow or orange fruits and vegetables, red fruits and vegetables, legumes (beans) and peas and citrus fruits
- Skip the Potatoes-Choose other vegetables that are packed with different nutrients and more slowly digested carbohydrates
- Make it a Meal- Try cooking new recipes that includes more vegetables, salads, soups and stir-fries are just a few ideas for increasing the number of tasty vegetables in your meals

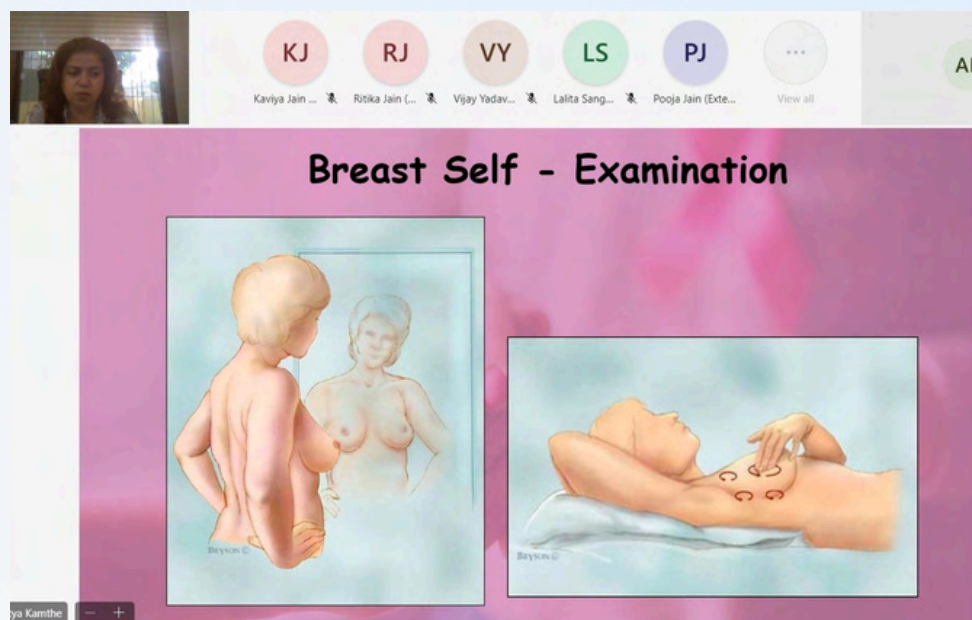
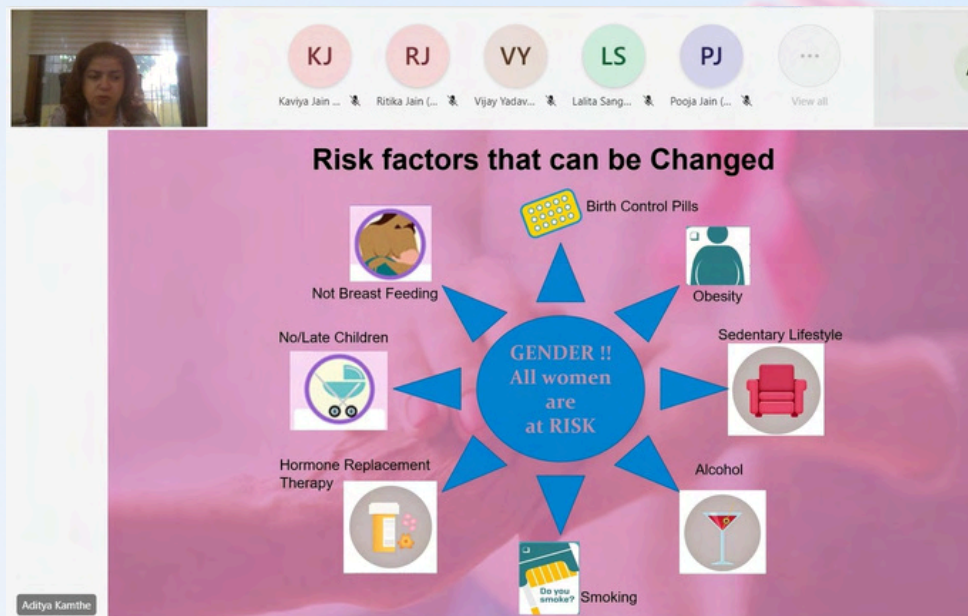


