

Prashanti Cancer Care Mission
Reaching out with excellence



NEWSLETTER

February

2022

1) Wishing everyone a Happy Republic Day from the team of Orchids Breast Health Centre and Prashanti Cancer Care Mission

An Initiative by

 Prashanti Cancer Care Mission
Reaching out with excellence

 **Orchids**
BREAST HEALTH
Pune, India

 **BAJAJ**

26 TH JANUARY
HAPPY REPUBLIC DAY

From the whole team of
Prashanti Cancer Care Mission &
Orchids Breast Health Centre

'Losing is not an option. Be it your life, hope or Breasts'

 ORCHIDSHEALTH.IN/CONTACT-US

 020-25656110, 25650269, 9850840248

2) PCCM-CTCR organized the 3rd ICGA Conference ‘Biobanking to Omics: Collecting the Global Experience’ in a virtual format on 13th -14th January 2022 with funding from Bajaj Auto Ltd.

PCCM – CTCR hosted the 3rd ICGA Conference 2022 ‘Biobanking to Omics – Collecting the Global Experience’. This research conference saw tremendous participation of over 700 registrations and over 25 poster presentation.

The Indian Cancer Genome Atlas (ICGA) is a national project run initiated by PCCM in collaboration with IISER Pune and Persistent Systems.

What is this ICGA, you make ask?

ICGA is an effort to create a cancer map for the Indian population because just like our environment, food habits, health issues, and genetics, our cancers too might be different. ICGA is an effort to understand this by creating a comprehensive database of molecular profiles of all cancers prevalent in Indian populations. Thus, an India-specific cancer database may better help to diagnose, treat, and prevent cancer in India.

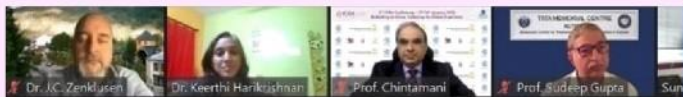
This conference was planned as the steppingstone to help ICGA understand the road ahead and the probable roadblocks as we set about to start a national project of this scale. The talks on Day 1 by the distinguished speakers gave immense insight into the utility of omics data and how it is changing the approach to cancer management. Dr. Koh, Senior Vice President of NCCN, USA for gave an interesting insight into how ICGA may potentially impact the adapted NCCN guidelines for the Indian Sub-continent. Another brilliant talk was by Dr. Christina Curtis, Stanford Medical School, she talked about METABRIC data we have cited multiple times in our papers. It was a result of a study conducted for over a decade in breast cancer patients. On Day-2 the talks focused on biobanking from national and international experts and the panel discussion has given us essential information to enable ICGA to develop efficient SOPs and begin the establishment of the ICGA biobank.

PCCM acknowledges and appreciates the Chief Patron Bajaj Auto Limited for their support without which this conference and all the cutting edge efforts at PCCM’s research arm would not have been possible.

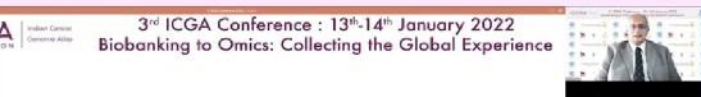
Research is always an investment for future generations and PCCM and Dr. Koppiker are glad to be able to be a part of translational research and will continue to support it further. We as a society should increase our efforts in making research possible.

ICGA Website : www.icga.in

Conference page at <https://icga-conference.ctcr.in/>



3rd ICGA Conference : 13th-14th January 2022 Biobanking to Omics: Collecting the Global Experience



ICGA Foundation Updates

Anand Deshpande
Founding Member, ICGA Foundation
www.icga.in

3rd ICGA Conference



3rd ICGA Conference : 13th-14th January 2022 Biobanking to Omics: Collecting the Global Experience

Day - 1

Panel Discussion on ICGA and future steps



Prof. L.S. Shrivastava

Biological Professor
Pune University and Indian Institute of Science Education and Research
Pune (India), India

Panelists:

