Feeling
THE HEAT
Coping with menopausal symptoms after breast cancer

EVEN LOSER WINS
How to lose weight and keep it off post treatment

With complements
Do complementary therapies really work?

REAL-LIFE COVER STAR
THE SHOW MUST GO ON
Fashion show model Andrea Hull shares her experience
Welcome to Vita

As we start another year, many of us will be thinking about things we want to do differently in our lives. Perhaps taking up a new activity or starting new, healthier habits. On page 13 we speak to Gabby Mottershead, who started walking after breast cancer in a bid to be more active and who now leads one of Breast Cancer Care’s Best Foot Forward walking groups.

If losing the weight you might have put on during treatment for breast cancer is top of your list of New Year’s resolutions, you might find our article on page 12 useful. Here we look at how to lose weight safely and hopefully keep it off for good.

For some people, a new beginning can mean a return to an old routine. For Sue Eagling, a fresh start after her treatment for breast cancer meant going back to the job she enjoyed and the colleagues she missed. You can read about her experience on page 10.

Whatever goals you’ve set yourself for the year ahead, I wish you the very best of luck with them and the very best of health for 2013.

I hope you enjoy this issue, which has been kindly supported by our friends at Asda.

Laura Fountain
Editor
Vita@breastcancercare.org.uk
Dear Vita

When I was diagnosed with breast cancer and advised to have a mastectomy, I was shocked and frightened. Frightened that my interesting and active life would come to a sudden stop; frightened, in particular, that my hill walking days were over. But the best therapy for me was realising I could still get out on the hills.

I couldn’t wear a rucksack, but discovered that many outdoor shops stock ‘waist-packs’, with a strong, padded belt, a bag attached at the back, containing compartments for food, drinks, first aid kit and straps underneath to hold overtrousers and a folded sit-mat. So, six weeks after my operation, I was walking an eight-mile stretch of St Cuthbert’s Way, and, one week after finishing radiotherapy, I climbed Ben Vorlich on a stunning autumn day. It was so great to feel normal again!

Two years on, I’m back to wearing a proper rucksack. On a rambling holiday recently one of the women in the group was using a waist-pack. I got talking to her and discovered she’d had breast cancer and had developed lymphoedema. It was the lymphoedema that prevented her from wearing a normal rucksack. We both agreed that the waist-pack is one of those simple discoveries that helps to open up the world again — we want to spread the word!

Jane

Dear Vita

I found Autumn’s Vita particularly interesting and the article ‘Does breast cancer have to be so pink’ caught my eye.

Helen’s view was very similar to mine. I like the pink branding and agree wholeheartedly that it works. Anything that generates funding has to be encouraged.

However, since being diagnosed five years ago, I do find some aspects of breast cancer awareness/fundraising a bit too frivolous – I remember someone describing a diagnosis as ‘a long, slow, miserable grind’ and, retrospectively, that’s how I felt. I couldn’t relate to pink wig wearing and breast-shaped money boxes for donations at all and still can’t. As Helen said, soft and fluffy, rosy pink linked to breast cancer is alien to how most of us relate to this terrible disease. I do donate and buy products when I can – I just think such a serious business has been glamourised (for want of a better word) a tad too much.

Alison

Dear Vita

Sometimes I have read your magazine and ended up grinding my teeth at the bias towards primary breast cancer. Issue 13 was different with two articles about secondary breast cancer and the story of how a man’s life changed after his wife died with breast cancer.

It felt as if the more uncomfortable faces of the disease were tackled because, although we all hope the disease won’t come back, for many of us it does, and when it does it can’t be cured, only managed until we die. It’s vital that all aspects of the disease are covered.

Eleanor

Get in touch with Vita...

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Email vita@breastcancercare.org.uk
Write Vita magazine, Breast Cancer Care, 5–13 Great Suffolk Street, London SE1 0NS

www.vita.org.uk | 3
BREAST RADIOThERAPY
Injury Rehabilitation Service

Barts Health NHS Trust has launched a new service dedicated to improving the lives of people who are living with the debilitating ‘late effects’ of breast radiotherapy received as part of their breast cancer treatment before 1990. The service aims to provide assessment, treatment and advice for people living with breast radiotherapy induced ‘late effects’. Signs and symptoms include chronic pain, loss of function of the arm and hand, lymphoedema, breathing problems, and emotional and psychological distress. For further information and to arrange a referral email Marianna. Shiafkou@bartshealth.nhs.uk or call 0203 465 5623.

The Scottish Government has announced plans to invest £12 million over the next three years to upgrade breast screening equipment across Scotland. The funding will be used to replace analogue mammography machines with more advanced digital units. The funding is part of the Scottish Government’s £30 million Detect Cancer Early programme, which aims to increase by 25% the number of Scots diagnosed with early stage cancer. The initial stage of the programme focused on breast cancer and took place last September. Bowel cancer and lung cancer campaigns are planned for the near future.

Emma Dennis and her husband Steven Goulden, both professional opera singers, held a fundraising concert to mark Secondary Breast Cancer Awareness Day and raised £1,000 for Breast Cancer Care. Emma was diagnosed with breast cancer in 2011 and has attended Breast Cancer Care’s Living with Secondary Breast Cancer event. The opera duo has also supported the Carols by Candlelight service in Sheffield over the past two years and helped to make it a really special occasion.
**News**

**Mummy’s Lump** by Gillian Forrest, Sarah Garson and Breast Cancer Care (Free, for download on iPhone, iPad or iPod Touch with iBooks and on computer via iTunes).

Gillian Forrest, a consultant child psychiatrist and senior research fellow at Oxford University, was diagnosed with breast cancer when her children were five and seven. She says: ‘Even though I am an experienced child psychiatrist, I was very unsure how to talk to my children about my diagnosis. Nobody asked if I had any problems with explaining what was happening to my children.’

To help other parents Gillian decided to write a book aimed at the under sixes, which would explain what their mum was going through. **Mummy’s Lump** follows Elly and Jack through their mother’s diagnosis and treatment for breast cancer. The iPad edition includes read-along narration by actress Zoë Wanamaker.

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**Whoops!**

The Autumn issue of Vita featured pictures of Cheryl Kerr, but we forgot to mention the photographer. Thank you to James Lacey for letting us use his brilliant photos.