GEOGRAPHY OF CANCER



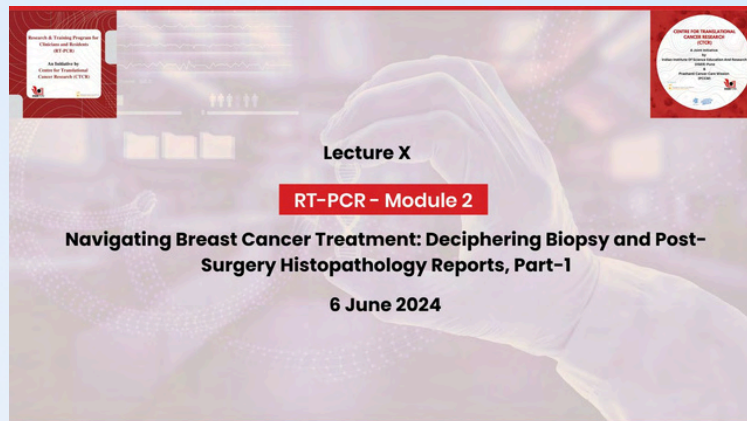
Ms. Laleh Busheri was invited for an online breast cancer awareness talk at the Zensar Technologies, Pune

Ms. Busheri was invited to conduct an online breast cancer awareness talk for Zensar Technologies Limited, Pune on June 18th. During the session, she covered topics such as the signs and symptoms of breast cancer, gold standard treatment options, and the significance of early detection. Additionally, she debunked common myths, provided dietary guidance, and suggested lifestyle changes aimed at preventing breast cancer. Following her presentation, Ms. Busheri addressed questions from the participants.



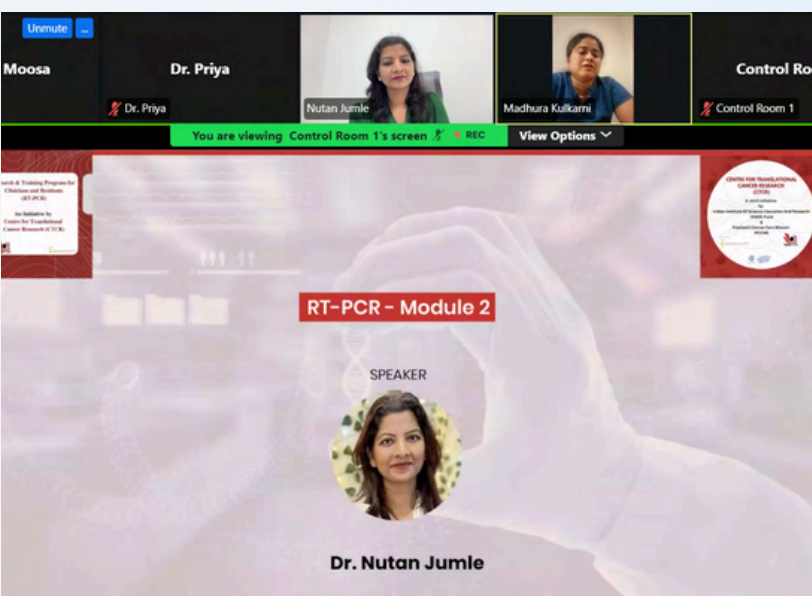
CTCR's RT-PCR Module- 2, Lecture X - "Navigating Breast Cancer Treatment: Deciphering biopsy & Post surgery Histopathology Reports"

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.



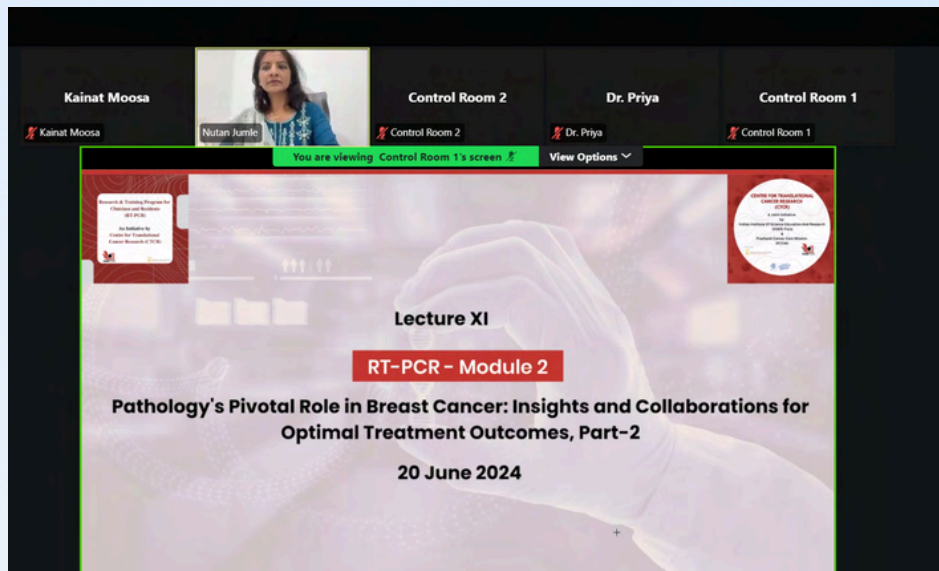
In the ongoing RTPCR course's Module 2 (Molecular Insights into Oncology -MIIO) lecture series, the 10th session was dedicated to the topic of "Navigating Breast Cancer Treatment: Deciphering biopsy & Post surgery Histopathology Reports". The lecture was held on 6th of June 2024 and was led by Dr.Nutan Jumle.

