

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



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# ***NEWSLETTER***

# ***SEPTEMBER 2019***

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**WAS HELD AT IISER PUNE, ON SEPTEMBER 21-22**

anti Cancer Care Mission successfully hosted Dr. Jean Claude Zenklusen (Director, TCGA, National Cancer Institute, Bethesda, MD) for a Conference from 21-22 September and a half day on 23 September. The conference was attended by over 100 scientists from various domains and graced by over 50 national and international artists. Dr. C Zenklusen addressed the public on 23 September on 'Know the Enemy'. He also interacted with about 100 students of the School Outreach program, which includes a session on 'Bananas' from bananas.

Students and researchers presented their posters and gave presentations.

The conference was concluded by a cultural evening featuring a Kathak dancer Ms Rujuta Soman and her troupe.

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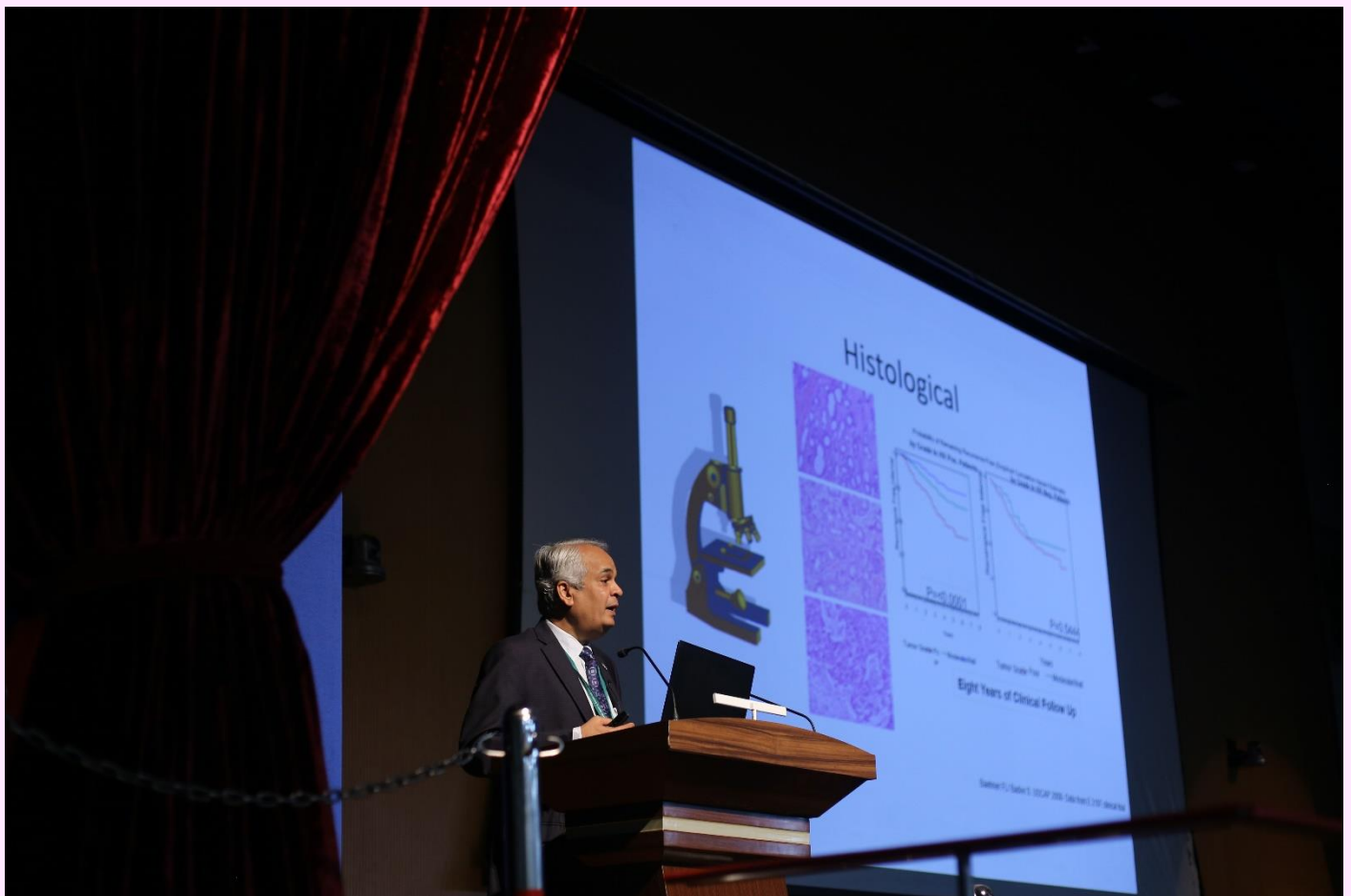
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TCGA DIRECTOR, Dr Jean C