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**All in a DAY’S WORK**

Secondary Breast Cancer Awareness Day shone a spotlight on secondary breast cancer on 13 October. Breast Cancer Care sent out hundreds of copies of its new awareness-raising booklet, its three short films were watched around 1,000 times and media coverage reached more than 6 million people. The campaign hugely increased the amount of talk about secondary breast cancer on Twitter, and the avalanche of tweets and Facebook posts on the day itself reached nearly 300,000 people. As well as raising awareness of the issues faced by people with secondary breast cancer, Breast Cancer Care has made great progress in its campaign to improve standards of care. Find out more at www.breastcancercare.org.uk/secondary

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**Ice, ice, baby**

In November John Killingworth took on the world’s most gruelling marathon – the Antarctic Ice Marathon — to raise funds for Breast Cancer Care. John’s mum died from breast cancer and he has taken part in many events but this was by far his toughest challenge yet with temperatures of -20°C and strong winds. John has already raised over £54,000 from his adventure! www.80degreessouth.co.uk

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**ONE direction**

Around 400 people have joined Breast Cancer Care’s online photo gallery to help raise awareness of the issues people face after treatment for primary breast cancer. You can search the gallery by topic including diet and exercise, body image and relationships. If you’re on Facebook, look out for a series of infographics showing the results of a poll about moving forward from breast cancer and find the Moving Forward gallery at www.breastcancercare.org.uk/mfgallery

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**Pack UP**

The new edition of our Secondary breast cancer resource pack was published in December. It’s aimed at anyone with a diagnosis of secondary breast cancer, but family, friends or carers may also find it useful. This revised edition includes a new section about difficult choices and decisions at the end of life. You can order it from www.breastcancercare.org.uk/publications

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**13 Oct 2012**

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WORK OUT in style

Feel confident and look good while you exercise by following Jane Buckley’s tips.

During treatment and follow up, you may be advised to keep fit and healthy. It’s very easy to let these good intentions slip once everyday life starts to get in the way but the new year is a great excuse to put good intentions back into practice. Having some kind of exercise routine can help give us back a certain sense of control. When exercising, you may be more worried about whether someone will notice your specialist clothing or prosthesis if you’ve had a mastectomy.

Comfort is key when you’re working up a sweat

The key is to feel comfortable and secure at all times, without having to worry about whether your top will slip or your prosthesis will move about or be visible. Specialist mastectomy sports bras are available and with the correct fitting, you should be able to take part in group exercise without feeling self-conscious.

(Above) T-Shirts from the XPG Sports Range by Jenni Falconer at Debenhams from £18; Yoga pant, George at Asda, £10; (Right) Anita 5321 sports bra from Nicola Jane - £54
Chic Compressions sleeves and gauntlets; Sleeves plain from £49.99, patterned/crystals from £64.99; Gauntlets plain from £44.99, patterned from £54.99 www.chic-compressions.com

Your breast care nurse or lymphoedema specialist may advise you to wear a compression sleeve during exercise if you have lymphoedema. These needn’t look too medical as there are now some sleeves on the market that are patterned and can look like a fashion accessory (as seen on the catwalk models at this year’s Breast Cancer Care London fashion show).

Stay confident and secure while swimming with a specialist costume

Swimming is a great form of exercise, but you may be put off by the thought of having to wear a swimming costume following a mastectomy. Although some styles of swimsuits are suitable after a mastectomy and can be bought from various high street stores, you may prefer to invest in a swimsuit with pockets to hold a prosthesis securely and discreetly. It’s also possible to purchase a special swim prosthesis that is chlorine resistant and can look more natural under a swimsuit.

Navy Swimsuit with Aqua Darts from Pink Ribbon Lingerie - £35
Lotus Swimsuit by Tweka from AmpleBosom.com from - £34.50

For more fashion tips and links to high street and specialist clothing retailers, visit Jane’s Place at www.janesplace.co.uk
Vita last spoke to Kayla Doohan back in Issue 2 in 2007 when she was one year on from the end of her breast cancer treatment. We caught up with her to see what life is like now and talk to her about volunteering for Breast Cancer Care.

When I was diagnosed with breast cancer in October 2005 I was 20 years old. I had a lumpectomy, radiotherapy, chemotherapy and tamoxifen treatment. I lost a part of my early twenties. All your friends are out partying and you’re in the house not well. It wasn’t just the treatment but also the next couple of years. The emotional part is much harder to get over than the hospital treatment.

I used all Breast Cancer Care services: I had a One-to-One Support volunteer and I went to the Younger Women’s Forum (where I now volunteer). I think it was the session just meeting other people that was most useful. As a volunteer, that’s what you find attendees say too.

New beginnings
During my treatment I got a lot of help from Breast Cancer Care and one thing I did want to do was be a volunteer, but I had to wait a couple of years before I could do it. I’ve been involved with a lot of things that I’ve loved doing. I’ve just modelled at my first Lingerie Evening. It was very nerve wracking but really good. I really enjoyed it. I’m also a One-to-One Support volunteer. Whenever I’m supporting someone I always go back to how I felt. Everyone diagnosed will have similar feelings and emotions but someone in their early twenties will find it completely different to someone older.

It’s taken a few years but I feel like my health is back to as best as it can be.

A lot of things I held back for a couple of years that I should have spoken to someone about before. Lots of people find after their hospital treatment finishes is the hardest part as it’s all the emotional aspects. Even though all your appointments are finished at the hospital, if you ever do think you need to talk to someone don’t sit worrying, speak to your breast care nurse or call Breast Cancer Care.

Some people find it hard to plan and think about the future, the thing I found hard to deal with was the fear about it coming back, but I try to brush that aside. I know some women diagnosed don’t like to look too far into the future in case things get bad again, but I don’t see it that way at all. All I really think about is the future. My partner and I have just moved into our own place this year so it is more about us settling down now.

Lots of people find after their hospital treatment finishes is the hardest part.'
The show must go on

When Andrea Hull watched the Breast Cancer Care fashion show in 2010 she had just finished treatment. She couldn’t have dreamed that two years on she’d be taking to the stage with confidence.

I was absolutely overwhelmed with joy that I was chosen to be a model for the Breast Cancer Care fashion show. How often does a normal woman get the opportunity to be a model and strut her stuff on the catwalk? It’s been a huge self-esteem boost.

I was diagnosed with inflammatory breast cancer in 2010. My first thought when I received this news was I had to stay strong. My second thought was how on earth was I going to tell my children? At this point my daughter was nine and my son was 21. I decided there and then that I would remain positive. Months later my son would tell me he was confused because I told them I had breast cancer with a smile on my face. But it was important to me that even when I felt low I put on a smile. If I looked happy, my children and my family were happy.

I had chemotherapy and then surgery. About two weeks after my first chemotherapy session my hair started to fall out. I wanted to regain control so I got my nephew to shave it all off. Losing my hair as well as my boob has been very difficult. They are both things that you identify with your femininity as a woman. However, I have decided that hair is overrated. I can look just as wonderful without it. I was so worried about telling my daughter about my hair loss and yet as soon as she saw my bald head she said I looked ‘trendy’. Me – trendy!

But breast cancer hasn't been all bad. It was quite a low period but as a family we laughed a lot in the bad times. Following my diagnosis, I have rekindled my dream for singing and songwriting – I’ve even recorded a track. I hope through my gospel music, and being a model in the fashion show, I will encourage and inspire people that there is life after breast cancer. I don’t need long hair to be beautiful. I may only have one breast but I am a fantastic 44-year-old sophisticated woman with my life ahead of me. Watch out world!