Dr. Abu Shadi M. Noman

Assistant Professor
and Assistant Director of Research
ICGA Foundation, India

Dr. C.R. Kappeler

Assistant Professor
and Assistant Director of Research
ICGA Foundation, India

Prof. Sudeep Gupta

Assistant Professor
and Assistant Director of Research
ICGA Foundation, India

Dr. J.C. Zenklusen

Assistant Professor
and Assistant Director of Research
ICGA Foundation, India

Prof. Chintamani

Assistant Professor
and Assistant Director of Research
ICGA Foundation, India

Prof. Shashika Choudhury

Assistant Professor
and Assistant Director of Research
ICGA Foundation, India

Prof. Sanku Bhow

Assistant Professor
and Assistant Director of Research
ICGA Foundation, India

Dr. J.C. Zenklusen

Assistant Professor
and Assistant Director of Research
ICGA Foundation, India








3) Ms. Laleh was invited for a talk on 10th January 2022 by Inner Wheel club of Pune On 'Women Cancers'

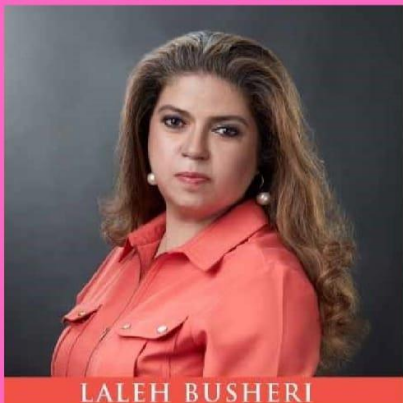
Ms. Laleh Busheri was invited to give a virtual talk by the Inner Wheel Club of Pune Central (Dist 313), on 10th January 2022 on the occasion of their founder's day. The talk was exclusively for "Women Cancers" and especially an emphasis on Breast Cancer as it is the highest prevalent cancer worldwide. In this talk, Ms.Laleh highlighted the alarming statistics of Breast Cancer in India and emphasized the importance of self-screening and early diagnosis in disease prevention.

As we all know Breast Cancer today is ranked number one cancer in Indian women. The very reason for its high prevalence and the low women's survival rate in India is due to lack of awareness, late detection, and poor early screening and diagnosis rates. Breast cancer is also known as the 'BEST' cancer since it is preventable and completely treatable if detected early. The easiest way in Breast Cancer prevention is to do a self-breast examination and routine screening.

In her talk, Ms.Laleh emphasized on lifestyle changes, routine screening, and taught them how to do a self-breast examination monthly. She also explained the gold standard of treatment for cysts, fibroids, benign tumors, and cancers.



Inner Wheel Club of Pune Central Dist (313)
Presents
Cancer Awareness Talk Date: 10th January 2022
on Zoom at 2.00 pm to 3.00pm



LALEH BUSERI

CEO of Prashanti Cancer Care Mission
Author of "Triumph Over Breast Cancer – Odysseys of Phenomenal Women"
Established Orchid's Breast Health Center in Pune.
Member of Board of Directors, for the School of Oncoplastic Surgery, USA
Led the creation of a one-of-a-kind Mobile Breast Cancer Screening Van
Indian Editor-in-Chief for an International Magazine "Prive Asia".
Felicitated by many National & International Awards.

President : Padmaja Jalihal **Secretary : Anindita Tagore**



3) PCCM and Orchids Breast Health Centre is initiating a free yoga video library series to promote comprehensive therapy for the wellness of our patients.

Free Yoga Video Library -a Prashanti Cancer Care Mission initiative

A cancer diagnosis has a major impact on patient's physical and mental state. Cancer patients undergo long term treatment regimens, stress, and emotional trauma in the course of the disease. These patients require self-care and relaxation therapies into their routines to maintain a balance between their physical and mental state.

I get asked all the time what therapeutic and allied practices are beneficial in combating the breast cancer regime. Numerous national and international studies show the benefits of yoga on breast cancer patients. The patients with cancer who practice yoga regularly find improvement in their emotional and physical state ultimately enhancing their quality of life.

