



OCTOBER 2023 | VOLUME 128 ISSUE 72

PCCM MONTHLY NEWSLETTER

Prashanti Cancer Care Mission's Newsletter

DONATE



WHAT'S IN THIS LATEST ISSUE?

Dr. Koppiker was invited as a faculty and presented a talk at the KGMU Breast Update 2023 conference.

On 24th of September 2023, Ms. Laleh Busheri presented a talk at the Indian Cancer Society's Annual Conference - Cancer Sahyog at Delhi.

Breast Cancer Awareness campaign was conducted at YCM Hospital, Pimpri-Chinchwad.

Dr. Sneha Joshi received the prestigious Indian Research Management Initiative (IRMI) Fellowship award from DBT/Wellcome Trust India Alliance.

The Abstract 'Immune cell infiltrate profiles in primary Triple Negative Breast Cancer and co-relation with treatment response and survival outcomes' was accepted for poster presentation at San Antonio Breast Cancer Symposium 2023

Breast Cancer Awareness campaign was conducted at RSB Transmission India Ltd., Sanam wadi, Pune.

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 a faculty at the KGMU Breast Update 2023 conference.

On the 8th of September 2023, Dr. Koppiker was invited as a faculty at the KGMU Breast Update 2023 conference at Lucknow. The conference gathered renowned breast physicians and surgeons from all over the country to share their knowledge and train aspiring surgeons in niche techniques of breast oncoplasty. Dr. Koppiker gave a presentation on "Extreme Oncoplasty - Oncoplastic Surgery for Multicentric Tumors" and also participated in discussions on topics like locally advanced breast cancer and hereditary breast cancer. The conference also offered a hands-on workshop on topics related to breast oncoplastic surgeries. The conference was very well received by the participants.



On 24th of September 2023, Ms. Laleh Busheri presented a talk at the Indian Cancer Society's Annual Conference 'Cancer Sahyog', at Delhi.

On 24th of September 2023, Ms. Busheri was invited at the Indian Cancer Society's Annual Conference, 'Cancer Sahyog'- Annual Seminar at the Indian Cancer Society in Delhi. The seminar was attended by distinguished representatives from various NGOs to emphasize the need for awareness, support & counselling for cancer patients. Ms. Laleh Busheri proudly presented the work done at PCCM in her talk titled, 'Multipronged Approach towards Breast Cancer Management: From Awareness to Recovery. In her talk she emphasized the profound impact of breast reconstruction & breast conservation (oncoplasty) on improving cosmetic outcomes in breast surgeries. She also shared that how PCCM is dedicated to patient centric activities like genetic and nutritional counselling and even yoga for overall well being of patients. The talk was very well recieved by the audience.



INDIAN CANCER SOCIETY, DELHI BRANCH
invites you to the
ANNUAL SEMINAR
The Role of NGOs in Cancer Care

HIGHLIGHTS

- Panel Discussion
- NGOs Networking
- Award Ceremony
- Seminar followed by Lunch

SUNDAY
24 Sept. 2023, 09:00 AM onwards

FOR MORE INFO CONTACT US
011-49424723

VISIT OUR WEBSITE
www.indiancancersocietydelhi.in

INDIA INTERNATIONAL CENTRE
40 Maxwaller Marg, Lodhi Road, New Delhi 110003





RESEARCH UPDATES

Dr. Sneha Joshi received the prestigious Indian Research Management Initiative (IRMI) Fellowship award from DBT/ Wellcome Trust India Alliance.



The **India Research Management Initiative (IRMI)** of DBT/Wellcome Trust India Alliance (India Alliance) aims to strengthen research ecosystems in India by building capacity for research management and creating a community of practice that support knowledge creation and innovation for addressing global challenges. India Alliance is pleased to announce the second set of IRMI Fellowships and Grants.

The **IRMI Research Management Fellowship** is a combined mentored fellowship and institutional strengthening program for research institutions seeking to establish or expand their research office activities. The scheme provides a unique opportunity to help embed professional research management support within institutions seeking to develop their research support services.

Recently recommended awardees for the IRMI Fellowships are:

Sneha Joshi - Centre for Translational Cancer Research (CTCR), Pune

Manu Thomas - Kerala University of Digital Sciences, Innovation and Technology (Digital University Kerala), Trivandrum

Gajanan Arbade - Centre for DNA Fingerprinting and Diagnostics, Hyderabad

The DBT Wellcome Trust India Alliance's Indian Research Management Initiative (IRMI) recently announced the recipients of the IRMI Fellowship. Dr. Sneha's dedication to advancing research has earned her the esteemed IRMI Fellowship award.