In 2009 my sister Christine was a volunteer at The Show. She told me what a fantastic event it was and in true Andrea style I said: 'I want to come next year' (I don’t like to be left out!). When I did finally attend as a guest it was just after I had completed my radiotherapy following my own breast cancer diagnosis. It was amazing and I was blown away.

Breast Cancer Care is there for anyone who finds themselves facing this difficult disease. I have always had a secret desire to be a model but never felt pretty or tall enough. Now, thanks to them, I have fulfilled one of my childhood dreams.
Going back to work after treatment for breast cancer isn't always easy. But, with the right support, it can help get your life back on track as Sue Eagling explains.

I started back at work at Asda in October after having 15 months off during treatment for breast cancer. I was diagnosed in August 2011 and I’d been off work since then.

I had only worked at Asda for 10 months before I was diagnosed, but while I was off work I was missing the customers and my colleagues. It was a funny situation because I’d never had that length of time off before. When I decided it was time for me to go back I was still feeling pretty tired because of the effects of treatment but I was ready.

**Restoring identity**

You lose a bit of your self-worth and your identity when you’re not working. But going back to work has restored that for me. I feel better because I’m earning money again and it has given me my feeling of self-worth back.

I had a lumpectomy and my lymph nodes removed under my arm. I then had to have chemotherapy and radiotherapy and I now have to take letrozole for five years.

Chemotherapy was really tiring. I’d have a good week and then a bad week in a constant cycle.

When I popped in to the store while I was off ill, everyone asked me how I was and they were very supportive.

I spoke to my doctor and said: ‘I’m fed up and I want to go back to work’.

He said if I felt I was ready that it was OK by him. I then spoke to the Services Manager at the store where I work and asked her how I’d go about this. I had to see a member of the occupational health team, who assessed me and said I was fine to return to work.

Asda has been very supportive and I eased back in gradually: I did a couple of hour shifts to start with. Now I’m up to 14 hours a week, which is more than I was doing before I had treatment.

I’m still numb under my arm because of having the lymph nodes removed.

Now I’m back at work I’m finding that under my arm is hurting after a long shift. I find heavy bags of dog food quite difficult to lift but I only have to ask and someone will help me with them. And if I say to my colleagues I need to go home, I can’t finish my shift, they’re OK with that because they understand.

You can find out more about Breast Cancer Care’s partnership with Asda on page 22.

If you’re thinking about going back to work after treatment, you might like to talk to someone who has been in a similar position. Breast Cancer Care can put you in touch with a trained volunteer who can help. Call the Helpline on 0808 800 6000 for more information.
Far from being a time of celebration, the end of treatment can bring with it its own set of challenges, as Gaynor Haywood describes.

I expected to feel such happiness and to have a permanent grin fixed on this face of mine but it just wasn’t happening.'

I had expected to feel such happiness and to have a permanent grin fixed on this face of mine but it just wasn’t happening.

What do I do now?

I wasn’t a cancer patient in the truest sense anymore. I knew I would be taking drugs for the next five years, but in the bigger scheme of things that was a walk in the park. Yet I wasn’t ‘back to normal’, I wasn’t even back at work. I felt such a fraud. Why was I feeling sorry for myself when I had survived? There were many people worse off than me who never had the chance to be at this point in the journey. It was an endless cycle of being cross and angry with myself, beating myself up for not pulling myself together. I needed to get a grip.

Losing my hair during chemotherapy was bad enough, but once it had actually gone it was easier to deal with as I no longer had a say in the matter. I struggled with the looks of pity and feeling like a victim when I wore a scarf. So a wig became my salvation.

In truth the wig was far better than my own hair had ever been. But the confidence it had given me during the past months was proving very hard to let go of. I had been able to hide behind the facade. People who didn’t know me too well never even knew I’d been ill. Now that my hair was coming back the fear of taking off the wig and admitting that things had changed was hard to come to terms with.

I felt my femininity had been compromised. I was angry with myself for not being able to embrace the new me with short hair. Why could I make light of the fact that my left breast would never be the same shape again, but I couldn’t cope with the fact that when I looked in the mirror someone else’s face looked back?

For almost a month I retreated into my shell and cried constantly. Bumping into my breast care nurse at an oncology appointment was the turning point. She asked me how I was and the floodgates opened. She suggested I contact the Day Therapy Unit at Wakefield Hospice and referred me to the Clinical Psychologist.

The Hospice was the turning point for me. There was acknowledgement that feelings of despair after treatment has ended are normal and that I wasn’t alone. Along with my ongoing sessions with the psychologist I feel I’m on the way to being more self-accepting.

The cancer has changed my life in ways I would never have anticipated, and my husband and close friends have dragged me through the hardest year of my life. Sometimes I can’t make sense of what has happened, let alone comprehend what may happen in the future, but for now I’m just concentrating on taking small steps in rebuilding my self-confidence and enjoying my life.

If you’re experiencing feelings similar to those Gaynor describes, you might find Breast Cancer Care’s Moving Forward courses useful. To find out more about these visit www.breastcancercare.org.uk/movingforward or call the Helpline on 0808 800 6000.
Many people put on weight during or after treatment for breast cancer. **Gareth Fletcher** looks at the best way to lose weight safely and hopefully for good.

If you’ve had breast cancer treatment and gained a few pounds, there could be several reasons for this. ‘Some people turn to food for emotional support during treatment,’ says Lucy Eldridge, dietetic team leader at the Royal Marsden NHS Foundation Trust. ‘They tend to crave and eat more higher-calorie foods. Some hormone drugs also seem to cause weight gain. And some people are less active than usual when having or recovering from treatment.’

There’s a good reason to maintain a healthy weight. ‘There’s evidence that being overweight could increase the risk of breast cancer coming back,’ says Lucy.

**Lose it for good**

If you want to lose weight, it’s important to set a realistic goal. Aim to lose about 0.5–1kg (1–2 pounds) a week through healthy eating and doing regular physical activity.

Avoid fad diets that promise rapid weight loss. ‘Often, they’re not based on scientific evidence,’ says Lucy, ‘and you’re more likely to keep the weight off if you lose it slowly and steadily.

‘Try to eat at least five portions of fruit and vegetables a day. And limit the amount of sugary drinks and foods that are high in fat or sugar.’ These include fast foods and processed foods like biscuits, cakes and crisps.

Lucy also recommends limiting alcohol, which is high in calories.

It’s also important to do some regular physical activity. This should be of moderate intensity, which means it should increase your heart rate and make you sweat, but you should still be able to hold a conversation.

Your GP or practice nurse may be able to give you more information about healthy eating and suitable exercises.

‘It’s also important to do some regular physical activity. This should be of moderate intensity.’

