



JANUARY 2026 | VOLUME 11| ISSUE 107

# PCCM MONTHLY NEWSLETTER

Prashanti Cancer Care Mission's Newsletter



## Prashanti Cancer Care Mission's THE ANNUAL BREAST SUMMIT 2026

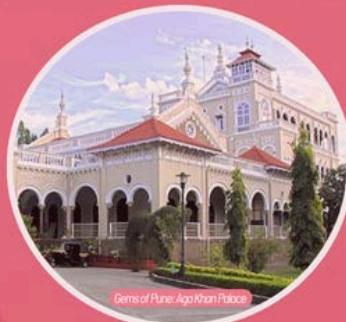
JAN 30TH-FEB  
1ST, 2026

Corinthians Club,  
Pune, India.

### CONFERENCE HIGHLIGHTS:

- Hands-on Workshop with LIVE Models
- MDT simulations
- Oncoplastic Case-based Learning

India's First-Ever Convergence of  
Clinical Expertise, Oncoplastic  
innovations and Research in Breast  
Cancer Management



REGISTER NOW >



For Enquiries: Call us at +91 9665033955 or email conference@prashanticancercare.org

<http://pccmannualbreastsummit.ctcr.in/>

Co-host Websites: Breast Global, ISOS

Celebrating 25 years of Prashanti Cancer Care Mission

#PCCMABS2026



Chief Patron

BAJAJ  
B2B2O



Prashanti Cancer Care Mission is delighted to announce the Annual Breast Summit (PCCM-ABS 2026), scheduled for January 30th – February 1st, 2026. Join the global experts to shape the future of breast cancer treatment.

**Date:** January 30th, 31st and February 1st, 2026

**Venue:** Corinthians Club, Pune, India.

### Registration Link:

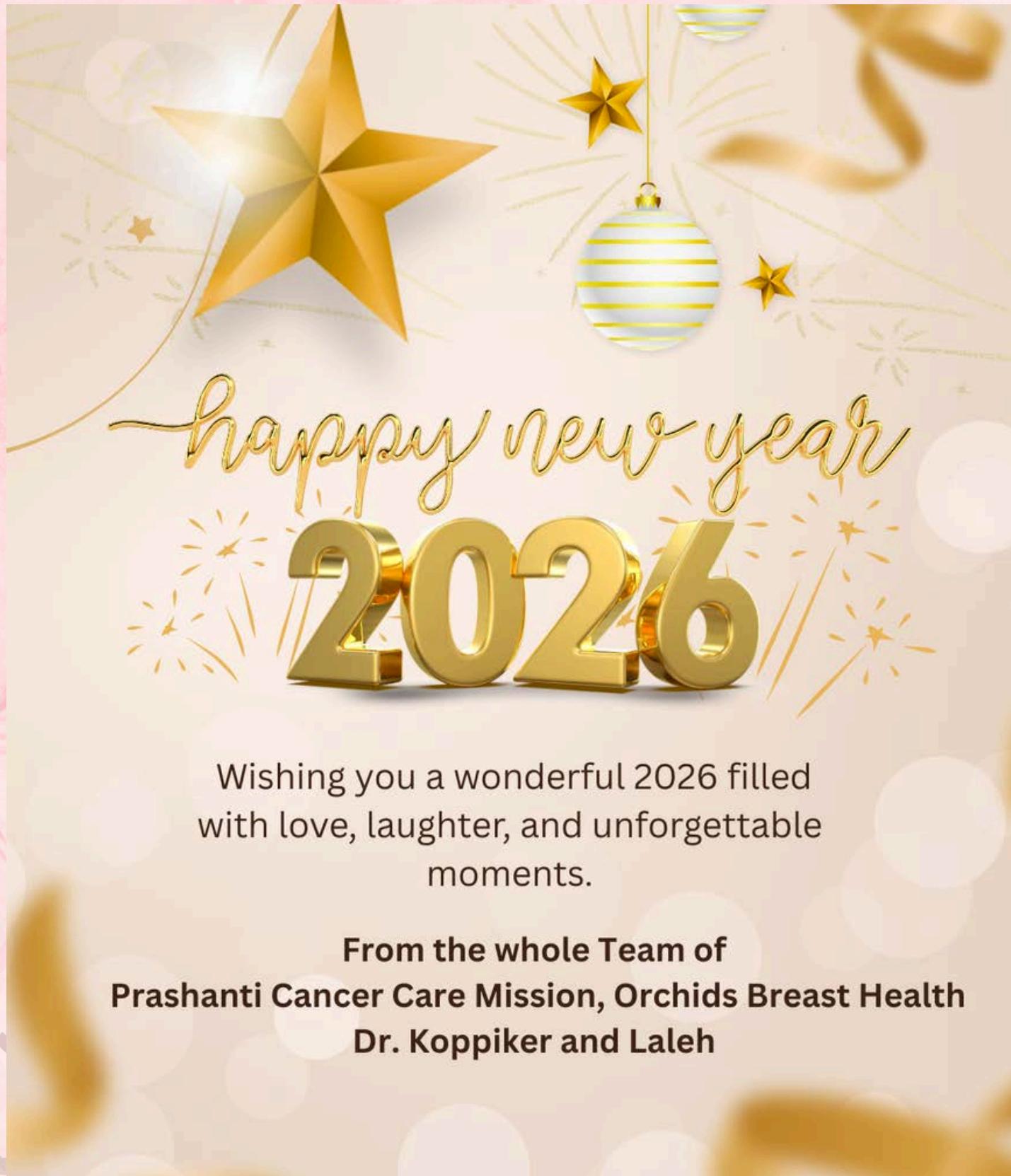
<https://easbuzz.in/link/prashanti-cancer-care-missions-annual-breast-summit-2026-5ZTDN>

This educational bonanza will feature a powerhouse lineup of national and international faculty to discuss highly specific, practice-focused topics for breast cancer management.

