



What's news

HELLO FROM CEO CARMELO ARTO



Spending the weekend of July 14 and 15 in Kalgoorlie for the 'Something Pink' fundraiser was a great reminder of the excellent support Breast Cancer Research Centre-WA receives from patients, their families and friends. On behalf of everyone at BCRC-WA, I'd like to extend our sincere thanks to 'Something Pink' organisers, Gai Robinson and Katrina Tedge, who coordinated an outstanding

event that raised more than \$90,000. These funds will go a long way towards helping us achieve our vision for a comprehensive breast cancer centre set to open in late 2019. Plans for the new centre are coming together nicely and I'll provide further details as we progress. The centre will continue to conduct important research and provide treatment, but it will also offer an enhanced range of much needed support services to assist patients in their breast cancer journeys.

A constant highlight of my job is the lovely people I meet who are the inspiration for what we do and how we do it.

The enhanced support services at the new world class centre will provide increased

emotional, psychological and holistic support for patients and their families.

We've listened to your feedback as to what could help patient have a better overall breast cancer experience and we're endeavouring to reflect a strong patient centred approach at the new centre.

In June, we learnt our wonderful Professor Chan had received an Order of Australia medal for her services to breast cancer. All of us here are extremely proud of her achievements and this latest accolade is certainly well deserved. There are several other great fundraising events coming up this year and hopefully you can attend one or two. If you can, I look forward to seeing you there.

EVENTS

SEPTEMBER

PYNKS COFFEE & CHAT. SEPT 13

OCTOBER

BREAST AWARENESS MONTH

PERTH RADIOLOGY CLINIC
\$5 FOR EVERY MAMMOGRAM
IN OCTOBER & NATIONWIDE
DISPLAY AT HOLLYWOOD
PRIVATEHOSPITAL

WILLS & POWERS OF
ATTORNEY INFO SESSION
OCT 3

PYNKS A DAY IN THE PARK
OCT 14

RAISING HOPE GALA OCT 20

NOVEMBER

PAINT & CHAT
SATURDAY 3RD NOVEMBER
DINNER ACTION GALA

PYNKS COFFEE & CHAT. NOV 8

PYNKS FLOWER CROWN
WORKSHOP. NOV 27



Meet the team



We're delighted to welcome Amanda Goddard, our Advanced Breast Care Nurse, to the team at BCRC-WA.



INTRODUCING

Amanda Goddard

Amanda is filling an important role caring for our patients with metastatic breast cancer and supporting their families and loved ones. Originally from the UK, Amanda has a wealth of experience having worked in medical oncology nursing roles in both the UK and WA, at the Mount Hospital and Fiona Stanley Hospital. She says she was thrilled to be appointed to the role and to be working alongside Prof Chan.

"I'm truly honoured that BCRC-WA have trusted me to manage the care of their patients with metastatic breast cancer."

Amanda is looking forward to the next exciting chapter at BCRC-WA and will play an integral role in our new breast cancer centre. To complement her role, she's started a post graduate certificate in Breast Care Nursing.

In her role, Amanda addresses patient concerns which may include disease trajectory, family issues, symptom management and facilitating other services such as pathology, radiology physiotherapy for example. She also helps patients and their families plan for the best possible outcomes during treatment and provides education, support and guidance to patients while undergoing treatment, recovery and rehabilitation.

SPRING RECIPE



Try this wonderfully warming & healthful carrot & ginger winter soup from delicious magazine

INGREDIENTS

2 tbsp olive oil	1.5kg carrots, roughly chopped
1 large onion, roughly chopped	2 litres fresh vegetable stock
3 garlic cloves, finely chopped	Grated zest & juice ½ orange
2 tbsp finely grated ginger	Natural yogurt & fresh coriander leaves to serve

METHOD

Heat the oil in a large saucepan over a medium-high heat and fry the onion for 10 minutes until soft. Add the garlic and 1½ tbsp of the ginger, then fry for another minute, stirring. Add the carrots, stock and orange zest. Bring to the boil, then turn the heat down to low and simmer for 45-50 minutes until the carrots are tender. Stir in the remaining ginger and the orange juice, then blend the soup until smooth using a stick blender (or whizz in a food processor or blender. Season with salt and pepper, then serve with a swirl of yogurt and a sprinkling of fresh coriander leaves.

