



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



MAY 2024 | VOLUME 135 ISSUE 79

PCCM MONTHLY NEWSLETTER

Prashanti Cancer Care Mission's Newsletter

DONATE



WHAT'S IN THIS LATEST ISSUE?

The 2nd session of ISOS Hands-on Oncoplastic workshop was held on 27th & 28th April 2024.

Dr. Koppiker was invited as a faculty at the India Breast Meeting (IBM) held at the Sir HN Reliance Foundation Hospital, Mumbai.

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

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

Ms. Laleh Busheri was invited for a face-to-face chat with Tahira Kashyap organized by FICCI Flo Pune Chapter in association with Serum Institute of India at the Serum Institute of India auditorium

Ms Busheri was honored for her work in Breast cancer at an event organized by the Southern Star Army Wives Welfare Association in Pune.

Ms. Laleh Busheri was invited as a guest speaker for a seminar organized by MIT College of Management, Pune.

CTCR's RT-PCR Module- 2, Lecture VII titled, 'Computational Insights: Bioinformatics as a Tool for Oncology Research'

Dr. Koppiker & CTCR- PCCM Team's e-poster, wins 1st Prize at the India Breast Meeting (IBM), held at Sir HN Reliance Foundation Hospital, Mumbai.

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 second session of the ISOS Hands-on Oncoplastic workshop titled, "Essential in Oncoplastic Techniques-II" was held on April 27th & 28th, 2024.

The 2nd session of the International School of Oncoplastic Surgery (ISOS) Hands-on Oncoplastic workshop, titled 'Essentials in Oncoplastic Techniques-II,' was expertly led by Dr. Koppiker on April 27th & 28th, 2024. This event focused on Level-2 Oncoplastic techniques with a comprehensive exploration of Therapeutic Mammoplasty.

The workshop offered participants hands-on simulations, specialized prosthesis sessions, and real-time video surgeries to enhance their skills. The workshop emphasized managing complications and achieving optimal aesthetic outcomes in Therapeutic Mammoplasty procedures.

The event also featured contributions from eminent international speakers like Dr. Zoltan Martai (Qatar), Dr. Alberto Rancati (Argentina) and Dr. Regis Paulinelli (Brazil). The participants gave enthusiastic feedback about the session.

The next session in the four-part series is scheduled for July 20th -21st 2024.



Dr Koppiker was invited as a faculty at the India Breast Meeting (IBM) held at the Sir HN Reliance Foundation Hospital, Mumbai

Dr. Koppiker was invited as an esteemed faculty at the 3-day India Breast Meeting (IBM) held at the Sir HN Reliance Foundation Hospital, Mumbai from April 5th to 7th, 2024.

At the conference Dr. Koppiker presented on "Complex Mammoplasties - Dual Pedicle, Extended Pedicle, and Split Reduction Techniques," sharing advanced surgical approaches in breast reconstruction. He also conducted a session on "Lateral thoracic artery perforator (LTAP) + Lateral intercostal artery perforator (LICAP)- Indications and Markings with Videos," showcasing innovative techniques with video demonstrations. On the 2nd day of the conference he also chaired a session focused on "Elaborating on Early Breast Cancer. The IBM provided a comprehensive platform for collaborative learning.



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

The 'Ask the Expert' section of Femina March 2024 issue featured Dr. Koppiker's article on 'Unveiling Misconceptions: Debunking Breast Cancer Myths and Facts- Part II'.

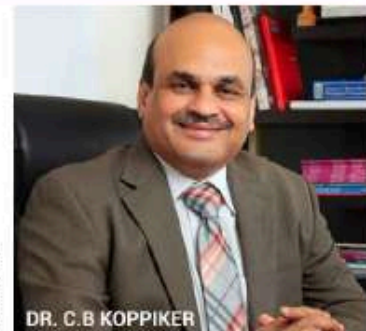
ASK THE EXPERT

UNVEILING MISCONCEPTIONS: DEBUNKING BREAST CANCER MYTHS AND FACTS- PART II

UNDERSTANDING THE TRUTH BEHIND THE BREAST CANCER MYTHS



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

As we embark on this Women's Day special week, we prioritize women's health and well-being. In this second article of our series, we delve deeper into the topic and provide more detailed information to help women better understand breast cancer and its impact on their lives.