The 10th lecture in Module-2 of the RTPCR course marked the beginning of a two-part webinar series on breast cancer pathology. During this session, participants learned how to interpret biopsy reports and post-surgery histopathology reports. Following Dr. Jumle's presentation, attendees took part in an engaging Q&A session with the faculty, where their questions were thoroughly addressed and resolved.



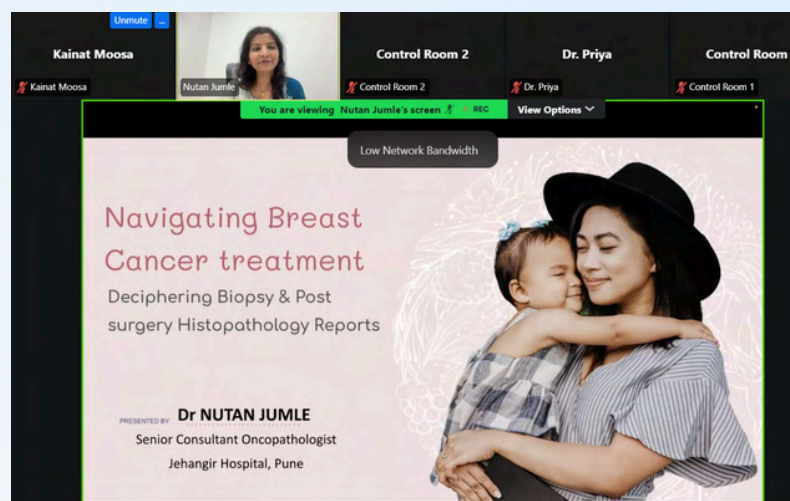
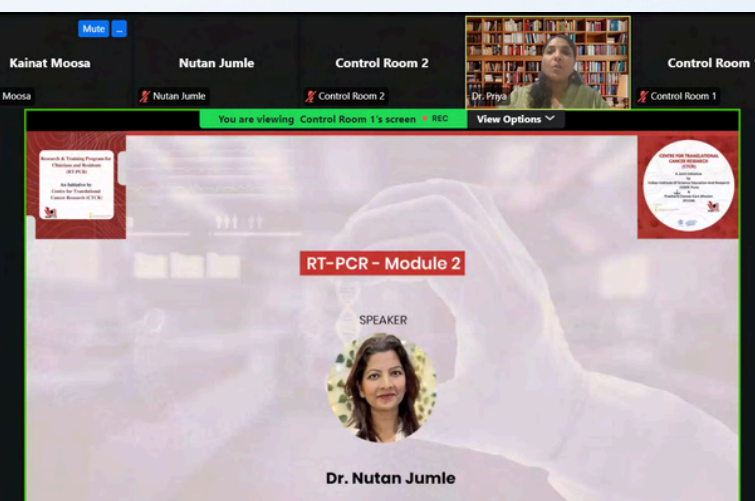
CTCR's RT-PCR Module- 2, Lecture XI - 'Pathology's Pivotal Role in Breast Cancer: Insights and Collaborations for Optimal Treatment Outcomes, Part-2'

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.



In the ongoing RTPCR course's Module 2 (Molecular Insights into Oncology - MIIO) lecture series, the 11th session, held on June 20th, 2024, was dedicated to 'Pathology's Pivotal Role in Breast Cancer: Insights and Collaborations for Optimal Treatment Outcomes, Part-2'.

This second lecture in the two-part breast cancer pathology webinar, also led by Dr. Jumle, focused on challenging scenarios and complex cases of breast cancer. It emphasized how histopathological techniques can be utilized to address and resolve these complexities. The lecture was well received by the audience. Following Dr. Jumle's presentation, a Q&A session was held where participants' queries were addressed.



BLOG BY OUR NUTRITION EXPERT

Dietary Tips to stay healthy this Monsoon

The arrival of monsoon provides relief from the scorching heat of summer. The cold showers and scenic views lift our spirits. However, the transition from hot to cold and humid weather increases our susceptibility to illnesses such as influenza, food poisoning, typhoid. Therefore, we need to be extra cautious during monsoons and adhere to healthy eating practices to stay healthy and boost immunity.

