



JANUARY 2024 | VOLUME 131 ISSUE 75

PCCM MONTHLY NEWSLETTER

Prashanti Cancer Care Mission's Newsletter

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WHAT'S IN THIS LATEST ISSUE?

BreastGlobal Masterclass
'Alternatives to ADMs in Implant Based Reconstruction- A need for the Developing World'.

BreastGlobal Webinar 'Global Perspectives on Equitable Breast Cancer Care: Challenges, Solutions, and Debates.

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

CTCR's Faculty member, Dr. Madhura Kulkarni gave a poster presentation at San Antonio Breast Cancer Symposium-SABCS 2023, Texas.

International School Of Oncoplastic Surgery (ISOS) introduces a 4-Part Hands on Oncoplastic Series.

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.



WISHING EVERYONE A PROSPEROUS AND
HEALTHY

Happy New Year!



*From the whole Team of Prashanti Cancer Care
Mission, Orchids Breast Health
Dr. Koppiker and Laleh*



BreastGlobal Masterclass ‘Alternatives to ADMs in Implant Based Reconstruction- A need for the Developing World’

BreastGlobal Masterclass ‘Alternatives to ADMs in Implant Based Reconstruction- A need for the Developing World’ was held on 8th of December 2023.

Plast Reconstr Surg Glob Open, 2023 Feb; 11(2): e4821.
Published online 2023 Feb 22. doi: 10.1097/GOX.0000000000004621

PMCID: PMC9946425
PMID: 36845865

Should Acellular Dermal Matrices Be Used for Implant-based Breast Reconstruction after Mastectomy? Clinical Recommendation Based on the GRADE Approach

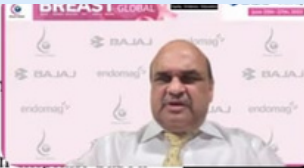
Michela Cicchini, PhD,¹ Nicola Rocco, MD, PhD,^{2,3,4} Giuseppe Catanuto, MD, PhD,⁵ Emanuele Garreffa, MD,⁶ Pietro Maria Ferrando, MD,⁷ Marien Gonzalez-Lorenzo, PhD,⁸ Anna Maria, PhD,⁹ Giacomo Montagna, MD,¹⁰ Amedeo Villanucci, MD,¹¹ Valentina Visintini Cavillo, MD,¹² and Maurizio Bruno Nava, MD,¹ GRADE MBN 2021

Results: Comparison of 1&2 Stage IBRR with and without ADMs

- Physical Well-being - RCTs in favour of ADMs, Observational Studies in favour of not using ADMs (Low certainty)
- Satisfaction with Breast - RCT and Observational Studies in favour of ADMs (Low certainty)
- Satisfaction with Outcome - RCT in favour of ADMs, Observational Study no difference in groups (Very Low Certainty)
- Total Surgical Complications, Infections, Implant Loss and Reinterventions - Favour of not using ADMs (Low Certainty)

Analysis revealed very low certainty of evidence for most of the important outcomes related to the use of ADMs.

Recommendations - 45% Panelists expressed a conditional recommendation either in favor of or against the use of ADMs in subpectoral one- or two-stages IBRR for adult women undergoing mastectomy for breast cancer treatment or risk reduction. Strong need for better evidence supporting the use of ADMs in breast reconstruction



- Robust evidence supporting advanced techniques is lacking.
- Need to define the role for ADMs in breast reconstruction (IBRR) after mastectomy.
- Panel of world-renowned breast specialists convened (Metanalysis of 20 articles)

BreastGlobal is committed to advancing knowledge and offering a global education platform in breast cancer management. With upto 500 registrations, the session was highly interactive, with engaging discussions and valuable insights. This Masterclass, was a comprehensive exploration of local innovations and alternative techniques in situations where ADMs (Acellular Dermal Matrices) are not readily available. In the course of the session, Dr. Cicero Urban from Brazil, Prof. Roy De Vita from Italy, and Dr. Koppiker from India generously shared valuable perspectives derived from their extensive clinical practices.

