

Prashanti Cancer Care Mission
Reaching out with excellence



NEWSLETTER

March

2022

1) Dr. Koppiker has been appointed as the ‘Honorary Associate Professor’ at the University Of East Anglia (UEA), United Kingdom (UK).

We are extremely proud to announce that Dr. C.B. Koppiker is appointed as the “Honorary Associate Professor” at the University of East Anglia (UEA). More than any other award or honor this recognition feels very important because he is a teacher at heart. He truly believes education is the passport to the future.

Dr. Koppiker has trained over 500 surgeons until now. In his quest to build a better infrastructure for budding and promising oncoplastic breast surgeons, the University of East Anglia and Prof. Jerome Periera became his aide-de-camp.

In a collaborative effort with the UEA, the UK in 2012, Dr. Koppiker started the MCh program in Nepal, Maldives,

In a collaborative effort with the UEA, the UK in 2017, Dr. Koppiker started the MCh program in Breast Oncoplasty. Three batches have since been trained with around 75 young physicians from India, Indonesia, Nepal, Maldives, Bangladesh, Sri Lanka, Malaysia, etc, gaining hands-on experience in Oncoplastic techniques and has brought a formal training program to the Indian subcontinent.

Through this prestigious role as an Honorary Associate Professor, Dr. Koppiker becomes an integral part of the capacity-building initiatives at UEA, UK, and helps this program grow further. This role entitles Dr. Koppiker to periodically visit UEA, UK as an expert at the oncoplastic training programs and conduct workshops, and train aspiring surgeons in various oncoplastic procedures. Dr. Koppiker looks forward to sharing his expertise and in his role as an Associate Professor contributing to the excellent work going as UEA, UK.

Through this honor, his belief in capacity building grows stronger as he will continue to train the next generation of oncoplastic breast surgeons and be the change he wants.

This honor wonderfully coincides with 25yrs anniversary celebration of PCCM. As Dr. Koppiker expresses this gratitude, he believes that we must not forget that the highest appreciation is not by just words, but to live by them.

ISOS is planning the next Hands-on training workshop in the 1st quarter of 2022. Stay tuned, for more information visit: <https://www.breastoncoplasty.org/>

An Initiative by



Prashanti Cancer Care Mission
Reaching out with excellence



INTERNATIONAL SCHOOL OF
ONCOPLASTIC SURGERY

Orchids
BREAST HEALTH
Pune, India



Honorary Associate Professorship at University of East Anglia, U.K.

*Having trained over 500
aspiring oncoplastic
surgeons from numerous
countries, I feel
honoured to receive this
esteemed recognition.*



DR. C.B. KOPPIKER

Breast Cancer, Breast Oncoplastic and Reconstruction Surgeon

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



ORCHIDSHEALTH.IN/CONTACT-US

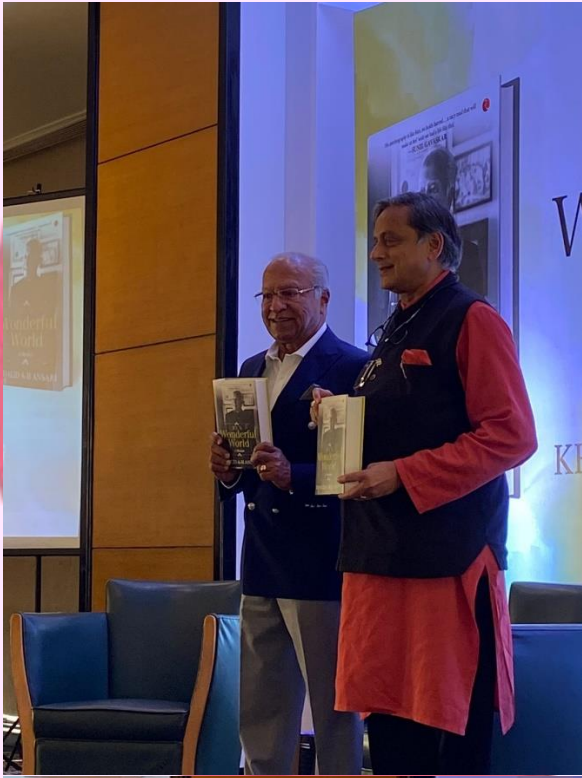


020-25656110, 25650269, 9850840248

2) We are proud to announce that Mr. Khalid A-H Ansari has written his memoirs 'It's a Wonderful World' and it was launched on 28th February 2022 in Mumbai.

