



JULY 2025 | VOLUME 10 | ISSUE 101

PCCM MONTHLY NEWSLETTER

Prashanti Cancer Care Mission's Newsletter

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WHAT'S IN THIS LATEST ISSUE?

Dr. C.B. Koppiker Featured as One of Pune's "Healing Heroes: 18 Doctors Redefining Medicine and Humanity" in the Pune Times Mirror Epaper for his pioneering work in breast cancer care

Dr. Koppiker's article was featured in the 'Ask the Expert' section in Femina June 2025 issue.

PCCM's CTCR recently published a study titled "Germline Mutational Profiles and Clinicopathological Associations in Triple Negative Breast Cancer." PCCM's Hands on Bio-banking Workshop 'Essentials in Biobanking and Workflow' will be held from July 4th, 5th 2025

ISOS Announces 4-Part ISOS Hands-on Oncoplastic Workshop Series, Module 2 | Workshop 1

BreastGlobal Journal is currently accepting submissions for future editions

Ms. Laleh Busheri's article was featured in the June 2025 issue of BLOOM Magazine by Reach to Recovery International (RRI)

Ms. Laleh Busheri's article was published in the *UpperCrust* Magazine

Dr. Madhura Kulkarni, Translational Research Lead from Prashanti Cancer Care Mission, presented a poster at European Association for Cancer Research: EACR 2025 at Lisbon Portugal on 17th June.

RT-PCR Phase III, Lecture X titled, "The Evolution of Radiotherapy in Breast Cancer: The Past, Present and Future" was held on the 12th of June 2025

CTCR's RT-PCR Phase III, Lecture XI titled, "Game-Changers in Breast Cancer Surgery" was held on 26th of June 2025

Lecture 9th of Prashanti Cancer Care Mission's Pink Ribbon Support Group Webinar Series was held on 18th June 2025.

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.

Testimonials of Freeship patients helped through Prashanti Cancer Care Mission

Charlomi Chattopadhyay



Excellent set-up for the daycare with available for all kinds of help and support for the patients. The ambiance is cozy, which is really needed, the smiling faces of staff, quick response to any kind of queries, right advice, and costeffective treatment process. We came across Orchid by chance and with reference from a family friend. The patience of nurses and other staff members is amazing. The best place for breast cancer treatment without any doubt.

Malliyil Thomas Thresia



All the members of the clinic were very supportive and helpful. Dr. Koppiker and Dr. Dhar clearly explained the procedure before the surgery and provided moral support throughout the process. When we first visited the OPD on 14th April 2025, Ms. Jyoti was extremely helpful in initiating the process and completing the insurance documentation on time. A big "THANK YOU" to all the members of the staff!



Unfiltered, real voices straight from the heart

**Feedback shared by Mr. Sandesh Kadam, husband of
Mrs. Ujjwala Kadam**



माझी पत्नी सौ. उज्ज्वला संदेश कदम हिला ब्रेस्ट कॅन्सर वर खूप उत्तम उपचार सुरु आहेत. ते असताना आहार विषयी सल्ला ज्यामुळे तिचे फॅटी लिव्हर सुद्धा प्रमाणात आले आहे, विशेषा मॅडम कडून चा आधार आणि सगळ्या सहकाऱ्यांकडून जी समजूत मिळाली त्याचा खूप फायदा झाला. विशेष म्हणजे प्रत्येक रुग्णाचे खूप छान पद्धतीने ट्रॅकिंग केले जाते आणि फोने करून देखील माहिती घेतली जाते. शस्त्रक्रिया, केमोथेरपी, इतर सर्व डॉक्टर आणि सहकाऱ्यांचा आधार खूप छान मिळाला. - संदेश मानसिंग कदम

Sujata Deshpande

Very satisfied with the consultation and services received. The doctors and staff are extremely supportive and understanding.

Dr. C.B. Koppiker Featured as One of Pune's "Healing Heroes: 18 Doctors Redefining Medicine and Humanity" in the Pune Times Mirror Epaper for his pioneering work in breast cancer care

Dr. C.B. Koppiker was featured in the Pune Times Mirror Epaper (1st July 2025) as one among 18 distinguished doctors who have not only made a name for themselves in the field of medicine but are also actively involved in impactful social causes

Recognized for introducing Breast Conservation Surgery and achieving one of India's highest breast reconstruction rates, Dr. Koppiker has performed over 2,500 breast surgeries—including more than 1,000 oncoplastic and 500 full reconstructions. As Medical Director of Orchids Breast Health and Prashanti Cancer Care Mission, he continues to lead compassionate, affordable, and comprehensive breast healthcare initiatives in India.

Read the full article here: <https://punemirror.com/pune/health/pune-s-healing-heroes-18-doctors-redefining-medicine-and-humanity/cid1751368948.htm>

PuneTimesMirror Epaper



HOME ► PUNE ► HEALTH ► PUNE'S HEALING HEROES

Pune's Healing Heroes: 18 Doctors Redefining Medicine and Humanity

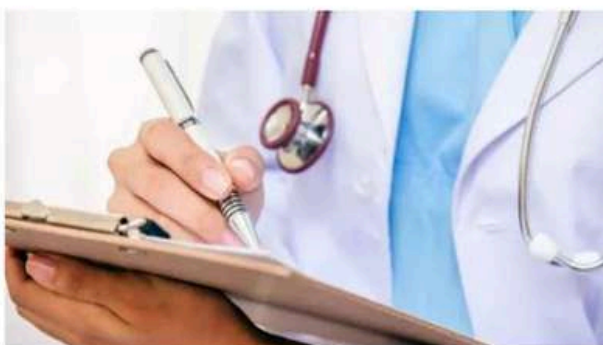
These 18 doctors have made a name for themselves and are also actively involved in social causes

By
PuneMirror
Bureau

Reported By
Chaitraly Deshmukh

Tue, 1 Jul
2025

04:30
pm



Pune's Healing Heroes: 18 Doctors Redefining

2. Dr. C. B. Koppiker – Breast Oncosurgeon & Medical Director

A pioneer in compassionate breast cancer care, Dr. Koppiker established Pune's first advanced cancer centre in 1994. As Medical Director at Orchids Breast Health and Prashanti Cancer Care Mission, he leads affordable, comprehensive breast healthcare initiatives.

Introduced Breast Conservation Surgery and achieved one of the highest breast reconstruction rates in India.

Performed over 2,500 breast surgeries, including 1,000 oncoplastic and more than 500 full reconstructions.

