



Prof. Arlene Chan
 Director – BCTU
 Vice-Chair – BCRC-WA

Welcome to Issue 12!

We've had a whirlwind of media activity since our last newsletter relating to the benefits of clinical trials research, and heard many inspiring personal stories from patients.

The radio station 6PR expressed an interest in male breast cancer, and the interview with Darren DeMello allowed us to communicate the fact that although the incidence of male breast cancer is rare, with only 150 cases reported each year Australia-wide, if a lump is found it should not be ignored. The risk for women is significantly higher, however, with 1 in 8 developing breast cancer before the age of 85. "The West Australian" interviewed myself as the Medical Oncologist for Dominic Morgan, a father of two, who never expected to be diagnosed with breast cancer after he found a small lump. The important message

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being that if you happen to find a lump do not wait to visit your doctor.

Carmelo Arto, our CEO, went on air with Allan McKay from Reece Plumbing, a national company with over 450 branches, and spoke to Simon Beaumont from 6PR about his wife Jean's journey with breast cancer. Allan contacted BCRC-WA as he wanted to organise a fundraiser for us during the opening of their

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Mind-Bender



I have 25 hankies, equally divided into five different colours. If I were blindfolded, how many would I have to pick out to be sure of having one of each colour?

ANSWER: 21



Did you know...

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Charitable
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new store in Clarkson. Allan explained how wonderfully supportive Reece has been while he and Jean had to cope with diagnosis and treatment and, being the canny individual he is, thought that it would be great to educate the community about breast cancer, as well as bring people to their new store, with a promotional barbecue and the chance to donate. An amount of \$836.00 was raised. Thank you to both Allan and Jean McKay, and also to Reece Plumbing for your support.

Channel 9 reporter Jane Grijusich visited our offices to interview Catherine Ellis (HER2-positive patient) who is currently involved in one of our trials. As a result of her involvement, she has been able to access ground-breaking new drugs such as Neratinib. There is great hope that rapid strides are being made in terms of better detection, better treatment, safer treatments and – most importantly – better outcomes in terms of improving survival rates with these trials.

In our last newsletter for 2016 our thanks go to all the patients involved in clinical trials whose involvement may potentially not only provide personal benefits, but also contribute to helping future women and men diagnosed with breast cancer to benefit. Thank you to all the individuals and organisations who have helped us, including Perth Radiological Clinics for their donation during Breast Cancer Awareness Month. In particular, my thanks go to the estate of Nola Lynch and her partner Alan Woollcott for donating a significant sum to our research. Our goals are set high for the coming year and we hope that we can count on your support in 2017.

Prof. Arlene Chan
MB BS, FRACP
MMed (Palliative Care)

Governor of Western Australia Appointed BCRC-WA Patron

Breast Cancer Research Centre-WA is pleased to announce Her Excellency the Honourable Kerry Sanderson AC as patron of the organisation.

The Governor of Western Australia has accepted the invitation from BCRC-WA, saying she was 'delighted' to be patron of the not-for-profit organisation.

Professor Arlene Chan - founder of BCRC-WA and winner of the Western Australian of the Year 2016 in the Professional Division - said it was a wonderful acknowledgement of the organisation's pioneering work in the field of breast cancer research.

"With 1 in 10 WA women at risk of breast cancer diagnosis, it is incredibly encouraging to receive the patronage of our first female governor," said Professor Chan.

"It is recognition for the tireless and important work undertaken by BCRC-WA since 2000 to continually improve and advance breast cancer treatment and patient care.

BCRC-WA operates the busiest trials unit in Australia, conducting more than 80 breast cancer trials involving more than 1000 WA patients since 2000. The result has been a 50% increase in the survival rate for more than 160 patients.

"As well as giving breast cancer patients in Perth access – for free – to the most advanced treatments years before they become widely available, our work is putting Perth on the global map for breast cancer research.

"BCRC-WA has participated in at least 10 trials which have resulted in improved standards of treatment internationally.

"My constant driver is a dedication to improve the lives and treatment journey of my patients, it's not about the acknowledgments. However, having Her Excellency as Patron of BCRC-WA places valued recognition and publicly reinforced the importance of our mission."

BCRC-WA is based at Hollywood Private Hospital in Nedlands. It is a clinician-driven practice, specialising in providing high-quality breast cancer treatment while concurrently undertaking high-quality, cutting edge research.