**Lucy Eldridge**

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**Five healthy weight-loss tips**

1. **Eat at least five portions of a variety of fruit and vegetables a day**
2. **Cut down on sugary drinks, and keep biscuits, cakes and chocolate for occasional treats**
3. **Eat wholegrain varieties of bread, pasta and cereals**
4. **Choose lower-fat dairy products, like skimmed or semi-skimmed milk**
5. **Try to do at least 150 minutes of moderate-intensity activity (such as fast walking or cycling) a week**
One too many

Alcohol is high in calories, and these can soon add up if you regularly drink a lot.

Did you know?
- A single measure (25ml) of spirits contains 55 calories
- A small glass (175ml) of white wine contains 130 calories
- A pint of premium lager contains 250 calories

Taking control

Margaret Unsworth from Penistone in South Yorkshire, was diagnosed with breast cancer in 2010. After finishing treatment, including surgery and chemotherapy, she decided it was time for her to lose weight.

‘For me, losing weight was about getting control of my life back after breast cancer,’ says Margaret, who joined a local slimming club.

Margaret has now lost almost four stone since May 2011.

‘I eat lots of fruit, vegetables, salads and low-fat foods,’ she says. ‘I haven’t banned anything, but I limit the amount I have of certain things, like chocolate and alcohol.

‘I’ve learnt to cook in a different way. For example, I now use an oil spray to cook with, so I use much less fat than I did before.’

Margaret also tries to go walking every day to maintain her activity levels.

‘If you want to lose weight, you’ve got to do it for yourself, not because someone tells you that you should,’ she says. But she also finds support from friends and family invaluable.

As part of her transformation, Margaret dyed her hair red after it grew back following chemotherapy. ‘One day, my husband was looking for me in the supermarket. He saw me from the back but didn’t recognise me at first. Who’s this slim redhead, he thought!’

For years I thought I was too busy to exercise but now I take my health seriously and make exercise a priority. So I fit everything else in around it.

I’d worked in an office for years and not been into exercise. I put on weight during chemotherapy and I’d read that exercising regularly and keeping your weight down may help reduce the chances of cancer coming back.

I started walking with my husband around parks near where we live in Manchester. Or we’d head an hour or so out of the city and walk around the countryside. Even getting out at lunchtime would give me a boost.

Getting out in the fresh air doing exercise makes me feel better. During cancer treatment you can feel out of control. The doctors are making decisions and you can feel helpless.

Exercise is something you can do to take control and help you feel better. After treatment I wanted to give something back so I volunteer as a walk leader. Our group meets on a Saturday morning and we walk for 30 to 40 minutes then stop for a cup of tea and a chat. We have a mix of people coming along, some have finished their treatment but one woman came during her chemotherapy.

If you’re in Manchester, Calderdale or South Yorkshire and want to volunteer as a Best Foot Forward walk leader, call 0845 077 1893.

Breast Cancer Care’s DVD Eating well being active offers more information at tips. Order your free copy by calling the Helpline on 0808 800 6000.
Menopausal symptoms are a common side effect of some of the treatments for breast cancer. They can have a significant impact on the lives of women and yet often people think they should grin and bear it. We look at the reality of living with menopausal symptoms.

The side effects of treatment for breast cancer are all pretty unpleasant: breast surgery can be a traumatic experience; losing your hair from chemotherapy can be distressing and then there’s fatigue and nausea – all things that we can all agree aren’t much fun.

So when it comes to the menopause, something that all women will face at some point in their lives, you might think that any symptoms are something you need to need to grin and bare without much complaint. But did you know that women who undergo a chemotherapy-induced menopause can experience worse symptoms than women who go through the menopause naturally?

Sudden impact
While the symptoms that a chemotherapy-induced menopause may bring with it – hot flushes, night sweats, headaches and such like – can be the same as for a natural menopause, a menopause induced by treatment for breast cancer may make these symptoms come on more suddenly and with increased frequency. It can also make them more intense.

Some breast cancers (known as oestrogen receptor or ER positive breast cancers) are stimulated to grow by the hormone oestrogen. Several breast cancer treatments are used to reduce the level or block the action of oestrogen, which can in turn cause menopausal symptoms. Goserelin (a hormone treatment used to stop the ovaries producing hormones, which is given as an injection) will stop your periods and cause menopausal symptoms. Chemotherapy or surgery to remove the ovaries can cause a premature menopause. And the side effects of a premature menopause are far from trivial.

Did you know that women who undergo a chemotherapy-induced menopause can experience worse symptoms than women who go through the menopause naturally?
**Going through the menopause, especially at a younger age or if it comes on suddenly, may affect your confidence.**

Some of the more common menopausal symptoms include hot flushes, night sweats, palpitations, mood changes, joint pain, changes to skin and hair and vaginal dryness. You may put on some weight or find that your weight distribution alters. This is often more concentrated around the waist. You may also have difficulty sleeping.

Night sweats, for example, might not sound very troublesome to the uninitiated in this night-time ritual, but to those experiencing them they can have far-reaching consequences. The sleep disturbance they cause can lead to tiredness, irritability, forgetfulness and lack of concentration the following day. And if you’re sharing a bed with a partner night sweats can affect them too. This can then begin to have an effect on your relationship.

Going through the menopause, especially at a younger age or if it comes on suddenly, may affect your confidence and self-esteem and make you feel less feminine. You may feel as if you have quickly become old or that you have lost control over what is happening in your life. And all of this comes at a time when you’re still dealing with a diagnosis of breast cancer.

**The heat is on**

Hot flushes are the most commonly reported menopausal symptom with many women describing them as intolerable. They can be a constant reminder of your diagnosis of breast cancer and may affect your self-esteem and wellbeing. In turn, this can have a knock-on effect on social life, working life and personal relationships.

It may be useful to keep a note of when you experience hot flushes. This can help you to identify any patterns to them or if anything triggers them that you might be able to avoid. If you know when to expect hot flushes you can be better prepared for them.

For some women it may be possible to switch to another hormone treatment as this might help with symptoms. You may want to ask your specialist whether or not this is an option for you.

**Making the switch**

As well as physical changes to the body, women experiencing a menopause may also have psychological symptoms. Loss of confidence, depression, anxiety, irritability and panic attacks can all be attributed to the menopause. Many women do not realise these symptoms of menopause are normal and fear they may be on the verge of a breakdown.

If menopausal symptoms are affecting your quality of life, don’t suffer in silence. Your GP, breast care nurse or cancer specialist is there to help and to take these issues seriously.

**If you’re experiencing side effects described in this article, you may find our booklet Menopausal symptoms and breast cancer useful. Alternatively you can call our Helpline.**

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**What you can do**

- Follow a healthy lifestyle — women who are more active tend to suffer less from menopause symptoms.
- High-impact exercise, such as step aerobics, can actually make symptoms worse.
- Best activity is aerobic, sustained, regular exercise such as swimming or running.
- Use relaxation or stress reduction techniques.
- Ask for help from all sources involved with your care (breast care nurse, GP or cancer specialist).
- Keep a diary of symptoms to identify triggers.
- Avoid or try to modify known triggers.
- Ask if there is a local menopause clinic that you can be referred to.
- Do not suffer in silence.

