As time GOES BY
Thirty-five years on from breast cancer

NINE TO FIVE
Going back to work

Coping with PAIN
Tips for dealing with long-term pain

Wig or without
Readers’ choices after hair loss

REAL-LIFE COVER STAR
Expect the unexpected: Anne Cullen shares some of the hidden effects of breast cancer
Welcome to Vita

October is Breast Cancer Awareness Month. This year, Breast Cancer Care is highlighting breast cancer’s ‘hidden effects’, to give the public a unique insight into the lives of people facing breast cancer today.

What’s a hidden effect? It’s any effect that people might not think of when they hear about breast cancer. If you’ve been treated for breast cancer, perhaps you faced effects you weren’t expecting. For example, it’s well known that chemotherapy can cause hair loss. But not everyone is aware that it can cause you to lose eyebrows and eyelashes too. This took Anne by surprise, and she shares her experiences on page 8.

By their nature, the emotional effects of breast cancer can often remain hidden. On page 9, Victoria talks about the psychological struggle she faced after her diagnosis. People with secondary breast cancer sometimes tell us they feel hidden. On page 11, Jeanette talks about finding help through a Living with Secondary Breast Cancer support group.

And some effects of breast cancer can be more positive. Thirty-five years after her diagnosis, Helen is now enjoying her life as a Breast Cancer Care volunteer (see page 10).

So if breast cancer has had some unexpected effects on your life – whether bad or good – then rest assured you’re not alone.

Gareth Fletcher
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Dear Vita
I have been subscribing to Vita for the past few years and have found the articles extremely helpful. It is so encouraging to hear stories from others going through so many similar symptoms and life situations as mine.

This year will be 10 years since my diagnosis. I am overwhelmed that I am now 10 years post-mastectomy and reconstructive surgery. When you sit in the breast unit of your local hospital and are told that you have breast cancer at the age of 35, disbelief, shock and utter numbness take over and you can only take each minute, hour and day as it comes. Looking to the future is incomprehensible.

I feel that it is time to hand over my subscription of your thoughtful, encouraging and positive magazine to someone else now who may be more in need than me.

Keep up the good work, it really does help enormously.

Louise

Dear Vita
I just wanted to say thank you for my first issue of your amazing magazine. At 49 I was enjoying a lovely group holiday in Mexico and to my horror found a large lump in my left breast. My partner and I decided not to tell anyone and to sort it out as soon as we got back to England.

The diagnosis was so quick. I suppose the biggest shock was how I was going to tell my mum, who lives 250 miles away and who only 10 months ago had lost her son (my brother) to cancer.

I’ve got great support from family, friends and my partner. I will get through this and will come out the other end a stronger person who will not take anything for granted again. I’m looking forward now to getting involved with charity events and to help everybody who has to go through tough times.

Thank you again for your magazine and the letters and articles that are really helpful.

Julie

Dear Vita
Thank you for bringing lymphoedema to the attention of others.

I have been living with lymphoedema for five years. It’s taken me all of those five years to learn to live with and manage this condition. It’s not a widely spoken about condition. I wasn’t really told about it when I first started all my treatment and operations. It’s great to know that I can seek treatment now. At first I was a little lost and confused, but not anymore.

Kath

Vita POLL
Breast cancer and its treatments can have several ‘hidden effects’. The Vita poll this month wants to know your experience. Head over to Vita online to have your say.

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

www.vita.org.uk | 3
This October, thousands of people across the UK will be turning their Fridays pink for Breast Cancer Awareness Month. You can join in the fun too: get together with family, friends or colleagues and hold a Pink Friday to raise money for Breast Cancer Care. It could be a dress-down Friday or a girls’ night in, a splash of pink or head to toe.

You can sign up now at www.breastcancercare.org.uk/pinkfridays or call 0300 100 4442 for your free fundraising kit. Whether you raise £20 or £200, every penny counts.

Breast Cancer Care’s revised and updated booklet Breast prostheses, bras and clothes after surgery is full of tips and practical information for anyone who’s had surgery for breast cancer. Order your copy today from www.breastcancercare.org.uk/publications

Breast Cancer Care has launched a new strategy, called Facing breast cancer together, to try to reach more of the people who have had a diagnosis of breast cancer in the UK, their families, friends, healthcare professionals, employers and others. To find out more, you can visit www.breastcancercare.org.uk/about-us
We had a fantastic response to our Vita survey in the summer edition, which asked for your views about Vita. We’d like to thank everyone who completed and returned one. We’ll let you know the results in the winter edition of Vita.

**It’s SHOWTIME**

On Monday 13 October, QVC UK is broadcasting its Be Aware, Show You Care event from 6pm–9pm. It’s a fun-packed three hours of fantastic products, inspiring stories, live auctions, celebrity guests and much more. QVC UK has supported Breast Cancer Care for 15 years and last year’s show raised over £360,000.

Tune in on Sky channel 640, Freesat 800, Freeview 16 and Virgin 740. Or you can watch online at qvcuk.com or on the QVC UK mobile and iPad apps. Start getting involved now at qvcuk.com/breastcancercare

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### VITA POLL

| My diet is similar to before, but I try to eat more healthily | 60% |
| My diet hasn’t changed | 18% |
| I’ve changed my diet completely | 18% |
| I’ve started an alternative or complementary diet | 4% |

Some people change their diet after a breast cancer diagnosis. What’s your experience?
George at Asda has launched an affordable new range of post-surgery lingerie and headscarves, developed with Breast Cancer Care. Kate Croxton, Head of Services for the South of England at Breast Cancer Care, tells us about the new range.

George’s post-surgery lingerie range includes matching sets, sports bras and swimwear. Soft, front-fastening bras provide ultimate comfort, and the floral and lace styles with matching briefs cost from £6 a bra. Three new headscarves are made from 100% cotton and are designed in a range of bold colours.

All the designs have been given the seal of approval by Breast Cancer Care, and 10% of sales will be donated to Asda’s Tickled Pink fundraising campaign.

The products are available online at George.com

1. **Soft, front-fastening bra**
   A soft bra is great for just after surgery, when you may be feeling sore and have some swelling. Front fastening means it’s very easy to put on if your arm and shoulder movement is limited after surgery.

2. **Sports bra**
   The sports bra has a high cotton content. Many breast cancer treatments lead to menopausal symptoms as a side effect, so wearing a natural fabric next to your skin will help to keep you stay comfortable if you’re experiencing hot flushes.