Mr. Khalid Ansari and his wife Zeyna Ansari through their personal foundation called the Ansari foundation have been doing wonderful charity work over the years with the girl child. They also donate generously to Prashanti Cancer Care Mission to support the unaffording patients who cannot afford cancer treatment. Mr. Ansari launched his book 'It's a Wonderful World – A Memoir' on 28th February 2022. The book is published and promoted by the well-known publishing house Rupa Publications India. The book launch was graced by eminent guests, Mr. Shashi Tharoor, Mr. Ravi Shastri and Mr. Sunil Gavaskar. A few photos from the book launch are featured below. The book can be ordered through online vendors such as Amazon and promises an extremely interesting and intriguing read.





- 3) Dr. Koppiker was invited as a speaker by Tata Memorial Centre on the 20th Annual Conference Evidence-Based Management of Cancers in India organised virtually from 17th to 20th February and 25th to 27th February 2022.

Dr. Koppiker was invited as a speaker by Tata Memorial Centre on the 20th Annual Conference Evidence-Based Management of Cancers in India organised virtually from 17th to 20th February and 25th to 27th February 2022. He was the speaker for the 2nd session of Day 2 on Breast. He spoke against the topic – ‘Is autologous reconstruction better suited than implants for whole breast reconstruction in India?’

TATA MEMORIAL CENTRE XX Annual Conference Evidence Based Management of Cancers In India	
 	
EBM 2022	
Reconstruction And Cancer Care 'ENHANCING QUALITY LIVING WITH AND BEYOND CANCER' February 17 th -18 th 2022	
Scientific Program Day 2 18 th February 2022	
Time	Topic
SESSION 1: LYMPHEDEMA	
09:00-09:15 am	Chairpersons: Hari Venkatramani, Rajendra Gujjalanwar Role of prophylactic LVA in prevention of Secondary Lymphedema Speaker : Dhruv Singhal
09:15-09:30 am	Protocol for management of secondary lymphedema Speaker : Wei F. Chen
09:30-09:50 am	From Lymph to Fat: Complete Reduction of Lymphedema with 25 Years Follow-Up Speaker : Hakan Brorson
09:50-10:05 am	Evidence based management of Secondary Lymphedema Speaker : Peter Neligan
10:05-11:00 am	Panel discussion - Evidence based management of Secondary Lymphedema- Liposuction vs VLNT vs LVA Moderator : Mayur Mantri Panelists : Peter Neligan, Wei F. Chen, Hakan Brorson, Hari Venkatramani, Rajendra Gujjalanwar
11:00-11:15 am	Tea Break
SESSION 2: BREAST	
11:15-11:25 am	Chairpersons : Shalaka Joshi, Quazi Ahmad Recent advances in Radiation therapy with expander and implants. Has it changed practise and choices? Speaker : Rajiv Sarin
11:25-12:00 pm	Debate - Is Autologous reconstruction better suited than Implants for whole breast reconstruction in India? For Autologus - Dushyant Jaiswal Against Autologus - Chaitanyanand Koppiker
Visit our EBM 2022 website: https://bit.ly/3uxixts	

4) PCCM and Orchids Breast Health Centre is initiating a nutrition clinic promote complementary nutrition therapy for the wellness of our patients.

Many patients are often intrigued by the role of nutrition and their eating habits in the cancer journey. To answer this, nutrition plays a key role in successful healing in any illness.

