



DECEMBER 2023 | VOLUME 130 ISSUE 74

# PCCM MONTHLY NEWSLETTER

Prashanti Cancer Care Mission's Newsletter

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## WHAT'S IN THIS LATEST ISSUE?

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Dr. Koppiker presented the Oration talk during ASOMACON 2023.

Ms. Laleh Busheri was invited to present a talk at the ASOMACON 2023.

Dr. Koppiker received a 'Citation' for his work in Oncoplastic Breast Surgery in India at the BRASCON 2023, Lucknow

Dr. Koppiker was invited as a faculty at the BRASCON 2023, Lucknow.

BreastGlobal Masterclass "Harmonizing Horizons: Indian and European Perspectives on Implant- Based Breast Reconstruction"

Dr. Koppiker's article was featured in the 'Ask the Expert' section in Femina November 2023 issue.

PCCM's CTCR faculty member, Dr. Madhura Kulkarni's abstract was selected for a talk at the 9th International Conference on Hippo Signaling held in Singapore.

PCCM's CTCR faculties, Dr. Sneha Joshi & Dr. Madhura Kulkarni, took the stage as keynote speakers at the 2nd Masterclass hosted by RGCCIR Biorepository, New Delhi.

Ms. Pooja Vaid attended the Association of Molecular Pathology (AMP) 2023 Annual Meeting & Expo at Salt Lake City, Utah & presented a poster at the conference.

## 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.

**Dr. Koppiker was honoured with the Lifetime Achievement Award at the ASOMACON 2023, held in Dehradun.**

Dr. Koppiker was honoured with the Lifetime Achievement Award for his work in Breast Surgery and pioneering Oncoplasty in India at the ASOMACON 2023 -7th Annual International Conference of the Asian Society of Mastology, held in Dehradun, from November 15th to 18th.

In 2015, Dr. Koppiker pioneered oncoplastic breast surgeries in India, breaking the mold of Mastectomy. He has trained over 1500 surgeons and successfully conducting more than 2000 oncoplastic breast surgeries. This oncoplastic innovation has not only redefined breast cancer treatment in the country, but has also shown to enhance the physical and emotional well-being of patients.



**Dr. Koppiker presented the Oration talk during ASOMACON 2023 held in Dehradun.**

Dr. Koppiker presented the Oration Talk titled 'Oncoplasty in India: Making the Impossible Happen - The Journey and the Future' at the ASOMACON 2023-7th Annual International Conference of the Asian Society of Mastology. He shared his extensive experience and work spanning over three decades in oncoplastic breast surgery and provided insights for aspiring surgeons looking to specialize in this field.



***Oncoplasty in India, making the Impossible Happen -The Journey and the Future***

**Dr. Chaitanyanand B. Koppiker**

**Breast Cancer, Breast Oncoplastic and Reconstruction Surgeon**  
Medical Director, Orchids Breast Health, Pune, India  
Director, Onco-sciences, Jehangir Hospital, Pune, India  
Honorary Associate Professor, University of East Anglia, UK  
Board of Directors and Visiting Faculty, School of Oncoplastic Surgery, CA, USA  
Co-Editor-In-Chief, Journal of Oncoplastic Surgery, SOS, USA  
Managing Trustee, Prashanti Cancer Care Mission, Pune, India  
Board of Directors, Indian Cancer Genome Atlas (ICGA)  
Founding Director, BreastGlobal Network  
Research Lead, Centre for Translational Cancer Research (CTCR), Pune, India



**Ms. Laleh Busheri was invited to present a talk at the ASOMACON 2023, held in Dehradun.**

Ms. Laleh Busheri was invited to present a talk at the ASOMACON 2023- 7th Annual International Conference of the Asian Society of Mastology, held in Dehradun. During the conference, she presented a talk on 'Setting up of a comprehensive stand-alone Breast Cancer Unit and it's challenges'. Ms. Busheri discussed PCCM's Orchid breast clinic which is dedicated to serving breast cancer patients. She also provided an overview of the research and training conducted at the PCCM's Centre for Translational Cancer Research (CTCR) in the field of breast cancer. Her presentation highlighted PCCM's impact on research, academics, patient care, and clinical practice.