- **Healthy Diet:** Ensure a balanced intake of fruits, vegetables, whole grains, and lean proteins to provide essential nutrients and support immune function.
- **Seasonal Fruits and vegetables:** Eating seasonal fruits and vegetables like jamun, cluster beans, French beans, and cherries is perfect for enhancing tolerance to rough rainy days.
- **Digestive aids:** Eat easy-to-digest foods like moong dal khichadi and kadhi. Avoid heavy meals rich in fats and salts. Replace meat curries with stew/ soups.
- **Spices and condiments:** Drink warm concoction made of ginger, pepper, cinnamon and turmeric as they have anti inflammatory properties. Add garlic, jeera, curry leaves, asafoetida (hing) to your meals, they relieve chest congestion and aid in digestion.
- **Hydration:** Stay adequately hydrated with water, herbal teas, and soups to support bodily functions and cellular health. Drink clean and filtered water.
- **Regular Exercise:** Engage in moderate physical activity to enhance circulation and immune response.
- **Personal Hygiene:** Maintain good hygiene practices, including regular handwashing, to prevent infections. Wash fruits and vegetables properly before consuming.
- **Consultation:** Seek advice from healthcare providers regarding supplements like vitamin D, zinc, and probiotics to support immune health.

Applying these strategies not only boosts immunity during challenging seasons but also supports overall 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 115 patients, along with 22 fresh frozen surgery samples, have been collected and stored at IISER.
- RTPCR course Module- 2: Lecture X- 'Navigating Breast Cancer Treatment: Deciphering biopsy & Post surgery Histopathology Reports' and Lecture XI - 'Pathology's Pivotal Role in Breast Cancer: Insights and Collaborations for Optimal Treatment Outcomes, Part-2' were successfully conducted during the month of June 2024.
- PCCM and Citadel Precision Medicine have signed a partnership to understand treatment outcomes in TNBC, on the 26th of June, 2024.
- The third issue of the BreastGlobal Journal was published in June 2024.



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: 15

Biopsy blocks: 3

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.

10 Fresh frozen Biopsy & 10 surgery tissues samples collected this month

PCCM provided support to 52 patients through Freeships/Major Concession for diagnostics, surgery, chemotherapy, onco-pharmacy, clinical procedures, and consultations at Orchids Breast Health in June 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 BCGI 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. Jyoti Goyal

When I was diagnosed with breast cancer in March 2021, I faced the daunting decision of where and with whom to undergo treatment. After consulting with several doctors, I ultimately chose Dr. Koppiker and his team. Dr. Koppiker instilled confidence in me, and I trusted that I was in good hands and on the path to recovery.



Starting chemotherapy was a nerve-racking experience for me, but Dr. Chetan Deshmukh, my oncologist who devised my treatment plan, was incredibly supportive and addressed every concern promptly. Smita, Vandana, and Ruth at Orchid were always helpful, greeting me with a smile and answering my questions throughout the process.

I am grateful that I chose Prashanti Cancer Care Mission for my treatment; I feel safe and well-cared for.

TESTIMONIALS FROM OUR PATIENTS

Ms. Prajakta Mehere

Well Dr. Koppiker was recommended by my father in law's client - Dr. Shelke. And I visited him in April in person and I got the confidence that he will make my journey smooth. And I am absolutely satisfied till the date...be it decisions taken by him, plan of treatment or giving hopes to me.

Also the supporting staff, assistant doctors, nurses everyone was very good in their jobs and took care like family.



Ms. Diana Bharucha

When I found out I had breast cancer, I asked a surgeon I knew to recommend the best oncologist in Pune, and he recommended Dr Koppiker.

Doctor Koppiker is truly the best on all counts he is reassuring, did a brilliant job of the surgery, doesn't perform unnecessary procedures, or over medicate.

His staff is always extremely caring and supportive, especially Sister Smeeta.



Cancer is never easy, and I'm so grateful to have had him and his team on my side.

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.	 <p>Saima Naaz (43 Yrs)</p>	Saima Naaz (43 years) has stage II breast cancer. She is a homemaker, and her husband is unemployed. She has 3 children studying in school. She is supported by her brother for the family's financial needs. Her brother too has his own family to support, limiting his support to the patient.	
		Treatment	Amount (In Rs.)
		Chemotherapy	1,88,000
		Diagnostics and OPD Charges	45,500
		Radiation	000
		Surgery	000
		Total	2,33,500
02.	 <p>Gracy Kunjuman (60 Yrs)</p>	Gracy Kunjuman (60 years) has stage II breast cancer. She was working as a nurse and currently is retired. She has no financial support or income source.	
		Treatment	Amount (In Rs.)
		Chemotherapy	86,985
		Diagnostics and OPD Charges	18,954
		Radiation	000
		Surgery	000
		Total	1,05,939

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 Society, Next to Dorabjees, NIBM Road, near NIBM Institute, 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>**