MASTECTOMY IS THE ONLY TREATMENT OPTION FOR BREAST CANCER.

MYTH: There is a common myth that Mastectomy is the only treatment option for breast cancer. However, the truth is that treating breast cancer depends on various factors such as the type of breast cancer, its stage, overall health of the patient, menopause status and patient choice. Therefore, consulting with a healthcare professional for personalised treatment recommendations is important.

IF YOU ARE DIAGNOSED WITH BREAST CANCER IN OLD AGE, IT IS INCURABLE.

MYTH: If breast cancer is detected in old age, it does not necessarily mean that the cancer is incurable. This is a common myth. Infact, many older patients diagnosed with breast cancer can undergo successful treatment and can survive. Age alone does not determine the outcome of the disease.

AFTER LYMPH NODE SURGERY IN BREAST CANCER TREATMENT, LYMPHEDEMA IS A THUMB RULE.

MYTH: Lymphedema is one of the side

effects following lymph node surgery, particularly in the context of breast cancer treatment. However, the occurrence of lymphedema is not a universal rule, and it does not affect all individuals who undergo lymph node removal.

EXERCISE SHOULD BE AVOIDED AFTER SURGERY TO PREVENT LYMPHEDEMA.

MYTH: Monitored exercise under the supervision of qualified professionals is advised after breast cancer surgery to prevent the risk of lymphedema in patients.

HAIR LOST AS A RESULT OF CHEMOTHERAPY CANNOT GROW BACK AGAIN.

MYTH: Chemotherapy induces temporary hair loss. However, in most cases, hair loss during chemotherapy is reversible and hairs regrow eventually after completion of treatment.

BREAST CANCER CAN RECUR AFTER MASTECTOMY.

FACT: Mastectomy is a surgical procedure for the removal of the breast tissue. Mastectomy doesn't guarantee non-recurrence. Regular follow-up and monitoring are essential to detect any signs of recurrence early and initiate appropriate treatment.

BREAST CANCER SURGERY ALWAYS LEAVES A BAD SCAR.

MYTH: With the advancement

in breast cancer surgery and the application of oncoplastic principles, scarring can be minimized compared to earlier procedures. It is a myth that breast cancer surgery always leaves a bad scar. Oncoplastic Breast Surgery involves combining oncological and plastic surgery techniques to achieve optimal cosmetic outcomes while effectively treating breast cancer.

IF YOU HAVE A FAMILY HISTORY OF BREAST CANCER, BREAST CONSERVATION THERAPY IS NOT A TREATMENT OPTION.

MYTH: A family history of breast cancer alone does not automatically rule out breast conservation therapy (BCT). Patients may require several tests before determining the treatment plan. Additionally, the decision of BCT is based on the stage of diagnosis, the type of breast cancer, overall health of the patient. Knowledge is a powerful tool in battling breast cancer. Our ultimate goal is to empower women to take control of their health and make informed decisions that will enable them to lead healthy and fulfilling lives.

Twitter: @KoppikerCb
Instagram: @dr.koppikercb;
@orchidsbreasthealthpune
Facebook: <https://www.facebook.com/koppiker>

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

The 'Ask the Expert' section of Femina April 2024 issue featured Dr. Koppiker's article on 'Unveiling the Healing Power of Yoga for Breast Cancer Patients'.

ASK THE EXPERT

UNVEILING THE HEALING POWER OF YOGA FOR BREAST CANCER PATIENTS

EXPLORING THE BENEFITS OF YOGA IN BREAST CANCER



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

At Orchids Breast Health, we believe in the importance of preparing the body for potential side effects of breast cancer treatments such as surgery, chemotherapy, and radiotherapy. One effective way to support the recovery process is to adopt complementary therapies such as yoga. We are currently collaborating with YogCircle to build a yoga video library for our patients. In this article, we will discuss the various benefits of practicing yoga for breast cancer patients.

