



Prashanti Cancer Care Mission
Reaching out with excellence



Centre for Translational Cancer Research
Joint Initiative between IISER, Pune and PCCM



Prashanti Cancer Care Mission
Reaching out with excellence

OrcAids
BREAST HEALTH



FEBRUARY 2024 | VOLUME 132 ISSUE 76

PCCM MONTHLY NEWSLETTER

Prashanti Cancer Care Mission's Newsletter

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WHAT'S IN THIS LATEST ISSUE?

International School of Oncoplastic Surgery (ISOS) introduces a 4-Part Hands on Oncoplastic Series

ISOS-BreastGlobal Masterclass 'Enhance Your Skills: Autologous Breast Reconstruction'.

Research Training Program for Clinicians and Residents (RT-PCR) Module- 2, began on 18th January 2024.

Ms. Laleh Busheri was invited for a virtual Breast Cancer Awareness Talk by the Innerwheel Club of Khadki, Pune

CTCR's faculty member, Dr. Madhura Kulkarni, was invited as an Interlocutor at YI Huddle 9 - A conversation series for Young Investigators in India, a webinar by IndiaBioscience!

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.

International School Of Oncoplastic Surgery (ISOS) introduces a 4-Part Hands on Oncoplastic Series

The International School of Oncoplastic Surgery (ISOS) is organizing a Hands-On Workshop Series focusing on Oncoplastic Breast Surgeries on February 17th and 18th, 2024, led by Dr. Chaitanyanand Koppiker. The workshop offers participants a unique opportunity for hands-on simulations, specialized prosthesis sessions, and continuous video surgeries for real-time learning. The program includes case-based discussions focusing on quadrant-wise and scenario-wise understanding, as well as an in-depth exploration of pre-surgery radiology and rad-path analysis.

The registrations are already full, indicating a high demand for this specialized training, and those who have secured seats can expect a valuable and enriching experience.



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

ESSENTIALS IN ONCOPLASTIC TECHNIQUES

Hands-on Oncoplasty Workshop Session -I

17TH AND 18TH FEB 2024, PUNE

In his commitment to instill the Oncoplastic mindset in India, Dr. Chaitanyanand Koppiker founded the International School of Oncoplastic Surgery (ISOS) in 2014. Recognizing the gaps in breast cancer surgical training, he aimed to provide specialized education in Oncoplastic Breast Surgery. Having trained over 500 surgeons during his practice, Dr. Koppiker established ISOS with the vision to create a systematic program for young surgeons in India and around. Since its inception, ISOS has successfully trained physicians from various countries, offering hands-on experience in Oncoplastic techniques through workshops and other ISOS educational initiatives.

Workshop Description:
Embark on the first session of our four-part series with the **"Essential in Oncoplastic Techniques"** workshop. Led by Dr. Chaitanyanand Koppiker, this focused program offers a personalized learning experience for aspiring surgeons. Elevate your practice by acquiring essential skills in oncoplastic breast surgery. Explore the brochure for detailed insights into the program.



More Information Contact us on **Registration closed**
obs.koppiker@gmail.com
+919665033955

ISOS-BreastGlobal Masterclass 'Enhance Your Skills: Autologous Breast Reconstruction'

The ISOS-BreastGlobal Masterclass 'Enhance Your Skills: Autologous Breast Reconstruction' was held on the 12th of January 2024.