The summit will provide a unique opportunity for breast cancer researchers and clinicians to engage in dynamic discussions, exchange ideas, and open new windows for collaborative exploration.

Email us at: conference@prashanticancercare.org

Website: <http://pccmannualbreastsummit.ctcr.in>



Wishing you a wonderful 2026 filled  
with love, laughter, and unforgettable  
moments.

From the whole Team of  
Prashanti Cancer Care Mission, Orchids Breast Health  
Dr. Koppiker and Laleh



## TESTIMONIALS FROM PATIENTS HELPED BY PRASHANTI CANCER CARE MISSION THROUGH DIAGNOSTICS, SURGERIES, CHEMOTHERAPY, RADIATION, AND PHARMACY SERVICES

### Ujvala Kharade

Dear Dr. Koppikar and the Prashanti Care Mission Team,



I would like to express my deepest gratitude for the extraordinary care and support extended to my mother during her breast cancer treatment.

Your compassion & motivation to us have been a source of great strength for both my mother and our family. Your personal attention, calm guidance, and continuous encouragement gave us hope and confidence when we were devastated & unclear about what to do. We found you at the right time & now everything seems possible to cure and lead her to a healthy life ahead.

We are equally thankful to the Prashanti Care Mission for the financial assistance and emotional support you provided throughout her treatment. Your generosity and kind words gave us comfort and reassurance when we needed it the most. Knowing that we were not alone in this journey made all the difference, and now we are confident this shall pass through.

From the bottom of our hearts, thank you for being such a remarkable team of healers and human beings. We will always remain grateful for your care, kindness, and compassion.

With sincere appreciation,

Shubhangi Mohite

Daughter of Ujvala Kharade

## TESTIMONIALS FROM PATIENTS HELPED BY PRASHANTI CANCER CARE MISSION THROUGH DIAGNOSTICS, SURGERIES, CHEMOTHERAPY, RADIATION, AND PHARMACY SERVICES

### उज्वला संदेश कदम

मेरा नाम उज्वला संदेश कदम है मे 35 इयर्स ओल्ड हो जानवरी 2024 को मुझे मेरे ब्रेस्ट मे छोटासा लंब हात को लगा तो मेरे गायनॅकॉलॉजिस्ट ने फायबर है वैसे बोला उसमे छे महिने बीत गये और वो गाठ और भी बड़ी हो गई तो मेरा भाई जो जहांगीर हॉस्पिटल मे है उसने डॉक्टर कोपीकर ड्रेस सर्जन है मिलने बोला और अच्छे तर गाईड करेंगे ऐसे भी बोला.



तो जब मेरा दिखाने गयी तो उन्होने मुझे इतना अच्छा समजा या सपोर्ट मिला मेरा ट्रीटमेंट बहुत अच्छी तरह से हो गया मेरा पाच साल का बेटा है तो मैं पुरी डर गई थी की मेरी लाईफ खतम हो गई तो सरने समझाया डरो मत जो टाईप का कॅन्सर है वो क्यू रेबल है तू बिलकुल ठीक हो सकती है तो मैं तुम्हे निश्चित हो गई मेरा ट्रीटमेंट बहुत अच्छी तरह हो गया.

ये सिर्फ पॉसिबल हुआ है डॉक्टर कोपीकर के बजे से जो मेरे लिये भगवान से कम नहीं है मेरा फायनान्शियल प्रॉब्लेम था तो मेरी ट्रीटमेंट और सर्जरी मे मुझे प्रशांतिक कॅन्सर के अर मिशन ने बहुत हेल्प की प्रशांतिक आंसर की मिशन डॉक्टर कोपीकर को मेरा बहुत बहुत धन्यवाद.

### किरण दिपक लखन

मैं दिष्क छोटू लालू, मेरी धर्मपत्नी सौ. किरण दिपक लखन इनका केन्सर का इलाज बहुत ही अच्छा लालू, लखन . प्रकार से हुवा है सो मैं आप डॉ कोपीकर सर डॉ. देशमुख सर और पुरा स्टॉफ का तह दिल से शुक्रिया अदा करते हैं और आप सभी को जीवन है तक आप सभी को कभी भुला नहीं सकते हैं और इतना अच्छा से सभी का सहयोग मिला है

## PCCM APPEALS FOR SUPPORT AND DONATIONS TO HELP TREAT THE PENDING LIST OF UNAFFORDABLE BREAST CANCER PATIENTS

### *Pending list of patients below*

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.

