



# What's news

## HELLO FROM CEO CARMELO ARTO



Welcome to the first edition for 2019. We've hit the ground running this year as preparations for the new centre continue and construction has commenced.

Our hope is to have patients and their families through the doors in the first half of 2020. We look forward to updating you on our plans for additional services in due course.

One of our focus areas this year is to garner support from the corporate sector.

Opportunities still exist for organisations to get involved

with the new centre and we will be in discussions with various corporates to this end.

We also hope to partner with significant sporting groups to get our wonderful message out there. You will probably see and hear more of us this year as we continue to build awareness throughout the community. The more people know about us, the more we can continue with our life changing research. Look out for us on Channel 9's 'Women's Footy' show and the big screen at some Docker's and Eagle's home games. You'll also hear us on 94.5FM as the fantastic team there are keen on promoting BCRC-WA.

Another new initiative is the introduction of our partners of metastatic patients' group, a forum that will provide extra support for partners of our patients. The first open event will be on Sunday 5 May at

Clarko Reserve in Trigg, where we hope to meet as many partners of metastatic patients as possible.

Also, our friends at the WA Italian Club are running a series of ladies nights and a bigger gala night on Saturday 10 August to help raise awareness and funds for BCRC-WA.

This initiative was instigated by families of our patients. We're always humbled and grateful for the tremendous support we receive from people's efforts to 'give back'.

Finally, we've welcomed early breast cancer nurse Cath Griffiths to our team. Cath provides one on one care to patients with early breast cancer. We now have three breast care nurses, one advanced and two early stage, which is a wonderful addition to services offered by BCRC-WA.

## EVENTS

### MARCH

PYNKS PHOTOGRAPHY LESSON  
MARCH 5

CHEMO WISE SESSION  
MARCH 28

### APRIL

'LADIES NIGHT'  
FUNDRAISER AT  
1934 RISTORANTE  
APRIL 12

PYNKS COFFEE & CHAT  
APRIL 16

CHEMO WISE SESSION  
APRIL 25

### MAY

PARTNERS OF PATIENTS  
WITH METASTATIC BREAST  
CANCER GET TOGETHER  
MAY 5

HBF RUN FOR A REASON  
MAY 19

CHEMO WISE SESSION  
MAY 30

I hope you enjoy this edition and as always, please email me with any feedback at: [info@bcrc-wa.com.au](mailto:info@bcrc-wa.com.au)

## What's news



Meet  
the team



We're delighted to welcome  
Cath Griffiths, Early Breast Care Nurse

### INTRODUCING *Cath Griffiths*

Cath began her nursing career in Oncology at Princess Margaret Hospital. Later she worked at the Mount Hospital in Surgical and Medical Oncology.

Over 30 years, she has accumulated a wealth of knowledge and nursing experience caring for cancer patients.

In her role at BCRC-WA, Cath is looking forward to providing education and support to patients and their families. A chief focus for her will be assisting patients undergoing chemotherapy after surgery. She plans to meet these patients as soon as possible after their surgeries to help prepare them for treatment, offer support and answer any questions.

## AUGUST RECIPE



### Sticky Date Pudding with Caramel Sauce

#### INGREDIENTS

1 cup pitted dates, chopped  
½ cup water  
½ cup orange juice  
1 teaspoon bi-carb  
80g butter, cubed & softened

¾ cup brown sugar  
2 extra large eggs  
1½ cups self-raising flour  
1 teaspoon cinnamon

#### CARAMEL SAUCE

1 cup brown sugar  
125g butter, cubed  
200ml thick cream  
1 cinnamon stick

#### METHOD

1. Pre-heat oven to 180°C (160°C fan-forced). Line a 5cm deep, 20cm x 20cm oven tray with baking paper. Place dates, water and orange juice in a small saucepan. Bring to the boil, stir in the bi-carb soda, remove from heat and set aside.
2. Using electric beaters, combine butter and sugar in a mixing bowl until pale and creamy. Add eggs one at a time, incorporating well before adding the next.
3. Fold in the flour and cinnamon, alternating with the date mixture until all combined and mix is smooth. Pour into prepared pan and cook for 30-35 minutes or until an inserted skewer comes out clean. Meanwhile for the sauce, combine all ingredients in a saucepan, bring to the boil and simmer for several minutes until smooth.
4. To serve, cut pudding into portions, place onto a serving plate and drizzle with caramel sauce and additional cream.

OUR METASTATIC PARTNERS' GROUP

Receiving a diagnosis of breast cancer is devastating, not only for the patient but also for the partner of a patient who can be thrust into the unfamiliar role of caregiver.



Additionally, research has shown that a breast cancer diagnosis can negatively affect a partner's psychological well-being, career and relationship with both their spouse and children, leading to emotional suffering and strain on the family unit.

Despite this, as they go along the breast cancer journey, many partners of patients find caring to be rewarding leading to improved relationships with their partner, family and friends.