In cancer patients, the nutritional status deteriorates substantially during treatment which decreases the efficiency of treatment modalities and makes them susceptible to disease-related abnormalities. Thereby, eating a balanced diet is highly important in the cancer regime which may support fast recovery. Proper nutrition boosts the immune system; lessens cancer symptoms, and side effects of treatment, and maintains body weight. Several studies have also shown to improve both the quality of life and the prognosis with adjuvant nutrition therapy.

Aiming at a holistic approach to treatment, we bring an Onco-nutrition clinic offering tailor-made diet charts and nutrition tips at different phases of your cancer treatment journey.

For details, nutrition counseling (online/offline), and for booking appointments contact us at:

Address: Orchids Breast Health Centre, Senapati Bapat Road, Pune.

Contact: 020 25650269, 020 25656110

Email: vcanshare@gmail.com

Website : <https://orchidshealth.in>

#onconutrition #keytohealing #cancercare #nutritioncounselling
#holisticapproach #orchidsbreasthealth #prashanticancercaremission

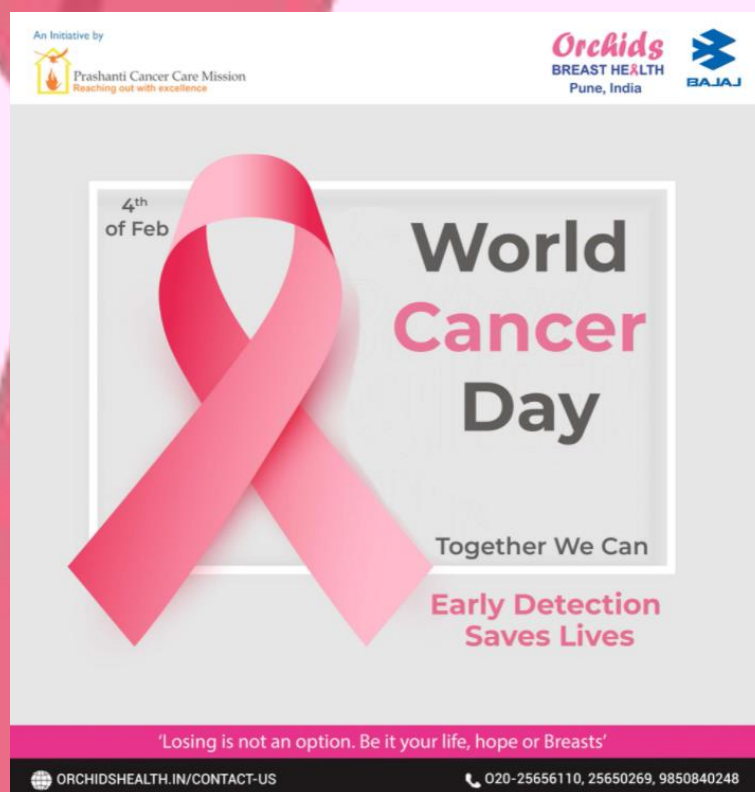
5) On World Cancer Day, PCCM started a series Breast cancer Genetics in Consonances with the theme 2022 – ‘Close the care gap’.

Often patients are worried regarding breast cancer risk in close relatives due to family history. About 5% of cases are hereditary, meaning that they result directly from gene changes (mutations) passed on from a parent.

Mutations in genes such as BRCA1/2 are linked to increased risk of the syndrome known as Hereditary Breast and Ovarian Cancer (HBOC). Genetic testing plays a vital role in determining the risk of breast cancer associated with strong family history.

This month we'll be sharing information on the Genetics of Breast Cancer, its importance, and prognosis.