## Dr. Koppiker received a Citation for his work in Oncoplastic Breast Surgery in India at the BRASCON 2023, Lucknow

Dr. Koppiker was awarded a citation for his work in Oncoplastic Breast Surgery in India at the BRASCON 2023- International Breast Reconstruction & Aesthetic Surgery Conference and Workshop, Lucknow. Dr. Koppiker has successfully trained over 500 surgeons in Oncoplastic techniques. His dedication has made a significant impact in the field of oncoplastic breast surgery.



**Dr. Koppiker was invited as a faculty at the BRASCON 2023, Lucknow**

Dr. Koppiker was invited as a faculty at the BRASCON 2023, which was held from November 17th to 19th at the Convention Centre of SGPGIMS in Lucknow. During the conference, Dr. Koppiker gave a presentation on 'Implant-Based Whole Breast Reconstruction.' The conference brought together global experts to discuss breast reconstruction techniques and also organized a hands-on workshop for breast oncoplasty, providing participants with valuable experience



## BreastGlobal Masterclass "Harmonizing Horizons: Indian and European Perspectives on Implant- Based Breast Reconstruction'

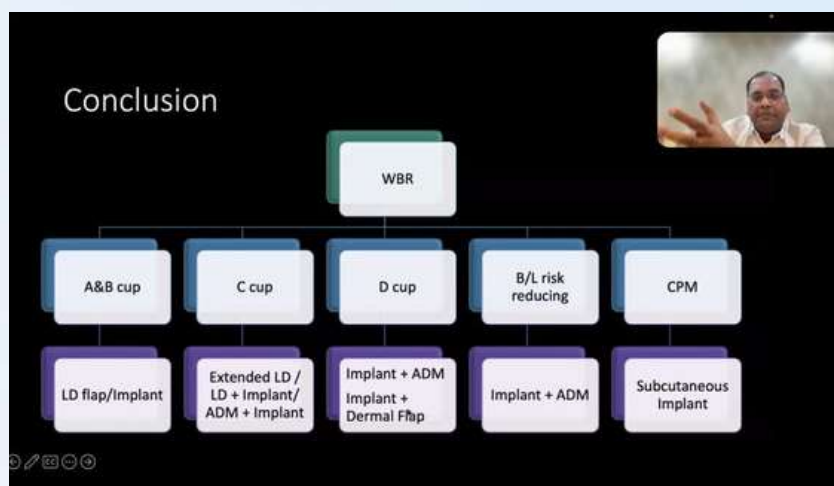
BreastGlobal Masterclass "'Harmonizing Horizons: Indian and European Perspectives on Implant- Based Breast Reconstruction' was held on 10th of November 2023.



With upto 500 registrations, the session was highly interactive, with engaging discussions and valuable insights. This session delved into the fundamentals and versatility of implant-based techniques, from planning and markings to adopting various approaches. Dr. Sanjit Agrawal and Dr. Nicola Rocco covered basics of the technique of Implant Based breast reconstructions showcasing their distinctive approach through the presentation of cases from their clinical experience.

**NEW IBBR ALGORITHM PRELIMINARY OVERVIEW**

	Breast morphovolumetric characteristics			
Breast Tissue Coverage Classification	Small Breast	Medium Breast	Severe Ptosis	Large Breast
Type 1	Two-stage - Fat Grafting before second stage - ADM/mesh-assisted second-stage	Two-stage - Fat Grafting before second stage - ADM/mesh-assisted second-stage C/L mastopexy if moderate ptosis	Skin Reducing Mastectomy and two-stage - Fat Grafting before second stage - ADM/mesh-assisted second-stage C/L mastopexy	Skin Reducing Mastectomy and two-stage - Fat Grafting before second stage - ADM/mesh-assisted second-stage C/L reduction
Type 2	ADM/mesh-assisted dual plane DTI	ADM/mesh-assisted dual plane DTI C/L mastopexy if moderate ptosis	Skin Reducing Mastectomy and DTI with autologous inferior dermal flap C/L mastopexy	Skin Reducing Mastectomy and DTI with autologous inferior dermal flap C/L reduction
Type 3	Pre pectoral DTI with ADM/mesh	Pre pectoral DTI with ADM/mesh C/L mastopexy if moderate ptosis	Skin Reducing Mastectomy and pre-pectoral DTI with autologous inferior dermal flap and ADM/mesh for the upper pole C/L mastopexy	Skin Reducing Mastectomy and pre-pectoral DTI with autologous inferior dermal flap and ADM/mesh for the upper pole C/L reduction



**Dr. Koppiker's article was featured in the 'Ask the Expert' section in Femina November 2023 issue.**

Dr. Koppiker's article on 'Understanding a breast cancer diagnosis pathology report' was featured in the 'Ask the Expert' section in Femina November 2023 issue. The article delved into the understanding of key pathological terms related to breast cancer and their significance in breast cancer diagnosis.