The largest multicentre data collection on prepectoral breast reconstruction: The iBAG study

Jaume Masia MD, PhD | iBAG Working Group



Complications iBAG cohort: 1186 patients/1450 breasts	Total values		Early complications (within 3mo)		Late complications (after 3 mo)		Not defined	
	Breast (N)(%)	Patients (N)(%)	Breast (N)(%)	Patients (N)(%)	Breast (N)(%)	Patients (N)(%)	Breast (N)(%)	Patients (N)(%)
Seroma	111 (7.7)	103 (8.7)	52 (3.6)	47 (4.0)	3 (0.2)	3 (0.2)	56 (3.9)	53 (4.5)
Dehiscence	67 (4.6)	63 (5.3)	28 (1.9)	27 (2.3)	0 (0)	0 (0)	39 (2.7)	36 (3.0)
Hematoma	31 (2.1)	31 (2.6)	20 (1.4)	20 (1.7)	0 (0)	0 (0)	11 (0.8)	11 (0.9)
Necrosis	46 (3.2)	42 (3.5)	21 (1.4)	18 (1.5)	2 (0.1)	2 (0.2)	23 (1.6)	22 (1.9)
Infection	70 (4.8)	64 (5.4)	25 (1.7)	23 (1.9)	5 (0.3)	5 (0.4)	40 (2.8)	36 (3.0)
Extrusion	18 (1.2)	17 (1.4)	6 (0.4)	6 (0.5)	5 (0.3)	5 (0.4)	7 (0.5)	7 (0.6)
RBS	48 (3.3)	46 (3.9)	17 (1.2)	16 (1.3)	1 (0.1)	1 (0.1)	30 (2.1)	29 (2.4)
Other	28 (1.9)	24 (2.0)	18 (1.2)	17 (1.4)	0 (0)	0 (0)	10 (0.7)	10 (0.8)

1450 procedures in 6 years, retrospectively collected

Abbreviation: RBS, red breast syndrome.

J Surg Oncol 2020

Oncoplastic procedures

Direct To Implant (DTI)

paramount to the success

BreastGlobal Webinar ‘Global Perspectives on Equitable Breast Cancer Care: Challenges, Solutions, and Debates’

BreastGlobal Webinar: ‘Global Perspectives on Equitable Breast Cancer Care: Challenges, Solutions, and Debates’ was held on the 15th of December 2023.



This webinar explored the global disparities in breast cancer survival and care, emphasizing a fairer approach. Renowned experts shared insights on quality management and budget considerations, contributing to a comprehensive understanding of improving breast cancer outcomes worldwide.

Talk 1: Dr. Veronica di Carlo (LSHTM, UK)

Global Burden of Breast Cancer – inequalities in survival and care with focus on India.

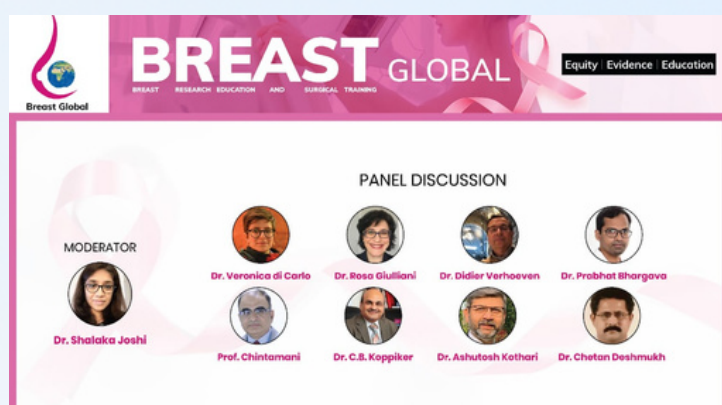
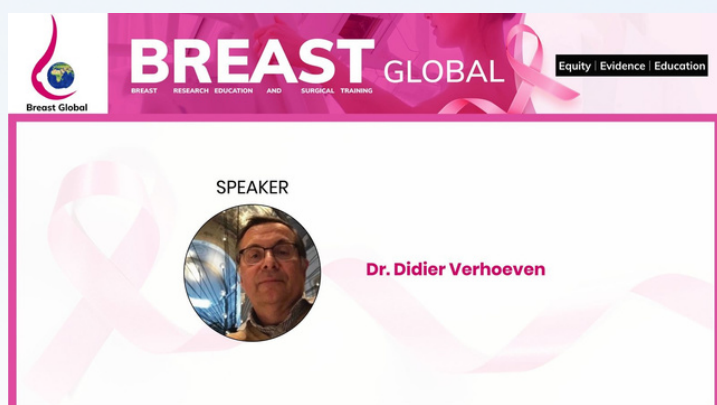
Talk 2: Dr. Didier Verhoeven, Belgium