**DONATE** 

01.		<b>Komal Vanarse (36 Yrs)</b> has stage III breast cancer. She is a homemaker with two kids- a son and daughter studying in school. Her husband works as a helper at a construction site.												
		<table border="1"> <thead> <tr> <th>Treatment</th><th>Amount (In Rs.)</th></tr> </thead> <tbody> <tr> <td>Chemotherapy</td><td>4,50,887</td></tr> <tr> <td>Diagnostics and OPD Charges</td><td>55,659</td></tr> <tr> <td>Radiation</td><td>1,80,000</td></tr> <tr> <td>Surgery</td><td>2,58,000</td></tr> <tr> <td><b>Total</b></td><td><b>9,44,546</b></td></tr> </tbody> </table>	Treatment	Amount (In Rs.)	Chemotherapy	4,50,887	Diagnostics and OPD Charges	55,659	Radiation	1,80,000	Surgery	2,58,000	<b>Total</b>	<b>9,44,546</b>
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Surgery	2,58,000													
<b>Total</b>	<b>9,44,546</b>													
02.		<b>Saima Naaz (43 years)</b> 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.												
		<table border="1"> <thead> <tr> <th>Treatment</th><th>Amount (In Rs.)</th></tr> </thead> <tbody> <tr> <td>Chemotherapy</td><td>1,50,251</td></tr> <tr> <td>Diagnostics and OPD Charges</td><td>32,025</td></tr> <tr> <td>Radiation</td><td>000</td></tr> <tr> <td>Surgery</td><td>000</td></tr> <tr> <td><b>Total</b></td><td><b>1,82,276</b></td></tr> </tbody> </table>	Treatment	Amount (In Rs.)	Chemotherapy	1,50,251	Diagnostics and OPD Charges	32,025	Radiation	000	Surgery	000	<b>Total</b>	<b>1,82,276</b>
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		<b>Saima Naaz (43 Yrs)</b>												

## FREE COUNSELLING SERVICES AT ORCHIDS BREAST HEALTH SO FAR

### Onco-Psychology Counselling - 471

**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
- Psychotherapy

**BOOK YOUR APPOINTMENT NOW**

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

**Visit us at**  
12 Kopivastu, Senapati, Bapot Road, Pune, Maharashtra 411016

### Onco-Genetic Counselling- 505

**Onco - Genetic Counselling**

Free Genetic Counselling services for our Breast Cancer Patients

At the Orchids Breast Health Clinic we have BCGI 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
- Personal history of other cancer

What can you expect in a Genetic counselling?

- Pedigree charting (Family History)
- Risk assessment
- Genetic testing options
- Genetic report interpretation
- Genetic and Management options

Counselling offered on all days online (via Zoom) and/or in-person (Thursdays from 4 to 6pm)

**Visit us at**  
12 Kopivastu, Senapati, Bapot Road, Pune, Maharashtra 411016

### Nutrition Counselling-549

**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
- Prevention and Management options

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 Kopivastu, Senapati, Bapot Road, Pune, Maharashtra 411016

### Preventive clinic services-116

**RISK REDUCTION CLINIC FOR BREAST CANCER**

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 Kopivastu, Senapati, Bapot Road, Pune, Maharashtra 411016

**Dr. Kopikar | Breast Cancer Doctor in Pune | Orchids Breast Health | orchidsbreast.in | & 020-29856110, 29860269, 9890840248 vcoinshore@gmail.com reports@prashanticare.org**

**Dr. Kopikar | Breast Cancer Doctor in Pune | Orchids Breast Health | orchidsbreast.in | & 020-29856110, 29860269, 9890840248 vcoinshore@gmail.com reports@prashanticare.org**

**Prashanti Cancer Care Mission Reaching out with excellence**

PCCM provided 13 Freeships/Major Concession on diagnostics, surgery, chemotherapy, onco-pharmacy, clinical procedures, and consultations at Orchids Breast Health in December 2025.



**Mammography**



**Sonography**



**Biopsy**



**Surgery**



**Chemotherapy**



**Onco-pharmacy**

## DR. C. B. KOPPIKER AS A SPEAKER AT A CME ORGANIZED BY THE ACTREC, TATA MEMORIAL HOSPITAL

Dr. C. B. Koppiker delivered an insightful academic talk at ACTREC, Tata Memorial Centre, Mumbai, focusing on the Principles and Planning of Chest Wall Perforator Surgery (CWPS)—an evolving and important technique in oncoplastic and reconstructive breast surgery.

In his presentation, Dr. Koppiker highlighted how chest wall perforator flaps have transformed breast reconstruction by offering effective volume replacement while preserving muscle function and minimizing donor-site morbidity. He emphasized the importance of meticulous preoperative planning, including patient selection, tumour location, defect size, and an in-depth understanding of chest wall vascular anatomy. The talk underscored how careful identification and utilization of reliable perforators allow surgeons to achieve optimal oncological safety alongside superior aesthetic outcomes.

This session was highly relevant for practicing surgeons and trainees alike. By integrating clinical experience with evidence-based principles, the lecture reinforced CWPS as a valuable, patient-centric approach that supports breast conservation and improves post-surgical quality of life.

The session was well received by the audience and contributed meaningfully to ongoing academic dialogue around advancing reconstructive options in breast cancer care.

