



JUNE 2024 | VOLUME 136 ISSUE 80

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

Dr. Koppiker was invited as a faculty at the International Breast Cancer Symposium hosted by Yashoda Hospitals, Hitec City, Hyderabad.

Dr. Koppiker was featured on the podcast "Khuspus - A Marathi Podcast on Uncomfortable Topics," hosted on the Amuk Tamuk YouTube channel.

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

Dr. Sneha Joshi's (Senior Research Scientist at PCCM-CTCR), poster has been accepted for presentation at the SARIMA 2024 Conference, September 3rd -5th, 2024, Mozambique.

Dr. Madhura Kulkarni, Senior scientist at PCCM-CTCR was invited as a guest lecturer at the BBIF Regional Symposium, Tata Memorial Hospital, Mumbai.

CTCR's RT-PCR Module- 2, Lecture VIII - 'Turning Discovery into Impact: The Translational Research Journey'

CTCR's RT-PCR Module- 2, Lecture IX - 'Heterogeneity and Personalised Targeting of Tumour Microenvironment and Metabolism in Pre-clinical Models of Pancreatic Cancer'

Breast Cancer Awareness campaign was conducted at Druva Software, Pune

## 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 & 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 - I & 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 .

**REGISTRATION INCLUDES**

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

### 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

### 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  
+918665033955

**Dr. Koppiker was invited as a faculty at the International Breast Cancer Symposium hosted by Yashoda Hospitals, Hitec City, Hyderabad**

Dr. Koppiker was invited as a faculty member at the International Breast Cancer Symposium hosted by Yashoda Hospitals, Hitec City, Hyderabad on May 5th, 2024. The symposium showcased latest advancement in research, diagnosis and treatment of cancer. During the event, Dr. Koppiker delivered a talk on "Versatility in Oncoplastic Breast Surgeries," highlighting advancements in this field. The symposium was attended by diverse audience including surgeons, gynecologists, experts, advocacy groups, and stakeholders from India and abroad. The event aimed to foster international cooperation and share the latest research and treatments in breast cancer.



**Dr. Koppiker was featured on the podcast "Khuspus - A Marathi Podcast on Uncomfortable Topics," hosted on the Amuk Tamuk YouTube channel.**

Dr. Koppiker was featured on the Marathi podcast "Khuspus - A Marathi Podcast on Uncomfortable Topics" on the Amuk Tamuk YouTube channel. The podcast focused on the intersection of cancer and mental health. Joining him was Dr. Girish Lad, an onco-psychologist.

During the podcast, Dr. Koppiker discussed various aspects of breast cancer, emphasizing the importance of early detection and promoting screenings. He highlighted common risk factors associated with breast cancer and addressed challenges in its treatment, including the concept of breast conservation to preserve aesthetics and function. The conversation offered valuable information to the audience.



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

The 'Ask the Expert' section of Femina May 2024 issue featured Dr. Koppiker's article on 'Empowering decisions: Understanding Breast Cancer surgery options'.

## EMPOWERING DECISIONS: UNDERSTANDING BREAST CANCER SURGERY OPTIONS

EXPLORING BREAST CANCER SURGICAL OPTIONS: MASTECTOMY & MASTECTOMY WITH RECONSTRUCTION



**D**r 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

**A**t Orchid's Breast Health Clinic, we see a diverse range of breast cancer patients, each case at a unique stage of the disease and need a personalized treatment plan. Our approach involves meticulous evaluation of each case and recommending a tailored treatment strategy. We promote informed decision-making. Hence, we actively involve patients in crafting their treatment plans to minimize future regrets. Patients visiting our clinic often have questions about their treatment options, so we plan to address some of these in our upcoming articles.

improvements in psychological well-being, self-esteem, sexual health, and body image.

### WHEN IS THE BREAST RECONSTRUCTION PLANNED AFTER MASTECTOMY?

Breast reconstruction following Mastectomy can be scheduled either immediately or delayed until after completion of cancer treatment. The timing of the reconstruction is crucial as it influences the selection of mastectomy techniques.

greater soft tissue coverage and implant support with good cosmetic outcomes.

