



# What's news

## HELLO FROM PROFESSOR ARLENE CHAN



Spring has arrived as we begin to welcome the warmer months ahead, and consider new projects, initiatives and partnerships.

In this edition of 'What's News' we focus on the impact of a breast cancer diagnosis on 'young women'. Most young women are pre-menopausal and may have some additional areas of consideration at the time of their diagnosis such as fertility, work and children. These are all very personal issues and are discussed in further detail by our Early Breast Care Nurse, Cath Griffiths, in the article 'What is young' on [page 5](#).

In this edition we also focus on the importance of staying active, well, and engaged in the wider community during a breast cancer diagnosis. This edition's patient story follows the journey

of Silvana, who has gained support through actively engaging with community events, workshops and groups such as the PYNKS (a BCRC-WA group for women living with metastatic breast cancer). Read more about 'Silvana's story' on [page 6](#).

I would also like to take this opportunity to thank the generosity of The Stan Perron Charitable Foundation which has given generously to Breast Cancer Research Centre-WA.

Philanthropic contributions help us to offer additional support to our patients and their children and families. As a result we are thrilled to welcome Clinical Psychologist Mary Scott, who joins us from Fiona Stanley Hospital and will be working with our patients, developing programs to deal with post-breast cancer diagnosis issues such as vasomotor and cognitive symptoms and helping me in designing the next research effort on helping to address the impact of a breast cancer diagnosis on offspring - the latter having been highlighted from the results of our Offspring Study.

We recently welcomed the announcement of our new charity partner, Perth Glory Football Club. Perth Glory will be holding a charity game for BCRC-WA on the 13th of October. We would like to thank Perth Glory and we look forward to sharing a long partnership.

I would like to acknowledge the incredible fundraising efforts of Something Pink Kalgoorlie, The Italian Club Gala, Chevron City to Surf, HBF Run for a Reason and Shearing for Liz. We are excited to welcome new fundraising efforts in the coming months and sincerely thank the community for their ongoing support.

Lastly, I would like to thank all those who attended our 2019 Inaugural Appreciation Dinner. A wonderful evening shared with those committed to supporting the work we do at BCRC-WA. We are very much looking forward to seeing you all once again in 2020.

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

## EVENTS

### OCTOBER

BREAST AWARENESS MONTH  
BCRC-WA HPH DISPLAY  
OCTOBER 1-4

COMMUNITY INFORMATION  
SESSION ON WILLS &  
POWERS OF ATTORNEY  
OCTOBER 2

PYNKS COFFEE & CHAT  
OCTOBER 8

PERTH GLORY BCRC-WA  
CHARITY GAME  
OCTOBER 13

METASTATIC PARTNERS  
CATCH UP  
OCTOBER 17

LOOK GOOD FEEL BETTER  
PYNKS WORKSHOP  
OCTOBER 30

CHEMO WISE  
INFORMATION SESSION  
OCTOBER 31

### NOVEMBER

DON'T SWEAT IT HOT  
FLUSHES GROUP  
NOVEMBER 7, 14, 21 & 28

PYNKS COFFEE & CHAT  
NOVEMBER 12

PYNKS FLOWER ARRANGING  
WORKSHOP  
NOVEMBER 14

CHEMO WISE  
INFORMATION SESSION  
NOVEMBER 28

## What's news



INTRODUCING  
*Mary Scott*



We're delighted to welcome  
Mary Scott, Senior Clinical Psychologist

Mary joined BCRC-WA to develop psychological services for families affected by breast cancer. Over the next few months, she will consult with patients, partners and clinical staff to develop programs and networks for psychosocial care.

A breast cancer diagnosis can be very confronting. Treatment not only effects the patient but has a ripple effect on family members including children. As a Senior Clinical Psychologist in busy hospital Breast Clinics since 2000, Mary has gained extensive experience in assisting people to manage strong emotions and adjust to the personal and interpersonal impact of treatment.

Mary aims to provide evidence-based individual and group programs in the new centre.

These will include:

- **Conquerfear** - to manage fear of cancer recurrence. It's a normal worry, but if it's impacting everyday life, this program can provide skills to refocus your attention.
- **Cognitive - behavioural therapy for hot flushes and night sweats** - phew!
- **Mindfulness - based cognitive therapy** for people with metastatic cancer.