SOMETHING PINK' FUNDRAISER – KALGOORLIE – 14 JULY



Katrina Tedge and Gai Robinson are two women on a mission to raise money for BCRC-WA. Katrina is a breast cancer survivor and Gai lives with stage 4 breast cancer. Both women, residents of Kalgoorlie, are single minded

in their vision to really make difference for breast cancer patients in WA. Katrina and Gai's fundraising efforts began a few years ago when they distributed pink fundraising tins around Kalgoorlie and beyond. Then in 2017, they organised 'Something Pink', a charity night which was a great success. The event was held again this year on Saturday 14 July where an overwhelming \$90,000 was raised, almost double last year's efforts. Something Pink's wide appeal

will no doubt see it happen annually and become a Kalgoorlie tradition. "It's heart-warming to see our wonderful community coming together for such an important cause," Katrina said. "We plan to make it bigger and better each year," Gai added. Carmelo Arto, CEO of BCRC-WA, told the crowd in his address on the night, people could feel confident any money donated would go directly to benefit BCRC-WA patients. "This is something we're proud

of at BCRC-WA. Because our founder and medical oncologist, Prof Arlene Chan, gives her time freely as principal investigator to several important clinical trials, BCRC-WA is able to be self-funded and we can therefore channel all donations received to where they're needed – to patients." A fabulous night was had by all. BCRC-WA would like to thank Katrina and Gai for hosting such a wonderful and rewarding event.

RELEVANCE OF NEW US STUDY RE CHEMOTHERAPY FOR EARLY BREAST CANCER

Some media reports around results of TAILORx, an American breast cancer clinical trial, have been misleading.

It was reported in the media that 70% of women do not need chemotherapy after surgery for breast cancer.

While TAILORx provides important information about some patients having little benefit from chemotherapy in addition to taking an anti-hormone tablet, studies over the past 40 years show chemotherapy after surgery can reduce breast cancer relapse to a large degree in some patients. Other patients, who fall into a 'grey zone', may only get very little benefit. Research has been done to identify patients who fall in the 'grey-zone'. The TAILORx trial looked at whether a specific

test called OncotypeDX could identify 'grey-zone' patients as they could then be advised to only have an anti-hormone tablet. However, this test costs \$4500, it's not covered by Medicare and results take around 2 to 3 weeks.

In summary

1. 70% of women in the trial were in the 'grey zone' thus having chemotherapy before an anti-hormone tablet only gave a very tiny additional protection against a breast cancer relapse
2. The trial was done in America where traditionally chemo would have been recommended to 100% of the women in the trial. This would

not be the case in Australia, where many women with the same breast cancer characteristics as the trial patients, are already being recommended for an anti-hormone tablet only

3. It was stated the trial applies to women with hormone receptor positive, HER2 negative, and lymph node negative breast cancer. Within this group, there's a wide range at risk of breast cancer relapse. What's omitted from the reports is that the vast majority of women in the TAILORx trial had a very good prognosis tumour, and thus finding 70% of these patients in the 'grey zone' is not at all surprising
4. If a woman in the trial was aged under 50, and the test confirmed a tumour in the 'grey zone, having chemotherapy

before an anti-hormone tablet did actually significantly lower that woman's risk of a breast cancer relapse. Reports of this trial overestimate the importance of doing this test in Australian breast cancer patients. The OncotypeDX test may be worthwhile if you're found to have a cancer in the 'grey zone' and are aged over 50. If using this test now and even in the future when it's likely to be covered by Medicare, it's important to discuss your own personal risk of breast cancer relapse with your oncologist and to see how the TAILORx study results apply to you. Also, note that results of this trial are specific to using the Oncotype DX test and not to other similar tests on the market.

