Diet and breast cancer: the facts

Top make-up & beauty tips

What is palliative care?

Hot topic
Cancer doesn’t end when treatment finishes

Facing life after treatment together
Meet the Moving Forward friends

Breaking the taboo
Raising breast awareness in Asian women
Welcome to Vita

One of my favourite parts of editing Vita is getting to speak to people who’ve been affected by breast cancer and who want to share their stories with you. Real life stories are at the heart of Vita magazine, and we try to bring you as many different experiences as possible.

I particularly love it when I get to leave the office and meet some of the people we feature. So I was thrilled to be invited to lunch with a group of friends who first met at a Breast Cancer Care Moving Forward course in Bournemouth. During our lunch, they spoke openly about their experience of breast cancer, how they came together and supported each other on the Moving Forward programme, and how they’ve stayed in touch and regularly meet up. You can read their story on p8.

We also bring you the remarkable story of two half-sisters who only met after the results of a genetic test for breast cancer (page 11). And on page 10, Samina shares her breast cancer story and her desire to raise awareness among the Asian community.

And don’t forget to visit Vita online (www.vita.org.uk). Every month our regular and guest bloggers share their experiences of living with and beyond breast cancer, and discuss the hot topics that are on their minds.

Gareth Fletcher
Editor
vita@breastcancercare.org.uk

In this issue

On the cover
6 Top make-up tips
8 Facing life after treatment together
10 Raising awareness in Asian communities
12 Diet after breast cancer
18 You tell us what happened when treatment ended

Real lives
11 Facing our family history
21 Susannah’s fashion show story

Your health and wellbeing
13 Laughtercise
14 What is palliative care?
16 Your questions answered
20 Touch Surgery app
22 Healthy salad recipes

Regulars
3 Your letters, emails and tweets
4 News and views
23 Fundraising
24 News from our corporate partners
25 Breast Cancer Care services

Vita is kindly supported by ASDA
Dear Vita
Thank you so much for your Winter edition. I loved reading your article on coping with fatigue. I was diagnosed with stage 3 breast cancer in February 2014 and went through a mastectomy, chemotherapy and radiotherapy. This was very tiring but nearly a year later I still feel the same. After following your top tips I feel so much better in myself. Your magazine is a great comfort to me and many other people going through breast cancer. I always look forward to receiving Vita as it’s guaranteed to put a smile on my face.

Kate

Dear Vita
I was very interested to read the article in the Winter issue ‘Someone to talk to’. I was diagnosed with breast cancer in 2013 and was assigned a breast care nurse. I had a mastectomy and reconstruction. But once I came out of the safety net of the hospital, I had no nursing contact at all. I have never felt so alone and at times frightened before. Once I got home I rang the Breast Cancer Care Helpline. It was so comforting to know someone was there for me. They did tell me about Someone Like Me, but at that stage I was too upset to take it in or try to build a relationship with anyone. But if I had been told when I was first diagnosed with cancer, I think I would have taken up the offer.

I am now back at work and 2015 is my and my husband’s ruby wedding anniversary. There is life after cancer but we all need support to get through it.

Carol

Dear Vita
Thank you for your ‘Winter warmers’ article, and mentioning that capes are useful for someone who has one arm bigger than the other because of lymphoedema. I had help with lymphoedema through comprehensive massage the first year that it occurred. I now have instruction in daily self-massage and twice-yearly follow-up by my wonderful specialist nurse in lymphoedema at the Preston Park Clinic for Breast Care in Brighton. I cannot praise her enough for her help, and hope that others have access to such a dedicated practitioner for this problem in their area. The information that lymphoedema sleeves can be ordered in black and white, as well as the usual beige, was also news to me.

Vita magazine is very interesting and reassuring and I look forward to receiving it each season.

Elaine

Get in touch with Vita
Tweet @Vita_mag
Email vita@breastcancercare.org.uk
Write Vita magazine, Breast Cancer Care, 5–13 Great Suffolk Street, London SE1 0NS
Don't forget to visit Vita online…
www.vita.org.uk
Breast Cancer Care’s Press team is looking for women and men who’ve had a diagnosis of breast cancer and would like to share their experience. This could involve talking to a newspaper, magazine, radio or TV channel about anything from the impact your diagnosis has had on your family to the side effects of treatment. Sharing your experience can help increase awareness of breast cancer and highlight Breast Cancer Care’s services to people who may need them. It can also help promote fundraising campaigns in order to raise money.

If you’d like to share your story, get in touch with the Breast Cancer Care Press team on 020 7960 3463 or email press@breastcancercare.org.uk for more information.

That’s the estimated number of strawberries eaten last year at all the Strawberry Teas held for Breast Cancer Care. They were washed down with around 120,000 cups of tea. If you’d like to help make those numbers even higher in 2015, why not get together with your loved ones and hold a Strawberry Tea this summer?

You can enjoy strawberry treats around the kitchen table, in the garden or at a picnic and raise money to help give someone facing breast cancer the support they need.

To order your free Strawberry Tea Starter Kit go to www.breastcancercare.org.uk/treat or call 0300 100 4442.
Every year in the UK, around 5,000 women under the age of 45 are diagnosed with breast cancer. Breast Cancer Care has revised and updated its booklet *Younger women with breast cancer*. With information on topics including body image, fertility, sex and intimacy, relationships and coping emotionally, this booklet addresses many concerns that younger women have after a breast cancer diagnosis. To order your copy, call 0808 800 6000 or visit www.breastcancercare.org.uk/publications

With the 2015 general election just around the corner in May, Breast Cancer Care wants to make sure breast cancer is high on the agenda. And you can help. There are several ways to get involved. You can send a message to your local election candidates, asking them to take action. Volunteers across the UK are also hosting Breast Cancer Question Time events with their local election candidates. And you can read and share the Breast Cancer Care Manifesto, which outlines the main areas we want the next government to address. To find out more about all of these and how to get involved, go to www.breastcancercare.org.uk/election2015

Throughout the year, Breast Cancer Care’s fundraising team sends appeals and newsletters to people who support our work. The team is looking for people who have used Breast Cancer Care’s services and would be happy for their story to appear in these appeals and newsletters. To find out what’s involved, email the Individual Giving team at reply@breastcancercare.org.uk or call 020 7960 3479. They’d love to hear from anyone who can help – especially people in Scotland, Wales and Northern Ireland.
Finding out you have cancer is traumatic enough, but the added stress of treatment side effects that affect your appearance can feel overwhelming. This can have a serious impact on self-esteem and confidence during a difficult time. But there are ways you can use what you already have in your make-up bag to combat these changes.