Mary also helps women who don't like accepting help, women whose libido has gone on long service leave, and women who want to sort out everyone else in their life!

## SPRING RECIPE

### Karen's Wheat-free, Sugar-free Banana Walnut Bread

#### INGREDIENTS

- 3 ½ tbs of melted coconut oil
- ¼ cup of honey
- 3 mashed bananas
- 1 tablespoon of cinnamon
- 2 eggs, beaten
- 1 tablespoon of baking soda
- 1/3 tablespoons of Himalayan salt
- ½ cup of crushed walnuts
- 1 ½ cups of almond meal
- 1 ½ cups of oat flour

#### METHOD

1. In a large bowl mix together all the ingredients besides the almond meal and oat flour.
2. Once all ingredients are combined add in the almond meal and oat flour.
3. Place mixture in a loaf tin
4. Bake for 45 minutes at 180°C or a slightly longer if you would like the top to be more brown

#### Karen's tips -

- I use olive oil instead of coconut oil.
- For the oat flour, I just buy rolled oats and make the flour in a NutriBullet or blender.
- I don't worry about the salt.
- And lastly, To 'decorate', I cut a peeled ripe banana length ways and push into the top of the cake.

Happy cooking everyone!



Karen Taaffe at her home sweet home,  
Lord Howe Island

## HELP US RESHAPE THE FUTURE OF BREAST CANCER TREATMENT



BCRC-WA provides world-class breast cancer treatment based on our ground-breaking research and clinical trials, some of which have enhanced breast cancer treatment worldwide and increased survival rates and cure rates.

Our vision is that the new centre will meet patients' requirements from the essential cancer diagnosis and treatment, access to clinical trials for those with early and metastatic breast cancer, to the broad range of support services they might

need to tap into, from physiotherapists, psychologists and social workers.

### INTERESTING FACTS:

- Estimate of how many trials have contributed to breast cancer treatment enhancements globally: 16 trials in which the tested drug became the current standard of care. These important trials enabled more than 300 WA women to access these drugs years before they became standard of care and directly benefited from higher likelihood of cure.
- Proportion of trials that are for metastatic patients 64%.
- Neratinib trial significance: Results of this trial led to its approval by the FDA in the USA and the EMEA in Europe as this drug can statistically lessen the rate of breast cancer recurrence in women

with the aggressive HER2 positive subtype. We were the world's highest recruiting centre and Prof Chan was the academic study chair for this international study.

- Ribociclib trial significance: More than 40 women with metastatic breast cancer in Perth received this new class of drug, which doubles survival.

### WHY WE NEED YOUR SUPPORT:

- BCRC-WA is self-funded. We do not receive government funding.
- All donations go to patient research, treatment and services.
- At least 17 of our research projects have contributed to enhancing breast cancer treatment worldwide and increasing survival rates.
- Many patients with advanced breast cancer have survived their illness for years and a

small number have even been cured due to results derived from clinical trials.

- In 2020, we will move into our fully integrated breast cancer centre where patient research, treatment and support services will be available in one central location, lessening stress for patients and their families and leading to better overall outcomes.

We thank you for your continued support, and look forward to exciting times ahead with the new world class integrated centre opening soon.

**Carmelo Arto**  
Chief Executive Officer

## ADVANCE CARE PLANNING COMMUNITY WORKSHOP



Death and dying is a natural fear for many of us, so we often choose not to discuss this with our loved ones. Working as an Advanced Breast Care Nurse, I often come across this fear and have witnessed many families who did not quite know what their loved ones wishes were at

the end-of-life. I therefore wanted to inform my patients that death and dying should not be fearful and talking about it will reduce the amount of anxiety they may be experiencing, and help loved ones with decisions when the time comes.

To get this message across, I contacted Palliative Care WA to enquire if they would facilitate a community workshop for patients with metastatic breast cancer being treated at Breast Cancer Research Centre WA. They kindly agreed and we ran our first workshop on 25th of June. The workshop was available to patients and their families/friends, and was a huge success. Many of the attendees opened up about their fears and unknowns about how to start such a conversation with their loved ones. Lana Glogowski (CEO Palliative Care WA) and Cait Calcutt (ACP Project Officer Palliative Care WA) were amazing and explained how advance care planning is not all about death and dying, but how one should think about planning

ahead and the importance of making your wishes known in the form of preparing an Advance Care Plan (personal wishes) through to an Advance Health Directive (health care decisions).

