





# PCCM MONTHLY NEWSLETTER

Prashanti Cancer Care Mission's Newsletter



#### WHAT'S IN THIS LATEST ISSUE?

BreastGlobal- ISOS Joint Webinar, "A Masterclass on Oncoplastic Techniques in Breast Cancer- II: Chest Wall Perforator Flaps" was held on 25th of August 2023

Prashanti team participated in STREEconomy MSME Fest held at the Crown Plaza Hotel, Pune.

Ms. Laleh Busheri was invited as Chief Guest by the Maharashtrian Ladies Association (MLA) for Season 3 Rakhi & Festive Exhibition

'Exploring the human microbiome-A step forward for precision medicine in breast cancer' got publised in Cancer Reports journal.

Ms. Pooja Vaid, PhD Fellow, was selected as one of the winners of Association of Molecular Pathology 2023 International Trainee Travel Award.

# 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.

## BreastGlobal- ISOS Joint Webinar, "A Masterclass on Oncoplastic Techniques in Breast Cancer- II: Chest Wall Perforator Flaps" was held on 25th of August 2023

Breast Global	BREAST REALEST AND SURCEAL TAXAMIC GLOBAL Equity   Evidence   Education
	A Masterclass on Oncoplastic Techniques in Breast Cancer -II Chest Wall Perforator Flaps
	A Webinar by BreastGlobal
	August 25 <sup>th</sup> , 2023

On the 25th of August 2023, the Breast Global & the International School of Oncoplasty (ISOS) jointly organized a webinar, ' A Masterclass on Oncoplastic Techniques in Breast Cancer- II: Chest Wall Perforator Flaps'.

The webinar featured two talks. Firstly, Dr. P.G Roy discussed the basics of the technique of Chest Wall Perforator Flaps (CWPF). This was followed by Dr. Koppiker discussing the versatility of CWPFs.



Advancement flaps

- Perforator flaps
- LICAP
- LTAP
- TDAP
- Lower chest wall flaps: TE flaps/AICAP
- Mini LD
- Other: Free flaps/fat transfer

The talks were followed by an engaging panel discussion. With over 500 registrations, the session highly was interactive, with engaging discussion and valuable insights. The webinar was well-received by the participants.

### Prashanti team participated in STREEconomy MSME Fest held at the Crown Plaza Hotel, Pune.

On the 12th of August, team Prashanti partcipated in STREEconomy MSME BIZ Fest held at Crown- Plaza hotel, Pune. The team put up a stall for the sale of books on 'Triumph over breast cancer Odysseys of 23 Phenomenal Women' and 'Genetic Testing- A game changer in Breast Cancer Management' written by Ms. Laleh Busheri. The response was immense and the amount received from the sale of these books was used for donations.





## Ms. Laleh Busheri was invited as Chief Guest by the Maharashtrian Ladies Association (MLA) for Season 3 Rakhi & Festive Exhibition

Ms. Laleh Busheri was invited as Chief Guest at the Season 3 of the Rakhi & Festive Exhibition by Maharashtrian Ladies Association (MLA) held on 12th & 13th August 2023. The event was held at Hotel Central Park Deccan Pune and saw tremedous participation from the community.





'Exploring the human microbiome- A step forward for precision medicine in breast cancer'



We are thrilled to announce the publication of the review titled "Exploring the Human Microbiome – A Step Forward for Precision Medicine in Breast Cancer " in the "Cancer Reports" journal.

In a world where breast cancer remains a significant health concern, our collaboration with the TCS team has led to this insightful review. We've delved deep into the influence of gut microbiota on breast cancer development, prognosis, and treatment. This review sheds light on the interplay between oncobiome and specific breast cancer molecular subtypes, highlighting the impact of epigenetics and diet on the gut and breast microbiome.

Moreover, our review embraces cutting-edge technological leaps, such as next-gen sequencing and AI, revolutionizing microbiome research. By decoding these intricate relationships, we're paving the way for personalized therapies and more accurate prognostication in breast cancer cases.





- 1. Publication of Review titled "Exploring the Human Microbiome A Step Forward for Precision Medicine in Breast Cancer", in the "Cancer Reports" journal.
- 2.Ms. Pooja Vaid, PhD Fellow, PCCM-CTCR and Ashoka University was selected as one of the winners of Association of Molecular Pathology 2023 International Trainee Travel Award. Ms. Vaid will be giving a poster presentation of the work at the AMP 2023 Annual Meeting.



