

FREE

# vita

## Power of **TWO**

One couple on their relationship and breast cancer

## WALK *this way*

Get active with a stroll

## REAL-LIFE COVER STAR

### The boys' club

Around 400 men are diagnosed with breast cancer each year. We talk to Doug Harper about his experience

## Heads **UP**

Top tips for winter

headwear and scalp care

breast  
cancer  
care

# winter contents



## Welcome to Vita

The new year is often a time for fresh starts. You may have read in the previous issue of Vita that Breast Cancer Care has changed its logo. You'll find the new logo on the front of this magazine and you might have noticed that the Vita logo on the front cover looks a little different too. Rest assured that inside the magazine you'll find the same regular articles from people affected by breast cancer and expert information from our healthcare professionals.

If you're considering a fresh start of your own this year, perhaps thinking about taking on some form of exercise, we've got articles to help inspire you. On page 11 Sophie talks about how taking up triathlon helped her at the end of her treatment. If you're considering something more gentle, on page 12 we look at the benefits of walking, while our 'Vita goes...' column on page 13 checks out yoga.

I hope you enjoy this issue and I'd love to hear your views on it. So email, tweet or write to us and you might find your comments in the next issue!

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Vita is kindly supported by **ASDA**

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# inbox

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



## Dear Vita

I was delighted to see Pillow talk [Issue 17]. Your article on sex post treatment handled it with insightful advice, sensitivity and wise words. Unfortunately, oncologists and breast care nurses are so focused on getting you into and through the treatment system that issues such as sex are rarely addressed.

Going through cancer treatment is challenging enough without your partner feeling rejected because you are feeling blue or worried about intimacy at a time of great sensitivity, fear, fatigue and self-doubt. Thank you for acknowledging that our relationship with our body does change and for offering solutions to dryness, more comfortable positions and fighting fatigue. My partner has been patient and helped me rediscover our passion. A mixture of doing things we love together to build confidence and spending lots of time intimately together has helped.

Although my mastectomy was a huge dent to my confidence, my partner loves my scar and his tenderness and kisses towards it reminds me why he is my soulmate, best friend and rock through a horrid and challenging 2012.

**Sandra**



**STAR LETTER!**

## Vita tweeters



**@Vita\_mag** Today 18 years ago I had a lumpectomy and had chemo and radiotherapy feel good and blessed to be here still. Julie @littlejem17

**@Vita\_mag** hate 'battle', 'survivor' etc' with ref to cancer. Implies that those of us with secondaries have failed #morelikebadluck Alison Leary @ViolentCream

**@Vita\_mag** Great article on faith! Its helped me survive breast cancer in 8 places and 4 times liver and 2 liver resections Susan Welch @SusanWelch1Fund

Follow us  
**@Vita\_mag**

## Dear Vita

Thank you for your magazine. All the articles are interesting but some more than others. One such was 'Mind your language' [Issue 17].

I am frequently told that after my treatments I am now cured. It always annoys me as I am well aware that it could come back – I am five years down the line. I was diagnosed with stage 3 cancer that had spread to my lymph nodes. I had a bilateral mastectomy without reconstruction. I now have lymphoedema in my left arm – a small price to pay for my recovery, health and life.

**Susie**



## Vita POLL

On Vita online, we asked: **What do you think about people with cancer being described as 'fighting a battle'?**

I don't particularly like it **32%**

I agree that cancer is a battle **25%**

I strongly dislike it **21%**

I don't mind the term **8%**

get in touch

Get in touch with Vita...

**Tweet** @Vita\_mag

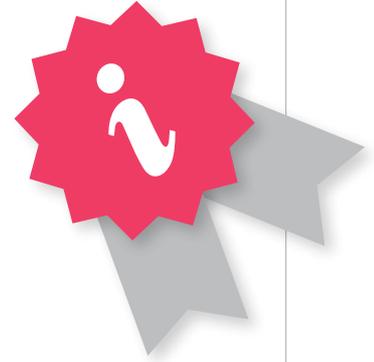
**Email** vita@breastcancercare.org.uk

**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**

# AWARD WINNING information



**Two of Breast Cancer Care's patient information publications have been recognised by the British Medical Association (BMA) in a prestigious annual awards scheme.**

The e-book version of Mummy's Lump and the Secondary breast cancer resource pack were highly commended in the initial judging round. The resource pack was announced runner-up in the Long Term Conditions category at the awards ceremony.

One of the judges said of it: 'This is an excellent resource, well designed, written and put together with powerful quotes from people with cancer. The use of practical tools and space for notes gave it an extra dimension, and the tone and language was reassuring yet directive.'

# News & VIEWS

## Do you have a breast prosthesis you no longer need?

Hospices of Hope send breast prostheses to their partners Hospices Casa Sperantei in Romania and Hospice Angelus in Moldova where prosthetics are beyond the means of most people. You can send any unwanted supplies to them at their head office: 11 High Street, Otford, Kent TN14 5PG or drop them off at one of their shops. For more information telephone Barbara on 01959 525110 or visit [www.hospicesofhope.co.uk](http://www.hospicesofhope.co.uk)



Breast Cancer Care's Moving Forward courses in Scotland have won the 'Self-Management Partnership of the Year' award at the ALLIANCE Self-Management Awards. The prize was awarded at a parliamentary reception hosted by Duncan McNeill MSP in Edinburgh. To hear how attending a Moving Forward course helped one woman, read Sophie's story on page 11.

Left to right: Angela Harris (UK Wide Services Coordinator), Duncan McNeill MSP, Hilary Campbell (Head of Scotland), Linsey Rodgers (Services Worker), Ian Welsh, Chief Executive of the ALLIANCE.

## Small change makes a BIG DIFFERENCE!

### Last March bucket collection volunteers raised £35,000 by hitting the streets in their local areas.

This year, why not organise or join a Bucket Brigade near you, and raise money for Breast Cancer Care? Just one hour of your time or as much as you can spare will help the thousands of people across the UK facing a breast cancer diagnosis, ensuring they get the support and information they need.

To find out more or get involved go to [www.breastcancercare.org.uk/bucket](http://www.breastcancercare.org.uk/bucket)

## Let's **ROW**

Paddlers for Life is looking for people to join its two crews registered for the 2014 International Breast Cancer Paddlers Dragon Boat Festival in Sarasota, Florida. To be a member of the crew you must have either been diagnosed with breast cancer or carry a hereditary breast cancer gene which has resulted in breast surgery. Crew members will need to pay for their own travel expenses. For more information email [paddlersforlifeuk@gmail.com](mailto:paddlersforlifeuk@gmail.com) or call Sue on 07951 791 926 or Louisa on 07792 169 476. For details on Paddlers for Life visit [www.paddlersforlife.co.uk](http://www.paddlersforlife.co.uk)

## Get fitter in 2014

**Breast Cancer Care's Eat well, keep active after breast cancer DVD is for anyone who would like more information on ways to eat well and keep active after breast cancer. The DVD also contains a fitness class which is 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. To order your copy visit [www.breastcancercare.org.uk/publications](http://www.breastcancercare.org.uk/publications) or call the Helpline.**

## BUY IT WITH LOVE



### Buy, love and share for Breast Cancer Care

Support Breast Cancer Care's new and exciting fundraising campaign this February and March. Visit [www.buyitwithlove.com](http://www.buyitwithlove.com) from February where you can browse a range of exclusive Mother's Day and Valentine's Day gifts. Breast Cancer Care will receive a donation for each product purchased as part of the campaign. The website features many exciting brands and lots of new products – so why not buy a gift for someone you love and support those living with breast cancer?

## Information is **POWER**

With 500 million unique website visitors a month, Wikipedia is one of the big wheels on the global information highway. Now Breast Cancer Care patient information is set to get a higher profile on Wikipedia's breast cancer pages thanks to a

training session at the charity with experts from the free collaborative internet encyclopaedia. It was part of a Breast Cancer Awareness Month initiative which it is hoped will lead to even better quality breast cancer information on Wikipedia.