IS YOGA SAFE FOR BREAST CANCER PATIENTS UNDERGOING TREATMENT?

With evolving research, Yoga has been demonstrated to improve physical and mental well-being among patients and survivors when practiced regularly.

WHAT ARE THE BENEFITS OF YOGA FOR BREAST CANCER PATIENTS?

Yoga can help reduce anxiety and depression commonly associated with breast cancer. It may also improve sleep quality, flexibility, strength, and overall quality of life during and after treatment.

WILL YOGA HELP REDUCE CHEMOTHERAPY SIDE EFFECTS?

Studies show that practicing Yoga regularly decreases the symptoms of fatigue, loss of appetite, and constipation during chemotherapy.

WHAT TYPES OF YOGA ARE RECOMMENDED FOR BREAST CANCER PATIENTS?

Yoga techniques that focus on slow

movements, breathing and relaxation are recommended. Expert guidance is essential to learn the proper technique.

HOW DOES YOGA HELP MANAGE TREATMENT SIDE EFFECTS SUCH AS PAIN AND STIFFNESS?

Practicing Yoga Asanas harmonizes the body's physiological system. The calmer effect on the body reduces muscle tension, thus helping alleviate pain. Yogic postures improve muscle flexibility and aid in muscle strengthening. Additionally, Yoga encourages lymph flow and may reduce the risk of lymphedema.

ARE THERE SPECIFIC YOGA POSES TO AVOID DURING BREAST CANCER TREATMENT?

Some breast cancer patients may need to avoid intense or strenuous poses, especially if they have had surgery. Poses that involve deep twists or pressure on the chest or armpits should be approached cautiously.

HOW OFTEN SHOULD BREAST CANCER PATIENTS PRACTICE YOGA?

The frequency of yoga practice depends on individual comfort and energy levels. It is advisable to start with a few sessions per week and gradually increase as tolerated. Even short daily sessions of gentle Yoga can be beneficial.

HOW CAN YOGA HELP WITH EMOTIONAL WELL-BEING DURING BREAST CANCER TREATMENT?

Yoga encourages mindfulness and relaxation, reducing emotional

distress and improving mood.

IS IT SAFE TO PRACTICE YOGA DURING CHEMOTHERAPY OR RADIATION THERAPY?

Yoga can be safe during chemotherapy or radiation therapy, but it is essential to listen to your body and modify poses as needed. Inform your yoga instructor about your treatment schedule and any side-effects you are experiencing.

ARE THERE ANY SIDE EFFECTS OF YOGA?

Yoga is safe if performed under the guidance of qualified experts. Give your Yoga expert details about your medical condition. Report if any posture is painful.

Yoga improves the quality of life and psychological health in breast cancer patients. Hence, it is recommended for breast cancer patients as a supportive therapy.

Please note: Orchids Breast Health Clinic is now in association with Prashanti Cancer Care Mission (PCCM) and Jehangir Hospital.

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

Ms. Laleh Busheri was invited for a face-to-face chat with Tahira Kashyap organized by FICCI Flo Pune Chapter in association with Serum Institute of India at the Serum Institute of India auditorium

On the 8th of April, Ms. Laleh Busheri was invited for a face-to-face chat with Tahira Kashyap by FICCI Flo Pune Chapter in association with Serum Institute of India. They engaged in a profound dialogue focusing on raising awareness about breast cancer and Tahira Kashyap's inspiring survivorship journey. This conversation highlighted the importance of breast cancer awareness and the journey of overcoming the disease.



Ms. Busheri was honored for her work in Breast cancer at an event organized by the Southern Star Army Wives Welfare Association in Pune.

On the 13th of April, Ms. Laleh Busheri attended the Asmita Dakshini Kathan event organized by the Southern Star Army Wives Welfare Association at the Rajendra Sinhji Institute, Pune. Asmita provides a platform for army wives to share their stories of triumph over adversity. Ms. Busheri was recognized for her dedication to breast cancer care and the establishment of Pune's first breast tissue Biobank, making her a leader in healthcare.



Ms. Laleh Busheri was invited as a guest speaker for a seminar organized by MIT College of Management, Pune.