3. **Lace post-surgery bra, £8**

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Find the full range online at George.com
For more confidence choosing a bra after surgery, join women who’ve had breast cancer at one of Breast Cancer Care’s Lingerie Evenings. Visit www.breastcancercare.org.uk/services.

3 Matching lingerie sets
After surgery or treatment, many women experience low self-esteem and feel much less confident about their body. People often tell us they struggle to find pretty or lacy lingerie and this can make any negative feelings a women may have about her body even worse. George’s new chiffon set, which includes matching pants or thong, is comfortable and is suitable for wearing post-treatment.

The swimwear gives full coverage and support
Swimwear
After treatment or surgery, it’s really important to consider the depth of the side panels of a bra or swimwear. These designs have sufficient fabric providing support, and also cover excess skin and allow coverage of any scarring. They also have a full cup to hold and cover a prosthesis.

5 Headscarves
The most comfortable scarves for women who are losing their hair are made from a natural fabric that’s gentle on the scalp and allows it to breathe. George’s soft cotton headscarves are great and come in three lovely styles.

Large spot and blue spot swimsuit, both £14

Headscarf, £6

Floral bra (£8) and matching shorts (£4)

Five bra and swimwear tips
• It’s best to avoid underwired bras while the area recovers after surgery because the wires can apply pressure to an implant or affect how a prosthesis sits.
• Initially after breast surgery you may have swelling. If you have a bra that fits on the loosest hook this can be made tighter as the swelling goes down.
• You don’t need to pay VAT on mastectomy bras and swimwear if you’ve had breast surgery.
• Once the skin in the chest area has healed and settled down you can wear less restrictive bras. If you wear a prosthesis, they should still have a full cup to hold it in place.
• You can adapt an ordinary well-fitting and supportive bra by sewing in a piece of stretchy material loosely across the back of the cup. This will provide a pocket to hold a prosthesis.

Taken from the booklet Breast prostheses, bras and clothes after surgery.
Expect the unexpected

Breast cancer and its treatments can have unexpected effects. Anne Cullen shares some of the ones that took her by surprise, as well as the positive changes she’s made after finishing treatment.

For me, one of the most unexpected side effects was the loss of my eyebrows and eyelashes. I had expected to lose my hair (however, not as early on as I did – after my first chemotherapy treatment) and I had a wig ready. But for some reason I hadn’t thought about losing my eyebrows and eyelashes too, which then made me feel – and look – worse.

Shortly after chemo ended, one of my sons bought me a ‘colour analysis’ day. I learnt which colours best suit my natural skin tone and how choosing the right colours in clothes and accessories could help me look and feel better. I would encourage anyone to try this as well as thinking about make-up and wigs.

A low point
During my treatment I suffered from huge depths of fatigue, and I found it difficult coming to terms with the length of time I was affected post-treatment as well. A really low point was when, a year after my diagnosis, I didn’t feel nearly as well as I had expected or hoped to. I think it might help not to expect to feel back to ‘normal’ when active hospital treatment comes to an end.

The sense of isolation and vulnerability at that point can take people by surprise. Unfortunately, I was not told about support services, such as the Moving Forward courses Breast Cancer Care offers. We need to raise awareness of these services so people can find them when they need them.

I’m now a Breast Cancer Voice [one of a group of women who share their experiences to inform Breast Cancer Care’s work] and am hoping to encourage my local hospital to host these courses soon.

Do things you enjoy
My philosophy is to do things I enjoy and that are also good for my health and wellbeing. I’ve started singing again – good for both body and soul! And I have joined two choirs.

I’ve taken up swimming to keep fit. It was a struggle at first. I could only manage about eight lengths and was exhausted, but I’ve gradually built it up to 30. I put a note in my diary to make sure I go two to three times a week, fitting it in around other things that I enjoy doing.

Three years after diagnosis I developed lymphoedema. This was initially very disheartening as it is a long-term condition, but I’ve tried to be positive – after all, it was caused by the treatment that saved my life! Six months later, the swelling had gone down and it’s now classed as mild lymphoedema. So, wearing a compression sleeve and swimming regularly have reaped rewards. The Lymphoedema Support Network has more advice.

As time goes on, I’m feeling so much better and very much enjoying my ‘new normal’ life – living in the moment and even planning a few things for the future.

For more information on lymphoedema, you can read Breast Cancer Care’s booklets Reducing the risk of lymphoedema or Living with lymphoedema after breast cancer.
The hardest battle was psychological

When Victoria Yates was diagnosed with breast cancer at 36, she found the fear, isolation and sense of guilt overwhelming. Four years later, she’s helping younger women with breast cancer come together to support each other.

I went to bed early one Saturday night – my husband was watching Match of the Day, which bores me to tears – and examined my breasts. I was shocked to find a lump. Within a short time, I’d been diagnosed with breast cancer.

Suddenly I was thrust into the breast cancer world and living on a whole different track to all my peers. I went from being a strong, independent, invincible young mum to becoming a cancer patient. I felt out of place in the school playground, as the mum with cancer, and I felt out of place in the breast cancer unit, as I was a few decades younger than everybody else there. I was utterly terrified and felt all alone, despite being surrounded by people who loved me.

Overcome by emotion
I found chemotherapy extremely tough. The nausea and overwhelming tiredness were bad enough, but the onslaught of menopausal symptoms knocked me sideways. Nobody had really warned me about that. I felt like I was losing my mind, as I suffered huge hormonal mood swings and felt overcome by emotion.

I started a thread on the Breast Cancer Care Forum to see if chemo affected any other younger women that way. I sobbed with relief when it was flooded with replies that this was entirely normal and that I wasn’t failing to cope.

It’s not an exaggeration to say that breast cancer has affected every sphere of my life. The hardest battle for me has been psychological. I struggled so much after treatment. I started having panic attacks and felt like a failure.

My breast care nurse arranged some cognitive behavioural therapy (CBT) and that, quite simply, turned the whole thing around for me. I had a huge amount of guilt that I’d brought this to my two boys, who were two and four years old at the time. I felt like a failure. I’d always done my very best to protect my children, and suddenly I was the bomb that had gone off in their midst. That was extremely hard to deal with.

Finding reassurance
I started to post a lot on the Forum. I needed someone to talk to about everything, but I was really searching for someone to reassure me that everything was going to be OK. The Forum really helped. I became really close to another woman, and we’re still best friends.

