

Prashanti Cancer Care Mission
Reaching out with excellence



NEWSLETTER

April

2022

1) Masterclass on 'Implant Based Reconstruction' by BreastGlobal in association with International School of Oncoplastic Surgery (ISOS) held on 10th March 2022

BreastGlobal in association with International School of Oncoplastic Surgery organized a masterclass on Implant Based Reconstruction for the students of the Masters in Breast Oncoplasty program. The masterclass was held virtually on 10th March 2022 with Dr. Koppiker and Dr. Kothari giving lectures and a discussion chaired by Prof. Chintamani.

**BreastGlobal**
Technical Webinar

INTERNATIONAL SCHOOL OF
ONCOPLASTIC SURGERY
breastoncoplasty.org

**BASICS OF
IMPLANT BASED
RECONSTRUCTION**

A BreastGlobal **MASTERCLASS**

In association with International School for Oncoplastic Surgery (ISOS,Pune)

The primary tennet of BreastGlobal is to bridge the gaps in knowledge and provide a universal platform for education and training in breast cancer management. This time we bring to you a Masterclass on the 'Basics of Implant Based Reconstruction'. The lecture will cover the whole gamut of implant based breast reconstruction from planning and the different types of implant to the various techniques and approaches to the management of complications.

Experts

**Dr. C.B Koppiker**
India

**Mr. Ashutosh Kothari**
UK

**Prof. Chintamani**
India

10 MARCH 2022
7:30 PM IST
Thursday
2.00 PM UK
3.00 PM CET
9.00 AM EST
[Convert timings to your local timezone](#)

The webinar will discuss the basics of implant reconstruction, including markings and measurements, choice of implants, conventional implant reconstruction techniques such as lower dermal sling as well as prepectoral implants.

The webinar lecture will include case discussions, video demonstrations to gain in depth understanding of the minutiae of the procedure followed by question and answer session.

[CLICK HERE TO REGISTER](#)

**BAJAJ**
Chief Patron

2) BreastGlobal organized a webinar with its industry partner BD on 'Management of B3 Lesions' on 5th March 2022

BreastGlobal organized a webinar in collaboration with its industry partner BD on the 'Management of B3 Lesions' on 5th March 2022. The webinar featured a talk followed by panel discussion with experts on the consideration of diagnosis, pathology, and management of B3 lesions.



Breast Global

4:30 PM IST
5th March 2022
Saturday

An engaging and comprehensive webinar covering the guidelines and patient pathway on the management of B3 Lesions in breast cancer diagnosis. This will include the use of vacuum-assisted excision and biopsy, followed by an insightful panel discussion on expert views and considerations of the diagnosis, pathology, and management of B3 lesions.

Management of B3 Lesions

A Webinar by **BreastGlobal**
in collaboration
with our industry partner **BD**



Speaker

Management of B3 Lesions (4:30 - 5:00 pm IST)

Dr. Nisha Sharma
Radiologist
UK



Panelists

Panel Discussion (5:00 - 5:40 pm IST)

Dr. Nisha Sharma
Radiologist
UK



Ms. Urvashi Jain
Surgeon
UK



Prof. Sarah Pinder
Pathologist
UK



Moderators

Dr.C.B Koppiker
India



Mr. Ashutosh Kothari
UK



Prof. Chintamani
India



REGISTER NOW



3) **Dr. Koppiker** presented a talk on 'Perforator Flaps' at the "FSIBC Breast Conference 2022: Breast Cancer Management: Recent Advances & The Way Ahead" held virtually on 11th and 12th March 2022

Organized by

I ACT
against cancer
INDIAN ANTI CANCER TRUST
"I ACT" against cancer

VIRTUAL CONFERENCE

In collaboration with

Breast Global

FSIBC BREAST CANCER CONFERENCE 2022

BREAST CANCER MANAGEMENT

Recent Advances & The Way Ahead

11 and 12 MARCH 2022
06.00 pm - 09.30 pm (IST)

Conference Managed by:

