





PCCM MONTHLY NEWSLETTER

Prashanti Cancer Care Mission's Newsletter



WHAT'S IN THIS LATEST ISSUE?

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Three abstracts from CTCR-PCCM have been accepted for poster presentation at the 18th St. Gallen International Breast Cancer Conference 2023

Ms. Laleh Busheri gave an Awareness talk at Euroschool Kharadi, Bohra Sanatorium, Ryewood International School and Amazon Pune

British Linguist Prof. Geoffrey Khan spoke at Euroschool Kharadi

Prof. Geoffrey Khan, British Linguist, visited PCCM-CTCR

The Research Training Program for Clinicians and Residents by CTCR-PCCM continued with lectures on Immunology.

Two posters from PCCM-CTCR were presented at the IndiaBioscience IBS-BioBank India Foundation Annual Conference 2023.

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 was invited for a talk at The First Annual Medical Conference - Amran University, Yemen - Amran

Dr. Koppiker presented a talk on Newer Trends in Breast Cancer Management: Experiences of a Single Surgeon Unit from India at The First Annual Medical Conference - Amran University, Yemen - Amran. Dr. Koppiker spoke about the latest advances in breast cancer management and how he has incorporated these techniques in his practice.



MRI is the most recommended imaging technique for breast cancer diagnosis but can be extremely expensive for LMICs. At our centre, due to the constraints for MRI we utilize stringent assessment with 3D Tomosynthesis and ultrasound that provides better diagnosite efficiency compared to 2D mammogram. Recently, Contrast-Enhanced Spectral Mammography (CESM) is being increasingly incorporated in the diagnostic methodology for breast cancer. CESM is reported to be equivalent to MRI and is better suited for a low resource setting. In biopsy procedures in addition to commonly available biopsy methods, incorporation of Vacuum Assisted Biopsy (VAB) and stereotactic biopsy is also gaining impetus to enable better and more efficient diagnosis. In accordance with international guidelines, NACT recommendations have also been expanded to include more patients. Additionally, we have also modified the tumor localization protocol with dipping done mid-NACT for improved surgical efficiency.

Another crucial inclusion in breast cancer management is the incorporation of genetic testing, which is still uncommon in most developing nations. Updated NCCN guidelines recommend genetic testing for TNBCs, young age breast cancer and individuals with storag family history. Additionally, several practices now emphasize the importance of providing superior quality of life (OaU) to the patients post treatment and hence adopt breast conservation therapy (BCT) as the main surgical approach. Mastectomy, although still the preferred approach for surgical management of breast cancer in many developing nations, is associated with severe sequelae such as body asymmetry, postural instability, depression, loss of self-steem and poor QoL. Several large cohort studies have shown equivalent survival rates between BCT and mastectomy with long-term follow-up and better quality of life for BCT. The niche field of oncoplastic surgery thus expands the indications of breast conservation.

conservation. At our centre, we also incorporate stringent rad-path analysis with frozen section during the surgery. This enables the surgery not verify margin negativity during the surgery end prevents the need for re-excision surgery due to margin positivity. Never more efficient techniques for SLNB detection, like ICG is also working well in a low-resource setting as per our experience.

Incorporation of these factors has enabled more breast cancer patients to avail the benefits of breast conservation. Patient Reported Outcome Measures (PROMs) are useful in logging the quality of Ife and patient satisfaction, and Oncoplastic techniques generally show better PROMs results. We do not restrict our multi-pronged approach to the clinic and are active in outreach, patient awareness, capacity building and also run an exemplary translational research program. As a single surgeon unit, the center has seamlessly incorporated the latest advances in breast cancer management along with research to facilitate local innovations and may serve as an example for other centers in least measures.



ce settings. المؤتمر الطبي السنوي الأول جامعة عميانا (الجباحي الأول)

Three abstracts from CTCR-PCCM have been accepted for poster presentation at the 18th St. Gallen International Breast Cancer Conference 2023

Three abstracts from CTCR-PCCM have been accepted for poster presentation at the 18th St. Gallen International Breast Cancer Conference 2023 to be held in Vienna, Austria from 15th to 18th March 2023. Dr. Amitkumar Bagdia, one of the presenters for the posters received the St. Gallen's Educational Grant for the Conference to present CTCR-PCCM work on Perforator Flap and Therapeutic Mammoplasty.



Ms. Laleh Busheri gave an Awareness talk at Euroschool Kharadi on 11th February 2023



Ms. Laleh Busheri gave an Awareness talk at Euroschool Kharadi on 11th February 2023. The Audience included teachers, school housekeeping, security staff and parents. The talk was followed by a Q &A session and was extremely well received.

EuroSchool

11th February 2023 11:00 am onwards EuroSchool Auditorium

Awareness talk was given at Bohra Sanatorium by Ms. Laleh Busheri



Ms. Laleh Busheri was invited to give an Awareness talk at Bohra Sanatorium, Lonavala. Ms. Busheri discussed the signs and symptoms of breast cancer and bust the common myths. The talk was followed by a CBE camp for 80 women.