Cancer support charity Look Good Feel Better was formed in the UK 21 years ago. We help women living with cancer through our free confidence-boosting skincare and make-up workshops. The two-hour sessions are led by trained beauty volunteers, who share tips and techniques to help with eyebrow and eyelash loss and changes to the skin. They’re available in more than 76 hospitals and cancer support centres across the country.

Look Good Feel Better runs free skincare and make-up workshops and masterclasses all over the UK for women living with cancer. They have also created the Confidence Kit, a DVD that teaches skincare and make-up techniques in the comfort of your own home. To find out more, visit www.lgfb.co.uk

Five top make-up tips

We asked the team at Look Good Feel Better for their make-up tips for women with breast cancer.

Your looks
Here are some of our tips to help you to face cancer with confidence.

1. Skin will often be much drier during treatment, so it’s a good idea to use a gentle cream cleanser, followed by a rich moisturiser. Make sure you use gentle products suitable for sensitive skin.

2. Chemotherapy can cause high colour, flushing and blotchiness. Using a green colour corrector can help even out skin tone and disguise redness. Apply a very small amount to affected areas before your foundation. Be careful as a little goes a long way – you don’t want to end up looking like Shrek!

3. Blusher can instantly lift the face and give definition to cheekbones. For lighter skin tones, use pink and coral colours. For darker skin tones, opt for coppers and bronzes. To apply, smile to find the fullest part of your cheeks, place the brush here and then gently sweep towards the hairline, emphasising your cheekbones.

4. Eyeliner can help to define and shade the eyes, creating the appearance of eyelashes that may have been lost through treatment. Using an eye pencil, roll the tip on the back of your hand to soften before applying. Start at the outer corner of the eye and work slowly to the halfway point on both the bottom and the top eyelid. You may want to use a cotton bud to blend the line, giving a softer effect.

   Using the diagram (right), plot the three points of your eyebrow with your eye pencil: the inner edge, the arch and the outer edge. Then join the dots with a series of gentle arching feathery strokes, which will give the illusion of fine hairs. Continue to build them up until you achieved the desired look, it will get easier the more you practise.

5. If there’s one cosmetic product that can cheer someone up instantly, it’s lipstick! Lips may become dry during treatment so look for lipsticks that have moisturising properties.

Breast Cancer Care’s free HeadStrong service can prepare you for the possibility of losing your hair due to cancer treatment. Trained volunteers help women make the most of alternatives to wigs by using scarves, hats and other headwear. To find out more, call 0345 077 1893 or visit www.breastcancercare.org.uk
On a chilly afternoon in the coastal town of Christchurch, six friends are chatting around an oval table in the corner of a pub. The women (there are usually eight of them, but two can’t make it today) meet regularly for lunch. They’ve invited me along to hear about their experience of using Breast Cancer Care’s Moving Forward service.

I have a list of topics I’d like to discuss. But the women need no prompting to begin talking – openly and confidently – about their breast cancer. And I later realise I’ve hardly needed to ask a question.

Facing life after treatment
The women first met at a Moving Forward group in Bournemouth in November 2013. These free four-week programmes, at hospitals across the UK, provide information and support for people after treatment for breast cancer. For Josie, the oldest of the group at 77, talking helped her get through the difficult period after hospital treatment finished. She describes going through treatment as having a protective cloak around her. ‘I was told what to do and where to go,’ she says. ‘I felt safe. But then it’s: “Bye bye, Josie” and you’re out the door. What do I do now?’ Three months later, Josie was depressed, but people didn’t understand why.

Lesley points out that while other people expect life to return to how it was before cancer, this expectation often doesn’t match reality. ‘Everyone around you, your family and close friends, think you’re fine and back to normal,’ she says. ‘They want you to be as you were. In some ways you feel so alone.’

Caroline, 46 and the youngest here today, says that emotionally it’s probably harder now than when she was going through treatment. ‘I was very positive,’ she says, ‘and didn’t allow negative thoughts into my head. I just got through it. Now I’m dealing with it.’

A shared experience
One thing Moving Forward gave them was time to share what they’d been through. They could cry, they could release their emotions, and everybody there understood.

In some ways the women’s experiences differ – for example in how much they told friends about their cancer, or their experience of work. But it’s also clear they have a lot in common.
Hair loss is a topic that keeps coming up during our lunch, and it’s obvious this side effect had a big impact. ‘Devastating’ is a word someone uses to describe it. And while the women can now tell amusing stories of grandchildren pulling off wigs, the experience has had a lasting effect.

‘I think the biggest thing for me was the loss of femininity,’ says Jill. Trish agrees. ‘It’s the loss of who you are,’ she says. ‘It had taken me a long time to work out who I am, what I look like, how I dealt with life. Suddenly I didn’t look like me and I wasn’t feeling like me, and I was losing my sense of identity.’

I get the impression that Moving Forward helped the women make some sense of what they’d been through.

Information and support

Each programme has space for 16 people, covering topics from healthy living and ongoing side effects to relationships and adjusting to life after treatment.

Diana was struck by the diversity of the members of the group, who ranged in age from 30 to 85. ‘Some had children to cope with,’ she says. ‘Others had jobs to cope with. It makes you realise the different issues people have to deal with.’

Everyone has very positive things to say about the programme. For Lesley, there was a good balance of information and time for sharing. Jill – who wanted to get back to her former self – found the tips on diet, exercise and how to live after cancer inspiring.

Moving Forward and beyond

With lunch finished and the bill settled, it’s time for the important task of arranging the next catch-up. Everyone takes out their diary – except for Jill, who’s forgotten hers and writes on a napkin – and the date is set.