**Two new Pink Ribbonwalk venues will join this year's line-up. We'll be heading to Hampton Court Palace and Chatsworth. Visit [www.breastcancercare.org.uk/walk](http://www.breastcancercare.org.uk/walk) for details.**

# HEADS UP!

Our regular columnist Jane Buckley has got together with Breast Cancer Care's HeadStrong teams from across the UK to offer some great tips on hair loss, how to look after your scalp and options to cover your head as the weather turns colder.

Losing hair can be really hard for any person's self-esteem and keeping warm in winter while looking great can be a challenge when you're not used to wearing headwear. However, you can have fun with scarves and hats and you may find yourself truly accessorising for the first time. Be bold, you'll be amazed how many people comment on how great you look and it will give you a boost.

**1** Any headwear can be uncomfortable if your scalp is sore, itchy or tender. Pamper yourself or ask a friend to help you with an oil rub. Pour a small amount of either almond oil, vitamin E oil or olive oil into your hand and rub into the scalp/hair and leave for 5–10 mins. Pour mild shampoo into the palm of your hand and massage gently on to the scalp then rinse until all the oil has been washed off. Try a soft cotton undercap to wear under hats and scarves to protect the scalp.

**Take care of your scalp with a relaxing oil rub.**

**2** If your scalp is tender a gentler way of tying a scarf is to take all ends to the side and twist together and fasten with a coordinating scrunchie. You can pull all the way through or twist the scrunchie a second time and pull the ends through again to half way giving a stylish, bunched look. If scrunchies aren't your style, try jewelled or flower motif ponytail bands or some velvet ribbon to liven up a plainer scarf or to contrast boldly with a patterned scarf.



Sainsbury's Tu Feather Pattern Scarf £8



**3** The nape of the neck can be vulnerable to the sun and elements until hair grows back so it's important to keep it well covered even in the winter. Place a long scarf on the head and tie at the back with a single knot. This will keep the nape of the neck covered.



Oliver Bonas Kellie Scarf £26

Monsoon bejewelled beaded bow hairband £8



**4** Combine different headpieces. Knitted headbands look great for winter under a hat or tucked over the ends of a scarf. Try pretty hairclips or brooches attached to the bands to add a touch of glamour.

**Layer up  
your headpieces  
for a unique  
look.**

**5** A clip-on fringe under a hat or scarf can produce a really great look. Try Necessity Headwear for a range of clip-on fringes [www.necessityheadwear.com](http://www.necessityheadwear.com)



Accessorize bejewelled pony set £8

**6** Hair turbans are a great option and come in a wide variety of styles suitable for daytime and dressier styles for nighttime. Suburban Turban [www.suburbanturban.co.uk](http://www.suburbanturban.co.uk) has a great range to choose from (as pictured right and bottom left).



**7** Cancer Hair Care [www.cancerhaircare.com](http://www.cancerhaircare.com) has great tips for looking after your hair and scalp including a guide to wigs.

**i** Breast Cancer Care's HeadStrong service runs at locations across the UK and can help prepare you for the possibility of losing your hair. You can also find out about scarf tying and get tips on looking after your hair and scalp. Visit [www.breastcancercare.org.uk/headstrong](http://www.breastcancercare.org.uk/headstrong)

# Age *is just a* number

**When Elizabeth Hamilton was diagnosed with breast cancer for a second time at age 90, she had no idea it was going to lead her to being a fashion show model.**

Being diagnosed with breast cancer a second time at age 90 has certainly led to some surprising experiences for me.

First, my 2013 recovery was much quicker than after my mastectomy 30 years ago, even though I had surgery this time too. I think I was helped by not having radiotherapy, which took a lot out of me back in the 1970s.

My diagnosis and treatment was very different this time than 30 years ago. The doctor explained everything in detail – something that the doctors didn't do then.

Then, thanks to being secretly put forward by my 13-year-old granddaughter Sarene Leslie, I was in the Breast Cancer Care Glasgow fashion show in September 2013. It was a wonderful experience for me and I'm so glad to have been a part of it.

### **Role model**

Sarene lives with me in Inverness along with her parents – my daughter Caroline and her husband Douglas. When she did the application form for the fashion

show she said some wonderful things. For example, 'She sprung back to her usual self extremely quickly'. She just said, "These things happen," and managed to stay positive throughout her whole treatment.'

But best of all: 'She has proven to everyone out there that having cancer doesn't mean the end of the world. You can get through it and come out the other side twice the woman you were before. If she can do it, so can you.'

Needless to say, when I heard about that, a few tears were shed! I was also very shocked when I was told as I didn't have a clue about it until I got the place. I felt honoured but very nervous. Especially as I've never been a model of any sort before.

On the night it was very well done and the ladies chose beautiful clothes for me that I wouldn't have dreamed that I could look so good in.

### **Shining example**

It was very nerve-wracking but I am grateful for the support of the other models, who were lovely. The staff went out of their way to make sure I was OK and got me my own little room right next to the stage so that I wouldn't have to walk too far.

Sarene and I have a very close relationship: she helps to keep me young. She was able to be backstage with me on the night to help me get changed. Caroline, Douglas and my oldest daughter Elizabeth were in the audience. Caroline says that she is very proud and I'm an amazing woman.

**'My diagnosis and treatment was very different this time than 30 years ago.'**

show she said some wonderful things. For example, 'She sprung back to her usual self extremely quickly'. She just said, "These things happen," and managed to stay positive throughout her whole treatment.'



For information on treatments for breast cancer and their side effects, order a free copy of the booklet **Treating breast cancer** by calling our Helpline on 0808 800 6000.

# The boys' club

**Around 400 men are diagnosed with breast cancer every year. Doug Harper is one of them.**

My breast cancer journey started on 23 December 2011. I went to see my GP with a hard lump under my left nipple, after some prompting from my partner who noticed my nipple was inverted. It did not cross our minds that it could be breast cancer; neither of us knew that men could get it. We both expected it to simply be a cyst.

My GP had no hesitation in arranging an urgent appointment at my local hospital. A few days after Christmas I had some tests, including a mammogram, which was not at all easy for me.

Three days before my 50th birthday I was diagnosed. I was in a state of shock, I felt as though my world had fallen apart.

## Another diagnosis

I was due to have a mastectomy on 25 January 2012, but at the pre-assessment I found out that I had type 2 diabetes, so the surgery was cancelled until my blood sugar level had reduced. I had to wait until 23 February for my oncologist to say that my blood sugar level was OK. It was an agonising wait.

During that time my mum had been admitted to hospital with what seemed originally to be an innocuous complaint. Two days after being told my blood sugar was OK I received a phone call from the hospital saying that my mum only had hours to live. My oncologist had warned me not to risk going to the ward in case of infection (there had been an infection in that ward). I had to make the hardest decision of my life, do I go to the ward to see my mum and risk the cancellation again of my mastectomy, or not? With five children who all need their

dad, I chose the latter, which was heartbreaking.

I finally had my mastectomy on 7 March. A few weeks later I was notified that I had to have my lymph glands removed in my armpit as the cancer had spread. Following further surgery, I suffered from complications and was admitted to hospital for a week with an infection.

**‘It did not cross our minds that it could be breast cancer; neither of us knew that men could get it.’**

My chemotherapy began on 5 July, a precautionary measure according to my consultant; FEC was not a problem for me, no tiredness, sickness or discomfort, but once I started having docetaxel I collapsed into a heap and got the ‘real chemo-experience’. My radiotherapy was a breeze in comparison.

## It's show time

When I appeared on the catwalk at Breast Cancer Care's 'The Show' I was bald and tired, but it was worth every second. The positivity of my fellow 'models' was amazing and I have made friends for life who continue to inspire me.

A year on, I am still suffering from fatigue, but I'm still here with the support of family, friends and Breast Cancer Care. Life goes on... You can read Doug's blog, 'One of 300 Men' at <http://dougheharper.wordpress.com>



Breast Cancer Care's resource pack **Breast cancer and men**, is available free from [www.breastcancercare.org.uk/publications](http://www.breastcancercare.org.uk/publications) or by calling the Helpline on 0808 800 6000.