CROCHET QUEENS

Best friends, Pat and Carol, have much in common. So much so they're both patients of Prof Chan. Pat is currently undergoing treatment for breast cancer and Carol had treatment three years ago.

During her treatment, Pat decided to crochet scarves. She'd inherited some crochet hooks from her mother and thought it would take her mind off how unwell she felt while undergoing chemo. Pat ended up making so many scarves she started giving them to people to thank them for supporting her during her diagnosis. One lucky scarf recipient was her dear friend Carol. Pat then taught Carol how to crochet

and soon enough the bug caught on. Now it seems the whole town of Busselton is crocheting too! Making scarves became a lifeline for the friends during Pat's treatment and they estimate, between them, they've made around 100. They even presented Professor Chan with her very own purple scarf. To reward herself for finishing treatment, Pat's off to Italy. We can't wait to see the Italian scarves inspired by Pat's travels.



Catherine Ward & Rachel Gleghorn from Howard Park winery showing off their crocheted wares made by Pat Bromell.



CHEMOWISE 2018

An information session for women with early breast cancer on moving forward with your treatment and regaining confidence.

Sessions held last Thursday of every month

RSVP is essential. Register to attend this session by calling 8 6500 5501 or email info@bcrc-wa.com.au



LEARNING TO RELAX WITH CANCER

'Having cancer can cause a range of emotions...shock, numbness, anger, sadness, fear or anxiety.'



LEARN TO RELAX

Having cancer can cause a range of emotions...shock, numbness, anger, sadness, fear or anxiety.'

Some people find it hard to believe it's happening to them, others blame themselves or something or someone. Some people withdraw from families and friends. Despite the tough blow you've been dealt, there are many things you can do to help you cope.

CARE OF SELF

Take good care of yourself. Coping with cancer can be challenging and different things work for different people. Experiment to find what works best for you - making too many changes at once may not

be effective for some people. Consider trying only one or two new things at a time.

LEARN ABOUT CANCER

We tend to fear the things we don't understand. Learning about your cancer and its treatment may help reduce your fears. Finding out about what you could experience in your treatment, the possible side effects, and what can be done to alleviate them, may lessen your anxiety.

TALK IT OVER

Talking about your concerns and fears may help. Talk to someone you feel comfortable with. It might be someone close to you - a family member or friend. It may be your doctor or nurse, or another health

professional, social worker or spiritual adviser. You might prefer professional counselling from a psychologist or social worker. Your doctor will be able to provide you with a referral. Always check that the counsellor is professionally trained.