Eighteen months to two years after diagnosis, breast cancer inevitably continues to affect their lives. Two of them have developed lymphoedema. And an unexpected reminder of what they’ve been through can crop up at any time – Lesley recently received a letter inviting her to routine breast screening, unnecessary because she’s already having regular mammograms as a follow-up to treatment.

But usually the talk is about holidays and grandchildren, not cancer – today’s an exception because of my presence. And gradually, little by little, they’ve witnessed a change in each other and a definite progress as they’ve moved further away from treatment.

‘Positive things have come out of it,’ says Caroline. The friendship these women have formed is one of those things. ‘And that’s what you focus on.’
When I was diagnosed with breast cancer in August 2014, I was a mum of three, and a grandmother of two. I’d gone to the breast clinic on my own. A lot of women had told me that they’d had lumps that weren’t anything serious.

I had a mammogram, an ultrasound and a biopsy. I saw a doctor who told me that it was clear that I had cancer but that we needed to wait for the results of the biopsy.

I became very tearful. I remember thinking: How did this happen so quickly? When I came home I was in shock; I couldn’t speak or express what I felt. From the minute the diagnosis came I was sleepy and tired and I had no energy. The only way I could deal with everything was to take one step at a time.

I was the healthiest I’d been at the time of my diagnosis. I’d lost weight, got a new job and everything was going well. Until this happened. I’m a spiritual, God-fearing person but at the time I questioned: Why me?

I’ve found that people in my community do not talk about cancer. They don’t know what to say to me or how to behave around me. They see cancer as something that’s terminal.

The biggest thing for me was the feeling that I couldn’t talk about it. I couldn’t go to family events because I felt like people knew and were looking at me, even though nothing had happened yet – I hadn’t had surgery or lost my hair so there were no visible signs.

I began to realise it was an opportunity for me to share my experience and to make more people aware, and to take away some of the taboo of having breast cancer among Asian women. I started to post pictures on social media sites and joined networks to talk about it.

I’ve been overwhelmed by love and good wishes. I’ve had a few Asian women say to me that they had cancer a few years ago but they haven’t told anyone. I tell them that I couldn’t have done this on my own – I needed family and friends around me to support me.

I never checked my breasts. I don’t know why. But that’s what I’m most angry about.

I’m keen to promote breast awareness now, especially among Asian women. It’s something we need to deal with as a community. Being breast aware is something that you can do in the privacy of your own home and it doesn’t take long.
Finding out our family history

Half-sisters Tamsin Sargeant and Claire Pike might never have met if it wasn’t for the results of a genetic test for breast cancer.

Tamsin was 40 when she found out she had breast cancer. Towards the end of a year of treatment – including surgery and chemotherapy – Tamsin’s oncologist asked about her family history.

‘We talked about me being referred to a genetics clinic,’ says Tamsin. ‘I agreed and was given a long questionnaire about my family history. I contacted my father – who I’m not in touch with and didn’t grow up with – so I could fill in the form.’

Tamsin’s genetic counsellor advised that she was at low risk of having an altered gene but asked her if she would take part in a research study. The study looked for new genetic mutations in people who’d had breast cancer, and also involved testing for known breast cancer genes.

After a 12-month wait, Tamsin returned for the results. She found out she had the BRCA1 altered gene. Tamsin opted to have a risk-reducing double mastectomy. But tests showed her breast cancer had returned. This meant having more chemotherapy.

‘Our relationship is a positive thing that’s come out of this’

‘Our relationship is a positive thing that’s come out of this’

Waiting in the wings

Tamsin had never spoken to half-sister Claire. But after Tamsin’s first diagnosis, their biological father contacted Claire’s mother. By the time Tamsin was due to get her genetic test results, she had Claire’s email address. ‘I was very aware of Claire waiting in the wings to find out the results of my test,’ says Tamsin.

Claire had also had several appointments with a genetic counsellor. And when Tamsin tested positive for BRCA1, Claire chose to have the test too. ‘I needed to know so I could make a proper decision about what to do,’ says Claire.

After a six-week wait, Claire found out that she too had the BRCA1 gene. ‘It was a bit of a shock, but it wasn’t a complete surprise,’ she says.

Claire planned to have regular screening, an option for people at high risk of breast cancer. But after the news of Tamsin’s recurrence, she opted to have risk-reducing surgery. ‘I’m a worrier,’ says Claire. ‘I thought it wouldn’t do me any good to worry about it every day. It felt like too much of a risk.’

Giving support to others

Tamsin and Claire are now in regular contact and get together occasionally. ‘Developing a relationship with Claire is one positive thing that has come out of everything,’ says Tamsin. Claire believes Tamsin was a great support when she was having her own surgery.

The half-sisters now support other people in their situation as volunteers with Someone Like Me, Breast Cancer Care’s one-to-one support service. ‘Dealing with cancer is difficult enough,’ says Tamsin. ‘But with the added issue of family history, I found myself in a very isolated position.’

Tamsin wanted to speak to other women with an altered gene who’d had breast cancer. Now she’s available to anyone else who wants to talk.

Claire is also eager to support others in her position. ‘It’s something positive that has come out of a difficult situation,’ she says.

If you want to speak to Someone Like Me, call 0345 077 1893 or email someoneilikeme@breastcancercare.org.uk
Despite many theories and news stories about diet and cancer, there’s no special diet that you should follow after a breast cancer diagnosis. ‘Healthy eating is important for everyone,’ says Clare Shaw, Consultant Dietitian and author of The Royal Marsden Cancer Cookbook. ‘Along with exercise and other lifestyle choices, it’s part of how we influence our own health.’

Eating a balanced diet, staying a healthy weight and doing some regular physical activity are the best recommendations for living healthily if you’ve had breast cancer.

What is a healthy diet?
There’s no mystery to eating healthily. ‘A healthy diet should provide all the protein, energy, fibre, vitamins and minerals the body needs to function properly,’ says Clare. This means eating a diet with plenty of starchy foods like bread, rice, potatoes and pasta; plenty of fruit and vegetables; some milk and dairy foods; some protein-rich foods like fish, lean meat, eggs and lentils; and not too much fat, sugar and salt.