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Visit bcrc-wa.com.au if you prefer to receive your newsletter via email.



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 **6500 5501**
or email info@bcrc-wa.com.au



CEO Corner

Hello once again, and what an eventful time we have had at BCRC-WA in the last few months.

Our wonderful Professor Arlene Chan was short-listed as one of 4 WA finalists towards the Australian of the Year Awards; and the Governor of Western Australia has agreed to become our Patron, which is great news, saying she is 'delighted' to be patron of Breast Cancer Research Centre-WA.

All this bodes well for us to increase our profile and alert people to the fact that we should be the charity of choice when they are considering donating, and to remind you of a few of the reasons why:-

- The Breast Cancer Research Centre-WA has the busiest breast cancer clinical trials unit in Australia, having conducted over 80 international, national and local breast cancer trials involving over 1000 WA patients since 2000.
- We remain at the forefront of research and treatment, and allow our patients access to new and improved regimes. As our research is directly translatable there is the potential for quick and significant impact.
- BCRC-WA prides itself on being a highly accountable and efficient organisation.
- As a clinician-driven organisation we are best placed to understand patients' needs, and consequently to assess the most effective research and treatment provision.
- We will always operate lean and mean, and fare well against other charities, as BCRC-WA has an exemplary record of minimal bureaucracy, and all donations are well spent in improving treatment and survival rates for breast cancer patients.

- All donations are treated as precious, and go towards making a significant difference to the breast cancer patient journey.
- We aim to further improve on this by providing a full suite of support services and, therefore, a one-stop shop for our patients as we move towards our new centre in 2019.

In 2017 we will be sponsoring an oncology fellow to work under the guidance of Prof Chan, and thereby enhancing our support for patients. We will be adding to the specialists as well as other health professionals amongst our already wonderful team as we move towards the one-stop shop.

I was fortunate enough to catch up with a group of Pynks ladies at a recent function where a good time was had by all, and I will also be speaking at a girls' night out fundraiser in a few weeks so I should be in my element there. With two young girls myself the number of pink shirts I am amassing in my wardrobe does not look out of place. The level of donated funds is reflecting the entire team's excitement as we move towards a better place for all involved.

Stay tuned for developments as we continue on our journey of further enhancing breast cancer patient outcomes in the coming years.



To discuss this further, please feel free to contact me.

Carmelo Arto
Chief Executive Officer

Breast Cancer Awareness Month

October was breast cancer awareness month and its message couldn't be more important: that all women be breast aware and check their breasts regularly, and report to their doctor if they find anything unusual.

At Hollywood Private Hospital the team at BCRC-WA organised a hospital corridor display that was bright and colourful, making sure that no one could miss it as they walked past near the Lesley Starceвич Day Suite in the Marjorie Brislee Wing. The display contained important information on being breast cancer aware, and attracted a lot of attention with the helpful brochures supplied.

Armadale Hospital's Staff Development Nurse, Judy Brand, contacted our organisation to advise that they were holding a staff education day on breast cancer awareness, and were planning to have an afternoon tea, a raffle and fun games to encourage participation and support for BCRC-WA. Thank you to all the participants of Armadale Hospital for your donations – from the photos supplied it appears to have been an enjoyable session and afternoon tea.

Perth Radiological Clinic

A big thank you to Perth Radiological Clinics who again supported us by donating \$5 for every mammogram performed in October to BCRC-WA. PRC has been a big supporter for many years, and we are very grateful for the funds they have raised, a grand total of \$9157.50. Our deepest appreciation for this.

The clinics' efforts in decoration were also outstanding! Well done and thank you for supporting us, and for getting the message across.



An impassioned plea for Metastatic patients, with thanks to Gena Hart and Outotec

Gena Hart's message is clear: "please donate to a reputable research organisation like BCRC-WA as action is what is needed for stage 4 metastatic patients".

Gena's impassioned plea on social media recently made many people take notice of this devastating disease. As Gena explained, it is "not pink ribbons" that save stage 4 patients but research into this disease. Gena's employer "Outotec" also took notice and did a big fundraiser, resulting in \$4244.00 being presented to Prof Chan with Gena's family. Thank you for your actions and for your support of cancer research.