ASK THE EXPERT

**UNDERSTANDING A BREAST CANCER DIAGNOSIS PATHOLOGY REPORT**

A COMPREHENSIVE GUIDE TO UNDERSTANDING AND INTERPRETING THE BREAST CANCER PATHOLOGY REPORT.



**D**r C.B Koppiker is a nationally and internationally well-known Breast Cancer Surgeon based in Pune. He is the Medical Director of Orchids Breast Health Centre, which pioneers in breast health care. His clinic offers a full range of state-of-the-art breast health services designed to ensure the best possible experience for each patient. For his contributions to fighting breast cancer in India, Dr. C.B. Koppiker has been widely felicitated with numerous recognitions and awards by his medical peers as well as by various social organizations.



DR. C.B KOPPIKER

**D**eciphering a Breast Cancer Pathology Report is of paramount significance for patients and their caregivers. In this two-part series, we will try and demystify the complex medical jargon, ensuring patients are well-informed about their diagnosis. Understanding key elements like tumor type, grade, stage, and receptor status enables patients to grasp the severity of their condition, explore treatment options, and make informed choices. Additionally, it provides a foundation for realistic expectations and aids in monitoring the progress of the treatment journey, ultimately improving the patient's overall quality of care.

**WHAT IS A BREAST CANCER PATHOLOGY REPORT?**

A breast cancer pathology report is a document generated by a pathologist that provides detailed information about the characteristics of a breast cancer tissue sample obtained through biopsy or surgery.

**WHO IS THE PATHOLOGIST, AND WHAT IS THEIR ROLE IN THIS PROCESS?**

A pathologist is a medical doctor who specializes in diagnosing diseases by examining tissues and cells under a microscope. Their role is to analyze and interpret the breast tissue samples to determine if cancer is present and provide information about the cancer's characteristics.

**WHAT IS THE DIFFERENCE BETWEEN CARCINOMA AND ADENOCARCINOMA**

**IN THE CONTEXT OF BREAST CANCER?**

Carcinoma is a broad term for cancers that begin in the epithelial cells lining organs like the breast. Most breast cancers are adenocarcinomas, a type of carcinoma that originates in glandular tissue.

**WHAT DOES IT MEAN WHEN BREAST CANCER IS DESCRIBED AS "INFILTRATING" OR "INVASIVE"?**

Answer: These terms indicate that the cancer has grown beyond the initial layer of cells, signifying it as a true cancer and not a pre-cancer (carcinoma in situ). Invasive carcinoma can potentially spread to other parts of the body.

**WHAT ARE THE PRIMARY TYPES OF BREAST CARCINOMAS, AND HOW DO THEY DIFFER?**

The main types are invasive ductal carcinoma and invasive lobular carcinoma. They are differentiated based on their microscopic appearance. In some cases, a tumor may have features of both, known as mixed ductal and lobular carcinoma.

**WHAT DOES "TUMOR GRADE" INDICATE, AND WHY IS IT IMPORTANT?**

Tumor grade reflects the aggressiveness of the cancer cells. It helps determine how likely the cancer is to grow and spread. Grades are typically described as low, intermediate, or high.

**WHAT IS THE SIGNIFICANCE OF BREAST CANCER GRADE, AND HOW IS IT DETERMINED?**

Breast cancer grade helps predict how aggressive is the cancer. It is determined by examining features such as cell arrangement, gland formation, nuclear grade, and mitotic count. Well-differentiated cancers have normal-looking cells, moderately differentiated show some abnormalities, and poorly differentiated have a lack of normal features.

**WHAT IS THE PURPOSE OF HISTOLOGIC GRADE, NOTTINGHAM GRADE, OR ELSTON GRADE IN BREAST CANCER DIAGNOSIS?**

These grading systems assess the normality of cancer cells and their growth patterns. Features like gland formation, nuclear grade, and mitotic count are assigned numerical values and added to assign a grade. This helps in predicting the behaviour and prognosis of the cancer.