Quality Management : Value Based Breast Care

Talk 3: Dr. Rosa Giuliani, London, UK

Budget Considerations : Essential Medicines

The webinar concluded with debate, questions, and a panel discussion.



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

The December 2023 issue of Femina magazine featured Dr. Koppiker's article titled, 'Understanding a Breast Cancer Diagnosis Pathology Report'. 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.



Dr 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

In our previous blog post, we highlighted the importance of understanding complex medical jargon in a pathology report. Building upon this, we continue our journey in the second part of our series, aiming to shed light on additional terminologies.

WHAT DOES "TUMOR STAGE" MEAN IN THE REPORT?

Answer: The tumor stage defines the extent and severity of cancer. It is crucial for planning treatment and predicting the prognosis.

WHAT ARE HORMONE RECEPTORS, AND WHY IS IT IMPORTANT TO DETERMINE ESTROGEN RECEPTOR (ER) AND PROGESTERONE RECEPTOR (PR) STATUS IN BREAST CANCER?

Answer: Hormone receptors are proteins on breast cells that can bind to estrogen and progesterone hormones. Testing for ER and PR status helps determine if the cancer is hormone receptor-positive, which is crucial because these cancers are more likely to respond to hormone therapy.

WHAT IS THE SIGNIFICANCE OF REPORTING ER AND PR RESULTS AS "NEGATIVE, WEAKLY POSITIVE, OR POSITIVE" OR IN TERMS OF PERCENTAGE POSITIVITY?

Answer: These results help quantify the degree of hormone receptor expression in cancer. A higher positivity often indicates a better response to hormone therapy, while "negative" means the cancer does not have these receptors.

WHAT IS HER2 STATUS, AND WHY IS IT IMPORTANT TO TEST FOR IT IN

BREAST CANCER?

Answer: HER2 status refers to the presence and quantity of the HER2 protein in breast cancer cells. HER2-positive cancers tend to grow faster but can also respond well to drugs targeting HER2. Testing helps guide treatment decisions.

WHAT ARE THE TWO COMMON METHODS FOR TESTING HER2 STATUS, AND WHAT DO THE RESULTS MEAN?

Answer: The two methods are Immunohistochemistry (IHC) and Fluorescence in situ hybridization (FISH). An IHC result of 0 or 1+ is considered HER2-negative, 2+ is equivocal (requiring FISH for confirmation), and 3+ is HER2-positive, suggesting potential treatment with HER2-targeted drugs.

CAN BREAST CANCERS WITH AN IHC RESULT OF 1+ OR 2+ AND A NEGATIVE FISH TEST BE TREATED WITH HER2-TARGETED DRUGS?

Answer: Cancers with an IHC result of 1+ are typically considered HER2-negative, but ongoing research suggests some may benefit from HER2 drugs. Cancers with an IHC result of 2+ and a negative FISH test are considered equivocal and require FISH to clarify HER2 status, as they might benefit from HER2-targeted therapies.

WHAT IS THE SIGNIFICANCE OF THE E-CADHERIN TEST, AND WHEN IS IT TYPICALLY USED?

Answer: The E-cadherin test helps

distinguish between ductal and lobular breast cancers. Invasive lobular carcinomas often test negative for E-cadherin. If your report doesn't mention E-cadherin, it means that this test wasn't necessary to determine your cancer type.

WHAT ARE D2-40 AND CD34 TESTS USED FOR, AND WHEN MIGHT THEY BE NECESSARY?

Answer: D2-40 and CD34 tests are used to identify different types of vascular invasion in a tumor. These tests are not always needed and are typically used when specific details about vascular invasion are required.