MICE IDEAS 12 years of Excellence
Leader in Physical, Hybrid & Virtual Conferences

100% View Zoom Add Slides Play Table Chart Text Shape Media Comment Collaborate Format Animate Document

Perforator Flaps

C B Koppiker
Orchids Breast Health
Director Onco-Sciences Jehangir Hospital
Hon. Ass. Professor University of East Anglia UK
Convenor for MCh mastership program for India Asia & Faculty UEA UK
Board of Directors School Of Oncoplastic Surgery USA
International School Of Oncoplastic Surgery Pune Centre For Translational research

INTERNATIONAL SCHOOL OF ONCOPLASTIC SURGERY

Orchids BREAST HEALTH

Dr. C.B. Koppiker

4) **Ms. Laleh Busheri was invited as a panelist for the Women's Day Special Event by Adhyyan Books.**

Ms. Laleh Busheri was invited as a panelist for a Women's Day Special Event by Adhyyan books on 8th March 2022. The panel discussion featured accomplished and inspiring women role models and a discussion on their journey and advice for other aspiring young women. Ms. Busheri discussed her journey and her inspiring work with Prashanti and breast cancer patients.

ADHYYAN BOOKS

YouTube LIVE

WOMEN'S DAY SPECIAL EVENT

SUPER POWER AUTHOR

8th March 2022, Tuesday, 8 PM

Laleh Busheri

Presenter :
CA NITIN SONI

Dr. Gopika Kumar

Dr. Anjum Padyal

Dipika Agarwal

Chinmayee Abbey

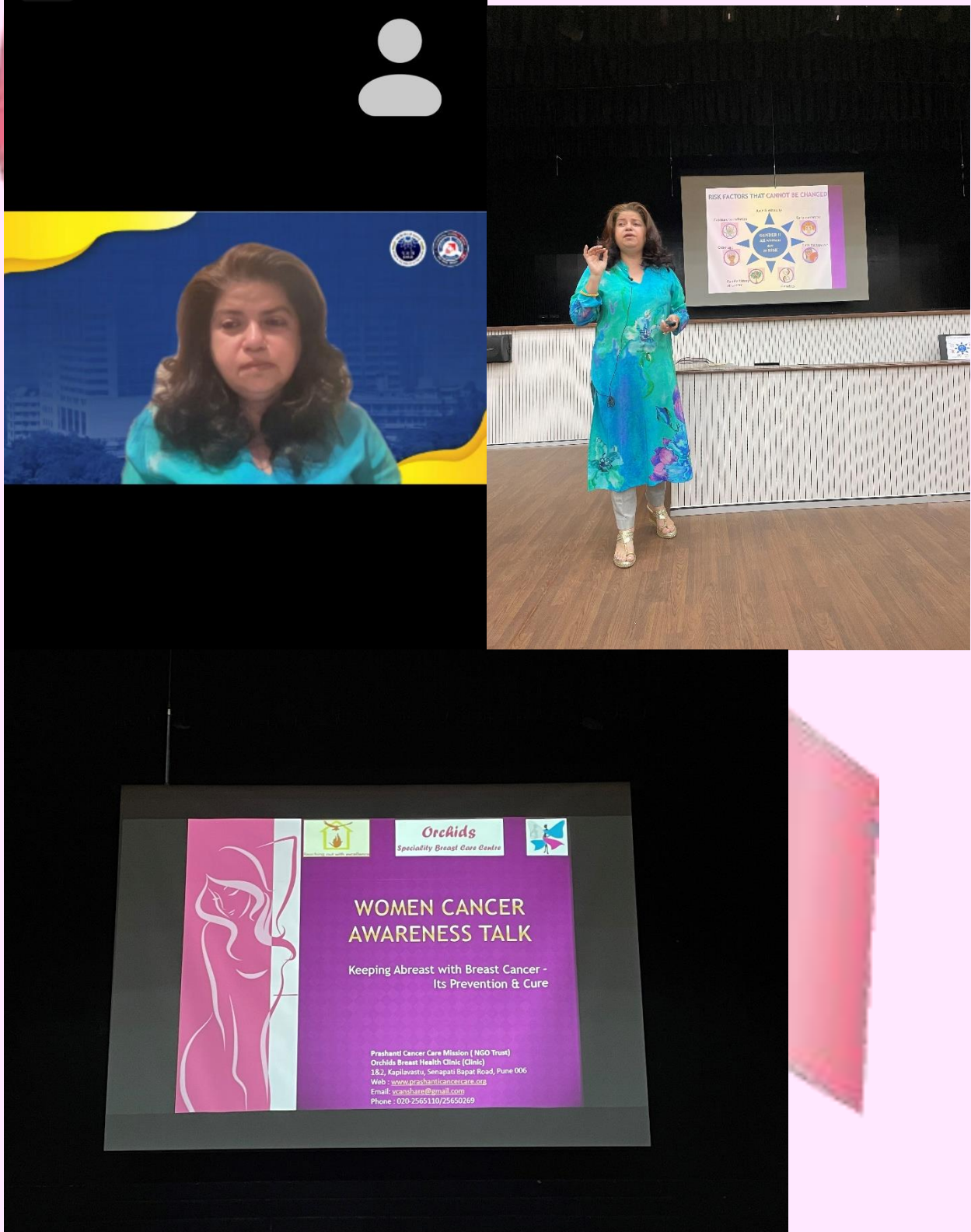
Sonu Singh

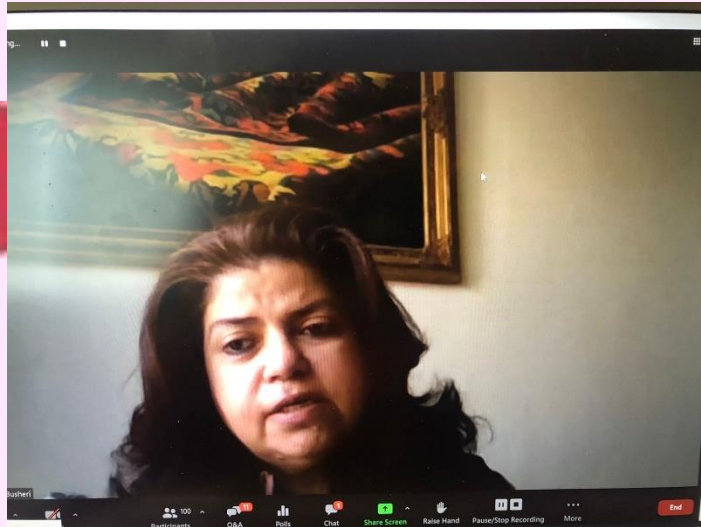
Yashica Jalhotra

Dr. Vinit Gaba

5) Ms. Laleh Busheri presented talks on Breast Cancer Awareness on the occasion of Women's Day at Cybage Software, Titan Company Limited, Druva Data Solutions, The Kalyani School

On account of Women's Day on 8th March, Ms. Laleh Busheri was invited to present on Breast Cancer Awareness at various venues. She presented talks at Cybage Software Pvt. Ltd. On 7th March 2022 and at The Kalyani School, Manjari to give related to breast cancer awareness. She also gave a virtual talk at Titan Company Limited highlighting the alarming statistics of breast cancer in India and presented a talk at Druva Data Solutions Pvt. Ltd. on 11th March 2022.





6) Clinical Breast Examination Camp has been planned at Kalyani School from 26th March 2022 to 1st April 2022.