Among India's early adopters of implant-based reconstruction, nipple-areola reconstruction, and sentinel node biopsy.

Dr. Koppiker's article was featured in the 'Ask the Expert' section in Femina June 2025 issue.

Dr. Koppiker's article on, 'Understanding Breast Health: Early Signs and Self-Breast Examination' was featured in the June 2025 issue of the Femina Magazine

ASK THE EXPERT

Orchids
BREAST HEALTH
— BY JEHANGIR HOSPITAL —
— Prashanti Cancer Care Mission —



UNDERSTANDING BREAST HEALTH: EARLY SIGNS AND SELF-BREAST EXAMINATION



Dr. Chaitanyanand B. Koppiker

Breast Cancer, Breast Oncoplastic and Reconstruction Surgeon
Medical Director, Orchids Breast Health in Association with
Jehangir Hospital and Prashanti Cancer Care Mission, Pune India

Breast cancer is one of the most common cancers affecting women worldwide, but when detected early, it is highly curable. Understanding the early warning signs and learning how to perform a simple self-breast examination (SBE) can empower women to take charge of their breast health and save lives. This article answers some of the most frequently asked questions about early signs of breast cancer and the correct way to examine your breasts at home, helping you stay informed, alert, and proactive.

WHAT ARE THE EARLY WARNING SIGNS OF BREAST CANCER?

Some of the earliest signs to look out for include:

- A lump in the breast or underarm (often feels like a hard marble in a bag of rice)
- Changes in skin texture—roughness, dimpling, or thickening (like a nail file)
- Redness or rash on the breast that doesn't go away
- Nipple discharge, especially clear, watery, or blood-stained
- Pulled-in or inverted nipple
- Unusual swelling or sagging of one breast
- Visible changes in shape or size of the breast

If you notice any of these signs, consult a doctor promptly.

WHY IS SELF-BREAST EXAMINATION (SBE) IMPORTANT?

Self-breast examination helps you become familiar with the normal look and feel of your breasts. This makes it easier to notice changes early. While it doesn't replace regular screenings or mammograms, it's a simple, no-cost tool for early detection.

WHEN SHOULD I DO A SELF-BREAST EXAM?

If you menstruate: Check your breasts 5–7 days after your period ends, when they're less tender or swollen.

If you're postmenopausal: Choose a fixed date each month (e.g., the 1st or 15th) to do the exam.

Regularity helps you notice subtle changes over time.

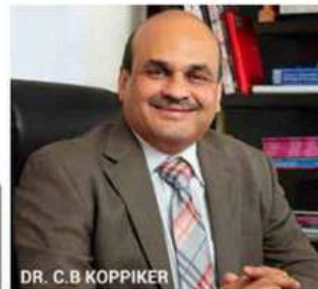
HOW EXACTLY SHOULD I PERFORM A SELF-BREAST EXAM?

A self-breast examination can save lives—but it must be done correctly. Since you're not a trained medical professional, it's advisable to examine your breasts during a shower, once your body is thoroughly soaked.

Use the finger pads, not the fingertips or the base of your palm, for the examination. Raise your left arm and, using your right hand, move in a circular motion starting from the underarm, going clockwise around the entire breast. Repeat the process in an anti-clockwise direction. Then raise your right arm and use your left hand to examine the right breast in the same way.

Gently squeeze the nipple. If you notice a discharge that is clear or bloody, consult a qualified breast specialist immediately. Discharges like milk or yellow fluid may indicate an infection that could require antibiotics.

After your shower, stand in front of a mirror and lift both arms. No two breasts are identical; one may be slightly larger or positioned differently than the other. However, you should be familiar with your own breast appearance. If you notice new dimpling, a red rash, an inverted nipple, or sagging on one side, these could be benign changes or early signs of breast cancer and should be evaluated by a doctor.



DR. C.B. KOPPIKER

WHAT SHOULD A BREAST LUMP FEEL LIKE?

A probably cancerous breast lump may often feel like a hard, immovable marble—different from the softer, sometimes tender lumps associated with hormonal changes. It's usually painless and may feel like it's fixed in place. However, any lump should be evaluated by a healthcare professional.

ARE BREAST CHANGES ALWAYS A SIGN OF CANCER?

No. Many breast changes are benign (non-cancerous), especially those related to hormonal fluctuations, cysts, or infections. However, any new or persistent change—especially lumps, skin texture changes, or discharge—should be checked by a medical professional to rule out anything serious.

WHAT SHOULD I DO IF I NOTICE SOMETHING UNUSUAL DURING A SELF-EXAM?

Stay calm. Not all changes mean cancer. However, do not ignore them. Schedule an appointment with your doctor or a breast specialist for further evaluation. Early action can lead to early diagnosis and more effective treatment.

Orchid Breast Health by Jehangir Hospital
and Prashanti Cancer Care Mission
32 Sassoon Road, Pune 411001
For appointments pls call
020 - 66811126/25656110
Facebook: <https://www.facebook.com/koppiker>
Dr. Chaitanyanand Koppiker | LinkedIn

Research Spotlight | PCCM-CTCR Milestone Publication

PCCM's Center for Translational Cancer Research (CTCR), published a study titled, 'Assesing germline mutational profiles and its clinicopathological associations in Triple Negative Breast Cancer'. The study sheds light on the genetic risks linked to triple negative breast cancer (TNBC) in Indian women. It found that many patients had inherited gene changes, some of which were newly discovered and unique to the Indian population. The findings highlight the importance of genetic testing and counseling to help improve diagnosis, treatment, and prevention strategies tailored to Indian patients.

Access the manuscript here:

<https://www.sciencedirect.com/science/article/pii/S2210776225000729?dgcid=author>



Cancer Genetics

Volumes 296–297, September 2025, Pages 65-75



Assessing germline mutational profile and its clinicopathological associations in Triple Negative Breast Cancer

Jisha John^{a b}, Ashwini Bapat^{a b †}, Siddharth Gahlaut^{d †}, Naveen Luke^e, Rahul Kumar^e, Yashaswi Thakur^{a b}, Christina Mathew^{a b}, Aishwarya Konnur^{a b}, Namrata Namewar^{a b}, Ruhi Reddy^{a b}, Sanket Nagarkar^{a b}, Smeeta Nare^{a b c}, George Thomas^{a c}, Laleh Busheri^{a b c}, Asha Reddy^f, Devaki Kelkar^{a b}, Santosh Dixit^{a b}, Chetan Deshmukh^{a c}, Ashraf ul Mannan^g, Radhakrishnan Sabarinathan^e...Chaitanyanand B Koppiker^{a b c ‡}

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PCCM's Hands on Bio-banking Workshop 'Essentials in Biobanking and Workflow' will be held from July 4th, 5th 2025

Prashanti Cancer Care Mission's (PCCM) Hands-on Biobanking Workshop will be a hands-on training session designed to educate clinicians, researchers, and healthcare professionals about the essentials of biobanking in the context of cancer research. The workshop will provide an in-depth understanding of tumor biobanking practices, collection methods, storage protocols, and their significance in translational cancer research.