We through Prashanti Cancer Care Mission and Orchids Breast Health are promoting this comprehensive therapy for the wellness of our patients by starting the free for all online Yoga video series exclusively for our patients.

It will be available on the PCCM YouTube channel. These videos will be conducted by a certified yoga and naturopathy practitioner.

How to follow these virtual Yoga Sessions:

- We will be sharing different yoga exercises with instructions on how to perform the asanas.
- We will explain the duration for which the asanas should be performed and their benefits.
- These yoga capsules will be shared via patient support WhatsApp group as well as will be hosted on PCCM YouTube channel

PCCM and Orchids used to have regular yoga classes in Orchids during the pre-pandemic days, but with increasing Covid-19 third wave we have come out with this solution until we meet in person again.

The first video in this series is on the most scientifically proved practice under yoga, which incorporates flow sequence of twelve gracefully linked asanas called - Suryanamaskar". You should be doing 3 rounds of Suryanamaskar daily for this week.

Link for Yoga session: <https://www.youtube.com/watch?v=8hzKIV8Cay8>

We will also be initiating a nutrition clinic soon, stay tuned

Please fill this google form to help us understand your interest: <https://forms.gle/HJSk1oNNaiacMbHi7>

Subscribe and keep watching our Youtube Channel: Prashanti Cancer Care Mission

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CikAiita
BREAST HEALTH

Yoga & Meditation Video Series

Holistic approach
to patients
through Yoga
and relaxation
techniques.



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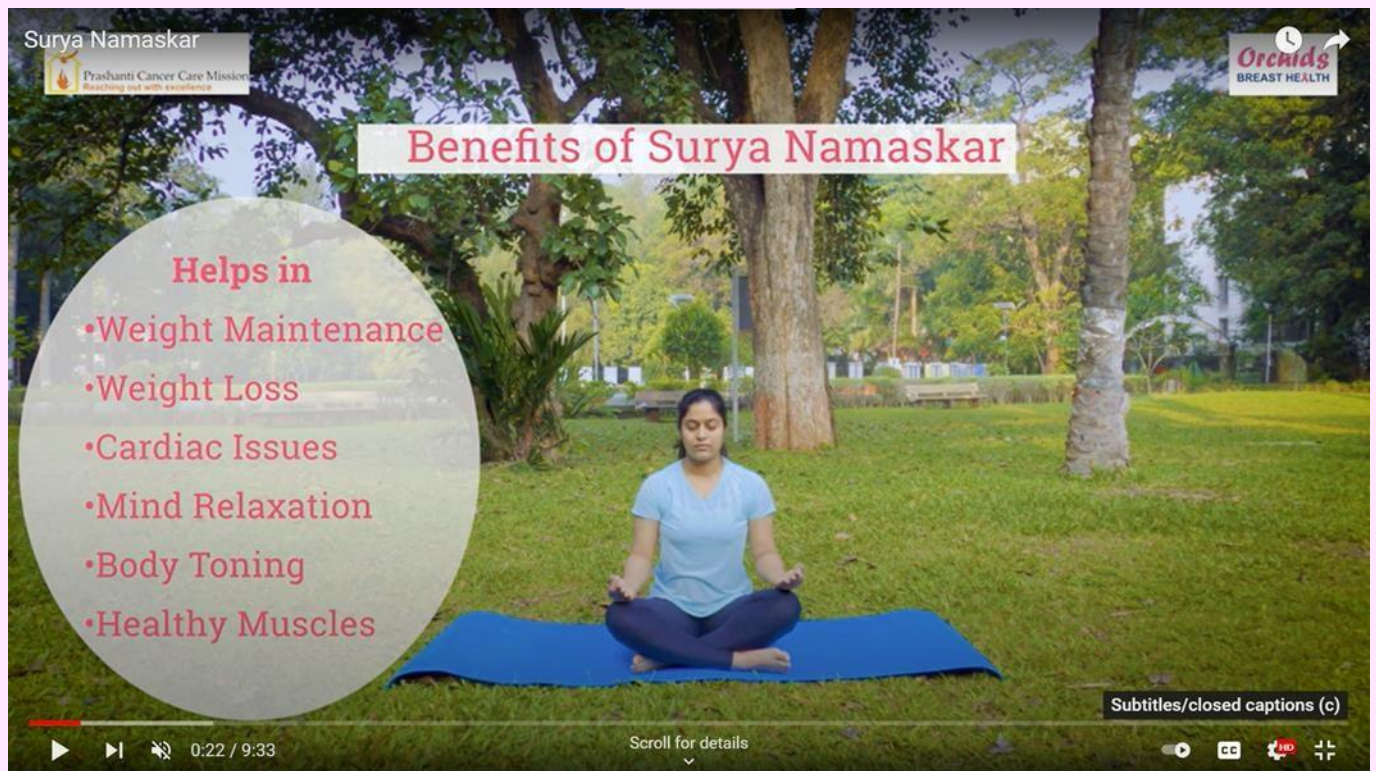
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BREAST HEALTH