HOW CAN I DISCUSS THE NECESSITY AND IMPLICATIONS OF THESE ADDITIONAL TESTS WITH MY HEALTHCARE PROVIDER?

Answer: It's important to have an open conversation with your healthcare provider to understand why specific tests were performed and what their results mean for your diagnosis and treatment. Your healthcare team can provide guidance and clarity on the role of these tests in your individual case.

We believe that to truly grasp the implications of a diagnosis or treatment plan, it is essential to stay informed.

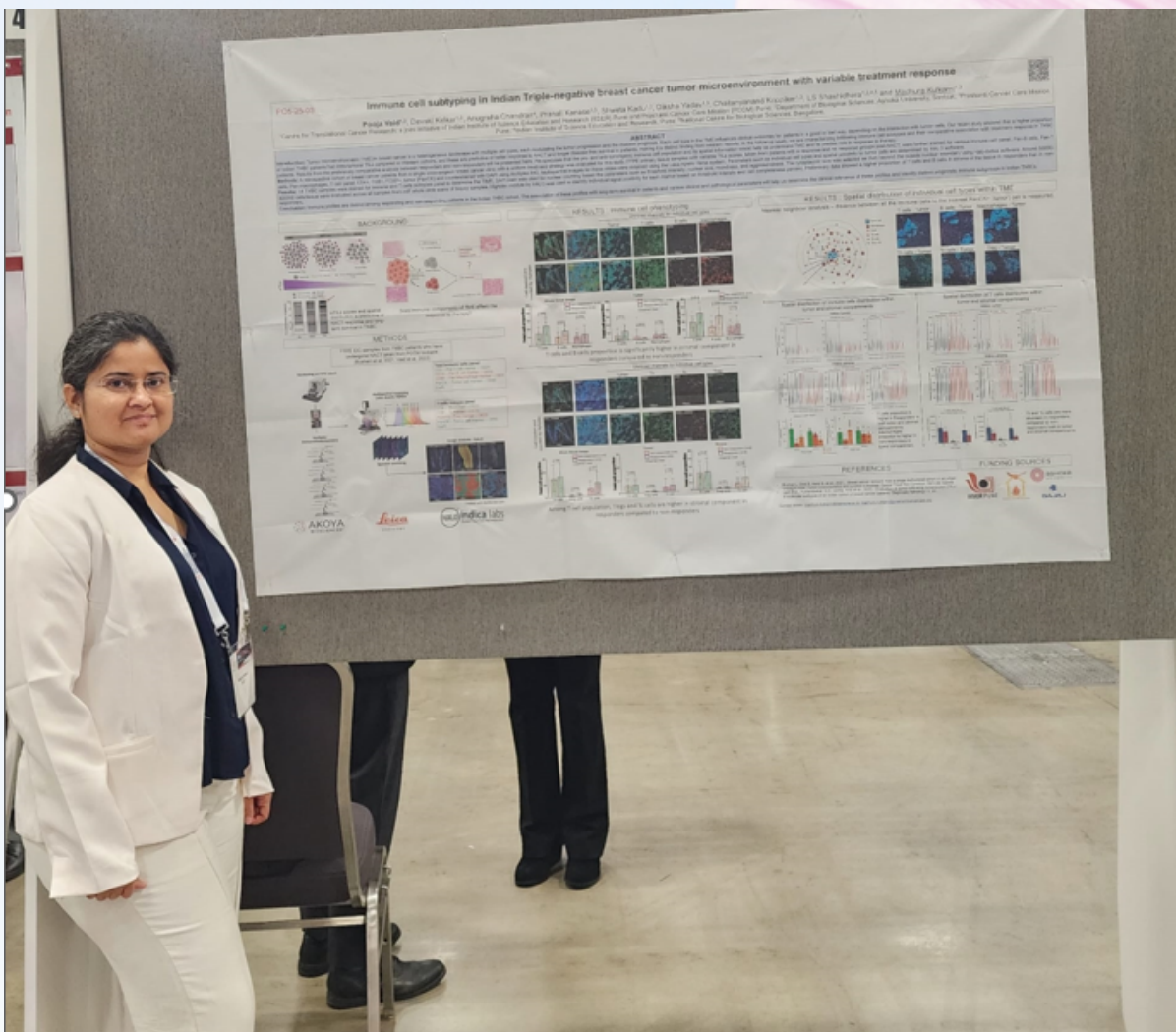
Twitter: @KoppikerCb
 Instagram: @dr.koppikercb;
 @orchidsbreasthealthpune
 Facebook: <https://www.facebook.com/koppiker>

CTCR's Faculty member, Dr. Madhura Kulkarni gave a poster presentation at San Antonio Breast Cancer Symposium-SABCS 2023, Texas.