Dates: July 4th, 5th 2025

Location: Pune

This workshop also serves as a practical component for PCCM's RT-PCR course.

Click here to register:



Contact Dr. Madhura Kulkarni: 9172679320

Prashanti Cancer Care Mission
Reaching out with excellence

HANDS-ON BIOBANKING WORKSHOP

Organized by PCCM

ESSENTIALS IN BIOBANKING: ETHICS AND WORKFLOW

2 Day Workshop
JULY 4TH, 5TH 2025

DAY-01

INTRODUCTION

- Best Practices for Ethical and Legal Compliance
- Roles, SOPs and Workflow

DATA MANAGEMENT

- Associated clinical data collection
- Data Curation

DAY-02

HANDS-ON PRACTICAL EXPERIENCE WITH BIOBANK SAMPLES

- Fresh Frozen
- FFPE

The Biobanking Workshop at Prashanti Cancer Care Mission (PCCM) is a hands-on training session designed to educate clinicians, researchers, and healthcare professionals about the essentials of biobanking in the context of cancer research. The workshop will provide an in-depth understanding of tumor biobanking practices, collection methods, storage protocols, and their significance in translational cancer research.

Venue: Pune

conference@prashanticancercare.org

Prashanti Cancer Care Mission
Reaching out with excellence

ISOS Announces 4-Part ISOS Hands-on Oncoplastic Workshop Series, Module 2 | Workshop 1

Following the success of Module 1 of the 4-Part ISOS Hands-on Oncoplastic Workshop Series, which covered a wide range of oncoplastic techniques from basic to advanced, including both implant and autologous breast reconstructions, Chapter 2 is set to provide an even more engaging and skill-enhancing experience.

ISOS Hands-on Oncoplasty Workshop Module 2, Session 1:
Essential in Oncoplastic Techniques- II, Basics in Oncoplasty: A Stepwise Introduction to Level 2 & 3 techniques & Axilla Management

Dates: 23rd & 24th August 2025

Venue: International School of Oncoplastic Surgery (ISOS), Pune

For inquiries and registration: <https://forms.gle/ff3ErBZhNVmKwmv3A>

Contact Mr. Aditya Kamthe: 9665033955

Glimpses from Past Workshops



Upcoming Workshop



INTERNATIONAL SCHOOL OF
ONCOPLASTIC SURGERY

International School of Oncoplastic Surgery (ISOS)
Introduces a 4-Part Hands-On Oncoplastic Series | Module 2

Hands-on Oncoplasty Workshop Module 2 | Workshop 1

Essentials in Oncoplastic
Techniques -II
Basics in Oncoplasty: A
Stepwise Introduction to
Level 2 & 3 techniques &
Axilla Management

Following the success of Module 1 of the 4-Part ISOS Hands-on Oncoplastic Workshop Series, which covered a wide range of oncoplastic techniques from basic to advanced, including both implant and autologous breast reconstructions, Chapter 2 is set to provide an even more engaging and skill-enhancing experience.



**23rd -24th August
2025**

- SATURDAY : 8:00 AM TO 5:30 PM
- SUNDAY : 9:00 AM TO 2:30 PM

Scan Here to
send enquiry



CLICK HERE

REGISTRATION INCLUDES

-  Course Material
-  Lunch and Refreshments
-  Certificate of Participation
-  Networking Opportunity

9665033955 :
Program Coordinator

obs.koppiker@gmail.com

www.breastoncoplasty.org

Ms. Laleh Busheri's article was featured in the June 2025 issue of BLOOM Magazine by Reach to Recovery International (RRI)

Ms. Laleh Busheri's article titled, "Integrating Genetics, Research, and Holistic Support in Breast Cancer Care," was featured in the June 2025 issue of BLOOM Magazine by Reach to Recovery International (RRI).

The article highlights PCCM's efforts to make genetic counseling and testing a part of routine breast cancer care. Over 500 patients have received counseling, with 400+ undergoing testing—many through subsidized programs. It also showcases our preventive clinic for early risk assessment and our ongoing research on hereditary breast cancer in the Indian population.

Stories from this journey are also captured in Ms. Laleh Busher's book on, "Genetic Testing: A Game Changer in Breast Cancer Management."

Bloom ISSUE 40 - JUNE 2025

Integrating genetics, research, and holistic support in breast cancer care: 25 years of Prashanti Cancer Care Mission

Laleh Busheri, CEO, Prashanti Cancer Care Mission
India



Laleh Busheri

Prashanti Cancer Care Mission (PCCM), a non-governmental organization founded in 1996, marks 25 years of transformative work in breast cancer care this year. What began as a modest initiative has evolved into a comprehensive model for holistic, affordable, and research-driven treatment.

To strengthen its research efforts, PCCM established the Centre for Translational Cancer Research (CTCR), which focuses on clinical and translational studies in breast cancer. With over 50 national and international publications across clinical, translational and genetics domains, PCCM's research is contributing significantly to the global breast cancer research landscape. One of its landmark initiatives was the creation of Pune's first breast disease biobank housing over 1800 samples with annotated clinical data.

Recognizing that five to ten percent of breast cancers are hereditary, often linked to BRCA1 or BRCA2 gene mutations, PCCM integrated genetic counseling and testing into its clinical workflow. Through its Genetics Clinic, established in 2017, PCCM provides subsidized counseling and testing for patients who meet recommended criteria, such as early age of diagnosis or family history of cancer. To date, over 500 patients have received genetic counseling, with more than 400 undergoing testing. CTCR also conducts studies to better understand hereditary breast cancer in the Indian population. These studies may inform the development of context-specific guidelines and policies for genetic testing in India. Although genetic testing remains an emerging aspect of Indian Health care, PCCM has made it an integral part of its care model. Insights and real-life stories from this initiative are shared in my book, *Genetic Testing – A Game-Changer in Breast Cancer Management*.