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To find out about Breast Cancer Care’s specialist services for people with breast cancer in your area, call 0845 077 1893. Or to speak to someone about the issues you are facing, call the Breast Cancer Care Helpline free on 0808 800 6000.
The latest books on breast cancer

**Thin Wire** by Christine Lewry (£7.99, paperback, Matador)

Most of us have enough on our plate facing all the implications of breast cancer, but just imagine what it must be like if, only two years later, you find out your daughter is taking and dealing heroin. This book is a brave and brutally honest account of how Christine coped. It’s a no-holds-barred story that is written from her own and her daughter’s perspectives, including the kind of language addicts and drug dealers might use.

There is nothing joyful or uplifting in the book and references to breast cancer are marginal and sadly not always accurate. Depressingly the author says she’d rather be going through the hell of trying to help her daughter extricate herself from her drug-ridden lifestyle than go through chemotherapy.

If you are going through any kind of trauma in your life, and especially if you are engaged in the arduous battle with breast cancer, don’t read this book. Instead find something that will lift your spirits and give you a glimpse of the many good things in life.

**Review by Eleanor Meade, Vita Voice**

**Your Guide Through Her Breast Cancer Journey** By Katherine Formosa Bown (£1.02, ebook; £6.99, paperback)

Katherine was diagnosed with breast cancer in 2009 age 33 after finding a lump in her breast while on honeymoon. Katherine described her cancer journey as ‘Gruelling... but life changing’. She attended Breast Cancer Care’s Younger Women’s Forum and was a model in the 2010 Welsh fashion show. Katherine has now written the book Your Guide Through Her Breast Cancer Journey which aims to help the friends and family of people affected by breast cancer to support their loved one.

Kate Matthews was diagnosed with bilateral breast cancer in 2010. Looking for the silly and ironic aspects of the experience helped keep her dark feelings at bay. Kate began to sketch one-panel cartoons. She says: ‘cancer gives you permission to try things you were afraid to do before.’ In her case this meant self-publishing her book The Little Pink Book of Cancer Cartoons.

Breast Cancer Care’s booklets on all aspects of breast cancer and its treatment are available free from www.breastcancercare.org.uk or by calling the Helpline on 0808 800 6000.
I am open-minded and have a respect for complementary treatments. The journey through chemotherapy and radiotherapy was one where I would accept any help offered and it worked for me. When I had the chemotherapy, my hand was really sore from the cannula. A massage, including that arm and hand was blissful relief.

Early on, it was massage and aromatherapy that helped. Later, as the chemotherapy drugs affected my feet, making them sore and blistered, massage of my feet and legs was a great help. I then started to have reflexology, which was great for my feet and also my general wellbeing. I had a range of digestive problems with the chemotherapy drugs, from nausea to diarrhoea. I found the reflexology helped me feel better about these discomforts and made me feel more confident in dealing with them. These treatments helped, clearing my head, giving me space to relax and so on.

I was just getting on with the treatment and going to my hospital appointments. I think the anxieties and stresses I felt were swept along with the routines of going to hospital for treatment. When I started the complementary therapies, I felt I had more time to stop and relax, deal with some thoughts, clear my head of others. I felt secure and looked after. I could lose myself in my head and come away with a sense of wellbeing that I really needed.

When choosing a therapy you should consider which will give you the greatest overall benefit.

Some people with breast cancer use complementary therapies to try to help with the side effects of their cancer treatment and to increase their sense of wellbeing. For example, some people find massage can help them relax or that acupuncture eases nausea. When choosing a therapy you should consider which will give you the greatest overall benefit as well as what you are most comfortable with. You should also check with your specialist or GP that it is safe to have if you have had breast cancer. Your doctors may advise you to avoid some therapies especially if they could interact with your treatment. You will need to talk to your complementary practitioner about your breast cancer and your current and past treatments. It can be difficult to judge how effective complementary therapies are because there is much less reliable research about them compared to conventional treatments.
Joint pain is a really common side effect of letrozole (and the other aromatase inhibitor hormone therapy drugs, exemestane and anastrozole). Many women find it settles down after a few months of taking it, others find they can manage by taking pain relief such as paracetamol or ibuprofen. Sometimes, if you are overweight, losing weight can help as it reduces some of the strain on your joints. But for a minority of people joint pain continues to be a severe problem. Sometimes specialists will suggest trying a different drug. Depending on their situation and previous treatment this might be tamoxifen or another aromatase inhibitor. All the aromatase inhibitors can cause joint pain, but some people seem to tolerate one better than another.

Short breaks from treatment (sometimes called ‘treatment holidays’) can offer temporary relief from troublesome side effects but it’s difficult to say if they will affect the effectiveness of your treatment. There isn’t enough research evidence to provide a clear answer about whether breaks are safe and if so, how many and for how long. However, stopping treatment for a period of a few weeks is unlikely to have a detrimental effect. So it might come down to you making a personal decision about how much your quality of life is affected by the joint pain. If you are finding it hard to decide, you can always ask for another appointment with your specialist to talk through your options again, and your breast care nurse (if you have one) can also be a good source of information and support.

Chemotherapy can cause an early menopause, and even if your periods come back after chemotherapy, you may find that you experience the menopause at an earlier age than you would have otherwise done. The younger you are, especially if you are under 35, the more likely it is that your periods will return after chemotherapy. Some people find their periods come back fairly soon after chemotherapy, but they may return up to two years after.

Tamoxifen can make your periods stop too but, unlike chemotherapy, should not have a permanent effect (although some people find they never start their periods again after finishing tamoxifen because their natural menopause has occurred during the time they were taking it). Most people take tamoxifen for five years so you may have to wait until after you finish taking it to see if your periods come back.

Breast Cancer Care’s factsheet Fertility issues and breast cancer treatment has more information.
**Q** I've been given the choice of having either a mastectomy or a lumpectomy and radiotherapy. I'm not sure how I'm supposed to decide. What do you suggest?

**A** This is a really personal decision. There are lots of factors to weigh up, but every woman will give different weight, or importance, to each factor which is why you are the best person to make this difficult choice. As you may have been told, although there is a slightly increased risk of the cancer returning in the breast (local recurrence) when you have a lumpectomy (breast-conserving surgery) compared to a mastectomy, there is no significant difference to overall survival. Put another way, women who have had a lumpectomy and radiotherapy live just as long as women who have a mastectomy. Some women feel that they would like to do everything they can to avoid a mastectomy. Others feel slightly differently and are reassured that a mastectomy means their risk of a local recurrence is as low as possible. Some people would prefer to avoid radiotherapy. There is no right or wrong answer; just one which is the best option for you in your situation.