I also went to a Younger Women Together event in Manchester, where I met several women who lived in the same area as me and who’d been through treatment at the same time. It was brilliant to meet them, but I thought it was a real shame we hadn’t met each other before.

In October 2012, I started a Facebook group – called the Younger Breast Cancer Network (UK). Initially it was set up to connect younger women with breast cancer living in Manchester, but the group was soon opened up to women all over the country. It’s there to help people find a friend who’s going through the same thing. People chat to each other, day and night, and there are different groups depending on people’s circumstances. We have local and national meet-ups and many deep friendships are formed.

I turned 40 in February. A lot of my friends turned 40 this year too and were upset about it, but I was delighted as I really thought I might not make it.
I was 29 years old when I was diagnosed. I happened to notice a lump on my breast when I was getting dressed one morning. I saw my GP, who told me breast cancer was very rare in women my age so it was probably nothing to worry about, but he’d refer me to a consultant anyway. When my test results came back, I discovered I had cancer in both breasts.

**Lack of information**

There wasn’t much information or many services for women with breast cancer at that time. The consultant and nurses were fantastic, but there was no organisation like Breast Cancer Care to give extra support or information. All I had to go on was a diagram that my consultant drew for me and my mother’s experience – she’d had breast cancer too. I felt quite isolated, even though I had fantastic support from family and friends. I had two young children – my son was three and my daughter 14 months – and I just had to get on with looking after them.

I had both breasts reconstructed using silicone implants, which was a new technique at the time. My husband had seen a piece about innovations in breast reconstruction on the TV show Tomorrow’s World. So I asked my GP whether this could be suitable for me. It was one of the best things I ever did!

**Becoming a volunteer**

I became aware of Breast Cancer Care mainly through magazine articles. Over the years, I saw how the work they did grew, and I wished I’d had the opportunity to access their services when I was diagnosed. Thirty years after my diagnosis, I started training as a Breast Cancer Care volunteer. I decided that when I retired and I had more time, I’d become a volunteer, and I haven’t looked back since.

I have a variety of roles. I started off doing one-to-one telephone support, talking to recently diagnosed women who were facing the same issues that I had. I also deliver breast awareness talks at women’s organisations, and I help support recently diagnosed women at Information Sessions too. I’ve also been involved in organising fundraising events, I was interviewed at my local radio station during Breast Cancer Awareness Month, and I’ve modelled at several Lingerie Evenings.

Volunteering is very rewarding. I get to meet lots of different people, and we’ve formed a really strong network of volunteers in the north east.

I’ve noticed a huge difference in the years since I was diagnosed, from the treatments available to the help and support on offer. Things have changed a lot since 1977. The difference in approach to treatment is amazing. Operations were very simple back then. The level of information available now is also terrific, and that makes a huge difference.

I feel extremely privileged to have reached the age of 66, and I intend to go on for a lot longer.
My husband was with me when the consultant gave me the news in August 2013. Getting the diagnosis of secondary breast cancer was just shattering. We made an appointment for me to come back in two weeks’ time, then we just walked back to the car. I felt so isolated at that point. I’d never met anyone who had secondary breast cancer and who was in the same position as me.

Making a connection
The following January, I saw a short article about Breast Cancer Care’s Living with Secondary Breast Cancer events in the local paper. I had no idea there were any support groups in my area. So I called the number and decided I would go along.

I was very nervous about going to my first meeting. I didn’t think I was the sort of person who’d be happy in a support group. But from the very first meeting, I was able to make a strong connection with the other members. There are only four women in our particular group, which is in Hamilton, Lanarkshire. And we’re all quite different. But it’s amazing how well we immediately connected with each other.

I’ve just been much happier since I started going, and now I really look forward to the meetings.

‘I really look forward to the meetings’

Filling a gap
We talk about anything. We might talk about our latest scan results, or about holidays. It’s not just all cancer talk. The sessions can be very light hearted and supportive. The group meets once a month, and now and then we also have specialist speakers who talk to us about different subjects. The next one is about side effects of treatment.

The support group has really helped fill a gap. Having the latest information is obviously very important. But for me the best thing has been getting to know the other ladies in the group and having their support. I don’t feel so alone now. And while I have a great medical team, the support group offers a more holistic approach.

I have nothing but good things to say about the group and would recommend it to anyone with secondary breast cancer.

Breast Cancer Care’s Secondary resource pack is full of information for anyone diagnosed with secondary breast cancer, from diagnosis and treatment to coping emotionally.
Healthy living

Coping with pain

If you’re still experiencing pain months or even years after your treatment for breast cancer, you’re not alone. Clinical Nurse Specialist Rachel Rawson looks at some of the options to help manage pain.

The Breast Cancer Care Helpline and online Forum regularly hear from women who have long-term (also called chronic) pain. Pain can seriously affect your quality of life, but there are options available that may help.

**Pain after surgery**
Some pain or discomfort after surgery is normal. If lymph nodes from under your arm were removed, you may feel pain and discomfort around that area. Usually, pain will improve within about three months. But for some people, the pain can continue.

Longer-lasting pain in the upper arm, chest area and under the arm (axilla) could be due to nerve damage that happens during surgery. Try taking some pain relief, like paracetamol or an anti-inflammatory tablet or applying a pain-relieving gel. If this doesn’t help control the pain, speak to your GP or hospital team. They can assess your symptoms and prescribe another type of treatment if necessary.

This might be an antidepressant or anti-epileptic drug, both of which have been shown to help with the nerve pain associated with surgery.

**Phantom pain**
Some people have the feeling that their breast is still there after a mastectomy. This is known as phantom breast or nipple pain. It can happen straight after surgery or sometimes up to a year later. Phantom pain is caused by damage to the nerves at the time of surgery. If you have phantom pain and simple pain relief doesn’t help, talk to your GP or hospital team.

**Joint pain**
Joint pain is a common side effect of aromatase inhibitors (AIs) like anastrozole and letrozole. People commonly report having pain in the wrist, hand, knee, hips, lower back and shoulders, usually within three months of taking AIs.

Pain caused by AIs will stop when you stop taking them. So you may be advised to have a break from treatment for a few weeks to see if the pain improves. If AIs are causing joint pain, you may be able to switch to another hormone therapy, like tamoxifen, which has fewer joint-related side effects. Doing some muscle-strengthening exercises, losing weight if you need

**Cording**
You may feel a tight cord-like structure running down the inside of your arm several weeks after your surgery. This can start under the arm and sometimes extend as far as the wrist. People with cording often have pain and limited shoulder movement. Stretching the cord by doing arm and shoulder exercises can improve the symptoms, though you may need physiotherapy. Tell your breast care nurse if you think you may have developed cording.
‘Joint pain is a common side effect of aromatase inhibitors’

to, and regularly taking pain relief like paracetamol or anti-inflammatory medication can be useful.

