

bcrc-wa
what's news

Issue 3
Aug 2014

NEWSLETTER OF  breast cancer
research centre - WA

Welcome to Issue 3!



Prof. Arlene Chan

Director – Breast Clinical Trial Unit
Vice-Chair – BCRC WA

I am delighted that we have been able to initiate the Helen Sewell Breast Tumour Bank in April this year.

A "Tumour Bank" comprises of a storage site of small samples of breast tumour and its surrounding tissues that were removed at the time of breast cancer surgery. Throughout the world, cancer centres of excellence are establishing Tumour Banks of solid cancers that effect men and women, in a collective effort to understand cancer behaviour and ultimately improve survival.

The breast cancer samples are able to be linked to patient demographic information

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and treatments given to the patient which is an unique feature of our endeavour. The latter is made possible as many specialists who form the membership of Breast Cancer Research Centre - WA, consistently collect pathology and treatment data for the patients under their care. The ability to do sophisticated molecular research on these samples and relate it to treatments given can provide invaluable information to researchers in the field of breast cancer, with the goal of improving patient outcomes.

Prior to accessing patient samples, as part of international standards, patients are approached for their written consent. All information pertaining to these samples and information on patients are kept confidential and secure, with only the staff of Breast Cancer Research Centre - WA having access. To date, over 1000 breast cancer patients have granted consent to their tumour sample to be stored and I am greatly encouraged to see the eagerness of every patient to be part of this project. I look forward to current and future research projects which will utilise this resource.

Mind-Bender

I'm on Earth, but I'm not in a time zone, nor am I between two time zones.



Answer: At one of the poles

Meet the BCRC staff



Introducing:

Rochelle Hook

Position:

Administration Officer

What does your role involve?

My role is to provide a busy cross-section of administrative support for the General Manager, Karen Quick. This involves all of BCRC-WA projects such as the Chemo Wise Information Sessions, PYNKS Support Group and the Tumour Bank.

As a part-time worker my 18 hours per week are micro-managed to ensure the continuing running efficiency of BCRC-WA, including multi-disciplinary meetings and newsletter coordination.

My responsibilities also include marketing, communications and being the first point of contact for all enquiries. I enjoy the administrative challenges given to me particularly the research required when new projects are started. The challenges give to me I thrive on and I look forward to more exciting challenges in the future.

Tell us about yourself..

With over 15 years' experience working in public and school libraries, I was given the opportunity to expand on my administrative skills by entering the communications and marketing section of two different private schools. It is an intensive role working in large schools and with the skills and knowledge I have gained in that sector it has suited my abilities to work for the busiest clinical research centre in Australia, namely BCRC-WA.

When I am not at work I am busy looking after my 16 year old son and gardening to my heart's content. I have particular interest in garden design and eco-architecture and I have enjoyed planning my garden with a bevy of native plants and a pond which I proudly built myself. As a consequence of this, bird watching is one of my favourite past times!

Eat Well, Feel Well

An initiative of Breast Cancer Research Centre WA

Providing you with both complimentary and paid services which will assist you in maintaining a healthy lifestyle.



Healthy Weight, Healthy Life

Healthy Weight, Healthy Life offers early breast cancer patients a free service to assist them with nutritional issues while on treatment.



Symptom-Less

Symptom-Less is a free service that offers advanced breast cancer patients advice on how to deal with symptoms related to their treatment.



Individualised Sessions

Individualised Sessions lets patients meet individually with a dietitian and the service will be specifically tailored to the patient's needs.



For further information
call **9483 2853**

*Conditions apply for complimentary services

Nuclear Medicine monitoring of Heart Function

WHY? Accurate testing of the heart's pumping actions is recommended before starting some types of chemotherapy for breast cancer. Women who have chemotherapy as part of their management will often (but not always) be exposed to drugs that are potentially damaging to the heart muscle (in only 2-5% of patients). Follow up studies can detect early toxicity before any damage is permanent. A "Gated Blood Pool Study" is the most sensitive test to monitor this.

HOW? The test involves the use of a small amount of radioactivity to make your blood radioactive and it takes about 45 minutes for that "labelling" of the blood to be done before the images are taken. No fasting is needed, and hot drinks and a relaxing read in your chair are recommended.

Then about ten minutes lying on the imaging bed is the easiest part! The small camera comes close to your left chest but shouldn't worry you.

Three ECG dots are attached to your shoulders and your left flank so that the computer can make a movie, synchronised to your heart beats.

This shows us how well the heart muscle pumps blood into your arteries and how easily the pumping chamber refills ready for the next beat.



"Ejection fraction" and "peak filling rate" are the terms for these two heart functions.

When you need a repeat study is decided by your Oncologist. With fairly infrequent repeat studies the dose of radiation for your body is kept to a low level using "GBPS".