In the next part, we shall continue to delve deeper into specific terminologies found in a pathology report related to breast cancer and their significance for patients.

Twitter: @KoppikerCb  
 Instagram: @dr.koppikercb;  
 @orchidsbreasthealthpune  
 Facebook: <https://www.facebook.com/koppiker>



**PCCM's CTCR faculty member, Dr. Madhura Kulkarni's abstract was selected for a talk at the 9th International Conference on Hippo Signaling held in Singapore.**

CTCR's faculty member, Dr. Madhura Kulkarni's abstract ' Role of YAP in HER2+ and TNBC subtypes of breast cancer' was selected for a talk at the 9th International Conference on Hippo Signaling held in Singapore from 1st to 3rd of November, 2023. This notable recognition underscores Dr. Kulkarni's steadfast commitment to translational breast cancer research, significantly supported by her fellowship from the Department of Biotechnology (DBT), India. Since her return to India, Dr. Kulkarni has consistently showcased an outstanding dedication to advancing the field.

Adding an extra layer of pride to this accomplishment is the fact that Dr. Kulkarni stands as the sole representative from India selected to present a talk at this prestigious conference.



**PCCM's CTCR faculties, Dr. Sneha Joshi & Dr. Madhura Kulkarni , took the stage as keynote speakers at the 2nd Masterclass hosted by RGCCIR Biorepository, New Delhi**

The masterclass was organized by Rajiv Gandhi Cancer Institute and Research Centre (RGCIRC)-largest hospital-based tumor repository in North India. During the event, CTCR Faculty members Dr. Sneha and Dr. Madhura delivered informative talks. Dr. Sneha presented on the 'Mechanism of cryoinjury in cells', while Dr. Madhura spoke on 'State of Art Techniques for Preserving Tumor Tissue'. The masterclass covered the niche area of cryobiology, which is relatively unexplored in the Indian biobanking setting. The faculty's talks were well received by the audience.

2nd Masterclass in Biobanking

Rajiv Gandhi Cancer Institute and Research Centre

*Save the Date*

**Biorepository**  
Department of Research, RGCIRC, Rohini

*Theme: Chilling Discoveries: Unveiling the secrets of cryobiology*

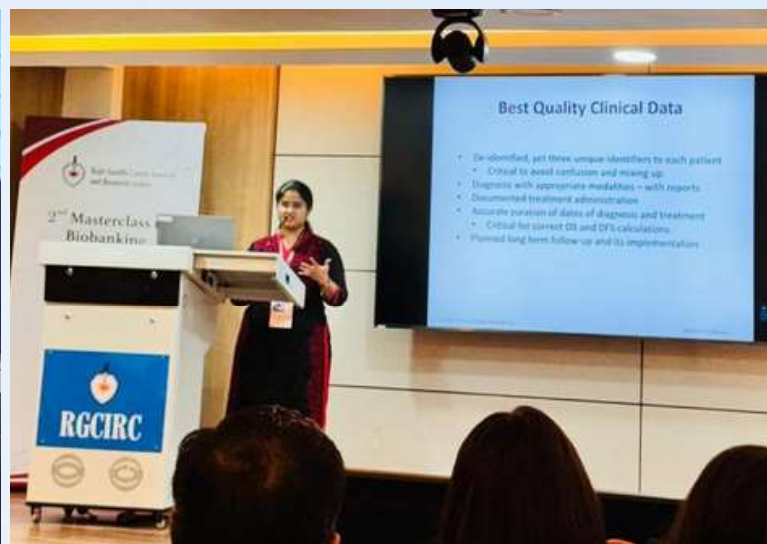
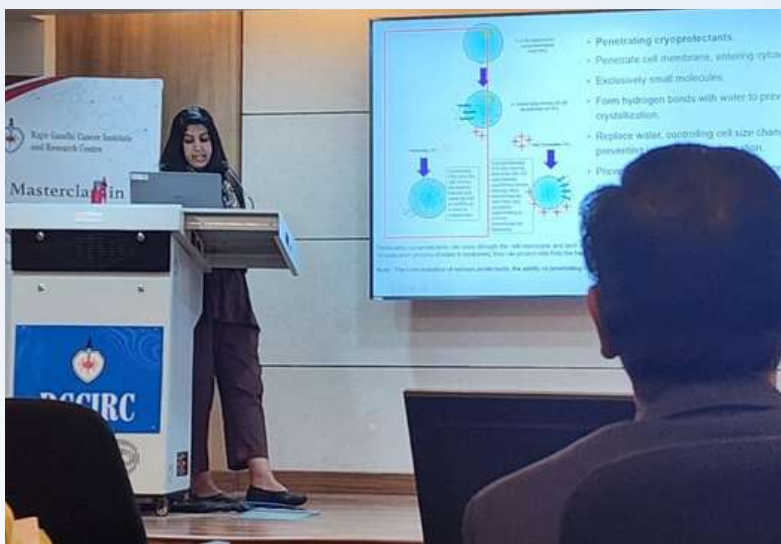
Tuesday, 28<sup>th</sup> November, 2023 | 10:00 am onwards  
Venue: Indraprastha Hall, RGCIRC, Rohini

