

FREE

# vita

## TAKE UP *the challenge*

Get fit with our  
fun events

.....

## No going **BACK**

Moving forward after  
treatment

## Life's a **BEACH**

Swimwear tips  
after surgery

## LIVING WITH LYMPHOEDEMA

How to manage it successfully

## REAL-LIFE COVER STAR

Breaking news: how Nevo Burrell told family  
and friends about her breast cancer

breast  
cancer  
care

# summer contents



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## Welcome to Vita

At Vita, we're always advocating physical activity. In the past, people having treatment for cancer were often not encouraged to be active. But now the benefits of regular activity are well recognised, from helping some side effects of treatment and improving your mood to reducing the risk of cancer coming back.

If you're looking for ideas and inspiration for getting active after breast cancer, then why not sign up for an event or challenge? Whether you fancy yourself as the next Paula Radcliffe or Victoria Pendleton, or simply want to get out in the fresh air and enjoy a walk, you'll find loads of tips for getting active and preparing for an event in 'Take up the challenge' on page 12. As our nurse Rachel says: 'There's nothing to stop you getting back to the activities or sports you enjoyed before, or from starting a new activity.'

And why not get friends and family involved too? On page 20, Alfie, whose mum has secondary breast cancer, explains why he's cycling nearly 350 miles from London to Brussels.

Exercise can also help if you've been diagnosed with lymphoedema after breast cancer treatment. Lymphoedema is a long-term condition, and although it will never completely go away, it can be managed. On page 14, we look at the treatments for lymphoedema and the things you can do yourself to help.

**Gareth Fletcher**

**Editor**

**Vita@breastcancercare.org.uk**



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Vita is kindly supported by **ASDA**

# inbox

This issue's star letter wins a gift set worth £39 from our friends at Elemis.



## Dear Vita

I just wanted to say a big thank you for your article 'Fertility talk'. I was diagnosed with triple negative invasive ductal breast cancer in 2011, aged 42. When I was told about the side effects of chemotherapy, I realised I may not be able to conceive following treatment. I asked to be referred for fertility treatment prior to starting, but was later told that I was too old to receive this on the NHS. As my husband and I had separated several months before my diagnosis I just could not afford to pay for this myself. Now three years on I'm in a serious relationship, but regret not having children. After reading your article I now realise that I may be able to get assistance with this problem and will definitely be visiting my GP to ask for an AMH hormone test. Thank you.

**Kathy**

**STAR LETTER!**

## Vita tweeters



@Vita\_mag thanks for the latest mag. It's several years now since I was diagnosed with breast cancer, have been v lucky & well supported @CalmHolmes

Thanks @Vita\_mag New magazine arrived today! Great piece on mindfulness to help those facing and recovering from BC treatment @Jackie8

YAY! We can't wait to get stuck into the new @Vita\_mag for Spring - looking fab!! @subtubhats

Got my @Vita\_mag today and haven't put it down yet, so interesting. Thanks x @littlejem17

## Dear Vita

At the age of 76, we were getting too long in the tooth to visit my sister who lived 100 miles away, so we decided to move near her. We had such a lot to do that I forgot to think of my health, until one day I saw my left breast looked a peculiar shape. I went to the doctor straight away, who examined me and found a nasty little lump, and referred me to the hospital. After various tests, I was quietly told I had breast cancer. I could not believe I had such a terrible illness. I vowed never to have the treatment they recommended, until one of the nurses advised that I should. She was so kind and understanding.

When treatment had finished, I felt strong again and started walking and going to exercise classes arranged by the hospital. My hair has regrown, unfortunately grey and white. I missed my natural brown colour, so I bought some herbal dye from the health shop which is absolutely marvellous.

The nurses and doctors were magnificent. They looked after me every step of the way, making me feel not just a number but an individual, which helped the healing process.

**Primrosa**



## Dear Vita

I was diagnosed with breast cancer in 2009 and went on to have a mastectomy and radiotherapy of my left breast. I am now coming up to five years of hormone therapy and I feel very lucky and blessed to have reached '70 years young' without a recurrence. These days I tell myself 'I'm fit!'

I love your magazine and over the years have found it a comforting, valuable read. Thank you, Vita.

**Marcelle**

Follow us  
**@Vita\_mag**

## Vita POLL

Some people change their diet after a breast cancer diagnosis, for a number of reasons. The Vita poll this month wants to know your experience. Head over to Vita online to have your say.

get in touch

Get in touch with Vita

Tweet @Vita\_mag

Email vita@breastcancercare.org.uk

Write Vita magazine, Breast Cancer Care, 5-13 Great Suffolk Street, London SE1 0NS

Don't forget to visit Vita online...

[www.vita.org.uk](http://www.vita.org.uk)

# GREAT SCOT !!

Breast Cancer Care Scotland has launched a high-profile campaign, called B-Aware, to promote early detection of breast cancer and improve survival rates in Scotland.

The three-year campaign is supported by Breast Health Awareness Ambassador Chris Weir. She's donating £250,000 in each year of the campaign's life.

Team B-Aware volunteers will spread the breast awareness message to typically hard-to-reach groups, breaking down barriers and dispelling myths about breast cancer.

This year we're recruiting volunteers in Glasgow, Edinburgh, Aberdeen and Inverness. For an application pack, call the Team B-Aware recruitment hotline on 0845 092 0816 or send your details to [teamb-aware@breastcancercare.org.uk](mailto:teamb-aware@breastcancercare.org.uk)



# News & VIEWS

## Candid camera

New to Vita online: five women who've had breast cancer share their individual stories of diagnosis and treatment and their thoughts about the future in our brand-new videos. To watch Julie, Nicole, Nevo, Valerie and Natalie talk about their experiences, go to: [www.vita.org.uk/my-story](http://www.vita.org.uk/my-story)



## BREW'S company

Simply get together over tea and cake on any day that suits you over the summer. Your fundraising Strawberry Tea could be at home with family and friends, an afternoon tea break at work, or at your school or club.

Sign up today at [www.breastcancercare.org.uk/treat](http://www.breastcancercare.org.uk/treat)

or call us on 0870 164 9422 and we'll send you a free Strawberry Tea kit, which includes all the bits and bobs you need such as a donation box, stickers and invitations. It couldn't be easier!

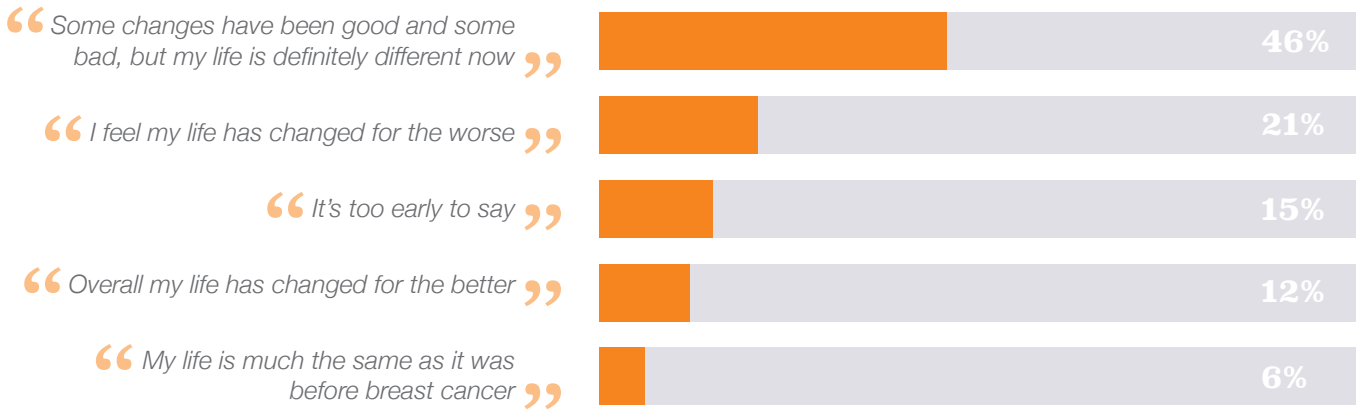
# GOOD AUTHORITY

Breast Cancer Care would like to thank Lewisham Council for their many years of support to the Lavender Trust. Over the past 16 years, they've raised an astounding £160,000 through a variety of events, such as a Valentine's dinner, quiz nights, golf day, Pink Fridays, carols concerts and through marathon runners.



## VITA POLL

People often say that having breast cancer is life-changing. What best describes your experience?



## Walk THIS WAY

Best Foot Forward health walks have come to Wales. The weekly walks, in and around Cardiff, Pontypridd and Llandudno, are for anyone who's had breast cancer. Open to all abilities, they last from 30 minutes to an hour and are led by trained walk leaders.

Wales scrum half Mike Phillips helped launch the walks at Cardiff's Millennium Stadium.