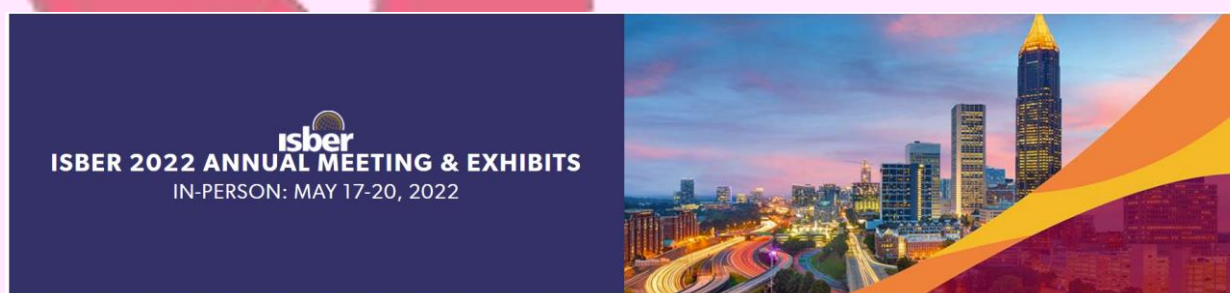
Clinical Breast Examination Camp is being organized at the Kalyani School from 26th March 2022 to 1st April 2022. The expected participants include schoolteachers, school housekeeping staff and wives of the male teacher. 71 women were screened on the first day and around 130 women will be screened as part of the camp. Post the CBE camp any women having a suspicious presentation upon CBE will be given Free mammography/sonography at PCCM – Orchids Centre. Further any staff from The Titan Group, Cybage India and Druva Tech will be given an additional subsidized costing for mammography at the centre.





- 7) **Two abstracts on prospective and retrospective biobank were accepted for presentation at the International Society for Biological and Environmental Repositories (ISBER) 2022 Annual Meeting to be held from 17th May – 20th May 2022 at Atlanta, USA**

The annual meeting of the International Society for Biological and Environmental Repositories (ISBER) is to be held in Atlanta, USA from 17th May – 20th May 2022 at Atlanta, USA. The abstract on ‘A Prospective Breast Cancer Biobank from Single Institutional Cohort’ to be presented by Ms. Laleh Busheri and an abstract on ‘Setting up a Fresh Tissue Biobank from a Single Oncosurgeon’s Practice’ by Dr. Madhura Kulkarni was accepted for poster presentation at the conference.



- 8) **The abstract on ‘Usefulness of Perforator Flaps in Breast Cancer – A single-centre clinical audit from India’ was selected for poster presentation at the European Society for Medical Oncology (ESMO) Breast Cancer Congress 2022**

The European Society for Medical Oncology (ESMO) Breast Cancer Congress 2022 is to be held in Berlin, Germany from 3rd May 2022 – 5th May 2022. The work on abstract on ‘Usefulness of Perforator Flaps in Breast Cancer – A single-centre clinical audit from India’ was selected for poster presentation at the conference.

ESMO BREAST CANCER
Onsite and Online Congress

BERLIN GERMANY
3-5 MAY 2022

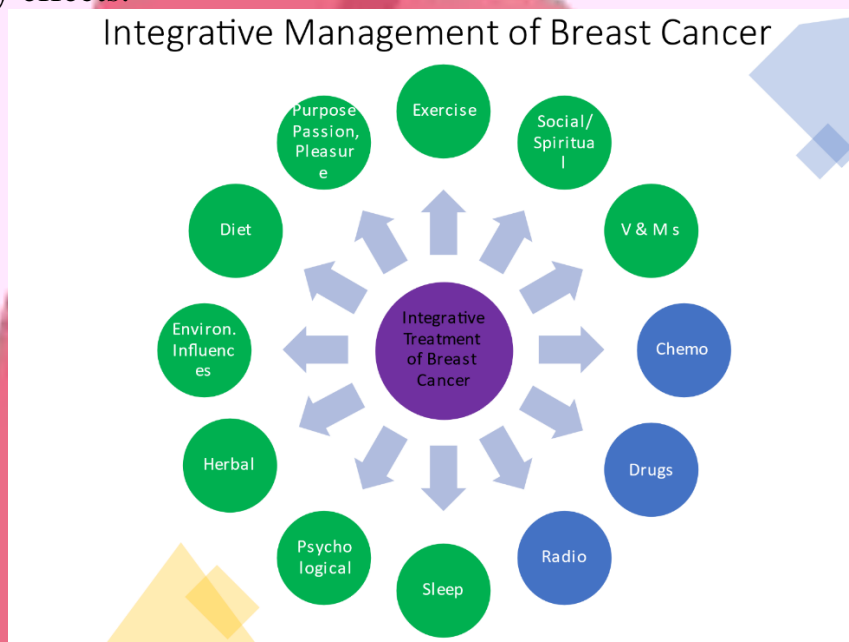
Start date	03 May 2022
End date	05 May 2022
Location	Berlin, Germany

