



What's news

HELLO FROM CEO CARMELO ARTO



As the year comes to a close, it's an opportune time to reflect on the past 12 months. We've had an extremely productive year at BCRC-WA and as always, I'm heartened to be involved with a community driven to help others and make a difference.

This year, we've been part of some great events, a highlight being the successful Something Pink Ball in Kalgoorlie in July. This event, in its second year, was coordinated by Katrina Tedge and Gai Robinson, and their team of helpers. I'm constantly amazed by what can be

achieved by a group of committed people working together.

All the smaller fundraising efforts undertaken by families and loved ones of our patients are also greatly appreciated by all of us at BCRC-WA. Every dollar raised helps us continue to find new ways to improve treatments that go towards increasing survival rates and cure rates.

2018 also saw us launch our revitalised branding which is heralding a new era at BCRC-WA. Our new logo with its subtle, attractive colour palette is setting the tone for a bright and hopeful future for our organisation. We've also welcomed new staff including Amanda Goddard, our advanced breast cancer nurse, Tijana Coe, Research Assistant and Ann Chan, our Bequests and Fundraising Coordinator. We've listened to

our patients' views at the focus groups we conducted earlier in the year and we've refreshed our PYNKS program to make it more relevant and appealing for our advanced breast cancer patients.

In 2019, we'll continue to focus on increasing our donation flow to ensure we remain well equipped to conduct the best possible research and offer the best evidence-based treatments to patients. We're also moving towards the opening of our new centre in 2020 with planning continuing in this regard.

From all of us, I wish you and your family a happy holiday season and I look forward to updating you on all the happenings at BCRC-WA in the next edition. As always, I welcome your feedback at any time. info@bcrc-wa.com

EVENTS

NOVEMBER

CHEMOWISE NOV 29

DECEMBER

PYNKS XMAS LUNCH DEC 7

CHEMOWISE DEC 20

FEBRUARY 2019

PROF. ARLENE CHAN
ANNUAL PYNKS
EDUCATION TALK FEB 9

PERTH TO ROTTNEST
CHANNEL SWIM FEB 23

MARCH 2019

RAISING HOPE GALA
MAR 23



Meet
the team



We're delighted to welcome
Ann Chan, Fundraising & Bequests Coordinator



INTRODUCING *Ann Chan*

Ann joined BCRC-WA this year to nurture donor relationships and coordinate our fundraising efforts. A key focus for her has been to implement a fundraising database that will grow with our organisation, help us to personalise contact with our donors and assist with reporting. Ann has also developed a Gifts in Wills program for people who may wish to include BCRC-WA in their Will.

Before joining BCRC-WA, Ann relocated to Perth from Melbourne where she worked for a large aged care organisation in the areas of community relations and bequests.

Ann says BCRC-WA is fortunate to have many dedicated and generous donors who identify with the organisation and the life-changing clinical research outcomes that are possible. "I am privileged to be part of such a great team of people who are working towards the one goal - a cure for breast cancer".

SUMMER RECIPE

Lamb with Watermelon Salad

INGREDIENTS

1 kg boneless lamb shoulder, trimmed, cut into 2cm cubes
5 garlic cloves
¼ cup (loosely packed) fresh oregano
1 tbsp dried oregano
Finely grated rind and juice of 1 lemon
125 ml extra-virgin olive oil (½ cup)

Watermelon salad

300 gm watermelon, cut into small triangles
1 cup (loosely packed) mint, coarsely torn
½ Spanish onion, thinly sliced into rings
100 gm Greek feta, coarsely crumbled
80 gm black olives, such as Kalamata
2 tbsp extra-virgin olive oil

METHOD

Place lamb in a non-reactive container. In a mortar and pestle, pound garlic, oregano and lemon rind to a paste, stir in juice and oil, add to lamb, mix well and season to taste. Thread lamb onto metal skewers (about 5 cubes each). Heat a char-grill pan over medium-high heat and grill skewers, turning occasionally, until cooked through (7-10 minutes). Cover loosely with foil and set aside to rest. For watermelon salad, combine ingredients in a bowl, season to taste with pepper and serve with lamb.