## DR. KOPPIKER'S ARTICLE WAS FEATURED IN THE 'ASK THE EXPERT' SECTION IN FEMINA DECEMBER 2025 ISSUE.

Dr. Koppiker's article on, 'Navigating burnout: A guide for Caregivers of Breast Cancer Patients' was featured in the December 2025 issue of the Femina Magazine

**ASK THE EXPERT**

**Orchids**  
BREAST HEALTH  
—Jehangir Hospital—  
Prashanti Cancer Care Mission

**NAVIGATING BURNOUT: A GUIDE FOR CAREGIVERS OF BREAST CANCER PATIENTS**

**Q** **A**

**Dr. Chaitanyaand 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

**When someone we love is diagnosed with a disease, the ground beneath our feet shifts. Life, as we knew it, is forever altered, not only for them, but also for us. In an instant, we are transformed into caregivers, often without training, without preparation, and without a roadmap. We become the quiet sentinels of strength, shouldering the invisible weight of fear, coordinating appointments, managing medications, masking our anxieties while trying to be unwavering pillars for those we love. Yet, in this sacred but strenuous role, one truth remains largely unspoken: caregivers, too, need care. These excerpts from *Together We Heal* by Ms. Laleh Busheri beautifully capture the emotional and practical realities of caregiving.**

**A HELPFUL RESOURCE FOR CAREGIVERS**

For those seeking a guidebook to support both primary and secondary caregivers through their loved one's medical journey—with clarity, direction, and emotional encouragement—**Ms. Laleh Busheri's book *Together We Heal: A Self-Care Guide for Breast Cancer Caregivers*** is an invaluable resource. It offers real experiences, practical tools, thoughtful reflections, and effective strategies to help caregivers navigate every stage of the journey.

The book is available on Amazon: <https://www.amazon.in/dp/9371640030>.

**WHAT DOES CAREGIVER BURNOUT MEAN?**

Caregiver burnout refers to a state of deep exhaustion—physically, mentally, and emotionally—that affects people who are consistently caring for someone with a chronic or long-term illness like cancer. It leaves caregivers feeling overwhelmed, drained, and unable to provide care as they normally would.

**WHAT ARE THE MAIN REASONS CAREGIVER BURNOUT DEVELOPS?**

Burnout occurs due to prolonged stress, continuous responsibilities, and lack of rest or support. Caregivers often juggle many roles—home, work, finances, while feeling they cannot ask for help.

**HOW CAN SOMEONE IDENTIFY PHYSICAL BURNOUT?**

Physical burnout appears through constant tiredness, headaches, body aches, frequent illness, reduced immunity, appetite changes, and disturbed sleep. Caregivers may feel exhausted from the moment they wake up.

**HOW CAN PHYSICAL BURNOUT BE PREVENTED OR MANAGED?**

To protect physical health, caregivers can:

- Take short scheduled breaks during the day
- Prioritize sleep and rest whenever possible
- Share responsibilities with family, friends, volunteers, or professional support
- Maintain a balanced and regular eating routine
- Engage in light activities like walking, stretching, or yoga.

**WHAT IS EMOTIONAL BURNOUT, AND WHAT DOES IT FEEL LIKE?**

Emotional burnout is when a caregiver feels mentally worn out, overwhelmed, or emotionally drained. It may appear as sadness, anger, irritability, anxiety, numbness, or withdrawing from others.

**DR. C.B KOPPIKER**

Caregivers may feel guilty taking breaks, lose interest in activities they once enjoyed, or feel disconnected from the world around them. It can also bring a sense of hopelessness or the belief that nothing they do is enough.

**WHAT HELPS CAREGIVERS COPE WITH EMOTIONAL BURNOUT?**

To manage emotional strain, it is important to acknowledge feelings rather than ignore them. Useful strategies include:

- Talking to a counselor or therapist
- Joining caregiver or support groups, which serve as a platform for connecting with people who truly understand
- Setting boundaries and learning to say "I need help"
- Practicing relaxation or mindfulness techniques, such as deep breathing, guided meditation, grounding exercises, walking, gardening or mindful journaling.
- Doing simple activities that bring joy and personal identity beyond caregiving

Remember, reaching out for support is not a sign of failure—it is an act of resilience. When caregivers receive the support they need, they are empowered to provide care with strength, balance, and renewed hope, reminding us that healing happens together.

**Orchid Breast Health by Jehangir Hospital and Prashanti Cancer Care Mission**  
32 Sasseo Road, Pune 411001  
For appointments pls call 020 - 6681126/25656110  
Dr. Koppiker's website: [https://orchidshealth.in/about\\_dr\\_koppiker](https://orchidshealth.in/about_dr_koppiker)

Prashanti Cancer Care Mission  
Providing care and support to cancer patients  
MAA.JI  
BETC  
WORLD'S FAVOURITE INDIAN

## MS. BUSHERI' ARTICLE WAS FEATURED IN DECEMBER 2025 ISSUE OF THE INTERNATIONAL BLOOM MAGAZINE

Ms. Laleh Busheri's article on, 'Healing the body, honouring the journey: preventing lymphoedema through precision surgery' was featured in the December 2025 issue of the International Bloom Magazine. Bloom is published by Reach to Recovery International, Inc. In her article, Ms. Busheri highlights lymphoedema as a significant yet often under-discussed challenge in breast cancer survivorship. Through the story of a survivor, the piece underscores how thoughtful surgical planning, modern oncoplastic techniques, and sentinel lymph node biopsy can significantly reduce the risk of lymphoedema.

Read the full article here: [https://reachtorecoveryinternational.org/wp-content/uploads/2025/12/Bloom-Magazine\\_Dec-2025\\_final.pdf](https://reachtorecoveryinternational.org/wp-content/uploads/2025/12/Bloom-Magazine_Dec-2025_final.pdf)

Bloom ISSUE # - DECEMBER 2025

### Healing the body, honouring the journey: preventing lymphoedema through precision surgery

Laleh Busheri, CEO, Prashanti Cancer Care Mission  
India



Laleh Busheri

When Rekha, a 48-year-old working mother from Nasik, came to Pune to visit her sister, she mentioned a persistent heaviness and swelling in her right arm. She was just recovering from her breast cancer treatment done at another center, where her axilla was managed with multiple lymph nodes being removed during surgery. Gradually, activities like lifting groceries and using her laptop mouse became uncomfortable. Her bracelet no longer fit. The swelling was something she had not been prepared for, and she felt scared.