We are able to reduce the amount of radiation needed for the test by the techniques we use at MNM.

PRECAUTIONS: We recommend extra fluid intake before and after GBPS so that the radioactivity is flushed out through your kidneys more quickly. Until the evening of the test day you may be told to not spend more than a few minutes in close proximity to a pregnant mum or a baby or small child. All of the radioactivity has left your body by the next day. Ring us on 9226 0133 if you have any questions or concerns.



Dr Geoff Bower
Mount Nuclear Medicine

Support for women who have had breast cancer

The National External Breast Prostheses Reimbursement Program (NEBPRP), available through the Department of Human Services, assists women who have had a mastectomy by providing a reimbursement amount for new or replacement external breast prostheses.

You are eligible for this program if you:

- have had a mastectomy as a result of breast cancer
- are an Australian resident and eligible for Medicare
- have not made a claim under this program in the past two years*

*Should you require a new prosthesis within the two-year period, due to cancer treatment or other medical condition, you may be eligible for a further reimbursement. Please contact a Medicare Service Centre for further information.



For more information:

Online: humanservices.gov.au/breastprostheses

Email: medicare@humanservices.gov.au

Visit: your local Medicare Service Centre

Write: Department of Human Services
GPO Box 9822 in your capital city

Call: 132 011*

TTY: 1800 810 586**
(hearing and speech impaired)

TIS: 131 450*
(Translating and Interpreting Service)

*Call charges apply.

**Call charges apply from mobile and pay phones only.

*We cannot direct the
wind but we can adjust
the sails.*

~ Author unknown

PYNKS

Our mission for our PYNKS support group for women with secondary cancer is to bring together like-minded people who really understand each other in their cancer journey.

It is a supportive group for women who not only enjoy meeting up every two months but have developed real relationships with each other as well.

In May our group came together to hear two dedicated volunteers of Solaris, Ainslie and Irene, talk about complementary therapies and how their particular skills can help in reducing physical stress and psychological distress.

Complementary therapies are used alongside mainstream cancer treatments and, in the case of Ainslie and Irene, involve Reiki, healing touch, massage, aromatherapy and reflexology. It was not too hard to get our ladies to volunteer for massages and while Irene started to massage our first participant, Ainslie took us through some healing touch and meditation type exercises to clear our thoughts.

It was amazing, the silence in the room as we were guided through our paces and how absolutely refreshed and centred we felt afterwards.



SolarisCare Foundation services are free of charge and their motto is “Compassion, respect, empowerment, care and community”.

To find out more please look at their web page solariscare.org.au.

All patients with metastatic breast cancer are welcome to join our PYNKS group whether they are receiving their treatment with members of BCRC-WA or not.

In fact, we often have first timers every session so you won't feel the odd one out.

If you would like to join our PYNKS group please call Rochelle Hook on 9321 2354 or email info@bcrc-wa.com.au



PYNKS session with Solaris



RENEW

RETURN TO NORMAL AND WELLNESS

- ✓ Exercise effectively and safely
- ✓ Aid in reducing breast cancer treatment related side-effects
- ✓ Improve cardiovascular fitness
- ✓ Facilitate your recovery and return to wellness

Book Today!

Individual or Group sessions (max 4)

Phone **9481 1660** or visit Mount Physiotherapy
1st Floor, 146 Mounts Bay Road, Perth

**RENEW is a BCRC-WA initiative
in collaboration with Mount Physiotherapy.**



MOUNT PHYSIOTHERAPY

Specialist Breast Surgeons – Monitoring the Quality of Breast Surgery

Breast Surgeons of Australia and New Zealand Incorporated (BreastSurgANZ) is the primary group of surgeons treating patients with breast disease, benign and malignant, in Australia and New Zealand.

The Society is committed to improving patient care through teaching, research, and the development of evidence-based strategies.

All members of BreastSurgANZ are required to enter specific data in an online database, regarding their management of every patient they treat with breast cancer. The BreastSurgANZ Quality Audit is the largest clinical breast cancer registry in the Southern Hemisphere, containing more than 140,000 cases entered during the past 15 years. The data is completely anonymous, but real-time analysis of the data means that individual surgeons can review their practice and compare their results with predetermined quality thresholds (benchmarks) for several key performance indicators.

This means that all surgeons who are members of BreastSurgANZ have their surgical performance and treatment recommendations



continuously monitored through assessment via the BreastSurgANZ Quality Audit. The main aim is to ensure the best possible surgical care and management of women and men with early breast cancer in Australia and New Zealand through the careful collection and analysis of audit data.

While all Surgeons associated with BCRC-WA are members of BreastSurgANZ, please be aware that since membership is not compulsory, other surgeons who perform breast surgery may not necessarily be members. This is because membership requires a commitment to the time and effort of data collection and entry, and also a willingness on the part of the surgeon to have their performance monitored.