LEAH'S STORY – HIGHLIGHTING THE POWER OF RESEARCH

My name is Leah Stupar. My cancer journey began when I developed mastitis while breastfeeding my second child.

After I finished feeding, I noticed some lumps. A doctor felt comfortable they were part and parcel of my mastitis and didn't do a biopsy. A few months later, one of my breasts felt bigger and dimpled when I squeezed it gently, even though it wasn't painful. Around this time, Kylie Minogue was diagnosed with breast cancer which made me realise no one was immune. It encouraged me to seek a second opinion. A biopsy revealed I had a 5.5cm grade 2, stage 3, oestrogen positive invasive lobular carcinoma.

My surgeon told me, rather abruptly, my chances of surviving the next 5 years were 30% at best and I should "go home, eat chocolate, drink red wine and make the most of my children". I was 32 years old. My husband and I drove home in shock not knowing where to turn.

A little later, I met a lady at the Cancer Council who gave me hope. She had a very similar story to mine. She was also diagnosed at 32 but she was still going strong in her 60s. I determined I needed to find the best oncologist and get this thing sorted. Enter Professor Arlene Chan.

After surgery to remove the tumour, I went to Professor Chan's office with my husband. I was full of anxiety, but she quickly put me at



Leah Stupar (right), with her daughter, Kali.

ease. Prof Chan dismissed my surgeon's comments. She told me she had stats of many women in the same situation as me and they were still going strong 10 years later. She asked me if I was prepared to fight and explained I was young and fit so she'd be hitting me hard with treatment to give me the best possible chance.

4 years after my diagnosis, I no longer felt under threat. Had I been diagnosed 5 years earlier; the outcome would not have been good. A few people had survived like the lady I met at the Cancer Council, but most didn't. The reason I'm here today is unequivocally because of research. Without the trials and research that had been done before I was diag

nosed, I would not be here. I'm now 12 years cancer free. I have an 18-year-old son, a 14-year-old daughter and a gorgeous husband by my side.

Please support BCRC-WA; the work they do saves lives. I'm living proof.

Research is the key

The battle against breast cancer is a long and gruelling one. It's the most common cancer affecting Australian women, like Leah.

A comparatively small percentage of men are also diagnosed each year.

While a breast cancer diagnosis strikes fear into the hearts of patients and their families, fortunately it's no longer the death sentence it once was. This is due to

research uncovering new treatments that are edging towards higher cure rates and longer survival rates. BCRC-WA is at the forefront of this research and it's vitally important we continue this work.

You can share in our vision for a comprehensive breast cancer centre where we'll continue to conduct ground-breaking research. The centre will also have a strong focus on care and wellbeing which will go a long way to improving the quality of life for patients and their families.

Your contribution will help us to directly increase survival rates and cure rates.

Please donate today – go to bcrc-wa.com.au/ways-to-help/ or call +61 8 6500 5501.

DI'S STORY

BCRC-WA established PYNKS to provide support to patients with advanced (metastatic) breast cancer.

Time and again, we find patients who get together to share their stories, benefit greatly from the hope and positivity generated by our PYNKS group. One of our ladies, Di McPherson, shares her story below about her experience with PYNKS:

When I was diagnosed in 2013, my experience with doctors had been a yearly flu shot or a prescription written for the occasional episode of tonsillitis. Being told I had breast cancer was like entering an alternative universe. Fortunately, I was referred to Professor Arlene Chan, and through her, I was able to be part of a trial. Apart from getting access to medication not yet available on the market, and at no cost, I was well

supported by staff at BCRC-WA. I was guided through the maze of healing medications, scans and tests, and I always had at least one of the staff members there to hold my hand and listen to my concerns. I was also encouraged to attend PYNKS and I am so grateful I did.

Through this wonderful and extremely valuable support group, I've met an amazing group of women who are always generous in sharing their experiences and willing to help in any way they can. Being able to talk, laugh and sometimes cry with people who truly understand what you're dealing with, is an amazing support. I always leave a PYNKS gathering feeling lighter than when I arrived.