Rekha was experiencing lymphoedema, a condition where lymphatic fluid accumulates in the arm or hand when drainage pathways are disrupted during breast cancer treatment due to removal of lymph nodes. Though common, it is often not discussed enough, leaving women surprised and worried when swelling appears months or even years later. While lymphoedema remains one of the most challenging survivorship issues in breast cancer, today it is increasingly preventable with thoughtful and modern surgical planning.

In cases like Rekha's, where her breast cancer was not advanced yet she was still subjected to mastectomy and complete axillary lymph node dissection (ALND), the swelling developed simply because optimal treatment decisions were not made, and no one had prepared her for this outcome. Unfortunately, this scenario is still far too common across India, including in major Tier 1- and Tier 2-city centres, where mastectomy with ALND continue to be treated as the default "gold standard" despite newer and safer approaches being widely available.

Mastectomy has been associated with several severe sequelae such as body asymmetry, postural instability, depression, loss of self-esteem, and poor quality of life. At Prashanti Cancer Care Mission (PCCM), Pune, our focus is always on ensuring not only that women survive breast cancer but that they go on to live with dignity, comfort, and the best possible quality of life.

Through cutting-edge oncoplastic breast surgery, we are able to achieve nearly 80-percent breast conservation rates, maintaining the natural form while safely treating cancer. At the same time, our lymphoedema rates remain in very low because we work meticulously to protect the lymphatic system and avoid unnecessary trauma to the arm. This is made possible through a comprehensive strategy: accurate diagnosis and staging before any treatment begins; stringent neoadjuvant chemotherapy (NACT) protocols; intra-operative radiology and pathology to make real-time decisions during surgery; and, most importantly, Sentinel Lymph Node Biopsy (SLNB) using indocyanine green (ICG) fluorescence technology, which inserts a medical dye into the lymphatic system to allow surgeons to identify and remove only the first (sentinel) few lymph nodes to check if the cancer has spread to the nodes, thus sparing the rest of the axilla. However, despite all advancements, some patients will still develop lymphoedema, especially those who need to undergo aggressive procedures due to advanced disease. In those moments, what matters is support. Survivors receive expert assessment and long-term monitoring, manual lymphatic drainage therapy, custom-fitted compression garments, guided exercises, skin care counselling to prevent infections, and emotional support through our Pink Ribbon Support Group, which helps them regain confidence in their bodies. After accessing this care, Rekha said, "Knowing I'm being cared for even after being disease free from breast cancer is the biggest relief."

Survivorship is a lifelong chapter and small daily habits, like protecting the arm from cuts and burns, staying active, avoiding blood pressure checks or injections on the treated side, and seeking help early, can go a long way in preventing worsening of symptoms. At PCCM, we believe healing does not end when breast cancer treatment stops; it continues with preserving strength, dignity, and joy. Through prevention where possible, and compassionate care where needed, we ensure that every patient can move forward — strong, supported, and never alone.

“ AT PCCM, WE BELIEVE HEALING DOES NOT END WHEN BREAST CANCER TREATMENT STOPS; IT CONTINUES WITH PRESERVING STRENGTH, DIGNITY, AND JOY. ”

11 HEALING THE BODY, HONOURING THE JOURNEY: PREVENTING LYMPHOEDEMA THROUGH PRECISION SURGERY

## PRASHANTI CANCER CARE MISSION'S BREAST GLOBAL JOURNAL

**Volume 2, Issue 3 is now available online.**

We are delighted to share that our Breast Global Journal's Volume 2, Issue 3 is now available online. BreastGlobal journal is open-access with no submission fees, and authors retain full copyright. Affiliated with Wolters Kluwer and bearing its own ISSN, the journal offers a respected platform for advancing breast cancer research and clinical practice.

Explore the latest issue here: <https://journals.lww.com/bgjr/pages/currenttoc.aspx>

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](mailto: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>



The screenshot shows the homepage of the Breast Global Journal. The top navigation bar includes links for 'Log in or Register', 'Get new issue alerts', and 'Submit a Manuscript'. The journal's logo, 'BREAST GLOBAL JOURNAL', is prominently displayed, along with the text 'Official Publication of Breast Global Network'. Below the logo, a navigation menu offers links to 'Home', 'Current Issue', 'Previous Issues', 'For Authors', and 'Journal Info'. A pink banner at the top says 'Current Issue'. To the left, there's a decorative graphic of a pink flower. The main content area features a thumbnail of the journal cover for 'July-September 2024 - Volume 2 - Issue 3', which includes a pink ribbon and the letters 'B G J'. To the right of the cover, the journal's details are listed: 'Editor-in-Chief: Prof. Chintamani, Dr. C.B. Koppiker and Dr. Ashutosh Kothari', 'Online ISSN: 2950-1539', 'Frequency: Four issues per year', and a link for 'eTOC Alert'.