Yoga Clinic

Video I
Surya Namaskar

Initiative by
Prashanti Cancer Care Mission



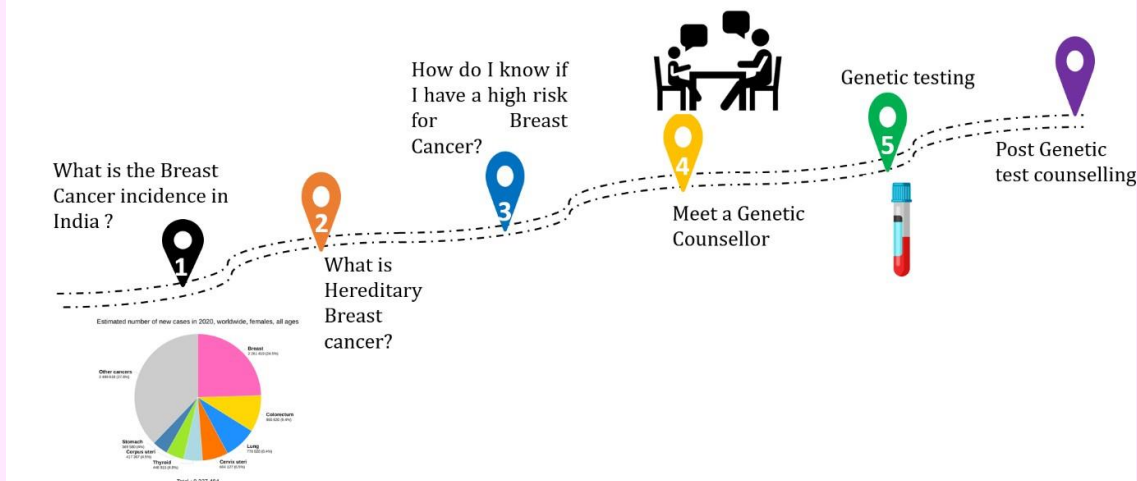
4) Roadway to knowing Breast Cancer Genetics by Ms. Jisha John, Genetics Data Coordinator, PCCM - CTCR

Ms. Jisha John, completed her Masters in Human Genetics and is currently working on Genetics related projects in the clinic. She coordinates the genetic counseling sessions and the genetic testing at Orchids and works on understanding the genetic aspect of breast cancers. In this article she explains the basics of breast cancer genetics and genetic counseling.

Roadway to knowing Breast Cancer Genetics

Starting from diagnosis to treatment of breast cancer, is a journey. In this article, I want to draw your attention to the less spoken genetics of Breast cancer.

Roadway to knowing Breast Cancer Genetics



What is the Breast Cancer incidence in India?

Breast cancer is one of the most frequently occurring cancers in the world. According to GLOBOCAN 2020, Breast cancer accounts for 25% of the total cancers in females, worldwide. In India, the number of new breast cancer cases (2020) is 1,78,361 is 26.1%.

What is Hereditary Breast Cancer?