A small number of people taking AIs experience numbness, tingling and pain in their wrist, which may be caused by carpal tunnel syndrome. If you have these symptoms, report them to your hospital team or GP who can advise about any treatments.

**Urinary tract and genital pain**

Pain can affect the passage through which urine passes (the urinary tract) and the genital area.

Vaginal dryness and inflammation are common in women who’ve had treatment for breast cancer. This can cause discomfort and pain during sex. Some women will also have recurrent urinary tract infections.

If you have a vaginal discharge that is unusual for you or if it’s painful when you pass urine, see your GP so they can rule out an infection.

Some women find it difficult to mention symptoms like these to their medical team. However, there are several things you can do to make the vaginal area more comfortable and less prone to infection, and to make sex more pleasurable.

For example, pelvic floor exercises or intercourse itself can improve the blood flow to the vagina, which can improve the health of the tissues in this area.

Vaginal lubricants and moisturisers can also help.

For more information about these and other ways to help vaginal dryness, have a look at our ‘Ask the expert’ section on page 18. You can also read Breast Cancer Care’s booklet Your body, intimacy and sex.

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**Secondary breast cancer**

Being in pain is a fear for many people with secondary breast cancer. Everyone’s experience is different, but being anxious can make pain feel worse. However, nearly all cancer pain can be controlled effectively.

Knowing who to contact if you have pain means that any pain can be assessed quickly and managed. This might be your hospital team or palliative/home care team.

To find the best way of treating pain, your specialist team will need you to describe the pain you have. Keeping a pain diary can help. You can download a pain diary to fill in from [www.breastcancercare.org.uk/paindiary](http://www.breastcancercare.org.uk/paindiary)

Because different types of pain respond to different pain relief, you may need to take a combination of drugs. It’s important to take your pain relief at regular intervals as prescribed to keep the pain under control.

Breast Cancer Care’s Secondary breast cancer resource pack contains information on a wide range of topics for anyone who has a diagnosis of secondary breast cancer.

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Breast Cancer Care’s Moving Forward resource pack has more information on the long-term side effects you may face after breast cancer treatment.

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In this issue, Vita grabs its broom and heads to the ice for a spot of curling.

I started playing curling early in 2008. I remember having been glued to my TV screen during the 2002 Winter Olympics, watching this strange sport where chunks of granite are thrown down a sheet of ice, preceded by two people with brooms.

I was diagnosed with breast cancer at the end of 2008. I was given a list of sports and activities to avoid or do with caution. My breast cancer nurse could see I was looking out for something in particular on the list. But there were so few English curlers at this point that it hadn’t reached the radar of my hospital.

Having had both a mastectomy and a DIEP reconstruction 21 months later, I did find it a little difficult when I returned to playing.

I’m taking tamoxifen and tend to have hot flushes while on the ice. I often have to strip down to just a vest while team mates are wearing five layers and telling me I’m making them feel cold.

I’ve met some wonderful people through curling. I’d only played for a few months before my diagnosis but received so much support and well wishes from other players. Curling is played by all ages and abilities and people are still playing in their 70s. I would recommend giving it a go.

Jo Ostermeyer
If you've had to take time off work during breast cancer treatment, when or whether you return can depend on a number of things. Laura Fountain looks at your rights and your employer’s responsibilities.

How much time you take off work during treatment for breast cancer will depend on what treatment you have, how long your recovery takes and your own personal circumstances. Whether you took time off or reduced your working hours during your breast cancer treatment, you may be keen for life to start getting back to normal. Returning to work after a breast cancer diagnosis can be a positive step and can help some people move forward by regaining some normality. Others may not have a choice and may feel a financial need to go back to work before they feel ready.

When and whether you decide to return to work will depend on what your job involves and your financial situation. If your job involves manual work or is mentally stressful, you may need a longer period of time before you feel ready to return.

Returning to your normal work pattern can be difficult for a number of reasons. You may be suffering from fatigue as a result of treatment, your arm and shoulder movement might be more limited or you may still be dealing with the emotional effects of your diagnosis and treatment. All these things, along with any other side effects you’re experiencing from treatment, can affect your return to work.

**Reasonable adjustments**

If you have or have had breast cancer, the Equality Act 2010 protects you against any discrimination relating to your employment, including the recruitment process (see www.gov.uk/equality-act-2010-guidance). For the purposes of the Act, anyone who has or has had cancer is classed as disabled. Your employer is required to make reasonable adjustments to help you return to work, to have time off for medical appointments or continued treatment and recovery. You can discuss returning to work and what adjustment your employer might need to make with your doctor, occupational health or human resources departments and manager.

Of course, you might prefer not to discuss your cancer with your employer and you don’t have to tell them. How much information you give about
Your health

Breast Cancer Care’s online Forum has a section on work, finance and travel, where you can share your thoughts or experience of going back to work and read those of other people. Visit forum.breastcancercare.org.uk

Natalie Ellis is an office manager at a chartered accountancy firm.

‘I was self-employed when I was diagnosed with breast cancer and I had no choice but to carry on working because, as a single parent, I needed the income. I tried to get benefits to support me so I could take time off but being self-employed it was hard.

‘I would take the day off when I had my chemotherapy because it made me really sick, but other than that I kept working full time. I worked from home other than one day a week when I would go to see clients. I was worried about catching something while my immunity was low during chemotherapy so I stopped going to see clients.

‘If you can work from home during treatment, do. But try not to be a hermit – you need to see people too.

‘About a year after my treatment I took a full-time job with one of my clients. I was lucky because they already knew about my cancer and it wasn’t an issue. I’m in charge of health and safety in the office so I’ve made sure I’ve got a good, comfortable chair and a footrest. I had an LD flap breast reconstruction so sometimes I have to get up and have a bit of a stretch, but other than that I’m just like any other employee.’

Financial advice

Some people decide not to go back to work after having breast cancer. As appealing as this may seem, giving up work is not an option for everyone and your financial situation may mean you have to return to work. If you’re thinking of not working it’s important to get independent financial advice before you make any decisions. Macmillan Cancer Support can talk through your financial situation and options with you.