PCCM has also recently launched a Preventive Clinic offering community-based breast cancer risk assessment for the wider community. True to our holistic approach, this clinic also provides complementary nutrition and mental health counselling to all individuals creating a well-rounded support system for those seeking to understand and manage their risk.

Among the many individuals who walk through the doors of this newly launched Preventive Clinic, one story stands out for

its quiet strength and far-reaching impact. Neena (name changed), a 32-year-old woman, came to us seeking clarity, haunted by a strong family history of cancer. Neena did not have breast cancer but she came to the clinic to understand her risk because her mother had succumbed to ovarian cancer and her maternal aunt had been diagnosed with breast cancer. Though she had no symptoms herself, Neena's intuition told her there was more beneath the surface. Our genetic counsellors recommended a multigene panel test, a simple yet powerful blood test that screens for mutations in genes known to increase cancer risk.

Four weeks later, the results arrived: Neena carried a pathogenic BRCA1 mutation. It was a moment of truth, but not fear. Equipped with expert guidance and emotional support, Neena made a courageous, proactive choice: a prophylactic (preventive) bilateral mastectomy with immediate reconstruction. She is also planning to have an oophorectomy (removal of the ovaries) in the future, as she feels her family is complete with two children. This step helps lower her risk of ovarian cancer, which is higher with the BRCA1 gene.

Her decision not only reshaped her future; it empowered her to become a guide for others. She has fully recovered from the surgery and now mentors women facing similar crossroads, offering both practical advice and the kind of solidarity that only someone who's walked the path can give. Her story embodies the very purpose of our Preventive Clinic: to replace uncertainty with understanding, to transform risk into resilience, and to remind each individual that knowledge is not just about prevention. It is also about reclaiming agency, health, and peace of mind.

I have personally witnessed the importance of combining medical excellence with clear information and empathetic support. Patients like Neena remind us why it's essential to equip individuals with the knowledge they need to make empowered decisions. At PCCM, we remain dedicated to transforming lives through personalized care, genetic counseling, and research. Neena's journey is one of many that exemplify our ongoing commitment to delivering holistic, patient-centred breast cancer care.



Ms. Laleh Busheri's article was published in the *UpperCrust Magazine*

Ms. Laleh Busheri's travel article, "Where Black Mountains Meet the Adriatic Sea: A Journey Through Montenegro," was featured in UpperCrust Magazine. In this piece, she beautifully captures her experience exploring Montenegro's serene landscapes, rich culture, and the quiet charm that defines this hidden European gem.

Read the full article here: <https://uppercrustindia.com/online-edition/v102/#p=1>

UPPERCRUST TRAVEL | MONTENEGRO

UpperCrust
Food, Wine & the Good Life

MONTENEGRO | UPPERCRUST TRAVEL

Where Black Mountains Meet the Adriatic Sea A Journey Through Montenegro

Dream big and manifest it. A trip to the spectacular Balkan nation was a dream come true for this writer, who found quietude and beauty spread across, during the perfect March season. Montenegro is mist, water, rock and sky on a canvas

Text: Laleh Busheri

It was a dream over a decade ago in the making. Back in 2010, I had my first brush with the raw beauty of the Balkans. My husband, Anand - a breast oncologist surgeon - was invited to a cruise in Zagreb, Croatia, to demonstrate surgical techniques. Post his assignment we took a few days off tracing through icy roads through Croatia's winter wonderland. What unfolded was a landscape that quietly revealed its wonders, blanketed in the stillness of winter. Among the many places we visited, Plivice Lakes National Park stood out like a hidden realm from another

time. Set deep in the country's interior, this UNESCO World Heritage Site, sprawling over 30,000 hectares, felt both expansive and intimate in its winter cloak. The famous cascading waterfalls, partially frozen yet still flowing, shimmered like glass under the muted sun. Around them, bare trees stood still, dusted with snow, while the silence of the forest was occasionally broken by the distant call of a bird or the gentle crackle of ice underfoot. The park's untouched beauty and rich biodiversity left a deep impression - it felt like nature was at rest, yet fully alive. From Plivice, our route took us to Split



Plivice Lakes



The Old City, Portonovi

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and Dubrovnik, cities that hold centuries of layered history. In the off-season quiet, their stone walls and narrow lanes took on a contemplative air, though many of the vibrant exterior and sights lay dormant, waiting for spring. It was in Dubrovnik that we first heard, again and again, about Montenegro - how life continued there year-round, how its coastal towns stayed open and welcoming even in the colder months. The temptation was strong, but time was not on our side. Though just a short drive south, Montenegro would have to wait, and it quietly slipped onto my list of places yet to be seen. Pressed for time, we left with a promise. Next time was 2017 in Croatia but short of time, Montenegro still remained a distant dream. That next time came this year, in 2025.

Post another conference in St. Gallen's we flew from Vienna to Dubrovnik, where the Adriatic shimmered like an old friend. The limestone-paved Stradun, alive with street musicians and sunlight, guided us through a cityscape stitched with Gothic and Renaissance grandeur - the Rector's Palace, St. Blaise's Church, and the dignified

Sponza Palace. As evening fell, we rode the cable car up (also approachable by road) to the *Panorama restaurant*.

The sunset was pure theatre - lavender skies folding into the indigo sea. The restaurant itself offers a modern take on Mediterranean cuisine, with fresh local ingredients and a menu that complements the view rather than competes with it. Its position - on the upper terrace - makes it one of the best places in the region to visit during sunset. Dinner here is especially known for its grilled seafood - perfectly cooked, delicately seasoned and emblematic of the region's coastal flavours.

The fading light cast long shadows across the hills, revealing a wider sweep of the best landscapes and spectacular views of the Old City.

From Dubrovnik, Montenegro awaited - just 52 kilometers away and a short border crossing.

March is shoulder season in the Balkans, offering the perfect balance of quietude and bloom.

While it's possible to drive directly into Montenegro, the summer months often

bring heavy tourist traffic, with immigration queues stretching for kilometers. To avoid the congestion - and to experience another country along the way - we took the scenic route through Bosnia and arrived in Portonovi, our home for the next six days.

Home Base: One&Only Portonovi
Set at the entrance of Boka Bay, our hotel, One&Only Portonovi in Herceg-Novi, one of Europe's most luxurious beach resorts, was a vision of opulence. Tucked between the mountain and the sea, it offered a kind of stillness that made time feel suspended. The service was impeccable - attentive yet discreet - and the Adriatic seemed always within sight, its soft hues shifting with the hours. The air was laced with the gentle scent of pine, salt and blooming citrus - a subtle reminder of nature's quiet presence all around.