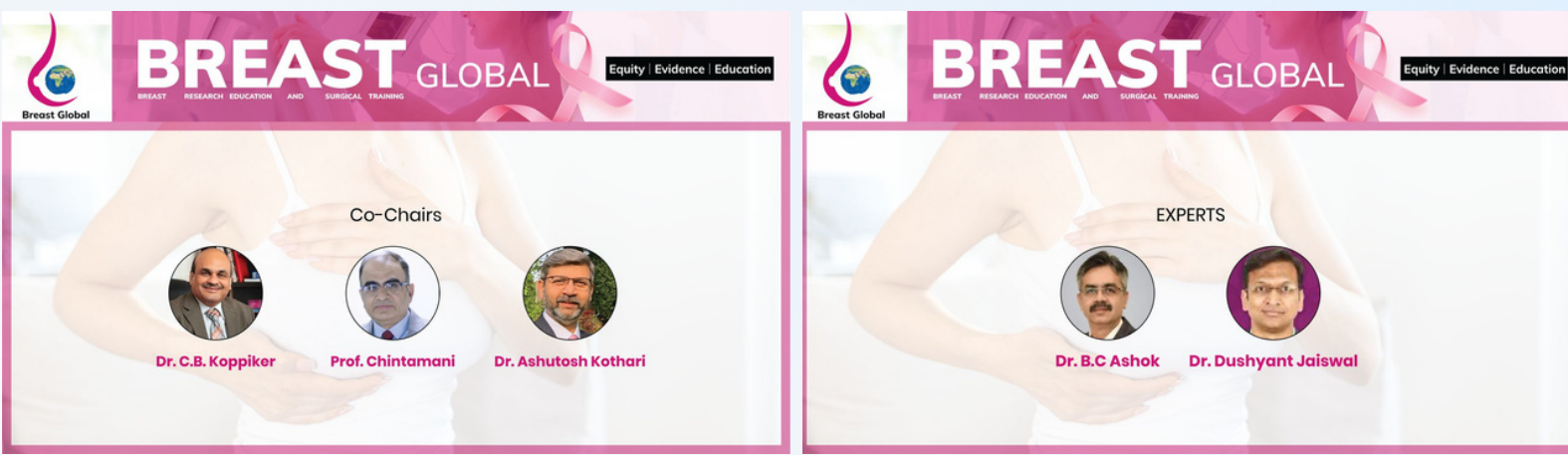
About BreastGlobal

BreastGlobal (BG) is a virtual educational network established in 2021 by PCCM. This online portal has been created to bridge the gaps in knowledge by providing a single platform where experts, trainees and industry can have access to a plethora of global learning and training opportunities.



Today BG has over 3500 Global members and have conducted over 20+ webinars and e-masterclasses, which usually attracts more than 400 attendees. These webinars are recorded and available to registered members on the website www.breastglobal.org.

The ISOS-Breast Global Masterclass conducted on 12th of January provided a comprehensive understanding of various autologous breast reconstruction techniques. The event featured Dr. BC Ashok and Dr. Dushyant Jaiswal, who shared their extensive knowledge of this technique through various surgical video demonstrations. They demonstrated various tips and tricks from their extensive clinical practice, which contributed to the overall success of the webinar. Moreover, the event concluded with a panel discussion where Dr. C.B Koppiker conveyed his perspective on autologous breast reconstruction. With over 500 registrations, the session was highly interactive, with engaging discussions and valuable insights.



Research Training Program for Clinicians and Residents (RT-PCR) Module-2, began on 18th January 2024.

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.



Module 2 of RTPCR, titled "Molecular Insights into Oncology (MIIO)", will further explore various aspects of cancer research, including molecular and cellular profiling, epigenetics, personalized medicine, single-cell genomics, AI and ML in oncology, clinical trial design, in vitro and animal models, bioinformatics, ctDNA applications, and the microbiome-cancer connection. The purpose of this module is to bridge the gap between clinical practice and scientific research.

The first lecture, titled **"Molecular Insights into Oncology: Vision and Revision"**, was conducted on 18th January 2024. This lecture was seamlessly built upon the foundations established in Module 1. During this lecture, the RTPCR faculty members discussed key concepts and revisited topics introduced in Module 1.

Research Training Program for Clinicians and Residents (RT-PCR)

A Program by
Centre For Translational Cancer Research (CTCR): A Joint Initiative by
IISER Pune & Prashanti Cancer Care Mission (PCCM)

RT-PCR Module 2
12-week course

"Molecular Insights into Oncology": Vision and Revision

Welcome to Module 2!

This inaugural lecture sets the stage for an enriched journey, seamlessly building on Module 1's foundations. We'll revisit key concepts and propel forward into advanced topics, delving into molecular and cellular biology, personalized medicine, genomics, and cutting-edge technologies in oncology.

Get ready for a condensed yet comprehensive dive into the future of oncology research.

"Molecular Insights into Oncology": Vision and Revision- Lecture -I
18th January 2024.

Register now and join us live for the upcoming lectures.

[CLICK HERE TO REGISTER](#)

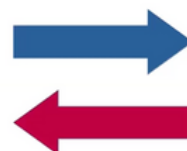
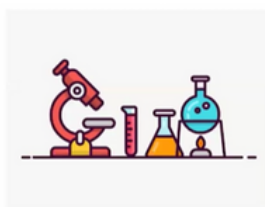
Module -2 Starts 18th Jan 2024
Alternate Thursdays
7:00 PM to 8:00 PM IST

Missed Module- 1? No worries. All Module-1 lectures are recorded and available for registered participants. Catch up at your own pace.