*Prof. Sunil Badve, Indiana University*



*Prof. Kenneth Buetow, Arizona State University*













## **2. ORCHIDS BREAST INAUGURATES AT THE HANDS OF MRS DEEPA AND MR RAJIV BAJAJ THE FULL FIELD DIGITAL MAMMOGRAPHY MACHINE WITH 3 D TOMOSYNTHESIS AND CONTRAST ENHANCEMENT.**

The machine was donated by Bajaj Auto. The event was well attended by the faculty of TCGA and the community. It was also graced by Ms Madhu Chopra who along with Dr Koppiker felicitated our donors.

Mr Rajiv Bajaj, Dr C B Koppiker, Dr J C Zenklusen, Dr Sunil Badve, Anand Deshpande and Dr L S Shashidhara also addressed the audience.











**3. DR KOPPIKER VISITED THE UNIVERSITY OF EAST ANGLIA, NORWICH  
WHERE HE IS AN HONORARY FACULTY AND AN EXAMINER FOR THE  
ONCOPLASTY PROGRAM**





# Understanding the options in breast cancer treatment

**D**r CB Koppiker, head of breast care department at Jehangir Hospital Pune, is one of the pioneers of Breast Oncoplasty in India, and has performed a large number of breast Oncoplastic and reconstructive surgeries. He is recognised as an international expert who has been invited to perform surgeries in many global fora, where he has used innovative and cost-effective methods. He is also one of the few surgeons who has pioneered the VAB (Vacuum Assisted Biopsy) procedures and the sentinel node biopsy in the country since early 2000. He is a faculty at the University of East Anglia UK and the School of Oncoplastic surgery, California, USA. He has established oncoplastic units in various premier institutions in India; Jehangir hospital being one of them. He answers a few questions for us...

**Around 80 per cent of breast cancer patients in India are treated with mastectomy (breast removal). Is this the gold standard of treatment?**  
No, Mastectomy is not accepted as the gold standard. In fact, latest studies (Pier Christiansen; Acta Oncologica 2018) have shown that women have better chances of cure and survival after breast conservation rather than breast removal. It is also known that women treated with good cosmetic outcome survive better.

Oncoplastic surgery is the internationally accepted Gold Standard in breast surgery that avoids unnecessary mastectomies, ensures better cancer control, restores the breast shape and size, and improves cosmesis in a single surgery, leading to enhanced self-esteem and quality of life. This is expected eventually to improve cure rates in breast cancer due to its positive impact on the psyche and quality of life. In India however, most surgeons are not trained for oncoplastic surgery and thus are unable to offer their patients the gold standard.

**Is oncoplasty and Breast Reconstruction an added cost?**

There are two types of breast surgeries: one is reconstructive, and the other is oncoplasty.

In oncoplastic restructuring, there is no added cost. In reconstructive surgery, the



## ASK THE EXPERT

**Dr CB Koppiker,**

Head of Breast Care Department, Jehangir Hospital Pune, Faculty at the University of East Anglia UK and the School of Oncoplastic Surgery, California, USA

## PATIENT TESTIMONY

**Supriya Shah, 37, was diagnosed with breast cancer and advised mastectomy by multiple surgeons in the city. She was distraught with the diagnosis as well as the advice for breast removal. However, after examination by Dr CB Koppiker, her breast was conserved with the help of oncoplastic breast surgery. The cancer was removed with adequate margins, and the breast was reconstructed, with no scars. Supriya says, "My experience with Dr Koppiker and his team was very positive and the outcome of the surgery was fantastic. I feel better, my confidence has increased and the quality of my life has improved. Thank you to Dr Koppiker and team."**

added cost is there, but very minimal. It comprises the cost of the procedures and the extra time in the OT. However, it is still only 10-20 per cent more expensive than oncoplasty, due to the "one surgeon-dual role" concept, wherein a well-trained breast oncoplastic surgeon performs both the onco-surgery and aesthetic procedures. From our experience, this model has proven to be cost-effective, as it reduces the double expenditure on sur-

geon's fees and ensures better post-surgical outcomes since the entire case is handled by the same surgeon.