Call 0845 077 1894 or email [bff@breastcancercare.org.uk](mailto:bff@breastcancercare.org.uk) to find out about dates, times and meeting places.

# LIFE'S A BEACH

Choosing swimwear after breast surgery can be daunting. Kelly Short, who was diagnosed with breast cancer in 2006 aged 31 and later took part in Channel 4's *How to Look Good Naked*, shares her tips.

My body confidence was completely shattered after my mastectomy. I had previously enjoyed holidays with friends or visits to spas with my girlfriends. But after my mastectomy I couldn't imagine wanting anyone to see me in a swimsuit. When Gok Wan gave me a gorgeous bikini the moment was truly life-changing. And now I know what to look for in a swimsuit, I'm keen to hit the beach whenever I can!

**1** Pocketed swimwear, with a built-in pocket for holding a prosthesis, is available from specialist retailers such as Amoena, Anita and some department stores. I always choose a pocketed one-piece swimsuit for fitness swimming. The choice is increasing and there are some fab styles. For the beach I prefer non-specialist swimwear for more fashion forward styles. Some retailers such as Rigby and Peller and specialist online retailers such as About the Girl can add a pocket for you or you could consider getting the needle and cotton out yourself.

Coastline bandeau bikini top £43.50 (excl VAT)  
[aboutthegirl.co.uk](http://aboutthegirl.co.uk)



**2** You can buy prostheses for swimming. These tend to be lighter weight so don't drag down your swimsuit in the water. I like to use a 'beanie' from About the Girl. They're filled with micro-beans that don't absorb water like a normal 'softie'. They're also easier to squeeze through smaller openings, such as those in swimsuits not specifically designed for surgery prostheses but with pockets for removable pads.

**You can buy lighter-weight prostheses for swimming**

**3** The bikini Gok gave me was a bandeau bikini which he had pocketed. The shape means the top has good high coverage across the bust but shows contours beneath the breasts giving a great sexy shape. Since then I've bought Seafolly bandeau bikinis from About the Girl, who pocket them with matching fabric.

**4** Moulded cups are great to disguise discrepancies between the breasts. If you've had a mastectomy, they also mean it's not obvious that you only have one nipple when the suit gets wet.

**Moulded cups can help disguise differences between the breasts**

**6** Mix-and-match bikinis are a good option when you want a top with more coverage but don't want belly button-hugging bottoms. I've even bought a top from one store and bottoms from another. This is particularly easy when choosing black, but remember tops and bottoms don't always have to match.



John Lewis Orchid bikini top £28

**9** Cover-ups such as kaftans are great to wear over a swimsuit or bikini. I like to wear one with wide sleeves that disguises the difference in my arms as my left arm is swollen from lymphoedema. They are also useful to provide a little extra cover from the sun for skin which may be extra sensitive after chemotherapy or radiotherapy.

**5** Low cut one-piece swimsuits can work for smaller-breasted women who've had surgery. I've worn a pocketed Miraclesuit which had a very narrow but deep V neck, offering good coverage of the breasts. It was a style that I never imagined would work after a mastectomy but it looked fabulous. As it was also a control swimsuit it offered great support keeping everything well and truly in place.



Red Hot Goddess bikini separates from £35 aboutthegirl.co.uk

**Cover-ups like kaftans are great over swimsuits or bikinis**

**7** Halternecks are great as you can tie the straps around the neck as tight as you like to ensure it's secure. I find that if I choose one with wide straps, it also covers my radiotherapy burn and scarring just under my arm.

**8** Ruching, frills and patterns are great to distract from any differences in size and shape between the breasts.



**My top tips**

- Try lots of different styles – not just specially designed post-surgery styles – to find out what works for you.
- Do the jump and the wiggle test to make sure everything stays in place before you hit the beach!



Breast Cancer Care's **Lingerie Evenings** offer practical tips on choosing a bra after surgery. For more tips, you can also order your free copy of the booklet **A confident choice**.



# Body TALK

**Breast cancer and its treatments can have a significant effect on body image, sex and relationships. Naomi Thomas shares her experience.**

When I was first diagnosed with primary breast cancer, I'd only just got together with my partner. I was concerned about whether this would have a big impact on how he'd feel about me. I gave him the option to walk away but he stuck around. He was fantastic.

Losing my hair was a big worry, but within a few months I also started to put on weight – a lot of weight – and I didn't

**'It was hard to even sit and have a cuddle because it hurt.'**



feel myself. It was after my secondary diagnosis that it began to have an even bigger impact on my body image. I hadn't lost weight after treatment the first time and then I fell pregnant straight after treatment ended. Six days after my little boy was born, I was told the cancer had spread. I was nervous. How was I going to cope with cancer and a baby?

## **Our relationship**

It had a massive impact on my relationship with my partner. I had my ovaries removed as a preventive measure. That was the point that had the biggest effect on our relationship – being a menopausal woman at an early age. It made having sex very painful.

A lot of women go through these experiences but are too scared to say something, so they make up excuses not to sleep with their partner.

I had a lot of problems with my portacath. It was hard to even sit and have a cuddle because it hurt. When you're being intimate and saying 'Don't touch that', 'That hurts', it's difficult for both partners. For my husband, a sexless marriage was a big deal and we had to learn that our relationship couldn't be based on sex entirely.

I went to my GP who didn't seem to know or care about the side effects of having your ovaries removed. I don't know if I would have had them removed if I'd known it would have such an effect on my sex life.

## **Where do you find help?**

In the end I went to Relate with the idea of having psychosexual therapy, and was referred by them to a specialist. I was able to get help with exercises I can do and tablets I can take.

A couple of years without sex is a long time. It's not my fault and it's not my husband's fault – it's having all these treatments that are making me menopausal. In the grand scheme of things sex isn't the most important thing because I'm alive, but it is important. Doctors should feel comfortable talking about it so that people can open up.

I had to do all my own research. I've used the Breast Cancer Care Helpline to talk to one of the nurses. They gave me advice on creams I could talk to my doctor about. When you walk into the doctor's surgery and say 'I've been looking on Google,' you sense the reaction is: 'Here we go.' But it's the only way I've been able to get help. It shouldn't be like that.

I'd say to anyone in my position: don't be scared to go to your doctor. But go armed with your own information and be persistent. Nobody should have to suffer with these symptoms – don't let your relationship suffer too.

I took part in research for Breast Cancer Care's My body, myself report on body image. I'm passionate about the subject of body image. I wanted to get involved and change things for people now and in the future.



For information and practical tips for dealing with these issues, order a copy of Breast Cancer Care's booklet **Your body, intimacy and sex.**



# Call me

Someone Like Me (the new name for Breast Cancer Care's long-running one-to-one support service) puts people with breast cancer in touch with someone whose experience matches their own. Patricia and Janet talk about this valuable service.

## Someone who understands

Patricia Walsh, 61 from Ecuador, started using Someone Like Me after she was diagnosed with breast cancer in 2011.

'I was diagnosed just before my 59th birthday,' says Patricia. 'It was a shock. I had surgery, then I returned to Ecuador to recover, before coming back to Scotland to have radiotherapy.'

Before her radiotherapy, Patricia wanted to speak to someone who had been through the same thing. 'I had lots of questions about what was going to happen. I phoned the Someone Like Me service and Janet, the volunteer I was matched with, was able to answer them and reassure me.'

**'Hearing someone who can help, guide and reassure you is amazing.'**

'The experience was outstanding. Being able to speak to someone who completely understands what you're going through was excellent. The person I was matched with couldn't have been more perfect. She was understanding and keen to listen.'

Patricia's husband was also very anxious, and Janet was happy to speak to him and explain what was going on.

For Patricia, using Someone Like Me meant she didn't have to tell all her worries to family or friends. 'I didn't

have family near me, and there's only so much you want to tell your friends or the people you work with.

'Hearing someone who understands you, who can help, guide and reassure you, is amazing.'

Patricia is now training to be a Someone Like Me volunteer so she can help others in her situation.

## Giving the right support

Janet Jones, 56 and living in Anglesey in North Wales, was diagnosed with breast cancer 10 years ago. She's been a Someone Like Me volunteer for eight years, and has supported many other women like Patricia over this time.

People call Janet for a number of different reasons. 'Sometimes they call initially because they want to talk about the surgery they've been offered,' she says. 'Sometimes they want to talk about radiotherapy and to know what's going to happen and what to expect.'

'I may talk to people from their diagnosis through treatment and beyond, when they're getting their confidence back and moving forward.'

Janet says some of the people she speaks to are having trouble moving on after treatment. In this case, she recommends Breast Cancer Care's Moving Forward courses, free programmes over four weeks that provide information on coping with and adjusting to life after treatment.