Mornings began with what became a much-anticipated ritual: breakfast, served with care and detail that matched the views. The spread was a celebration of the region's culinary richness.

Warm *priglasie* - Montenegro's invitation - arrived fresh from the pan, to be drizzled



Sveti Stefan, on the Adriatic coast



Panorama restaurant, offering a spectacular view of Dubrovnik



The food at Panorama, artfully presented



A seafood medley, on in the sea

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BreastGlobal Journal is currently accepting submissions for future editions

Dr. Koppiker, along with his colleagues established the BreastGlobal platform to address knowledge gaps, offering a unified portal for experts, trainees, and industry to access global learning and training opportunities.

In collaboration with Wolters Kluwer publishers, BreastGlobal launched the 'BreastGlobal Journal' aimed at providing universal access to specialized breast training worldwide.

The journal features a distinguished editorial board and has already released four issues. BreastGlobal Journal is currently accepting submissions for future editions, and manuscripts can be submitted through the provided link.

Submit online: <https://review.jow.medknow.com/bgj>.

Please contact the editorial team at thebreastglobal@gmail.com

Journal's editorial board : <https://journals.lww.com/bgjr/pages/editorialboard.aspx>

Access all issues of the journal: <https://journals.lww.com/bgjr/pages/issuelist.aspx>



RESEARCH UPDATES

We are glad to announce that Prashanti Cancer Care Mission now has its own property for the research centre, and the new address is as follows.

New Address: 21 Everjoy Bungalow Society, Next to NIBM Institute, before Clover Highlands, NIBM Road, Kondhwa, Pune, Maharashtra- 411 048.

We kindly request you to send all cheques, donations, letters, and posts to this updated address.



- Enhancing and Enriching the PCCM Database through collaborations with Elixir AI and Swasthya AI.
- Fresh frozen biopsy samples from 243 patients, along with 168 fresh frozen surgery samples, have been collected and stored at IISER.
- PCCM is actively preparing for its upcoming Workshop:
 - Essentials in Biobanking: Ethics and Workflow
A hands-on biobanking workshop covering key ethical and operational aspects
Date: 4th & 5th July 2025
 - ISOS Hands-on Oncoplasty Workshop Module 2, Workshop 1 to be held on 23rd–24th August 2025
 - Integrating Research and Clinic for Oncogenetics: A workshop focused on establishing effective cancer genetic practices.
Date: 13th–14th September 2025
- PCCM-CTCR successfully conducted two lectures of the RT-PCR Webinar Series: Women Pioneers in Oncology and a Pink Ribbon Support Group Webinar

RESEARCH UPDATES

Ongoing projects and manuscripts:

- Advantages of Perforator Flaps in Breast Cancer Surgical Management– A Single Institutional Audit.
- Surgical management of Central Quadrant Tumors – A Single Institutional Audit.
- A single institutional audit of surgical management in Triple Negative Breast Cancers.
- A Cross-Sectional Study Assessing the Impact of a Structured Oncoplastic Training Program on Surgical Practice in India
- Assessing perception of genetic counselling and genetic testing in Breast Cancer Patients.
- Setting up of a complementary nutrition clinic for breast cancer patients at a single surgeon unit from India.
- Breast-Q BCT module translation and linguistic validation to Hindi and Marathi languages.
- Setting up of a complementary onco-psychology counselling for breast cancer patients at a single surgeon unit in India
- Assessing germline mutational profile and its clinicopathological associations in Triple Negative Breast Cancer .
- Triple-negative breast cancer tumor microenvironment profiled for immune infiltrates stratified for treatment response – Indian cohort of breast cancer patients.
- Prognostic significance of Yes-associated protein-1 (YAP1) in molecular subtypes of an Indian cohort of breast cancer patients
- Synergistic effect of YAP and HER2 growth factor receptor signalling in mammary epithelial cell line.

RESEARCH UPDATES: BIOBANK

Biobank is a repository where biological samples that facilitate research studies are conserved and stored, we specifically have breast tissue biobank- Formalin-Fixed and Paraffin-Embedded (FFPE) and Fresh Frozen (FF).



Formalin-Fixed Paraffin-Embedded (FFPE)

FFPE is a way of preservation of tissue samples in a paraffin block. FFPE blocks can be stored up to 12 years at ambient temperature and used for research purposes. With patient consent, we collect both biopsy and surgery blocks for the biobank. Currently the biobank houses over 1500 FFPE blocks.

Total Blocks collected in this month:49

Biopsy Blocks: **15** Patients

Surgery Blocks: **34** Patients



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.

05 Fresh frozen Biopsy and **14** surgery samples collected this month.

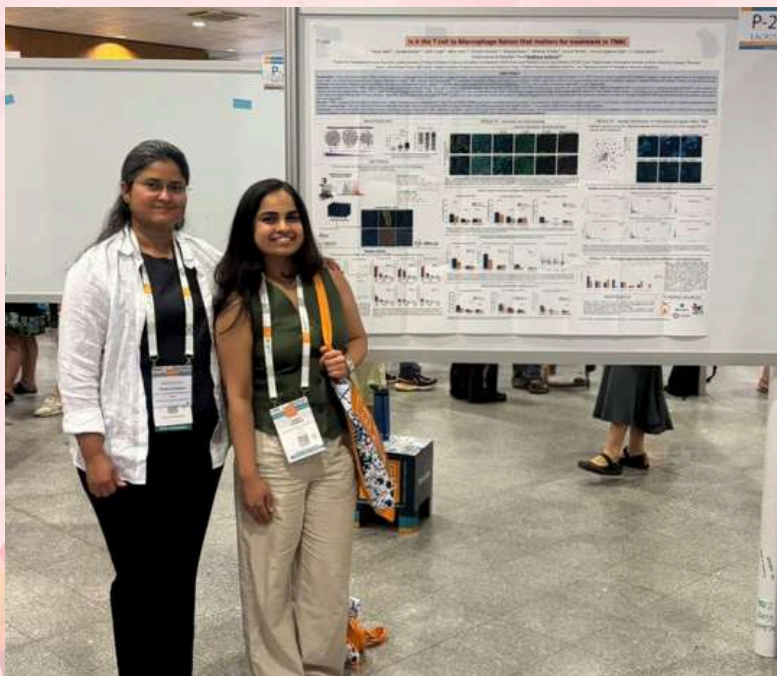
Dr Madhura Kulkarni, Translational Research Lead from Prashanti Cancer Care Mission, presented a poster at European Association for Cancer Research: EACR 2025 at Lisbon Portugal on 17th June.