# We are family

When Angela Kyle was diagnosed with breast cancer, she dreaded breaking the news to her daughter Lucy. But she found that family became an essential source of support during a difficult time.

Angela, who lives in Croydon, was diagnosed with breast cancer in December 2012, when she was 55. 'I just knew something was wrong when I first felt a lump under my arm,' she says.

After the diagnosis was confirmed, surgery was scheduled for 2 January. 'It was a bit of a miserable Christmas, and difficult to stay cheerful when all I could think about was the operation.'

Angela's husband Graeme and her eldest son Paul, who was visiting from Cyprus, were the first to hear the news. Lucy, Angela's youngest child, was due home from university for the Christmas break in a few days' time, and Angela decided to wait until she was back before telling her.

'Of all the people, I dreaded telling Lucy the most,' says Angela. 'She's my youngest child, she'd just started her first year of university, and because she's a girl I thought she might worry about her own health.'

## Breaking the news

Angela told Lucy about her diagnosis one evening after the rest of the family had gone to bed. Despite her fears, Angela says Lucy coped with the news extremely well.

'Lucy's reaction was very mature,' she says. 'She didn't cry, in front of me at least. You really need other people to be strong for you, and hers was the best reaction I could have hoped for.'

'She wanted lots of practical information, like what was going to happen and what she could do to help.

And she also came with me to my pre-operative assessment and to the surgery in January.'

## Finding strength

Lucy, 18 at the time, returned to university in Durham shortly after her mother's surgery.

'Being so far away was hard,' says Lucy 'because I was really worried about Mum. But I texted her every morning and we spoke on the phone

**'I've always had a good relationship with Lucy, and she kept in close contact throughout my treatment.'**

too. I wanted to know everything that was going on.'

Lucy found support in her friends. 'I didn't know how they'd react when I told them, but they were great and I could talk to them whenever I wanted.'

'I was surprised at how well I coped. I didn't realise until then how strong Mum was, but also how strong I was too.'

## Family relationships

Angela feels her relationship with other family members, including her father and brothers, has become closer during the time since her diagnosis.

Angela and Graeme had been married for three years when Angela was

diagnosed. 'He's been wonderful,' she says. 'Very practical and providing lots of emotional support. He's come to almost every appointment with me.'

'I've always had a good relationship with Lucy, and she kept in close contact throughout my treatment. I think she's more thoughtful and considerate towards me too... even if she hasn't quite learnt how to put the dishes in the dishwasher!'



Lucy and Angela took part in last year's bucket collection for Breast Cancer Care. For more information on this year's Bucket Brigade, visit [www.breastcancercare.org.uk/bucket](http://www.breastcancercare.org.uk/bucket)



# Tri and stop me

**When Sophie Vann found the end of treatment difficult to cope with, a new challenge helped get her back on track.**

You can have all these good intentions and ideas about how you're going to deal with treatment for cancer. I'm a PE teacher and my fitness levels at the time my treatment started were pretty high. When I had surgery I was of the opinion that nothing was going to stop me from getting out on my bike and going to the gym. My fitness definitely helped me get through the first session of chemotherapy but after the second session I couldn't get up, let alone try to do anything else. For me, chemotherapy flattened me.

## Something changed

I was diagnosed with breast cancer in March 2012 aged 38. I noticed a difference in my breast. There was no lump, there was just a sense that something had changed about my breast. Something was different. I was diagnosed with a grade 3 cancer and within a week I was in for surgery. I had a lumpectomy and a second operation to get a clear margin followed by chemotherapy and radiotherapy.

In a funny kind of way the hospital treatments became my new routine. Where before I was in the gym three times a week, I was now back and forth to the hospital. What I couldn't cope with was when it all stopped and I didn't know what to do with myself. I wasn't well enough to go back to training again but I wasn't ill in the sense that I needed to keep going to the hospital.

The loss of attention of the medics

was hard to cope with. I was really low and I went to see my GP and he suggested approaching charities.

## Help is at hand

I went on one of Breast Cancer Care's Moving Forward courses, which really helped. I think it was the fact that all of the sessions were by people with really specialist knowledge of their areas. There was a talk on anxiety and stopping anxiety becoming panic that was really useful. A breast care nurse spoke to us about recurrence and we were able to ask lots of questions.

The health and fitness talk had a real impact on me. I was eating all the

wrong things and had put on weight, and I couldn't really train. The woman running the session suggested putting something in the diary – a target or goal. So I signed up for a triathlon, which was quite extreme, but now I had a new focus.

## Mission accomplished

It was an amazing feeling crossing the finish line months later. Like breast cancer, triathlon tests you mentally and physically. The race proved to me that I was well again and not dealing with cancer any more. My body had got better but my mind had not. That day helped me move on to a new phase of my life and leave cancer behind.



**'The race proved to me that I was well again and not dealing with cancer any more.'**



Breast Cancer Care's Moving Forward courses are designed to help you move on after treatment for breast cancer. For more details of courses near you, see page 24.

# Walking back to happiness



It's something that we do every day, and yet it is often overlooked as a form of exercise. But walking is a great way to gradually increase your activity levels. And it can improve your mood as well as your fitness.

We all know that exercise is good for us, it's just that it's not always something we feel like doing and, with busy lives, it can be difficult to fit in. But there's a form of exercise that most of us are already doing every day and which can be easily incorporated into your daily routine.

Walking is something that we often overlook. Ask people to name a form of exercise and they'll probably say cycling, running or going to the gym. These can be intimidating activities for someone whose fitness levels are low because of a long period of inactivity or as a result of treatment for breast cancer. Not

everyone has a bike or can afford to join a gym, but walking is something that is accessible to most of us and can have real health benefits.

## Starting small

Clinical Nurse Specialist Rachel Rawson says: 'It's recommended that we do at least 150 minutes of moderate intensity activity a week (any activity that raises your heart rate and makes you feel warmer and breathe slightly harder). But this can be quite daunting. A brisk walk is a perfect example of a moderate intensity activity and while you might not be able to walk briskly at first or complete the full 150 minutes a week, starting slowly and building up will increase your fitness over time.'

Margaret Thomas, 64, took part in Breast Cancer Care's 10-mile Pink Ribbonwalk at Blenheim Palace with seven friends that she'd met through the Breast Cancer Care online Forum. Although she was fairly fit before being diagnosed with breast cancer, she says all that changed during treatment.

'When I was working I worked every hour God sent. Then when I retired just after my 60th birthday I joined a gym and got fit. I was the fittest I'd ever been in my life when I was diagnosed with breast cancer, but no matter what level

**'It's very difficult getting back into exercise after treatment.'**



of fitness you started treatment, the treatment takes so much out of you. I wouldn't say that myself or any of the group were fit when we decided to do the Pink Ribbonwalk.'

Signing up for a goal together was the push that Margaret and her friends needed to get active again after their treatment had finished. 'It's very difficult getting back into exercise after treatment. I'm on Arimidex and that's known for making your joints ache. It's

**'Just do your best to motivate yourself, it will make a difference.'**

difficult to motivate yourself through that.'

Rachel says: 'Exercise can help to ease some of the side effects of treatment such as fatigue, weight gain, osteoporosis and lymphoedema – and improve your mood and reduce anxiety and depression.'

### Thinking further ahead

She adds: 'The long-term benefits of exercise can be to reduce the risk of heart attacks and strokes, and research is emerging that exercising and maintaining a healthy weight lessen the risk of the cancer coming back.'

This is an important motivator for

Margaret who says: 'I knew that there was a correlation between long-term prognosis and exercise, and I'm constantly striving to keep my body going and get back to the fitness levels I had before my treatment. Sometimes it is difficult to motivate yourself though.

'Just do your best to motivate yourself, it will make a difference if you're feeling still and lethargic or depressed, it will make a difference to get out walking.