RT-PCR Course Classroom Invite Link : [CLICK HERE](#)

Lecture Link: [CLICK HERE](#)

Bench to Bed (B2B) Research



Bed to Bench to Bed (B2B) Research

Ms. Laleh Busheri was invited for a virtual Breast Cancer Awareness Talk by the Innerwheel Club of Khadki, Pune.

On the 22nd of January, Innerwheel Club of Khadki invited Ms. Laleh Busheri for a virtual talk on Breast Cancer Awareness. Ms. Busheri's presentation was titled "From Awareness to Action: A Comprehensive Guide to Understanding, Preventing, and Conquering Breast Disease." Her talk highlighted breast cancer in an Indian context, the preventable risk factors, how to conduct a self-breast examination, the gold standard for treatment, and the use of breast oncoplasty. She also debunked common myths surrounding breast cancer. The presentation was well-received.



Innerwheel Club of Khadki

Invites you for an exhaustive talk on
*"From Awareness to Action:
 A Comprehensive Guide to Understanding,
 Preventing and Conquering Breast Disease."*

By : **Laleh Busheri**, CEO of Prashanti Cancer Care Mission

JANUARY 24
22 @ 4 pm on **zoom**

Nishita Shah
 President

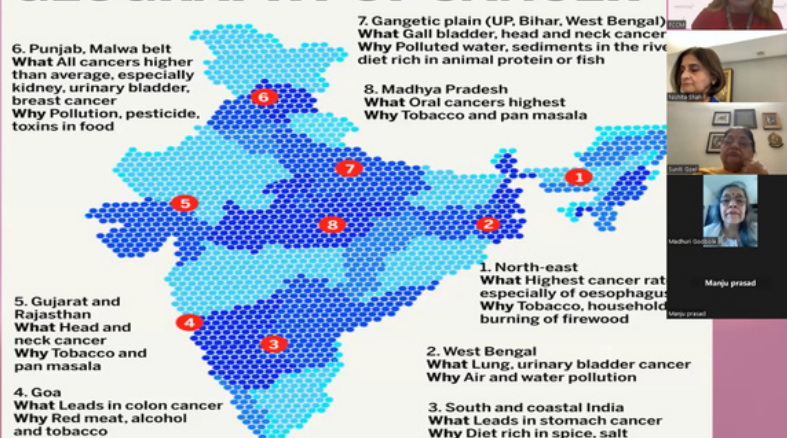
Shobha Bhuvalka
 Secretary

We will share the zoom link of the meeting in a few days, close to the meeting date

Risk factors that cannot be Changed



GEOGRAPHY OF CANCER



CTCR's faculty member, Dr. Madhura Kulkarni, was invited as an Interlocutor at YI Huddle 9 - A conversation series for Young Investigators in India, a webinar by IndiaBioscience!

Dr. Madhura Kulkarni, Senior Scientist from Prashanti Cancer Care Mission, was invited to participate in the webinar IndiaBiosciences hosted on 19th January, 2024. The webinar focused on "Building Clinician - Academia Collaboration. Beyond Samples and Data", a subject matter that we hold very close and promote further at PCCM.

The webinar covered the importance of building trust, working closely while learning each other's language, and respecting the different time schedules of clinicians and academicians. Each side, clinician and academic collaborator, brings in their unique perspective to the collaboration, be it patient-driven mindset or a specific research question-centric approach. Both are critical to have patient-centric outcomes that hold scientific rigour. The webinar was well received, with a lot of interest from the audience and relevant questions.

YI HUDDLE
A conversation series for Young Investigators' in India

FRIDAY
19 JANUARY 2024
4 PM - 5 PM

BEYOND SAMPLES AND DATA SETS:
Building Academia-Clinic Collaborations

Guests

SS Meera
NIMHANS, Bangalore

Nikita Mehra
Cancer Institute (WIA), Adyar, Chennai

Interlocutor

Madhura Kulkarni
Prashanti Cancer Care Mission, Pune

Registration Link
bit.ly/NinthYIHuddle

bit.ly/YI-Huddle



PCCM FOOD BANK

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





RESEARCH UPDATES



- CTCR's faculty member, Dr. Madhura Kulkarni, was invited as an Interlocutor at YI Huddle 9 - A conversation series for Young Investigators in India, a webinar by IndiaBioscience!



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-25

Biopsy blocks-16

Surgery blocks-09

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.