Our work on 'dissecting Triple-negative breast cancer (TNBC) tumors for immune infiltrates using state-of-the-art techniques to understand their impact on treatment response' was selected for a poster presentation at SABCS 2023.

Tumor microenvironment (TME) in breast cancer is a heterogeneous landscape with multiple cell types, each modulating the tumor progression and the disease prognosis. Our study shows that a higher proportion of Indian TNBC patients had intra-tumoral Tumor Infiltrating Lymphocytes (TILs) compared to Western cohorts, and these are predictive of better response to Neoadjuvant chemotherapy (NACT) and longer disease-free survival in patients, making it a distinct finding from Western reports. Results from the preliminary comparative analysis between responders and non-responders was presented.

Amongst other presentations, our poster caught the attention for advanced analysis of immune cell infiltrates in reference to tumor cells. The work was only possible due to generous support by Bajaj Auto Ltd.



International School Of Oncoplastic Surgery (ISOS) introduces a 4-Part Hands on Oncoplastic Series

The International School of Oncoplastic Surgery (ISOS) is organizing a Hands-On Workshop Series focusing on Oncoplastic Breast Surgeries on February 17th and 18th, 2024, led by Dr. Chaitanyanand Koppiker. The workshop offers participants a unique opportunity for hands-on simulations, specialized prosthesis sessions, and continuous video surgeries for real-time learning. The program includes case-based discussions focusing on quadrant-wise and scenario-wise understanding, as well as an in-depth exploration of pre-surgery radiology and rad-path analysis. Limited to only 20 seats per workshop, interested candidates can find further details and register through the provided Google Form.

Google Form Link:

<https://docs.google.com/forms/d/e/1FAIpQLSczfffJPKXu2S1NrDWMq1xPrzIJV4stc sP2clCiI8RCabat4g/viewform>



INTERNATIONAL SCHOOL OF ONCOPLASTIC SURGERY

International School of Oncoplastic Surgery (ISOS) Introduces a 4-Part Hands-On Oncoplastic Series

ESSENTIALS IN ONCOPLASTIC TECHNIQUES

HANDS-ON ONCOPLASTY WORKSHOP SESSION - I
17TH AND 18TH FEB 2024

- Lead Instructor Dr. Chaitanyanand Koppiker will personally conduct the practical training sessions.
- Limited to 20 seats for personalized attention.
- Additionally, discover observer-ship opportunities linked to the workshop sessions. Please fill the google form for inquiries and we will share the program details with you .



WORKSHOP DETAILS

- **Date:** 17th and 18th February 2024
- **Time:** Saturday : 9:00 am to 5:00 pm
Sunday : 9:00 am to 1:00 pm
- **Venue:** 22 Everjoy Society NIBM Pune 48
- **Session-1 Fees :** 18000 INR

REGISTRATION INCLUDES

- Course Material
- Lunch and Refreshments
- Certificate of Participation
- Observership Opportunities on application
- Complementary Registration for 2024 Annual Conference



WORKSHOP HIGHLIGHTS

- Immerse yourself in hands-on simulations, case-based discussions, and surgical video demonstrations.
- Enhance your skills with pre-surgery mark-up with Live models and prosthesis sessions
- Multi-disciplinary tumor board sessions for comprehensive learning.