While ADMs are readily available in Western countries their availability in India is currently limited. Despite this limitation, breast reconstruction can still be effectively performed in India using alternative techniques at our centre.

At Orchids Breast Health Centre, we employ alternative local innovations such as Autologous Lower Dermal Sling (ALDS), Advanced Autologous Lower Dermal Sling (A-ALDS), and Perforator flaps (PF) instead of ADMs. These techniques are aimed at preserving the natural shape, symmetry, and projection of the breast while making surgeries more cost-effective.

### WHAT IS MASTECTOMY?

Mastectomy is a surgical procedure that signifies the total removal of breast tissue. There are different types of Mastectomy, including Modified Radical Mastectomy (MRM), Simple (Total) Mastectomy, Skin-Sparing Mastectomy, Nipple-Areolar Sparing Mastectomy, and Radical Mastectomy.

### WHAT ARE THE TYPES OF BREAST RECONSTRUCTION SURGERY TECHNIQUES?

Breast reconstruction is done with the help of breast implants, which restore the normal appearance of the breast.

Breast reconstruction techniques include:  
a. Autologous (flap-based) reconstruction uses the body's tissues from elsewhere to reconstruct the breast.

b. Prosthetic implant-based reconstruction uses saline or silicone implants to restore breast shape.

c. Implant+ flap-based reconstruction, which combines both implant-based and flap-based techniques.

### WHAT ARE THE FACTORS DECIDING THE CHOICE OF RECONSTRUCTION TECHNIQUES?

The choice of the proper techniques depends on several factors, such as individual body characteristics and habitus, previous history of breast-related surgery or radiation and personal preference.

### WHAT IS MASTECTOMY WITH BREAST RECONSTRUCTION?

Breast cancer patients who undergo mastectomy, which involves the complete removal of the breast, have the option to undergo breast reconstruction using implants.

### IS MASTECTOMY WITH BREAST RECONSTRUCTION A BETTER OPTION FOR BREAST CANCER PATIENTS?

Research indicates that breast reconstruction leads to enhancements in quality of life for patients, along with psychosocial benefits. This includes

### CAN MY BREAST BE RECONSTRUCTED IN INDIA WITH AN IMPLANT?

Implant-based immediate breast reconstruction involves the use of Acellular Dermal Matrices in combination with an implant. Acellular Dermal Matrices (ADM) provide essential tissue support to mastectomy skin flaps. Their use provides

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

**Dr. Sneha Joshi's (Senior Research Scientist at PCCM-CTCR), poster has been accepted for presentation at the SARIMA 2024 Conference, September 3rd -5th, 2024, Mozambique.**

Dr. Sneha Joshi's (Senior Research Scientist at PCCM-CTCR), poster titled "The Research Administrator's Compass: Navigating Impactful Breast Cancer Research in a Small Setting from LMIC" has been accepted for presentation at the SARIMA 2024 Conference, September 3-5th, 2024, Mozambique.



**Presentation Information | Status:**

<b>Title</b>	The Research Administrator's Compass: Navigating impactful Breast cancer Research in a small setting from LMIC
<b>Paper Status</b>	Accepted as Poster Presentation
<b>Presentation Type</b>	Poster Presentation
<b>Presenting Author</b>	Dr Sneha Joshi Affiliations: Centre For Translational Cancer Research - PCCM & IISER Pune
<b>Co-Author</b>	Dr. Rupa Mishra Affiliations: Centre For Translational Cancer Research - PCCM & IISER Pune
<b>Co-Author</b>	Laleh Busberj Affiliations: Prashanti Cancer Care Mission (PCCM)
<b>Co-Author</b>	Ms Namrata Athavle Affiliations: Centre For Translational Cancer Research - PCCM & IISER Pune
<b>Co-Author</b>	Dr. Anand Koppiker Affiliations: Centre For Translational Cancer Research - PCCM & IISER Pune, Orchids Breast Health in Association with PCCM and Jehangir Hospital, Prashanti Cancer Care Mission (PCCM)
<b>Biography</b>	Dr. Sneha Joshi is a Senior Scientist and the Head of Research at the Centre for Translational Cancer Research, India. She is also an esteemed India Alliance IRMI Fellow. Dr. Joshi earned her Ph.D. from UMDNJ-Rutgers University, USA. Her doctoral thesis in association with Stanford Medical School involved investigating the role of Vitamin D3 in ameliorating Th17 Autoimmunity, garnering widespread recognition and even press coverage. Dr. Joshi then did her post-doctoral training at Columbia University, NY, USA, in Osteoimmunology Her current work involves advancing breast cancer research & education to improve treatment strategies and patient outcomes.

