



MAY 2023 | VOLUME 123 ISSUE 67

# PCCM MONTHLY NEWSLETTER

Prashanti Cancer Care Mission's Newsletter



## WHAT'S IN THIS LATEST ISSUE?

Dr. Koppiker was invited as faculty at the 21st SIS World Congress on Breast Cancer and Breast Healthcare held in Rhode Islands, Greece.

Ms. Laleh Busheri's book 'Genetic Testing - A Game Changer in Breast Cancer Management' has been placed in the prestigious India Book of Records 2024

The paper 'Therapeutic mastoplastic: a "wise" oncoplastic choice - lessons from the largest single-centre cohort from Asia' accepted in the Frontiers in Oncology Special Issue on 'Oncoplastic Surgery for Breast Cancer'

The Research Training Program for Clinicians and Residents by CTCR-PCCM continued with the Cancer Genetics Series.

PCCM food bank conducted a drive and donated rice and grains to unaffording patients and family

## 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 invited as faculty at the 21st SIS World Congress on Breast Cancer and Breast Healthcare held in Rhode Islands, Greece.**

Dr. Koppiker was invited as faculty at the 21st SIS World Congress on Breast Cancer and Breast Healthcare held in Rhode Islands, Greece. The conference gathered renowned breast physicians from across the globe to share their knowledge and advance clinical practices for improved patient outcomes.

Dr. Koppiker delivered a talk on 'Incorporating Oncoplastic Surgery to Improve Outcomes of Breast Surgery in India', highlighting the significance of oncoplastic breast surgery and its outcomes in the Indian healthcare scenario.

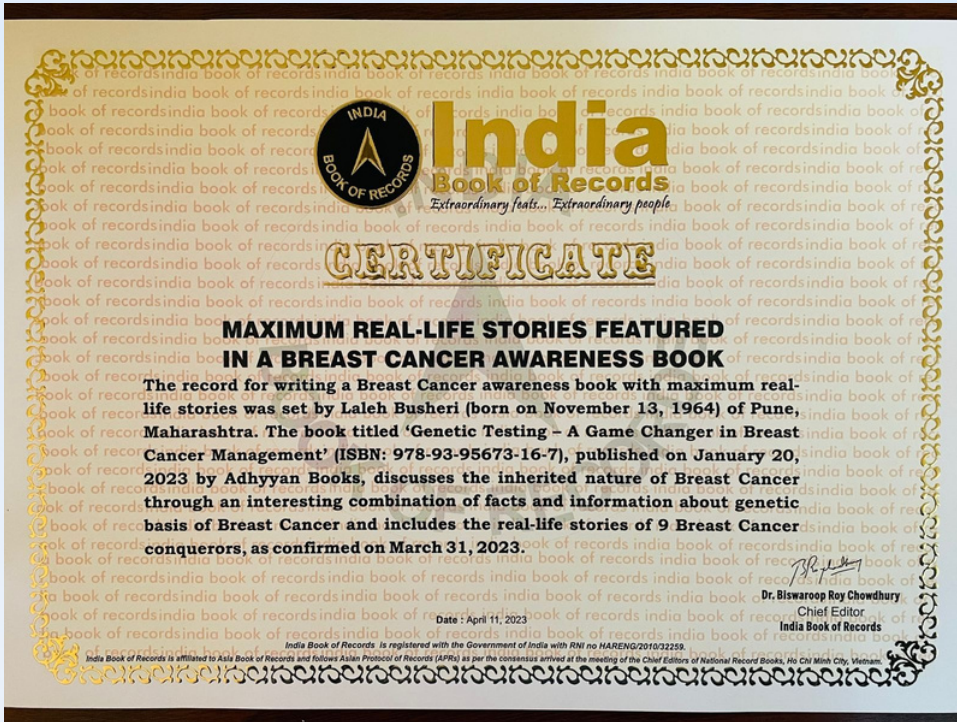


Dr. Koppiker was also invited to participate in the SIS 2023 Board of Directors and Standing Committee Meetings, to discuss global breast cancer aspects.