Di McPherson - patient of Professor Arlene Chan and her husband Duncan

Incredible people like our Ladybirds (see article pg.7) as well as the PYNKS ladies have kept me sane. I'm lucky to have been referred to Professor Chan and to be receiving everything she has put in place to support her patients. When I think of all the beautiful staff, the trials girls, Jess, the PYNKS ladies and Amanda, the breast cancer nurse, I know we are very fortunate.

PYNKS

A group for women living
with metastatic breast cancer

For more information contact Amanda Goddard
amanda.goddard@bcrc-wa.com.au



BREAST AWARENESS



Breast cancer is the most common cancer in women of all ages. It also affects men. The lifetime risk for breast cancer in women is estimated at one in 10 by age 75. In men, it's one in 1113 by age 75. More than 70 per cent of all breast cancers occur in women aged 50 years and over.

How can you reduce your risk?

There are several lifestyle factors that increase the risk of breast cancer. These include being overweight or obese, not doing enough physical activity, a poor diet and drinking alcohol. The good news is these are all risk factors we can do something about.

Things you can do to help reduce your risk of developing breast cancer include:

- Being screened for breast cancer through BreastScreen WA
- Being breast aware and checking your breasts regularly

- Getting at least 30 to 60 minutes or more of moderate to intense physical activity most days of the week

- Achieving and maintaining a healthy body weight

- Avoiding alcohol - if you choose to drink, limit your alcohol intake

Some facts about breast cancer

- Earlier detection of early breast cancer leads to higher chances of cure

- There are many untruths about breast cancer so it's important your understanding comes from doctors who actually treat breast cancer – not Google, not blog sites, not alternative practitioners

- Every breast cancer journey is different so it's important to ensure any advice you receive about treatment is specific to your breast cancer

- Many metastatic breast cancer patients can live productive and high quality lives for years with proper evidence-based treatment

- Many women frequently fear the side effects of chemotherapy and other medications such as Tamoxifen. Be assured much can be done to minimise these symptoms

For more information about breast cancer, please visit the Cancer Council's website on www.cancerwa.asn.au

PROFESSOR CHAN AWARDED ORDER OF AUSTRALIA

On Friday 7 September 2018, Professor Arlene Chan was presented with a Member of the Order (AM) of Australia award for 'significant service to medicine in the field of oncology, particularly breast cancer support, diagnosis and treatment' at Parliament House.

The Order of Australia is the principal and most prestigious means of recognising outstanding members of the community who have benefitted their communities, and ultimately their country which comprises of two divisions (General and Military) and 4 levels:

1. Companion of the Order (AC)
2. Officer of the Order (AO)
3. Member of the Order (AM)
4. Medal of the Order (OAM)

Professor Chan is a fitting recipient for this award as her life's work and dedication to finding a cure for breast cancer has benefitted so many patients in Western Australia and beyond. Once again, everyone at BCRC-WA congratulates Professor Chan on this marvellous accolade.



Professor Arlene Chan was awarded a Member of the Order of Australia in 2018

Melbourne International Joint Breast Congress, 2018

BCRC-WA was strongly represented at the Melbourne International Joint Breast Congress held on October 11-13 this year. The conference was a joint meeting of three organisations - the Australasian Society of Breast Disease, the Breast Surgeons of Australia and New Zealand, and the 4th World Congress on Controversies

in Breast Cancer. The meeting had over 1100 participants from 33 countries from all disciplines involved in the management of breast cancer, including surgeons, radiation oncologists, medical oncologists, pathologists, radiologists, psychologists, nurses, allied health practitioners and many others.

Conference attendees heard from various national and international experts from the USA, Europe and Asia on

up-to-date treatment of breast cancer and how different experts approach difficult topics in the management of breast cancer.

Professor Arlene Chan was particularly busy on all days of the conference, running a workshop on clinical trials in cancer, chairing a session on CDK4/6 inhibitors in advanced breast cancer, leading a debate on the use of bone targeted drugs in postmenopausal patients and presenting on

the latest evidence in treating brain metastases.

BCRC-WA also presented five posters at the conference covering topics such as male breast cancer, adherence to treatment guidelines, vitamin D in early breast cancer and multi-disciplinary treatment recommendations. In fact, our poster on vitamin D in early breast cancer won an award for best poster at the meeting.