**INDRAPRASTHA HALL, RGCIRC ROHINI, NEW DELHI**

**28TH - 28TH NOVEMBER 2023**  
10:00 am onwards

**THEME**  
Theme : Chilling Discoveries : Unveiling the secrets of cryobiology

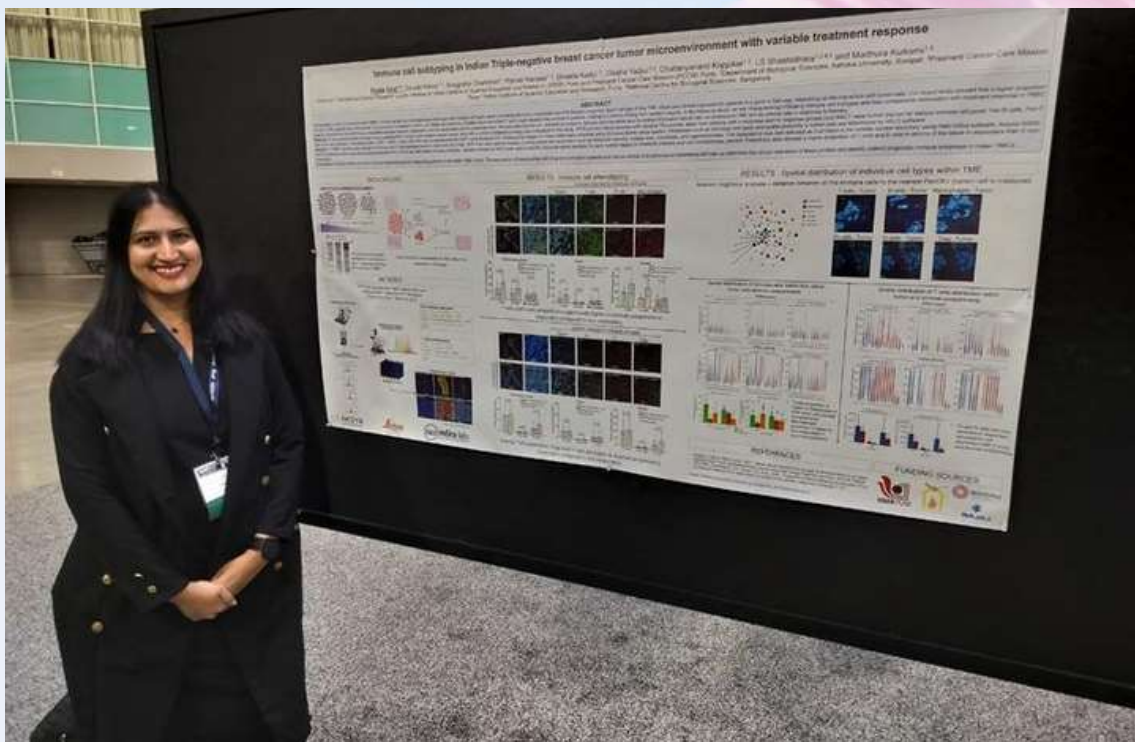
**REGISTER**



**Ms. Pooja Vaid, PhD Fellow, PCCM-CTCR and Ashoka University attended the Association of Molecular Pathology (AMP) 2023 Annual Meeting & Expo at Salt Lake City, Utah & presented a poster at the conference.**

Ms Pooja Vaid attended the Association of Molecular Pathology (AMP) 2023 Annual Meeting & Expo at Salt Lake City, Utah, courtesy of the International Trainee Travel Grant awarded to three individuals worldwide. Ms. Vaid had the opportunity to attend the GetAMPed workshop , a one-day workshop on the NGS platform and analysis and a Corporate workshop with demonstration by over two hundred companies. Additionally, she attended the three-day conference which included talks and case studies covering diverse topics such as Infectious disease, Genetics, Hemepath, and Solid Tumors.