Janet finds people have no problem opening up to her. 'People are usually



Patricia at the 2013 Glasgow fashion show

very comfortable speaking to me. I think it's because I'm a stranger and they feel they can tell me anything.

'Some people get upset and may break down on the phone, and that's absolutely fine. It's all part of the process.'

Janet thinks one of the main benefits is being listened to by someone who understands. 'Lots of people are worried about what's going to happen,' she says, 'and I'm able to reassure them and explain what to expect. And I tell them I'm always here and they can always come back.'

'Sometimes people talk to me over a period of months. And sometimes they just call once with a single question.'

Janet finds being a Someone Like Me volunteer extremely rewarding. 'I love helping people,' she says. 'And even if I can help just one person, it means it's worth it.'



To find out more about Someone Like Me, Call 0845 077 1893, email [someonelikeme@breastcancercare.org.uk](mailto:someonelikeme@breastcancercare.org.uk) or visit the Breast Cancer Care website.

# Breaking news

**Family and friends can be an important source of support after a breast cancer diagnosis. But how, when and what to tell them is a personal decision. Nevo Burrell, 47 from London, talks about how her friends and family have reacted since she told them.**

I didn't tell my husband anything was wrong until the day before my biopsy results. I'm quite an open person, but I didn't want him to start fretting – he's a natural worrier. So I told him in bed the night before. He was upset that I hadn't said anything earlier, but I explained my reasons. And after I got my results, I called him and he came straight to the hospital.

As for friends and family, I told a select few about my diagnosis just before I was going for surgery, but I didn't tell most people until I'd had surgery and was recovering. The one thing I didn't want was people panicking around me, especially when I was preparing for the operation.

## **A little help from my friends**

People reacted in different ways. Some people were surprised but remained level-headed. Some people can go into a great panic, as if it's happening to them!

My brothers, who live in Nigeria, were shocked at first, but when they heard that I was calm on the phone, they

calmed down too. Of course I was also worried and afraid. But I found that people took their cue from me in how to react.

Some friends have disappeared since I told them – some reacted as if the cancer was contagious!

But luckily I also have some very good friends. Some people took time off work and came with me to the hospital when I was having radiotherapy. And I got to see more of friends I haven't seen for a long time.

## **A sensitive subject**

Some people find it difficult to mention breast cancer and skirt around the issue. But when I tell them that they can talk about it and ask me anything they want, they start to relax a bit.

Those who visited me at home were surprised when I answered the door looking clean and scrubbed – I think they had a different idea of what I would look like! People said: 'You look well.' And I did because I'd lost some weight and was eating healthily and exercising. But they didn't consider the psychological or emotional trauma.

After radiotherapy finished, I went from daily hospital appointments to: 'That's it, you're done now. See you in three months.' It's an abrupt end and I felt uncomfortable. Speaking to other women at a Breast Cancer Care Moving Forward course helped me realise that I wasn't alone in feeling like this.

## **Facing the future**

I was married at 44. We had planned to try for a baby, but then I was diagnosed with breast cancer at 45. I'm now 47, and taking tamoxifen for five years. So



**'I found that people took their cue from me in how to react.'**

fertility is an issue. But my husband said that although he'd like to have a child, he'd rather have me well and alive. I'm very lucky not to have pressure from him or family members. And there are options available so we'll see when the time comes.

My life has changed. I recently retrained as an image consultant, and I'm going into business and building a new website.

I always try to put a positive spin on things, and although it sounds strange, I do think life is better now.



Breast Cancer Care's website has information on talking to partners, family, friends and children about breast cancer. Go to [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

# No going back



**Vita blogger Katherine Marsland, 40 from Perth in Scotland, was first diagnosed with breast cancer in June 2012 and had a recurrence in October 2013. She talks about the challenges of moving forward after hospital treatment finishes.**

'I bet you can't wait to get back to normal' is one of those things people say to you as you near the end of treatment. To the outsider this seems like a logical step, but when you've been a cancer patient your version of normal is warped beyond recognition.

I've spent the best part of two years being stabbed with sharp objects and getting naked in front of strangers. I don't miss those bits. However, I do miss hospitals and now that I'm officially a NED (no evidence of disease), I love getting the chance to catch up with the nurses and doctors who treated me. It's like catching up with old friends.

Those of you who've been through treatment will appreciate how meticulously managed the breast cancer treatment pathway is. From diagnosis to the end of treatment, you should have a hotline to the breast care nurses, who often hold your hand and guide you every step of the way.

## A dark cloud

It's hard to let go of all that support with the cloud of cancer still hanging over you, because with cancer, it never ever leaves. Once you've had a cancer diagnosis, you're forever living with the possibility that it may return. It's really hard for others to comprehend what this feels like. A typical response is: 'You never know when you're going to get hit by a bus.' This may be true, but

the difference for people like me, living with the threat of a recurrence, is that I've already seen the bus and next time, I don't know if the driver will hit the brakes.

There are many myths about survival and among these is the expectation that you should be revelling in your tumour-free status. You've survived, therefore you should be grateful. There's the added misconception that surviving cancer makes you a better, stronger person and that you'll return to everyday

**'I've spent the best part of two years getting naked in front of strangers.'**



life with a renewed passion screaming 'I will survive' from the mountaintops.

For many, the reality is quite different, and it's only when treatment ends that you have time to recollect and make sense of what you've been through.

## A new outlook

There's no doubt that having cancer changes you and, if you're lucky enough to survive, the best you can do is try to take something positive from the experience. Pre-diagnosis I drifted along, never considering that my time here might be finite, always expecting that good fortune would come my way. Being faced with my mortality has forced me to work out what I do and don't want from life. Health and happiness are top of my list.

My cancer diagnosis has also encouraged me to develop some new survival strategies for life. The most important one is something I learned in the Girl Guides: 'Be prepared.' You can't plan your life around the possibility that you might get cancer. However, my diagnosis reinforced the importance of having a cushion of support (emotional, practical and financial) there when you need it. The second is: 'Live in the moment.' You can't change the past and you can't predict the future, so make the most of the present. And finally, remember to look out for that bus!



To read more about Katherine's experiences, visit [www.vita.org.uk/blog](http://www.vita.org.uk/blog) or go to Katherine's own blog at [killerkath.wordpress.com](http://killerkath.wordpress.com)

# Take up the CHALLENGE

**Signing up to an event or challenge – like a walk or run – is a great way to get fit, have fun and raise money for Breast Cancer Care. Our training tips can help you get active after breast cancer and make your event a success.**



Physical activity after breast cancer is not only safe, but also has many benefits, from alleviating some side effects of treatment like fatigue to even reducing the risk of cancer coming back.

Senior Clinical Nurse Specialist Rachel Rawson says: 'Once treatment is over, there's nothing to stop you getting back to the activities or sports you enjoyed before, or from starting a new activity. Taking part in an event is a great way to begin or return to exercising and to stay motivated.'

### Getting physical

There are many activities and events, from walks and runs to cycles, triathlons and treks abroad. For ideas, go to [www.breastcancercare.org.uk/fundraising-events](http://www.breastcancercare.org.uk/fundraising-events) It may sound obvious, but if you choose an activity you enjoy, you'll be more likely to stay motivated and stick with the training.

Rachel recommends speaking to your GP or breast care nurse before starting any new or more strenuous activity. 'If you've had breast reconstruction surgery recently, it's important to ask your surgeon what activities they'd recommend,' she says.

It's essential to start slowly and build up gradually. Breast Cancer Care's free DVD **Eat well, keep active after breast cancer** features lots of tips for getting active from people who've had breast cancer.

### Train well

A good training plan will make sure you're properly prepared for your event and reduce your risk of injury. Whether you're planning to tackle Mount Kilimanjaro or an event closer to home, you'll find a suitable training plan on the Breast Cancer Care website.

Whatever your activity, it's important to warm up when you exercise. For example, if you're running, start slowly with some very gentle running or even walking for about five minutes, gradually increasing your pace until you reach the pace you're going to maintain for most of the run. It's also a good idea to do some stretches after your activity.

'You will have good days and bad days during training,' says Rachel, 'particularly if you're still coping with side effects like fatigue. But even small amounts of activity are better than nothing, so try to minimise the time you spend being inactive.'

Having someone to train with is also a good way to keep motivation levels high. Why not sign up to an event with a friend or as part of a team?

### Taking care

'There's no reason that having breast cancer should put you off being active,' says Rachel. 'But if you're coping with certain side effects after treatment, you may need to take extra care.'

Regular weight-bearing exercises, like brisk walking or aerobics, can help keep your bones strong. However, if you've been diagnosed with osteoporosis (a condition that affects the bones), avoid high-impact exercises like running as there's a higher chance of injury.