Dr. Sneha Joshi has been with PCCM-CTCR as a Senior Scientist and Research Manager for over 2.5 years. She leads and manages various research and clinical projects, and supervises PCCM-CTCR's capacity building vertical. She also manages the activities of the e-learning platform, Breast Global, its journal, and the RT-PCR course. This award recognizes her outstanding commitment to advancing research management and will undoubtedly further strengthen CTCR's research ecosystem.

Breast Cancer Awareness campaign was conducted at YCM Hospital, Pimpri-Chinchwad.

On 16th of September 2023, Breast Cancer Awareness campaign was conducted at YCM Hospital in Pimpri-Chinchwad. Ms. Smeeta Nare from PCCM-CTCR delivered an informative talk on breast cancer followed by Clinical Breast Examination (CBE) for 72 civilians.



Breast Cancer Awareness campaign was conducted at RSB Transmission India Ltd., Sanam wadi, Pune.

On 30th of September 2023, Breast Cancer Awareness campaign was conducted at RSB Transmission India Ltd., Sanam wadi, Pune. Ms. Smeeta Nare from PCCM-CTCR delivered an informative talk on breast cancer followed by Clinical Breast Examination (CBE) for 58 civilians.





RESEARCH UPDATES



- Ms. Pooja Vaid presented her presynopsis titled, 'Molecular and cellular profiling of Triple Negative Breast Cancer in an Indian cohort.'
- The Abstract 'Immune cell infiltrate profiles in primary Triple Negative Breast Cancer and co-relation with treatment response and survival outcomes' was accepted for poster presentation at San Antonio Breast Cancer Symposium 2023.
- Dr. Sneha Joshi received the prestigious Indian Research Management Initiative (IRMI) Fellowship award from DBT/ Wellcome Trust India Alliance.