Linneys

Sumptuous desserts and delightful cups of tea served in fine bone china might not be what you normally associate with Linneys, the fine jeweller of Rokeby Road in Subiaco, but that is what we experienced when we were recently invited to join David Fardon (Director) and Vivienne Adams (Communications and PR Manager) of Linneys for a high tea with our Pynks Group.

Together with our CEO, Carmelo Arto, and Co-ordinator, Rochelle Hook, we enjoyed a fascinating discussion on how pink diamonds are formed, and the beautiful world of pearls and sparkling gold handcrafted designs.

As Linneys attest, they have unwavering respect for our state's precious resources, producing sparkling gold in Kalgoorlie, and mesmerising Argyle diamonds and lustrous South Sea Pearls from the sea. Meticulous bold contemporary design continues to be Linneys' forté and they are world renowned for their creativity.

Our Pynks ladies enjoyed having the chance to try on some beautiful creations after our high tea, and thoroughly enjoyed the camaraderie amongst the group as they encouraged the CEO to try on one of the pearl necklaces. You're a good sport, Carmelo!

It is with gratitude that we thank Alan and Michelle Linney for again inviting our group to their showrooms, and for their support for BCRC-WA patients.

Linneys is situated 37 Rokeby Road Subiaco <https://www.linneys.com.au/>

Meet the BCRC staff



Introducing:
Jeannette Devoto
Position:
Unit Manager

What does your role involve?

I have been working at the BCRC-WA breast clinical trials unit seven fabulous years now. I was initially employed to oversee an investigator initiated trial, and as I am a registered nurse management immediately asked me to become involved with patient care. I love the patient contact and hold this part of my job close to my heart. I worked in the role of research nurse for several years and later progressed to the position of unit manager. As with other managerial roles the management side of clinical trials encompasses many sectors, but the clinical aspect is the facet which is most important and takes up the majority of our time. This means that I maintain the patient contact. I work part-time, and share the role of unit manager with my colleague Tracie Ernenwein. We endeavour to make the clinical trial unit a very happy and positive team-orientated workplace, striving to ensure that the patients' clinical trial experience is a positive, hassle-free one. We have fantastic, caring staff and we are all honoured to be part of BCRC-WA and directed by Prof Chan.

Tell us about yourself..

I grew up in Perth and did my nursing training here, and then headed off to see the world. I spent most of my time in Italy, but I had stints in France, the UK and Tunisia. I returned to Perth 21 years later with my husband and family, after having spent so many years abroad. I really enjoy the summer, the warm weather and the beach – so much so that a colleague has nicknamed me “Girasole” 🌻 - Italian for sunflower.



Di, Alison, Alex, Angie



David Fardon and Angie Foley

David and Carmelo Arto



Vivienne and Sue

Annie McKinnon



Pink High Tea with the Kalgoorlie Boulder Racing Club

For the fourth year running, Kalgoorlie Boulder Racing Club hosted the annual Pink Race Day, supported by Fyson & Associates, with Breast Cancer Research Centre-WA lucky enough to be one of the beneficiaries of the day.

Tim Beaver, CEO of the racecourse, said the fun day also involved first-class live entertainment all wrapped up in a lot of pink and purple balloons. He explained that it really brought the community together to help raise much needed funds for breast cancer research.

Carmelo Arto, CEO of Breast Cancer Research Centre-WA, advised that he was very grateful for the support of organisations such as KBRC. "This is a disease which impacts significantly in every community," he said, "and the improved survival rates in breast cancer have only been achieved as a result of well-conducted research over the past 40 years, which has been made possible due to fundraising events such as these."

The funds that have been donated will also help us reach our aim to create a centre of excellence where all breast cancer patient services and expertise will be under one roof.

Thank you to KBRC, Fyson and Associates, the Lions Club and all who donated on the day to make it such a great success.



Recipe Corner

Our very delightful Patricia Brock has shared her recipe with us for her chocolate brownies. She thoroughly spoils us with delicious treats and morsels when she visits and we cannot thank you enough. Patricia says, "Enjoy these brownies! They also freeze well. As a variation (and sinful variation) I sometimes add chopped Turkish Delight".