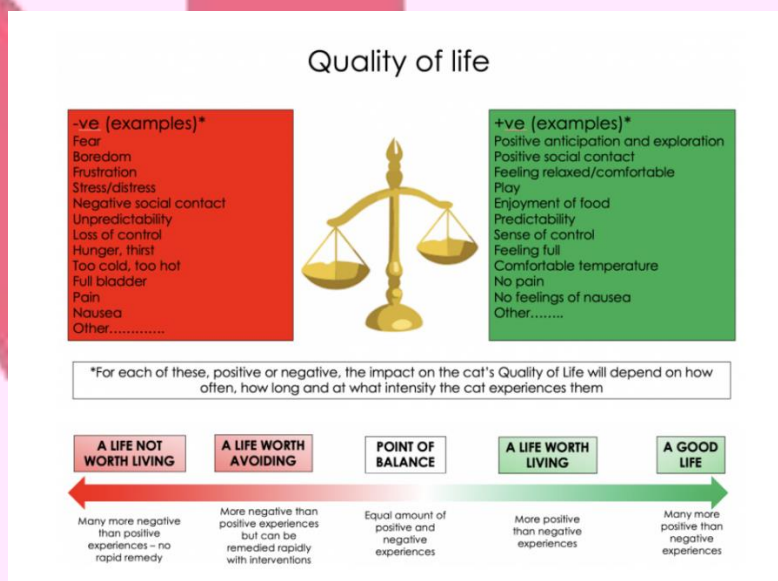
The theme of World Cancer Day 2022 is 'Close the Care Gap'. So let us all TOGETHER spread the Cancer Awareness to all strata of society because TOGETHER WE CAN combat Cancer!



6) Quality of Life by Diksha Yadav, Clinical Data Coordinator

Ms. Diksha Yadav is a Clinical Data Coordinator at Prashanti Cancer Mission, where she focuses on managing and curating the clinical data and cancer registry. She received her Masters' degree in Public Health (MPH) from Pune University. She has always been passionate about projects related to Health-Related Quality of Life. Pursuing her passion, she is also involved in research related to Quality of Life (QoL) in breast cancer patients and benign conditions.

Quality of Life



What is Quality of Life (QoL)?

It is the degree to which an individual feels healthy, comfortable, and can participate in or enjoy life events.

QoL in Breast Cancer Patients

The QoL in breast cancer patients is mostly seen to be altered as they experience physical symptoms and psychological distress. QoL can be measured in breast cancer patients through their ability to do physical activity, their psychological well-being, and their participation in social activities.

How to improve the QoL in breast cancer patients?

Even though the QoL in breast cancer patients is compromised, it can yet be improved by participating in several activities and through a good diet. Some of the activities which can be done to improve the quality of life are as follows:

- Get help from the health care team members
- Ask for palliative care
- Stay active

- Exercise daily (try yoga)
- Don't hesitate to express your feelings
- Eat a healthy diet

Role of Orchids Breast Health (OBH) and Prashanti Cancer Care Mission (PCCM) in improving the QoL in breast cancer patients

At OBH and PCCM, besides surgery and chemotherapy, several measures are taken to help patients live a normal life and to improve their quality of life. Some of the measures include preparing videos on yoga specific for breast cancer patients which is easily made accessible to them, nutrition clinic is another part of OBH and PCCM, which helps the cancer patients to understand the type of diet needed according to their physical needs. Genetic counseling is provided for the patients and their family members where the counselors provide psychological support to the patients as well as to the family members. Besides this, research with regard to the quality of life in breast cancer patients is also done with the future prospective to provide better care to the patients and to help them live a normal.

7) The paper on 'ADVANCED AUTOLOGOUS LOWER DERMAL SLING TECHNIQUE FOR IMMEDIATE BREAST RECONSTRUCTION SURGERY IN SMALL AND NON-PTOTIC BREASTS' by Dr. Koppiker and the team was accepted for publication in Indian Journal of Surgical Oncology

The paper on 'ADVANCED AUTOLOGOUS LOWER DERMAL SLING (A-ALDS) TECHNIQUE FOR IMMEDIATE BREAST RECONSTRUCTION SURGERY IN SMALL AND NON-PTOTIC BREASTS' written by Dr. Koppiker and team was accepted for publication in Indian Journal of Surgical Oncology (IJSO). The paper describes how this novel technique is a cost-effective and safe method for immediate one stage implant based reconstruction with excellent cosmetic results and patient satisfaction.

