



What's news



hello FROM PROFESSOR ARLENE CHAN



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

It is with great pleasure that in this edition I can say that our Perth Breast Cancer Institute (PBCI) is now providing world-class, evidence-based care to women and men with breast cancer from our new location at the Hollywood Consulting Centre. A long-held vision of Breast Cancer Research Centre-WA come to reality.

Our centre provides world-class research to achieve the best outcomes for our patients – namely aiming to increase cure rates or prolonging life with the highest quality of life possible. We strive to also provide up-to-date breast cancer research results to other health care professionals who treat breast cancer patients in the community and, as a centre of excellence, deliver evidence-based information about breast cancer to the broader community.

Together with Dr Peter Willsher, we would like to welcome several breast cancer specialists into our team that makes up the Perth Breast Cancer Institute (PBCI). These specialists include Medical Oncologist Dr Hilary Martin and Breast Surgeons Dr Jose Cid-Fernandez, Mr Richard Martin, Mr Palan Thirunavukkarasu, Dr Bindu Kunjuraman, Dr Kallyani Ponniah and Dr Farah Abdulaziz.

I would also like to welcome other health care professionals including Associate Genetic Counsellor Bhavya Vora and our second Clinical Psychologist Françoise Ballantyne, who joins Mary Scott.

These clinics are managed by our new medical receptionists Nicholle and Brooke, whom I would also like to welcome.

With our new premises we have several new endeavours planned to ensure that each

patient is given guidance in the practical aspects of their breast cancer care. We offer support from the point of diagnosis, through the various tests, with the specialist appointments needed for a given patient, costs of treatment, and assistance in understanding their treatment plan – both short-term and long-term.

This edition of 'What's News' features a patient story from Julie Hargreaves. Julie has had a long road with breast cancer and continues to approach life with upbeat optimism and positivity. While undergoing chemotherapy Julie also raised \$2,761 for BCRC-WA through 'Julie's Shave for Breast Cancer' fundraiser. Read Julie's story on **page three**.

This edition also features the final part of 'Staying Active at home' on **page four** and a personal story from the PYNKS on their recent road trip, entitled '**PYNKS Road Trip to Cunderdin**'.

I would like to take this opportunity to thank all of our generous donors who have contributed in some way to Breast Cancer Research Centre-WA. I welcome you all to come and see our new facility at our grand opening on February 20, 2021. More details to come!



CEO Report

It brings me great joy that Breast Cancer Research Centre-WA incorporating Perth Breast Cancer Institute (PBCI) is now located at the Hollywood Consulting Centre situated in the grounds of Hollywood Private Hospital.

This marks the realisation of many years of work within Breast Cancer Research Centre-WA to have more on-site breast cancer specific personnel including Medical Oncologists, Breast Surgeons, Radiation Oncologists, Reconstructive Surgeons, Breast Clinic, Breast Clinical Trials Unit, Breast Care Nurses, Clinical Psychologists, and Radiologists. All these services will help us to continue to reshape the future of breast cancer treatment and support services.

As we grow, we welcome new Corporate partnerships who share our common values and goals to grow with us. We aim to work with a Corporate partner who believes that a commercial and charitable

alignment is key to achieving outcomes together. For more information on partnering with us and our corporate packages visit our website 'Ways to Help'.

The Board recently celebrated the achievements of donors and fundraisers at our Annual Appreciation Dinner held at The University Club of Western Australia. Speakers during the evening included Tom Reed and Quentin Davies ('Shearing for Liz'), Monika Page and Prof Arlene Chan. We are thankful to all those who give in any capacity to our organisation to assist those impacted by breast cancer.

Lastly, we welcome you to come and see our new centre at our grand opening in February 2021. We look forward to sharing this wonderful event with all our supporters.