## **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.

#### **This month** Total Blocks-38 Biopsy blocks-18 Surgery blocks- 20



#### 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.

**20** Fresh frozen tissue samples collected this month

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



## Mammography: 115 patients received free / concessional mammography



Sonography: 143 patients received free / concessional sonography



Biopsy 11 patients received free and concessional biopsy Total Vaccum assisted breast biopsy (VAB)- 1

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



## Surgery

21 patients received freeship/major concessions on breast surgery



Chemotherapy /Day Care 30 patients received free chemotherapy 86 patients received major concessions at our day care centre for chemotherapy



Onco-Pharmacy 210 patients received free /concessional medicines from our onco-pharmacy

#### Free Counselling Services at Orchids Breast Health



Onco-Psychology Counselling 167 patients have received free psychological counselling to make them stronger during this tough time

Onco-Genetic Counselling 154 patients have received free genetic counselling services so far

Nutrition Counselling 163 patients received free nutrition counselling to fight cancer treatment better

#### **BLOG CORNER**

## "Harmonizing Healing: The Role of Yoga in Breast Cancer Wellness"



Breast cancer is one of the most common cancers affecting women worldwide. Increased awareness, early detection, and modifications to lifestyles have shown promising outcomes in breast cancer management. Advanced breast cancer research brought to understand that yoga when practiced regularly have demonstrated to improve physical as well as mental wellbeing among patients and survivors. With evolving research, people are paying more attention to their health and reverting back to their roots and many now believe that complementary medicine, such as yoga, can aid to lessen the negative effects of treatment. Although yoga cannot serve as a first-line treatment for breast cancer, it may assist with ongoing prevention and help people live healthier lives. Furthermore, greater compassion and support for those who are coping with illness contributes to positive outcome and encouragement to patients.



#### Yoga as Therapy

Yoga practices (Asanas, and meditation) Pranayama emphasize relaxation and mindfulness techniques that can aid reducing stress, anxiety and depression often associated with breast cancer. Gentle practice of Asanas can alleviate muscle tension, enhance flexibility, and improve posture, addressing discomfort stemming from treatment. Bу cancer encouraging controlled breathing (Pranayama), can enhance lung capacity and its focus on body awareness fosters a sense of empowerment. Mindfulness and relaxation techniques act as anchors, calming the storm of stress and nurturing emotional well-being during the breast cancer journey. Altogether, these practices create a sanctuary where both body and spirit find healing harmony.

#### "योगश्चित्तवृत्तिनिरोधः॥" "Yogaś citta-vṛttinirodhaḥ."

This shloka, from Patanjali's Yoga Sutras, succinctly encapsulates one of the core benefits of yoga – the ability to calm and still the restless thoughts and emotions of the mind. It suggests that through yoga practice, the mind achieves a state of quietude, leading to inner peace, clarity, and self-awareness. This aligns with the broader notion that yoga helps individuals find mental tranquility and balance amidst the challenges of life.



#### WHY YOGA?

Stress reduction Physical control Lymphatic flow Energy renewal Emotional healing Quality sleep Pain management Body mind connection Community support Empowerment

## **FOOD BLOG**



# CARROT CELERY SOUP

Nutrition plays a significant role in one's health and well-being. A healthy diet including all nutrients in proper balance can keep diseases away.

## **HEALTH BENEFITS**

- This low-calorie soups is indeed a great option for a snack or meal that can help you control your calorie intake while providing essential nutrients and promoting a feeling of fullness.
- Carrots are rich in beta-carotene and lutein, which are strong antioxidants and prevent eyes from being damaged by free radicals.
- Beta-carotene has been proven to reduce the risk of breast cancer.
- Carrots have anti-cancer properties as they are rich in phytochemicals which have cytotoxic and anti-neoplastic properties.
- Celery is rich in fiber and aids in digestion.
- Ginger, garlic, and black pepper have anti-inflammatory properties and thus boost immunity.
- Pumpkin seeds add proteins which increase satiety.

#### **INGREDIENTS:**

Carrots (chopped): 2 bowls Celery (chopped): 1 bowl Onion (chopped): 1 bowl Fresh ginger (grated): 1 tsp Garlic (chopped): 2 tsp Pumpkin seeds (powder): 1 tbsp Vegetable stock : 200ml



#### METHOD OF PREPARATION:

- Heat the oil and saute onions.
- · Add ginger and garlic and stir for a few seconds.
- Once the onion is cooked add carrot and celery and cook till the carrot is a little soft.
- Add pumpkin seeds powder and stir for a few seconds.
- Add vegetable stock and boil till the carrot is completely soft.
- Add salt and pepper as per taste.
- Blend and serve hot.

Prashanti-CTCR is dedicated to achieving research and clinical excellence. We are proud of our team, which is committed to advancing medical knowledge and providing exceptional patient care. We are excited to welcome new members to our team who joined us in May 2023. Their experience and expertise will undoubtedly contribute to our mission.

#### DYANESHWARI MUKNAK ONCO-PSYCOLOGIST

She works as an Onco-psychologist at CTCR, Pune. She has interned at versatile cancer settings such as palliative/ hospice care unit, pediatric hematology department and breast cancer clinic. She takes an eclectic approach and is an empathic, supportive mental health advocate working in the oncology setup.





#### DR. NAMRATA ATHAVALE PHYSICIAN ASSISTANT

She is an MD in Homeopathy and has been into clinical practice for over 10 year. At PCCM's Orchid's Breast Health Clinic, she works as a

physician assistant. Her role encompasses both clinical expertise and coordination between clinical and research teams. As a bridge between patient care and medical research, she holds responsibilities that contribute significantly to the smooth functioning of the centre.