Palliative Care WA are continuing to run Advance Care Planning community workshops within WA, and have kindly offered to run another one for patients at BCRC-WA. If you would like more information about advance care planning or the workshops.

Please contact Amanda on [amanda.goddard@bcrc-wa](mailto:amanda.goddard@bcrc-wa).

**Amanda Goddard**  
Advanced Breast Care Nurse

# What's news

## INAUGURAL APPRECIATION DINNER



David Carter Board Member, Prof Arlene Chan Medical Oncologist & Vice Chair, Dr Peter Willsher Specialist Breast Surgeon & Chairperson & Maria Arto.

BCRC-WA held its Inaugural Appreciation Dinner in May to acknowledge and thank the generosity of many special people. It was a wonderful opportunity for the Board and staff to meet individuals who share in our vision of a future where, through research, we find a cure for breast cancer.

David and Chelsea McCarthy shared their stories. David talked about his preparation for the Perth to Rottnest Swim where he was the top fundraiser for the event and Chelsea, a metastatic breast cancer patient, expressed eloquently that she did not choose to be "a member of the breast cancer club, there were no membership fees and no qualifications needed."

Prof Arlene Chan thanked all donors and fundraisers, highlighting how their generosity has directly impacted our ability to conduct ground-breaking research and increase survival rates.

Recently, a donation received from The Stan Perron Charitable Foundation funded the recruitment of Mary Scott, Clinical Psychologist, commencing a breast cancer specific psychological service for patients, partners and their children. New services are being developed as we progress towards our relocation in 2020 to the integrated breast cancer centre at Hollywood Private Hospital.



Mark and Allie Helsemans, Georgina Oakman and Cheryl Campbell from Raising Hope



David & Chelsea McCarthy



Dr Kylie Seow and Dr Colin Lau

## SOMETHING PINK KALGOORLIE



### Raised \$101,223.00

On the 13th of July, the Something Pink annual fundraiser was held once again with great success. We gratefully acknowledge the generosity of local people, largely from the Kalgoorlie and Boulder areas.

Co-founder Katrina Tedge very ably led this year's fundraiser supported by family, friends

and a dedicated Committee. The night remembered the legacy of Katrina's friend and much loved member of the Kalgoorlie Community, Co-founder Gai Robinson who passed away from Metastatic Breast Cancer earlier this year.

Katrina and Gai's fundraising efforts began in 2017 when they

decided to organise a charity night which soon became known as 'Something Pink'. A fundraiser of humble beginnings now uniting the Kalgoorlie community to raise funds for Breast Cancer Research Centre-WA.

This year, Something Pink with the help of the Kalgoorlie Community raised an astounding \$101,223.00.

This fundraiser welcomed a donated Suzuki Swift from Golden City and a variety of auction items from very generous donors.

We are so grateful to all those involved and for the hard work that has made this a successful annual event.



## WHAT IS YOUNG?

**The world of breast cancer refers to premenopausal women as “young” because some treatment options can be different according to menopausal status.**

Only 6% of breast cancer in Australia develop in women under the age of 40. [breast-cancer.canceraustralia.gov.au/statistics](http://breast-cancer.canceraustralia.gov.au/statistics).

When breast cancer develops in a younger woman it is often more unexpected. Treatments like chemotherapy, radiotherapy and endocrine therapy are often used. Younger women mostly have different things to think about during and after their breast cancer treatments.

Younger women are more often concerned about:

- How treatment will affect their fertility, and will I go through menopause?
- Will I be able to work during treatment?
- How will my treatment effect my children?
- Will my prognosis be worse because I am young?

For young women who have not had a family or have not yet finished having a family, then fertility is a discussion

needed before starting chemotherapy. You can be referred to Fertility clinics in Perth to discuss Fertility-related choices. The Prevention of Early Menopause Study (POEMS) published in the New England Journal of Medicine which showed a significant benefit of ovarian preservation with the use of goserlin during chemotherapy which reduced the risk of early menopause and improving the possibility of fertility. Pregnancy after breast cancer is not necessarily unadvisable.