Carmelo Arto, CEO



Welcome to

JULIE UHLMANN

After working on different disease specific clinical trials such as rheumatoid arthritis, osteoporosis, hepatitis B and coeliac disease, I was privileged to join the Breast Cancer Trials Unit in July 2019. I have over 6 years of experience overseeing the administrative tasks, patient visits and lab processing to enable successful clinical trials, and act as a liaison between the health professionals and the sponsor. I admire the dedication and altruism of clinical trial participants willing to try new treatments and help further research that may help others in the future.

Having had family members affected by cancer, I wanted to contribute to the research efforts that further the treatment and cure for cancer. My sister was diagnosed with breast cancer at the age of 28 and since then, she has been in remission. My role as a Clinical Research Assistant enables me to contribute to breast cancer research by supporting the doctors and nurses who are dedicated to exploring new treatments through clinical trials.

My qualifications are in Food Science and Nutrition but I have worked in quality control

in the pharmaceutical field, and in the biotech industry propagating agricultural crops through tissue culture, and using DNA markers to select for superior breeding lines of wheat and barley that showed disease and drought resistance. While I was working for the Department of Agriculture WA, two varieties of barley were released to farmers in half the time of traditional breeding methods. The majority of clinical trials have voluntary blood draws for DNA marker and drug research, and I am excited to see what these results bring in the future and how it will help cancer patients.

We have moved into our new dedicated offices at the Hollywood Consulting Centre and I am impressed with the number of services the centre provides to support patients through programs such as PYNKS, information sessions, care services such as the Breast Care Nurses and a Clinical Psychologist whose support extends to family members including children. I am proud to work with smart and caring people dedicated to providing the best resources available to our beautiful strong patients.



Julie's story

In October 2008 I was diagnosed with breast cancer in the left breast. I found my lump while having a shower. I was 48 and remember having a cyst when I was 25 and thought that's what it is this time. I was very shocked with the diagnosis as there was no family history.

When my test results came through and after speaking with my GP I was every grateful that she referred me to Dr Peter Willsher. I was given an appointment for the following week, and as I left her rooms I was on my journey to fight this. After my consult with Dr Willsher I was booked in the following week for a lumpectomy. I remember it was coming up to Remembrance Day and there was a beautiful display in the foyer at the Mount Hospital of our brave soldiers. They gave me courage to go through my battle as I knew I could not even get close to what they went through.

After surgery I learnt that I had nine lymph glands removed and two had cancer. After I recovered I started 4 1/2 months of chemotherapy. At the time, my two daughters, Sarah and Sophie, were just 11 and 8 years old. I told them that "Mummy had to have some medicine and that her hair was going to fall out, and when that happened I was going to get better."

After I completed chemotherapy, Dr Willsher suggested to do clearer margins and then six weeks of radiation. I asked if I had a double mastectomy would I have to still have radiation and he said no, so I choose to have a double mastectomy and reconstruction. I took hormone blocking medication for nine years and was discharged from Prof Chan in May 2017. My heart was full of gratitude to have such an amazing team, Professor Arlene Chan, Dr Peter Willsher and Plastic Surgeon Dr Tony Connell looking after me. I knew I was in good hands, and through them I had courage and strength to keep going forward.

I became a volunteer with 'Look Good Feel Better' (LGFB) a year after I recovered and wanted to use my experience to help other women. I found it was a payment to the heart, knowing I could help and support others.

In 2013 I was diagnosed with ALCL (Anaplastic Large Cell Lymphoma). I was one of the first cases in WA. I had the left implant removed and capsulectomy and I was given chemotherapy. After having the implant removed for 12 months I then received a smooth implant.

During my breast cancer journey, I have always kept upbeat and positive for my beautiful family. Their lives were kept as normal as possible. I feel very fortunate to live in Australia and for the state-of-the-art surgeries and treatments. I have travelled the world with Nutrimetics and to countries where women were probably not even educated to look for breast changes, let alone get lifesaving treatment.

In March, this year I found a lump in the muscle of my left breast. I was shocked to learn that the cancer had returned, but had confidence knowing I had the 'A team' looking after me. I had the tumour, tissue expander and the implant removed in April. I have just completed four rounds of chemotherapy and will complete five weeks of radiation, and then have my tissue expander inserted and after that the implant, and then look forward to normal life once again.