On the 24th of April 2024, Ms Laleh Busheri was invited as a guest speaker for a seminar hosted by the MIT College of Management, Pune. Ms. Busheri delivered an engaging presentation on breast cancer awareness and the gold standards in treatment. She emphasized the importance of raising awareness about breast cancer, highlighting risk factors, and stressing the significance of early detection and access to quality treatment.



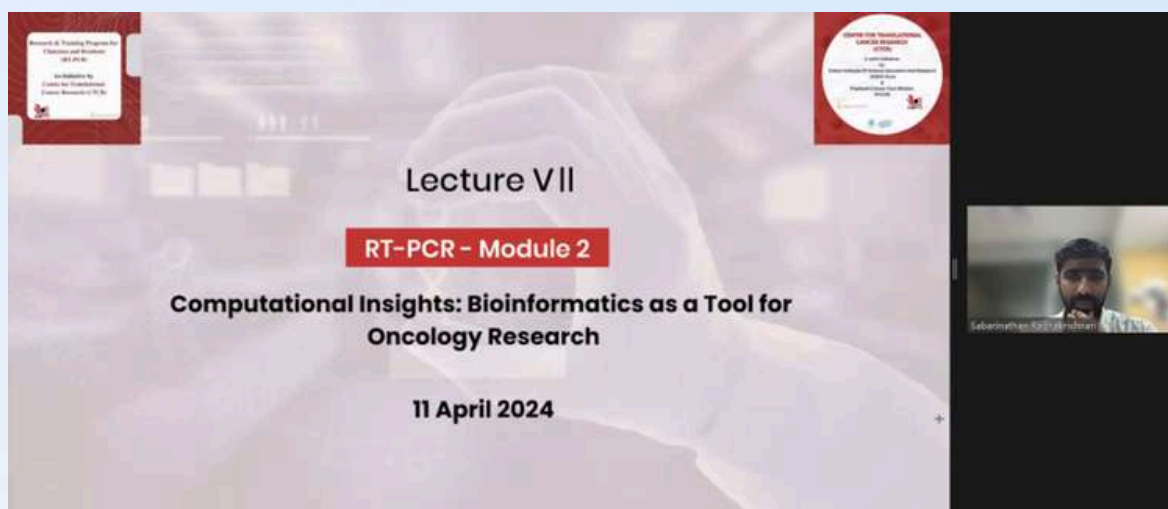
PCCM FOOD BANK

The PCCM Food Bank is conducting regular drives to aid unaffording patients and their families by supplying essential food items. This month's donation enabled the delivery of wheat, rice, and dals. If you wish to contribute, please contact Ms. Laleh Busheri (9850251000) or Mr. Aditya Kamthe (9665033955).



CTCR's RT-PCR Module- 2, Lecture VII titled, 'Computational Insights: Bioinformatics as a Tool for Oncology Research'

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 7th session was dedicated to the topic of 'Computational Insights: Bioinformatics as a Tool for Oncology Research'. The lecture was held on 11th of April 2024 and was led by Dr. Sabarinathan Radhakrishnan.

The seventh lecture of RT-PCR Course Module-2 focussed on Computational Insights: Bioinformatics as a Tool for Oncology Research. During the lecture, Dr. Sabarinathan Radhakrishnan gave an insightful presentation on how bioinformatics tools are revolutionizing cancer research and treatment strategies. His talk was followed by a Q & A session where queries from the participants were efficiently resolved.



Dr. Koppiker and CTCR- PCCM Team's e-poster, wins 1st Prize at the India Breast Meeting (IBM), held at Sir HN Reliance Foundation Hospital, Mumbai.

Dr. Koppiker and the CTCR-PCCM teams' surgical audit work, garnered the prestigious 1st prize award at the India Breast Meeting (IBM) April 5th-7th 2024 hosted at Sir HN Reliance Foundation Hospital, Mumbai. The winning e-poster, entitled 'Oncoplastic Breast Surgery taking 'centre' stage: Oncoplasty solutions and outcomes for Central quadrant tumors', was presented by one of the PCCM-Mch fellow Dr. Anushree Vartak on behalf of PCCM-CTCR team. The work demonstrates the team's steadfast commitment to improving the management of central quadrant breast tumors, acknowledged as some of the most challenging to treat. Through the integration of oncoplasty techniques, the work reveals how these tumors can be effectively managed, yielding oncologically safe outcomes, high levels of patient satisfaction ranging from good to excellent, acceptable complication rates, enhanced cosmetic results, and an overall improvement in the quality of life for affected individuals.