## 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.**

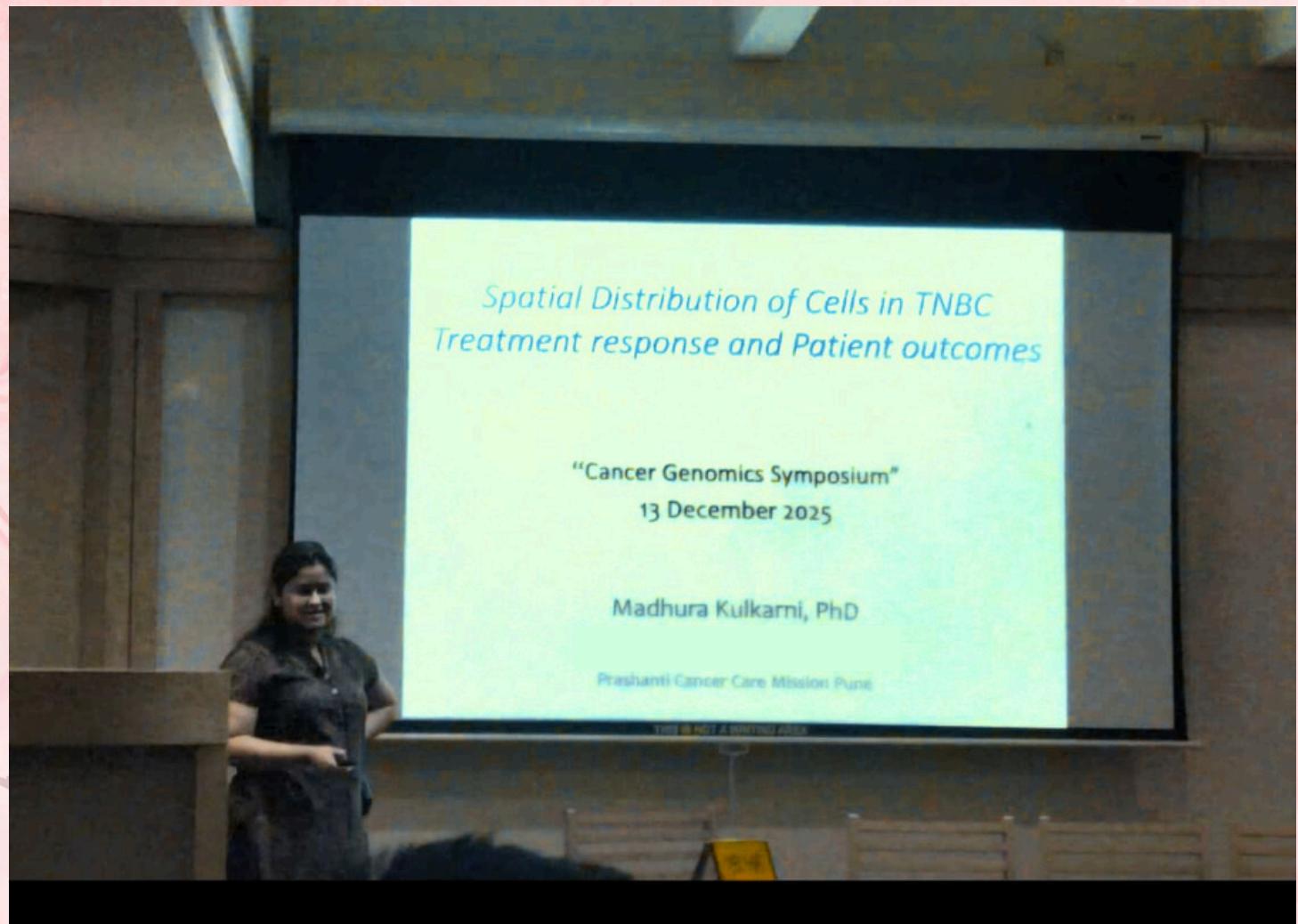
We kindly request you to send all cheques, donations, letters, and posts to this updated address.



- Enhancing and Enriching the PCCM Database through collaborations with Elixir AI and Swasthya AI.
- Fresh frozen biopsy samples from 316 patients, along with 229 fresh frozen surgery samples, have been collected and stored at IISER.
- The manuscript titled "NELFA-mediated promoter-proximal pausing restrains YAP-driven transcription and shapes context-dependent outcomes in breast cancer" was submitted to Review Commons.
- The manuscript titled, "Crosstalk between YAP and HER2 drives HER2-mediated breast cancer progression via synergistic growth factor upregulation" revision submitted to Scientific Reports
- The manuscript titled, 'Evaluating the Use and Feasibility of Indocyanine Green (ICG) in Sentinel Node Biopsy for Breast Cancer: A Beacon of Precision from an Oncoplastic Practice in India' was submitted to a Special Issue: Recent Advances and Challenges in Breast Cancer Surgery: 2<sup>nd</sup> Edition – MDPI Journal
- The manuscript titled, Assessing the Feasibility of Preoperative Axillary Ultrasound in Identifying Node-Negative Axillae: An Indian Retrospective Experience" was submitted to the Journal of Breast Imaging- Society of Breast Imaging- Oxford Academic
- Ms. Malavika, a Master's student from IISER Pune, successfully defended her thesis titled "Investigating cell-type specific expression of the paralogs YAP and TAZ in benign breast tissue."
- Dr. Madhura delivered an insightful talk on the spatial distribution of cells in triple-negative breast cancer and its impact on treatment response and patient outcomes at a symposium organised by NCBS Bengaluru.