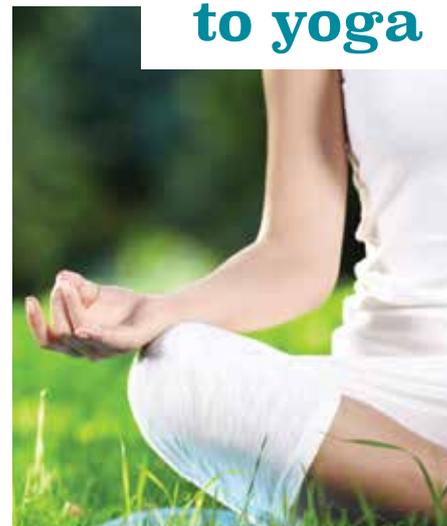
'Make it fun – get a group of friends together for an afternoon outing, get chatting, don't necessarily plan a route – just start walking and see where it takes you. You'll be amazed how the distance tots up while you are chatting and laughing.'

### Walks with meaning

And if you're considering following in Margaret's footsteps and taking on a Pink Ribbonwalk, she has some advice for you too: 'For the Pink Ribbonwalk, be sure to do it in a group so you can all encourage each other without even necessarily realising you are doing it.

When we set out on our walk, I think most of us doubted we would get to the end. It was good to know we could have hitched a lift back with one of the Breast Cancer Care team if necessary but we were all determined to give it our best shot. In the end we were amazed and exhilarated that we'd done it.'

## Vita goes... to yoga



**We continue our search for activities you might like to try after treatment. This issue we head to a yoga class to stretch and relax.**

I'd never done yoga before having breast cancer. I'd often thought about it but never got round to it. Then, of course, events in my life took over. I was diagnosed with breast cancer in September 2010. I had two operations, six rounds of chemotherapy and 20 sessions of radiotherapy.

I started yoga at the end of treatment in April 2011 as soon as my doctor had said it was OK and my lymphoedema nurse had looked me over.

I have a great teacher who is very patient. I have never been a gym bunny so I find yoga relatively easy to do.

I have lymphoedema in my left hand and upper arm. I was also left with pain from scar tissue following two operations and yoga has helped immensely with these side effects.

The meditation exercises are brilliant in calming the demons in my head too! It calms my anxiety and I feel puts me on a calmer level. The breathing exercises help when I feel anxious or panicky.

Yoga is so versatile and I believe anyone with any levels of fitness can enjoy it. Research classes in your area and get advice from other class members. You may need to do several 'taster' classes before you find one you're completely happy with.

Joanne Little

## Making tracks

**Knowing how long or how far you've walked for can help motivate you. Here are three ways to measure your walking.**

- 1** Use a simple stopwatch (or a stopwatch setting on your phone or watch) and record how long you walk for.
- 2** Mobile phone apps such as Map My Walk or Endomondo will measure the distance as well as the time that you've walked using GPS.
- 3** Websites such as Goodrunguide.co.uk allow you to plot a route by clicking on a map to see how far it is.



To find out more about the dates and locations of the 2014 Pink Ribbonwalks and to sign up, visit [www.breastcancercare.org.uk/walk](http://www.breastcancercare.org.uk/walk) or call 0870 145 0101.

# POWER of two

Since being diagnosed with breast cancer, Tracy Drake's husband John has been a vital source of support. Here, the couple talk to Vita's Pete Coles about the importance of partners.

## Tracy:

'In 2010, I went to see my doctor about a change in my breast shape. My GP mentioned the possibility of breast cancer, but it wasn't until I went to the breast clinic that I was actually diagnosed. I'd tried to prepare my husband John, but he'd been hoping the doctor was wrong and initially it came as a shock to him when my diagnosis was confirmed.

'Since then I've had a right-sided mastectomy and chemotherapy. I'm now taking tamoxifen and I've had a breast reconstruction as well. Throughout this time, John's been a solid source of support. He's a caring person and a very calming presence on the outside, even though I know he worries deep down. He's naturally quiet, but has become a lot more vocal since my diagnosis.

'We discuss things much more openly now than before and he asks me questions he wouldn't have done in the past. Every time I have an ache or pain, I can see his brain working overtime. It was him who was responsible for taking me to the doctor when I was depressed

after chemotherapy. As a result, I was referred for counselling, which was a great help.

'It's important for couples to be open and honest with each other. If you bottle things up, your partner can't do anything about them. My advice is to tell each other how you're feeling and ask if you need something.

'John's not been my only source of support – I've got excellent family and friends and I've used the Breast Cancer Care Forum – but

**'We discuss things much more openly now than before.'**

he's been there when I've needed him. On reflection, I wonder if there were times he could have done with more support himself. However, he's close to my mum and he's always been able to confide in her even if there were things he didn't want to worry me with directly at the time.'



## Support *for the* supporter

**There's a lot of information and support for people with breast cancer. Breast Cancer Care's Carolyn Rogers looks at how partners can get support too.**

'It can be difficult physically and emotionally when someone you love is having cancer treatment and afterwards. Partners often experience emotions such as sadness, fear, anxiety and anger. However, they often feel they have to be strong and be seen to be coping. If your loved one has cancer, talking about how you feel to friends, family or your GP (or being referred to a counsellor) can help. Breast Cancer Care has services you may find useful as well (see box below). It's also good to try to find some time for yourself – even if this just involves going for a walk or meeting a friend for a drink.'



### John:

'It was a very upsetting time for us when Tracy was diagnosed and very difficult to come to terms with. I tried to support her by just being there – going to hospital appointments when I could get time off work, as well as listening and talking.

'We discuss things much more and try to chat things through. We do things in the moment too – if Tracy wants to do something, we usually try to sort it out. For instance, we went to Rome for her 50th birthday in November.

'I didn't seek support for myself. However, after the shock of Tracy's diagnosis, dealing with it has become easier over time. The initial shock of surgery and chemotherapy seems ages ago to me now and, other than the physical difference, she is not any different to me. However, it is always at the back of my mind when she has an ailment.

'It's important to make sure your partner does what they want to do in terms of surgery and treatment. Tracy did lots of research and decided she wouldn't have radiotherapy. My advice is not to hide stuff under the carpet – if your partner becomes anxious,

**'The longer bad feelings are allowed to linger, the worse they get.'**

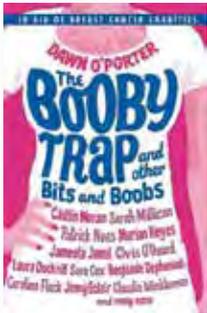
nervous and depressed, seek help straight away. The longer bad feelings are allowed to linger, the worse they get. Breast cancer is a life-changing illness, but don't always assume the worst. Go back to the GP if you are worried about anything and live for today.'



For a copy of Breast Cancer Care's booklet **In it together** or find out about **One-to-One Support** for partners of people with breast cancer, contact the Helpline on 0808 800 6000.

# Page turners

.....  
New books and a blog on breast cancer



**The Booby Trap and other Bits and Boobs**  
*Edited by Dawn O'Porter (£7.99, paperback, Hot Key Books).*

Using a plethora of witty synonyms – boobage,

juggernauts, 'nature's bib' (Sarah Millican's pair are apparently adept at catching falling cake crumbs) – Dawn O'Porter's collection penned by many a familiar name treats the highs and lows of a life with breasts with fun and refreshing honesty.

Short stories, poems and even a fabulous semi-nude photo from Caitlin Moran mix with account after account of confusion, angst and, finally, respect for boobies of all shapes and sizes.

The Booby Trap and other Bits and Boobs accompanied me on my commute. On Monday morning I restrained my twitching smile and hid the alarmingly pink cover behind my criminal law text book. After all, I am (at least trying to be) a serious young woman. By Friday I found myself openly guffawing with abandon as Sara Cox wakes up one morning to discover one of hers over her shoulder and the other under her armpit.

The collection makes an important point well – we've all got them so let's get rid of the taboo and talk about them. Cry 'hooray for boobs' and spare a thought for your pair. Whether they appeared at 13 or 33, remember that your boobs are neither simply boy-baits nor purely functional; they are your long-suffering companions and, as such, deserve your attention and TLC.