8) The abstract of the work on Germline mutational profiling of Indian Triple Negative Breast Cancers was accepted for presentation in the AACR Annual Meeting 2022.

The work from the research unit of Prashanti Cancer Care Mission : Centre for Translational Cancer Research on the profiling of germline mutations in triple negative breast cancers in India was accepted for poster presentation in American Association for Cancer Research (AACR)'s Annual Meeting to be held from 8th April 2022 – 13th April 2022 in New Orleans, Louisiana.

The poster features a central sunburst design with colorful, multi-colored triangular rays emanating from the center. Within these rays are various images: a woman in a pink headscarf, a man in a white lab coat, a woman in a white lab coat, a man in a white lab coat, a woman in a white lab coat, a man in a white lab coat, a woman in a white lab coat, and a man in a white lab coat. The background is a vibrant, multi-colored sunburst pattern. At the top, three boxes contain the text: 'DECODING CANCER COMPLEXITY', 'INTEGRATING SCIENCE', and 'TRANSFORMING PATIENT OUTCOMES'. The AACR logo is prominently displayed in the center, with the text 'American Association for Cancer Research' below it. Below the logo, the text 'ANNUAL MEETING 2022 New Orleans' is written. At the bottom left, a green box contains the text 'APRIL 8-13'. At the bottom right, a circular seal reads 'THE DRIVING FORCE TO ERADICATE CANCER' around the AACR logo and '115th ANNIVERSARY 1907-2022'. Below the seal, the text 'Abstract Submission Deadline: November 18, 2021' is written. Below that, the text 'Late-Breaking and Clinical Trials Abstract Submission Deadline: January 10, 2022' is written. At the very bottom, the text 'Continuing Medical Education Activity - AMA PRA Category 1 Credits™ available' is written.

DECODING
CANCER COMPLEXITY

INTEGRATING
SCIENCE

TRANSFORMING
PATIENT OUTCOMES

AACR
American Association
for Cancer Research*

**ANNUAL
MEETING**
2022 *New Orleans*

APRIL 8-13

**CALL FOR
ABSTRACTS**

Abstract Submission Deadline: November 18, 2021
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THE DRIVING FORCE TO ERADICATE CANCER
AACR
American Association
for Cancer Research*
115th
ANNIVERSARY
1907-2022

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

❖ 65 PATIENTS RECEIVED FREE / CONCESSIONAL MAMMOGRAPHY



❖ 105 PATIENTS RECEIVED FREE / CONCESSIONAL SONOGRAPHY



❖ 14 PATIENTS RECEIVED FREE AND CONCESSIONAL BIOPSY & 4 VAB PROCEDURES (FOR REMOVAL OF FIBROIDS ETC).



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



❖ **30 PATIENTS RECEIVED FREE CHEMOTHERAPY AND 80 PATIENTS RECEIVED MAJOR CONCESSIONS AT OUR DAY CARE CENTRE FOR CHEMOTHERAPY**



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



10) 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.

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

Ms. Latha Manepalli



I would like to thank Dr. Koppiker and Dr. Chetan Deshmukh and their entire staff for taking care of me. The service provided at orchids is incredible and trustworthy. Staff in orchids work as an amazing team which helps the patient get concept and timely follow up.


Meghna Wadhwa

Getting to know that you have breast cancer is the heartbreaking experience but thank God who reached me at Orchids Breast Cancer Clinic at right time, under right doctors and right time. From day 1, when I came to see the doctors, I was scared but once I met doctors and entire staff of clinic, I was confident that I will be fit and fine and go back to home. I am from Dt. Nashik. Soon I will go back and meet my family. Thank you so much. I don't have words to thank you all the doctors and clinic staff.

Ms. Poornima Nagapurkar

Dr. Koppiker and Dr. Deshmukh are experts in the field of cancer treatment. At Prashanti Cancer Care Mission, the facility of day care treatment is very good. Patient is in safe hands. Staff is well experienced and very good at handling daycare unit.

We felt confident when underwent the chemo treatment. We wish speedy recovery of every patient under their guidance.



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>