Try to eat at least five portions of fruit and vegetables a day. And choose wholegrain starchy foods when you can.

Clare recommends the World Cancer Research Fund website www.wcrf-uk.org for healthy eating ideas and recipes.

Healthy weight
Putting on weight during or after treatment for breast cancer is common. You may eat more at a stressful time or be less active than usual during treatment or when recovering. Weight gain can also be a side effect of some drug treatments.

There’s evidence that being overweight can increase the risk of breast cancer returning. It can also increase the risk of lymphoedema.

The best way to lose weight is to make some permanent changes to the way you eat and exercise. This could include eating smaller portions, cutting out sugary drinks, and doing some regular activity such as brisk walking.

Clare recommends speaking to your GP. ‘They will have links with weight loss initiatives in your local area that may be able to help,’ she says.

NHS Choices has a 12-week weight loss guide that you can download from www.nhs.uk/livewell

Dairy
There’s no strong evidence that cutting out dairy can reduce the risk of cancer coming back. And dairy is a source of calcium, important for bone health and reducing the risk of osteoporosis, a condition that can be more likely in women after some breast cancer treatments.

Some dairy products – such as butter, cheese or cream – are high in saturated fat. So it makes sense to have mostly low-fat dairy products, like skimmed milk or low-fat cheese.

Fats
Studies into high- and low-fat diets after breast cancer have had mixed results. We can’t say, for example, that eating a low-fat diet will reduce your risk of recurrence.

However, eating too much saturated fat is unhealthy and could lead to weight gain. It’s a good idea to cut down on foods high in saturated fat, such as fatty cuts of meat, sausages, butter, biscuits, cakes and pastries.

Alcohol
Studies of drinking after breast cancer have had conflicting results. But the best available evidence suggests it’s OK to drink moderate amounts of alcohol – up to one drink a day on average – after a diagnosis.
Diet after breast cancer:

In this issue, Vita is chuckling at laughtercise.

I was diagnosed with breast cancer in 2012. I’d had Hodgkin’s lymphoma twice before and felt devastated to have cancer again. This time it hit me much harder emotionally. Wanting to help me and my family, my friend engaged us in using laughter as a form of exercise.

Laughtercise is based on the principles of laughter yoga, combining laughter with deep breathing. Like many, I found it a bit bonkers at first. But once I let go a little, it became a really helpful tool.

Through laughtercise, I felt more in control of my life when it seemed like cancer had taken over everything and every thought. It has also helped relieved some of the tightness I felt in my chest following breast reconstruction. It gives me more energy, and significantly reduces some of the stress and fear around cancer.

It also helped me connect with my family and friends. People don’t know if they are allowed to laugh around me. Laughtercise has given my friends and family ‘permission’ to laugh with me.

Through laughtercise, I felt more in control of my life when it seemed like cancer had taken over everything and every thought. It has also helped relieved some of the tightness I felt in my chest following breast reconstruction. It gives me more energy, and significantly reduces some of the stress and fear around cancer.

It also helped me connect with my family and friends. People don’t know if they are allowed to laugh around me. Laughtercise has given my friends and family ‘permission’ to laugh with me.

Evidence suggests that a diet containing natural phytoestrogens isn’t harmful and may even be beneficial. But it’s difficult to make clear recommendations because studies have produced conflicting results.

Soya supplements are not recommended as their effectiveness and safety are unclear.

Vita goes to… laughtercise

Alternative diets

Alternative diets usually encourage eating or avoiding certain types of food.

Clare says: ‘There have been few clinical trials or research studies to see if these diets do actually achieve what they claim. It’s also important to consider whether the diet is balanced and provides all the necessary nutrients for good health.’

Phytoestrogens and soya

Phytoestrogens are found in foods such as soya, chickpeas and linseeds, and supplements like black cohosh and red clover.

As they have similarities to the female hormone oestrogen – which stimulates some breast cancers to grow – some people worry that eating phytoestrogens could be dangerous.

Evidence suggests that a diet containing natural phytoestrogens isn’t harmful and may even be beneficial. But it’s difficult to make clear recommendations because studies have produced conflicting results.

Soya supplements are not recommended as their effectiveness and safety are unclear.

Vitamin and mineral supplements

There’s been little research into the effects of vitamin supplements on the risk of breast cancer recurrence.

Clare says: ‘The best way of obtaining the vitamins and minerals you need is through a balanced diet. There may be times when it’s more difficult to eat a balanced diet, and then a one-a-day vitamin and mineral supplement, that doesn’t provide high doses of vitamins, may be useful, until you return to a healthy diet.’

More information

Breast Cancer Care’s Diet and breast cancer booklet includes healthy eating tips for before, during and after breast cancer treatment. If you want more information, Clare recommends asking to be referred to a registered dietitian, either at your hospital or in the local community.

Mandy Riches

www.grin-and-tonic.com
More and more people are living longer after a diagnosis of secondary breast cancer. Each person’s experience of secondary breast cancer is unique and everyone will deal with their diagnosis and the impact it has on their life in their own way. Many people with secondary breast cancer alternate between periods when signs and symptoms partly or completely disappear, and times when the disease becomes more active again, and a change in treatment is needed. For some people, it can be like living with a chronic illness, frequently involving trying one treatment after another, ideally with breaks in between. For others, symptoms can be harder to control and this can have a big impact on their quality of life.

One aim of palliative care – also referred to as supportive care – is to control a person’s symptoms so they can independently carry on with daily life for as long as possible. Palliative care teams are experts in controlling symptoms and can also provide psychological, social and spiritual support for patients and their carers.

**Confusion**

During Breast Cancer Awareness Month in 2014, Breast Cancer Care carried out a survey about secondary breast cancer. Seventy per cent of the 204 people who completed the survey associated palliative care with the end of life. However, palliative care plays an important role for many people from the time of their diagnosis, by reducing symptoms such as pain and fatigue, as well as at the end of life.

Tara Beaumont, Community Macmillan Palliative Clinical Nurse Specialist, says: ‘The word palliate means to alleviate or make better, so palliative care is about managing the symptoms of cancer or the side effects of treatment. Palliative care often takes a holistic approach and involves physical, psychological, spiritual and social aspects.’