6 Fresh frozen tissue samples collected this month



Free Counselling Services at Orchids Breast Health

Reaching out with excellence



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

Orchids Clinic - Your Affordable, High-Quality Breast Health Care

Psychological Counselling For Breast Cancer Patients

- Overcome Stress and Shock
- Psycho-social adjustment
- Care and Support for the Caregivers
- Stress management
- Deal with health-related anxiety
- Helping underlying psychological issues
- Psychotherapies

At the Orchids Breast Health we encourage our Breast Cancer Patients and their family members to undergo psychological counselling for emotional wellness during cancer treatment

BOOK YOUR APPOINTMENT NOW

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

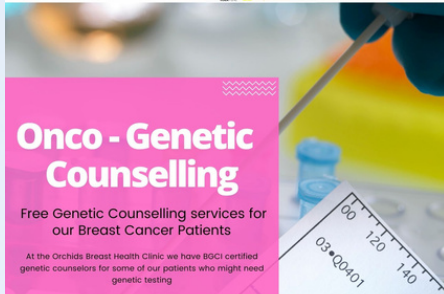
Visit us at
12 Kapilvastu, Senapati
Bapat Road, Pune,
Maharashtra 411016



Onco-Psychology Counselling

273 patients have received free psychological counselling to make them stronger during this tough time

Prashanti Cancer Care Mission
Reaching out with excellence



Onco - Genetic Counselling

Free Genetic Counselling services for our Breast Cancer Patients

At the Orchids Breast Health Clinic we have BGC certified genetic counselors for some of our patients who might need genetic testing

Breast Cancer Genetic Counselling

To whom is genetic counselling offered? (According to NCCN guidelines)


- Diagnosed at <45 yrs
- Family History of Cancer
- Recurrence
- TNBC
- Personal history of other cancer

What can you expect in a Genetic counselling ?

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

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

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



Orchids Clinic - Your Affordable, High-Quality Breast Health Care

Dr. Kappikeri | Breast Cancer Doctor in Pune | Orchids Breast Health (orchidshealth.in)
020-2565690, 25650269, 9850840248 | vcanshore@gmail.com | reports@prashanticancercare.org

Onco-Genetic Counselling

216 patients have received free genetic counselling services so far

Prashanti Cancer Care Mission
Reaching out with excellence



Onco - Nutrition Clinic

Free Nutrition Counselling services for our Breast Cancer Patients

Orchids Clinic - Your Affordable, High-Quality Breast Health Care

Nutrition Counselling

- Diet during Chemo and Radiotherapy
- Personalized Charts
- Improved tolerance of treatment.
- Decreased fatigue
- Hydration Counselling
- Improved healing and recovery.

At the Orchids Breast Health Nutrition Clinic we make you aware of the power of good nutrition and help you make your breast cancer treatment easier

BOOK YOUR APPOINTMENT NOW

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

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



Dr. Kappikeri | Breast Cancer Doctor in Pune | Orchids Breast Health (orchidshealth.in)
020-2565690, 25650269, 9850840248 | vcanshore@gmail.com | reports@prashanticancercare.org

Nutrition Counselling

264 patients received free nutrition counselling to fight cancer treatment better

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



Mammography:

**102 patients received
free / concessional
mammography**



Sonography:

**162 patients received
free / concessional
sonography**



Biopsy

**11 patients received
free and
concessional biopsy**

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



Surgery

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



Chemotherapy /Day Care

**30 patients received free
chemotherapy**

**69 patients received major
concessions at our day care
centre for chemotherapy**



Onco-Pharmacy

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

MULTISEED CRACKERS



Health Benefits

- Multiseed crackers are energy-rich healthy snacks packed with good fats and fibre.
- Flaxseeds are rich in Omega 3 fatty acids that have cancer preventive properties, while sesame seeds are rich in calcium and reduce the chances of osteopenia during hormonal therapy in breast cancer.
- These bite-size energy crisps can also help relieve tiredness and fatigue due to cancer treatment.
- They are a great way to relieve chemotherapy-induced nausea.
- Additionally, they can be made and stored for up to 15 days, which makes it convenient for the caregiver and the patient.



Ingredients

Flaxseeds	2 tbsp
Chia seeds	1tbsp
Sesame seeds	1 tbsp
Pumpkin seeds	1tbsp
Besan	1 cup (30g)
Olive oil	2tsp
Water	100-120ml
Baking soda	1 pinch
Salt, Chilliflakes, Oregano.	