It's thought that exercise doesn't cause or worsen lymphoedema and may even lessen symptoms. If you have lymphoedema, always wear any compression garments you've been given while exercising as they help increase lymph and blood flow. Read our article on page 14 for more information.

If you've recently had surgery, our **Exercises after breast cancer surgery**

## Five activity tips

The easiest way to build up gradually is to incorporate activity into your everyday routine.

- 1 If you like walking, increase the amount of time you walk for and the number of times you walk each day. A pedometer or a pedometer app for your phone can help you monitor your progress.
- 2 If you drive to work or the shops, park your car a little further away and walk the rest. If you take the bus, get off a stop earlier than you need to and walk.
- 3 Use the stairs instead of taking the lift.
- 4 Try to sit less and stand more, for example when talking on the phone.
- 5 Setting goals – like signing up to an event – and keeping a record of how much activity you do may help you stay motivated.

leaflet can help you regain the movement and function you had before surgery.

### Secondary breast cancer

If you have secondary breast cancer, you may need to take a little extra care when starting to exercise. For example, if you have secondary breast cancer in the bone, avoid high-impact activities as your bones are at greater risk of fracture.

If you have secondary breast cancer in the lung(s), you may be able to avoid or reduce breathlessness by not exercising in very cold or dry conditions, and by always doing a gentle warm-up first.

It's important to listen to your body and not push yourself too hard.

It's also advisable to speak to your healthcare professional before starting to exercise.



Shelley Abela was diagnosed with breast cancer in July 2013. In 2014, she ran the Brighton and London marathons.

'I tried to run five days after my lumpectomy,' says Shelley. 'By the evening I was feeling a bit uncomfortable and I realised it was too early to start back. So I waited another three weeks before venturing out again.'

'I started with short runs close to home so that I could turn around and go back if necessary.'

'As I had a lumpectomy, it wasn't too difficult for me. For about three months I needed extra support so wore two bras when running.'

'I'd say to anyone: start slowly and don't try to rush it. Give yourself time to heal and ease back in.'

## Vita goes... to Zumba



**In our ongoing search for fun ways to stay fit, Vita dons its sneakers and prepares to take part in the dance fitness craze.**

I do Zumba once a week at a gym near where I live. After my operation, all I could think about was getting well and fit. One of my friends who'd been through breast cancer mentioned that exercise had helped her. I started Pilates and yoga first, then took up Zumba a few weeks later.

I found it therapeutic. It gave me a release because I was doing exercise in a fun way. I did moderate my upper body movement, especially the right side, so as not to hurt myself because I was still feeling a tad tender.

I've had no particular challenges doing Zumba or any exercise. Instead, I've been feeling better and better!

I'm fitter, more nimble and trim. You also meet new people, which can take your mind off cancer. Everyone's different of course, and someone who's had chemo and has fatigue might find Zumba difficult. But if you mention your treatment to the instructor, they could help you tailor your exercise to suit your situation.

Nevo Burrell



For ideas and inspiration to help you get active, order a free copy of our DVD **Eat well, keep active after breast cancer.**

# Living WITH lymphoedema

Some people who've had breast cancer develop a condition called lymphoedema – a swelling, usually in the hand, arm or chest area, caused by a build-up of lymph fluid in the surface tissues of the body. We look at the treatments available.

It's thought that lymphoedema occurs because of damage to the lymphatic system through surgery or radiotherapy to the lymph nodes under the arm (axilla) and surrounding area. It's a long-term condition, which means it can be controlled but will never completely go away. Not everyone who has been treated for breast cancer will develop lymphoedema, but it can develop soon after treatment or years later.

Managing your lymphoedema may mean that you need to make some adjustments to your lifestyle, but, with appropriate treatment, the symptoms can be reduced and controlled, helping to minimise the effect on your daily life.

## Treatments for lymphoedema

Treatments for lymphoedema aim to encourage lymph fluid to move away from the tissues. How this is done will depend on how much swelling you have. You can do quite a lot of things yourself alongside any professional treatment you're having.

## Skincare

Skincare is important because people with lymphoedema can be more prone

to infections. Small breaks in the skin or some conditions that cause the skin to become red and sore can be a site for infection. Daily washing and moisturising will help keep skin supple and prevent dryness. If an infection develops in the area that's swollen, it can lead to further damage in the lymph channels and possibly cause lymphoedema to get worse. Treat any cuts, scratches or insect bites on the swollen area promptly by cleaning with warm water and applying an antiseptic cream or spray to reduce the risk of infection.

## Exercise

Exercise will keep your joints supple and encourage muscle activity, which is important for lymph drainage. Although you may already use your arm actively in your everyday life and get plenty of exercise, swelling can restrict movement of the arm so extra exercises may help. If you've been fitted with a compression garment, always wear it when exercising or when you're very active.

You can exercise your arm a little when walking by opening and closing your fist. Try to avoid letting your arm hang down for long periods as this can encourage lymph fluid to collect.



Claire Knight was diagnosed with lymphoedema in 2013. She says: 'My right arm swelled up with the fluid and became incredibly heavy, making it difficult to manoeuvre. When I saw the lymphoedema nurse, my right arm was 5cm larger in diameter than my left arm.'

'When I read about lymphoedema, it kept highlighting the fact that once you have it, it's with you forever. When you read this, for someone going through treatment, your thought process can become very black and white and I read this to mean that my lymphoedema wouldn't go down. Since seeing the nurse and recognising that lymphoedema can be managed and treated, I am in a much better position now. While there's some difference in size, you would have to have good eyesight to see this.'

Being overweight can affect how you respond to treatment for lymphoedema so it's important to try to maintain a healthy body weight.

### Compression garments

You may be fitted with a compression garment in the form of a sleeve or a glove to help control lymphoedema. Compression garments are designed to prevent further swelling by encouraging lymph fluid to drain away from the affected arm. Wearing the garment may feel strange at first but it should feel comfortable and supportive. A compression garment usually lasts between four and six months, after which it loses some of its elasticity and effectiveness.

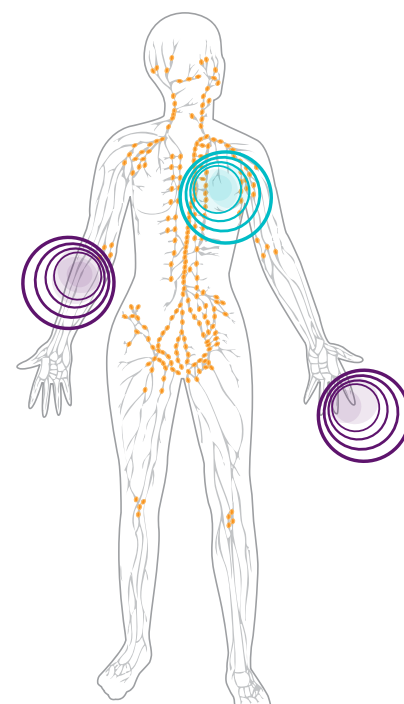
### Compression bandages

Compression bandages are used when the swelling has made the limb a difficult size or shape for compression garments to be fitted, or if the tissues have become hardened due to the swelling. They're also used if the skin has become damaged and sore to prevent further damage to the skin. Several layers of different bandages are put on the arm by a lymphoedema specialist.

**People with lymphoedema are more prone to infections so skincare is important.**





### Manual lymphatic drainage (MLD)

MLD is a special type of skin massage carried out by a trained therapist. It may be used when lymphoedema first appears or when the swelling is severe or complicated in some way. This treatment is available in some NHS hospitals, Macmillan centres or privately. MLD is usually combined with other treatments. Your lymphoedema specialist may teach you a simple type of skin massage, called simple lymphatic drainage (SLD), based on the principles of MLD to improve lymph drainage in areas of the body near the swelling.



## What changes should I look out for?

If you're concerned about your arm, chest area or breast at any time, contact your GP, lymphoedema specialist or breast care nurse, but particularly if you develop any of the following symptoms:

-  painful arm, chest or breast with redness, or a rash that's hot to the touch and may be accompanied by flu-like symptoms
-  painful arm, chest or breast with possible increased swelling, or other signs of problems with circulation such as a noticeable change in colour or enlarged and visible veins
-  increased swelling of the whole arm or isolated areas such as the fingers, chest or breast
-  changes in feeling or ability to move your affected arm, hand or fingers.



For more information about managing lymphoedema, order a free copy of our booklet **Living with lymphoedema** or visit the Breast Cancer Care website.

## A family affair

# in Albert Square

Avid viewers of BBC One soap EastEnders will have seen Carol Jackson diagnosed with breast cancer and then discovering she carried a faulty BRCA2 gene. Not only would she be having treatment and facing all the emotions and challenges that brings, but she also had to explain to her family that they may have the same fate.