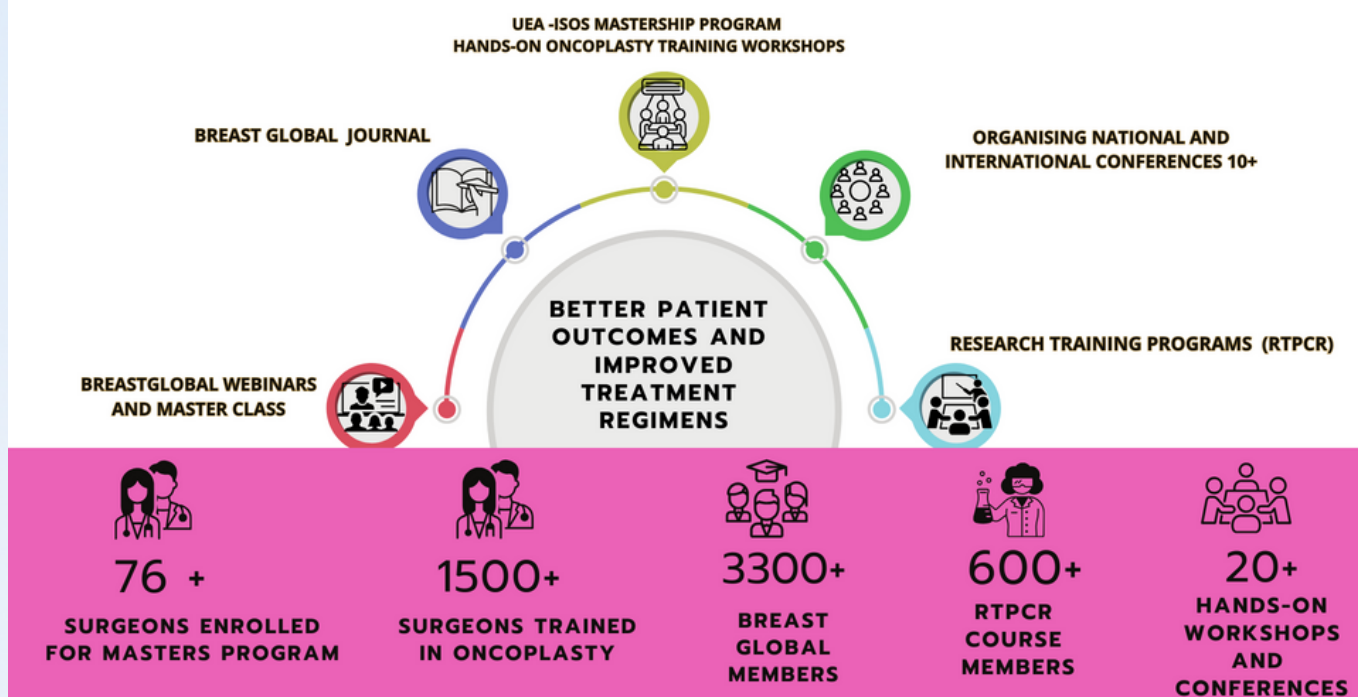
RESEARCH UPDATES

Ongoing projects and manuscripts:

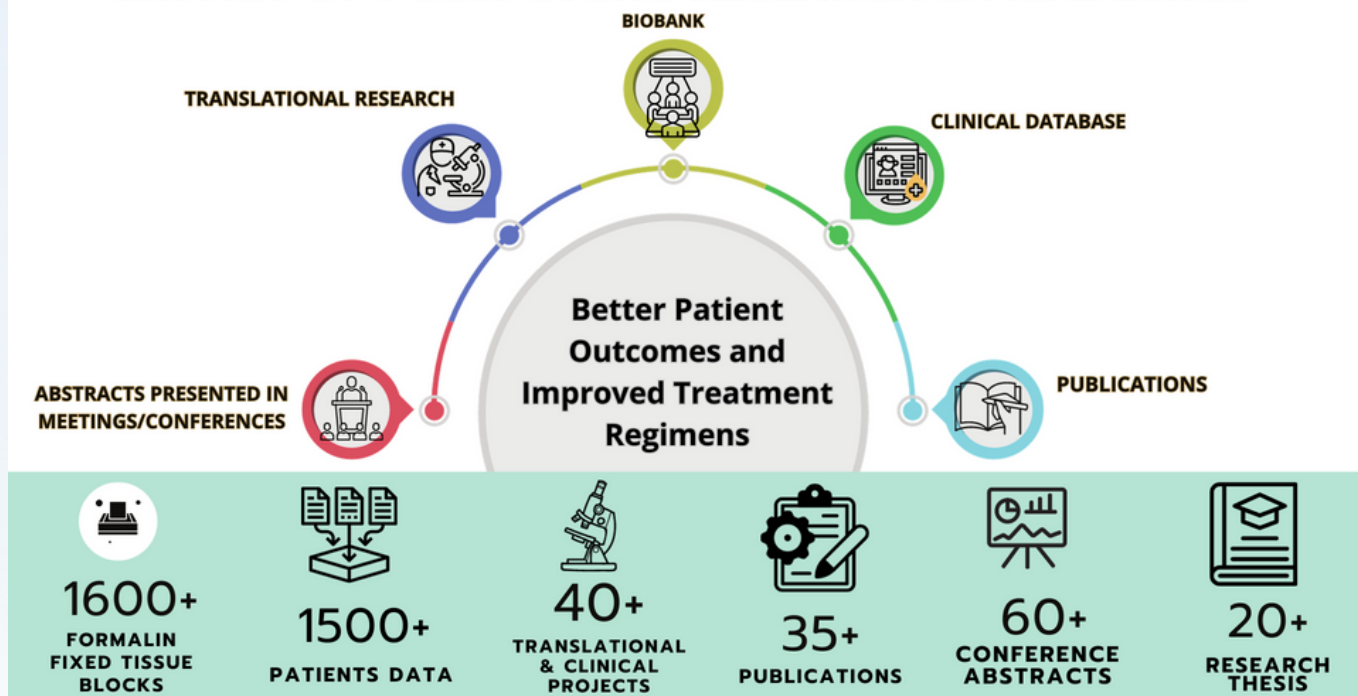
- Advantages of Perforator Flaps in Breast Cancer Surgical Management– A Single Institutional Audit.
- Surgical management of Central Quadrant Tumors – A Single Institutional Audit.
- A single institutional audit of surgical management in Triple Negative Breast Cancers.
- A Cross-Sectional Study Assessing 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.