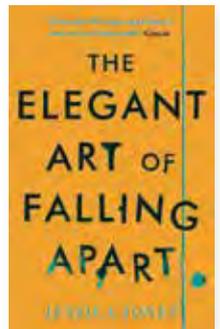
**Beatrice Graham**

**The Elegant Art of Falling Apart** by Jessica Jones (£9.99, paperback, Unbound).

If I'd just been diagnosed with breast cancer, I would find this book a good companion, while waiting for appointments or too tired to do anything but lie on the couch and read. It's like having a friend who is undergoing the same thing and normalising things that may or may not happen during the long months of treatment and the dilemmas that are faced.

Jessica Jones has already had a lifetime of experiences before she is diagnosed with breast cancer. How she gets on with her treatments, surgery and reconstruction, chemotherapy, radiotherapy and hormonal treatments, is written about in detail from a patient perspective. It is very funny in places, very honest and can teach health professionals about communicating with the vulnerability felt by this group of patients. There are interesting summaries in most chapters on 'Things I wish I'd known before' which have headings such as how to break bad news; how to prepare for a week in hospital; and living within your means.

It's written in an empowering, but light-hearted and factual way and touches on many topics that callers to our Helpline mention. Marretje Miller Breast Care Nurse



## Blogger

## spotlight

### My Fabulous Boobies

The blogger describes herself as 'a single sista regaining life, looking for love and learning to go with the flow after fighting breast cancer'. Her very open blog describes adapting to life after breast cancer – including searching for sexual positions that don't cause discomfort.

**www.fabulous-boobies.blogspot.co.uk/**



Breast Cancer Care's booklets on all aspects of breast cancer and its treatment are available free from [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk) or by calling the Helpline on 0808 800 6000.



# Are you what you EAT?

Many people decide to alter their diet after breast cancer – whether that's to generally eat more healthily or to cut out certain foods. But does it make a difference? We asked our Vita voices their thoughts.

## Susan says...

When I was first diagnosed I asked to see a nutritionist as I felt I had to do my part in my recovery.

She was very helpful and told me everything in moderation but as unrefined as possible as each process added more and more chemicals, which made sense.

The biggest issue seemed to be the soya/dairy debate and even now I'm not sure. There just doesn't seem to be the research available. As a result I have followed my instinct and I don't eat soya. It just doesn't make sense to add any form of oestrogen to my body after having two hormone-fuelled tumours removed. Dairy does concern me though and I do not eat as much dairy produce as I used to and I try and eat/drink goats cheese and milk rather than cows. This

is based on gut instinct not hard fact.

I subscribe to the colours concept in my fruit and veg and try and eat a range of colours throughout the day. I eat blueberries on a daily basis.

With regard to organic foods, I try but I live in a very rural area and it is not always possible. I don't beat myself up about it though.

I still have a few drinks of wine each week. I drink lots of green tea and treat myself to a real coffee most days; the rest of the time I drink Barleycup (a coffee substitute).

## Tracy says...

Diet, my opinion is that it makes no difference. For instance I am very slim, did exercise, ate healthily, hated milk (it made me sick so always had soya milk) and I still got breast cancer. So I find it amusing to read about breast cancer being caused by you being overweight, eating the wrong stuff and not exercising. Neither do I drink apart from the occasional wine and on my budget that is very occasional. Oh, and I don't smoke either. I eat lots of fruit, vegetables have porridge for breakfast and still, as I said, developed breast cancer.

**'With regard to organic foods, I try but I live in a very rural area and it is not always possible.'**

## expert view

Most food can be included in a healthy diet as long as you get the right balance. While there are many conflicting theories about diet and breast cancer, which can be confusing, eating healthily is important for everyone. More information on healthy eating in general can be found on the British Nutrition Foundation website [www.nutrition.org.uk](http://www.nutrition.org.uk)

You may have heard that eating or avoiding certain foods can affect the risk of your breast cancer coming back. Some women choose

to adopt a dairy-free diet after a diagnosis of breast cancer. However, there's no evidence that this reduces the risk of breast cancer recurrence.

Eating a lot of high-fat dairy products may mean you eat more saturated fat and put on weight. So it may be advisable to choose mostly low-fat dairy products. However, dairy products are a good source of calcium, which is important for bone health and reducing the risk of osteoporosis.



# Ask a **BREAST CANCER** *EXPERT*

Breast Cancer Care's experts answer questions on breast cancer and its treatment.

**Q I had primary breast cancer and have been on tamoxifen for three years but want to stop taking it. Is it OK to just stop taking the tablets?**

**A** We would always suggest talking with your specialist team or GP before stopping any treatment. If you are in contact with your breast care nurse you could talk to her.

Hormone treatment such as tamoxifen is given for primary breast cancer (breast cancer that has not spread beyond the breast or the lymph nodes [glands] under the arm) to reduce the risk of the cancer returning. Currently the recommended length of time for taking tamoxifen is five years and not taking the drug for the recommended time may worsen your outlook.

In fact recent studies have shown that taking tamoxifen for longer, up to 10 years, may benefit some people. The specialist team caring for you will be able to talk to you about your individual situation and risk of your breast cancer coming back so that you can consider this before making your decision.

They will ask you why you want to stop treatment. Hormone treatments can sometimes cause some unpleasant side effects which can be very difficult to live with and affect your quality of life. Some side effects can be managed with support from your specialist team so talk with your specialist or GP about this before stopping treatment. Sometimes it's possible to change the type of hormone treatment depending on your individual situation.

It may help to talk through your choices with someone who is not directly involved in your care. Breast Cancer Care's Helpline can help support you during this time.

**Q I have secondary breast cancer in the bones. I've heard about a drug called denosumab. Where can I find out more about this drug?**

**A** Breast Cancer Care has a factsheet called **Secondary breast cancer in the bone** which has information about denosumab, as well as other information on managing secondary breast cancer in the bone. You can also find information on our website [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

Denosumab is a targeted therapy. This is a group of drugs that block the growth and spread of cancer by targeting and interfering with processes in the cells that cause cancer to grow. It's used for the treatment of secondary breast cancer in the bone. Denosumab is the generic (non-branded) name of the drug. Its brand name is Xgeva.

It may help to know a little about secondary breast cancer in the bone to help understand how denosumab works. Bone contains two types of living cells: osteoclasts, which break down and remove small amounts of old

or damaged bone, and osteoblasts, which help build up new bone.

Secondary breast cancer cells in the bone produce chemicals that disturb this balance so more bone is broken down than replaced. A protein called RANKL is involved in triggering osteoclasts and causing bone to be broken down. Denosumab works by attaching to and blocking RANKL. This reduces bone loss, strengthens the bones and makes complications of secondary breast cancer in the bone (such as pain) less likely.

Denosumab is given once every four weeks by an injection under the skin (subcutaneous) into the thigh, abdomen or upper arm. Denosumab is usually given for as long as it is keeping the secondary breast cancer in the bone under control. You can talk to your treatment team about whether denosumab might be an option for you.



**EXPERT EYE**

Answering your  
practical and  
emotional questions

**I'm struggling emotionally with my diagnosis and I think I'd benefit from some counselling. But there's so many types, I don't know where to start.**

You are not alone in struggling with this difficult news. Talking with someone who is independent and in confidence can help you deal with painful emotions like fear, anger, loss, hopelessness and loneliness. If left unattended, these feelings can undermine your wellbeing. Counselling can support you in facing the challenges ahead with less fear and more confidence. Four routes are available to you: NHS referral via your GP or your hospital; local or national cancer charities; referral via private health insurance; or going private.

If you choose to find a counsellor privately, look for a qualified and accredited practitioner who:

- has experience of working with people affected by cancer
- is easily accessible to you, when treatment may make it difficult to travel far or by public transport
- can be flexible with appointments and offers telephone as well as face-to-face support, in case you are too unwell to visit for every session.

You can search via the websites of the two main professional bodies in the UK: the British Association for Counselling and Psychotherapy (BACP, [www.itsgoodtotalk.org.uk/therapists](http://www.itsgoodtotalk.org.uk/therapists)) and the United Kingdom Council for Psychotherapy (UKCP, [www.psychotherapy.org.uk](http://www.psychotherapy.org.uk)). Both allow you to search by location and areas of experience (for example cancer).