### Not all roses

EastEnders' Executive Producer, Dominic Treadwell-Collins, said of the storyline: 'Cancer is ugly, it's not roses. We're not going to shy away from that. Viewers will see her losing her hair and she will look realistic at every point in the journey. We're not on a crusade but if we can get half our audience discussing their boobs, and change even two people's lives, it would be amazing.'

So far in the story Carol has had chemotherapy, with the prospect of a mastectomy to follow. The writers are keen to show a realistic interpretation of what someone treated for breast cancer goes through, showing her

chemotherapy postponed because her blood count was too low, her collapsing due to an infection, and losing her hair.

Lindsey Coulson who plays Carol wants to make her portrayal as believable as possible she told The Telegraph: 'I've had a few acquaintances who have survived and a few who haven't. I want to get it right for them. I talked to a chemotherapy nurse and what you go through is not pretty. The viewers will see it warts and all. Chemo is a toxic poison and you are not going to look great. People need to see that Carol is losing her hair. I'm for as much authenticity as possible.'

### A difficult decision

Although a soap tackling a cancer storyline is not unique, EastEnders has become the first British soap to look at BRCA genes, with Carol, both of her daughters, son and brothers having genetic testing. As the story has progressed her younger daughter, Sonia, is found to have the gene and is faced with deciding whether to take steps to reduce her risk.

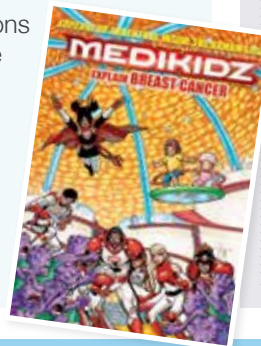
## To chemotherapy and beyond

There were lots of offers when Breast Cancer Care put out a call for a child aged 8-15 to help produce a book explaining breast cancer to others in that age group. That's perhaps not surprising when you know that around a third of the 55,000 people diagnosed with breast cancer in the UK each year have children at home.

**Medikidz explain breast cancer**, now in print, was written based on

conversations with 12-year-old Bill, whose mother was diagnosed with breast cancer in 2013. It features a gang of five superhero characters in a comic book format. They take children on a journey through symptoms, diagnosis, treatment and recovery, trying to answer questions and concerns that were raised by Bill as well as giving more general information about breast cancer.

The book's suitable for children and young teenagers.



### We asked Breast Cancer Care's Twitter followers what they thought of the EastEnders storyline:

**@BCCare** Find the whole storyline absolutely unconvincing from partner's experience, quick genetic tests, chemo effects etc

**@BCCare** only wish my genetic testing was so quick, referred 28Feb appt 12May and that's not even my local hospital that would've been July!

**@BCCare** was diagnosed with earliest stage bc last yr had small op & radiotherapy, found by mgram as I'm 50 this yr, much respect to EastEnders

It will be interesting to see how the story continues for both Carol and her family, particularly Sonia, and how they portray the emotional and physical hurdles that the end of treatment brings.



Order your free copy of **Medikidz explain breast cancer** at [www.breastcancercare.org.uk/publications](http://www.breastcancercare.org.uk/publications) or call 0845 092 0814.



# Bare-faced *tweet*

One day in March, thousands of women took to Facebook and Twitter to post photos of themselves without make-up for 'breast cancer awareness'. We asked our readers to tell us how they reacted to the 'no make-up selfie' trend.

## Tracy says...

I watched the images appear on Facebook of my friends and work colleagues and felt pleased that I had not been nominated. That was until my cousin's daughter in Australia asked me to take part. I did take my photograph and, as I give to breast cancer every month and host a Strawberry Tea, I knew I was already doing my bit.

I'm not sure if this campaign helped the charities financially or indeed raised awareness of breast cancer. I certainly hope so but I think it was just interesting to see people without make-up and that's why it became extremely popular. When I posted my image I reminded people that self-examination is vital for early detection.

On reflection, anything that can raise awareness is a good thing, and for that we should be grateful.

**Breast Cancer Care's staff selfies were shared thousands of times on Facebook.**

## Jazz says...

What a fab idea and what a lot of money raised. I did mine and donated and I think most of my Facebook friends donated too. Such a simple thing and in my opinion very effective.

## expert view

The #nomakeupselfie was a whirlwind fundraising phenomenon and clearly demonstrates you can't necessarily force these things. It certainly showed the power of the crowd, the importance of a simple call to action and the impact of a current cultural trend.

We are incredibly grateful for the generous donations we received from

many of our supporters. Our main challenge was balancing the needs of our active online community – many of whom are living through the reality of breast cancer at the moment – and acknowledging and seizing this fundraising opportunity.

Anjali Bewtra, Digital Fundraising and Campaigns Manager, Breast Cancer Care



# Ask a **BREAST CANCER** *EXPERT* Breast Cancer Care's experts answer your questions on breast cancer and its treatment.

**Q I've recently been diagnosed with secondary breast cancer in the lung. I've been told I have a small pleural effusion, and my specialist has said if it gets worse or I start to feel breathless I'll need a pleural tap. Why have I got fluid in my lungs and what is a pleural tap?**

**A** The lungs sit on either side of the chest, protected by the ribcage. They're lined with two layers of thin tissue called the pleura. The inner layer is attached to the outside of the lungs and the outer layer lines the inside of the chest wall. There's a small space (the pleural space) between the two layers of tissue that's filled with a small amount of fluid. The fluid stops the two layers of tissue from rubbing together when we breathe. Having secondary breast cancer in the lungs can cause an increase in the amount of fluid in the pleural space. This can press on the lungs making it more difficult to breathe properly, and you may experience breathlessness.

As well as any anti-cancer treatments you may be prescribed to treat secondary breast cancer in the lung (such as chemotherapy, hormone therapy or targeted therapy), your specialist may suggest a pleural tap to remove some of the fluid in the pleural space. This will reduce the pressure on the lungs and help ease breathlessness.

A small amount of fluid can be removed by numbing the skin over the area with a local anaesthetic and drawing the fluid off with a needle and syringe. If there's a larger amount of fluid, a narrow drainage tube may be inserted into the pleural space, stitched into place and connected to a drainage bottle. This allows the fluid to drain out slowly over time (often a few days). This procedure can be repeated if the fluid builds up again.

Sometimes after a pleural effusion has been drained, another procedure called a pleurodesis is performed. This is done by injecting a drug or powder preparation

into the drain, then leaving the drain clamped for about one hour before removing it. This seals the two layers of the pleura together to prevent the fluid re-accumulating.

Read more about secondary breast cancer in the lungs in our **Secondary breast cancer in the lungs** factsheet.

Knowing that your cancer has spread to one or both lungs may leave you feeling a range of emotions similar to when you were first diagnosed, only these feelings may be stronger. There may be times when you feel overcome by fear, anxiety, sadness, depression or anger.

You can talk to your breast care nurse, palliative care nurse (who may be a Macmillan nurse), hospice or home care specialist nurse. If you're not in regular contact with a palliative care nurse or Macmillan nurse, you can ask for a referral to be made through your GP or hospital. You could also contact the breast care nurse who supported you during your treatment for primary breast cancer.



**Q I'm 32 with invasive breast cancer and I have started treatment. I am terrified and I don't know what to expect.**

**A** It's not unusual to feel terrified and alone when you're diagnosed with breast cancer, especially when you're younger.

As a young woman you may face issues and concerns that are different to those of older women. These may be about treatment and how it can affect fertility, relationships, children and who might look after them if you're ill, and careers that might have just started.

Being diagnosed at a young age can be an isolating experience as breast cancer is not common in young women: in the UK just over 5,000 women each year are diagnosed with breast cancer under the age of 45. While your experience will be unique there will be similarities to other younger women diagnosed with breast cancer. This is why we run Younger Women Together events across the UK. These free events offer two days of support and information for women aged up to 45 diagnosed with primary breast cancer in the past three years.

We have a booklet called **Younger women with breast cancer**, which looks at different issues, feelings and experiences you may have as a younger woman. Together with younger women and breast cancer specialists, Breast Cancer Care has also recently developed 10 Standards of care for younger women diagnosed with breast cancer. They include the care and support that all younger women with breast cancer should receive, and the important topics to discuss with your treatment team.

Call 0845 077 1893 or visit the Breast Cancer Care website for more information.



**EXPERT EYE**

Answering your practical and emotional questions

**Is it safe to drink alcohol after a breast cancer diagnosis?**

Drinking too much alcohol can increase the risk of getting breast cancer. But does it affect the outcome in people who've already had a breast cancer diagnosis?

People often worry drinking alcohol will increase the risk of their breast cancer coming back (recurrence). It's easy to be confused because studies looking at links between drinking alcohol and survival after breast cancer have produced conflicting results.



Best available evidence suggests that drinking moderate amounts of alcohol (for example one drink a day on average) after a breast cancer diagnosis is safe and doesn't adversely affect breast cancer survival.