If you’re looking to start a new job, you might be worried that giving information about your cancer could affect your chances of success. The Equality Act protects anyone who has had treatment for cancer against any discrimination relating to employment – including the recruitment process. Employers are not allowed to ask questions about your health during the recruitment process. This includes asking if you have a disability. Once you have been offered a job, an employer can then ask for this information. If they then decide to withdraw the job offer, this must be for reasons that are non-discriminatory.

Financial information

To speak to a Macmillan financial guide call free on 0808 808 00 00 Monday to Friday 9am–8pm, or email the team on financialguidance@macmillan.org.uk

The Department for Work and Pensions has a free benefit inquiry line for people with disabilities, which includes people who have cancer: gov.uk/disability-benefits-helpline

Citizens Advice is also a good place to go for guidance. Visit citizensadvice.org.uk

your breast cancer to those involved with your return to work is up to you. However, you have the right for any information given to your employer to be kept private and only discussed with other people with your permission.

Remember, your employer has a duty to make reasonable adjustments to your role or your working environment to help you do your job. If you don’t tell them about your diagnosis and treatment, it’s difficult for them to know what adjustments they need to make.
Everyone’s experience of breast cancer is different. Head to Vita online to watch our new videos, in which women talk about their own breast cancer stories.

Anyone who’s had breast cancer has a story to tell, from diagnosis and treatment to coping emotionally and moving forward. We asked a group of women, of different ages and backgrounds, to talk openly about their personal experiences. These short videos cover many topics, from the psychological impact of a breast cancer diagnosis and coping with the physical effects of treatment, to the worries many women experience as their treatment comes to an end.

To watch the videos, go to www.vita.org.uk/my-story

Valerie, who was diagnosed 21 years ago, talks about how her worries can resurface at any time.

“You never forget the minute you were diagnosed. You think you will forget, but you don’t.

‘Three years ago, I had a funny little lump – more like a pimple – on the side of my breast. So I went to see my doctor. He said it was too small to do anything about and that I shouldn’t worry. But he said, if you do worry, come back. And I was right back there the next week.

‘It took me back to when I was first diagnosed.’

Jo, who was diagnosed in 2008 at the age of 34, talks about the challenges she faced as a younger woman with breast cancer.

“When I was diagnosed, I was single and didn’t have children. The plan was to meet someone and start a family. But then I thought: “I’m going to lose a breast and I’m going to be bald. Who’s going to find that attractive?” I see what I look like first thing in the morning and last thing at night, when the make-up comes off, the wig comes off, and the eyebrows and eyelashes come off. When you’re young, in your mid-30s and the prime of your life, you should be going out and enjoying yourself, having fun, having relationships. Then all that suddenly stops.’

To watch our new videos, read our latest real life stories and catch up with the Vita bloggers, head to Vita online www.vita.org.uk
WIG or without

Hair loss can be one of the most distressing side effects of chemotherapy. We asked our readers whether or not they chose to wear a wig when they lost their hair.

Eithne says...

My friend took me to buy my wig before I even started the treatment. When my hair did begin to fall out I variously wore hats, bandanas and of course the wig. All three served different purposes. When I dressed up to go anywhere with the wig, I felt great. It was as good as having a good hairdo. I rarely went bare-headed, even in the house.

Androulla says...

I chose not to wear a wig. I got a few strange glances, but mainly from little children who wouldn’t have known why I was bald. I didn’t want to put time, effort and potentially money into buying a wig, it just didn’t feel right for me. I also felt it might be irritating or itchy and hot and would make my hot flushes worse. Finally, I just didn’t like the idea of hair that wasn’t mine on my head.

Jazz says...

I bought a wig but didn’t wear it very often. I found it uncomfortable but I’d also forget it was a wig and take it off when I walked into a room, thinking it was a hat! I also worried the wig would blow away in the wind. I usually wore a turban. I stopped leaving my head uncovered so much at home because it was a constant reminder of the cancer.

‘I didn’t like the idea of hair that wasn’t mine on my head’

Susan says...

Before starting treatment, I learnt how to wear scarves and bought a selection of pretty headgear to wear throughout treatment. I was adamant I wouldn’t wear a wig. Once treatment started it was on with the wig! I found I couldn’t stand the pitying and knowing looks I received wearing a scarf.

Eleanor says...

Both my sister Daisy and I had chemotherapy for breast cancer. I bought two wigs, both very different to my own hair, and wore them at work and out of the house until my own hair regrew. I enjoyed never having a bad hair day and didn’t mind wearing the wigs which were comfortable and flattering. My sister didn’t want to hide what she was going through. It was important to her that others knew she was ill and made allowances for that fact so she only covered her head with headscarves.

Helen says...

I decided on a wig as I wanted to look as normal as possible. My hairdresser was fantastic. She cut it in a way that I had previously had my hair. She styled it for my wedding, which was two weeks later. I told everyone at the end that it was a wig, and there was a sound of shock in the room. I don’t think anyone was expecting that.

expert view

Many people who’ve lost their hair through treatment choose to wear wigs, scarves, hats or other headwear until their hair grows back. There are many different reasons for this, from keeping warm to concern about what other people might say. Different people prefer to wear different things – just choose what you feel comfortable with at the time. You might want to wear a wig on special occasions or when going out, but feel more comfortable wearing some other kind of headwear around the house. Or you might prefer not to wear anything.

Jane Murphy, Clinical Nurse Specialist
Your questions answered

Ask a BREAST CANCER EXPERT

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

Q I’ve been diagnosed with DCIS. They’ve told me it’s an early form of breast cancer but that I’ll probably need a mastectomy. Why do I need such a drastic-sounding treatment?

A DCIS (ductal carcinoma in situ) is an early form of breast cancer, where cancer cells have developed within the milk ducts but remain there – ‘in situ’. These cells have not yet developed the ability to spread outside the ducts into the surrounding breast tissue or to other parts of the body. You may hear DCIS described as pre-invasive, intraductal or non-invasive cancer. Because the cells are contained in the breast ducts, a diagnosis of DCIS has a very good outlook (prognosis). Our Ductal carcinoma in situ (DCIS) booklet has more information.

Surgery is usually the first treatment for DCIS. This may be breast-conserving surgery, usually referred to as a wide local excision or lumpectomy. This is the removal of the DCIS with a margin (border) of normal breast tissue around it. Alternatively, sometimes a mastectomy (the removal of all of the breast tissue) may be recommended. This is usually done if DCIS affects a large area of the breast or if there’s more than one area of DCIS. Although a mastectomy may seem like a drastic treatment, it ensures that all of the DCIS is removed completely. It’s important to talk this through with your surgeon and breast care nurse so that you understand why a mastectomy has been recommended and what it involves.