**Dr. Madhura Kulkarni, Senior scientist at PCCM-CTCR was invited as a guest lecturer at the BBIF Regional Symposium, Tata Memorial Hospital, Mumbai**

Dr. Madhura Kulkarni, Senior Scientist at PCCM-CTCR, was invited as a guest lecturer at the Biobank India Foundation (BBIF) Regional Symposium held at Tata Memorial Hospital in Mumbai on May 31st, 2024. At the event Dr. Kulkarni shared insights on "What it takes to set up a Biobank." Her presentation provided valuable information on the complexities and considerations involved in establishing a biobank, addressing key challenges and innovative approaches in this dynamic field. It was a collaborative gathering that emphasized the importance of integrating biology with cutting-edge technologies to drive progress in healthcare and scientific discovery. Her talk was well appreciated with a lot of questions on how to implement in an Indian system.

# BBIF Regional Symposium

Save the date:  
31st May 2024

Theme:

**Symphony of Biology, Data, Digital Systems and Automation**



Prof. Dr. Sangeeta Desai, TMC  
Co-Organizer, Reg. Sym. 2024



Dr. B. K. Yadav, BBIF  
Organizing Chair, Reg. Sym. 2024

Speakers:



Dr. Arvind Arshadi,  
The University of Alabama, USA



Dr. Ash Parwani, Fred & Gita Chair,  
The Ohio State University, USA



Dr. Sharmila Kanchal,  
Moores Cancer Center, USA



Prof. Dr. Anita Mahadevan,  
IISc Bangalore



Dr. Anil Marbur,  
IISc, IISER BioResTech Unit



Dr. Swapnil Katre,  
PCCM, Pathology, AICTE, TMC



Dr. Gauri Mahajan, Director,  
Naya Udaan, AI Bioinformatics



Dr. Madhura Kulkarni,  
Senior Scientist, IISc, Pune



Dr. Madhura Kulkarni,  
Senior Scientist, IISc, Pune

Venue:

**Tata Memorial Hospital, Mumbai**

**Register Now:**

[www.bbifoundation.org/regional-symposium](http://www.bbifoundation.org/regional-symposium)

## CTCR's RT-PCR Module- 2, Lecture VIII - 'Turning Discovery into Impact: The Translational Research Journey'

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 -MIO) lecture series, the 8th session was dedicated to the topic of 'Turning Discovery into Impact: The Translational Research Journey'. The lecture was held on 9th of May 2024 and was led by Dr. Amjad Hussain.

The 8th lecture of the RTPCR Course Module-2 provided valuable insights into the journey of translating research discoveries into real-world impact. Dr. Husain shared insights from his own experiences, shedding light on the impact of research on society. Following his talk, participants engaged in a productive Q&A session where their queries were effectively addressed and resolved.



## CTCR's RT-PCR Module- 2, Lecture IX - 'Heterogeneity and Personalised Targeting of Tumour Microenvironment and Metabolism in Pre-clinical Models of Pancreatic Cancer'

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 9th session was dedicated to the topic of "Heterogeneity and Personalised Targeting of Tumour Microenvironment and Metabolism in Pre-clinical Models of Pancreatic Cancer". The lecture was held on 23rd of May 2024 and was led by Dr. Anguraj Sadanandam.

The 9th lecture in the RTPCR course Module-2 explored the latest insights into personalized targeting strategies for pancreatic cancer based on tumour microenvironment variability and metabolic profiles in preclinical models. Following Dr. Sadanandam's talk, participants engaged in a productive Q&A session with the faculty where their queries were effectively addressed and resolved.