## DR. MADHURA KULKARNI SPEAKS AT A SYMPOSIUM ORGANIZED BY NATIONAL CENTRE FOR BIOLOGICAL SCIENCES (NCBS), BENGALURU

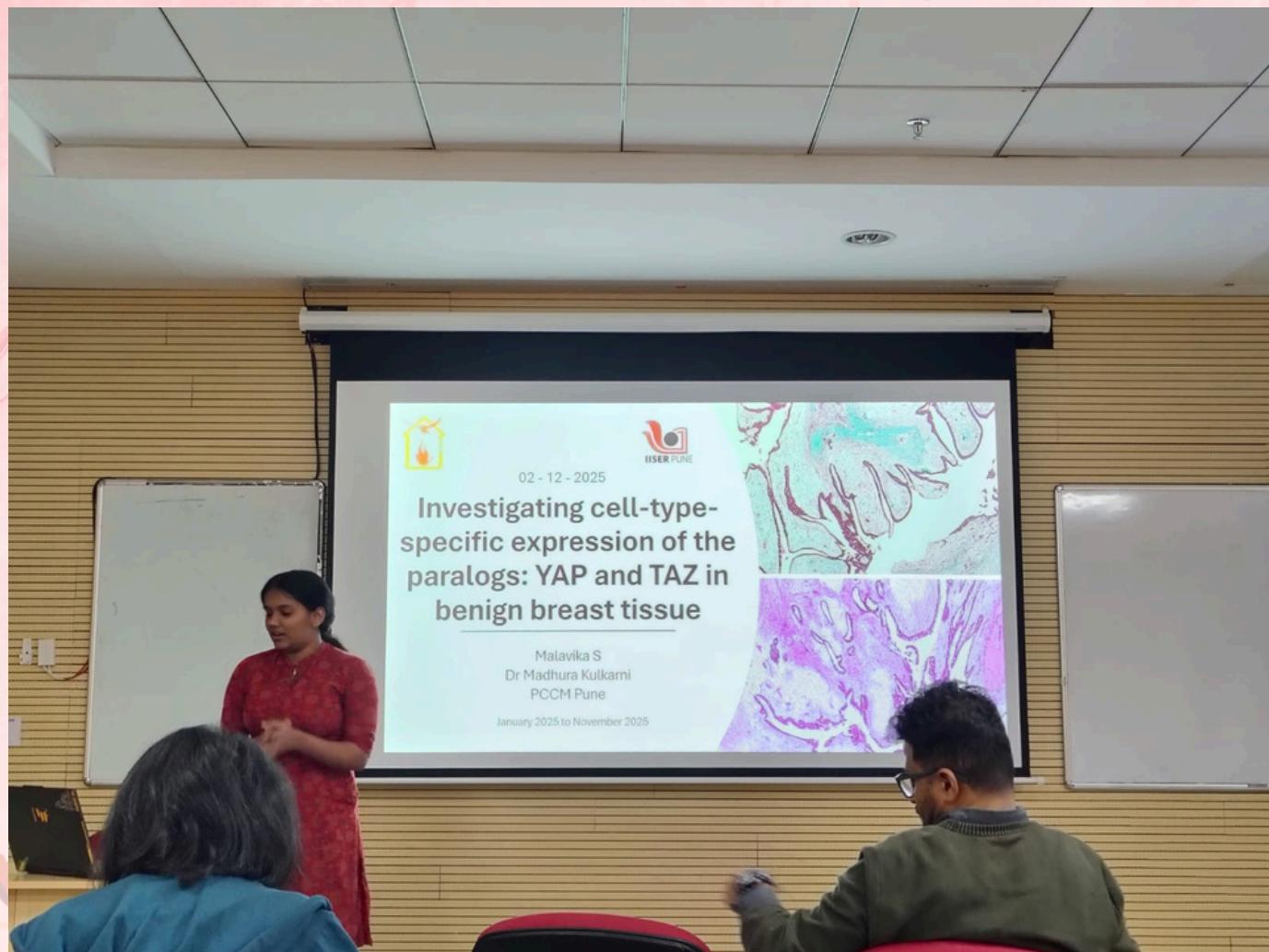
Dr. Madhura Kulkarni was an invited speaker at a one-day symposium on Cancer Genomics held on 13th December 2025 at NCBS, Bengaluru. She delivered an insightful talk on the spatial distribution of cells in triple-negative breast cancer and its impact on treatment response and patient outcomes.



## MS. MALAVIKA SUCCESSFULLY DEFENDS THESIS ON YAP-TAZ EXPRESSION IN BREAST TISSUE

Ms. Malavika, a Master's student from IISER Pune, successfully defended her thesis titled "Investigating cell-type specific expression of the paralogs YAP and TAZ in benign breast tissue." She confidently addressed questions from the scientific panel, highlighting the rigor of her work.

The year-long research was conducted under the mentorship of Dr. Madhura Kulkarni, Translational Research Lead at PCCM-CTCR, and was based on patient-derived data from PCCM's Orchids Breast Health Centre.



## 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: **25**

Biopsy Blocks: **13** Patients

Surgery Blocks: **12** 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.

**09** Fresh frozen Biopsy and **09** surgery samples collected this month.

## 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.

## LECTURE 15TH OF PRASHANTI CANCER CARE MISSION'S PINK RIBBON SUPPORT GROUP WEBINAR SERIES WAS HELD ON 17TH DECEMBER 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, 17th of December 2025, the Pink Ribbon Support Group hosted Lecture 15 of its ongoing webinar series, focusing on the healing power of simple, joyful activities for patients and caregivers.