Evidence suggests the earlier people with secondary breast cancer have contact with palliative care teams, the better their quality of life.
Moira Marshall from Glasgow says:
‘I had a lot of fears initially. People have a lot of preconceptions about palliative care. I immediately thought – no, that’s not for me! It’s about taking that first step. But Donna, my Specialist Care Manager from Macmillan, along with the nursing team, suggested I try it and allayed my fears. I had to go to my GP and ask to be referred.
‘I can’t praise it enough. I see my palliative pain coordinator, Barbara, who has really helped with my pain control and has become a friend. I’ve had the opportunity to try complementary therapies including reflexology. It’s great if you’re strapped for cash because you can get them for free. I’ve also benefited from counselling within the hospice. It’s very flexible so you can adjust sessions depending on how you’re feeling that day and how frequently you’d like to have sessions.
‘If I have any worries or I’m in pain, it’s so easy to phone up my palliative care team and they can fit me in on the day or advise on the telephone. I can phone up my breast care nurse and hospital team but unless they can see me, there’s not much they can do.
‘All I can say is don’t be a martyr: if you’re in pain, don’t just keep suffering. Palliative care can help alleviate this and it’s the best place to go for one-to-one care.’

To order or download a copy of Breast Cancer Care’s Secondary breast cancer resource pack, go to www.breastcancercare.org.uk/publications or call 0808 800 6000.
Q I've recently had breast cancer surgery and will be starting chemotherapy soon. I'm worried about it making me sick. What can my doctors give me to help stop this happening?

A Many people worry that they will feel sick (have nausea) or vomit after their chemotherapy. Vomiting can happen but it can also be controlled. If you are sick, it's usually on the same day that chemotherapy is given or sometimes for a few days afterwards. In the past 20 years the drugs used to control nausea and vomiting have improved. As a result, nausea throughout chemotherapy is much less common and vomiting can often be prevented.

Anti-sickness drugs are known as anti-emetics. There are different groups of anti-emetics that work on the body in different ways.

If you’re having intravenous (into the vein) chemotherapy, anti-emetic drugs will normally be given into your vein beforehand. You will then be given some anti-emetic tablets to take for a few days when you’re at home. Try to take these regularly, whether you feel sick or not. The drugs work best at preventing sickness before it starts. You may also be given some additional anti-emetic tablets to take if you still feel sick. Don’t feel you have to put up with nausea. These tablets are there if you need them.

Let your oncologist or chemotherapy nurses know if you still feel sick. Different drugs or combinations of drugs can be used.

There are other things that can help. You’ll be encouraged to keep drinking fluid (as much as possible) when at home. Breast Cancer Care’s Diet and breast cancer booklet has more information about this, along with other tips about what to eat and drink if you’re feeling sick or have lost your appetite. Some people find complementary therapies such as aromatherapy massage or acupuncture useful. Our Complementary therapies booklet explains more.

Our Chemotherapy for breast cancer booklet has general information about chemotherapy.

Q I finished treatment for breast cancer (lumpectomy, sentinel node biopsy and radiotherapy) six months ago, and my family has booked a week’s holiday in a woodland lodge with a sauna and hot tub. I was looking forward to a relaxing break until I read that I should avoid the sauna and hot tub as they can cause lymphoedema. Is this correct?

A Many people enjoy the sensation of a relaxing hot tub or sauna, but for some the risks of these activities may outweigh the benefits.

Lymphoedema is a swelling caused by a build-up of lymph fluid in the surface tissues of the body. It may occur after breast cancer treatment because of damage to the lymphatic system during surgery or radiotherapy to the lymph nodes (glands) under the arm.

We don’t know for certain why some people develop lymphoedema after treatment and others don’t. While most people who’ve had treatment for breast cancer don’t get lymphoedema, it’s important to be aware of the risks.

One risk may be exposure to extreme heat from very hot baths or showers, and using saunas, steam rooms and hot tubs. It is vital to check with your oncologist about any advice they may give you.

Q I have been diagnosed with secondary breast cancer. I would like to do some exercise as I have read it can help improve fatigue and pain, which I’m experiencing. Is exercise really safe when my secondaries are in the lung and bones?

A Having secondary breast cancer doesn’t mean you can’t do any exercise. After a diagnosis of secondary breast cancer, many people tend to slow down and be less active. This is usually due to the side effects of treatment and the stress and emotions that they experience, as well as family and loved ones encouraging them to take it easy.

Although people with secondary breast cancer need to take a little extra care, research suggests that doing some regular physical activity can improve your quality of life. The usual benefits of exercise – such as helping to control weight and reducing blood pressure – are relevant to anyone with secondary breast cancer. But activity can also reduce levels of fatigue and pain.

Doing some gentle activity like swimming can improve breathlessness in people with secondary breast cancer to the lungs. Weight-bearing exercises like walking can help strengthen weakened bones in people with secondary breast cancer in the bone. Often people sleep better when they’re more physically active and many find it helps them remain far more mobile and independent as well as making a positive difference to their overall mood.

It’s always good to discuss any new exercise with your oncologist or specialist nurse as everyone’s situation will be different. For example, people with secondary breast cancer in the bone that has spread to the spine will usually be advised to avoid activities that involve twisting or bending the spine, to reduce the risk of injury that may put pressure on the spinal cord.

If you’re new to exercise or returning after being inactive, you’ll need to begin slowly and build up at your own pace. It’s important to choose an activity you can enjoy safely. Aerobic activities like walking, swimming or cycling are a good choice, but dancing and gardening can be just as beneficial. Light toning and stretching or low-impact yoga can also be helpful for some people.

You can find more about physical activity and secondary breast cancer in our Secondary breast cancer resource pack or on our website.

Ask us

If you have a question about breast cancer, call Breast Cancer Care free on 0808 800 6000. You can also Ask the Nurse by email: go to www.breastcancercare.org.uk/atn. To order or download Breast Cancer Care’s publications, call the number above or visit www.breastcancercare.org.uk/publications.
In 2014, 17% of calls to Breast Cancer Care’s Helpline were from people struggling with the effects of breast cancer and its treatment more than two years after their diagnosis. Some callers had difficulty coping with long-term side effects, others were struggling emotionally, while some had questions about ongoing hormone treatment.