**BLOG BY OUR NUTRITION EXPERT**

## Healthy Guidelines for Cancer Prevention

ICMR recently published 17 Dietary Guidelines for Indians with an aim to help Indians make informed choices to maintain good health and avoid malnutrition in any form. These guidelines also act as preventive guidelines for various lifestyle disorders like diabetes, hypertension, IBS etc. From the 17 ICMR Dietary Guidelines, we are focusing on those that have a preventive effect on breast cancer.

**Guideline 1: Eat a variety of foods to maintain a balanced diet.** Make sure your meals consist of a diverse range of raw ingredients to ensure you receive all the essential vitamins and minerals.

**Guideline 3: Ensure exclusive breastfeeding for the first 6 months and continue breastfeeding for 2 years and beyond.** During Lactation exclusive breast feeding not only ensures baby's good health but also keeps mother's estrogen levels in control, thereby reducing risk of breast cancer.

**Guideline 6: Eat plenty of vegetables and legumes.** Vegetables and legumes are rich in fibre which have cancer preventive effect. Vitamins, minerals, and polyphenols in them also help in cancer prevention by increasing our immunity.

**Guideline 7: Use oil and fats in moderation, chose a variety of oilseeds, nuts, nutricereals and legumes to meet daily needs of fats and essential fatty acids (EFA).** Good fats are essential for overall health and wellbeing. Consuming omega 3 FA rich foods like walnuts and flaxseeds have been proven to reduce breast cancer risk.

**Guideline 8; Obtain good quality protein and essential amino acids through appropriate food combinations and avoid protein supplements for body building.** Natural protein sources with high biological value like eggs, milk, curd are best protein sources as they are readily absorbed and are more functional than synthetic protein powders. Mutual supplementation like dal+rice can be used to increase protein quality of food items. A protein deficient diet makes one vulnerable to obesity and metabolic disorders.

**Guideline 9: Adopt a healthy lifestyle to prevent abdominal obesity, overweight, and overall obesity.**

**Guideline 10: Be physically active and exercise regularly to maintain good health.** Abdominal fat and obesity are major risk factors of breast cancer. Maintaining a healthy body weight is essential to lead a disease free life.

**Guideline 15: Minimize consumption of high fat, sugar, salt (HFSS) and ultra processed foods (UPFs).**

**Guideline 17: Read information on food labels to make informed and healthy food choices.** HFSS and UPF's all lead to obesity and metabolic disorders with make one vulnerable to chronic lifestyle disorders like cancer. As discussed in our earlier issue many UPFs have cancer causing ingredients. Reading food labels is best practice to identify and avoid HFSS and carcinogenic ingredients.

## Breast Cancer Awareness campaign was conducted at Druva Software, Pune

On the 28th of May 2023, a breast cancer awareness campaign was conducted at Druva Software, Pune. Ms. Smeeta Nare, from team PCCM-CTCR conducted a Clinical Breast Examination (CBE) for 50 civilians.





## 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.
- Dr. Sneha Joshi's (Senior Research Scientist at PCCM-CTCR), poster titled "The Research Administrator's Compass: Navigating Impactful Breast Cancer Research in a Small Setting from LMIC" has been accepted for presentation at the SARIMA 2024 Conference, September 3-5, 2024, Mozambique.
- Dr. Madhura Kulkarni, Senior Scientist at PCCM-CTCR, delivered a talk, titled, 'What it Takes to Set Up a Biobank' at the BBIF Regional Symposium at Tata Memorial Hospital in Mumbai on May 31, 2024.
- Fresh Frozen Biopsy samples collected for 106 patient and stored at IISER
- RTPCR course Module- 2: Lecture VIII- 'Turning Discovery into Impact: The Translational Research Journey' and Lecture IX - 'Heterogeneity and Personalised Targeting of Tumour Microenvironment and Metabolism in Pre-clinical Models of Pancreatic Cancer" were successfully conducted during the month of May 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.