I found out in June this year that I received the 'Look Good Feel Better Volunteer of the Year Award for Western Australia'. I was humbled and honoured to receive this award. Nutrimetics has always supported LGFB financially and with their beautiful products to use at the workshops, and for the women to take home and use. Nutrimetics wrote a story about my time with the company as an Executive Sales Manager for nearly 20 years, and my work as a volunteer as a hospital liaison officer speaking to the patients about the workshops and registering them to attend. I

tell them a little about my journey and I think it helps them knowing that I understand what they are going through. I also speak at the Chemo Wise sessions. Prof Chan is my guardian angel, and I will always be forever grateful for her care and guidance along with Dr Peter Willsher and Dr Tony Connell.

I have had wonderful support from my family. My husband Murray who has always been very caring and supportive and has been with me every step of the way. My daughters have grown into beautiful strong resilient young women and are a wonderful support to me. My Mother, Kathleen, and Mother-in-Law, Connie, are strong amazing women for me to look up to, and friends and work colleagues

have always been there to lend a hand. I am truly blessed to have them in my life.

"I believe in living every day to the fullest and being grateful for what I have, and try to better myself every day. There is so much to learn and so much to give."

Editor's note: We sincerely thank Julie who recently raised \$2,761 for BCRC-WA through 'Julie's Shave for Breast Cancer' fundraiser.



STAYING ACTIVE AT HOME - *Part Two*

There are many ways to keep being active within our reach. Keeping active plays a key role in boosting our immune system, maintaining a strong mental and physical health and reinforcing positive and healthy lifestyle habits. This is the final part of staying active at home, featured initially in 'What's News' Winter edition 2020.

Home Aerobic Exercises:

Aerobic exercise is any repetitive movement that increases your heart and your breathing rate. This important as it will help keep your heart and your lungs healthy and improve your stamina levels.

Aerobic exercise intensity is how hard you're working. For most people, we recommend a moderate intensity. This is a level where your breathing rate would allow you to talk through exercise but not to sing.

Key Tips:

- Picking a song with a quick tempo will help you maintain your tempo. Single Ladies by Beyoncé, Staying Alive by the Bee Gees or Celebration by Kool & the Gang are guaranteed to energise you!
- If too easy, increase tempo or add weights or resistance
- If too hard, reduce your speed, effort or time
- Interval training helps build fitness. Aim for a 3-5minute bout, followed by a 1 minute rest or reduced speed. Repeat 1-5 times, depending on your fitness
- For outdoors walking, as your stamina improves from 5-10 minutes, gradually build up to 30 minutes. You need to consider walking up hills or increasing the speed of your walking

Strength Examples:

- Wall Push ups
- Bicep Curl
- Shoulder Press
- Upright Row
- Tricep dips
- Bridging
- Sit to stand
- Calf Raises
- Mini Squats
- Lunges
- Sit-Ups

More Advanced:

- Floor Push ups
- Planks
- One legged stand
- Jump squats
- Burpees
- Walking lunges
- Mountain climbers

Strength Exercises:

Strength training involves making your large muscles work harder than usual against some sort of resistance. Cans of food, water or milk bottles, shopping bags filled with sand or a backpack filled with books are all handy alternatives to gym weights.