ONCOPLASTIC BREAST SURGERY TAKING 'CENTRE' STAGE: ONCOPLASTY SOLUTIONS AND OUTCOMES FOR CENTRAL QUADRANT TUMORS

INTRODUCTION

Centrally located breast cancer is commonly defined as breast cancer within 2.0 cm from the nipple-areola complex (NAC).

- Tumors located in the central quadrant of the breast present unique challenges due to their proximity to the nipple-areola complex (NAC), raising critical aesthetic considerations for surgical management.
- However, tumors localized in the central quadrant have received limited attention in breast cancer research, leaving their clinicopathological characteristics, surgical management and prognostic implications inadequately understood.
- Therefore, this study aims to elucidate the clinicopathological profile of central quadrant tumors, oncoplastic solutions for surgical management and oncological outcomes of central quadrant tumors in a single surgeon centre in India.
- Through meticulous investigation, we aim to contribute valuable insights into the management of central quadrant tumors with oncoplastic techniques thereby optimizing therapeutic strategies and ultimately improving patient outcomes in breast cancer care.



CERTIFICATE

This is to certify that

Dr. Anushree Vartak

has been awarded **1st Prize** for the E-Poster Presentation
titled **Oncoplastic Breast Surgery Taking 'Centre' Stage:
Oncoplasty Solutions And Outcomes For Central Quadrant Tumors** at the
INDIA BREAST MEETING 2024
from **5th to 7th April 2024** at the **Sir H.N. Reliance Hospital, Mumbai.**

Dr. Vijay V. Haribhakti
Conference Chairman

Dr. Ashutosh Kothari
Program Chairman,
Global Director

Dr. Sowanti Limaye
Program Director, Medical
Oncology & Precision Oncology

BLOG BY OUR NUTRITION EXPERT

PROCESSED FOODS AND CANCER RISK

Cancer is a leading cause of death globally, according to the World Health Organization (WHO). The rise in high-fat, sugary diets, and sedentary lifestyles are significant contributors to cancer. Our eating habits have also been influenced by globalisation and the changing times, leading to changes in cooking methods, ingredients, utensils, and eating habits. Companies are providing convenient ready-to-eat options that save time and energy, but many of these foods are heavily processed and may contain common ingredients that are known to be carcinogenic.

Here are a few common carcinogens that enter our bodies through food:

Microwave popcorns

Microwave popcorn bags are lined with Perfluorooctanoic Acid (PFOA) which are carcinogenic in nature and are linked with testicular and kidney cancer.

**Processed meats**

Nitrates and nitrites are added to processed meats like sausages, hot dogs and salamis, to keep it fresh for longer. These chemicals have cancer causing properties and thus WHO has declared processed meat as grade 1 carcinogens

**Farm fish**

Farm fish have residual pesticides which are carcinogenic in nature.

**Instant cup noodles and canned foods**

Bisphenol A (BPA) is a compound found in the linings of different canned foods and instant ready-to-eat meals. It has been associated with changes in brain development, reproductive issues, and obesity, all of which can contribute to the development of cancer.



In addition to these, there are numerous artificial dyes, sugars, preservatives, and adulterants, all of which can be detrimental to health and could potentially contribute to cancer risk. To steer clear of these chemicals, it's essential to read food labels before making purchases, opt for fresh and homemade meals, and incorporate regular physical activity into our daily routine.



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 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.