## Ms. Laleh Busheri's book 'Genetic Testing - A Game Changer in Breast Cancer Management' has been placed in the prestigious India Book of Records 2024



Ms. Laleh Busheri's second book 'Genetic Testing - A Game Changer in Breast Cancer Management' already an amazon best seller was recently placed in the prestigious India Book of Records 2024. The book has received the the record title of "Maximum real-life stories featured in a Breast Cancer Awareness book.

The book launched on 4th February 2023, on World Cancer Day, is a step-by-step guide feature for the common person to understand the basics of inherited breast cancer and features personal stories of amazingly strong women emphasizing the management options for breast cancer.



All proceeds from the book will go towards funding the treatment of unaffording patients. The book can be purchased through following links

<https://a.co/d/gi8HkgR>

[https://www.amazon.in/dp/9395673168?ref=myi\\_title\\_dp](https://www.amazon.in/dp/9395673168?ref=myi_title_dp)

<https://www.flipkart.com/genetic-testing/p/itm06def22006491?pid=9789395673167>



## The paper 'Therapeutic mammoplasty: a "wise" oncoplastic choice – lessons from the largest single-centre cohort from Asia' accepted in the *Frontiers in Oncology Special Issue on 'Oncoplastic Surgery for Breast Cancer'*

The paper 'Therapeutic mammoplasty: a "wise" oncoplastic choice – lessons from the largest single-centre cohort from Asia' from PCCM-CTCR was accepted in the *Frontiers in Oncology Special Issue on 'Oncoplastic Surgery for Breast Cancer'*

The paper describe work on Therapeutic Mammoplasty and has the distinction of reporting the largest TM cohort from Asia. The paper describes the utility and safety of TM, a type of oncoplastic surgery for breast cancer patients from India. Dr. Koppiker has always emphasized on the importance of not only oncological safety but also better aesthetic outcomes to improve quality of life for breast cancer patients. It is essential that oncoplastic surgical techniques are widely adapted across the country and the community is also aware of these options available for breast cancer management.

### ORIGINAL RESEARCH article

Front. Oncol., 14 April 2023

Sec. Surgical Oncology










Volume 13 - 2023 | <https://doi.org/10.3389/fonc.2023.1131951>

This article is part of the Research Topic

Oncoplastic Surgery for Breast Cancer

[View all 7 Articles >](#)

## Therapeutic mammoplasty: a "wise" oncoplastic choice—lessons from the largest single-center cohort from Asia

 Chaitanyanand Koppiker<sup>1,2,3,4\*</sup>, 
  Sneha Joshi<sup>2†</sup>, 
  Rupa Mishra<sup>2†</sup>, 
  Devaki A. Kelkar<sup>2†</sup>,  
 Pragnya Chigurupati<sup>3</sup>, 
  Anjali Joshi<sup>2</sup>, 
  Jisha John<sup>2</sup>, 
  Shweta Kadu<sup>2</sup>, 
   
 Amitkumar Bagdia<sup>3</sup>, 
  Deepti Thakkar<sup>3</sup>, 
  Chetan Deshmukh<sup>1</sup>, 
  Harikiran Allampati<sup>5</sup>, 
   
 Gautam Sharan<sup>6</sup>, 
  Upendra Dhar<sup>1,4</sup>, 
  Smeeta Nare<sup>1,2</sup>, 
  Sanket Nagarkar<sup>2</sup>, 
  Laleh  
 Busheri<sup>1</sup>, 
  Beenu Varghese<sup>1</sup> and 
  Mugdha Pai<sup>1,2</sup>

<sup>1</sup> Orchids Breast Health Centre, Prashanti Cancer Care Mission, Pune, India

<sup>2</sup> Centre for Translational Cancer Research: A Joint Initiative of Indian Institute of Science Education and Research (IISER), Pune and Prashanti Cancer Care Mission (PCCM), Pune, India

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<sup>5</sup> Ruby Hall Clinic, Pune, India

<sup>6</sup> Department of Radiation Oncology, Inlaks and Budhrani Hospital, Pune, India