There are a few things that can help you decide. You can ask your surgeon or breast care nurse to see photos of the different surgical procedures (including breast reconstruction if this is something you are interested in). You may like to try online resources such as the NHS breast cancer decision aid, which takes information you supply to help you summarise your preferences to surgery. It also provides additional information and patient photographs. You can find it online at http://sdm.rightcare.nhs.uk

You might also want to speak to women who have had either a mastectomy or lumpectomy. We can put you in touch (usually by telephone) with trained volunteers who have had either surgical procedure through our One-to-One Support service.

You can contact our UK One-to-One Support team directly on 0845 077 1893 or email ukpeersupportteam@breastcancercare.org.uk

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**Q** I've heard about a new drug called TDM-1 in the news and I wondered if it's something I could have? Do you have any information about it? I have secondary breast cancer in the bones and liver.

**A** TDM-1 is a combination of trastuzumab (Herceptin) and a chemotherapy drug called DM-1. Trastuzumab is a targeted therapy, and is only given to people whose cancer cells have high levels of a protein called HER2 (known as HER2 positive). Attaching the chemotherapy drug to the trastuzumab means that the chemotherapy is delivered straight to the cancer cell. Normally chemotherapy targets both healthy cells and cancer cells meaning that people will experience side effects such as hair loss and mouth ulcers. So TDM-1 has received a lot of media attention because it’s quite an exciting idea: being able to deliver chemotherapy directly to the cancer cells, but without many of the usual side effects.

TDM-1 has been trialled on women with secondary or locally advanced HER2 positive breast cancer and early results have looked encouraging. But TDM-1 has yet to receive a licence so it is not currently available outside a clinical trial. If you want to know if it might be a suitable drug for you in the future you can speak to your specialist.

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If you have a question about breast cancer or its treatment, you can call the Breast Cancer Care Helpline free on 0808 800 6000.
Laura, Jenny and Cheryl have all had breast cancer, but their stories are very different. While Laura is still having treatment, Jenny is five years on from her diagnosis and training for a marathon. You can follow their stories over the next few months on vita.org.uk The blogs began in December and our writers will be posting new ones regularly about what is happening in their lives and how they are coping with their experiences. We asked them to introduce themselves to you, so here they are – in their own words!

Laura Price
I’m a 30-year-old Yorkshire lass and was diagnosed with invasive ductal cancer in June. I had surgery to remove the cancer and am now nearing the end of my chemotherapy treatment. I am also awaiting the result of a BRCA gene test and will decide whether to have a bilateral mastectomy by the end of the year.

When I’m not busy fighting breast cancer, I can usually be found reading, writing, catching up with friends or travelling around South America. I have a long-held passion for Brazil, Argentina and Mexico, and will certainly be jetting off for more adventures when my breast cancer journey is over.

Jenny Fairclough
My name is Jenny and I am a breast cancer survivor. I am 53 years old and I was diagnosed in 2008 at the age of 49. I live in Eccleston, near Chorley, in Lancashire with my husband Martin and our cat Tessie. I work three days a week as a music teacher in a sixth form college in Bury and in my spare time I enjoy walking, running and cycling. In January 2013 it will be five years since my diagnosis and I will be celebrating by running in the Edinburgh Marathon in May 2013 to raise money for Breast Cancer Care.

Cheryl Thornett
I grew up in California and Alaska, and came to the UK in 1975 after I met my husband when singing in a choir he directed. After years of having breast cysts, I wasn’t scared when I was called back after a mammogram in 2008, but to my shock I was diagnosed with ductal carcinoma in situ (DCIS). I had a lumpectomy and radiotherapy. But during my second annual check up I was diagnosed with invasive breast cancer. This time, I used Breast Cancer Care’s online forums to help me through my treatment. Sadly, my employers were not very supportive, so at 64 I decided to opt for retirement.

‘Sadly, my employers were not very supportive, so at 64 I decided to opt for retirement.’

Cheryl

‘In January 2013 it will be five years since my diagnosis and I will be celebrating by running in the Edinburgh Marathon.’

Jenny

Follow three women at different stages of their breast cancer journey.

Follow the Vita bloggers at www.vita.org.uk
Roast tomato rubbed toast
Serves 4
4 ripe vine tomatoes halved
4 large portobello mushrooms halved
1tbsp vinegar
4 large eggs
75g fresh baby spinach, rinsed
1tbsp olive oil
8 slices of Irish soda bread, toasted

1 Preheat the oven to 200C or gas mark 6.
2 Lightly grease a large baking sheet then place the tomato halves on the tray with the halved mushrooms.
3 Season well and bake for 13 minutes.
4 Meanwhile, for the eggs, bring a medium pan of water to simmer and add the vinegar.
5 Crack the eggs and gently drop them into the water.
6 Cook for 5 to 6 minutes until softly poached and transfer to a warmed plate with a slotted spoon.
7 Arrange the spinach onto the mushrooms, drizzle the tomatoes and spinach with the oil and cook for a further 2 minutes until the spinach has wilted.
8 Squash a tomato half into each slice of toasted bread.
9 Sandwich the mushroom and spinach together and place on top of the tomato toast.
10 Top with the softly poached eggs and serve with an extra roast tomato.

Breakfast energy bars
Makes 12 bars
100g butter
200g clear honey
200g rolled oats
150g mixed seeds
100g toasted flaked almonds
100g sultanas
50g ground almonds
2tsp sesame seeds

1 Preheat the oven to 180C, Gas Mark 4.
2 Heat the butter and honey in a saucepan until the butter has melted.
3 Stir in the remaining ingredients except sesame seeds and press into a 22cm square baking tin.
4 Sprinkle over the sesame seeds.
5 Bake for 15 minutes until golden.
6 Allow to cool slightly before cutting into 12 bars.
7 Leave in the tin to cool completely before removing.

Oaty yogurt with nuts
Serves 1
25g jumbo oats
1tbsp flaked almonds
1tbsp hazlenuts (roughly chopped)
2tsp clear honey
3 dried apricots (chopped)
1tbsp dried cranberries
150g low fat natural yogurt

1 Dry fry the oats and nuts for about 3 minutes over a medium heat until toasted.
2 Stir in the honey and dried fruit and allow to cool slightly.
3 Reserve 1tbsp of the mixture and stir the rest into the yogurt.
4 Spoon into a glass and top with the reserved oat mixture before serving.

Tip Try using a flavoured yogurt like strawberry or add fresh fruit for a different taste.

Recipes courtesy of www.shakeupyourwake.com

Wakey wakey
Start the day on the right foot by waking up to a good breakfast.

www.vita.org.uk | 21
The 16-year Tickled Pink partnership between Breast Cancer Care and Asda has raised £30 million to date. This has all gone directly towards helping people across the UK affected by breast cancer through the work of Breast Cancer Care and Breast Cancer Campaign.