9. Integrated management for breast cancer patients, by Dr. Anjali Joshi.

Dr. Anjali is a Yoga Gold Medallist Lifestyle Medicine Doctor having experience in Naturopathy and Yoga modalities for Metabolic Disorders and Palliative care in Cancer. Currently, she is working as Junior Research Scientist at Prashanti Cancer Care Mission, trying to bring a change in managing Cancer Symptoms through Yoga and Naturopathy care. Dr. Anjali works on patient-centric projects, such as collecting PROMS (Patient Reported outcome measures), Yoga, and Diet clinic for Breast Cancer Patients.

INTEGRATED MANAGEMENT FOR BREAST CANCER PATIENTS:

Breast cancer patients have a difficult journey from the day of diagnosis to treatment till recovery. An integrated approach to oncology includes mind and body practices, a healthy diet, and lifestyle modifications along with ongoing cancer treatments. Integrative oncology aims to optimize health, quality of life, clinical outcomes become active participants before, during, and beyond cancer treatment.” Although there is a better prognosis of the disease, there are adverse effects and deterioration of Health-Related Quality of life due to ongoing Chemo/Radio/post-surgery secondary effects.



YOGA:

“Yoga citta vritti Nirodhah”

Patanjali, the founder of yoga explains yoga as a cessation of thoughts, control over your breathing consequently bringing balance between mind-body. Yoga not only emphasizes physical disturbances but also helps in calming your mind and attending peaceful life ahead.

Yoga therapy will help in managing co-existing symptoms through certain sets of asanas, pranayama, meditation, and other mindful manifestations. It works on physical, emotional, spiritual aspects of health. As with any physical workout, Yoga practice concentrates your mind on the physical sensations and the perfection of the postures.

The immersive concentration factor Yoga provides works as a helpful tonic for anxious and depressed people. The practice of Yoga can be a great distraction from worry as it forces the mind to attend to the body and the breathing now.

1. Physical Health:

- Management of weight
- Reduces Body fat percentage
- Mitigates fatigue
- Lowers sugar levels
- Strengthens Immune system
- Promotes catabolism of Stress hormone and Estrogen

2. Mental Health:

- Relaxation and Rejuvenation
- Decrease Anxiety and Stress levels
- Post-traumatic stress disorder

NUTRITION:

The Cancer Treatment regimen shows adverse effects on the Gastrointestinal system (Diarrhea, Constipation, Anorexia, Nausea, Vomiting, change in taste, Mouth Ulcers), Insomnia, weight fluctuations, Fatigue, Dietary complications (Anemia, deficiency of Vitamins and minerals). A balanced diet is consuming a proportionate number of Proteins, fats, carbohydrates, and lipids. Also, macro-micronutrients play a vital role in the nourishment of impaired tissue, provide energy throughout cancer treatment. With ongoing cancer treatment, the pharmacokinetics and Pharmacodynamics mechanisms get hampered. Hence, eating only nutrition-rich food isn't important rather it should be well utilized by the body. Thus, the need for Nutritional supplements Before, during, and after cancer treatment helps the patient to manage these existing symptoms, thereby, improving nutrition status, better prognosis, and Quality of life.