SEEK SUPPORT

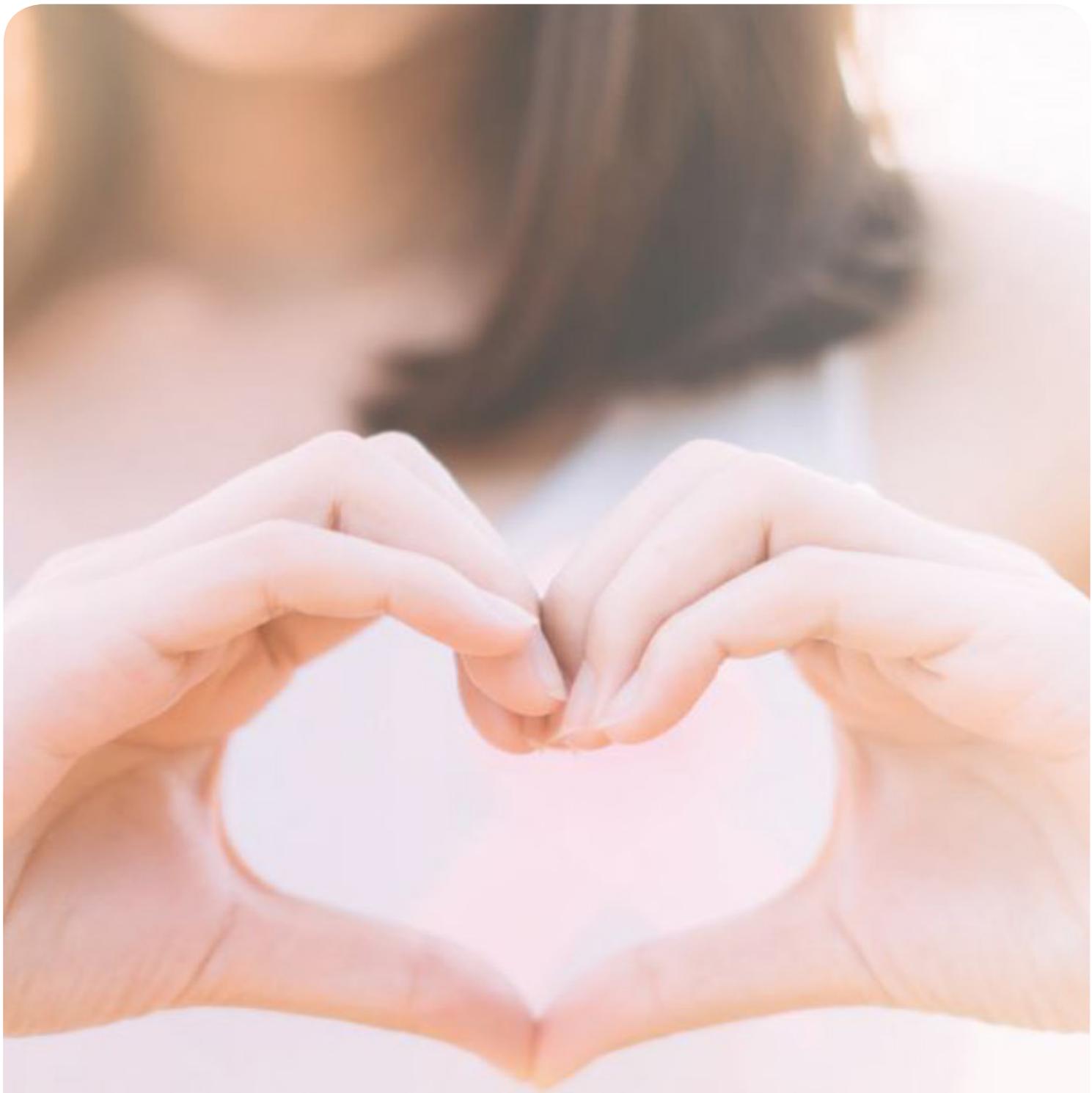
Each person will have different needs for support. Some may want information on practical support or treatment options and coping with side effects. Other people find it helpful being with others who have been through cancer and talking about how they feel. There are many types of support that can be accessed such as face to face support groups - held in the community or in

hospitals, telephone support groups - provided by trained facilitators, peer support programs - speak to someone who has had a similar cancer experience, online forums. People looking after someone with cancer may like to join a carers' support group.

ACCEPT HELP

Most people really want to help, but often don't know how to. Create a list of jobs and ask for help doing those. Consider asking a friend to help you to arrange this. Things on the list could include transport to appointments, cooking meals, food shopping, caring for pets, washing and cleaning.