Asda’s Tickled Pink campaign was launched in 1996 and Breast Cancer Care has been involved since the start. In 2005 Breast Cancer Campaign joined the partnership so that Asda could help fund both breast cancer support services and research.

Over the past 16 years, donations from Tickled Pink have helped to fund Breast Cancer Care’s services, moving the charity closer to achieving its vision, which is for every person affected by breast cancer to receive the best treatment, information and support.

Help where it’s needed
Last year, the money raised by Tickled Pink helped Breast Cancer Care to support 1.9 million people affected by breast cancer either online, over the phone, in person or via its expert publications. More than 14,000 people were able to attend services including Younger Women’s Forums and Living with Secondary Breast Cancer. Specialist nurses and trained Helpline staff were able to answer more than 14,000 calls via the Helpline thanks to Asda, its customers and colleagues. Tickled Pink has also helped highlight the importance of breast awareness to more than 18 million Asda colleagues and customers.

In 2012 Asda secured exciting new Tickled Pink products including Jaffa Cakes, Special K and Lucozade. George at Asda created a dedicated Tickled Pink range including T-shirts, umbrellas, shoes and slippers. Brand new Tickled Pink Bingo launched and bingo dabbers were sold in Asda stores.

Meeting the challenge
Tickled Pink is spearheaded at Asda by Chief Operating Officer Judith McKenna. Judith is a great supporter of the campaign and has taken part in several challenges for Tickled Pink. In 2011 she completed the Great North Run and is planning to run the Virgin London Marathon in 2013.

Judith says: ‘We are proud to have supported Breast Cancer Care for 16 years and to have been able to contribute so much to the charity, enabling it to continue offering its wonderful support services to anyone affected by breast cancer.

‘We have fully integrated the Tickled Pink campaign into our business and we support the partnership as creatively as we can. Activities included Tickled Pink product ranges to colleague fundraising, high-profile events such as Girls Night Out and a brand new in-store bingo initiative for 2012.’

Breast Cancer Care relies on the support of companies like Asda to ensure that its services remain free and widely available. For more information visit www.breastcancercare.org.uk/your-company-and-us
A team of 11 employees at EMCOR UK completed a four-day, 250-mile charity bike ride from the Eastleigh office to the Cheadle base, to raise money and awareness for Breast Cancer Care this October. The team, which included two EMCOR UK board directors, wore pink cycle helmets and pink high-visibility jackets.

Palmer’s donated £1 from the sale of every Palmer’s Cocoa Butter Formula Skin Therapy Oil and £1 for every ribbon added to its Facebook app, Paint the UK Pink.

Asda’s support continued for another year through its Tickled Pink Campaign. Asda colleagues supported it with fundraising ideas, such as sponsored baked bean bath dunks and colleagues having their heads shaved to help to raise funds for Tickled Pink. An array of products turned pink and a Julien McDonald designed re-usable bag helped to raise even more funds.

Dorothy Perkins has raised a fantastic £3 million for Breast Cancer Care to date.

Office sold a pair of limited edition pink studded shoes and donated 50% of the profits to Breast Cancer Care.

Interflora increased the donation in October on the sale of each floral creation purchased at http://flowers.breastcancercare.org.uk

Burgen Bread turned its packaging pink throughout October and staff held Pink Fridays.

QVC hosted another incredible ‘Be Aware, Show You Care’ show. An array of products were sold and customers donated in their thousands to raise £380,000. QVC staff in Knowsley and Chiswick raised even more money through pink days, raffles and cake sales.

Swarovski sold a range of glamorous pink jewellery throughout October including a beautiful pink ribbon charm and glitter pen.

Companies including Chamilia, Rieves, Next, Fitflop, Boux Avenue, Tresor Paris, Genie Bra, Yankee Candle, Tangle Teezer, ChapStick, Elemis, Morphy Richards and Makita sold products throughout October to raise money for Breast Cancer Care.

Thank you to all of Breast Cancer Care’s partners’ staff and customers for their incredible fundraising throughout October including Curves Gyms, BHS, Blackhouse, Barclays, Baker & McKenzie and Tui.

Six law firms, Ashurst, Baker & McKenzie, Charles Russell, Eversheds, Ince & Co and Simmons & Simmons, took part in Breast Cancer Care’s first Tour de Law office-based cycle challenge. They raced 500km and raised £10,000 over two days.

If you want to take on a challenge for Breast Cancer Care, visit www.breastcancercare.org.uk/events or email events@breastcancercare.org.uk

Here are some of the corporate partners that have shown their support this October.
Looking for a challenge? Join us in one of five locations for a Pink Ribbonwalk.

The Pink Ribbonwalk in association with woman&home is returning for its ninth year this summer. Taking place at five stunning locations across the country, you can join us for a 10 or 20-mile walk through beautiful countryside. We will support you around the route before you cross the finish line in front of friends and family.

Last year Clare Rayner, 37, from Milton Keynes took part in the Blenheim Palace Pink Ribbonwalk with a group of 10 friends. Clare was diagnosed with breast cancer aged 27 and seven years later was told she had secondary breast cancer. Clare says: “Each year my friends, family and I have been fundraising for Breast Cancer Care. They have helped me to show I’m living with secondary breast cancer and given me the opportunity to educate and inspire others in the same situation.

‘We chose to take part in the 10-mile walk at Blenheim Palace and the beautiful surroundings definitely inspired our team effort. Together we completed the walk in three hours and raised over £3,000 — it was a fantastic day!’

The Pink Ribbonwalk will be travelling to a new venue in 2013. Described as ‘the loveliest castle in the world’, Leeds Castle in Kent is the perfect backdrop for a Pink Ribbonwalk and we hope you will be able to join us. With a medal, massage and BBQ for you at the finish, what are you waiting for?

To register visit www.pinkribbonwalk.org.uk and quote VITA1 to be entered into a free prize draw.

Walk this way

If you are unable to take part, why not join us as a volunteer?