Trust your instincts when contacting someone. You have to feel comfortable. **Karin Sieger, BACP registered and accredited psychotherapist**  
[www.ks-cancercounselling.co.uk](http://www.ks-cancercounselling.co.uk)



**Q I am 15 weeks pregnant and have just been diagnosed with breast cancer. I've been recommended chemotherapy. Will this harm my baby?**

**A** Pregnancy is measured in 'trimesters'. Each trimester of pregnancy represents a number of weeks.

- First trimester – from conception to 12 weeks.
- Second trimester – 13–28 weeks.
- Third trimester – 28 weeks to delivery.

Chemotherapy is not usually given during the first trimester of pregnancy as it may cause harm to the unborn baby but you are now in the second trimester. Having chemotherapy during the second and third trimesters is considered safe for you and the baby. The anti-sickness and steroid treatments that are sometimes needed to manage the side effects of chemotherapy are also safe for pregnant women.

Women treated with chemotherapy for breast cancer during pregnancy will usually go on to have healthy babies. But sometimes it may be necessary to have an earlier than planned delivery. Breast Cancer Care has a factsheet

called **Breast cancer during pregnancy** which you may find helpful.

You may also want to read the Green-top Guideline No12 Pregnancy and Breast Cancer (2011) produced by Royal College of Obstetricians and Gynaecologists. You can find it by going to the website [www.rcog.org.uk](http://www.rcog.org.uk)

You may want to speak to others who understand what you're going through. Breast Cancer Care has an online Forum where people can post messages of support and share information.

Visit [www.breastcancercare.org.uk/forum](http://www.breastcancercare.org.uk/forum) and you'll see a box called 'Talking to people like me'. The section Younger women and families may also be useful. Within this there is a private Facebook group where you will find a number of women diagnosed during pregnancy. You can also search for this group using 'Facebook 500' in the Forum's search box.

You may be interested in attending a Younger Women's Forum. These are two-day residential events held in various locations across the UK, bringing together younger women with breast cancer in a safe, supportive environment. These free events provide support and information specifically for younger women. To find out about the next or nearest Younger Women's Forum you can call our Helpline on 0808 800 6000.

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

# BLOG ON

**Vita is recruiting new bloggers for our revamped website. Do you have what it takes to write for us? Vita's Pete Coles explains what's needed.**

For the past year, Vita bloggers Laura, Cheryl and Jenny have recorded their experiences of living with and beyond breast cancer. Whether they've been completing 33 rounds of radiotherapy (Laura), completing a second annual cancer-free check-up (Cheryl) or even completing a marathon (Jenny) they've been movingly honest about their struggles as well as their successes.

We're hugely grateful to our bloggers for sharing their experiences during the past year. Now we're looking for three new people to blog for us in 2014 and

we've decided to hold a competition to pick who they will be.

### **Who are we looking for?**

We're looking for skilled writers, although no experience is necessary. You could write about your treatment, your emotions or your family. As long as there's some connection with breast cancer, you're free to say what you want. We'll try to choose winners who reflect the diversity of Vita's readership so we want people of different ages, backgrounds and

stages of treatment. We're mostly looking for those who have (or have had) breast cancer, although entries from healthcare professionals and relatives of people with breast cancer are also welcome.

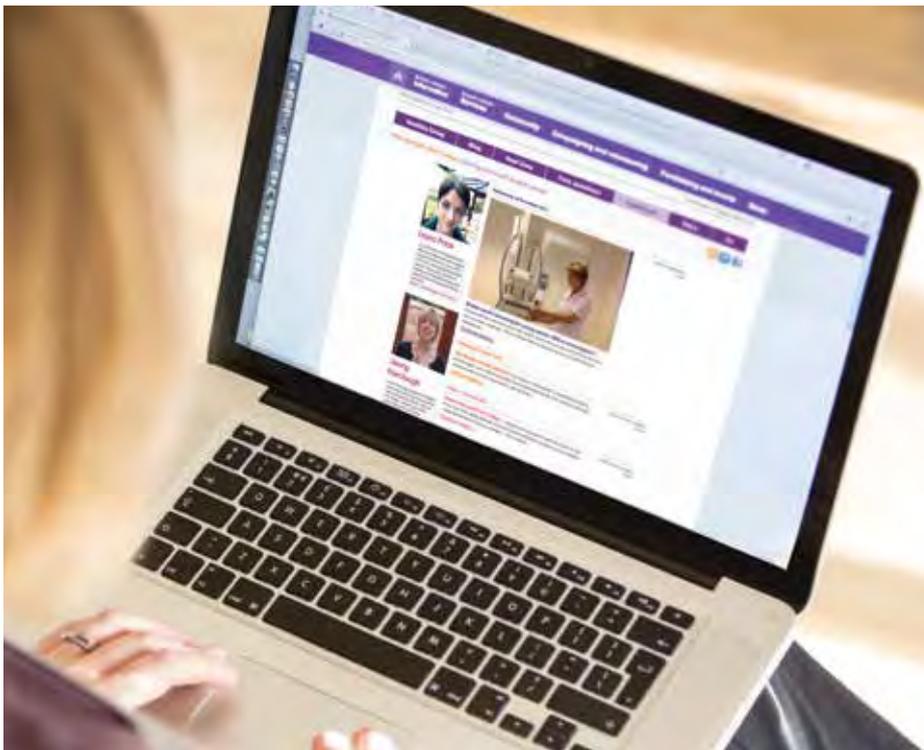
### **What will be involved?**

The winners will each write a blog for us every month for the next year. Each blog should typically be around 300-600 words although up to 1,000 are allowed if the muse takes over! Bloggers will also need to supply two hi-res photos (which they must have copyright for, so typically they'll need to have taken them) with each blog. These photos will either be of the blogger or something relevant to the topic they are writing about.

### **How do I apply?**

Just write a short sample blog and send it to us by the end of January at [vita@breastcancercare.org.uk](mailto:vita@breastcancercare.org.uk) If you're already a blogger elsewhere, just send us a link to your website. We'll assess all the entries to see if the writing style is what we're looking for and let the winners know soon. We're going to be having a few guest bloggers over the year as well, so even if you're not chosen to be one of our three regular bloggers, you may still be selected to write for us in the future.

Due to the number of applications, we won't be able to enter into correspondence with people who aren't selected, but if you're unsuccessful, you're free to publish the blog you send us somewhere else.



**The Vita blogs are part of the Vita website, which has recently been redesigned. You can find them at [www.vita.org.uk/blog](http://www.vita.org.uk/blog)**

# MORNING glory

Wake up to a breakfast of champions with these tasty recipes.



## Baked eggs in tomatoes

Serves 4

400g can chopped tomatoes  
2tbsp tomato ketchup  
1tbsp tomato puree  
Dash of Worcestershire sauce  
4 medium eggs  
4 wholemeal muffins, halved and toasted

1. Preheat the oven to 200C, gas mark 6.
2. Mix the tomatoes,

ketchup, puree and Worcestershire sauce together in an ovenproof dish.

3. Make four hollows in the tomatoes and crack an egg into each.
4. Season well and bake for 10–15 minutes until the eggs have just set.
5. Spoon on to the toasted muffins and serve immediately.