COURSE OBJECTIVES

- Explore case-based discussions and understand various surgical scenarios tailored for the Indian context.
- Fellows are welcome to bring their cases for presentation and discussion.
- Emphasis on Quadrant-wise understanding.
- In-depth exploration of Pre-surgery Radiology and Rad-Path Analysis



DYNAMIC ONCOPLASTIC LEARNING EXPERIENCE COVERED IN A FOUR-PART PROGRAM

- *Oncoplastic Surgery:* Step-by-step guidance in simple oncoplastic breast surgery like Round Block, Grissoti and advanced procedures like Chest Wall Perforator Flaps, Therapeutic Mammoplasty.
- Whole Breast Reconstruction
- Discussions on various surgical techniques like Wire localisation, SLNB /ALND etc
- *Multidisciplinary Sessions:* Covering Data Keeping, Manuscript Writing, Breast cancer genetics and molecular biology.

FILL THE SHORT GOOGLE FORM FOR INQUIRES AND REGISTRATION INFO

Registrations are now Open
Registration deadline: 15th Jan 2024

Follow our LinkedIn For Updates
www.breastoncoplasty.org
obs.koppiker@gmail.com
WhatsApp +919665033955



Health Tips for Winters

Winters are marked with shorter days and longer nights. Weather is cold and dry which makes it a perfect setting for infections and flu. A healthy lifestyle and diet can boost immunity and improve our tolerance to cold temperatures.

Have seasonal fruits and vegetables: During winter we tend to eat more fatty and carb-rich food and miss out on fresh produce. Winters have lot of seasonal vegetables like beans, carrots, and fresh tumeric which can be included in your meals for maximum nutritional benefits. Seasonal fruits like strawberries, oranges, plums and sitaphal have perfect blend of vitamins and fibres to improve immunity.



Choose good fats: Include omega 3-rich fats like walnuts, and flaxseeds in your meals and restrict saturated and trans fatty acids like reusing oil used for frying. Every morning have a small dry fruit and *dink* laddoo for daily dose of good fats to keep you warm and healthy.

Spices: India has vast variety of spices which are packed with health benefits. A cup of warm concoction made using cinnamon, turmeric, licorice, black pepper, tulsi, cloves and jaggery has anti inflammatory properties and helps fight cough and cold.



Hydration: During colder months, we often forget to drink enough water, which can lead to dehydration. Combat this by consuming fluids in the form of soups, juices, lemonades, and warm beverages.

Vitamin D deficiency: During winters, try to get at least 10-15 minutes of sun exposure in the morning to allow for vitamin D absorption.



Stay Active: Staying physically active is important for our health all year round. However, during colder seasons, it can be challenging to meet our daily physical activity goals. Therefore, it's important to motivate ourselves and others to keep moving, even when the temperatures are low.

By incorporating these tips in daily routine, you can boost your immunity, stay healthy, and enjoy the winter season to the fullest. Remember, taking care of yourself is the key to staying healthy all year round.

Navigating Cancer Emotions: How Your Personality Type Shapes Your Journey

Facing cancer is tough, not just physically but emotionally too. Onco-psychology, the blend of cancer and psychology, helps us understand how different personalities cope with the emotional side of cancer. Let's explore how A, B, C, and D personality types handle the ups and downs of a cancer diagnosis.

A-Type Personalities: The Go-Getters. They are like warriors when it comes to cancer. They constantly pursue goals and are motivated and competitive. When it comes to cancer, they become experts in research, looking for the finest cures and second opinions. However, their impatience can occasionally lead to frustration. A-Types are reminded by onco-psychologists to strike a balance between their tenacity and patience, remembering that cancer takes time to conquer.

B-Type Personalities: The Easy-going Survivors. These are adaptable and nurturing. They face cancer with resilience, building strong support networks and adapting to challenges. While their easy-going nature is a strength, it can also make them hide their feelings. Onco-psychologists encourage B-Types to open and express their emotions, ensuring their adaptability doesn't turn into emotional suppression.

C-Type Personalities: The Planners. C-Types are analytical thinkers who constantly plan and analyze. They delve deeply into medical specifics, investigating therapies and formulating calculated plans when it comes to cancer. Although having knowledge is beneficial, having too much of it can be stressful. C-Types need assistance from onco-psychologists to find a balance between maintaining control and not going overboard.

D-Type Personalities: The Sensitive Souls. D-Types are reserved and emotionally sensitive. Dealing with cancer involves a mix of introspection and emotional processing.