- PCCM-CTCR Research team poster titled, 'Oncoplastic Breast Surgery taking 'centre' stage: Oncoplasty solutions and outcomes for Central quadrant tumors' was presented by Dr. Anushree Vartak (PCCM- Oncoplasty Fellow) at the India Breast Meeting (IBM), April 5th-7th, Sir HN Reliance Foundation Hospital, Mumbai. The team was awarded 1st prize for the e-poster presentation.
- PCCM-CTCR research team poster titled, Molecular and Cellular Profiling of TNBC in an Indian Breast Cancer Cohort was accepted to the 8th Cancer World Congress, May 29-31, 2024, Dubrovnik, Croatia
- RTPCR course Module- 2: Lecture 7, Computational Insights: Bioinformatics Tools for Oncology Research was successfully conducted in the Month of April 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 samples collected till date.

3 Fresh frozen tissue 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 Kopliwasti, Senapati Bapat Road, Pune, Maharashtra 411016



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 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 5pm)

Visit us at
12 Kopliwasti, Senapati Bapat Road, Pune, Maharashtra 411016



Onco-Genetic Counselling

231 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 Kopliwasti, Senapati Bapat Road, Pune, Maharashtra 411016



Nutrition Counselling

317 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 April 2024**



Mammography:

**189 patients received
free / concessional
mammography**



Sonography:

**211 patients received
free / concessional
sonography**



Biopsy

**16 patients received
free and
concessional biopsy
VABB -1**

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



Surgery

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



Chemotherapy /Day Care

**3 patients received free
chemotherapy
6 patients received major
concessions at our day care
centre for chemotherapy**



Onco-Pharmacy

**20 patients received free
/concessional medicines
from our onco-pharmacy**

**Testimonials of a few patients who were adopted for
Freeship**

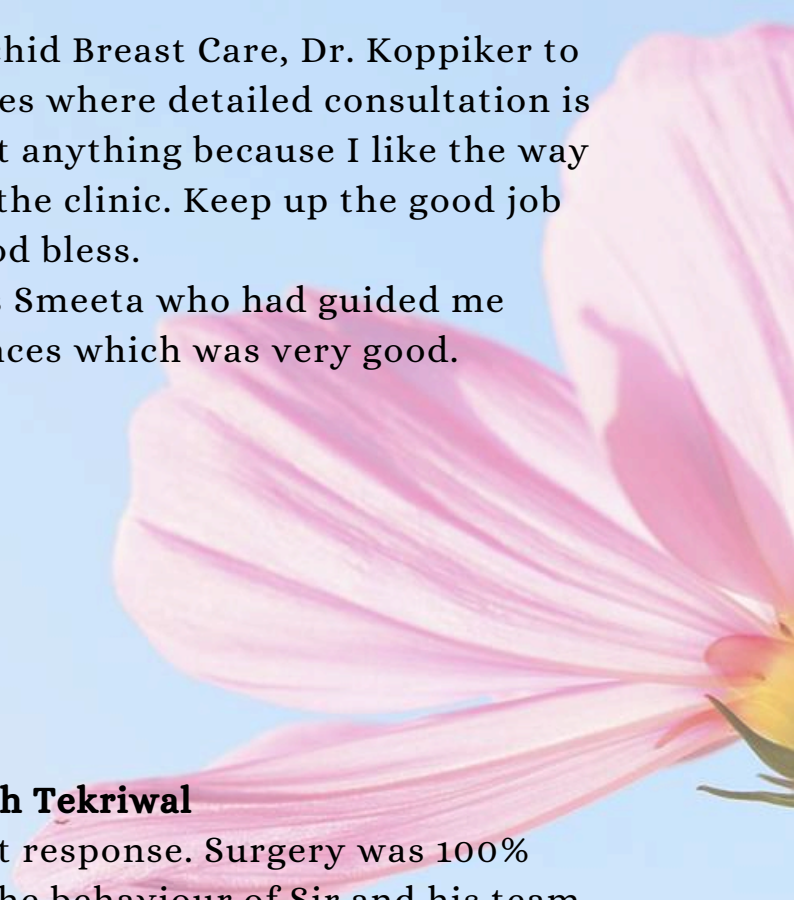
Manmeet Kaur

I would highly recommend Orchid Breast Care, Dr. Koppiker to everyone. One of the best centres where detailed consultation is given. Would not like to suggest anything because I like the way the flow is going smoothly in the clinic. Keep up the good job and God bless.