## Honey and walnut bread

Serves 4

250g strong wholemeal flour  
250g strong white flour  
2tsp easy-blend dried yeast  
1tsp salt  
4tbsp clear honey  
25g butter melted  
100g walnut pieces lightly toasted

1. Grease a 900g loaf tin.
2. Put the flours, yeast and salt in a large bowl. Add the honey, butter and 250ml hand hot water. Mix to a soft dough with a round bladed knife, adding a dash more water if the dough feels dry.
3. Knead on a floured surface for 10 minutes until smooth and elastic. Alternatively use a table top mixer, fitted with a dough hook, and knead for 5 minutes.
4. Add the walnuts and knead until evenly distributed.
5. Put the dough in a lightly oiled bowl, cover with clingfilm and leave in a warm place

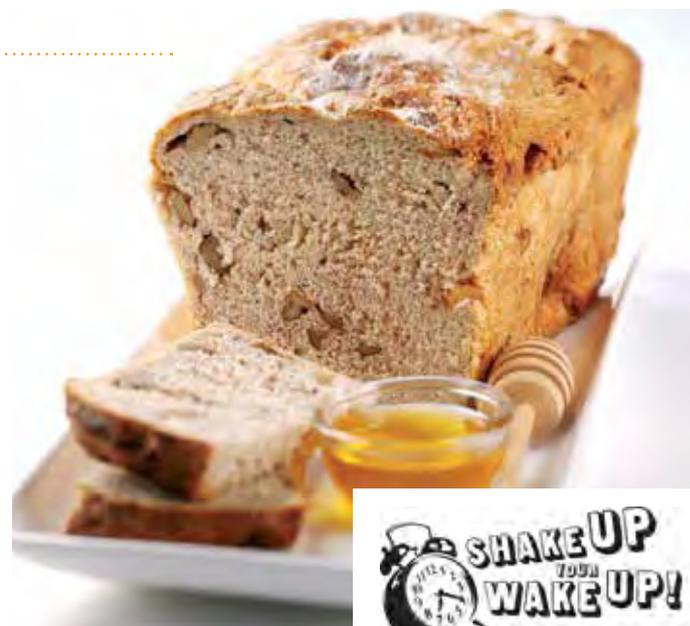
for about 1.5 hours or until doubled in size.

6. Punch the dough to deflate it and tip out onto the work surface. Shape into an oval and drop the dough into the tin. Cover loosely with greased clingfilm and leave to rise for a further 1 hour until well risen.

7. Preheat the oven to 200C, gas mark 6. Brush the top of the dough with water and sprinkle with a little wholemeal flour. Score the surface of the bread several times with a knife and bake for 30 minutes until risen and golden.

8. Turn the loaf out of the tin and tap the base, it should sound hollow. If necessary, bake for a little longer. Cool on a wire rack.

**Tip:** Try using mixed seeds such as sunflower, pumpkin and linseeds, lightly toasted instead of the walnuts.



Recipes courtesy of

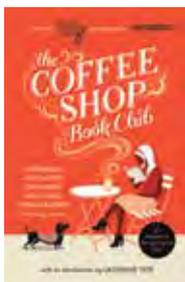
[www.shakeupyourwakeup.com](http://www.shakeupyourwakeup.com)



# NEWS

## from our corporate partners

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



### The Coffee Shop Book Club by Orion Books

Irresistible stories of love and fidelity, mystery and unexpected lives from some of the bestselling authors writing today, including Kate Mosse, Cathy Kelly and Ian Rankin. Published in conjunction with woman&home and Breast Cancer Care it costs £7.99 with £1 donation.



### Palmer's Cocoa Butter Formula

Palmer's is supporting Breast Cancer Care with a 30p donation from each sale of Palmer's Cocoa Butter Formula 250ml (RRP £3.85).



### Asda and Tickled Pink

A big thank you to all those involved with Asda's amazing Tickled Pink Campaign for another fantastic fundraising year. This year, we've seen everything from the exclusive Julien Macdonald designed bag, a fabulous array of pink products and incredible employee fundraising efforts including a 5K walk, a store-to-store bike ride relay and two women who did a double headshave, all to raise more money for breast cancer charities.



### Smint Strawberry

5p from every box of Smint Strawberry sold (RRP £1.15) comes to Breast Cancer Care.



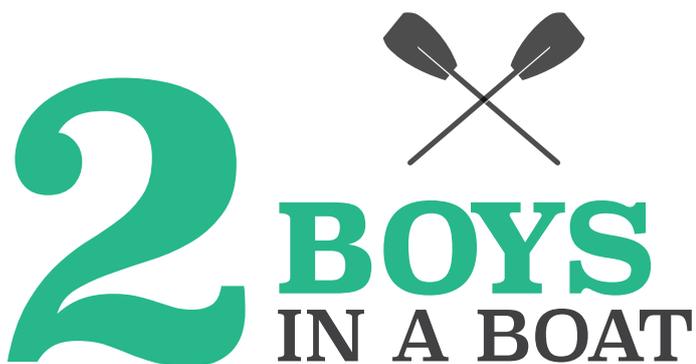
### Tresor Paris

Tresor Paris is supporting Breast Cancer Care with a 25% donation from each sale of its special Breast Cancer Care range available at [www.tresorparis.com](http://www.tresorparis.com)



### QVC

A massive thank you to QVC for another incredible 'Be Aware, Show You Care' show. An array of products were sold on the night and customers donated in their thousands. QVC staff in Knowsley and Chiswick raised even more money through pink days, raffles and cake sales.



# 2 BOYS IN A BOAT

Best friends Luke Birch and Jamie Sparks, both 21, are aiming to set a new world record for the youngest pair to row across the Atlantic. On 4 December they started a 3,000 mile trip that should take around 50 days of non-stop rowing. They aim to raise £100,000 for Breast Cancer Care.

### Why are you taking on this challenge?

J: 'We love adventure and we like to push ourselves. We have both played lots of competitive sport and taken on physical challenges before. At 18 Luke swam the English Channel solo and in 2010 I cycled 1,500 miles from Gibraltar to London. It's the unknown and adventure that is the main attraction for us. The chance to have wonderful encounters with wildlife and to become wise about who we are, our capabilities and our desires.'

### Tell us about your training

J: 'Throughout the row we will burn 10,000 calories a day and part of our training is to accumulate muscle which we will lose throughout the challenge. We've had to gain in the region of 12–20kg each. We're doing this through eating six times a day, and going to the gym four times a week. We've also been doing long rows in our boat which we've named Tracey! We need to be bulky and strong so we can pull on a set of oars for 12 hours a day. We'll be rowing two hours on, two hours off, all day and night.'

### Why raise money for Breast Cancer Care?

L: 'My grandmother died from breast cancer and my mum was diagnosed last year. Mum has said that she had a positive approach to her illness because of the information and support she was able to access through Breast Cancer Care. Hopefully the money we raise will ensure that every person diagnosed can have the same experience.'

### What will you miss the most?

L: 'Friends, family and food. We have to eat the same stuff every day and I am not looking forward to it! I'm not a habitual person. And I think I will miss being dry and clean!'

### What's your biggest fear?

J: 'Confined spaces and deep water. Just joking! I hate snakes, so I'm undertaking the right challenge.'



To support 2 Boys  
in a Boat go to  
[2boysinaboat.com](http://2boysinaboat.com)

## Calendar of events

### January

15 Trek Mount Kilimanjaro

### February

8 Vietnam to Cambodia  
Cycle Ride

### March

2 Reading Half Marathon  
5 Breast Cancer Care Show,  
Cardiff  
23 Wholefoods Market Breakfast  
Run, Kingston, London

### April

6 Brighton Marathon  
6 Paris Marathon  
6 Greater Manchester Marathon  
6 Sheffield Half Marathon &  
Fun Run  
12 Trek China  
13 Virgin Money London  
Marathon  
24 Hike the Himalayas