We have specialist Menopause clinics in Perth where women can meet a Specialist in this area to help with symptoms of Hot Flashes, lowered libido, and vaginal dryness. These symptoms are all normal menopausal symptoms.

Working during treatment is a very personal decision. Some time off will be needed to recover from surgery, however working during chemotherapy will depend on the side effects, such as fatigue, hair loss which



can be managed by wigs, scarfs or the use of Cold cap during your chemotherapy session. Nausea is minimised with the use a medication prescribed by your medical oncologist and sometimes your GP.

Young women having breast cancer treatment can have the extra challenge of having young children to care for, family and friend support should be utilised at this point. How much you tell your children can be difficult and will depend on their ages, maturity and how much they can understand.

Remaining fit and well after breast cancer is important as it will reduce your risk of a recurrence while improving mental and physical well being.

If you are a young woman struggling with a breast cancer diagnosis here are some good resources or services, you may want to look at:

[kemh.health.wa.gov.au](http://kemh.health.wa.gov.au)  
[womencentre.com.au](http://womencentre.com.au)  
[bcna.org.au](http://bcna.org.au)  
[breast-cancer.canceraustralia.gov.au/mummyswish.org.au](http://breast-cancer.canceraustralia.gov.au/mummyswish.org.au)

**Cath Griffiths**  
Early Breast Care Nurse

# PYNKS

A group for women living with Metastatic Breast Cancer

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



## THANK YOU FROM BCRC-WA

### Silvana's Story



**The last 10 months have taught me so much. No matter how bad things seem – if you have hope, things will get better.**

Hi, I'm Silvana. In November 2018 I was diagnosed with metastatic breast cancer (MBC) and malignant melanoma (MM), commencing treatment under the care of Prof. Chan in December for MBC. Between weekly MBC and fortnightly MM treatments there was little time, let alone energy, for much else. When my chemo was completed and my ongoing MBC and MM treatments were extended to 3 and 4 weekly respectively, at last I was able to focus on thriving, rather than just surviving.

My return to health mantra throughout the past months has been ACT, BELONG, COMMIT. This has enabled me to be open to opportunities when they present themselves. When I was able to engage with others I felt I began to really improve. Activities that interested me

included – improving my physical fitness, meeting like-minded people for support, and becoming involved in something creative.

It started with a chance meeting with Joanne, a City of Stirling volunteer who ran 'Crafternoons'. This was my opportunity to socialise with others but also indulge in some fun craft activities which varied greatly – an art installation for the local library, preserving olives, learning to knit and, currently my favourite, working on activity desk mats for children with special needs. These have been a terrific distraction and loads of fun.

During my treatment, Amanda Goddard (BCRC-WA Advanced Breast Care Nurse) visited and I shared that I was feeling a bit isolated, as everyone's treatment regimes are so different and it was hard to meet people. Amanda invited me to join 'PYNKS', a group run by BCRC-WA for women living with MBC who meet regularly for

coffee and activities. I couldn't wait for the 2019 dates to be released as this was an opportunity for me to meet women in a similar situation to myself.

Thankfully, at the time of my diagnosis my sister Irene had organised to give my details to a breast cancer charity, and as a result I was notified of a newly formed walking group who meet at some northern beaches twice a week. There I met Maria and Yvonne, the group coordinators, who are not only delightful but inspirational. It was here that I learned about a breast cancer support group they were attending and how helpful it was. Our morning walks down by the coast are a highlight, as they are not only invigorating but an opportunity for great conversation.

At a following 'PYNKS' get together Gracie, one of the ladies at coffee, invited me to join their support group. I've found the support group is a great opportunity to check in

on how you are doing physically and emotionally. You are free to share your breast cancer experience, helpful coping strategies and any concerns you may have, all within a safe and confidential setting. A session can include meditation, which helps to clear your mind, and occasionally a visit from a guest speaker.

Modern medicine is capable of extraordinary results, for which I am eternally grateful, but what I have gained from these groups: advice, encouragement, support, fitness and friendship, have made the world of difference to my outlook and recovery.



## THANK YOU FROM BCRC-WA

### HBF Run for a Reason



**Raised \$9,042**

This major community event, celebrating its tenth year, was well represented by participants fundraising for BCRC-WA. We thank you all. There were several teams and individuals running and walking. Staff from BCRC-WA entered a team, and we congratulate Mel Cheah, Clinical Research Assistant with her fiancé, Elwyn Lan completed a half marathon.