These individuals benefit from creating a safe space for self-reflection and finding ways to express their emotions. Onco-psychologists understand the need for D-Types to share their feelings and fears, offering support while respecting their need for alone time.

Each person's experience with cancer is distinct and influenced by their personality. Support can be tailored to everyone based on an understanding of how A, B, C, and D types manage the emotional rollercoaster. Personalized approaches that honour individual differences will be crucial in assisting individuals in navigating the emotional rigors of cancer treatment with resilience and overall well-being as onco-psychology develops. Ms. Chawla Patel, our clinic's visiting psychologist, has developed an intriguing theory on how early diagnosis and patient-specific therapy might be facilitated by an awareness of cancer-prone personalities.



RESEARCH UPDATES



- CTCR Faculty member, Dr. Rupa Mishra's Letter of Intent for ASCO GO YIA Award 2024 was selected for the second round of application.
- CTCR's Faculty member, Dr. Madhura Kulkarni gave a poster presentation at the San Antonio Breast Cancer Symposium-SABCS 2023, Texas.



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-33

Biopsy blocks-22

Surgery blocks- 11

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.

12 Fresh frozen tissue samples collected this month



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

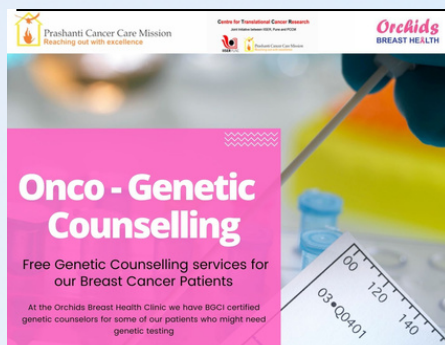
BOOK YOUR APPOINTMENT NOW
(Offered both online (via Zoom) and/or in-person)

Visit us at
12 Kapilvastu, Senapati
Bapat Road, Pune,
Maharashtra 411016



Onco-Psychology Counselling

250 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 BCGI 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



Onco-Genetic Counselling

211 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

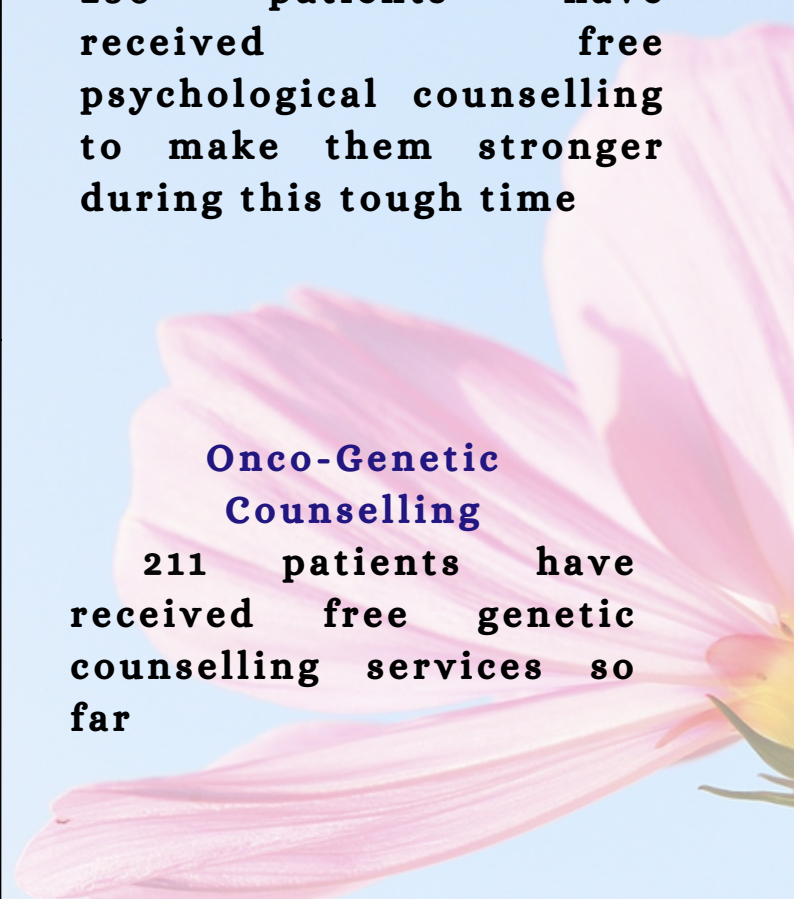
BOOK YOUR APPOINTMENT NOW
(Offered both online (via Zoom) and/or in-person)