If you’re going to have a mastectomy you’ll usually be able to consider breast reconstruction (see ‘Expert eye’, right, for more information).

Q I’m only 41 and chemotherapy has put me into an early menopause. I’m now taking tamoxifen. I am really suffering with vaginal dryness, which is making sex painful. Is there anything that will help?

A Chemotherapy has an effect on the ovaries and can stop the production of oestrogen. This causes menopausal symptoms, one of which is vaginal dryness. Pain or discomfort during sex or intimacy can be very distressing and can reduce sexual feelings and desire.

There are treatments that can help with vaginal dryness, such as vaginal moisturisers and lubricants which can be bought in a chemist, ordered online or prescribed by a doctor. You may have to try more than one product before you find the right solution for you.

Vaginal moisturisers such as ReplensMD and Hyalofemme can help give relief from dryness and discomfort regardless of sexual activity. They can be used every few days but need to be used regularly over time for the best effect.

Vaginal lubricants tend to be shorter-acting than moisturisers. These include Yes, Astroglide, Pasante TLC, Sylk and Pre-seed. Lubricants are intended to help prevent friction and pain during sex, but can also be used at other times to relieve dryness and discomfort. Intercourse itself helps to stimulate the blood flow to the vagina and will help maintain its suppleness and elasticity.

Practising pelvic floor exercises can also help to increase blood flow and help you learn to relax these muscles during sex to minimise pain.

Hormone replacement therapy (HRT) is not usually recommended after a diagnosis of breast cancer but some specialists may prescribe hormone treatments that are applied directly to the vagina for a short time. When vaginal oestrogens are used, small amounts of oestrogen are thought to be absorbed into the body. Vaginal oestrogen may be more safely prescribed for women taking tamoxifen because tamoxifen is thought to counteract any oestrogen entering the bloodstream. Talk to your specialist team about using these types of hormone treatments.

Vaginal dryness and irritation can also be caused by infection, so it’s best to see your GP so they can rule this out before trying any of the above.
I've just been diagnosed with breast cancer. I have three children who are 5, 9 and 14 years of age. What's the best way to tell them without frightening them?

Around a third of women diagnosed with breast cancer in the UK each year have young children living at home. There is good evidence that children are less anxious if they know what's happening, even if they don't fully understand. There's no right way to talk to children, but we know they respond to being given small amounts of information gradually in an informal way. Children react differently depending on their age, temperament, stage of development and their relationship with you.

To help young children understand without scaring them, use words they are familiar with and that are simple to understand. Young children don't like changes to their routine or being separated from you. You may find it helpful to read our picture book Mummy's Lump with your youngest child.

From the age of seven, most children start to learn about the human body and may want more factual information. Children in this age group also begin to worry that their questions will upset their parent, so they might not ask any. Encourage your children to ask you questions and be honest. Some questions don't have an answer, and you can explain that. Breast Cancer Care has worked with Medikidz (who provide health information in the form of comic books) to help children understand what breast cancer is and how it may be treated. You and your nine-year-old may find it helpful to read Medikidz explain breast cancer. Most teenagers have heard of cancer, so as a starting point it can be useful to find out how much your oldest child knows. Some teenagers may appear unconcerned about the situation and, like some adults, try to pretend it's not happening. Others may be very emotional, angry or even appear resentful. Our booklet Talking with your children about breast cancer has useful information on how to respond to the different emotions and can also point you in the direction of further support and online organisations for teenagers.

Your relationship with your children's schools is also important at this time and after your treatment. You may like to read our booklet Breast cancer and your child's school: communicating about your diagnosis and treatment.

If you've been offered a mastectomy, you should also be offered reconstruction. All women should receive information on reconstruction options before they have a mastectomy. Even if all the options are not available at your local hospital or clinic, you should still be given information on these and, depending on what you choose, you may be referred to a different hospital.

Breast reconstruction can happen during the same operation as a mastectomy (immediate reconstruction), or it can be delayed. You can have delayed reconstruction several months after a mastectomy, but some women wait for a number of years after their mastectomy to have reconstructive surgery.

A breast can be reconstructed using tissue from your own body. The surgeon will remove the breast tissue and then reconstruct the breast, most commonly with tummy or back tissue.

An alternative is to rebuild the breast shape using implants. This is usually a two-step process: once the breast is removed an inflatable tissue expander is placed under the chest muscle and is slowly expanded using saline (salt water). Once the correct size is reached, a permanent implant can be inserted.

A number of factors can influence when a reconstruction can be done, and in some cases reconstruction is not advised because of existing health issues. Your consultant should give you all the information you need to agree a treatment plan you’re happy with.

Stephen McCulley, Consultant Plastic, Reconstructive and Aesthetic Surgeon

For an extended version of this article, head to www.vita.org.uk

If you have a question about breast cancer or its treatment, you can call the Breast Cancer Care Helpline free on 0808 800 6000.
What’s your role at Breast Cancer Care?
I’m responsible for the day-to-day operational management of Breast Cancer Care’s Helpline and Ask the Nurse email service. I also provide ongoing management and support to the team.

Who works on the Helpline?
The Helpline team is made up of 24 nurses and trained staff with experience of breast cancer, supported by the Helpline Manager and Helpline Administrator.

Who calls the Helpline?
Both women and men affected by breast cancer call the Helpline. Around 75% of callers are ringing about themselves. However, the Helpline is also there to support family, friends and health professionals. During the period 2013–14 we spoke to over 11,000 people.

Why do people call?
We get such a wide variety of calls about anything from breast health concerns or worries about a symptom to investigations, diagnosis and treatments. We get many requests for practical information from people with breast cancer, such as ‘Can I have the flu jab?’ or ‘When is the best time to go back to work?’
We are also there for anyone who simply wants to talk. Many callers are worried that if they ring the Helpline they might get upset. But the team is very experienced in responding to a wide range of emotions. All Helpline staff are trained and experienced in knowing how to support each individual. So nobody should be put off calling through fear of showing their emotions.

How can you help people who’ve finished their hospital treatment?
We receive many calls from women and some men who have finished their main hospital treatment. They, their family and friends often expect things to go back to how there were before diagnosis. In fact, we know the opposite may be true and many people find this a really emotional and difficult time.