Role of Integrated clinic at Orchids Breast Health Centre:

Through an awareness program, we well understood the need for physical and psychological health aspects through an integrated approach to BC. Orchids Breast Health Center initiated a Yoga and Nutrition clinic catering to patients and helping them in the management of co-existing cancer troubles. Our Yoga and Naturopathy doctor will be explaining easily doable YouTube yoga videos recommended mainly for Breast cancer patients which can be accessed by them at their comfort. Additionally, Nutrition questionnaires will be asked from patients who are interested and have been advised to take nutrition counseling by the doctor. A simple diet chart without compromising their daily routine and food habits will be planned and explained to patients. We Intend to create a supportive cancer journey through an integrated clinic.

10.Freeships/ Major Concession for Diagnostics, Surgery, Chemotherapy, Onco-Pharmacy, Clinical Procedures and Consultations at Orchids Breast Health in March 2022

❖ 119 PATIENTS RECEIVED FREE / CONCESSIONAL MAMMOGRAPHY



❖ 163 PATIENTS RECEIVED FREE / CONCESSIONAL SONOGRAPHY



- ❖ **12 PATIENTS RECEIVED FREE AND CONCESSIONAL BIOPSY & 1 VAB PROCEDURES (FOR REMOVAL OF FIBROIDS ETC)**



- ❖ **16 PATIENTS RECEIVED FREESHIP AND 3 PATIENTS RECEIVED MAJOR CONCESSIONS ON BREAST SURGERY**



❖ **35 PATIENTS RECEIVED FREE CHEMOTHERAPY AND 71 PATIENTS RECEIVED MAJOR CONCESSIONS AT OUR DAY CARE CENTRE FOR CHEMOTHERAPY**



❖ **220 PATIENTS RECEIVED FREE /CONCESSIONAL MEDICINES FROM OUR ONCO-PHARMACY**



11. 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 1000 young girls & women annually.

Many of them are alive with their families & loved one because of your generosity and big heart. Last year, because of your contributions we have been able to successfully treat over 3000 unaffording women with breast cancer through full freeships and major concessions in surgery, chemotherapy, radiation, free biopsies, diagnostics and much more, enabling them through the bewildering maze of challenges the disease brings through its wake & hand holding them to lead a normal life after cancer.

This year the unprecedented COVID-19 pandemic has presented challenges to the cancer patients and their families. Prashanti Cancer Care Mission has made every effort that no unaffording patient seeking our help is turned away.

This pandemic period has posed a huge challenge to needy patients, their care givers and Prashanti. We are striving to be able to take care of each and every woman coming for freeships and treatments.

We are now appealing to you for your support and generous donations, to help these young women battling with breast cancer to be able to get free treatment from us, so that no patient is turned away without help.

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.

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.

12. Testimonials of a few patients who were adopted for Freeship in December 2021

Ms. Reeta James




Treatment was very effective and good. All staff members are very caring and have good behaviour towards patients. As far as we are concerned, we are very satisfied.

Jaswir jangra/Reshma

I(Reshma) on behalf of my mother would like to thank Dr. Koppiker and all the staff for their help, coordination, and support. Thanks to Dr. Deshmukh and George. Special mention for George, he is extremely supportive, kind, and caring.

Ms. Vibha Soni

On behalf of my other Mrs. Vibha Soni, I want to thank Dr. Koppiker Sir for his attention and support that he gave to my mother's treatment. We were not aware about my mother's treatment procedure but 'Orchids' staff helped us well. They supported and still they are supporting on various aspects of treatment, such as timely reporting, monitoring, observation, quick support whenever I call to hospital. Orchids staff is always dedicated to patient's treatment. One more point I would like to add, the treatment cost is affordable and pocket friendly for us.



We would like to thank our
Donors & Supporters
for their unconditional support over the years

Prashanti Cancer Care Mission
Reaching out with excellence



Warm Regards,
Ms. Laleh Busheri
CEO

Prashanti Cancer Care mission

Visit us at : www.prashanticancercare.org / www.orchidsbreasthealth.com
<https://www.facebook.com/orchidsbreasthealth>