Ms. Vaid presented a poster on Immune cell phenotyping in Indian Triple-negative breast cancer with variable treatment response, earning a nomination for the Young Investigator Award.



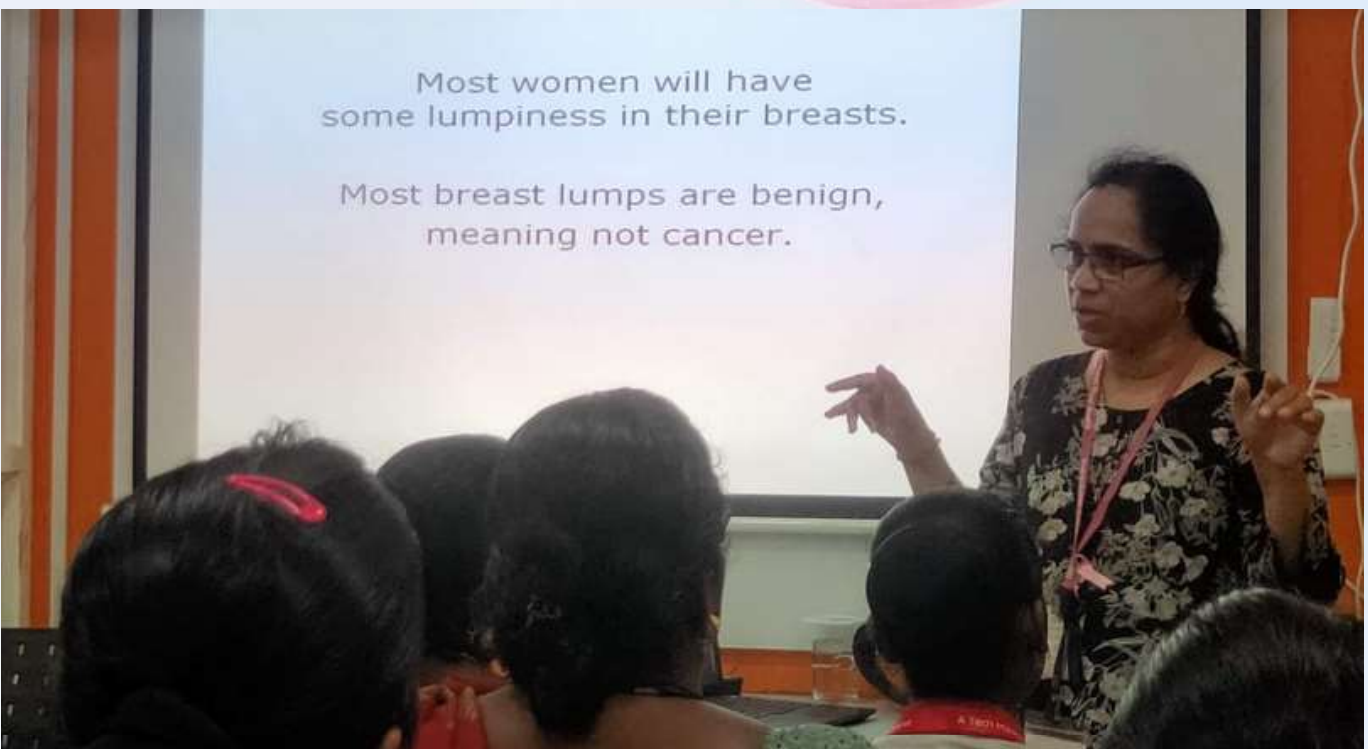
The overarching theme of the conference centered on the application of NGS-based assays and the utility of liquid biopsies, as well as the integration of Artificial Intelligence/Machine Learning in precise disease diagnosis.

Beyond the academic aspects, the conference facilitated valuable networking opportunities with pathologists, industry professionals, and scientists through various networking lunches and social meetings, providing insights into global practices.