A less spoken 5 – 10% of Breast Cancer are hereditary. These are caused by changes in the gene (mutation) which can be inherited from parents. These genes are inherited in 2 copies is one from the father and mother. BRCA1 and BRCA2 are the most common gene mutation observed in Breast Cancer patients. It is important to know about these hereditary gene mutations as the inheritance of one of these mutated genes from either one of the parents increases your risk for Breast Cancer.

How do I know if I have a high risk for Breast Cancer?

- Do you have a family history of Breast, Ovarian, Pancreatic Cancer?
- Do you have a personal history of breast or ovarian cancer?
- Do you have Ashkenazi Jewish ancestry?
- Did you have Breast cancer at an early age (<45yrs)?
- Do you have a TNBC molecular type of Breast Cancer?

If your answer to any of these questions is yes, then according to NCCN recommendation, such individuals should be offered Genetic Counselling.

Meet a Genetic Counsellor

Genetic Counselling is a communication process. The genetic counselors, Evaluate your personal and family cancer history by charting pedigree (family history). Assess your inherited cancer risk, provide management options as well as psychological support to the patient and family members. Depending upon the risk for breast cancer, the genetic counselor discusses genetic testing options.



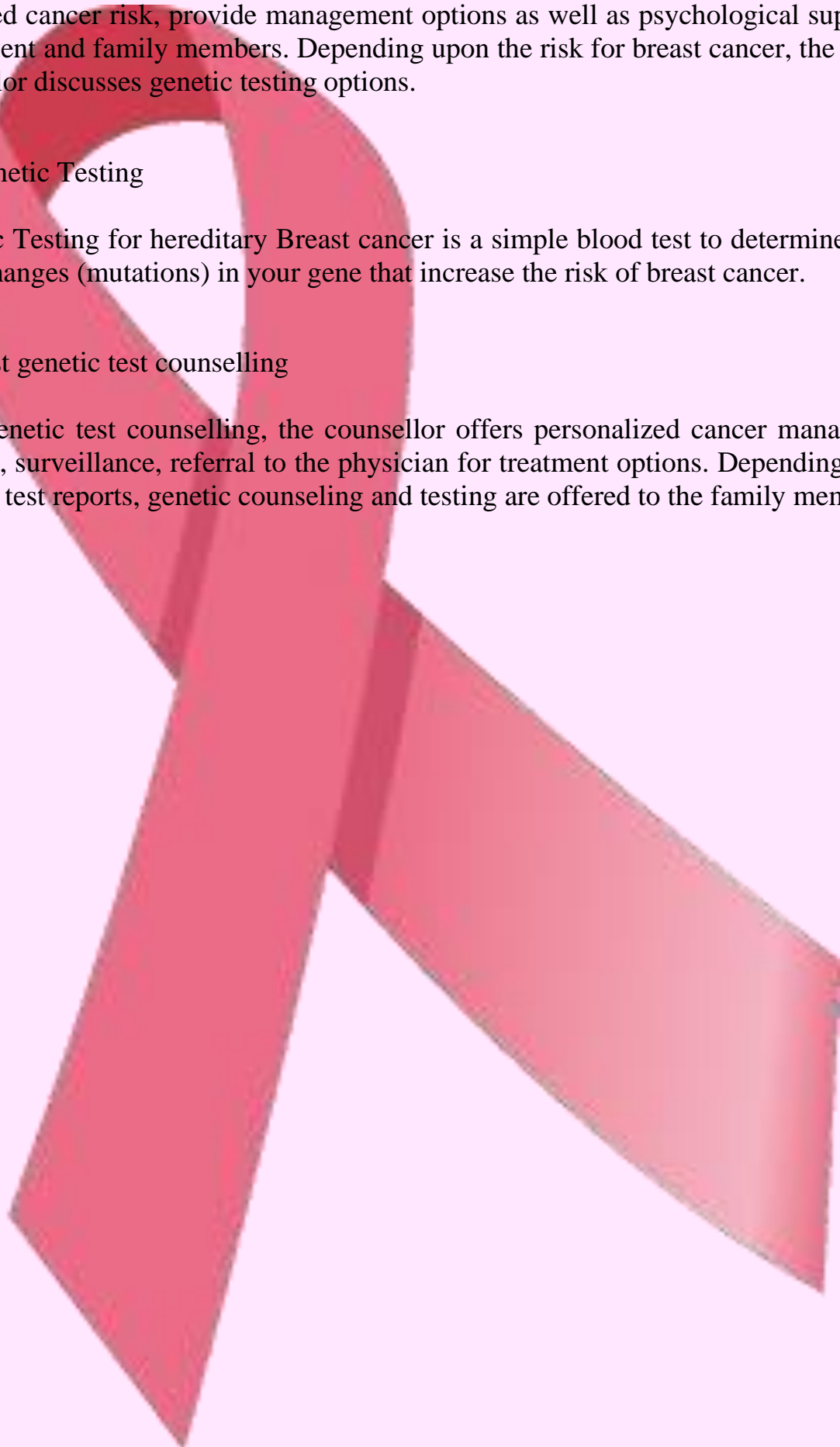
Genetic Testing

Genetic Testing for hereditary Breast cancer is a simple blood test to determine if you have changes (mutations) in your gene that increase the risk of breast cancer.



Post genetic test counselling

Post Genetic test counselling, the counsellor offers personalized cancer management options, surveillance, referral to the physician for treatment options. Depending on the genetic test reports, genetic counseling and testing are offered to the family members.



5) Freeships/ Major Concession for Diagnostics, Surgery, Chemotherapy, Onco-Pharmacy, Clinical Procedures and Consultations at Orchids Breast Health in January 2022

❖ 65 PATIENTS RECEIVED FREE / CONCESSIONAL MAMMOGRAPHY



❖ 105 PATIENTS RECEIVED FREE / CONCESSIONAL SONOGRAPHY



