

# Younger Women Together

## Breakout session choices

The following information is a guide to help you choose the most relevant sessions – we cannot guarantee exactly what topics will be covered by individual speakers.

### Friday breakout groups

#### **Breast surgery & reconstruction**

An overview of breast reconstruction techniques, nipple reconstruction, breast reduction and procedures, possible complications and new developments in surgical techniques. Speakers will be unable to advise on individual cases but will be able to discuss some of the issues (medical, client choice and lifestyle) that surgeons take into account when recommending a specific procedure to a patient.

#### **Menopausal symptoms**

This session aims to explain the menopause and how treatments for breast cancer can bring on a premature menopause. It is an opportunity to discuss the impact of menopausal symptoms on daily life, the pros and cons of interventions which may help and to find out about practical tips to help alleviate symptoms

#### **Relationships and communication**

A breast cancer diagnosis can have a significant impact on relationships with friends and family. This session, facilitated by an experienced therapist, will be a chance to begin to explore how your feelings about others and your relationships with them may have changed. In this short session it won't be possible to resolve all your issues but there will be a chance to think about what you most want to communicate and to who and some ideas that may help.

### Friday well-being sessions

#### **Laughter workshop**

Laughter can help us to be healthier, happier and less stressed. In this session we will play some gentle games based on laughter and encouraging playfulness, and learn why laughter is important and how we can use it to help us in our lives. The main aim of this session is fun and there is no need to get changed.

#### **Relaxation**

Simple relaxation techniques can be invaluable to help us cope with and manage stress. This session will include a guided relaxation to introduce you to simple breathing and muscle relaxation techniques that you can use when you get home.

### Saturday morning breakout groups

#### **Intimacy and sexuality**

This session, facilitated by an experienced therapist, will be a chance to talk about the impact of your breast cancer diagnosis and its treatment on current and potential intimate and sexual relationships. It may include suggestions on how to alleviate some of the side effects of treatment and loss of libido and will provide you with details about sources of further information and support.

#### **Lymphoedema**

Information about what lymphoedema is, its symptoms and how it is managed and approaches to reducing risk including practical tips for reducing risk in daily life.

#### **Fertility after treatment**

Information about the potential impact that treatment may have on fertility, temporary and permanent amenorrhoea (absence of periods), pregnancy after diagnosis, contraception and current clinical trials. Speakers cannot predict your individual fertility status.

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## Main sessions

### Friday main session

#### **Management of breast cancer in younger women**

This session gives an overview of the principles of treating breast cancer in younger women, explaining when and why different treatments may be used. Information about breast and body awareness following breast cancer treatment is covered along with the possible signs and symptoms of a recurrence. The physical and emotional impact of a diagnosis of breast cancer can be life-changing and this is an informal session with the chance to ask questions.

### Saturday main sessions

#### **Exercise**

The session looks at the benefits of exercise after breast cancer and aims to empower those who would like to, to either start or continue exercising. There will be practical tips on being more physically active and fitting exercise into daily life. We'll also explore the impact of fatigue. The session is interactive and will include a short practical session with a chance to try out some simple exercises. There will be signposting to further information and support.

#### **Healthy eating and diet myths**

The benefits of healthy eating are well known. This session addresses common myths around foods (like soya, dairy and sugar) contributing to or protecting from cancer risk. It gives practical suggestions and ideas for putting the principles of healthy eating into practice in everyday life. It explores some of the challenges and discusses the advantages and disadvantages of different dietary regimes relating to diet and breast cancer.

#### **Breast cancer as a younger woman – a personal perspective**

This is one woman's personal experience of breast cancer at a young age and how this has changed her life looking at the high and lows since her diagnosis. It includes tips for moving on after treatment including regaining a feeling of control, re-building self-esteem and confidence and developing a more positive outlook.