It's best to stick to the NHS guidelines for alcohol intake, not least because alcohol is high in calories, which can lead to weight gain, and can harm the body in other ways if consumed in excess. Guidelines state that women shouldn't regularly drink more than 2 to 3 units of alcohol a day, and men shouldn't drink more than 3 to 4 units.

Whether to drink alcohol is an individual decision, but it's certainly not unreasonable to enjoy some now and then if you've had breast cancer.

**Dr Emma Pennery, Clinical Director, Breast Cancer Care**

**Q I'm about to start treatment for breast cancer. I'm worried about how I'll cope financially as I don't think I'll be able work during my chemotherapy. I'm also approaching retirement and wondered what my options are. Is any help available?**

**A** For many people, managing finances after a cancer diagnosis is yet another thing to deal with at an already difficult time. There are often big decisions to make about whether to reduce working hours, change direction or give up work altogether. All this depends on individual circumstances and financial needs.

What your options are and what financial support you could get depend on your personal situation, so getting specialist advice is important. There are a number of places you can get this advice, and it's a good idea to seek help as soon as possible so you don't have to deal with financial issues while going through treatment.

The Department for Work and Pensions (DWP) is responsible for welfare and pensions, and can help people find and stay in work. Jobcentre Plus (part of DWP) deals with benefits for people who are unemployed or unable to work because of a health condition or disability. They have offices throughout the country. The Pension Service (also part of DWP) helps with state pension eligibility, claims and payments. More information about all these government departments is

available through the website [www.gov.uk](http://www.gov.uk) or if you live in Northern Ireland [www.nidirect.gov.uk](http://www.nidirect.gov.uk)

The NHS Business Service Authority provides information about help with health costs such as travel to and from hospital, wigs and dental treatment. For more information see [www.nhsbsa.nhs.uk](http://www.nhsbsa.nhs.uk)

It can be difficult to know where to go for the information and support you need. Breast Cancer Care's Helpline (0808 800 6000) is a good place to start if you want to talk through the options that might be available. Many hospitals have a welfare and benefits service, so it's worth checking with someone at your hospital if this is available. Macmillan Cancer Support has a team of welfare and benefits advisors who can give you a range of information. They also produce publications about finances and work. Good ones to start with are *Help with the cost of cancer* and *Work and cancer*, both available from [be.macmillan.org.uk](http://be.macmillan.org.uk)

Citizens Advice also provides benefits information. You can find the details of your local office at [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)



If you have a question about breast cancer or its treatment, you can call the Breast Cancer Care Helpline free on 0808 800 6000.

# Going the extra mile **FOR MUM**

Alfie Mottram, 18 from Coventry, is taking on the 3 Cities Cycle to raise money for Breast Cancer Care. We caught up with him a few weeks before his challenge was due to start.

## **Tell us about the challenge**

We're cycling from London to Amsterdam, and then from Amsterdam to Brussels. It takes four days and it's about 350 miles in total. Then on the fifth day we get the Eurostar back home.

## **So you must be a keen cyclist, then?**

No! I'd never cycled before this – I just started because of the challenge. I've been training for a month or two now, so I'm hoping to be ready for it. I've done other challenges before, like climbing Snowdon, but nothing this strenuous.

I think it'll be hard. Probably the hardest thing will be getting up every morning to cycle!

## **Why did you decide to do this challenge?**

My mum was first diagnosed with breast cancer in 2000. Then 14 years later she's been diagnosed with secondary breast cancer in the lung and liver. We also found out recently that she has tumours on her brain. So that's why I wanted to raise money for Breast Cancer Care.

It was my friend Ben's idea to do the

challenge. He'd already signed up for it and asked me if I wanted to do it with him. I think there'll be over 200 other people cycling with us too.

## **Have you had much support from friends and family?**

Yes, we've had loads of support and donations from family and friends. Ben runs a dance school, and they had a fundraising event there with a raffle and prizes. They managed to raise over £2,000. We haven't set a target, but we've already raised more than we need to cover the cost of the challenge.



## **'I'd never cycled before! I started because of this challenge.'**

### **Take on a challenge for a loved one**

Whether you fancy taking part in one of Breast Cancer Care's events or organising your own, there are many ways to show support for a loved one and help us provide our free services to people with breast cancer. From walks and runs close to home to cycles and treks abroad, there's something to suit everyone. For ideas and inspiration, and to find out what events are coming up, visit [www.breastcancercare.org.uk/fundraising-events](http://www.breastcancercare.org.uk/fundraising-events)

# Nadia Sawalha's super

Home cook, TV presenter and author of the top-selling *Greedy Girl's Diet* book, Nadia Sawalha transforms the humble salad into a delicious summery treat.

## Pomegranate, feta and romaine fattoush salad

Serves 2

This tasty little number will make your taste buds zing and it's a great way to get a fruit and veg boost. Fab on its own or with a BBQ.

**1 beef tomato, diced into chunks**  
**6cm piece cucumber, diced into chunks**  
**1 romaine heart** (cos lettuce), torn  
**80g feta cheese, diced**  
**½ tsp sumac seasoning**  
**juice ½ lemon**  
**1 tbsp extra virgin olive oil**  
**1 wholemeal pitta bread**  
**2 sprigs mint, leaves only**  
**110g pomegranate seeds**

**1** Mix together the tomato, cucumber, romaine heart and feta.

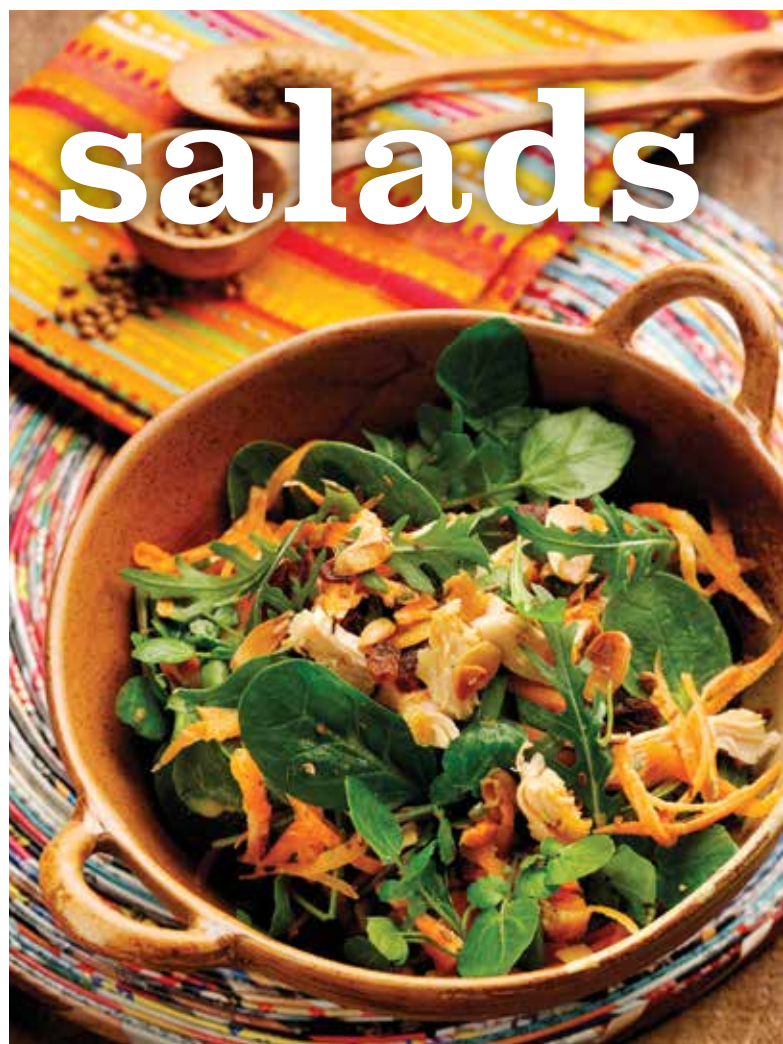
**2** Whisk together the sumac, lemon juice and oil.

**3** Griddle or toast the pitta and tear into bite sized pieces, mix into the salad with the mint. Toss in the dressing to coat.

**4** Sprinkle over the pomegranate seeds and serve.

### Cook's tip

This salad is perfect for using up day-old pitta bread.



## Indian chicken and carrot salad

Serves 2

Chicken salad is a classic and this version with an Indian twist is guaranteed to get your mouth watering.

**200g cooked roasted chicken, shredded**  
**1 large carrot, grated**  
**20g toasted flaked almonds**  
**20g sultanas**  
**2 handfuls watercress, rocket and spinach salad bag**  
**½ tsp cumin seeds**  
**½ tsp coriander seeds**

**3 tbsp fat-free yogurt**  
**1 tbsp chopped mint**

**1** Mix together the chicken, carrot, almonds, sultanas and salad.

**2** Toast the seeds for 1 minute in a small frying pan and crush lightly in a pestle and mortar, then stir into the yogurt with the mint. Toss into the salad and serve.