#### DR. KAINAT MOOSA PUBLICATIONS & COMMUNICATION MANAGER

She has a decade of clinical experience in homeopathy and is a highly skilled medical writer. She has created academic coaching material for PG MBBS entrance exams in the past. At CTCR-PCCM, she focuses on producing and editing scientific/medical manuscripts related to breast cancer management and oncoplastic surgery. She also manages the Breast Global platform and journal, Breast Global websites and social media pages.





#### DR. PRIYA SIVADASAN RESEARCH SCIENTIST

She is a Research Scientist at PCCM-CTCR with a Ph.D. in Head and Neck Oncology. She is also trained in Science Journalism and holds a Postgraduate Diploma in Intellectual Property Rights. Her work on Salivary biomarkers for the early diagnosis of Oral cancer has got patented.

At PCCM-CTCR she is involved in conducting research projects focused on breast cancer, understanding its molecular mechanisms and identifying biomarkers, collaborate with clinicians, manuscript writing and grants writing.

#### MS. PURVA SHARMA NUTRITIONIST

Purva Sharma is a clinical dietitian with a master's degree from Symbiosis International University. She is Onco-nutritionist at CTCR. She has published a review paper in the Indian Journal of Public Health Research and Development. She believes healthy food is the most accessible and sustainable health investment.



In July two MBBS students from government medical colleges interned at CTCR. They gained hands-on research experience that will benefit their future careers.



The Center for Translational Research, a collaborative initiative between IISER and Prashanti Cancer Care Mission, opens its doors to internship applications on a monthly basis. Successful applicants are appointed to the research center, where they undergo immersive training across diverse research projects. They also recieve exposure to clinical settings, guided by renowned oncologist Dr. C.B. Koppiker at Jehangir Hospital. Additionally, interns have the opportunity to visit IISER's laboratory facilities, where they receive expert training and guidance.

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

#### Saima Naaz

मैं साइमा नाज़ मरीज हूं, कुछ दिन पहले ब्रेस्ट में कुछ बदलाव नजर आए। हमने डॉक्टर को बताया, डॉक्टर ने कुछ टेस्ट दिए और टेस्ट कराए। टेस्ट में कैंसर का पता चला. मेरी जिंदगी ही बदल गयी. सब कुछ ही ख़तम हो गया। सब फैमिली फ्रेंड्स में बहुत टेंशन है।

मेरे दोस्त हैं लालानी मैडम, वो पुणे में रहते हैं। लालानी मैडम ने डॉ. कोप्पिकर सर के बारे में बताया। डॉ. कोप्पिकर सर ने मुझे बहुत अच्छी तरह से हैंडल किया, जैसे कोई सामान्य मरीज हो। परिवार को भुगतान की भी समस्या थी वो भी डॉ. कोप्पिकर सर ने हल किया। ऑर्किड ब्रेस्ट हेल्थ सेंटर बहुत अच्छा हॉस्पिटल है और यहां के स्टाफ बहुत अच्छे हैं और बहुत मदद करते हैं।



#### Radhika Mathur

The team at Orchids under Dr. Koppiker's expertise are extremely caring, skilled and patient. They are constantly updating their knowledge and have been tremendous support through this journey. May God bless them all.

#### Vijay Suvarnakar

The team at Orchid is really helpful in all aspects. Supported us to go through the stressful period and guided us on with all the helpful tips which were really helpful.

Wish the team all the best for future.

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

#### Uma Palod

We had gone places before reaching Orchid after getting detected. But we heard from our relative Dr. Pravin Dayama about the ease of treatment that orchid provides and he persisted, we get treated here. We are thankful, we listened to him. From Day 1, we felt supported and at ease. We highly appreciate the unique approach of Day Care Center of Orchid. It saves patient the hassle, tiredness which comes from going to huge hospitals. Thanks to Koppiker Sir to make us feel that this is an easy process to go through. Thanks to Chetan Deshmukh Sir for always being there to hear us out and explaining us things. The staff is very friendly and makes communication smooth for us. Special thanks to George for his care and tension free chemo process. He also gave us resources like wig makers which made the journey very smooth for our patient



#### Damayanti Desai

Dr. Deshmukh Chetan, good doctor. He is very simple and gentle in his behaviour. He will give sufficient time to each patient.

Very good hospital, great service. All staff members were very humble and helpful. The nurses, doctors and housekeeping staff all were very cooperative and helpful.

# 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.		Anjum Kazi <u>(42</u> years) has stage II breast cancer. She is a homemaker with 2 children studying in school. Her husband has lost his job in COVID19 and the family <u>currently has</u> no income source.	
	1 - C	Treatment	Amount (In Rs.)
		Chemotherapy	120,500
		Diagnostics and OPD Charges	05,200
		Radiation	1,80,000
	Anjum Kazi (42 <u>Yrs</u> )	Surgery	1,00,000
		Total	4,05,700
02.	Saima Naaz (43 ¥rs)	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	2,05,350
		Diagnostics and OPD Charges	12,800
		Radiation	1,80,000
		Surgery	000
		Total	3,98,150

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