**How long is the admission in hospital?**  
Patients who undergo oncoplastic procedures can be discharged the same day, or maximum by the next day.

**When can the woman resume work or go about the normal day?**

The patient can take a bath the very next day and resume all normal duties within 24 hours. She can join work in a week's time.

**Are fibroids a cause for concern, and if so, how can they be removed?**

Many young women (between the age of 15 and 30) have fibroids. Fibroids are simple noncancerous lumps that do not need any treatment most of the times. They need removal if they show growth on subsequent examinations. Fibroids can be removed very effectively with a vacuum assisted biopsy device in an OPD setting without admission or surgical scars. Patient can go home an hour after the procedure.

**After my breast cancer surgery, will I need radiation or chemotherapy or both?**

The stage of breast cancer helps determine which treatment regimen your surgeon will recommend. After breast-sparing surgery, radiation therapy is given after surgery to lower the chance of local recurrence. Adjuvant breast cancer chemotherapy may also be used after surgery to assist in reducing the chances of reoccurrence.

**Do you conduct regular awareness programmes?**

Yes, we do. We feel it is our responsibility to reduce the risk of breast cancer by creating awareness about the timely attention in case the disease is diagnosed. October is celebrated as Breast Cancer Awareness Month and as a part of our community connect programme, Jehangir Hospital is organising an awareness programme on October 9, between 3.30 pm to 5.30 pm at Hotel Lemon Tree. People can call on 66811806/66811807 for free registration.

*(Procedures and views mentioned are based on the expert's understanding of the said field.)*



# 'Cancer a personal enemy, fight against it still on'

Director of Cancer Genome Atlas, Dr Zenklusen, is in Pune to train researchers

**ANURADHA  
MASCARENHAS**

PUNE, SEPTEMBER 21

"THE CANCER Genome Atlas (TCGA) has completely changed medical practice for certain types of tumour," said Dr Jean Claude Zenklusen, director of TCGA, the largest cancer genomics project in the USA.

Dr Zenklusen, who is in Pune along with his team to train researchers on how to set up an Indian version of TCGA, told *The Indian Express* that the fight against cancer is still on. "Cancer is complicated and it is a personal enemy," he said.

"When I was a graduate student a long time ago, we knew so little about cancer... cancer is a personal enemy and still is. An opportunity came by to look at this horrible disease, as I was a post-doc with the human genome project," said Dr Zenklusen.

"TCGA was authorised in



**“It will be a good effort if India can come out with its version of TCGA as there are genetic differences in each ethnic group”**

**—DR JEAN CLAUDE  
ZENKLUSEN**

ment has already initiated several projects to understand the genomic diversity of the Indian population. He said TCGA was a natural progression after the



2006 and pretty much everything we thought was correct in cancer turned out to be wrong. Cancer is very complicated but there are a lot of things we have learnt... the only way one can learn is to accumulate data. When one is not collecting data, there is no science, so we generated data by collecting samples from the North American population....," said Dr Zenklusen.

As part of TCGA, researchers mapped key genomic changes in 33 types of cancers, including 10 rare forms of the disease. The data is public and available for anyone in the research community to use. "It will be a good effort if India can come out with its version of TCGA as there are genetic differences in each ethnic group," Dr Zenklusen said.

He is also among the key guests at the TCGA-themed conference and workshop 'Multi Omics Studies in Cancer - Learnings from TCGA', which was inaugurated on Saturday. "The technology exists here and samples can be processed in Indian laboratories to create a cancer genomic database that can be accessed by the public," he said, adding that patient involvement was crucial. "I want the data to be democratised, and not just accessed by cancer researchers... without patient involvement it is difficult to support these kinds of projects," he said.

According to Professor L S Shashidhara, a developmental biologist formerly associated with the Indian Institute of Science Education and Research (IISER), the govern-

genome initiative in the country and while individual researchers are being funded, this will be a concerted effort to put it in one central database, so that it can be easily accessed and shared.

Dr C B Koppiker, founder of Prashanti Cancer Care Mission (PCCM) which, along with IISER, has set up the Centre for Translational Research, said they have collected 600 breast cancer samples as part of their project to understand triple negative breast cancer, which is thrice as prevalent in India than in the US.

"Setting up a TCGA-India will help us answer the genome-related question of why breast cancer affects girls at a young age," said Dr Koppiker.