## The Research Training Program for Clinicians and Residents by CTCR-PCCM continued with the Cancer Genetics Series.



**Research Training Program for Clinicians and Residents (RT-PCR)**

A Program by  
Centre For Translational Cancer Research (CTCR)  
A Joint Initiative by IISER Pune & Prashanti Cancer Care Mission (PCCM)

CTCR is delighted to announce the first session of its Initiative: 'Research Training Program for Clinicians and Residents (RT-PCR)'. This program is uniquely designed to encourage clinicians to integrate scientific research in their clinical practice and understand the process of scientific enquiry. The program will consist of various virtual as well as hands-on modules encompassing basic biology, translational and clinical research framework, and also practical research experience for clinicians and residents.

**Starts 5th Jan 2023**  
**Alternate Thursdays**  
**7:00 PM to 8:30 PM IST**

[CLICK HERE TO REGISTER](#)

**1st Module**

- MOLECULAR BIOLOGY
- GENETICS
- IMMUNOLOGY
- GOOD DATA PRACTICES

More info on Page-2

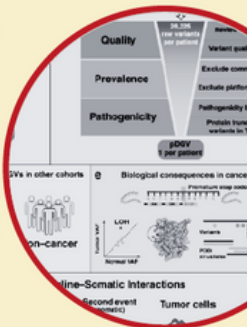
**Research Training Program for Clinicians and Residents (RT-PCR)**

A Program by  
Centre For Translational Cancer Research (CTCR): A Joint Initiative by IISER Pune & Prashanti Cancer Care Mission (PCCM)

**RT-PCR Module-I**  
**Cell and Molecular Biology for Onco-Clinicians (CMBOC)**  
**Cancer Genetics Section Lecture - III 4th May 2023**

In the introductory Lectures of Cancer Genetics Section we got a comprehensive overview on Hallmarks of Cancer, the cellular mechanisms causing cancer and DNA damage response pathways.

In the 3rd lecture we will deal how to interpret genomic variants in clinical context



**Cancer Genetics Lecture - III**  
**4th May 2023.**  
The Third lecture will be  
*Clinical interpretation of Genomic Variants in Cancer*

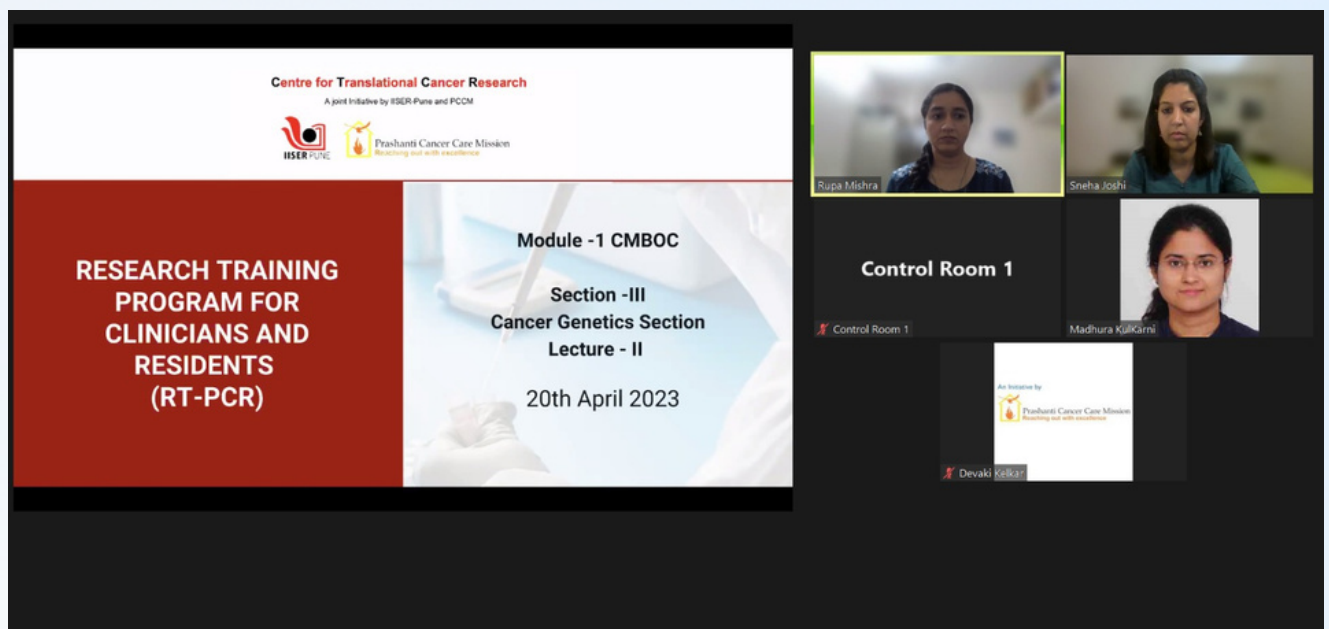
**You can still Register**  
Register now to access previous lectures on demand via [course google classroom](#) and join us live for the upcoming lectures.