This Pink Ribbon Webinar featured "Rhythm of Healing: Explore Understand and Experience Music Therapy" presented by Ms. Siddhita Rathod. The session offered participants a meaningful introduction to the principles and practice of music therapy as a supportive tool in cancer care and emotional healing.

Click here to register for the next session :

[REGISTER NOW](#)



Dr. Kainat Moosa  
Siddhita Rathod  
PCCM-CTCR Webinars  
You are viewing Siddhita Rathod's screen  
View Options

Close your eyes  
Rest back  
Listen or humm  
Think about a place or a thing or a person you love  
Let you breath sync with the music  
Maybe sing along



Dr. Kainat Moosa  
Siddhita Rathod  
PCCM-CTCR Webinars  
You are viewing Siddhita Rathod's screen  
View Options

What Really is music therapy?

- Clinical and evidence based practise
- Interdisciplinary profession
- Individual Goals and Improve quality of life
- Sound Rhythm Harmony
- Musical Interventions
- No musical skill required
- Certified Music Therapist
- Therapeutic Relationships



An Initiative by  
 Prashanti Cancer Care Mission  
Reaching out with excellence

### PRASHANTI CANCER CARE MISSION'S THE PINK RIBBON SUPPORT GROUP WEBINAR SERIES

**Chapter 2: Small Acts, Big Impact During Recovery**

#### LECTURE 15



**Rhythm of Healing: Explore, Understand & Experience Music Therapy**

**Ms. Siddhita Rathod**  
Music Therapist



After a successful Chapter 1 (September 2024–March 2025) on survivorship, mental health, nutrition, yoga, meditation, and genetics, we invite you to Chapter 2, "Small Acts, Big Impact During Recovery" where we'll explore simple, empowering activities for patients and caregivers.

**WEDNESDAY, 17<sup>TH</sup> DECEMBER 2025**

**VIA ZOOM 4:00 P.M–5:00 P.M IST  
(REGISTER NOW TO ATTEND THE WEBINAR)**

**[CLICK HERE TO REGISTER](#)**

**FREE WEBINAR**

For more information & registration, please call or email  
+91-20-25656110 / 91-20-25650269  
[vcanshare@prashanticancercare.org](mailto:vcanshare@prashanticancercare.org)

[www.prashanticancercare.org](http://www.prashanticancercare.org)  
[www.ctcr.in](http://www.ctcr.in)



**\*This online series is FREE & open to all. Invite your friends, caregivers, & anyone interested.**

BLOGS

# PREVENTIVE BREAST CANCER CLINIC: BRINGING GLOBAL RISK MODELS TO INDIAN WOMEN



Early detection has always been the cornerstone of improving breast cancer outcomes. But prevention starts even earlier—by understanding who is at higher risk long before any symptoms appear. That is exactly what our Preventive Breast Cancer Clinic aims to do.

While preventive models and lifestyle-based risk prediction tools have been widely used in Western countries for over a decade, their use in India is still evolving. At our clinic, we have begun integrating these global tools thoughtfully into an Indian setting—adapting them, interpreting them carefully, and combining them with locally relevant factors to provide women with a clearer picture of their personal breast cancer risk.

## Why Lifestyle-Based Risk Matters

Breast cancer risk is influenced by a mix of non-modifiable factors (age, genetics, reproductive history) and modifiable lifestyle factors such as:

- Physical activity levels
- Alcohol consumption
- Weight and BMI
- Breastfeeding duration
- Hormonal exposures
- Dietary habits



Understanding these factors together gives us a preventive advantage. Even if we cannot change every risk factor, we can often influence many of them.

## How Risk Prediction Models Work

Across the world, several validated statistical models help clinicians estimate a woman's likelihood of developing breast cancer. These include:

1. Gail Model
2. Tyrer-Cuzick (IBIS) Model
3. BOADICEA Model



## Our Clinic's Approach: Prediction, Not Diagnosis

We emphasise to every woman that these tools are predictive, not diagnostic. They help guide:

The need for genetic counselling

Frequency of screening (annual vs biennial)

Lifestyle changes that may reduce risk

Whether advanced imaging (like MRI) may be helpful

## Why Early Risk Assessment Matters

When risk is understood early, women can make informed decisions about:

- Nutrition and physical activity
- Breastfeeding practices
- Hormonal therapy choices
- Weight management
- Screening timelines



***Our aim is not to alarm but to empower—helping women take control of their long-term breast health.***

**BLOGS**

## Protein Raita Bowl



### Ingredients

- 1 cup unsweetened almond milk (or cow's milk if tolerated)
- ½ cup mixed berries (blueberries, strawberries – fresh or frozen)
- 1 small banana (for natural sweetness and energy)
- 1 tablespoon ground flaxseed (supports gut health & hormones)
- 4–5 soaked almonds (peeled, if digestion is sensitive)
- ½ cup plain curd / Greek yogurt (optional, for protein & probiotics)
- A pinch of turmeric powder (optional, anti-inflammatory)

### Method

- Add all ingredients to a blender.
- Blend until smooth and creamy.
- Adjust thickness with water or milk as needed.
- Serve fresh.

## 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://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](mailto:accounts@prashanticancercare.org) so as to enable us to courier or email to you the 80G tax exemption certificate and donation receipt.

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

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

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

**JANUARY 2026 | VOLUME 11| ISSUE 107**

**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  
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