### Cook's tip

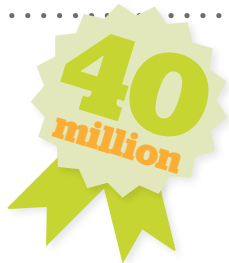
Great for leftover Sunday roast dinner.

Recipes courtesy of Make More of Salad  
[www.makemoreofsalad.com](http://www.makemoreofsalad.com)

# news

## from our corporate partners

The latest products from our corporate supporters helping raise money for Breast Cancer Care.



### Tickled Pink

Since it began, Asda's phenomenal Tickled Pink campaign has raised **£40 million!**

Now in its 18th year, Tickled Pink has transformed the free UK-wide face-to-face services that Breast Cancer Care provides to thousands of people every year.

In 2014, money raised through Tickled Pink will contribute to two of Breast Cancer Care's services: HeadStrong and Moving Forward. Asda's funding will enable us to support more people in their local communities through these support services than ever before.

Check out your local Asda store from mid-September through to October for more activities and pink products, and help us raise even more money in 2014!

### Corporate thanks

Presenter Lisa Snowdon helped celebrate the brilliant success of our corporate partnerships in 2013-14. She hosted a summertime reception at the British Film Institute in London. Last year, our partners collectively raised over £4 million for us. Special thanks go to Asda's Tickled Pink which raised over £2.5 million, QVC and Dorothy Perkins.

### Recycling Appeal

The Breast Cancer Care Recycling Appeal is collecting the following items – unopened and unused original printer cartridges, mobile phones, iPods, laptops and tablets. All proceeds will go directly to Breast Cancer Care so call today on 08451 30 20 10 or email [customerservices@rethinkeurope.co.uk](mailto:customerservices@rethinkeurope.co.uk) to arrange a collection or find out more – it's that simple.



### Smint

Smint is continuing to support Breast Cancer Care throughout 2014! Smint will donate 5p to Breast Cancer Care from every pack of Smint Strawberry (RRP £1.15) sold throughout the year. So be sure to grab your refreshing pack of fruity Smint Strawberry this summer when you're out and about.

'Like' Smint on Facebook for competitions, free giveaways and more [facebook.com/SmintUK](http://facebook.com/SmintUK)

### London law firms get on their bikes to raise money

This October, law firms across London will be cycling from London to Paris and back to support people affected by breast cancer – without leaving the office!

Firms taking part in our annual Tour de Law event are given two static bikes, and employees donate to ride as far and as fast as they can within two days, aiming to win the coveted prize of Fastest Firm. In 2013, this event raised a fantastic £56,000, helping us to send our information packs to over 10,000 people recently diagnosed with breast cancer.

If you work for a law firm in London and are interested in taking part, or know someone who might like more information, contact [eleanor.saltrick@breastcancer.org.uk](mailto:eleanor.saltrick@breastcancer.org.uk)



# Get together over a Strawberry Tea



This summer catch up with family and friends over a Strawberry Tea and help women facing breast cancer.

Holding a Strawberry Tea is a great way to show your support for Breast Cancer Care. It's so simple and a perfect excuse for a summer get together at home or in the garden if the weather is nice. Just keep the tea flowing, add some strawberries and cakes, and ask your guests for a donation.

And whether you raise £20 or £200 – every penny counts and your support will help people facing breast cancer today.

You can sign up online at [www.breastcancercare.org.uk/treat](http://www.breastcancercare.org.uk/treat) or call 0870 164 9422 for your free Strawberry Tea fundraising kit with everything you need.



Hope, cooking up a storm

'As I love all things vintage and baking, this was a great excuse to combine them. I invited friends, family and neighbours to my Strawberry Tea party and my three-year-old daughter, Hope, enjoyed making some strawberry cakes. We had a wonderful day, eating lots of cakes and catching up with friends whilst raising money for charity – bonus!' Tracy Marie Higgins from Glasgow

Sign up today for your free Strawberry Tea kit  
[www.breastcancercare.org.uk/treat](http://www.breastcancercare.org.uk/treat)  
Call 0870 164 9422

Sponsored by



events

# THE SKY'S THE LIMIT

Deb Hunt was diagnosed with breast cancer at 43. After her treatment (a mastectomy, chemotherapy and radiotherapy), she decided to take part in a skydive as it was something she hadn't done before. She's since climbed Mount Kilimanjaro and completed last year's Pink Ribbonwalk at Blenheim Palace.

Deb says: 'I've taken part in quite a few fundraising events since I had cancer, but the Pink Ribbonwalk was special because Breast Cancer Care were particularly helpful to me during my treatment.'

'It was six years ago that I was diagnosed. I found a lump in the shower, made an urgent GP appointment and waited for the results of tests. I couldn't believe it when they told me I had breast

cancer. I was only 43, and I had two children aged 13 and 15.

'But I knew I had to stay positive and get on with things, so I said: "Right, what can I do about this?" On the day I finished my radiotherapy, I walked out of hospital and said I was going to do a skydive. My family thought the chemo had affected my mind.'

'During and after my treatment, Breast Cancer Care provided me with so much information about what I was going through and what I could expect. It was great to know I could get the information and reassurance I needed and I was thrilled to give something back to this great charity.'

For information on doing your own skydive, call Charlotte on 020 7960 3465.



Take part in one of our fundraising events or organise one of your own – however you'd like to get involved, there are plenty of ways you can help us support people living with breast cancer. Visit [www.breastcancercare.org.uk/fundraising-events](http://www.breastcancercare.org.uk/fundraising-events) email [events@breastcancercare.org.uk](mailto:events@breastcancercare.org.uk) or call 020 7960 3465

## Calendar of events

### July

- 9–13 Icelandic Lava Trek
- 13 Shock Absorber WomenOnly Triathlon, Windsor
- 30 Jul–3 Aug London to Paris Cycle Ride

### August

- 10 Prudential RideLondon – Surrey 100
- 23–24 Isle of Wight Challenge

### September

- 3–7 London to Paris Cycle Ride
- 5–7 Hadrian's Wall Trek
- 5–13 Women V Cancer Cycle, China (1 & 2)
- 5–14 Trek Peru
- 7 Bupa Great North Run, Newcastle
- 7 Pedal for Scotland, Glasgow to Edinburgh
- 13–14 Thames Path Challenge
- 26–28 Ben Nevis Challenge
- 28 Berlin Marathon
- 28 Baxters Loch Ness Marathon

### October

- 1 Breast Cancer Care Show, London
- 4–15 Vietnam to Cambodia Cycle
- 4–5 Bournemouth Marathon Festival
- 5 Cardiff Half Marathon
- 5–13 California Bike Ride
- 12 Royal Parks Half Marathon, London
- 19 Wholefoods Market
- WomenOnly Run, London



# Helping you face breast cancer...

## Looking ahead to life after treatment?

### Moving Forward short courses

Looking at issues you may face after treatment, our short courses provide support and information on adjusting to life after a cancer diagnosis. Run in partnership with the NHS, courses take place across the UK.

### Lingerie Evenings

For more confidence choosing a bra after surgery, join other women and trained fitters at a Lingerie Evening.

- Bluewater, Kent, 25 September
- London, 16 October
- Llandudno, 26 October
- Glasgow, 30 October
- Solihull, 30 October



### Living with Secondary Breast Cancer

Regular meet ups for people living with secondary breast cancer. With expert guest speakers. Email [secondaryservices@breastcancercare.org.uk](mailto:secondaryservices@breastcancercare.org.uk) to find out more.

- Birmingham • Bristol • Cardiff
- Edinburgh • Glasgow • Halifax/Huddersfield • Lanarkshire • Llandudno
- Leeds • Liverpool • London
- Manchester • Oxford • Sheffield
- St Albans

### Moving Forward Information Sessions

Relaxed talks on Moving Forward topics, with a chance to ask questions and chat with others.

- Adjusting and adapting after a diagnosis  
Cardiff, 2 July
- Breast Reconstruction  
Cardiff, 11 July  
East Kilbride, 30 July  
Llandudno, 12 August  
Glasgow, 24 September  
Wythenshawe, 3 October
- Signs and symptoms of a possible recurrence  
London, 13 August
- Guide to cancer drugs  
Cardiff, 29 September
- Diet and breast cancer  
London, 10 September
- Post-surgery lingerie  
Wythenshawe, 3 October

### Younger Women Together

Two days of information, support and sharing. Come to a Younger Women Together event and meet around 30 other women under 45 who've been diagnosed with primary breast cancer. All food and accommodation provided free. Email [youngerwomen@breastcancercare.org.uk](mailto:youngerwomen@breastcancercare.org.uk) to find out more.