The Pink Ribbonwalk would not happen without our dedicated crew of volunteers. Roles on the day vary from looking after walkers on the route to presenting them with a well-deserved medal at the finish. This is a great opportunity to work in our team, meet new people and be an important part of one of the most uplifting and emotional events of the year. Visit www.pinkribbonwalk.org.uk for more details.
Free services for people affected by breast cancer

Information
Sessions and Courses
Sessions and short courses on a range of topics.
Ayr, Diet and breast cancer, 31 January
Barnsley, Moving Forward course, 8–22 February
Bangor, Moving Forward course, 27 February–20 March
Birmingham, Moving Forward course, 27 February–20 March
Bournemouth, Moving Forward course, 25 February–18 March
Bridgend, Passport to breast cancer rehabilitation, 1–22 March TBC
Cardiff, Passport to breast cancer rehabilitation, 4–25 February
East Kilbride, Stress and relaxation, 28 February
Edinburgh, Moving Forward course, 20 February–13 March
Hamilton, Moving Forward course, 30 January–20 February
Huddersfield, Moving Forward course, 9.30 January
Glasgow, Diet and breast cancer, 7 February; Moving Forward course, 7–28 March
Kilmarnock, Stress and relaxation, 20 March
Livingston, Signs and symptoms of recurrence, 21 February
Llantrisant, Moving Forward course, 7–28 March
London, Diet and exercise, 19 February; Moving Forward course, 5–26 March;
Liverpool, Healthy eating, 26 February
Middlesbrough, Managing menopausal symptoms, 31 January
Manchester, Moving Forward course, 1–22 February
Newport (Gwent), Passport to breast cancer rehabilitation, 5–26 March TBC
Perth, Complementary therapies, 27 March
Salford, Moving Forward course, 26 February–19 March

HeadStrong
Book a private, practical session to help you prepare for the possibility of losing your hair due to cancer treatment.
Bangor • Birmingham • Blantyre • Bournemouth • Bradford • Cardiff • Chester • Chesterfield • Clatterbridge • Doncaster • East Kilbride • Glasgow • Halifax • Huddersfield • Kilmarnock • Leicester • Liverpool • Livingstone • London • Middlesbrough • Newcastle • Peterborough • Preston • Rhyl • Southend • Salford • Stockport • Welwyn Garden City • Wolverhampton • Wrexham

Younger Women’s Forums
Events for women aged up to 45 with breast cancer.
Bristol, 25 and 26 January
Edinburgh, 15 and 16 March

Living with Secondary Breast Cancer
A chance for people with a secondary diagnosis to talk openly and increase their knowledge.
Aylesbury, second Wednesday of each month
Birmingham, first Monday of each month
Bristol, second Wednesday of each month
Cardiff, third Thursday of each month
Edinburgh, first Monday of each month
Glasgow, Every third Wednesday
Leeds, last Thursday of each month
Liverpool, fourth Tuesday of each month
London, fourth Thursday of each month
Manchester, third Wednesday of each month
Motherwell, fourth Wednesday of each month
Sheffield, first Thursday of each month

Lingerie Evenings
Join other women who have had breast cancer to gain more confidence when choosing a bra after surgery.
Birmingham, 21 March
East Kilbride, 21 March

Talk to someone who’s been there
Our One-to-One Support service can put you in touch with a trained volunteer who’s ready to share their experiences and understanding over the phone, and you can talk with others online through our Discussion Forum and Live Chat sessions.

Your QUESTIONS answered
If you have questions about breast cancer or breast health call Breast Cancer Care’s free, confidential Helpline on 0808 800 6000 (Text Relay 18001). You can also ask your question by email, order free information resources and get instant access to information at www.breastcancercare.org.uk

Edinburgh, 14 March
Halifax, 27 February
Reading, 28 March
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

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 or call 01444 417791.

Amoena Latest breast forms, beautiful lingerie, fashionable swimwear, available by mail order or online at 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

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 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. Check out our bargain basement on the website or visit us in our new premises. Phone for an appointment 0191 4872241 Room 4 Storage King, Team Valley, Gateshead, NE11 0JH 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 or call Susan on 07918 656 628 (m).

Contura Belle Our 2012/13 range of Silima® breast forms, making use of state-of-the-art soft silicone technology and a wide selection of stylish and supportive bras, are now available from Contura Belle, the mail order specialist. Order by phone, post or online. Call 01295 220 524, fax 01295 257 877 or visit www.conturabelle.co.uk

Cool and Beautiful Nightwear Cool, ultra feminine, 100% cotton, mastectomy nightdresses. They are discreetly pocketed to hold a soft prosthesis 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. Available to buy on-line from www.coolandbeautiful.com or telephone 01568 750011 for more information.


Harwayes Lingerie is a specialist supplier of post surgery and mastectomy lingerie plus swimwear. Brands include Royce and Anita. Following a recent change in ownership a fitting service is now available with our experienced staff at our sister shop: Saffron Lingerie, Mill St, Stafford. Call 01889 502 643 or visit www.harwayeslingerie.com to discuss your requirements or request a catalogue.

Jashcroft Fabulous hats, Liberty print headscarves, cotton turbans and beanies. Made in GB. Non-wired and cotton support bras. Based in Bucks, Jashcroft is a trading name of 4myhead.com Limited, approved by Trading Standards. Free first class post in mainland UK. Ring Jo on 07505 028 099 or buy online at www.jashcroft.co.uk

Royce Lingerie’s great selection of ‘Caress’ bras is designed to give you extra support, comfort and care after breast surgery, just when you need it most. All our Caress bras have bilateral pockets to hold your prosthesis. For more information and to find your nearest stockist please call 01295 265 557 or visit www.royce-lingerie.co.uk
Nicola Jane New 2013 Collection of Mastectomy Fashion now launched! Beautiful, feminine lingerie and stunning swimwear all fitted with pockets to hold your prosthesis discreetly and securely. Award-winning customer service and over 29 years’ expertise. Guaranteed free ‘no quibble’ returns, AA–J cup fitting. Call 0845 265 7595 or visit www.nicolajane.com for a free catalogue and information about our shops.

Trulife provides a wide selection of bras, accessories and natural breast forms restoring comfort and confidence after breast surgery. The revolutionary Impressions range includes the lightest prostheses available, giving a flawless look and suiting every lifestyle. For more information call 0800 716 770 for a catalogue or visit www.trulife.com.

Womanzone ABC Distributer
NHS-approved specialists in caring for women after breast surgery. Working with healthcare professionals and Breast Cancer Care in the education of bra and prostheses fitting. We offer a wide range of lingerie, made-to-measure swimwear, pocketing service and free fitting service. Warrington: 01925 768 992, Leeds: 0113 258 9505 www.woman-zone.co.uk

Calls may be monitored and recorded for training purposes. Confidentiality is maintained between callers and Breast Cancer Care. Our award-winning Helpline is a member of The Helplines Association.
We understand your need for support doesn’t end when treatment finishes.

Our Moving Forward services and information are for anyone living with and beyond breast cancer, helping you approach life after treatment with confidence. Whether you’re managing the ongoing side effects of treatment, thinking of going back to work or looking to improve your overall wellbeing, Moving Forward can help. Contact us to find out more.

www.breastcancercare.org.uk/movingforward

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

East Midlands and the North of England
0845 077 1893
nrc@breastcancercare.org.uk

Wales, South West and Central England
0845 077 1894
cym@breastcancercare.org.uk

London and the South East of England
0845 077 1895
src@breastcancercare.org.uk

We understand your need for support doesn’t end when treatment finishes.

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Moving Forward®

To receive future issues of Vita call us, email 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

Address

Postal code

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.