Dr Chris Lomma

THANK YOU FROM BCRC-WA TO ALL OUR FUNDRAISERS

Ladybird Fund

The Ladybird Fund was created by the Brooke family in honour of 'Ginny', Virginia Margaret Brooke, who passed away from advanced breast cancer in 2015, 9 years after her first diagnosis in 2006. Shortly after her death, Ginny's family found a personal request she had written in December 2014.

Ginny wrote about her wish to set up a program called the Avistan Project. Avistan is a drug prescribed for advanced bowel cancer and advanced breast cancer. As Ginny said "it does great things but unfortunately, it's not covered by the Pharmaceutical Benefits Scheme (PBS)."

"It is one thing to go through chemotherapy but the horror is far worse when you find out from your oncologist there's another treatment that could help, however, it's not covered by health insurance, if you're lucky enough to have that in the first place. The drug is \$1,500 a week."

For many people this is simply unaffordable. A donation to the Ladybird fund will help fulfil Ginny's wish to support women subjected to financial hardship because of their treatment not being available on the PBS.

The funds will be distributed to the most appropriate 'ladybirds' by Ginny's oncologist, Professor Arlene Chan through BCRC-WA. The Brooke family is working directly with BCRC in this regard.

The Ladybird Fund's target was \$15,000 by the third anniversary of Ginny's death which fell on 9 October 2018. If the target was met, Ginny's son Oliver, who had grown his hair (without cutting it) since his mother's death, would cut his hair on the anniversary. Oliver, with his family and friends, raised \$26,570. The funds will be allocated to selected patients who will benefit greatly from financial assistance.



Ginny Brooke



Ginny's family, daughter Alice, son Oliver and husband Michael

Pink Ribbon Books

Jenny Lynch, former patient of Prof Chan, was diagnosed with breast cancer in 2014. Following chemo, she's been lucky enough to remain in good health. As a way of giving back, Jenny writes and self-publishes Pink Ribbon Books for children aged 1 to 6 and donates all sale proceeds to BCRC-WA. So far, Jenny has written 10 books with an 11th on the way. As a member of Gosnell's Writers Circle, the books not only raise funds, they also provide Jenny with an enjoyable hobby. Since 2016, sale proceeds have totalled \$2,715. BCRC-WA thanks Jenny for her wonderfully creative contribution. To purchase, go to www.pinkribbonbooks.org/

Chevron City to Surf 2018

BCRC-WA thanks all fundraisers and participants for their amazing effort at this year's City to Surf. A total of \$13,011 was raised. Of special note are three teams who did an outstanding job; they were led by Julie Abbott, Julie Bailey and Moira-Lee Piani.

Thank you to the following organisations for their generosity

Rocky City Hash House Harriets \$2,000

St Georges Anglican Grammar School Ghandi House \$1,773

OD Transport (WA) Pty Ltd \$2,000

Swing Golf Club \$155

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.

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

Establish our new comprehensive breast cancer centre

Continue our groundbreaking research via clinical trials

Find new and better treatments for breast cancer

Enhance patient wellbeing and 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 two oncologists

Donate today

You can donate by going online to bcrc-wa.com.au or by contacting us on (08) 6500 5501 or emailing fundraising@bcrc-wa.com.au. You can also post your donation to BCRC-WA, PO Box 141, Nedlands WA 6909

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



David Park

A gift in your will is a gift of hope

"My decision to leave a gift in my Will to BCRC-WA was a purposeful choice. My gift is in memory of my late wife, Janine, who received the best treatment and care available from the BCRC-WA team. It gives me great satisfaction to know that my bequest will have a long-term impact." **David Park**

Remembering BCRC-WA in your Will is a special way to support our world class breast cancer research and education. Your gift can help to fund patient focussed research, our comprehensive breast cancer centre and support services. These will impact future generations and will serve to honour your memory and give hope to others. For more information, contact Ann Chan, Fundraising & Bequests Coordinator, on (08) 6500 5501 or fundraising@bcrc-wa.com.au



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