Dr Madhura Kulkarni, Translational Research Lead from Prashanti Cancer Care Mission, presented a poster at European Association for Cancer Research: EACR 2025 at Lisbon, Portugal on 17th June. PCCM's work on "Immune Environment Profiling of TNBC Cancer" was selected for a poster presentation.

Tumor microenvironment (TME) in breast cancer is a heterogeneous landscape with multiple cell types, each modulating the tumor progression and the disease prognosis. Our study shows that a higher proportion of Indian TNBC patients had intra-tumoral TILs compared to Western cohorts, and these are predictive of better response to NACT and longer disease-free survival in patients, making it a distinct finding from Western reports. We now use state-of-the-art techniques like multiplex immunofluorescence to understand the reporter of immune cells infiltrating into the tumour that either support or stall tumour growth. Our study reveals that having more anti-tumour lymphocytes than tumour-friendly macrophages in the tumour bed promotes better treatment response. We are now further analysing if we can use these findings to develop predictive strategies for treatment response to TNBC tumours.

PCCM's ex-employee, Ms. Shruti Bhardia (on right) was also present at the conference. She is now engaged in her PhD thesis, working on identifying targets for aggressive HER2-positive tumours.

Amongst other presentations, our poster caught the attention for advanced analysis of immune cell infiltrates in reference to tumour cells. The work was only possible due to the generous support of Bajaj Auto Ltd.



RT-PCR Phase III, Lecture X titled, "The Evolution of Radiotherapy in Breast Cancer: The Past, Present and Future" was held on the 12th of June 2025

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.

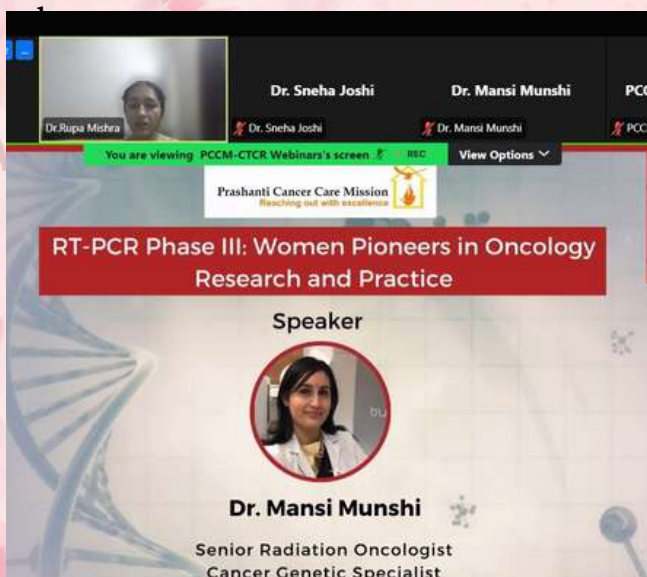


It has successfully completed Module-1 and Module-2, garnering more than 500 registrations. The RTPCR Phase III Module : 'Women Pioneers in Oncology Research and Practice' is an advanced 12-week online course, will feature renowned female scientists/clinicians working exclusively in oncology, offering participants an exceptional opportunity to explore cutting-edge research and its application in cancer treatment and prevention.

Click to Register for the course:

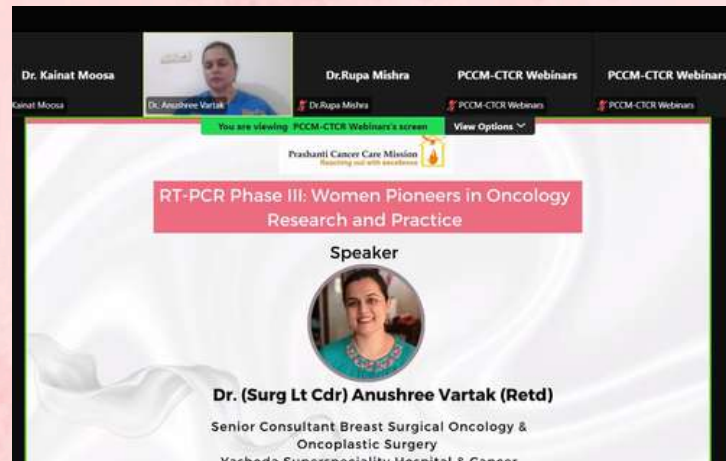
REGISTER NOW

The tenth lecture of Phase 3 of the RT-PCR course, held on June 12th, 2025, featured Dr. Mansi Munshi speaking on “The Evolution of Radiotherapy in Breast Cancer: The Past, Present and Future”. This lecture explored the transformative journey of radiotherapy, highlighting key milestones, current practices, and future directions in personalized breast cancer care.



CTCR's RT-PCR Phase III, Lecture XI titled, "Game-Changers in Breast Cancer Surgery" was held on 26nd of June 2025

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.

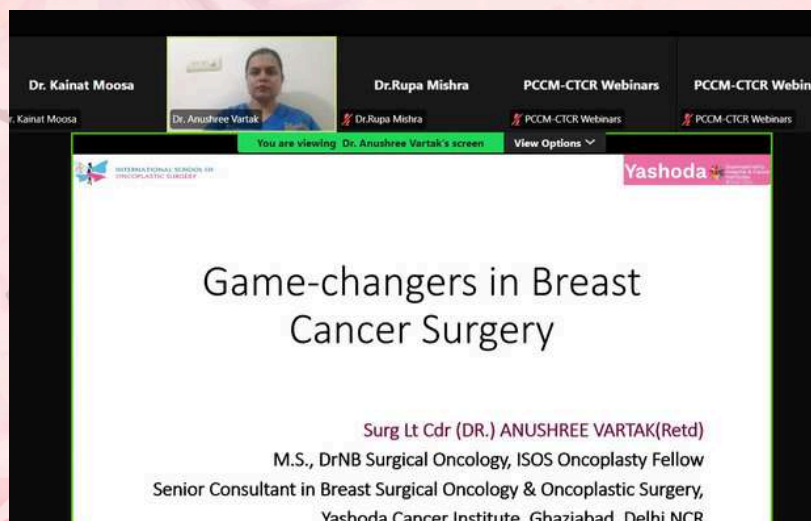


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Click to Register for the course:

[REGISTER NOW](#)

The eleventh lecture of Phase 3 in the RT-PCR course, held on June 26th, 2025, was delivered by Dr. Anushree Vartak on "Game-Changers in Breast Cancer Surgery". This session offered valuable insights into transformative advances in surgical approaches to breast cancer care.