We asked a group of Vita readers to share their thoughts on life after treatment.

**An uncertain time**

For some people, the final hospital treatment is the end goal they focus on, and getting there can feel like real progress. But it can be a worrying and uncertain time.

‘Once I finished my hospital treatment I did feel somewhat adrift,’ says Jan Connors, who was diagnosed with breast cancer eight years ago. ‘I expected to recover and be myself again, but over time I learnt that I would never be the same person again.’

Tracy Drake, who was treated for breast cancer in 2010, found the end of treatment similarly hard. ‘It was when the chemotherapy ended that I felt alone and afraid,’ she says.

The expectation that things should return to normal once treatment ends can differ from reality. And this is something that family and friends may not be aware of. ‘Now that I have finished all the treatments and am deemed to be “over” my cancer, family and friends do assume that everything is back to normal, though they are far from it,’ says Jan.

Sharing your concerns with someone who understands might help if you’re feeling anxious, and the Breast Cancer Care online Forum is a good place to chat to others in your situation.

**Will it come back?**

Most people worry about cancer returning, and this is normal. Fears about recurrence may be stronger soon after treatment ends, but usually lessen over time.

Androulla Pieri, who was diagnosed nearly seven years ago, says: ‘I did worry for the first 16 months or so and then I made the conscious decision to stop and to appreciate each day of being cancer-free, rather than focusing on “What if...?”’

At first, every ache or pain can frighten you. ‘It can be challenging and a struggle when we have new aches and pains,’ says Tracy. ‘It is a rational fear that we live with, however hard we try to forget it.’

Over time, though, you may come to see minor symptoms for what they are in most cases – the beginning of a cold or a sign that you’ve overexerted yourself. Knowing how to be breast aware after treatment, and the symptoms you should report to your GP or breast cancer nurse, could help you manage feelings of uncertainty. Breast Cancer Care’s website and Moving Forward resource pack have information on breast awareness after treatment and signs and symptoms of cancer coming back.
Hot topic

Ongoing effects
Ongoing side effects of treatment – whether it’s fatigue or hot flushes – can be a constant reminder of breast cancer.

‘A lymph node clearance means I live with the threat of lymphoedema developing,’ says Jan. ‘I exercise every morning and have to avoid injury, however minor; all constant reminders that normal life has not resumed. Another side effect I have to cope with daily is the tiredness that comes from hot sweats and disturbed sleep, a legacy of five years on tamoxifen.’

Breast Cancer Care has lots of information about managing side effects – from menopausal symptoms and fatigue to lymphoedema and pain. Visit www.breastcancercare.org.uk or call 0808 800 6000.

‘Life after cancer is still exciting’ Tracy

Moving Forward
A Vita online poll in 2013 asked users how life had changed since their breast cancer diagnosis. Most agreed with the statement: ‘Some changes have been good and some bad, but my life is definitely different now.’

‘Your experience of moving forward and adjusting to life after treatment will be individual. In time, cancer may no longer be a big part of your everyday life, but it’s an experience that can change how you view life. ‘There is not a day that goes by without it being somewhere in my thoughts directly or indirectly,’ says Helen Elliott, who was diagnosed over four years ago.

But people do manage to look forward after treatment, make new plans or resume ones that had to be put on hold. ‘Life after cancer is still exciting, says Tracy, ‘and makes you realise that you must not put anything off that you really want to do. Enjoy time with your family and friends and cherish every moment. Most of all, do not let cancer consume your new life.’

You can order or download the Moving Forward pack from www.breastcancercare.org.uk/publications or call 0808 800 6000
The Touch Surgery app allows surgeons to practise and rehearse surgical procedures on a virtual patient.

In the past, surgeons rarely had the opportunity to carry out a procedure in a truly interactive way before they stepped into the operating room. Touch Surgery, created by surgeons, lets them practise at their convenience, as many times as necessary. The app is available on smartphones and tablets and is free worldwide.

Since releasing Touch Surgery, we’ve found an increasing number of patients and their family members are downloading and using the app to learn about surgery. Being more informed helps many people feel more confident about their surgery, and less nervous.

In an effort to improve the quality of care for people with breast cancer, we developed a series of surgical simulations to allow breast cancer surgeons, nurses and patients learn more about the procedures on their course of treatment. The simulations, which were developed with leading experts, include sentinel lymph node biopsy, mastectomy and breast reconstruction.

Touch Surgery’s mission is to raise the standard of surgical practice and ultimately improve patient outcomes and care. Delivering this mission is a unique team of leading engineers, designers and animators who have worked on films such as Avatar, Finding Nemo, Gravity, and Skyfall. In addition to breast procedures, Touch Surgery features over 40 surgical simulations, and is used by over 200,000 surgeons, students and patients worldwide.

Vita’s view
If you’re a person who understands things better by seeing and interacting, then this is a really useful app. It’s simple to install the app and then choose the procedure you would like to view. The simulation looks very real and each step in the operation is shown. The images are graphic so it may not be for everyone. However, as you control whether you want to move to the next part of the operation, you can stop the simulation at any time or keep it moving by pressing ‘continue’ or using the interactive prompts on the screen. I would recommend this app if you’re interested in how an operation is done and what happens to the structures that lie beneath the operation site.

Rachel Rawson, Clinical Nurse Specialist

To find out more about Touch Surgery or to download the free app, visit www.touchsurgery.com
As preparations for this year’s Breast Cancer Care fashion shows get under way, we spoke to Susannah Kraft, one of the 2014 models, about her experience.