**Breast Cancer Awareness campaign was conducted at the Tech Mahindra Foundation, Pune.**

On 7th of November 2023, Breast Cancer Awareness campaign was conducted at the Tech Mahindra Foundation, Pune. Ms Smeeta Nare from PCCM- CTCR delivered an informative talk on breast cancer for the paramedical students and their parents.

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**Breast Cancer Awareness campaign was conducted at Deep Grih Society, Pune.**

On 25th of November 2023, Breast Cancer Awareness campaign was conducted at the Deep Grih Society, Pune. Ms Smeeta Nare from PCCM- CTCR delivered an informative talk on breast cancer followed by Clinical Breast Examination (CBE) for 42 civilians.





## RESEARCH UPDATES



- Dr. Sneha Joshi and Dr. Madhura Kulkarni were invited as faculty to present at the 2nd Biobanking Masterclass at Rajiv Gandhi Cancer Institute and Research Centre held on 28th November 2023
- Ms. Pooja Vaid, PhD Fellow, PCCM-CTCR and Ashoka University attended the Association of Molecular Pathology (AMP) 2023 Annual Meeting & Expo at Salt Lake City, Utah & presented a poster at the conference
- PCCM's CTCR faculty member, Dr. Madhura Kulkarni's abstract was selected for a talk at the 9th International Conference on Hippo Signaling held in Singapore.



## 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-19

Biopsy blocks-11

Surgery blocks- 8

### 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





**Freeships/ Major Concession for Diagnostics, Surgery, Chemotherapy,  
Onco- Pharmacy, Clinical Procedures and Consultations at Orchids  
Breast Health in November 2023**



**Mammography:**  
71 patients received  
free / concessional  
mammography



**Sonography:**  
118 patients received  
free / concessional  
sonography



**Biopsy**  
9 patients received  
free and  
concessional biopsy  
Total Vaccum  
assisted breast  
biopsy (VAB)-1

**Freeships/ Major Concession for Diagnostics, Surgery, Chemotherapy, Onco- Pharmacy, Clinical Procedures and Consultations at Orchids Breast Health in November 2023**



**Surgery**

17 patients received freeship/major concessions on breast surgery



**Chemotherapy /Day Care**

25 patients received free chemotherapy  
76 patients received major concessions at our day care centre for chemotherapy



**Onco-Pharmacy**

172 patients received free /concessional medicines from our onco-pharmacy

Free Counselling Services at Orchids Breast Health



**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

**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**

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



**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 <math>\leq 45</math> 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



Dr. Koppiker | Breast Cancer Doctor in Pune | Orchids Breast Health | orchidsbreasthealth.in | & 020-25656510, 25650269, 9850840248 vcanshare@gmail.com reports@prashantcancer.org

**Onco-Genetic Counselling**

202 patients have received free genetic counselling services so far



**Onco - Nutrition Clinic**

Free Nutrition Counselling services for our Breast Cancer Patients

**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. Koppiker | Breast Cancer Doctor in Pune | Orchids Breast Health | orchidsbreasthealth.in | & 020-25656510, 25650269, 9850840248 vcanshare@gmail.com reports@prashantcancer.org

**Nutrition Counselling**

207 patients received free nutrition counselling to fight cancer treatment better



## Staying healthy during the festive season

**Festivals can be a time of indulgence, but it is important to prioritize your health during these celebrations. Here are some tips to stay healthy during festivals:**

1. Stay hydrated by drinking plenty of water and avoiding sugary drinks.
2. Choose healthier food options, such as fruits and vegetables, and limit your intake of fried and high-fat foods.
3. Practice portion control to avoid overeating.
4. Get some exercise by taking a walk or participating in festival activities.
5. Get enough sleep to help your body recover and maintain good health.
6. Practice good hygiene, such as washing your hands regularly and avoiding close contact with sick individuals.
7. Manage stress by taking breaks and doing activities you enjoy.
8. Plan ahead and make healthy choices before attending festival events.

**Here is a simple and healthy recipe to satisfy your sweet tooth during festivals**

### INGREDIENTS

- 1/2 cup seedless dates
- 1/4 cup dried figs
- 1/4 cup roasted nuts
- 2 tbsp amaranth puff
- 1 tsp ghee



### NUTRITIONAL INFORMATION

Dates are not only delicious but also quite nutritious. They are one of the best natural sources of iron, which is essential for maintaining healthy blood cells. Additionally, they are natural sweeteners that can be used as a healthier alternative to refined sugars. Dates are also a good source of fiber, which promotes digestion and helps regulate blood sugar levels.