[CLICK HERE TO REGISTER](#)

Course Started 5th Jan 2023  
Alternate Thursdays  
7:00 PM to 8:30 PM IST

Lecture : I 5th Jan 2023: Basics of Molecular Biology and Molecular Mechanisms Leading to Carcinogenesis  
Lecture : II 19th Jan 2023 :Molecular Mechanisms of Cancer Drug Actions Leading to Treatment Response  
Lecture : III 9th Feb 2023: Open discussion on concepts in Molecular Biology  
Lecture : IV 23rd Feb 2023 : Cellular and Molecular Basics of the Human Immune System  
Lecture : V 9th March 2023 : Roles of the Immune system in Cancer Immunosurveillance and Immunoeediting  
Lecture : VI 23rd March 2023 : Molecular understanding and clinical aspects of immunotherapy in cancer treatment  
Lecture : VII 6th April 2023 : Primer on Genes, Mutations and Proteins  
Lecture : VIII 20th April 2023: DNA Repair Pathways: Mechanisms of Carcinogenesis to Therapeutic Implications  
Lecture : IX 4th May 2023 (upcoming): Clinical Interpretation of Genomic Variants In Cancer

The Research Training Program for Clinicians and Residents by CTCR-PCCM is uniquely designed to encourage clinicians to integrate scientific research in their clinical practice and understand the process of scientific enquiry. The third section, on Cancer Genetics, of the first module was conducted in April 2023



**Centre for Translational Cancer Research**  
A Joint Initiative by IISER-Pune and PCCM

**RESEARCH TRAINING PROGRAM FOR CLINICIANS AND RESIDENTS (RT-PCR)**

**Module -1 CMBOC**  
**Section -III**  
**Cancer Genetics Section**  
**Lecture - II**  
**20th April 2023**

Control Room 1

Rupa Mishra, Sneha Joshi, Madhura Kulkarni, Devaki Kulkarni



## PCCM food bank conducted a drive and donated rice and grains to unaffording patients and family

PCCM food bank conducted another drive in April and donated rice and grains to unaffording patients and family.





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



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



142 patients received  
free / concessional  
sonography



**Biopsy**  
17 patients received  
free and concessional  
biopsy & 2 VABB  
procedures (for  
removal of fibroids  
etc)



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



**Surgery:**  
21 patients received  
freeship/major  
concessions on breast  
surgery



**Chemotherapy /Day Care**  
30 patients received free  
chemotherapy and 89  
patients received major  
concessions at our day care  
centre for chemotherapy



**Onco-Pharmacy**  
200 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**  
88 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 | orchidshealth.in  
& 020-25656110, 25650269, 9850840248 vcanshare@gmail.com reports@prashantcancer.org

**Onco-Genetic  
Counselling**  
103 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 | orchidshealth.in  
& 020-25656110, 25650269, 9850840248 vcanshare@gmail.com reports@prashantcancer.org