**Susannah’s fashion show story**

As preparations for this year’s Breast Cancer Care fashion shows get under way, we spoke to Susannah Kraft, one of the 2014 models, about her experience.

was kept to a minimum. ‘My diagnosis changed the way I viewed my life. What I have retained, though, from the emotional, psychological and physical upheaval of my breast cancer, is that I now question everything before taking on something new. I ask myself: Do I want to do this? Do I need to do this? Will it take me away from the family? Time is precious. Time is for me to do what I want and when I want. But being part of The Show was something very special to me; my moment to be courageous and confident. ‘And it was an experience like no other – forming friendships with the other models, having my hair and make-up done professionally and being styled by fashion expert Hilary Alexander… not your average Wednesday! And having all the guests watching and supporting me as I took to the catwalk was something else. I walked with confidence and felt amazing despite everything I’d been through the year before.

At five-foot-nothing tall and with totally untameable curly hair, I am not conventional model material! And I’ve certainly never strutted down a catwalk. But when the opportunity came up to be a model at The Show, it was a very special and important decision for me.

‘Having been diagnosed in April 2013, as a 55-year-old wife and mother of two teenage sons with a full-time career, I felt like my life had stopped. But I was determined to carry on and ensure that any disruption to family and work life

‘I walked with confidence and felt amazing despite everything I’d been through the year before.’

**Events calendar**

<table>
<thead>
<tr>
<th>April</th>
<th>May</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 Schneider Electric Paris Marathon</td>
<td>2 Electric Run, London</td>
</tr>
<tr>
<td>12 Brighton Marathon</td>
<td>2–3 Isle of Wight Challenge</td>
</tr>
<tr>
<td>19 ASICS Greater Manchester Marathon</td>
<td>2–3 Tough Mudder Challenge</td>
</tr>
<tr>
<td>26 Virgin Money London Marathon</td>
<td>9 Pink Ribbonwalk, Blenheim Palace, Oxfordshire</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>June</th>
</tr>
</thead>
<tbody>
<tr>
<td>1June– Hold your own summer</td>
</tr>
<tr>
<td>31 Aug Strawberry Tea</td>
</tr>
<tr>
<td>6 Pink Ribbonwalk, Stourhead, Wiltshire</td>
</tr>
<tr>
<td>6–7 Nightrider, London</td>
</tr>
<tr>
<td>10–14 London to Paris Cycle Ride</td>
</tr>
<tr>
<td>13 Pink Ribbonwalk, Bakewell, Derbyshire</td>
</tr>
<tr>
<td>14 Velothon Wales</td>
</tr>
<tr>
<td>20 Pink Ribbonwalk, Leeds Castle, Kent</td>
</tr>
<tr>
<td>20–21 Tough Mudder, Scotland</td>
</tr>
<tr>
<td>27–28 Grand Union Challenge, London</td>
</tr>
</tbody>
</table>

**Tickets on sale now!**

The Show is taking place in London on 7 October 2015, in Glasgow on 4 November 2015 and in Cardiff on 15 March 2016.

Visit [www.breastcancercare.org.uk/theshow](http://www.breastcancercare.org.uk/theshow) for more details or call 0345 092 0806.
Good food

Glorious greens

With exciting Middle Eastern and Asian flavours, these delicious salad recipes will make dinner a cos for celebration!

Middle Eastern sumac chicken and couscous salad
Sumac is a tangy, lemony spice often used in Mediterranean and Middle Eastern cooking.
Serves 4

- 500g chicken breasts, sliced
- 2 tsp sumac seasoning
- 2 tbsp extra virgin olive oil
- 50g pitted green olives, sliced
- 2 tbsp chopped coriander

1. Toss the chicken in 1 tsp sumac. Heat 1 tbsp oil in a frying pan and fry the chicken for 6–7 minutes until golden and cooked throughout. Add the olives and coriander.

2. Meanwhile, place the couscous and preserved lemons in a bowl and pour over 300ml boiling water, cover and leave for 5 minutes. Fluff up with a fork and let cool slightly.

3. Whisk together the lemon juice, remaining sumac and oil and toss into the salad. Mix in the chicken and couscous.

- 200g wholewheat couscous
- 2 preserved lemons, chopped (60g)
- juice 1 lemon
- 4 handfuls herb salad (100g)

4. Fill the gem leaves with the noodle mixture and sprinkle with coriander and peanuts.

5. Serve with extra soy sauce or sweet chilli dipping sauce.

Vietnamese prawn and noodle salad leaves
To add a little heat to this delicious salad, you could add a chopped red chilli.
Serves 4

- 300g pack cooked rice noodles
- 2 carrots, grated (200g)
- 4 spring onions, shredded
- 100g celeriac, grated
- 175g cooked peeled prawns
- 1 tbsp light soy sauce
- juice 1 lime
- 1 tsp Thai fish sauce
- 1 tsp toasted sesame oil
- 16 large Little Gem leaves
- chopped coriander and roasted peanuts to garnish
- extra soy sauce or sweet chilli dipping sauce to serve (optional)

1. Pour boiling water over the noodles and leave for 3 minutes. Drain and cool.

2. Toss in the carrot, spring onions, celeriac and prawns with the noodles.

3. Whisk together the soy, lime juice, fish sauce and oil and toss into the noodles.

4. Fill the gem leaves with the noodle mixture and sprinkle with coriander and peanuts.

5. Serve with extra soy sauce or sweet chilli dipping sauce.

Recipes courtesy of

SaladDays
For more ideas, go to
www.makemoreofsalad.com
What Strawberry Tea means to me

Val Steel, from Caerphilly in South Wales, celebrated her birthday with loved ones last summer by throwing a Strawberry Tea for Breast Cancer Care.

‘As I have had breast cancer myself, Breast Cancer Care is very close to my heart. So I had a joint birthday and Strawberry Tea event and invited neighbours and family to share the day at my home.

‘We had a choice of homemade cakes, strawberries dipped in chocolate and a great big bowl of punch full of strawberries. We even had strawberry jam sandwiches, which didn’t last very long!

‘To decorate the table I made some sugar paste pink ribbons and strawberries, which looked fab. I bought pink paper plates and serviettes, used little vintage flags on cocktail sticks to decorate and strawberry and polka dot bunting for a finishing touch.

‘To raise money I charged an entry fee as well as holding a raffle, a “guess the number of sweets in the jar” game and a strawberry quiz. I also sold lavender bags made by a family member – they went like hot cakes.