We can talk this through with the caller and help them explore different ways of getting the support they need with any ongoing physical or emotional concerns. We can also help people explain to those around them that even though the treatment may have finished, the effects can continue.

What if someone has a question but doesn’t want to talk on the phone?
In addition to the Helpline, we have our Ask the Nurse email service. This allows people to email their question and receive a reply in writing from one of our specialist nurses.

Get in touch
The Helpline is available:
• Monday–Friday 9am–5pm
• Saturday 10am–2pm

Call the Breast Cancer Care Helpline free on 0808 800 6000

Visit breastcancercare.org.uk/atn to find out more about Ask the Nurse
If you’re looking for an alternative to the same old sandwiches or a way to make your lunch less ordinary, why not get wrapping with these healthy recipes?

### Jerk salmon with mango salsa wraps

Serves 4

This recipe also works well with skinless chicken breasts or thighs.

- 4 salmon fillets (150g), without skin
- 2 tbsp jerk seasoning
- 2 ripe mangos, peeled and diced
- 1 red onion, peeled and finely chopped
- 1 small bunch of coriander, finely chopped
- 1 mild chilli, deseeded and finely chopped
- Juice of 1 lime
- Salt and pepper
- 2 baby gem lettuces
- 4 Mission Deli Super Soft wraps

1. Pre-heat the oven to 180°C/gas mark 4.
2. Sprinkle the jerk seasoning onto a plate. Coat the salmon evenly with the jerk seasoning and put into a small roasting tray lined with foil.
3. Put the salmon into the oven and cook for 15 minutes or until cooked all the way through. Remove and leave to cool.
4. Meanwhile, put the mango chunks, onion, coriander, chilli and lime juice into a small bowl and stir until well combined. Season with salt and black pepper.
5. Lay out a Mission Super Soft wrap and cover with a layer of gem lettuce leaves. Sprinkle over a quarter of the mango salsa.
6. Flake one salmon fillet and scatter over the wrap.
7. Roll the soft wrap and repeat with the remaining three wraps. Serve immediately.

### Chicken piri-piri wrap

Serves 4

For a real lunchtime treat, serve your wrap with some ready-bought tomato chutney.

- Olive oil
- 2 small ripened avocados, peeled and sliced
- 12 cherry tomatoes, sliced in half or into quarters
- 1–2 handfuls of watercress
- Handful of coriander, roughly chopped
- 4 skinless chicken breasts, diced into medium-sized chunks
- 2–3 tbsp piri-piri sauce
- 2 limes, quartered
- 4 Mission Deli Super Soft wraps

You will also need four wooden or metal skewers.

1. Combine the avocado, cherry tomatoes, watercress and coriander together. Set aside until needed.
2. Coat the chicken in the piri-piri sauce, and evenly thread the chicken onto the skewers. Heat the olive oil in a large griddle pan and cook the skewers for a few minutes on each side until chargrilled and cooked through.
3. Serve the Mission Deli wraps open, with the chicken, salad, lime wedges and some tomato chutney alongside.

Recipes courtesy of Mission Deli Wraps missionwraps.co.uk
Pink products and gorgeous gifts

Buy any of these products during Breast Cancer Awareness Month this October, and you’ll help Breast Cancer Care provide information and support to people affected by breast cancer.

**Asda**
Add a fruity dose of deliciousness to your bath time with raspberry NSPA bath and shower gel – 20p of the £2 retail price is going to Asda’s Tickled Pink campaign. And raise a toast in style with the Tickled Pink wine glasses, £2.50 each (25p donation). Available from Asda stores nationwide.

**Tateossian**
The Tateossian Breast Cancer Care Pop Scoubidou leather bracelet (£50, donation 30%) in magenta and orange is available online at www.tateossian.com and in Tateossian stores.

**Smint**
Pick up a pack of refreshing Smint Strawberry (RRP £1.15) and 5p from every box sold will be donated to Breast Cancer Care. Available at leading Boots, selected supermarkets, Superdrug and WHSmith.

**Mission Foods**
Wrap up a tasty treat with Mission Deli Wraps (RRP £1.80). Mission Deli has pledged to donate £50,000 to Breast Cancer Care. Available from supermarkets across the UK.

**Monster**
Monster, the world leader in high-performance personal audio, has created a special neon pink version of its iSport Intensity in-ear headphones (RRP £79.95) for Breast Cancer Awareness Month. Monster will donate £5 from the sale of each set of earphones to Breast Cancer Care, to reach a minimum of £10,000. Available from John Lewis and Selfridges.
**Fundraising focus**

**Elemis**
Elemis has launched a limited-edition 100ml pink jar of its number one bestselling Pro-Collagen Marine Cream (RRP £99). Elemis has pledged to donate £10,000 to Breast Cancer Care. Available from selected John Lewis, Debenhams, Harvey Nichols and spas and salons across the UK, online at www.houseoffraser.co.uk and www.timetospa.co.uk.

**Streamline**
Pick up one of Streamline’s Less Sugar jams and marmalades (£1.45, donation 10p) with a special edition pink lid, and you’ll be supporting Breast Cancer Care with every spoonful. Available at selected supermarkets nationwide. ‘Like’ Streamline on Facebook for competitions, healthier recipes and tips: facebook.com/streamlinefoods

**The Fine Bedding Company**
The Fine Bedding Company has launched a limited-edition Breathe pillow (£25, donation £2.50) with pink stitching and corner sash. With its advanced and highly breathable Smartfi® fibres, it creates an optimum sleep environment and provides firm support. Visit www.finebedding.co.uk/breast-cancer-care

**Interflora**
This limited-edition strawberries and cream hand-tied gift (£44.99, donation 10%), created especially for Breast Cancer Awareness Month, looks good enough to eat. The unusual two-tone roses in strawberry blush and vanilla cream make a delightful display. Available throughout October from www.interflora.co.uk

**Office**
Step out in style with Office’s limited-edition shoes sold exclusively online from www.office.co.uk throughout October, while stocks last. Slip on the Cecilia pumps (£56) for a chic daytime look and wear the metallic heel On Tops (£65) for a glamorous night out. Office will donate 50% of the recommended retail price (+ VAT).

**Orion Publishing**
The Coffee Shop Book Club (£7.99) features stories of love and fidelity, mystery and unexpected lives from some of today’s bestselling authors, including Kate Mosse, Cathy Kelly and Ian Rankin. Published in conjunction with Woman & Home, a £1 donation from each book will go to Breast Cancer Care. Available from all leading bookshops.