Ms. Laleh Busheri presented an awareness talk at Ryewood International School, Lonavala

Ms. Laleh Busheri presented an awareness talk at Ryewood International School, Lonavala. The awareness talk was followed by a Clinical Breast Examination Camp for the teachers at the school. Around 30 teachers participated in the CBE camp.







Ms. Laleh Busheri was invited to present an awareness talk at Amazon, Pune

Ms. Laleh Busheri was invited to present an awareness talk at Amazon, Pune on the occasion of International Women's Day. The talk covering the basic signs and symptoms of breast and the cancer of benefits self-breast examination was extremely well received and was followed by an engaging Q. &А







Prof. Geofrrey Khan visited PCCM and discussed the ongoing activities at PCCM

Prof. Geoffrey Khan, an invited guest of PCCM visited PCCM clinic and research team. He discussed the ongoing research activities with the CTCR research team. An engaging discussion with the research team on research guidelines and discipline in research as well as the various projects run by be PCCM research team discussed.

Geoffrey Prof. Khan is ล British Linguist and Faculty of Asian and Middle Eastern Studies at University of Cambridge. Нe has many international publications and has authored over 29 books.He has a broad interest in all periods of the Hebrew language and is editor-inchief of the Encyclopedia of Language Hebrew and Linguistics, which was first published in 2013 (Boston: Brill) and is updated on an annual basis.





British Linguist Prof. Geoffrey Khan spoke at EuroSchool Kharadi



Professor Geoffrey Khan British Linguist

Date :- 24th February 2023 Timings:- During School Hours



British Linguist Prof. Geoffrey Khan, was invited through PCCM for a talk at EuroSchool Kharadi on Endangered Languages of the World. Prof. Khan spent time interacting wiht the students and teachers at EuroSchool





The Research Training Program for Clinicians and Residents by CTCR-PCCM continued with lectures on Immunology.



and Immunoediting

The Research Training Program for Clinicians and Residents by CTCR-PCCM uniquely designed to encourage clinicians to integrate scientific research in their clinical practice and understand the process of scientific enquiry. The second section, on Immunology, of the first module was conducted in February and March 2023

(RT-PCR)

Lecture : IV

Cellular and Molecular Basics

of the Human Immune

System Dr. Sneha Joshi Senior Scientist Centre for Translational Cancer Centre (CTCR) A Joint Initiative by IISER-Pune & PCCM

Module -1 CMBOC

Section -II Immunology

23rd February 2023

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An Initiative by Centre for Translational Cancer Research (CTCR)

Two posters from PCCM-CTCR were presented at the IndiaBioscience IBS-BioBank India Foundation Annual Conference 2023.

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Ms. Bindusha Das and Ms. Pranali Kanase presented "Setting up of a Fresh Breast Tissue Biobank" and "FFPE Breast Cancer BioBank from a single institutional cohort" respectively. The posters were well received and the conference enabled good interaction and networking.



Donation to underpriviledged patients through the PCCM Food Bank

PCCM through its various outreach and social support activities has constantly strived to help underprivileged patients and their families. Since 2009 PCCM has been running a vibrant food bank for underprivileged patients and their families. This month a drive for rice and dal was conducted and Ms. Pushpa Hegde has donated dal and rice for the underprivileged patients through this drive.





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



Mammography: 101 patients received free / concessional mammography



141 patients received free / concessional sonography



Biopsy 6 patients received free and concessional biopsy & 2 VABB procedures (for removal of fibroids etc)

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



Surgery: 10 patients received freeship/major concessions on breast surgery



Chemotherapy /Day Care 30 patients received free chemotherapy and 85 patients received major concessions at our day care centre for chemotherapy



Onco-Pharmacy 190 patients received free /concessional medicines from our onco-pharmacy

Free Counselling Services at Orchids Breast Health



Onco-Psychology Counselling 81 patients have received free psychological counselling to make them stronger during this tough time

Onco-Genetic Counselling 89 patients have received free genetic counselling services so far

> Nutrition Counselling 89 patients received free nutrition counselling to fight cancer treatment better

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

Manisha More

नमस्ते,

मैंमनीषा मोरे हूं और मैं ब्रेस्ट कैंसर सर्वाइवर हूं। स्तन में गांठ महसूस होने पर मैं अपने फैमिली डॉक्टर के पास गई जिन्होंने मुझे सोनोग्राफी के बाद कैंसर विशेषज्ञ से मिलने की सलाह दी। जैसे ही मैंने कैंसर शब्द सुना, मुझे लगा कि सब कुछ खत्म हो गया है, मैं इतना डर गई थी कि मुझे कैंसर विशेषज्ञ को दिखाने की जरूरत पड़ेगी। मैं इसलिए भी चिंतित थी क्योंकि मैंने सुना था कि कैंसर का इलाज बहुत महंगा है। मेरे पति एक पशु चिकित्सा क्लिनिक में सहायक के रूप में काम करते हैं और मैंने उनसे कहा था कि अगर यह कैंसर है, तो मैं इलाज नहीं करूंगी।