Lecture 9th of Prashanti Cancer Care Mission's Pink Ribbon Support Group Webinar Series was held on 18th June 2025.

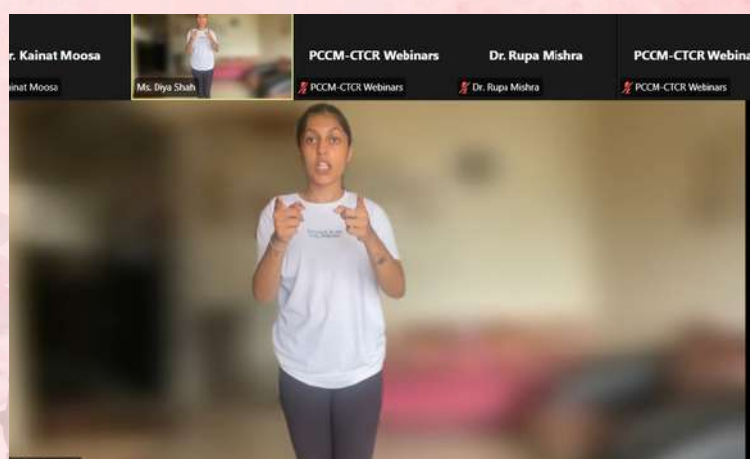
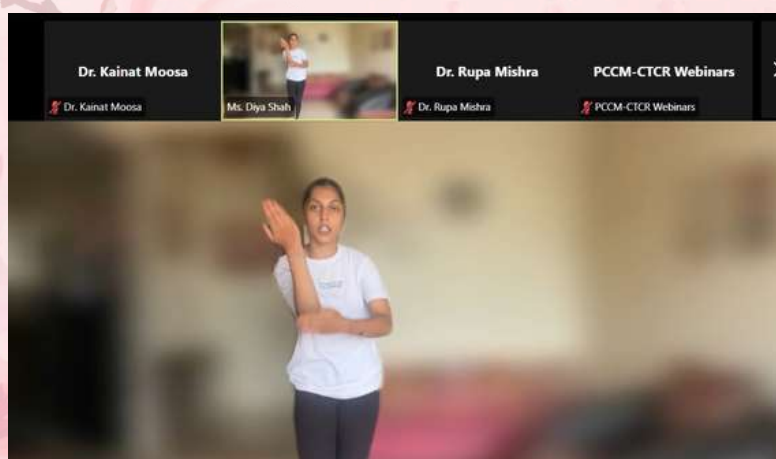
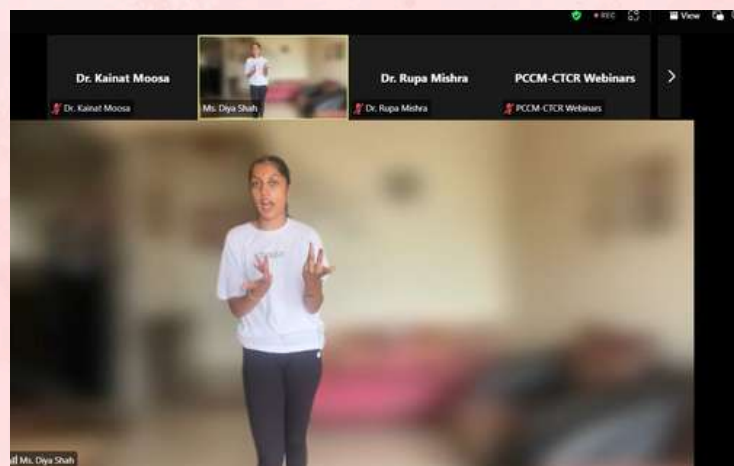
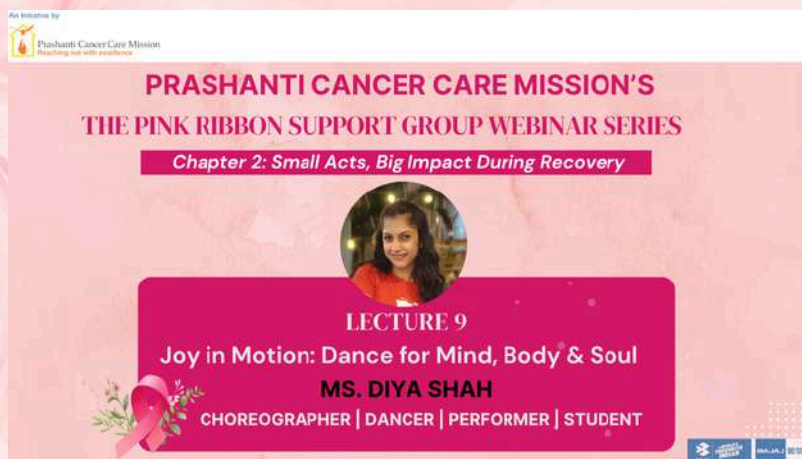
Building on the success of Chapter 1 (Sept 2024–Mar 2025) — where we explored key aspects of survivorship such as mental health, nutrition, yoga, meditation, and genetics — Chapter 2 'Small Acts, Big Impact During Recovery' now turns the spotlight to everyday activities that uplift the spirit and foster healing in meaningful, accessible ways.

On Wednesday, 18th June 2025, the Pink Ribbon Support Group hosted Lecture 9 of its ongoing webinar series, focusing on the healing power of simple, joyful activities for patients and caregivers.

This session, titled "Joy in Motion: Dance for Mind, Body & Soul," was led by Ms. Diya Shah, — Choreographer, Dancer, Performer, and Student — conducted an engaging session titled "Joy in Motion: Dance for Mind, Body & Soul." The audience thoroughly enjoyed the session and joyfully grooved to the dance steps.

Click to Register for the Webinar:

[REGISTER NOW](#)



BLOGS



MYTHS VS. FACTS ABOUT BREAST CANCER GENETICS



Many people believe breast cancer is mostly inherited, but that's a myth. Staying informed helps you distinguish real risk factors from false information, essential for making wise decisions about prevention, screening, and treatment.