Studies have shown caregiving can become a positive experience when there is emotional support for the caregiver.

BCRC-WA has identified a lack of support in the community for partners and caregivers of patients with breast cancer. Accordingly, we have been looking at ways to bridge this gap.

We're pleased to announce an initiative that's been on the table for some time is now being realised in the form of a program for partners of patients living with metastatic breast cancer. With so much talk in the community surrounding mental health and particularly men's mental health, our timing feels right.

A steering group, made up of representatives from BCRC-WA and some partners of our patients, has considered key

areas spouses and partners feel would be most helpful for them to know more about.

The group also looked at how BCRC-WA can help partners to better support the patients in their lives going through cancer.

One way is to facilitate partner/carer specific networks, whereby partners of patients can meet and receive support from other partners, either one on one (in effect a 'buddy' system) or in a group setting.

The simple act of getting together in a non-threatening, enjoyable social environment, with people going through a similar experience, can help

alleviate feelings of isolation and fear and provide understanding and even hope.

BCRC-WA's primary objective is to increase survival rates and cure rates for men and women with breast cancer through our research and treatment. However, ensuring patients and their families receive appropriate care and support along the way, is also important.

It's these additional support initiatives and services that can make a significant difference.

FIRST PARTNERS OF PATIENTS WITH METASTATIC BREAST CANCER GET TOGETHER

**WHEN**  
SUNDAY 5 MAY  
TIME 8AM- 9AM

**WHERE**  
CLARKO RESERVE, TRIGG  
**RSVP TO**  
info@bcrc-wa.com.au

This is a free community event, facilitated by BCRC-WA.

All partners of patients with metastatic cancer are welcome.

PYNKS METASTATIC BREAST CANCER GROUP



**PYNKS Annual Education Talk**

Professor Arlene Chan's PYNKS Annual Education Talk, on Saturday 9 February 2019, was attended by more than 80 patients, friends and family. Many aspects of understanding breast cancer, living with metastatic breast cancer, information about current treatments and new drugs were covered.

Professor Chan emphasised the importance of trying to live a normal life as much as possible while undergoing treatment, including supporting your loved ones, continuing working if possible and maintaining relationships with others. She also reassured the audience that breast cancer patients in Western Australia are fortunate to have access to some of the best treatments available in the world.

There was an opportunity to ask questions at the conclusion of the talk. Our thanks to all attendees. We trust the session was helpful and informative.



**PYNKS**  
**Positive and Supportive**  
Metastatic Breast Cancer Group

For more information please email [info@bcrc-wa.com.au](mailto:info@bcrc-wa.com.au)



## BCRC-WA'S BREAST CANCER OFFSPRING STUDY



**BCRC-WA has recently conducted a study on the effects a breast cancer diagnosis has on offspring. We believe this is the first breast cancer specific study into the psychological and emotional state of offspring in Australia.**

### **Background**

Breast cancer is the most common cancer affecting women and the most common cause of cancer death in women.

In Australia, 49% of newly diagnosed breast cancers occur in women under 60, with 23% of women under 50

at the time of diagnosis. It's likely many of these women have children aged between 14-24 at the time of their diagnosis and during their treatment.

A cancer diagnosis has significant impact on patients and families, and of course on children. This can be due to changes in the family dynamic and children having to undertake additional family responsibilities, resulting in less time for social activities. This can then impact on a child's personal development during their formative years and result in high levels of emotional and psychological distress.

Adolescence is already a vulnerable stage, so it stands to reason that when an adolescent has a parent going through cancer, they are at higher risk of psychosocial disturbance than a younger or adult child.

The motivation behind our offspring study was the premise that if we can better understand families' needs during their cancer journey, we can better support them. Our aim is always to do everything we can to ensure patients have support and the greatest chance of recovery.

### **Outcomes**

The study assessed the psychological needs and distress of offspring of both early and advanced breast cancer patients. It also analysed the demographic and cancer related factors that impact on levels of distress and unmet psychological needs of offspring.

It was found there were a significant number of offspring with high levels of distress, where distress tends to be greatest soon after diagnosis.

### **Key findings of the study included:**

- 31% of the offspring reported high distress
- 10% displayed severe distress, requiring immediate intervention
- Stage of diagnosis is significant in that the highest distress for offspring is soon after diagnosis and therefore personnel and programs to address this will be crucial
- Female offspring have higher rates of distress than male.

By defining the level of distress and unmet needs (and identifying factors associated with such increased distress and needs), BCRC-WA is better able to identify families struggling with the impact of a breast cancer diagnosis and can tailor programs to address this currently unmet need.

We will provide further updates on programs and initiatives in due course.

COME ALONG TO LADIES NIGHTS AT 1932 RISTORANTE

Hosted by The WA Italian Club

Our friends at The WA Italian Club launched a series of events for 2019 to help raise awareness and funds for BCRC-WA.

Five events have been planned for this year - four 'ladies only' Friday nights and one gala event to be held on Saturday 10 August where Professor Chan will speak.