Method of Preparation

- Mix all dry ingredients, add olive oil and water and set aside for 10 minutes
- Pre heat oven at 180C.
- Pour the mixture on butter paper, place another paper on top and roll using a rolling pin.
- Remove the top sheet and shift the butter paper with mixture on baking tray.
- Bake for 15-20 minutes till golden brown
- Let it cool.
- Have it alone or serve with hummus dip!

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

Vatsala Gunjal

When my mother was diagnosed with breast cancer the whole family was stressed as this was the first time in the family. Then we wanted the best possible treatment for her cure, and we got referred to Dr. Koppikar. When we reached here in the Orchid breast clinic and met the doctor, we knew my mother is going to get treated well and come out from all this.

He reassured us with his warm words after patiently and calmly reading all the reports. After chemo started, we got positive results and provided concession as well. They all provide excellent facilities here. Also thank you to Dr. Chetan. Thank you so much.



Arundhati Kamat

Currently I am undergoing chemotherapy in Orchids. I have had a very positive experience since the beginning, the staff are warm, and welcoming made me feel comfortable. They are very well trained. And explain the process in detail which gives confidence.

The doctors are experts and renowned in the field. They explain the course of action in detail and ensure that we have a positive outlook towards the treatment. The PCCM had created a good support system to recover from chemo side effects.

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

Habiba Sayyad

When I was diagnosed with the disease initially, I was very scared and stressed. I was taking the treatment somewhere else but was not satisfied so I got a reference for Dr. Koppikar. While the treatment for proceeding I realized Dr. Koppikar is an expert. And I have excellent hands. Now I am totally fine and fit and tension free. Thank you Dr. Koppikar and his entire team.





Kshirsagar Bebi

डॉ. कोप्पीकर यांनी खूप धीर दिला आणि चांगले उपचार करत आहेत. मनोधैर्य वाढवल्याचे खूप आभार. Dr चेतन देशमुख यांनी जे माझे हसू नाहीसे झाले होते हे पुन्हा आणले. आणि चांगली ट्रीटमेंट केली. दोनही डॉक्टर्स आणि सर्व स्टाफ चे मी खूप आभारी आहे. माझ्यात खूप चांगला बदल होत आहे. धन्यवाद.

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.		Sahera Jamadar (35 years) has stage II breast cancer. She is a homemaker, and her husband works as police constable with a salary of Rs.6000 only. She has twin children of 5 years. Her husband also has additional responsibility to support his uncle's family in the village.												
	Sahera Jamadar (35 Yrs.)	<table><tr><th>Treatment</th><th>Amount (In Rs.)</th></tr><tr><td>Chemotherapy</td><td>1,59,684</td></tr><tr><td>Diagnostics and OPD Charges</td><td>35,700</td></tr><tr><td>Radiation</td><td>1,85,000</td></tr><tr><td>Surgery</td><td>2,10,000</td></tr><tr><td>Total</td><td>5,90,384</td></tr></table>	Treatment	Amount (In Rs.)	Chemotherapy	1,59,684	Diagnostics and OPD Charges	35,700	Radiation	1,85,000	Surgery	2,10,000	Total	5,90,384
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Radiation	1,85,000													
Surgery	2,10,000													
Total	5,90,384													
02.		Rukhaiya Hakimiyani (53 years) has stage IV breast cancer. She is a homemaker, and her husband is retired. She has 5 family members in the house with two sons and one daughter in law. The elder son works in a private company and the younger son works in a bakery. The family income is minimal to support the treatment of the patient as the family is already burdened with day-to-day expenses.												
	Rukhaiya Hakimiyani (53Yrs)	<table><tr><th>Treatment</th><th>Amount (In Rs.)</th></tr><tr><td>Chemotherapy</td><td>6,54,365</td></tr><tr><td>Diagnostics and OPD Charges</td><td>40,200</td></tr><tr><td>Radiation</td><td>1,85,000</td></tr><tr><td>Surgery</td><td>2,10,100</td></tr><tr><td>Total</td><td>10,89,565</td></tr></table>	Treatment	Amount (In Rs.)	Chemotherapy	6,54,365	Diagnostics and OPD Charges	40,200	Radiation	1,85,000	Surgery	2,10,100	Total	10,89,565
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Radiation	1,85,000													
Surgery	2,10,100													
Total	10,89,565													

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

Every small amount from you would help save the lives of these women and allow them to live a healthy life with their loved ones.

Click to donate:

DONATE 

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

a. Through the donation page on the website:

<https://www.prashanticancercare.org/donations.php>

or

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

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>**