01 Myth: Breast cancer is usually genetic

While breast cancer can be hereditary, it's important to understand that genetics is not the main cause in most cases. According to the CDC, only about 5% to 10% of breast cancers are linked to inherited gene mutations. This means the vast majority—around 90%—are due to other factors.



02 Males do not get breast cancer.

While breast cancer is much more common in women, men can get it too because they also have breast tissue.

Male Breast cancer is relatively rare—affecting about 1 man for every 120 women



03 If the gene mutation BRCA1 or BRCA2 is detected in your DNA, you will definitely develop breast cancer.

Having a BRCA1 or BRCA2 gene mutation significantly increases your risk of developing breast or ovarian cancer, but it does not mean you will definitely get cancer.

According to the CDC, about 50% of women with one of these mutations will develop breast cancer by age 70.



04 Most women diagnosed with breast cancer have a family history of the disease or a genetic mutation.

Most people diagnosed with breast cancer have no known family history. Only about 5–10% of breast cancers are hereditary.

Main risk factors include:

- Age – risk increases as you get older
- Gender – women are at higher risk
- Environment – exposure to certain chemicals
- Lifestyle – diet, alcohol, and physical activity



BLOGS



Moong Dal Khichdi

Moong Dal Khichdi (Soft, Nutritious One-Pot Meal)

Ingredients:

- 1/2 cup yellow moong dal (split yellow lentils)
- 1/2 cup rice (or brown rice if tolerated)
- 1 tsp ghee or oil (optional)
- 1/2 tsp cumin seeds
- 1/4 tsp turmeric powder
- 1/2 tsp grated ginger (optional)
- 1 small carrot (chopped)
- 1/4 cup spinach (chopped)
- 1/2 tsp salt (or as advised by dietitian)
- 3 cups water

Instructions:

Wash the moong dal and rice together and soak for 15–20 minutes.

In a pressure cooker or deep pan, heat ghee/oil and add cumin seeds.

Add grated ginger, turmeric, and chopped vegetables. Sauté lightly.

Add soaked rice and dal. Mix well.

Add water and salt. Pressure cook for 2–3 whistles or cook on low heat until soft.

Serve warm. You may mash it slightly for easy digestion.

Why it's good:

- Easy to digest and gentle on the stomach.
- High in protein and fiber.



Free counselling services at Orchids Breast Health so far

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

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(Offered both online (via Zoom) and/or in-person)

Visit us at:
12 Kapilwasti, Senapati
Bopar Road, Pune,
Maharashtra-411008

**Onco-Psychology
Counselling - 406**

Onco - Genetic Counselling

Free Genetic Counselling services for our Breast Cancer Patients

At the Orchids Breast Health Clinic we have MRC(C) 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 <45 yrs
- Family History of Cancer
- Recurrence
- TNBC
- Personal history of other cancer

What can you expect in a genetic counselling?
(According to NCCN guidelines)

- 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 Kapilwasti, Senapati
Bopar Road, Pune,
Maharashtra-411008

Dr. Kapilrao (Breast Cancer Doctor in Pune) | Orchids Breast Health (OrchidsHealth.in)
A COO-ACCERTIFIED, MRC(C) | orchidsbreasthealth@gmail.com | www.orchidsbreasthealth.in

**Onco-Genetic
Counselling- 433**

Onco - Nutrition Clinic

Free Nutrition Counselling services for our Breast Cancer Patients

Nutrition Counselling

- Diet during Chemo and Radiotherapy
- Personalised 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:
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Bopar Road, Pune,
Maharashtra-411008

Dr. Kapilrao (Breast Cancer Doctor in Pune) | Orchids Breast Health (OrchidsHealth.in)
A COO-ACCERTIFIED, MRC(C) | orchidsbreasthealth@gmail.com | www.orchidsbreasthealth.in

**Nutrition
Counselling-497**

RISK REDUCTION CLINIC FOR BREAST CANCER

At the Orchids Breast Health Risk Reduction 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 Kapilwasti, Senapati
Bopar Road, Pune,
Maharashtra-411008

Dr. Kapilrao (Breast Cancer Doctor in Pune) | Orchids Breast Health (OrchidsHealth.in)
A COO-ACCERTIFIED, MRC(C) | orchidsbreasthealth@gmail.com | www.orchidsbreasthealth.in

**Preventive clinic
services-61**

PCCM provided 15 Freeships/Major Concession on diagnostics, surgery, chemotherapy, onco-pharmacy, clinical procedures, and consultations at Orchids Breast Health in April 2025.



Mammography



Sonography



Biopsy



Surgery



Chemotherapy





Onco-pharmacy

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>Shobha Tambe (44 years) has stage II breast cancer. She is a homemaker, and her husband is a farmer. She has two daughters; one is married and the other is a student. The only family income is from farming which is minimal and cannot support the family and her treatment.</p> <table><tr><th>Treatment</th><th>Amount (In Rs.)</th></tr><tr><td>Chemotherapy</td><td>1,39,459</td></tr><tr><td>Diagnostics and OPD Charges</td><td>28,200</td></tr><tr><td>Radiation</td><td>1,85,000</td></tr><tr><td>Surgery</td><td>1,50,000</td></tr><tr><td>Total</td><td>5,02,659</td></tr></table>	Treatment	Amount (In Rs.)	Chemotherapy	1,39,459	Diagnostics and OPD Charges	28,200	Radiation	1,85,000	Surgery	1,50,000	Total	5,02,659
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02.		<p>Noorjahan Sayyed (53 years) has stage II breast cancer. She is a homemaker with no children. Her husband is a fruit vendor with a small stall on the street at <u>Daund</u>.</p> <table><tr><th>Treatment</th><th>Amount (In Rs.)</th></tr><tr><td>Chemotherapy</td><td>3,66,485</td></tr><tr><td>Diagnostics and OPD Charges</td><td>45,966</td></tr><tr><td>Radiation</td><td>1,80,500</td></tr><tr><td>Surgery</td><td>1,78,000</td></tr><tr><td>Total</td><td>7,70,951</td></tr></table>	Treatment	Amount (In Rs.)	Chemotherapy	3,66,485	Diagnostics and OPD Charges	45,966	Radiation	1,80,500	Surgery	1,78,000	Total	7,70,951
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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:



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://prashanticancercare.org/donate/>

or

b. Send us a cheque in favour of “Prashanti Cancer Care Mission”

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. 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>**