‘I would like to say a huge thank you to all my wonderful family, friends and neighbours for making the day so special – and for making it a success as we raised £390 for Breast Cancer Care! I have been overwhelmed by their generosity and will definitely host another Strawberry Tea this summer.’

Join Val this summer and hold your own Strawberry Tea

Help us be there for more people living with breast cancer – order your free Strawberry Tea Starter Kit today at www.breastcancercare.org.uk/treat or call us on 0300 100 4442
Fundraising

News from our corporate partners

On the road
Breast Cancer Care has teamed up with Prostate Cancer UK to partner with Roadchef in 2015. As part of our partnership, we’ve been given the opportunity to hold bucket collections in their motorway service stations across the country, and we really need your help. If you can spare a few hours over a weekend to collect money for Breast Cancer Care, please contact Hannah in the Corporate team hannah.sanders@breastcancercare.org.uk

Cha-cha Chambers
Furnival Chambers’ Strictly Furnival is the event of the legal calendar. Hosted on 22 May 2015 at The Grosvenor Hotel, London, the night sees members of the judiciary and the bar, solicitors and clerks put on their dancing shoes to compete for the prestigious glitter ball trophy. Strictly Furnival Goes Retro 2015 is being held in aid of Breast Cancer Care. The show is attended by 1,000 people and sells out every year, but it’s not just lawyers – clients, suppliers, friends and family come to show their support too. If you’d like to attend this amazing event, email Brodie in the Corporate Fundraising team for more details brodie.innes@breastcancercare.org.uk

Stories of support
This e-book collection of inspirational true stories, introduced and edited by bestselling author Susan Lewis, is published in support of Breast Cancer Care. Susan’s novel Never Say Goodbye tells the story of two women brought together by tragedy, whose support for each other profoundly affects their lives. In Stories of Support, five women reveal moving accounts of support through the most difficult times from selfless friends and family.

Susan says: ‘Most of us have been in a position when we have needed to lean on someone to help us through a difficult time. We wanted to honour those who have helped us by acknowledging them in a story of support.’


Featured product: JML Belvia LuXe bra
Price: £14.99 (£1 donated to Breast Cancer Care from every Belvia order)

Enjoy comfort and support with Belvia LuXe. Using a new X-Support System that’s knitted seamlessly into the fabric, LuXe provides the shape and lift of straps and underwire but without any digging, pinching or bulging. There are no complicated fittings – just choose your chest size and the bra will fit to you. Belvia LuXe has no seams, hooks or wires, just an elegant lace trim. See the full Belvia range at www.jmldirect.com/uk/belvia-range/icat/6belvia or call the order line on 0871 221 2677.
Looking ahead to life after treatment?

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

**Lingerie Evenings**
For more confidence choosing a bra after surgery, join other women and trained fitters at a Lingerie Evening.
- Cardiff, 22 May

**Moving Forward Information Sessions**
Relaxed talks on Moving Forward topics, with a chance to ask questions and chat with others.
- Post-surgery bras and prostheses
  - London, 5 May
  - Wythenshawe, 12 June
  - Doncaster, 31 July
- Lymphoedema
  - Merthyr Tydfil, 15 April
- Understanding drug treatments for primary breast cancer
  - London, 21 April

**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 • Cardiff • Halifax
- Huddersfield • Newport • Pontypridd
- Salford • Sheffield • 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.
- London, 17/18 April
- Cardiff, 15/16 May
- Sheffield, 12/13 June

**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
- Derby • Edinburgh • Forth Valley
- Glasgow • Halifax/Huddersfield
- Lanarkshire • Leeds • Liverpool
- Llandudno • Manchester
- North London/Hertfordshire • Oxford
- Sheffield • Sutton/South London
- York/Harrogate

To find out more
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.
Amoena
From gorgeous lingerie to luxurious loungewear, stunning swimwear and high-performance fitness clothing, we have just the right thing for every moment of your day. What’s more you can relax in the knowledge that, with their fine integral pockets, our bras and clothing will hold your breast form or partial shaper safely and securely. To browse or buy from our full range, go to www.amoena.co.uk or telephone us on 0845 072 4023 for our latest catalogue.

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

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.

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.

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 call 01295 757408 or take a look at our website www.wigsuk.com

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 nightdresses available up to size 22 from www.coolandbeautiful.com or call 01568 750011 for more information. 10% discount in January sale still applicable.

Pebble UK
Lymphoedema sleeves and matching gauntlets in colours and patterns. Choose from over 80 different designs. Made with moisture wicking fibres, unscented Aloe Vera treatment for skin friendly softness and fine knit construction for a lightweight feel. Available in three sizes, two arm lengths and two compressions. For enquiries please call 0800 433 4757 or visit www.pebbleuk.com

Silima FOR YOU!
Our 2015 catalogue brings you stylish and supportive lingerie. Please check out our value-for-money range of everyday bras from £17.95 each (Diana and Victoria) or treat yourself to our French design heritage with Amelie or Suzanne, the latest addition to our range. Look no further for fashion and femininity! Call 01295 220524 or visit www.silima.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 or call 01306 640123
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. Please visit www.tendercush.co.uk or call 07980 470072. Also on Facebook and Twitter.

Womanzone ABC Distributor 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. Visit our website for up to date products and prices. Please call us on 01925 768 992 or visit www.woman-zone.co.uk

**vita@breastcancercare.org.uk**

To advertise here please email us at

We have many volunteering opportunities around the UK. Whether you like the idea of supporting others, talking to groups, helping at our events, or just sharing your experiences, we’d love you to join us.

www.breastcancercare.org.uk/volunteer

Would you like to give something back?
Talk Together

Our private chat room lets you talk to other people facing breast cancer about whatever’s on your mind.

Taking place every weekday from 12.30–1.30pm, Talk Together is also available on your mobile or tablet, letting you chat wherever you are.

Visit the website for more information and to register*.

Register at www.breastcancer.org.uk/talk-together

*If you’re already registered for Live Chat, you don’t need to register again. Simply sign in to Talk Together using your Live Chat username and password.

**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@breastcancer.org.uk

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

East Midlands and the North of England
0345 077 1893
rnc@breastcancer.org.uk

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

**Vita**

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.