**Nutrition  
Counselling**  
121 patients received  
free nutrition  
counselling to fight  
cancer treatment  
better



## Testimonials of a few patients who were adopted for Freeship in April 2023

### Manju Agarwal

I want to thank all the team, staff, doctors in Orchid Clinic. Basically, the machines and technologies used in Orchids are up-graded. Even the earliest case with a smallest tumour can be detected easily. In my case, I did all the test from outside, that time all my reports came normal. But still I was feeling something weird in my body. So, we came to Orchids, did all the test and that same tumour was cancerous. I was very tensed and scared. That I day I cried like hell. Dr. Koppiker and his staff made me understand. They arranged for counselling sessions which were helpful. It helped me to face thus fight with confidence. Hats off to the staff connected with Orchids, all of them made me understand, made me strong to face it happily. All thanks to Dr. Koppiker, Dr. Deshmukh. Each and every staff of orchids including mousi's are too soft and kindhearted. Thank you everyone.



### Shabnam M Nazeer

I have been visiting Orchids for past 10 years for my mammography. My experience here with Dr. Koppiker, the staff including the radiologist and all who work here has been very satisfying. They are very courteous and helpful. Ladies who come here are already undergoing a lot of tension specially when waiting for the diagnosis and reports. But we are made to feel calm and relaxed especially due to the calm and happy faces of the staff here.



## Testimonials of a few patients who were adopted for Freeship in April 2023

### Sheela Ratnaparkhi

हॉस्पिटल मध्ये स्वच्छता चांगली असून सर्व स्टाफ पेशंटवर लक्षपूर्वक काम करतो. त्यांच्या गरजांकडे लक्ष देत असून कामाबाबत दक्ष असतो. त्यांच्या गरजा वेळोवेळी पुरवीत असून कोणतीच कमतरता नाही या कडे विचार विनिमय करतो. त्यांच्याशी आपुलकीने वागतो. काही वेळ का होईना पेशंट मध्ये सहन भूती निर्माण होते. एवढाच नव्हे तर डॉक्टरची वाट पेशंट चातकासारखी बघत असतो. तुम्हा सर्वांबाबत एक प्रेमाचे नाते निर्माण होते, यातून पेशंट ला मोठा आराम वाटतो. पेशंट चे अंतःकरण क्षणापुरते का होईना प्रेमळ भावनेने भरून जाते . त्याच्या भावना ना कळत अंतर्ममनात ठसल्या जातात. त्याच्या आयुष्याची दोरी बळकट होत जाते. पुढील चांगल्या भावनेने पेशंट घरी जातो. आपल्या सर्वांच्या आठवणीने भारावून जातो. या सर्व आठवणींची पूजा तो अंतःकरणात करत असतो.



### Revati Telagu

Very good experience. Hassel free, very well managed and executed. Special thanks to all the doctors and staff for making the entire transition smoother.

### Swati Jitendra Gugale

मीजितेंद्र गुगुळ लिहितो कि प्रथम माझ्यापत्नीला ब्रेस्ट कॅन्सर निदान झाल्यानंतर माझी व माझ्यापरिवाराची अवस्था गोंधळलेली झाली. त्यानंतर माझे मेहुणे यानाकोप्पीकर सरांचे ओर्चिड्स क्लिनिक हे नाव मिळाले. इथे आल्यानंतर सरांना भेटल्यानंतर खूप समाधान लाभले. आमच्यामध्ये स्थिरता आली. त्यानंतर पेशंटचे रिपोर्ट्स नुसार ट्रीटमेंट चालू झाली. केमोथेप्यासाठी २१ दिवसांनी यावेलागायचे. त्यावेळेची सर्व स्टाफ मेंबर्सव्यायवस्थित रित्या समजावून सांगत व सर्व स्टाफहसत मुख व पेशंटला समजावून सहकार्य करतात. क्लिनिक मध्ये स्वच्छता आणि टापटीप पणआहे



## **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](mailto: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.



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

**Warm Regards, Ms. Laleh Busheri CEO  
Prashanti Cancer Care mission  
Visit us at : [www.prashanticancercare.org](http://www.prashanticancercare.org) /  
[www.orchidsbreasthealth.com](http://www.orchidsbreasthealth.com)  
<https://www.facebook.com/orchidsbreasthealth>**