# Free services

## for people affected by breast cancer

### **Moving Forward courses and Information Sessions** **Short courses and individual sessions on a range of topics.**

#### **Bangor**

Moving Forward course  
5–26 March

#### **Barnsley**

Moving Forward course  
7–21 February

#### **Birmingham**

Moving Forward course  
26 February–19 March

#### **Bridgend**

Passport to breast cancer rehabilitation  
7–28 March

#### **Cardiff**

Passport to breast cancer rehabilitation  
27 January–17 February

Menopausal symptoms

20 February

#### **Doncaster**

Moving Forward course  
7–21 February

#### **Dunfermline**

Intimacy and relationships  
7 February

#### **East Kilbride**

Physical activity  
26 February

#### **Edinburgh**

Moving Forward course  
5–26 February

#### **Glasgow**

Cancer fatigue  
23 January

#### **Hamilton**

Moving Forward course  
26 February–19 March

#### **Hartlepool**

Breast reconstruction  
21 January

#### **Haverfordwest**

Moving Forward course  
31 January–21 February

#### **Huddersfield**

Moving Forward course  
15 January–5 February; 5–26 March

#### **Llantrisant**

Passport to breast cancer rehabilitation  
6–27 March

#### **Livingston**

Moving Forward course  
16 January–6 February

#### **London**

Moving Forward course  
24 January–14 February; 4–25 March

Breast reconstruction

27 February

#### **Manchester**

Breast reconstruction  
7 March

#### **Middlesbrough**

Managing menopausal symptoms  
27 February

Breast reconstruction

30 January

#### **Newton Aycliffe**

Breast reconstruction  
13 March

#### **Oxford**

Moving Forward course  
4–25 March

#### **Poole**

Moving Forward course  
7–28 February

#### **Salford**

Moving Forward course  
25 February–18 March

#### **Southampton**

Moving Forward course  
20 January–10 February

#### **Welwyn Garden City**

Understanding drug treatments for  
primary breast cancer  
14 January

#### **Winchester**

Moving Forward course  
20 January–10 February

### **Living with Secondary Breast Cancer**

**A chance for people with a diagnosis of secondary breast cancer to talk openly and increase their knowledge.**

**Birmingham**, first Monday  
of each month

**Bristol**, second Wednesday  
of each month



## Talk to someone who's been there

### Questions about breast cancer or breast health?

Call Breast Cancer Care's free, confidential Helpline on 0808 800 6000 (Text Relay 18001) or ask your question by email via the Ask the Nurse service at [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk) You can also order free information resources and get instant access to information through our website.



**Cardiff**, third Thursday of each month  
**Edinburgh**, first Monday of each month  
**Glasgow**, third Wednesday of each month  
**Hamilton**, fourth Wednesday of each month  
**Huddersfield**, second Wednesday of each month  
**Leeds**, first Friday of each month  
**Liverpool**, fourth Tuesday of each month  
**Llandudno**, first Thursday of each month  
**London**, fourth Thursday of each month  
**Manchester**, third Wednesday of each month  
**Oxford**, first Thursday of each month  
**Sheffield**, first Thursday of each month  
**St Albans**, first Thursday of each month

### HeadStrong

**Book a private, practical session to help you prepare for the possibility of losing your hair due to treatment**

Aintree • Airdrie • Bangor • Birmingham  
 • Blantyre • Bournemouth • Bradford  
 • Cardiff • Chester • Chesterfield • Clatterbridge • Doncaster • East Kilbride  
 • Edinburgh • Glasgow • Halifax • Huddersfield • Kilmarnock • Leicester  
 • Liverpool • Livingston • London  
 • Middlesbrough • Mexborough • Newcastle • Peterborough • Preston • Rhyl • Southend • Salford • Stockport • Wishaw • Wolverhampton • Worksop • Wrexham

### Lingerie Evenings

**Join other women who have had breast cancer to gain more confidence when choosing a bra after surgery.**

**Edinburgh**, 13 March  
**Peterborough**, February (date TBC)  
**Reading**, Thursday 27 March  
**Welwyn Garden City**, 20 February

### Younger Women's Forums

**Events for women aged up to 45 with breast cancer.**

**Edinburgh 7 and 8 March 2014**  
**Manchester 24 and 25 January 2014**

### Best Foot Forward

**Our new local walking groups for people of all fitness levels who have had a breast cancer diagnosis.**

Barnsley, Calderdale and Manchester – contact us for details

**Contact details of centres are on the back cover of this magazine.**

### One-to-One Support

When you're coping with a diagnosis of breast cancer or making decisions about treatment options, talking to someone who's been there can be a great source of information and support. We'll put you in touch by phone with a trained volunteer who's had personal experience of breast cancer. We have more than 200 volunteers, so let us know what your particular concerns are and we'll try to match you with someone who's been in a similar situation.

Being able to talk openly away from family and friends with someone who

understands can help you feel less isolated. Our volunteer will share their experiences of having treatment, offer practical information and provide emotional support.

Call 0845 0771893 or email [ukpeersupportteam@breastcancercare.org.uk](mailto:ukpeersupportteam@breastcancercare.org.uk)

### Forum

Visit the Discussion Forum on our website to ask questions, exchange tips and share experiences with others affected by breast cancer.

Ask about any concerns you have and if you're feeling anxious or just need to talk, you can get support and reassurance from someone in a similar situation. Our Forum is easy to use and professionally hosted. Just register with a few details to post a question or read what everyone's discussing on the topics you're interested in. Visit [www.breastcancercare.org.uk/forum](http://www.breastcancercare.org.uk/forum)

### Live Chat

Live Chat sessions are free and take place weekly in a private area of our website. They offer a chance to talk to people in a similar situation about issues you're facing and are facilitated by an experienced moderator. If it's your first time using online chat, it's easy to join the discussion – just type your comment or question into the website, and everyone in the session can see it and respond. Full instructions and session times are on our website. Visit [www.breastcancercare.org.uk/livechat](http://www.breastcancercare.org.uk/livechat)



### Suburban Turban

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 [www.suburbanturban.co.uk/](http://www.suburbanturban.co.uk/)  
Tel: 0845 003 2800

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.

Bouncing Back Exclusively for women with breast cancer. Personal advice and fitting from Lesley an ex nurse who has experienced breast cancer and treatment. Closing down sale. Huge reductions on all stock including bras tops swimwear and prosthesis. Room 4 Storage King, Team Valley, Gateshead, NE11 0JH [www.bouncingbackbras.co.uk](http://www.bouncingbackbras.co.uk)

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.

Cosifit makes headwear for those undergoing chemotherapy. The range is soft, comfortable and affordable. Our wish is to boost a positive feeling of self-assurance so those wearing our hats, caps, berets or scarves will regain their confidence to start living life to the full, again. Visit [www.chemoheadscarves.com](http://www.chemoheadscarves.com)

Cool and Beautiful Nightwear Cool, ultra feminine, 100% cotton, mastectomy nightdresses. They are discreetly pocketed to hold a soft prosthesis and with plenty of fabric in the skirt to allow for extra comfort. Designed as a result of personal experience and made in the U.K. Pretty mint colour is a new addition to the range. Available from [www.coolandbeautiful.com](http://www.coolandbeautiful.com) or telephone 01568 750011 for more information.

4myhead.com Beautiful Hats, Headscarves, Turbans, Beanies - individually made in UK. Stockists of Vicki Ullah Wigs. Triumph, Shock Absorber, Lepel, Charnos, Sloggi, Playtex - supportive sports bras and beautiful non-wired bras. Free UK post. Appointments available in South Bucks. Order online or ring Jo 07505 028099. See our headwear and lingerie [www.4myhead.com](http://www.4myhead.com)

Our NEW 2014 Collection is out NOW! 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)

Silima® FOR YOU! A new identity for our fabulous 2013/14 catalogue, bringing you a unique collection of silicone breast forms and a wide range of stylish and supportive lingerie. New for this year's edition is Amelie, the spectacular result of our French design heritage. Look no further for fashion and femininity! Call 01295 220524 or visit [www.conturabelle.co.uk](http://www.conturabelle.co.uk)

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)

# Walking together to face breast cancer

## Pink Ribbonwalks 2014

Join us on a guided 10 or 20 mile walk in the surrounding countryside and raise money for people living with breast cancer.



With T-shirt, post-walk meal, medal and massage!

To advertise here

please email us at

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

Blenheim Palace, Oxfordshire – Saturday 10 May  
Hampton Court Palace, London – Saturday 17 May  
Leeds Castle, Kent – Saturday 7 June  
Scone Palace, Perthshire – Saturday 14 June  
Chatsworth, Derbyshire – Saturday 21 June

Sign up at [www.breastcancercare.org.uk/walk](http://www.breastcancercare.org.uk/walk)  
or call 0870 145 0101

Registered charity in England and Wales 1017658  
Registered charity in Scotland SC038104

breast  
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the breast cancer  
support charity

# Eat well, keep active after breast cancer DVD

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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, 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, RRRZ-ARZY-YCKG, 5-13 Great Suffolk Street, London SE1 0NS.

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_

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 0845 092 0808.