### 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.

**9** Fresh frozen Biopsy & **8** surgery tissues samples collected this month

Free Counselling Services at Orchids Breast Health



**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

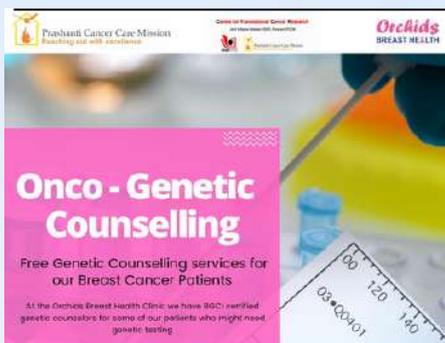
At the Orchids Breast Health we encourage our Breast Cancer Patients and their family members to undergo psychological counselling for emotional wellness during cancer treatment.

**BOOK YOUR APPOINTMENT NOW**  
(Offered both online (via Zoom) and/or in-person)

Visit us at  
12 Karpivastu, Senapati, Bapat Road, Pune, Maharashtra 411015



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



**Onco - Genetic Counselling**  
Free Genetic Counselling services for our Breast Cancer Patients

At the Orchids Breast Health Clinic, we have BCC certified genetic counsellors for some of our patients who might need genetic testing.

**Breast Cancer Genetic Counselling**

To whom is genetic counselling offered?  
(According to NCCN guidelines)

- Diagnosed at <math>\leq 45</math> 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 (Thursday from 4 to 5pm)

Visit us at  
12 Karpivastu, Senapati, Bapat Road, Pune, Maharashtra 411015



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



**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

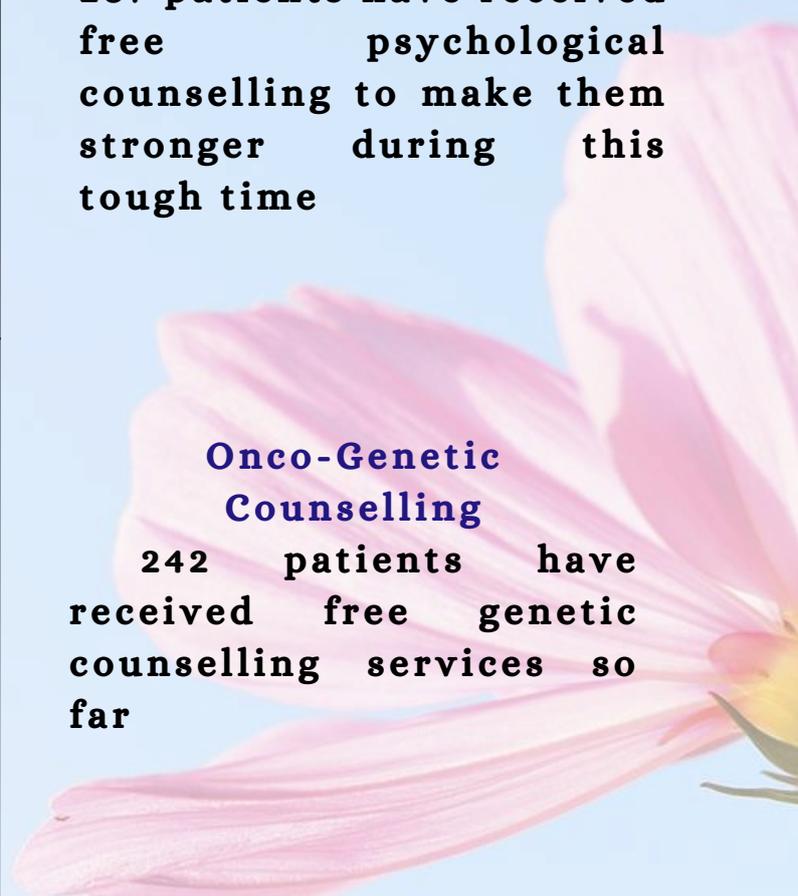
At the Orchids Breast Health nutrition Clinic we make you aware of the power of good nutrition and help you make your breast cancer treatment easier

**BOOK YOUR APPOINTMENT NOW**  
(Offered both online (via Zoom) and/or in-person)

Visit us at  
12 Karpivastu, Senapati, Bapat Road, Pune, Maharashtra 411015



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



**Freeships/ Major Concession for Diagnostics, Surgery, Chemotherapy,  
Onco- Pharmacy, Clinical Procedures and Consultations at Orchids  
Breast Health in May 2024**