Prashanti Cancer Care Mission's - Centre for Translational Research is dedicated to closing the knowledge gap in breast cancer management between India and Western countries. Here is the impact of PCCM's- CTCR on cancer research, training and education.

IMPACT OF PCCM-CTCR CAPACITY BUILDING INITIATIVES



IMPACT OF PCCM-CTCR'S RESEARCH & ACADEMICS



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-30

Biopsy blocks-17

Surgery blocks- 13

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.

29 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 September 2023**



Mammography:
92 patients received
free / concessional
mammography



Sonography:
121 patients received
free / concessional
sonography



Biopsy
15 patients received
free and
concessional biopsy

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



Surgery

17 patients received freeship/major concessions on breast surgery



Chemotherapy /Day Care

**30 patients received free chemotherapy
88 patients received major concessions at our day care centre for chemotherapy**



Onco-Pharmacy

185 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
190 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 ≤ 45 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) & 020-2565610, 25650269, 9850840248 vcanshare@gmail.com reports@prashantcancer.org

Onco-Genetic Counselling
169 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) & 020-2565610, 25650269, 9850840248 vcanshare@gmail.com reports@prashantcancer.org

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

FOOD BLOG

INTERNATIONAL YEAR OF MILLETS



The year 2023 is declared as the International Year of Millets by the UN. Additionally, September is celebrated as National Nutrition Month which focuses on eradicating malnutrition.

Millets can be used as a super weapon to fight malnutrition. They are packed with complex carbohydrates and micronutrients that improve immunity. India is rich in indigenously grown millet varieties like bajra, jowar, ragi, foxtail millet, barnyard, little millet, kodu and many more.



Millets were a major portion of Indian diets pre-green revolution. Post-green revolution wheat and rice have replaced large variety of millets as major carbohydrates in the Indian diet.

REASONS TO INCLUDE MILLETS IN YOUR DIET :

- Millets are enriched with antioxidants, iron, calcium, vitamin B, and zinc which build immunity
- Foxtail millet has more protein than rice
- Barnyard millet has more fibre than wheat
- Improves cholesterol and blood sugar levels
- Aids in weight management
- Improves gut health
- Millets are climate friendly crops as they can grow in less water and have low carbon footprint



How to incorporate millets in your meals?

Add millets to your rice, curries, and salads, or have them popped/ puffed for snacks. Ferment millets to make idli, dosa, dhokla or porridge. Simply eat them in form of bhakri with vegetable.

Testimonials of a few patients who were adopted for Freeship

Savita Kale

Doctor plays no different role in our lives than God. The doctor-patient relation is more than just a professional outcome. It needs trust bonding. I am very satisfied with the excellent service and treatment I received here. The whole staff is very supportive and good in their work. I am thankful to each of them. The positive and optimistic atmosphere here is healing me.



Nafisa Indoorwala

Step by step guidance given by the doctor was very good. And the important part is economical treatment when compared to huge hospitals. The doctor is very co-operative and available even on the phone. Staff are experienced and take care of most of the management duties. Co-ordination between staff and doctor is seen.

Dhruti

When I was diagnosed with cancer, I was broken. But when I met Dr. Koppikar, I realized that I am in safe hands. It's worth travelling from Mumbai to Pune during the treatment. All the staff are very supportive and always helpful. I have finished my treatment today and me and my family members are satisfied. I am blessed that I came here and got to know about my concerns at an early stage because of the latest screening technology. Thank you Koppikar Sir, Chetan Sir, George Sir and staff.