- Leeds, 26/27 September
- Bristol, 21/22 November
- Liverpool, 30/31 January 2015

### Best Foot Forward walking groups

For people of all fitness levels, walks last around 30 minutes, follow an easy route and finish at a local café for a cup of tea and a chat.

- Barnsley • Calderdale
- Kirklees • Manchester

Email [movingforward@breastcancercare.org.uk](mailto:movingforward@breastcancercare.org.uk) to find out more about any of our Moving Forward services, or give us a call.

## To find out more

Call our friendly services team for more information about the support we offer on

**0845 077 1893**

We're adding new dates and locations all the time, so if you don't see a time that works for you, please get in touch.





### **Pebble UK**

Now supplying  
**LYMPHEDIVAS ARM  
SLEEVES AND GAUNTLETS,**  
choose from over 80  
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3 sizes, 2 arm lengths and 2  
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**Anita Care** offers the most comprehensive range worldwide of silicone breast forms, lingerie and swimwear designed specifically for women who have undergone breast surgery. With 125 years of expertise, Anita Care offers practical, comfortable and stylish solutions to post-surgical women. For all enquiries please call 020 8446 7478 or visit [www.anita.com](http://www.anita.com)

**About The Girl** Fabulous, stylish pocketed bikinis, tankinis and swimsuits, and gorgeous post surgery lingerie. Receive a complimentary swim beanie with all pocketed swimwear purchases. Excellent personal customer services, advice and care, easy returns policy and quick despatch. Find our blog on style after surgery, visit [www.aboutthegirl.co.uk](http://www.aboutthegirl.co.uk) or call 01444 417791.

**Amoena** Latest breast forms, beautiful lingerie, fashionable swimwear, available by mail order or online at [www.amoena-online.co.uk](http://www.amoena-online.co.uk) Also, don't miss our free lifestyle magazine featuring in-depth articles, health reports, fashion, real-life stories and readers' letters. For details on our free fitting service, magazine or catalogue, call 0845 072 4023 or visit [www.amoena.co.uk](http://www.amoena.co.uk)

**Banbury Postiche** offers a fantastic range of acrylic wigs with a next day delivery service available. We have a Customer Care team to support you, whatever your needs, our purely wigs range is guaranteed to have a style to suit and delight you. Please take a look at our website [www.wigsuk.com](http://www.wigsuk.com) or call 01295 757408.

**Betty and Belle** Winner of 'Best lingerie shop in the UK' award. Exquisite lingerie and specialist bra fitting shop with an extensive range of bras and swimwear to suit mastectomy, lumpectomy and reconstructions. Bra alteration and pocketing service. Visit [www.bettyandbelle.co.uk](http://www.bettyandbelle.co.uk) or call in at 35 Oxford Rd, Cheshire WA14 2ED; 0161 929 1472.

**The Bra Clinic** Support after surgery. Mastectomy bra specialist Susan Cooper provides an essential specialist service for women when recovering from breast cancer surgery and treatment. For online shopping, clinics and information, visit [www.thebraclinic.co.uk](http://www.thebraclinic.co.uk) or call Susan on 07918 656 628 (m).

### **Cool and Beautiful Nightwear**

Cool, ultra feminine, 100% cotton, mastectomy nightdresses. Discreetly pocketed for soft prostheses, with plenty of fabric in the skirt to allow for extra comfort. Designed as a result of personal experience and made in the UK. New nightdress available up to size 22 from [www.coolandbeautiful.com](http://www.coolandbeautiful.com) or call 01568 750011 for more information.

**Nicola Jane** With 30 years' expertise in mastectomy fashion, our beautiful bras and stunning swimwear will help restore your confidence after surgery. All with fitted pockets to hold your prosthesis securely. Free returns and shops throughout the UK. Call 0845 265 7595 or visit [www.nicolajane.com](http://www.nicolajane.com)

### **Puysseut Retreat In France**

Puysseut is a retreat for people with or recovering from cancer. Enjoy our beautiful, tranquil surroundings; nutritious, delicious food; yoga and meditation; complementary treatments; and workshops. We're easy to get to and immediately daily pressures feel far away. Come and rest, relax and revitalise. Book now at [www.puysseut.org](http://www.puysseut.org) or +33-5-62600863.

**Silima® FOR YOU!** Our brand new 2014 catalogue brings you stylish and supportive lingerie. Please check out our value-for-money range of everyday bras from £17.95 each (Diana and Victoria) or treat yourself to our French design heritage with Amelie or Suzanne, the latest addition to our range. Look no further for fashion and femininity! Call 01295 220524 or visit [www.conturabelle.co.uk](http://www.conturabelle.co.uk)

# When you need to talk...

**breast  
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care**

the breast cancer  
support charity

We'll find you someone  
who really understands

**Suburban Turban** offers stylish, fashionable headwear and accessories for women experiencing hair loss. The collection offers styles for all occasions – from beautifully simple, super-soft jersey hats to chic berets and sparkling cocktail hats. We also offer a range of natural skincare products, chosen for their gentle, soothing benefits. To shop the range go to <http://www.suburbanturban.co.uk/>. Tel: 0845 003 2800

**TenderCush** offers comfort and support following breast cancer surgery. Whether sleeping, travelling, around the home or socialising, our products are specially designed to help. Our fabulous patented Shoulder Bag is a truly liberating product which offers support when out and about. Available now at [www.tendercush.co.uk](http://www.tendercush.co.uk) Tel 07980 470072. Also on Facebook and Twitter

#### **Womanzone ABC Distributer**

NHS-approved specialists in caring for women after breast surgery. Working with healthcare professionals and Breast Cancer Care. We offer a wide range of lingerie, made-to-measure swimwear, pocketing service and free fitting service. Call for a copy of our 2013 brochure. Warrington: 01925 768 992  
Leeds: 0113 258 9505  
[www.woman-zone.co.uk](http://www.woman-zone.co.uk)

**To advertise here**

**please email us at**

**[vita@breastcancercare.org.uk](mailto:vita@breastcancercare.org.uk)**



Our Someone Like Me service matches you to someone who has experience of the issues you're facing – someone who's had breast cancer, who understands and has been trained to help. Just let us know what you'd like to talk about, and we'll find someone right for you.

Call 0845 077 1893 or  
email [someonelikeme@breastcancercare.org.uk](mailto:someonelikeme@breastcancercare.org.uk)

And don't forget, our free Helpline is here to answer your questions and talk through your concerns, however big or small.

**0808 800 6000**

Or if you'd prefer to Ask the Nurse by email, go to [www.breastcancercare.org.uk/ATN](http://www.breastcancercare.org.uk/ATN)

# Eat well, keep active after breast cancer DVD

**breast  
cancer  
care**  
the breast cancer  
support charity



Breast Cancer Care's free **Eat well, keep active after breast cancer DVD** features a fitness class suitable for people 12 weeks after surgery and beyond. The class aims to help you increase your fitness and improve your overall health and wellbeing.

It also contains a 30-minute film featuring people of all ages, shapes and sizes revealing the ways they've made eating well and being active a part of their everyday routine after breast cancer as well as advice from diet and exercise experts.

This DVD is in English and has options of Gujarati, Punjabi, Sylheti, Urdu, Cantonese and Arabic voice-overs/subtitles, English or Welsh subtitles and British Sign Language.

To order your free copy visit  
[www.breastcancercare.org.uk/  
publications](http://www.breastcancercare.org.uk/publications) or call the Helpline  
on **0808 800 6000**.



## Free Helpline 0808 800 6000 Text Relay 18001

Calls may be monitored for training purposes. Confidentiality is maintained between callers and Breast Cancer Care.

### Scotland and Northern Ireland

0845 077 1892  
sco@breastcancercare.org.uk

### Wales, South West and Central England

0845 077 1894  
cym@breastcancercare.org.uk

### East Midlands and the North of England

0845 077 1893  
nrc@breastcancercare.org.uk

### London and the South East of England

0845 077 1895  
src@breastcancercare.org.uk

# Vita

To receive future issues of Vita call us on 0345 092 0808, email [vita@breastcancercare.org.uk](mailto:vita@breastcancercare.org.uk) or cut off this slip, fill in your details and return it in an envelope to our freepost address: Breast Cancer Care, RRKZ-ARZY-YCKG, 5-13 Great Suffolk Street, London SE1 0NS.

Name \_\_\_\_\_

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If you have already sent us this form, you will continue to receive Vita four times per year. Breast Cancer Care volunteers will be sent Vita automatically. We will not pass your details on to any third parties. If you are a member of a support group or a healthcare professional and would like multiple copies, please call 0345 092 0808.