Further information on BreastSurgANZ and a list of member surgeons is available at <http://www.breastsurganz.com>

Dr Peter Willsher

Foundation Executive Councillor BreastSurgANZ
Breast Quality Audit Steering Committee
Member



A special recognition to **Hudsons Coffee** who have generously donated catering and coffees at our PYNKS meetings as well as other BCRC-WA functions.



Pynks

POSITIVE • YOUNG • NURTURING
KIDS/FAMILY-FOCUSSED • STRENGTH-GIVING

*Do you have secondary cancer?
Like to talk to like-minded people,
who really understand?*

Pynks is a support and information group for younger women and those who are young at heart. Pynks provides facts and topics relevant to advanced secondary breast cancer.

For more information telephone **9321 2354**
or email info@bcrc-wa.com.au



Pynks is a BCRC-WA initiative

Monthly Recipe

This month Gloria Parry is our guest home chef. Gloria is one of our BCTU patients and always spoils the staff with her delicious treats. Gloria says "The muffins are so yummy, hope you enjoy my recipe". Gloria also advised to keep these in the refrigerator until they are all gone!

Apple & Banana Muffins

- 1 1/2 cups plain flour (or spelt flour)
- 1 cup wholemeal flour (or spelt flour)
- 1 3/4 tsp baking powder
- 1/2 tsp bicarbonate soda
- 1 tsp mixed spice or cinnamon
- 1/3 cup Xylitol (or coconut palm sugar or raw sugar)
- 110mls extra virgin olive oil
- 2 eggs
- 1 tsp cider vinegar
- 1 large banana
- 2 small or 1 1/2 large green apples peeled
- 1/2 cup apple water (almond milk or milk)
- Muffin cases

TOPPING

- 2 parts walnuts, chopped
- 2 parts desiccated coconut
- 1 part coconut palm sugar

METHOD (Makes 14)

Peel, core and chop apple into small pieces.

Simmer in 3/4 cup of water for about 5 minutes as the pieces need to be firm but soft. Tip into a strainer and reserve liquid. Allow to cool.

Add Xylitol, oil, eggs, cider vinegar and banana into a blender. Blend until smooth.

Sift (if you're into sifting) flour, baking powder, spice and bicarbonate soda into a large bowl.

Make a well in the centre and tip all the contents from the blender plus 1/2 cup apple



water and the drained apples into the well. Mix gently and quickly. Do not over mix.

TOPPING

Mix all topping ingredients. Sprinkle onto each muffin.

Bake in a 180°C oven for 10 minutes or a 150°C oven for 15 minutes.

CHOCOLATE

Small Double Boiler (or one saucepan or jug which sits above very hot water)

170gm cacao butter chopped

120gm raw cacao powder

100 mls agave nectar (or maple syrup)

1 tbs of rose water (or agave nectar if you don't use rose water) but the taste is amazing

1 vanilla pod (optional)

Finely Chopped Rose Petals (optional)

Silicon Chocolate Moulds (conventional ones do not readily give up their contents and you end up smashing them to remove your now damaged chocolate). Your choice of nuts, preserved ginger etc.

METHOD

Setup double boiler. Top container must not touch the water.

Add chopped cacao butter to top container. Bring water to boil and simmer very lowly. Stir butter until just melted. Do not allow to become hot. Ideally, it should remain below 45°C

Remove from heat, add agave nectar, rose water, seeds from vanilla bean and cacao powder. Mix well to remove all lumps.

Spoon a small amount of chocolate into each mould, add nuts or ginger.

Fill the mould with chocolate. Place into freezer for about 20 minutes,

Sit on bench for 1-2 minutes and push out the chocolates.

ROSEPETAL CHOCOLATE

Add chopped walnuts and sour cherries or cranberries to the chocolate mix. Mix well.

Spoon into the moulds and sprinkle with the chopped rose petals (you can dry your own petals if you have spray-free roses and a dehydrator, set to 40°C)



If you would like to share your favourite recipe please send an email to info@bcrc-wa.com.au

Facebook winner

Cindy is the winner of our BCRC-WA Facebook competition earlier this year.

As a mother of three beautiful children, Cindy will definitely put these cleaning products to good use!

BCRC-WA is now well on its way to 1000 likes - Facebook is an important medium for letting the wider community know about who we are and what we do, so make sure you 'Like' and 'Share' BCRC-WA today!

Like us on
Facebook
and share us
with your friends!

 facebook.com/bcrc-wa





breast cancer
research centre - WA

Striving to improve outcomes
for patients with breast cancer.



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Like us
on
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and share
us with your
friends

Help us get the
word out there
about the amazing
work of BCRC-WA!