Chocolate Brownies

INGREDIENTS

- 1/2 cup plain flour
- 1/4 teaspoon salt
- 1 tablespoon cocoa
- 1 cup castor sugar
- 125gms softened butter
- 2 eggs
- 1 teaspoon vanilla essence
- Pecans or walnuts

METHOD

Line 20x20 cm square tin.
Sift flour and salt & Cocoa.
Stir in sugar, then add butter, eggs and essence, beat thoroughly until it goes a paler chocolate colour.
Pour into prepared tin, place nuts on top, then bake at 180 c for approximately 20-25 minutes until just firm to touch. This is very important, overbake and it is just a chocolate cake.
Cool in tin, cut into squares or triangles, dust with icing sugar.

An entertaining morning

Prof Arlene Chan recently spoke at the Mount Claremont Community Centre, all in the name of spreading awareness of our organisation.

This event was organised by ardent supporter Mr John Dingle, whose own wife faced a battle with breast cancer, and it is in her memory that he continues to support Prof Chan by helping us to raise funds.

The event was an entertaining morning (with John playing Master of Ceremonies) that included singing by Bling, a musical trio that really delighted the 70 plus people in attendance.



Our very own CEO, Carmelo Arto, spoke of our future vision and the mission of our organisation, and then it was Prof Chan's turn to explain the many complexities of breast cancer diagnosis and treatment. It is not every day that you have an opportunity to listen to a world renowned Medical Oncologist.

The crowd included many people whose lives have been touched by cancer. A special thank you to the people who stood up to share their brave stories with the audience – it was both moving and touching to hear the journey you have been on.

John Dingle has proudly presented the amount of \$4580 to BCRC-WA. He has expressed his gratitude to the National Seniors group who attended, and to those who assisted with setting up and morning tea. This also includes Elsie Tester who brought a big range of goods she had knitted and sold them to add to the funds. Thank you, John, for your support and dedication to Prof Chan and our team.



Nola Marie Lynch

Nola's Breast Cancer diagnosis, in July 2013, came as a shock to her, her partner and her family and friends.

Following a referral from her family doctor, Nola commenced her treatment under the guidance and care of Prof Arlene Chan and her dedicated support team.

Nola's initial treatment was a clinical trial, and saw her undergo a regime of chemo, surgery and radiotherapy. At the completion of this initial treatment, although wearied by it, Nola embraced her life again.

Empowered by the positive results on the trial, Nola returned to her old life of work, socialising and enjoying the company of her partner Alan, and family and friends. Unfortunately this time didn't last long enough, and in just under twelve months Nola's life was again disrupted by another cancer diagnosis.

What we were to learn was that this was going to be a rather short fight for life, as, again under the care of Prof Chan, Nola started another chemo regime that really knocked her around, and sadly she lost her fight for life on 22nd September 2016.

What can we say? Nola wants a world without breast cancer, and so was, and still is to this day, very supportive of clinical trials and research into this disease. Nola leaves behind a legacy of a hard-working yet fun-loving private lady, who was a loved partner, daughter, sister, aunty and friend to many. There are so many things that remind us of her daily, and we hope that in our lifetimes one of those things will be a positive outcome in the fight to rid the world of Breast Cancer.



“Nature does not hurry,
yet everything
is accomplished”
– Lao Tzu

Photo by Brian Taaffe



Laughter Yoga

There are many different types of Yoga, but have you ever heard of Laughter Yoga?

The Pynks group received a fantastic introduction to this therapy through the kindness of Janni Goss and the Laugh WA association, and what a delight it was! The Pynks ladies, with their husbands and family members, learnt healthy coping strategies that not only taught them how to outsmart stress but also ways to manage it. Janni showed us how to trust the process even though we might not be in that space at the time. In a two part series, Janni will explore the “Art and Science of Wellbeing” and share with us her “Laughter Prescription”, followed by an article next year on Mindfulness and Meditation.

THE ART AND SCIENCE OF WELLBEING

Do you need more effective ways to outsmart stress and improve your Wellbeing?

According to Dr Martin Seligman, the pillars of Wellbeing include positive relationships and positive emotions such as gratitude, optimism, empathy, compassion, joy and kindness. Gratitude is said to be the foundation of Wellbeing. Sometimes we focus on the negative events in our life when we would be better served by recognising all the positive aspects of daily life. Research has shown that the practice of writing down three to five things for which you are grateful each night when you go to bed will help to improve your outlook over time. So if you are feeling stressed or challenged, choose gratitude and focus on that rather than on the negative aspects of the day. Even if you've had a very challenging day, you could express gratitude for having a roof over your head, food on the table and that there isn't a



flood, bushfire or cyclone about to arrive! My attitude of gratitude includes smiling and saying “Thank You” every time I get a green light while driving. I sometimes arrive at my destination full of the joys of life!!