*Adapted from Learning To Relax
- Information for people with cancer,
from Cancer Council Victoria*



PYNKS

A group for women living
with Metastatic Breast Cancer

For more information contact Jess on

08 6500 5501 or email jess.danti@bcrc-wa.com.au



breast
cancer
research
centre-wa

THANK YOU FROM BCRC-WA TO ALL OUR FUNDRAISERS

Karl's Kokoda Trek



In our last newsletter, we reported on Karl Keegan's Kokoda Trek to raise money for BCRC-WA. Karl's wife was diagnosed with metastatic breast cancer in 2013. We are delighted to report that Karl completed the trek in April and raised a total of \$5650. Thank you Karl. The money you raised will go fully to benefit patients at BCRC-WA. You can read more about Karl's story at www.mycause.com.au/page/149612/trek-the-kokoda-for-breast-cancer-research-centre-wa

Aaron's Total Head Shave

To thank Prof Chan for caring for his sister, Aaron Dark wanted to raise funds for BCRC-WA. After growing his beard and hair for nearly two years, he shaved it off in July and raised \$4900. As Aaron says, donations are like boobs, little or large, each and every one counts! Thanks Aaron from everyone at BCRC-WA.

Midland Police

Midland Police have a fundraising tin on display all year round for BCRC-WA and so far have donated \$218.85. Thanks to Midland Police and all your contributors.

St Marys Anglican Girls' School raised \$1,530.85

The boarding house at St Marys Anglican Girls' School in Karrinyup raised \$1530.85 for BCRC-WA. Thank you to all the girls, their families and staff who donated.

Beans Going Bald for Cancer



13 year old Carmella ('Beans' to her family) wants to do her bit to help make a difference to patients with breast cancer because she has family who have been affected by the

disease. Carmella will be shaving her head for donations in late September with all proceeds going to Breast Cancer Research Centre-WA. Currently she's raised \$1830. BCRC-WA commends Carmella on her fundraising efforts and for being willing to lose her beautiful hair for such a good cause at such a young age. We thank you! If you would like to support Carmella's cause please visit www.mycause.com.au/page/177280/beans-is-going-bald-for-cancer

Manny's Workplace Collection

Manny Rojas' sister is a patient of Prof Chan. The tin he placed at his work collected \$710.60 confirming every little bit counts. Next year, Manny's planning on participating in a fun run to continue to raise much needed funds for BCRC-WA.



The following organisations have donated to BCRC-WA in 2018

LS Perron. \$10,000 www.perrongroup.com.au

Galvin Properties. \$5,000

Cowaramup Lions Club. 1,000.00

Thankyou x

CONSIDERING DONATING TO BCRC-WA?

There are many ways to help us achieve our aims at BCRC-WA. All donations go fully to benefit patients when you donate to BCRC-WA

What are we trying to achieve now/in the near future?

Establish our new comprehensive breast cancer centre

Continue our ground breaking research via clinical trials

Find new and better treatments for breast cancer

Enhance patient wellbeing, increase survival rates

Become an education/information hub for patients, GPs and the community

Why we need your help

To help establish our new centre

To facilitate our care and support in the form of:
More metastatic (advanced) breast cancer nurses
More early breast cancer nurses
An additional 2 oncologists

Donate today

You can donate by going online to BCRC-WA or contact us on (08) 6500 5501 or info@bcrc-wa.com.au

BCRC-WA is self funded. We do not receive any government funding

Top tier foundation impact

Get official donation clause from Ann



A gift in your will is a gift of hope.

Remembering BCRC-WA in your will means you'll be supporting our world class breast cancer research and education. Your gift can fund patient focussed research that will impact future generations. Or, it can fund much needed support services such as a breast cancer nurses or oncologists for example. Your gift will help us build on a firm foundation and directly impact the lives of patients with breast cancer and you'll be leaving behind a lasting legacy. For more information, please contact our Fundraising & Bequests Coordinator on (08) 6500 5501 or email fundraising@bcrc-wa.com.au



Hello. Find us on Facebook & Instagram.

ACNC Registered Charity

BCRC-WA is a registered charity which meets the requirements of the Australian Charities and Not-for-profits Commission (ACNC) Tick of Charity which provides the assurance to the public that BCRC-WA is a registered ACNC charity, that is transparent and accountable. www.acnc.gov.au/ACNC/FindCharity/Charity_Registration_tick/ACNC/Reg/Charity_Registration_tick.aspx