❖ 11 PATIENTS RECEIVED FREE AND CONCESSIONAL BIOPSY & VAB PROCEDURES (FOR REMOVAL OF FIBROIDS ETC).



❖ **22 PATIENTS RECEIVED FREESHIP AND 2 PATIENTS RECEIVED MAJOR CONCESSIONS ON BREAST SURGERY**



❖ **30 PATIENTS RECEIVED FREE CHEMOTHERAPY AND 72 PATIENTS RECEIVED MAJOR CONCESSIONS AT OUR DAY CARE CENTRE FOR CHEMOTHERAPY**



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



6) 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.

7) Testimonials of a few patients who were adopted for Freeship in December 2021



Ms. Shalaka R Gangakhedekar

On 29th June I was diagnosed with left side breast cancer. Whole family was in a big shock until we met Dr. Koppiker. From the first visit and Sir's kind nature made a positive change in me. I accepted my disease and looking forward to get out of it.

Now my 4 major chemotherapy sessions are over and started with weekly chemos but due to cooperation and support of my family and Orchids family I am feeling very positive.

Special thanks to Dr. Koppiker Sir, Dr. Chetan Deshmukh Sir, George Sir, Smita Ma'am for taking care of all the patients as their relatives.

Thanks a lot to all!

Vaishali Mayur Joshi

First of all thanks to Orchid. Dr. Koppiker and Dr. Deshmukh both are great. All staff is very caring. Day care facility is also very good. Its homely surrounding. Receptionist, nurses & George brother all of them are very cooperative.

Mranal Vivek Rudrawar

Initially with the shock of mental stress, Dr. C.B. Koppiker sir guided with all due care and patience. Hats off to his skills with communicating the things, though life threatening the disease may feel for us. Dr. Chetan Deshmukh Sir also guided with the treatment and its effects, physical as well as mental/psychological.

Staff at Orchids Clinic is very kind and helping with counselling of patient.

Specially Smita Sister and Vandana Madam.

We, all family really feel lucky enough to get treatment from Dr. Koppiker Sir and that too without any fear. Thank you all.

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

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Warm Regards,
Ms. Laleh Busheri
CEO

Prashanti Cancer Care mission

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