Is laughter the best medicine?

The good news is that laughter is the quickest and easiest way to reduce the effects of stress, boost our immune system and contribute to health and wellbeing. The Laughter Prescription provides a guide to inviting more laughter into your life so that you can enjoy the health benefits. The best reason for laughing more regularly is that laughter reduces cortisol levels, so your brain works better, and because stress is reduced your immune system, as well as your healing and regeneration systems, can function optimally. There are many types of Laughter Therapy but I find that the most effective one is Laughter Yoga. You will be glad to know that you do not need to wear a leotard or bring a mat in order to participate! Laughter Yoga was created in India in 1995 by Dr Madan Kataria and his wife Madhuri. Laughter Yoga is a group session of aerobic activity which creates real organic laughter from intentional laughter. The brain cannot

differentiate between these, providing the benefits anyway! Laughter Yoga consists of hand-clapping rhythms, deep breathing from Yoga and playful laughter exercises. Within the group, genuine laughter becomes contagious, providing well-researched health benefits. There is an excellent article about Laughter Yoga, written by Emily Ace on her website www.perthunderground.com. In Perth we have an organisation called LaughWA Inc. which oversees Laughter Clubs in Perth, as well as in Bunbury, Busselton and Albany. Up-to-date details of Laughter Clubs can be found at www.laughwa.org.au if you would like to attend and experience the benefits. Much research has been done over the years on humour-induced laughter and more recently the benefits of Laughter Yoga have been investigated. I was delighted to have the opportunity to present a poster at the 48th National Conference of The Australian Association of Gerontology in Alice Springs in November 2015. The title was ‘Laughter Therapy – Potential for Improving Health and Wellbeing’. As a physiotherapist, I am a strong advocate for including Laughter Yoga in chronic disease management, rehabilitation, aged care and for mental health. Laughter Yoga can be included in any groups run by health professionals, and they themselves can benefit by sharing the process with their colleagues. Laughter Yoga can help to reduce workplace stress by improving teamwork, morale and work satisfaction. Feedback from many participants includes being more awake and alert, with improved mood and a feeling of relaxation. Laughter Therapy has been recommended for the management of lymphoedema as the vigorous movement of the diaphragm during laughter stimulates lymphatic flow. Research carried out by nurses several years ago in America identified the range of complementary therapies utilised by women with breast cancer. They found that the women used support groups, prayer, nutrition and supplements, and 21% of them engaged in Laughter Therapy by accessing humorous videos and programs. We can all

benefit by inviting more humour and comedy into our lives, using our sense of humour in social situations, laughing at ourselves (more opportunities as you get older!), and of course accessing Laughter Yoga. Is Laughter the Best Medicine? Try a dose and find out!

Janni Goss B.App.Sci(Physio)

Wellbeing Educator - Conference Speaker
Laughter Yoga Leader - Teacher - Ambassador
President - LaughWA Inc. www.laughwa.org.au
Advisor for Ageing and Disability - National Council of Women WA

Website: www.jannigoss.com

www.MotivationalSpeakersAustralia.com/Janni-Goss

Laughter Prescription

**Optimal Daily Dosage:
20 minutes of Laughter**



- Share your Smile!
- Avoid Bad News, Look for Good News.
- Play, Laugh and have Fun with the People in Your Life, especially Children.
- Access more Comedy - TV, Movies, DVDs, Radio, Print Media and Internet.
- Be an Optimist - Have Hope in Your Life.
- Exercise Your Sense of Humour!
- Use Humour to De-Stress. Laugh at Yourself.
- Find a Laughter Club & do Laughter Yoga!
- Seek help if Laughter is elusive.
- Give Thanks for the Benefits of Laughter!



www.jannigoss.com

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An Evaluation of Unplanned Medical Visits During The Treatments Following Surgery for Breast Cancer

Achieving the best possible survival for women with breast cancer is not only dependent on optimal surgery, but will often involve the additional adjuvant treatments of radiotherapy and/or chemotherapy.