The Sonia's Sisterhood team (pictured), a group of staff from St Peters Primary School, participated in memory of their colleague Sonia who passed away in 2012. Rita Panebianco and Carol Armstrong, pictured with their colleagues, are also patients of Prof Chan.

We thank all participants and team entrants who raised funds for BCRC-WA.

### Shearing for Liz Pink Day



**Raised \$33,480**

This event began in 2014, when shearer Tom and Lucy Reed lost their good friend, Liz Roberts, to metastatic breast cancer.

They organised a small team of shearers who donated their earnings from one day's shearing to breast cancer research. This annual event is held in a pink shearing shed on the property of Quentin Davies in Yorkrakine, and this year raised \$33,480 for BCRC-WA. The local "Wylie" community and businesses really get behind the cause and support the event. People travelled from near and far and the event was a huge success.

Thank you to Quentin and Di, Tom and Lucy and the Wylie community.

### Mia's OJ Stand



**Raised \$75**

We had the pleasure of meeting beautiful Mia who is eight years old and raised \$75 for BCRC-WA. Mia set up a freshly-squeezed orange juice stand at her home to help her Grandma, a breast cancer patient. We think Mia deserves a big thank you.

### The Kindness of Others



Joyce



Willimina

This winter we received donated knitted scarfs and beanies from Joyce Barbarich (89 years young from Manning) to keep our patients warm while undergoing treatment for breast cancer. Joyce knits from her nursing home with the help of her two daughters, Shery who also helps knit and Susan who collects the wool and distributes.

Pictured is Willimina wearing Joyce's knitted beanie and scarf as she undergoes chemotherapy for breast cancer. Willimina said she receives so many compliments on them.

Thank you to Joyce and family for your generosity and to Willimina for letting us share this.

## CONSIDERING DONATING TO BCRC-WA?

Thankyou x

Thank you to the following organisations for their generosity



AFA Ancillary Fund ATF AFA Foundation

Container Refrigeration

CBC Hockey Club

City of Kwinanna

Eastern Goldfields Districts Rifle Association

Five Room Retreat

Hopetoun Senior Citizens Inc

Johanna Sewell Memorial Fund

Lions Club of Cowaramup

Midlands Districts Rifle Association

Oceaneer Marine Brokers

Patches Life Warrior Foundation

PayPal Giving Fund

Perpetual Foundation - The FW & CF Penberthy Endowment

Perpetual Foundation - Bendix Family Charitable Endowment

Perth Hash House Harriettes

Rocky City Hash House Harriers

Serpentine Horse and Pony Club

Shearing for Liz Pink Day Wyalkatchem

Something Pink Kalgoorlie

The Stan Perron Charitable Foundation Ltd

Westside Fire Services

Wasabi Data Solutions

Youth Building Community

### 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 online at [bcrc-wa.com.au](http://bcrc-wa.com.au), or by direct deposit (ANZ BSB: 016-080 Acct No: 2973 55098), or contact us on (08) 6500 5501, or in person at BCRC-WA, Hollywood Private Hospital, Entrance 3, 101 Monash Avenue, Nedlands WA (EFTPOS is now available).

BCRC-WA is self funded.

We do not receive any government funding.

### Wills and Powers of Attorney Information Session

• Wednesday 2 October 2019 - 7PM •

After a great response last year, we are pleased to offer this free session again which will comprise an information component followed by a Q&A session.

A Will is an important document that protects your family and assets. We'll explore what you need to consider when making a Will.

We'll also discuss Enduring Power of Attorney and Enduring Power of Guardianship. An Enduring Power of Attorney allows you to select someone to make important financial and property decisions when you're not able to while an Enduring Power of Guardianship allows you to appoint someone to make personal, lifestyle and treatment decisions on your behalf, should you be incapacitated.

Michael Crowe, Senior Lawyer and Estate Planning Specialist at Perpetual will present the session, helping you to gain a better understanding of these processes. Our CEO, Carmelo Arto will also provide up to date information on recent developments at BCRC-WA.

VENUE: Perpetual, Level 29, Exchange Plaza, 2 The Esplanade, Perth. (Entry via Sherwood Court)

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)

Please RSVP by September 27.