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Pull on your trainers this autumn

On Saturday 18 October, the Breast Cancer Care WomenOnly Run takes place in the beautiful setting of Richmond Park in London. The run has distances of 5km, 10km and 15km to choose from so is perfect for everyone from first-time runners to those looking for a new personal best. There’s also a run-with-your-buggy option, so no need to find a babysitter.

Breast Cancer Care is the official charity for this run. Tom Whitehead, Sports and Challenges Events Manager at Breast Cancer Care, said: ‘The Breast Cancer Care WomenOnly Run is a big highlight in our events calendar, and this year is set to be bigger and better than ever. There’s such a fantastic and supportive atmosphere on the day, a real mix of people taking part and the scenery and route are stunning. We’re so grateful to everyone who signs up and takes part for Breast Cancer Care. The money raised helps provide a vital support network to help thousands of people find a way to live with, through and beyond breast cancer.’

Breast Cancer Care will be out in force on the day to support runners with dedicated cheering points around the route and a post-race gazebo with goody bags and treats. Everyone taking part for Breast Cancer Care will also receive a welcome pack, training tips, fundraising ideas and a team running vest. Don’t miss out – register today for just £15 (5km), £19 (10km) or £22 (15km).

Visit www.breastcancercare.org.uk/runs or call 0345 092 0804 for details.

Park life

Deer have roamed freely in Richmond Park since 1529. There are currently 630 deer in the park so you’re sure to spot one on your run.

Since the first WomenOnly Run in 2011, 3,200 women have taken part and over £50,000 has been raised for Breast Cancer Care.

Richmond Park is the largest Royal Park in London. From its hills there’s an uninterrupted view of St Paul’s Cathedral, 12 miles away.
Looking ahead to life after treatment?

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

**Moving Forward Information Sessions**
Relaxed talks on Moving Forward topics, with a chance to ask questions and chat with others.
- Post-surgery lingerie
  - Wythenshawe, 3 October
  - Middlesbrough, 16 October
  - Salford, 13 November
- Breast Reconstruction
  - Wythenshawe 3 October
  - Middlesbrough, 16 October
  - Cardiff, 24 October
  - Salford, 13 November
  - Edinburgh, 27 January 2015
- Healthy eating and breast cancer
  - Liverpool, 14 October
- Cancer-related fatigue
  - Liverpool, 14 October
- Relationships and intimacy
  - Livingston, 28 October
  - Dundee, 28 November
- Signs and symptoms of a possible recurrence
  - Stevenage, 4 November
  - Southampton, 27 November
  - Oxford, 4 December
- Lymphoedema
  - Ayrshire, 11 November
- Relaxation and breast cancer
  - Cardiff, 3 December
  - London, 3 December

**Lingerie Evenings**
For more confidence choosing a bra after surgery, join other women and trained fitters at a Lingerie Evening.
- Edinburgh, 7 October
- London, 16 October
- Llandudno, 26 October
- Cardiff, 28 October
- Glasgow, 30 October
- Solihull, 30 October
- East Kilbride, 6 November

**Living with Secondary Breast Cancer**
Regular meet-ups for people living with secondary breast cancer. With expert guest speakers. Email secondaryservices@breastcancercare.org.uk to find out more.
- Birmingham
- Bristol
- Cardiff
- Edinburgh
- Glasgow
- Halifax/
  Huddersfield
- Lanarkshire
- Leeds
- Liverpool
- Llandudno
- London
- Manchester
- North London/
  Hertfordshire
- Oxford
- Sheffield

**Best Foot Forward walking groups**
For people of all fitness levels, walks last around 30 minutes, follow an easy route and finish at a local café for a cup of tea and a chat.
- Barnsley
- Calderdale
- Cardiff
- Kirklees
- Llandudno
- Pontypridd
- Salford
- Stockport

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

**Younger Women Together**
Two days of information, support and sharing. Come to a Younger Women Together event and meet around 30 other women under 45 who’ve been diagnosed with primary breast cancer. All food and accommodation provided free. Email youngerwomen@breastcancercare.org.uk to find out more.
- Bristol, 21/22 November
- Liverpool, 30/31 January 2015

Call our friendly services team for more information about the support we offer on 0345 077 1893

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

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 Tel: 0845 003 2800

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.

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 or call 01295 757 408.

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.

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).

Cool and Beautiful Nightwear
Cool, ultra feminine, 100% cotton, mastectomy nightdresses. Discreetly pocketed for soft prostheses, with plenty of fabric in the skirt to allow for extra comfort. Designed as a result of personal experience and made in the UK. New nightdress available up to size 22 from www.coolandbeautiful.com or call 01568 750 011 for more information.

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

Pebble UK
Now supplying LYPHEDIVAS ARM SLEEVES AND GAUNTLETS, choose from over 80 different colours and designs. Made with moisture wicking fibres, unscented Aloe Vera treatment for skin friendly softness and fine knit construction for a lightweight feel. Available in 3 sizes, 2 arm lengths and 2 compressions. 0800 433 4757 www.pebbleuk.com

Silima® FOR YOU! Our brand new 2014 catalogue brings you stylish and supportive lingerie. Please check out our value-for-money range of everyday bras from £17.95 each (Diana and Victoria) or treat yourself to our French design heritage with Amelie or Suzanne, the latest addition to our range. Look no further for fashion and femininity! Call 01295 220 524 or visit www.conturabelle.co.uk

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

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 Tel: 0845 003 2800
**Pink Fridays**

Turn your Friday pink this October

Have a dress-down Friday or pink night in this Breast Cancer Awareness Month and support women waking up to breast cancer today.

**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 Tel 07980 470 072. 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

**Sign up now for your free fundraising kit**
www.breastcancercare.org.uk/pinkfridays
0300 100 4442

Pick your Friday, throw on some pink and join us to face breast cancer together.
‘Finding my inner strength’

#hiddeneffects

Breast cancer changes everything. Help us give women the confidence to get through a brutal cancer.

Give. Fundraise. Shop.
breastcancercare.org.uk/hiddeneffects

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
0345 077 1892
sco@breastcancercare.org.uk

Wales, South West and Central England
0345 077 1894
cym@breastcancercare.org.uk

East Midlands and the North of England
0345 077 1893
nrc@breastcancercare.org.uk

London and the South East of England
0345 077 1895
src@breastcancercare.org.uk

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

Name

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 0345 092 0808.