I would like to mention Ms Smeeta who had guided me throughout my experiences which was very good.

Mr. Rajesh Tekriwal

Patient relative: I got a great response. Surgery was 100% successful, recovery is 100%. The behaviour of Sir and his team is extraordinary, they have treated us like a family. I consider the 'Dr' as a representative of 'God'. Grateful to all for their support.



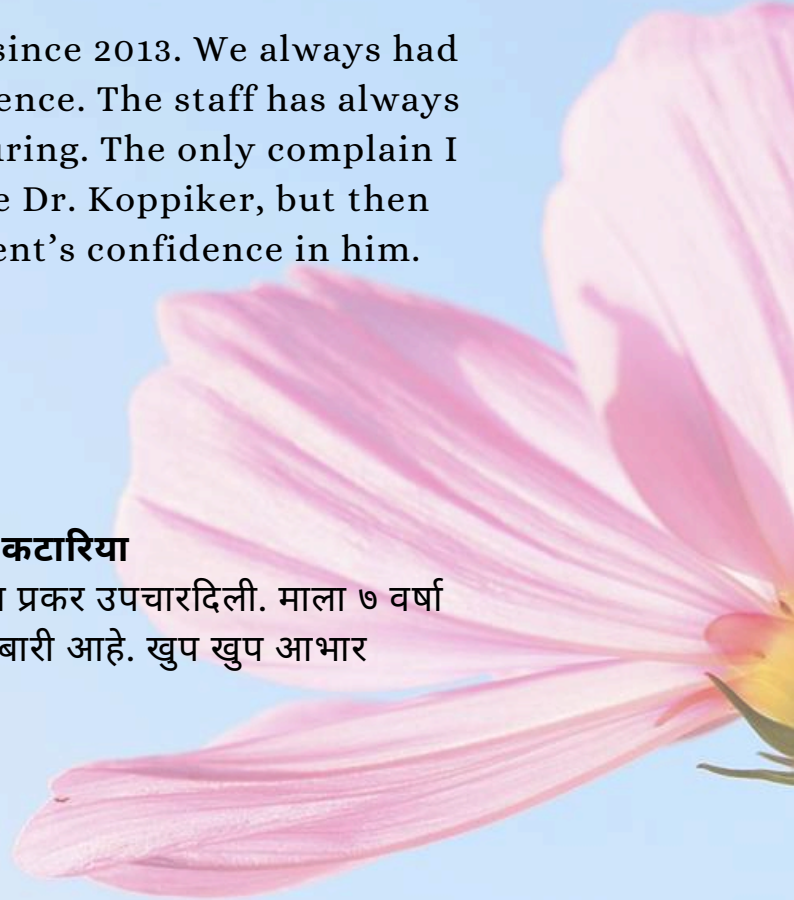
**Testimonials of a few patients who were adopted for
Freeship**

Mrs. Sahar Banoo M. Qazi

We have been visiting Orchids since 2013. We always had a very pleasant and good experience. The staff has always been very co-operative and assuring. The only complain I can have is the long wait to see Dr. Koppiker, but then that spells the volume of patient's confidence in him.

आशा कांतीलाल कटारिया

डॉ. कोप्पीकर तथा संपूर्णकर्मचारी चांगल्या प्रकर उपचारदिली. माला ७ वर्षा पासुनउपचार चालु असुनमी 100% बारी आहे. खुप खुप आभार





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>Naseem Khatri (58 Yrs.)</p>	Ms. Naseem Khatri (58 years) has Stage III breastcancer. She is a widow and has 4 family members. Her son is the only earning member in the family, doing the job of material loading/unloading in a delivery firm with a salary of only Rs. 5000 per month.	
		Treatment	Amount (In Rs.)
		Chemotherapy	1,59,684
		Diagnostics and OPD Charges	25,850
		Radiation	000
		Surgery	000
		Total	1,85,534
02.	 <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	2,88,945
		Diagnostics and OPD Charges	19,222
		Radiation	000
		Surgery	000
		Total	3,08,167

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>**