The first 'ladies only' night was held on Friday 15 February. 55 excited ladies in cocktail attire attended and seemed to thoroughly enjoy the

wonderful food and drinks provided by 1934 Ristorante. Tickets were \$70 for drinks on arrival and a delicious 3 course dinner.

CEO, Carmelo Arto, gave an update on BCRC-WA's ground-breaking research and how it is helping to increase survival rates and cure rates for men and women with breast cancer.

For bookings for future nights, please visit [www.trybooking.com/BAMDI](http://www.trybooking.com/BAMDI)

Part proceeds of the nights will go to Breast Cancer Research Centre-WA. We will provide more information regarding the gala night closer to the date. This will be a great opportunity to get a table together and enjoy a night out with friends while raising much needed funds for breast cancer research. We hope to see you there!



LADIES NIGHTS

DATES: 12 April | 21 June | 1 November

AT: 7pm, 1934 Ristorante 235 Fitzgerald St, West Perth

BOOKINGS ONLINE: [trybooking.com/BAMDI](http://trybooking.com/BAMDI)

## THANK YOU FROM BCRC-WA

### Susanna's Afternoon Tea



#### Raised \$7104

Susanna De Castro battled cancer for more than nine years. Sadly, on May 26, 2018, she lost her fight surrounded by family and friends. Instead of flowers at her funeral, Susanna asked people to donate to BCRC-WA, which raised around \$3000.

For seven years before she died, Susanna held an annual afternoon tea to raise funds for breast cancer. Three years ago, she focused her fundraising efforts specifically on BCRC-WA because she felt so fortunate to be under the care of Professor Chan.

The afternoon tea's main purpose was to fundraise, but it was also a way for Susanna to show her appreciation and to do her bit.

Last year, on Saturday 27 October, Susanna's Afternoon Tea was hosted by her mother and sister, Linda and Ester Vicentini. It was a great success and a wonderful yet very emotional event as it was the first time her family had honoured her. So many people attended and many more who were not able to be there were there in spirit. Food, drinks and prizes were plentiful. Susanna's goal was to always do better than the previous year and Linda and Ester achieved this.

Susanna's family are proud to continue her work and legacy to support other families going through breast cancer. They would like to thank Professor Chan and the staff who cared for Susanna and for them. They can be assured their fundraising efforts will go a long way to supporting the work being done at BCRC-WA.

### Cherrilyn Lee



#### Raised \$2583

As part of Breast Cancer Awareness month last October, Cherrilyn decided to raise funds for BCRC-WA by cutting and donating her hair. Her reasoning: why not?

In her work as a financial planner, Cherrilyn has facilitated a few insurance claims over the years which she's found challenging.

"Cancer has taken way too many lives and has recently taken someone close to me. If my hair can help brighten someone's day and a pledge takes us one step further in the fight against cancer, I would love that."

Although breast cancer is the most commonly diagnosed cancer in Australia, there's now a 91% chance of survival. This is due to research finding new and better ways to treat cancer.

Cherrilyn used to work with Susanna De Castro.

### Perth Radiological Clinic



L to R: Prof Arlene Chan with Dr Joanne Lazberger and Caryn Fong, Customer Relations Manager, Perth Radiological Clinic.

#### Raised \$9519

Thanks to everyone at Perth Radiological Clinic (PRC) from all of us at BCRC-WA. During the month of October, PRC raised money from their mammograms and divided the proceeds between BCRC-WA and the McGrath Foundation. A cheque was presented to Professor Chan by Caryn Fong from PRC for \$9,519.00. Our heartfelt thanks to all at PRC.

## CONSIDERING DONATING TO BCRC-WA?

### Thank you to the following organisations for their generosity

Perth Radiological Clinic  
Count Charitable Foundation  
St Mary's Anglican Girls' School  
The Castellorizian Ladies Association (Megisti)  
Mining People International  
Embers Golf Club  
St Hilda's Anglican School for Girls  
Sorooptimist International Joondalup  
Boxwood Hill Golf Club - Ladies  
Ravensthorpe Anglican Church  
Balcatta Football Club  
Rotary Club of South Perth - Burswood  
Swing Golf Club

### There are many ways to help us achieve our aims at BCRC-WA.

#### What are we trying to achieve now and 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 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](http://bcrc-wa.com.au) or by contacting us on (08) 6500 5501 or [info@bcrc-wa.com.au](mailto:info@bcrc-wa.com.au)

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

Thankyou x



*A gift in your Will is a gift of hope.*

**My decision to leave a gift in my Will to Breast Cancer Research Centre-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.**

Remembering BCRC-WA in your Will is a very special way you can support our world class breast cancer research and education. Your gift can 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, please contact Ann Chan, Fundraising & Bequests Coordinator, on (08) 6500 5501 or email [fundraising@bcrc-wa.com.au](mailto:fundraising@bcrc-wa.com.au)



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