Anand Deshpande, founder of Persistent Systems, a technology services company and partner of IISER and PCCM, said that they will launch TCGA-India by the year-end. "This will be a public-private partnership supported by philanthropists. The government is supportive. We will initially identify laboratories to train people and get the process rolling, before collecting an estimated 3,000 breast cancer samples from hospitals across the country," he said.

Dr Santosh Dixit, a senior scientist at PCCM, said that a public talk will be held on Monday while a school outreach programme will be held on September 24. The main focus is also the three-day training of researchers by the TCGA team.



**6. DR C B KOPPIKER WILL BE CONDUCTING A FREE BREAST CANCER AWARENESS SESSION ON OCTOBER 9, FOLLOWED BY Q & A**

*Hands that heal, hearts that care  
for health that matters*



- INVITATION -



THIS  
**October**

LET'S COME TOGETHER TO  
**PREVENT BREAST CANCER FOREVER!**

Jehangir Hospital proudly presents a **FREE Breast Care Awareness** talk by internationally renowned Breast Cancer Surgeon **Dr. C. B. Koppiker, HOD, Breast Care Centre, Jehangir Hospital** followed by a panel discussion, Q & A session and high tea.

**Date: 9<sup>th</sup> October 2019**

**Time: 3.30 to 5.30**

**Venue: Hotel Lemon Tree Premier, 15 A, City Center,  
Connaught Road, Near Pune railway Station, Pune - 411001**

To book your seat please call or message  
**Maya Mahale @ 8888821011**

We request you to  
be seated by 3.15 pm



**For appointments, call : 020 66819966 / 67 / 68**

32, Sassoon Road, Pune - 411 001, India.  
[www.jehangirhospital.com](http://www.jehangirhospital.com)





**7. OVER 300 WOMEN WERE SCREENED THROUGH CLINICAL BREAST EXAMINATION CAMPS; SOME OF THE AWARENESS TALKS AND CBE CAMPS HELD IN SEPTEMBER 2019**