हालांकि, वे चिंतित थे और उन्होंने इस बारे में अपने डॉक्टर और सुश्री दीपा बजाज से भी बात की। सुश्री दीपा ने फिर उन्हें डॉ. कोप्पिकर के पास भेजा। इसके बाद हम डॉ. कोप्पिकर से मिले और उन्हें अपनी सारी रिपोर्ट दी। उन्होंने हमारी हर बात सुनी और हमने समझाया कि केवल 16,000 रुपये प्रति माह की तनख्वाह और दो बच्चों के साथ हम इस बात को लेकर बहुत चिंतित थे कि इलाज से हम पर कितना आर्थिक बोझ पड़ेगा। मुझे इस बात की भी चिंता थी कि मुझे अपना ब्रेस्ट हटवाना पड़ेगा। डॉ. कोप्पिकर बहुत दयालु थे और उन्होंने कहा कि स्तन को हटाने की कोई आवश्यकता नहीं है और एक छोटी सी सर्जरी और उपचार पर्याप्त होगा। उन्होंने हमें दिलासा भी दिया कि उनके सेंटर से हमें फ्रीशिप मिलेगी और पेमेंट की चिंता करने की जरूरत नहीं है। जहांगीर में मेरी सर्जरी हुई और मैंने अपना सारा इलाज मुफ्त में पूरा किया। डॉ. कोप्पिकर ने मुझे ऑनलाइन एक नया पट्टा दिया है और मैं वास्तव में उनकी ऋणी हूं। मेरे जैसे कैंसर रोगियों को वास्तव में उनके जैसे डॉक्टर की जरूरत है। सुनने के लिए आप सभी का बहुत-बहुत धन्यवाद।

Vaishali Gole

Treatment is best. Doctor consult very carefully. Patient is taken care of well by the staff. Good team work.



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

Radhika Sen

Hello everyone! My name is Radhika Sen. I'm from Pune. I am a teacher at Jaihind School, Pune. I was diagnosed with Breast Cancer in 2022 and was all depressed and tensed because I am a single parent and my son is completely on bed due to main enjaitis from last 14 years. My two daughters are studying. I was stressed with all this - how can I fight cancer mentally and financially. Then Dr. Chugh suggested me about Dr koppiker. I visited Dr. Koppiker in may 2022 for diagnosis and treatment and told him about my family and financial background. One of my committee member Neeta Chabriya Ma'am also personally approved to sir. After listening to me he immediately agreed to support me financially and gave moral support. He provided concession in price to me in my diagnostics, chemotherapy, radiation. I would like to thank Dr. Kopikker sir and all the Prashanti team members for their kindness and care throughout my treatment. I've seen many doctors but my personal opinion of Dr. Kopikker sir is he is a very kind-hearted doctor and down to earth person, whom I have ever met. He supported me in every way possible be it financial or psychological. I am very grateful that I have completed my treatment at the right place. Thank you once again team Dr. Koppiker sir, Laleh Ma'am and Prashanti for your efforts and dedication to the betterment of patients. I wish success, happiness, and good health to all the team members. Thank you

Lata Kumari

The staff has been very co-operative calm and patient. Friendly environment and things are going very well so far. Thank you.

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

We are ever grateful for your generosity and donations over the years that have helped save the lives of over 1000 young girls & women annually.

Many of them are alive with their families & loved one because of your generosity and big heart. Last year, because of your contributions we have been able to successfully treat over 3000 unaffording women with breast cancer through full freeships and major concessions in surgery, chemotherapy, radiation, free biopsies, diagnostics and much more, enabling them through the bewildering maze of challenges the disease brings through its wake & hand holding them to lead a normal life after cancer.

This year the unprecedented COVID-19 pandemic has presented challenges to the cancer patients and their families. Prashanti Cancer Care Mission has made every effort that no unaffording patient seeking our help is turned away.

This pandemic period has posed a huge challenge to needy patients, their care givers and Prashanti. We are striving to be able to take care of each and every woman coming for freeships and treatments.

We are now appealing to you for your support and generous donations, to help these young women battling with breast cancer to be able to get free treatment from us, so that no patient is turned away without help.

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.

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

• a. Through the donation page on the website: https://www.prashanticancercare.org/donations.php

or

• b. Send us a cheque in favour of "Prashanti Cancer Care Mission" Address: 1,2 Kapilvastu, Senapati Bapat Road, Pune, Maharashtra 411016

Please mail your Full Name, PAN Card copy, Mobile Number and Address proof to accounts@prashanticancercare.org so as to enable us to courier or email to you the 80G tax exemption certificate and donation receipt.

Every donation will receive a Receipt, benefit of Tax Deduction under 80G of IT Act 1961 and a Thank you Letter within a week or two.

For any queries, please feel free to contact me personally on 9850251000.

A big thank you once again for all the support over the years. Without your help, it would be impossible to do what we do. God Bless and wishing you and your family a blessed life.

We would like to thank our Donors & Supporters for their unconditional support over the years

Warm Regards, Ms. Laleh Busheri CEO Prashanti Cancer Care mission Visit us at : www.prashanticancercare.org / www.orchidsbreasthealth.com https://www.facebook.com/orchidsbreasthealth