During the post-surgery and subsequent treatment phase some women may experience side effects of their treatments, such as infections and wound problems, chemotherapy sensitivity, and skin reactions to the radiotherapy. Such side effects, if severe and persistent, will cause patients to have an unplanned visit to a health professional. In this study we assessed a group of women through their course of treatments (i.e. from surgery to completing chemotherapy and/or radiation treatment) to monitor the nature and frequency of these unplanned visits. We wanted to assess how often women felt contact with their family doctor was needed, and how often they chose to contact their specialist. We wanted to assess (i) if women experienced delay in receiving treatment for their side effects due to difficulties in seeing either their GP or specialist and (ii) how successful the treatment was for their side effects.

We wanted to assess if either of these aspects of their care was problematic, and, if we found that it was, then we would be able to devise improved strategies to ensure future patients did not experience the same difficulties. For some patients, completing all the recommended treatments can take up to 6 months.

Of the 31 patients who volunteered for this study, 12 completed their entire treatment course without needing any unplanned visits to a health professional. The other 19 patients had a total of 62 unplanned visits. However almost 30% of these visits were not a consequence of any of their breast cancer treatments and were related to other health issues. This meant that for the other 19 patients there were 44 treatment-related, unplanned visits to a health professional. The majority were managed by a GP (50%), or a Specialist (39%), while 11% went to an Allied Health Practitioner or Breast Nurse. Most of these episodes were simply treated and resolved by medication such as antibiotics. In only 5 episodes was the patient so unwell that she had to be admitted to hospital for treatment, with full recovery occurring.

Overall we found that most of the patients went through their treatments without any significant unplanned health issues. Of those who had unplanned visits, the vast majority were simply and easily managed without serious treatments or consequences. We feel that this low incidence of problems can be achieved by good planning, patient education, and careful use of measures to prevent the development of complications. We would like to acknowledge and thank the women who gave their time and interest in completing this research study.

Dr Peter Willsher, Prof Arlene Chan, Tegan Willsher – BCRC-WA

Dr Mandy Taylor, Sir Charles Gairdner Hospital

Dr Margaret Latham, Dr Yvonne Zissiadis – Genesis Cancer Care

A wonderful tradition

The Ladies Garba Group of Perth is a group of 11 ladies who organise a traditional Indian dance called a Garba and invite all the ladies in our community to participate.

This event is organised every year to celebrate Navratri, a festival dedicated to the worship of the Hindu deity Durga. It is a free event that is held in a hall, and all participants are welcome to donate any amount they wish.

The total amount collected is then donated to a charity. This year we are pleased to donate \$1200 towards Breast Cancer Research.

We have grown dramatically from a small group of 30 to the 200 ladies who took part in the dance this year. We feel breast cancer is an issue that affects all women either directly or indirectly. I am sure we all know one woman who has had breast cancer. We hope our contribution will help to support the research that will find a cure for this worldwide problem.

Thank-you.

Ladies Garba Group of Perth



Like us on Facebook

and share us with your friends

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

Author Extraordinaire and all proceeds to BCRC-WA

In April 2014 I discovered a very small lump in my left breast, just 10 months after a clear mammogram!

It turned out to be cancerous, so I had immediate surgery to remove it – performed by Dr Diana Hastrich at the Mount Hospital. The surgery was successful and I was happy to hear that the cancer had not spread to my lymph nodes. The results from the biopsy showed, however, that it was a Triple Negative Cancer, so I chose to have chemotherapy, as hormone replacement therapy would not be suitable as extra insurance!

I chose Professor Arlene Chan as my Oncologist as she had also treated my cousin Lisa. I had 8 rounds of chemotherapy and the treatment I received was first class. The staff were all excellent - chemotherapy, however, certainly wasn't.

I needed 3 blood transfusions during my 4 months of treatment as I became very anaemic, extremely tired, and lost 10 kilograms!

Professor Chan was absolutely amazing and explained whatever I needed or wanted to know. After chemo I had a one month break to recover and regain some strength. I then went on to have 6 weeks of radiotherapy at Sir Charles Gairdner Hospital. After chemo, it was a walk in the park!

I have recently started writing rhymed stories for young children, and thought it would be a great idea to try and sell some, with all profit (after printing costs etc.) to be donated to Breast Cancer Research Centre of WA. I often read their website and newsletter, and I am constantly amazed at all of the great work they are doing, especially with the Clinical Trials.