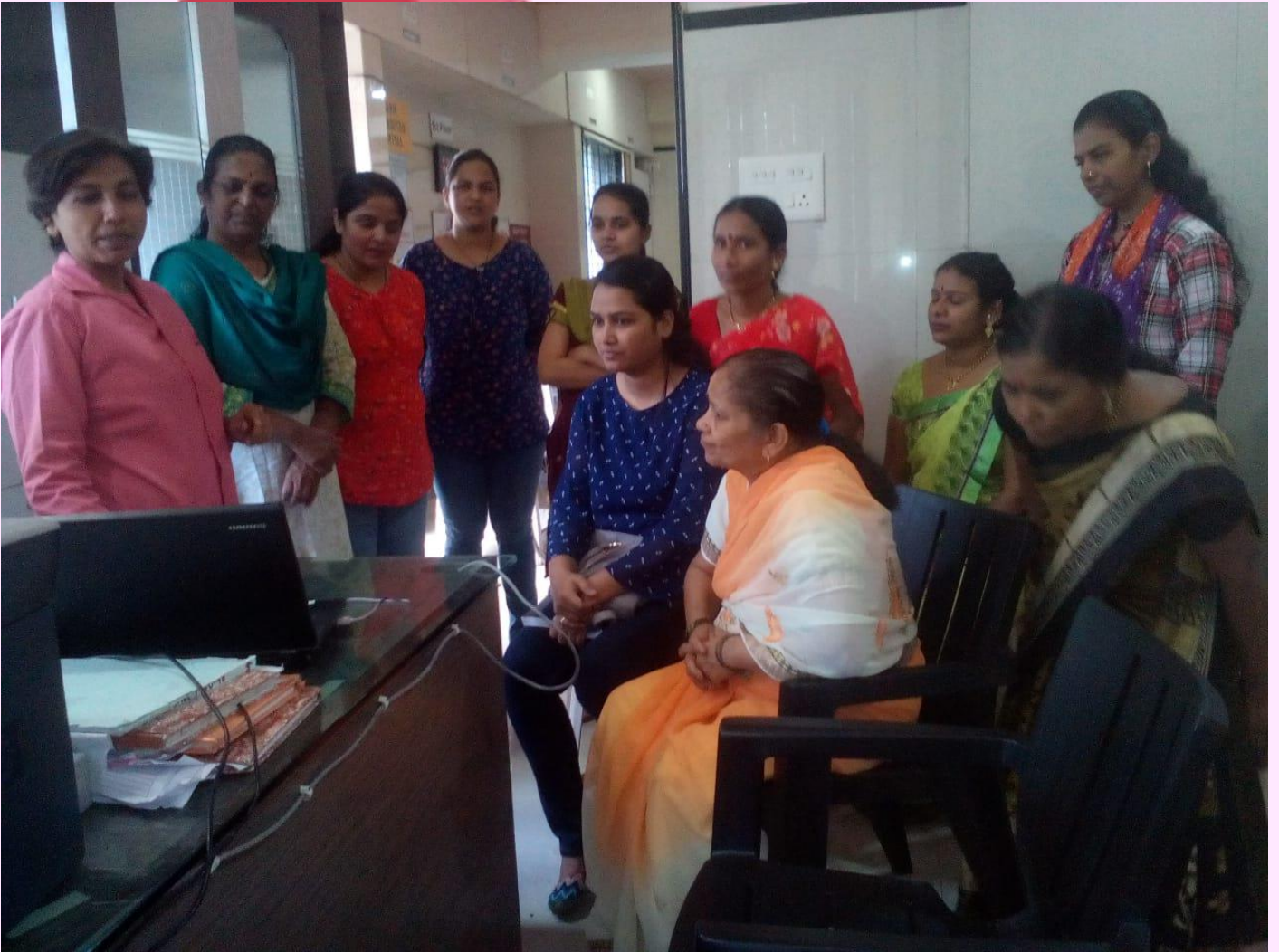
**1- KALE PADAL, HADAPSAR**





**2- AMBEGAON**

**3- SHARAD HOSPITAL**



**4- PIMPRI**





## 5- KARVE NAGAR





**FREESHIPS FOR DIAGNOSTICS, SURGERY,**  
**CHEMOTHERAPY, ONCO-PHARMACY, CLINICAL**  
**PROCEDURES AND CONSULTATIONS AT ORCHIDS BREAST**  
**HEALTH IN THE MONTH OF SEPTEMBER 2019**

❖ **25 PATIENTS RECEIVED MAJOR CONCESSIONS AND FREESHIP ON BREAST SURGERY**



❖ **47 PATIENTS RECEIVED FREE CHEMOTHERAPY AND 48 RECEIVED MAJOR CONCESSIONS AT OUR DAY CARE CENTRE FOR CHEMOTHERAPY**



❖ **265 PATIENTS RECEIVED FREE & CONCESSIONAL MEDICINES FROM OUR ONCO-PHARMACY**





❖ **124 PATIENTS RECEIVED FREE AND CONCESSIONAL MAMMOGRAPHY**



❖ **214 PATIENTS RECEIVED FREE AND CONCESSIONAL SONOGRAPHY**



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

❖ **217 FREE CONSULTATIONS BY DR KOPPIKER FOR THE MONTH OF SEPTEMBER FOR THE UNDERPRIVILEGED CANCER PATIENTS**

❖ **ALL UNDERPRIVILEGED SURGICAL PATIENTS RECEIVED FREE RADIATION TREATMENT.**

**FEW CHOSEN TESTIMONIALS OF PATIENTS WHO WERE ADOPTED FOR FREESHIP IN SEPTEMBER 2019**

**1) MRS APARNA PHULE**



I had lost hope when I got diagnosed with breast cancer. With the help of Dr. Koppiker I could build up my life again. I am thankful to Orchid staff specially Dr. Koppiker; they are really supportive and caring and have treated me very well.

Laleh ma'am not only supported financially but made me comfortable during my treatment.

**2) MRS RAJSHRI MOHITE**



I am a cancer survivor. I am very glad that I came to Orchid clinic for cancer treatment. My life had been completely disturbed when I got the news, but Dr. Koppiker & Laleh Ma'am treated me so well and helped me relax. I feel I am very grateful to meet such kind people. Laleh Ma'am gave me free medicine for my chemotherapy.

I am very thankful.

Thank you, all Orchid staff members for their caring nature.



### 3) MRS VARSHA KONGHE



I am a cancer survivor. It was difficult for me to tackle this news as treatment was more troublesome than the disease, but Prashanti Cancer Care Mission gave me a ray of hope for my treatment & my life. Dr. Koppiker & Laleh mam helped me a lot mentally as well as financially.

I am so grateful to everyone for supporting me so much. Specially sincere thanks to Laleh mam & Dr.Koppiker sir.

We would like to ~~THANK~~ our  
Donors & Supporters

Prashanti Cancer Care Mission  
Reaching out with excellence



Warm Regards,  
Ms. Laleh Busheri  
CEO

Prashanti Cancer Care mission

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