Nuts are rich in protein, which is necessary for building and repairing tissues in the body.

Amaranth puff is a gluten free and has anti-inflammatory properties. Indulging in a date-based dessert can be a guilt-free and healthy way to satisfy your sweet tooth.

### METHOD OF PREPARATION

- Chop roasted nuts
- Grind dates and dried figs into a paste
- Roast the paste in 1 tsp ghee for 5 minutes
- Mix all the ingredients together and make a roll, then let it cool
- Cover the roll in amaranth puff and refrigerate for 15 minutes
- Cut into 1/2 inch discs for the perfect bite-sized snack!



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

**Charlomi Chattopadhyay**

Excellent set-up for the daycare with available for all kinds of help and support for the patients. The ambiance is cozy, which is really needed, the smiling faces of staff, quick response to any kind of queries, right advice, and cost-effective treatment process.

We came across Orchid by chance and with reference from a family friend. The patience of daycare nurses and other staff members is amazing. The best place for breast cancer treatment without any doubt.



**Rohini Dahiwale**

We come for annual follow-up now. We have completed all our treatment here in Orchid's. It's a very homely atmosphere, state of the art. Technologies are the latest and amazing medical oncologist and surgical oncologist. Grateful for all the services here.

**Nirmala**

Very good care is given at the center. It feels much better than a large hospital where things are very impersonal. All the medical and other staff were helpful, professional, and caring.

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

**Shubhangi Pharate**

When I was told about the operation for breast lump, I was very much disturbed and scared. But when we met dr. Koppikar he explained all about the situation as well as about the treatment also cleared our doubts about the disease and the side effects, with which we were very satisfied. We are very pleased with the follow-ups and consultation. All the staff in the clinic are well versed in their duty.



**Shailaja Vaidya**



When I was first diagnosed with the disease, I was very distressed, me and my family were really scared. I had a lot of sleepless nights. Dr. Koppikar is like God to me. Right in the first meeting, he put us at ease, and all my fear was gone knowing I was in for the best treatment. All throughout the treatment, he ensured I was totally calm and comfortable. Also, follow-up consulting was very good.



## 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.		<b>Sahera Jamadar (35 years)</b> 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.												
	<b>Sahera Jamadar (35 Yrs)</b>													
		<table border="1"> <thead> <tr> <th>Treatment</th> <th>Amount (In Rs.)</th> </tr> </thead> <tbody> <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><b>Total</b></td> <td><b>5,90,384</b></td> </tr> </tbody> </table>	Treatment	Amount (In Rs.)	Chemotherapy	1,59,684	Diagnostics and OPD Charges	35,700	Radiation	1,85,000	Surgery	2,10,000	<b>Total</b>	<b>5,90,384</b>
Treatment	Amount (In Rs.)													
Chemotherapy	1,59,684													
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Radiation	1,85,000													
Surgery	2,10,000													
<b>Total</b>	<b>5,90,384</b>													
02.		<b>Saima Naaz (43 years)</b> has stage II breast cancer. She is a homemaker, and her husband is unemployed. She has 3 children studying in school. She is supported by her brother for the family's financial needs. Her brother too has his own family to support, limiting his support to the patient.												
	<b>Saima Naaz (43 Yrs)</b>													
		<table border="1"> <thead> <tr> <th>Treatment</th> <th>Amount (In Rs.)</th> </tr> </thead> <tbody> <tr> <td>Chemotherapy</td> <td>2,88,000</td> </tr> <tr> <td>Diagnostics and OPD Charges</td> <td>15,500</td> </tr> <tr> <td>Radiation</td> <td>1,85,000</td> </tr> <tr> <td>Surgery</td> <td>2,05,000</td> </tr> <tr> <td><b>Total</b></td> <td><b>6,93,500</b></td> </tr> </tbody> </table>	Treatment	Amount (In Rs.)	Chemotherapy	2,88,000	Diagnostics and OPD Charges	15,500	Radiation	1,85,000	Surgery	2,05,000	<b>Total</b>	<b>6,93,500</b>
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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

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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  
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