Visit us at
12 Kapilvastu, Senapati
Bapat Road, Pune,
Maharashtra 411016



Nutrition Counselling

217 patients received free nutrition counselling to fight cancer treatment better



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



Mammography:
93 patients received
free / concessional
mammography



Sonography:
132 patients received
free / concessional
sonography



Biopsy
23 patients received
free and
concessional biopsy

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



Surgery

13 patients received freeship/major concessions on breast surgery



Chemotherapy /Day Care

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



Onco-Pharmacy

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

Testimonials of a few patients who were adopted for Freeship

Manpreet Arora

After getting diagnosed with breast cancer I was really scared and worried about my small daughter as well. We looked for my doctors then one of my relative brought me here. I always used to pray to God to save me. When I met Doctor Koppikar, I relaxed and thought I was in safe hands. Doctor is very down to earth. After my surgery I came out of my fear. It's been eight years since I am living fear free life. Thank you with my whole heart.



Medha Bahulikar-

हॉस्पिटलमध्ये OPD सर्व तपासण्या झाल्यावर त्वरित एका आठवड्यात कोप्पीकर सर कॅन्सर ची गाठ काढण्याचे ऑपेरेशन केले. त्यानंतरही आवश्यक त्या तपासण्या करून चॅमोथेरपिकरण्याचा निर्णय, ऑपेरेशन नंतर ड्रेसिंग करणे व इतर कामात साहाय्य करण्यासाठी क्लीनिक चा स्टाफ उत्कृष्ट सहकार्य करतो. पेशन्ट चे मनोधैर्य वाढवण्याचे काम डॉक्टर करतात अन इतर सर्वजण मनातील कॅन्सर ची भीती गैरसमज दूर खुप चांगल्या प्रकारे केले. George सर आणि स्मिता मॅडम यांनी चॅमोथेरम्य मध्ये चांगली काळजी घेतली क्लीनिकमधीलकार्य सर्व परीने पूर्ण आहेत सर्व सेवा या माफक दारात उत्कृष्टरित्या दिल्या जातात सेवावृत्तीभाव आणि सेवेसाठी मानावे तेवढे आभार कमी आहेत.



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

Soumya Appukuttan

I contacted Dr. Koppikar for breast reduction surgery. He is the best doctor I have had, very kind, polite and easy to approach. Also, the staff at Orchid's is very supportive and helpful. The alignment of co-ordination with staff is smooth. Overall, my experience has been really wonderful here.





Ratna Badgujar

When I got the news of the disease, I got afraid and distressed. I took my initial treatment in my hometown Jalgaon. But it was not efficient. Then I got a reference for Dr. Koppikar. Doctor is like got for me. He has treated me in such an excellent way and now I am totally fit and fine and tension free. Thank you Dr. Koppikar and his entire team.

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.	 Zakiya Pathan (40 years)	Zakiya Pathan (40 years) has stage II breast cancer. She has 3 children studying in school. She is a homemaker, and her husband works in a grocery shop with a salary of Rs. 5000.	
		Treatment	Amount (In Rs.)
		Chemotherapy	41,621
		Diagnostics and OPD Charges	21,550
		Radiation	1,80,000
		Surgery	2,00,000
Total	4,43,171		
02.	 Vatsala Gunjal (51 Years)	Vatsala Gunjal (51 years) has stage II breast cancer. She is a homemaker, and her husband is a farmer. She has one son who is a college student. The income source of the family is farming with income of Rs. 6000 per month.	
		Treatment	Amount (In Rs.)
		Chemotherapy	1,95,784
		Diagnostics and OPD Charges	55,700
		Radiation	1,85,000
		Surgery	2,10,000
Total	6,46,484		

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>**