PCCM appeals for support and donations to help save breast cancer patients

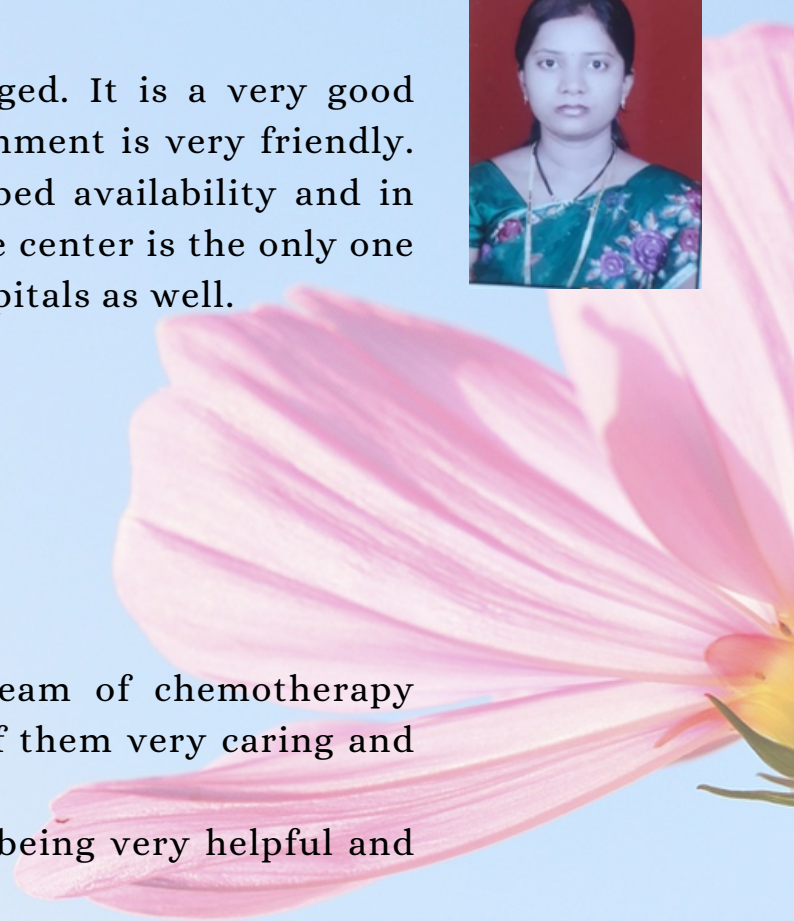
Shailaja Gaikwad

The day care center is very well managed. It is a very good option for cancer patients as the environment is very friendly. It is very convenient for us with easy bed availability and in close vicinity of other hospitals. Also, the center is the only one to give medicine prescribed by other hospitals as well.



Rajesh Samarth



Thank you very much to the entire team of chemotherapy department at the clinic. We found all of them very caring and compassionate during our treatment. A very special thanks to George sir, for being very helpful and caring.



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.

Sr. No	Patient	Patient Details												
01.	 Prabhabei Gharde (65 Yrs)	Prabhabei Gharde (65 years) has stage IV breast cancer. Her husband has retired from work, and she is a homemaker. She has a son, daughter in law and three grandchildren in her family. Her son is the only earning member in the family who is vegetable vendor.												
		<table border="1"> <thead> <tr> <th>Treatment</th> <th>Amount (In Rs.)</th> </tr> </thead> <tbody> <tr> <td>Chemotherapy</td> <td>1,89,359</td> </tr> <tr> <td>Diagnostics and OPD Charges</td> <td>25,300</td> </tr> <tr> <td>Radiation</td> <td>1,85,000</td> </tr> <tr> <td>Surgery</td> <td>1,50,000</td> </tr> <tr> <td>Total</td> <td>5,49,659</td> </tr> </tbody> </table>	Treatment	Amount (In Rs.)	Chemotherapy	1,89,359	Diagnostics and OPD Charges	25,300	Radiation	1,85,000	Surgery	1,50,000	Total	5,49,659
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Total	5,49,659													
02.	 Dhruksha Khatri (46 Yrs)	Dhruksha Khatri (46 years) has stage II breast cancer. She has three children studying in school. Her husband is unemployed and a patient of mental depression. The patient works as a beautician with a minimal monthly income to support family and her cancer treatment.												
		<table border="1"> <thead> <tr> <th>Treatment</th> <th>Amount (In Rs.)</th> </tr> </thead> <tbody> <tr> <td>Chemotherapy</td> <td>1,85,473</td> </tr> <tr> <td>Diagnostics and OPD Charges</td> <td>24,150</td> </tr> <tr> <td>Radiation</td> <td>1,85,000</td> </tr> <tr> <td>Surgery</td> <td>2,05,000</td> </tr> <tr> <td>Total</td> <td>5,99,623</td> </tr> </tbody> </table>	Treatment	Amount (In Rs.)	Chemotherapy	1,85,473	Diagnostics and OPD Charges	24,150	Radiation	1,85,000	Surgery	2,05,000	Total	5,99,623
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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

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.

**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 /
www.orchidsbreasthealth.com
<https://www.facebook.com/orchidsbreasthealth>**