**Mammography:**  
174 patients received  
free / concessional  
mammography



**Sonography:**  
194 patients received  
free / concessional  
sonography



**Biopsy**  
31 patients received  
free and  
concessional biopsy  
VABB -2  
Stereotactic VABB-2

**Freeships/ Major Concession for Diagnostics, Surgery, Chemotherapy,  
Onco- Pharmacy, Clinical Procedures and Consultations at Orchids  
Breast Health in May 2024**



**Surgery**

**18 patients received  
freeship/major  
concessions on breast  
surgery**



**Chemotherapy /Day Care  
Through Prashanti Cancer  
Care Mission**

**4 patients received free  
chemotherapy  
5 patients recieved major  
concessions**



**Onco-Pharmacy**

**Through Prashanti  
Cancer Care Mission  
13 patients received free  
/concessional medicines**

## Testimonials of our patients

### Mrs. Priyanka Thombre

Testimonial from one of our patient experiencing exceptional care and support at Orchid's Breast Health. She values the extraordinary care she received and has taken the time to pen down her experience, highlighting the compassion and professionalism of our staff."



#### To the incredible team at Orchid

Our journey began in October 2023, a time filled with shock and uncertainty. After seeking answers from many sources, we finally received the correct diagnosis and a treatment plan to save my wife, Priyanka. Words cannot fully express our gratitude for the exceptional care and unwavering support provided during Priyanka's battle with cancer.



Dr. Koppikar's unparalleled expertise, boundless compassion, and unwavering dedication played a pivotal role in Priyanka's recovery, and for that, we are eternally grateful. His approach went beyond merely addressing the physical aspects of her illness; he also provided essential mental and emotional support during each consultation. Dr. Koppikar took the time to listen to our concerns, answer every question with patience, and offer words of encouragement that fortified our spirits. He treated Priyanka with the utmost care and respect, ensuring that she felt valued and

understood throughout her treatment. His ability to connect with his patients on such a profound level made a world of difference in her healing journey.

Dr. Dezhmukh is an exceptionally caring and straightforward individual, whose dedication to saving patients' lives is truly extraordinary. His approach during Priyanka's chemotherapy sessions was both compassionate and meticulous. He took the time to explain each step of the treatment process, offering not just medical expertise but also emotional support. His genuine concern and empathetic demeanour ensured that Priyanka felt reassured and hopeful, which often translated into her smiling even during the most challenging treatments. This positive atmosphere significantly contributed to her overall well-being and led to more favourable outcomes.



Dr. Mansi, an expert in radiation therapy, consistently went above and beyond to ensure that Priyanka received the most effective treatment available. Her thorough knowledge and meticulous attention to detail were evident in every aspect of the care she provided. Dr. Mansi took the time to explain the complexities of radiation therapy, making sure we understood each step and felt confident in the treatment plan. Beyond her professional expertise, Dr. Mansi offered me invaluable emotional support, helping me come to terms with the gravity of the situation. Her compassionate guidance gave me the strength and resilience needed to support my wife through this challenging time. Whenever I felt completely overwhelmed, Dr. Mansi was there, offering a steady hand and kind words that provided comfort and reassurance. Her dedication and empathy



made an immeasurable difference in our journey.

From the moment we arrived, the kindness and professionalism of every staff member were evident. The doctors and nurses were not only knowledgeable and skilled but also showed genuine empathy and concern for Priyanka's well-being. You all took the time to explain every step of the treatment, answering all our questions with patience and understanding, which gave us much-needed reassurance during a very challenging time.

The nursing staff was nothing short of amazing. Their round-the-clock care, attention to detail, and gentle encouragement made a world of difference. You all treated Priyanka and me like family, and your positive attitudes and tireless efforts provided immense comfort and hope.



Strating from entering in hospital, Vandana and Jyoti madam helped us for fulfilling all crucial formalities of Jehangir hospital without any hiccups, Smita madam is very caring and her contribution during chemotherapy is speechless. Rashmi madam gave top-up consultation every time we undergo scanning like sonography or mammography. Nivedita madam gave me confidence not only about getting my wife back but also about getting my daughter her mother back the way she was before. Ruth madam supported in healing the wounds of crucial surgery of more than 9 hours. Namrata madam supported us outside OPD area which she always doing for everyone for any doubt that left in mind.