It is my dream that by the time the little children to whom my stories are read become adults, breast cancer will be a thing of the past. The profit from the books is my little way of “giving something back” for the excellent treatment I received. Writing/creating the books is great fun, and it is my pleasure to do them for BCRC-WA!

Jenny Lynch
Online ordering via jlynchperth@gmail.com

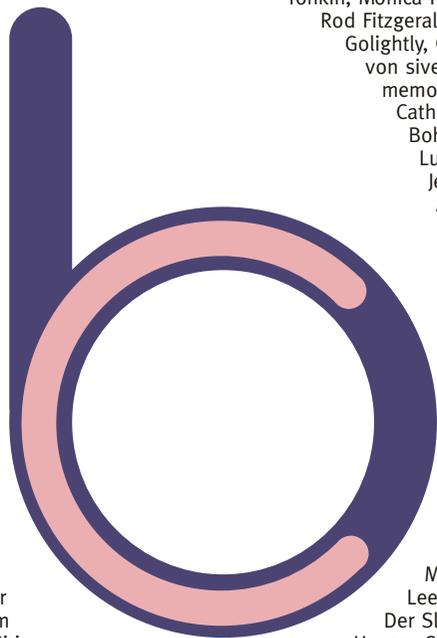


Thank you for 2016!

Thanks again for your donations, your support and your kindness... we could not have done it without you!

Perth Radiological Clinic, QBE, Nola Lynch's family, Alan Woollcott, Marie Coldwell's family, M L Simpson, Gena Hart, Outotec, Linneys of Subiaco Fine Jewellers, GT Media, Carrie and Neelam (both from Western Diagnostic Pathology for their dedication to our patients), Our 4 Chemo Wise information session presenters Laura Anderson (HPH), Julie Hargreaves from Look Good Feel Better, Kirasha Ramlagan (Dietitian), and Deb Bajrovic (Pharmacist) from Epic Pharmacy, Natasha Girvan (Look Good Feel Better), Margot Blakey, Burke Family, Lakelands Retirement Village, Ladies Garba Group, Jane Goddard, Cheryl Stoddart, Kim Craven, Rob Martin and family, Jenny Lynch, Barry Thomas and family, Ruth Patrick and Hills supporters for the Girls Night Out events, Catherine Ellis, Dominic Morgan, Janni Goss (Yoga Laughter Therapy specialist), Chrissy Oliver, Gail Wharton, Veronica Watson (SolarisCare), Dr Anna Petterson (SolarisCare), Reece Plumbing, Allan and Jean McKay, Mark Miloro and family, Sarah Bowell and Courageous Kate supporters, Dharminder Res, Swans District Football, Leah Stupar, Ballajura Junior Football Club, Daisies Café, Pam Seligmann and the Smocking group, John Dingle, Floreat & Districts Branch of National Seniors Australia, Bling Musical Trio, Elsie Tester, G Drew, B McSkimming, Kalgoorlie Boulder Racing Club, Martin Phillips from Rhythm Fix African Drumming, Siri Goldenhouse, Frances Shaw, Patricia Brock, Sue and Michael Fegebank, Amy Pintabona, Ayleen Lynch, Shannon Cleary, Peter Hepburn, Sharon Walters, Jane Lengyel, Laura Lowe, Anna Hubands, Nicola Green, Jacqueline Richardson, Betty Blaikie, Nancy Park, Leigh Ebzery, Silvia Rehak, Toni Strutt,

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Did you know...



Did you know... we are Australia's largest and busiest breast cancer research centre?

At least 10 of the research trials that we have been able to offer patients, have resulted in enhanced treatment for breast cancer internationally, as well as improved survival rates for patients



Did you know... we generate all our own funding?

We receive no government funding.

BCRC-WA conducts and initiates our own research which are often performed to answer a clinical question or clinical needs which are important to patients.



Did you know... you have the opportunity to contribute to a world-leading comprehensive breast cancer centre that we plan to move into 2019?

BCRC-WA's goal is to conduct research into the causes, prevention, and treatment of breast cancer, and enhance the multidisciplinary care to individuals with breast cancer and their carers.



Did you know... you can walk in anytime and have a coffee with our CEO?

Sit down with the CEO of Breast Cancer Research Centre – WA, **Carmelo Arto** (pictured right) and he would be more than happy to discuss our wonderful journey towards this dedicated comprehensive breast cancer centre.