Few people we interacted very less so not aware about their names but that doesn't change the fact that everyone in the team is extra supportive, and they will feel you like family.

Because of your collective efforts, Priyanka is now cancer-free and on the path to a healthy, fulfilling life. This victory belongs not only to her but to each one of you who played a part in this journey. Your hard work, compassion, and dedication have made an indelible impact on our lives, and we will be forever grateful.

Thank you for being our guiding light during a dark time and for helping Priyanka find the strength to fight and overcome this illness. You are true heroes, and we will never forget the difference you made.

With deepest gratitude,

Priyanka and Pranav Thombre

Special Thanks from Shivnyya (Our Daughter)

## Testimonials of our patients

### **Mrs. Roma Kulkarni**

Cancer is one of the worst way to meet some of the best people! I got done with my treatment today, and we have nothing but immense gratitude in our hearts. Thank you so much Dr. Koppiker for being so supportive throughout none of this would've been possible without you



### **Mrs Jean Innis**

When I first heard that I had breast cancer. We prayed to God to guide us to the right doctor Hospital and the God guided us to Orchids & Dr. Koppiker and his team.

From the moment I walked in, till now I have only received warmth & hope and encouragement from everyone who works here. The receptionist, those who conduct the tests, those who assist in the operation. Truly they are God's angels sent to help people like me, I bless Dr. Koppiker, his wife & family, the team-one and all at Orchids. God bless.

Love Jean Innis.

## 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><b>Savita Kale (59 Yrs)</b></p>	<p><b>Savita Kale (59 years)</b> has stage II breast cancer. She is a homemaker, and her husband and son are both farmers. She has two other sons who are students. The family monthly has an income of Rs.7,000, which is not sufficient for their family needs and patients' medical treatment.</p> <table border="1" data-bbox="544 1182 1525 1525"> <thead> <tr> <th>Treatment</th> <th>Amount (In Rs.)</th> </tr> </thead> <tbody> <tr> <td>Chemotherapy</td> <td>2,54,131</td> </tr> <tr> <td>Diagnostics and OPD Charges</td> <td>15,850</td> </tr> <tr> <td>Radiation</td> <td>000</td> </tr> <tr> <td>Surgery</td> <td>000</td> </tr> <tr> <td><b>Total</b></td> <td><b>2,69,981</b></td> </tr> </tbody> </table>	Treatment	Amount (In Rs.)	Chemotherapy	2,54,131	Diagnostics and OPD Charges	15,850	Radiation	000	Surgery	000	<b>Total</b>	<b>2,69,981</b>
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02.	 <p><b>Rukhaiya Hakimiyani (54 Yrs)</b></p>	<p><b>Rukhaiya Hakimiyani (54 years old)</b> has stage IV breast cancer. She is a homemaker, and her husband is retired. She has 5 family members in the house with two sons and one daughter-in-law. The elder son works in a private company and the younger son works in a bakery. The family income is minimal to support the treatment of the patient as the family is already burdened with day-to-day expenses.</p> <table border="1" data-bbox="544 1899 1525 2219"> <thead> <tr> <th>Treatment</th> <th>Amount (In Rs.)</th> </tr> </thead> <tbody> <tr> <td>Chemotherapy</td> <td>2,00,945</td> </tr> <tr> <td>Diagnostics and OPD Charges</td> <td>24,451</td> </tr> <tr> <td>Radiation</td> <td>000</td> </tr> <tr> <td>Surgery</td> <td>000</td> </tr> <tr> <td><b>Total</b></td> <td><b>2,25,396</b></td> </tr> </tbody> </table>	Treatment	Amount (In Rs.)	Chemotherapy	2,00,945	Diagnostics and OPD Charges	24,451	Radiation	000	Surgery	000	<b>Total</b>	<b>2,25,396</b>
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## 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 !\[\]\(c6747d08ffcbb3c0701a343df825d2f1\_img.jpg\)](#)

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](mailto: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](http://www.prashanticancercare.org) /  
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