Key Tips:

- Start slowly, within your limits
- Complete 2-3 sets of 8-12 repetitions based on your current strength
- Slowly increase the repetitions, sets or weight as you get stronger
- Keep a good posture during your movement.
- Hold onto or remain by a stable surface if you have balance problems
- Use a weight that is suitable for you
- Use slow and controlled movements
- If too easy, increase weights, repetitions or range of movement
- If too hard, decrease weight, repetitions or the range of movement

Aerobic Examples:

- Walking
- High knee marching
- Step ups on/off a bottom step
- Exercise bike - borrow, rent or purchase (check out Gumtree)
- Gardening
- Energetic housework
- Playing physical games with children and pets
- Dancing

More Advanced:

- Star jumps
- Air boxing
- Jogging on spot or outdoors
- Stair climbing
- Hill climbing

Here are some creative ways of staying fit from the comfort of your own home:

- Do a 30-day exercise challenge with a friend. Set a time each day to check-in and do your exercises together.
- Schedule in a once a week catch up by doing an online yoga or Pilates class or try the Live Lighter workout program (beginner, intermediate, advanced) or a retro aerobics class on YouTube in your brightest Lycra!

Activate your Workspace

- Standing up or pacing for phone calls
- Break up your sitting time every hour with a mini workout or stretch
- Get away from your desk at lunch. Choose an outdoor activity that energises you

Virtual Exercise

There are many fitness apps and websites that you can access and join with a free trial or a minimal cost. It is a great way to explore different types and intensity of exercise – yoga, Pilates, core, balance, stretches and dancing. Some options are:

- Online yoga or Pilates class run by local trainers
- [7 minute workout](#)
- [Centr](#)
- [Peter Mac](#)
- [Exercise Right](#)
- Cancer Council WA have a great set of resources. They have put together a “Healthy at Home” hub on their [Live Lighter website](#). It contains ideas and resources to help you eat healthy, get moving, feel good and get the whole family involved while staying safe at home. There are free exercise guides and home workouts that range from beginner, intermediate & advanced
- [The Queensland government have a range of goal-based workouts that are completely free of charge.](#)

How to Stay Motivated

When it comes to exercising, most people have the best intentions but motivation levels can wax and wane. Try asking yourself why do you want to move more? Whatever it is, find your why and write it down and constantly reflect back on the reason for motivation.

Find a way to make it part of your routine, like brushing your teeth.

Remember anything is better than nothing when it comes to exercise during this time. Regular short walks around your house/backyard/block could be a good way to start. Once you're out there, you will feel great to have done it. Getting started is often the hardest part, so set a small goal initially and work your way upwards.

Fitness trackers are wearable devices such as those from Fitbit, Garmin and Apple, that are worn like a watch. They can track your activity (number of steps, activity time, heart rate) and set goals for your week. Free apps can be downloaded onto your smartphone such as Apple Health, Runkeeper or MyFitnessPal. These also track your movement if you keep your phone on you while you are exercising.

During these times we understand that it may be difficult to complete your usual exercise regime. It is however really important for your health and your well-being to remain as active as you can. More is better than some, and anything is better than nothing when it comes to exercise during this time. Hopefully this article has given you some tips and motivation to move your body.

If you feel unsure of where to start, the oncology physiotherapists and exercise physiologists at Ramsay Health Plus Hollywood can tailor a specific home exercise program for you, either in our clinic or via Telehealth. Contact us on 9346 6932 to learn more.

Acknowledgements

<https://www.petermac.org/services/cancer-information-resources/coronavirus/keeping-well-during-covid-19>
<https://www.healthier.qld.gov.au/fitness/exercises>
<https://www.cancerwa.asn.au/articles/news-2020/staying-fit-while-staying-at-home>
<https://livelighter.com.au>

About the Author

Lizzie Eastwood is a physiotherapist and advanced lymphoedema practitioner. She has worked in oncology, palliative care and rehabilitation at Hollywood Hospital for 13 years. She is passionate about partnering and empowering her patients along their cancer journey. Lizzie is the lead oncology outpatient physiotherapist at Ramsay Health Plus Hollywood.



MYRA'S BEETROOT CHUTNEY

INGREDIENTS

- 1.3 kg fresh beetroot
- 225g apples of your choice
- 225g white sugar
- 2 onions
- ½ teaspoon ground ginger
- 350ml pint of vinegar
- One lemon
- Table salt (for boiling the whole beetroot only)

METHOD

1. Wash the beetroot
2. Boil the whole beetroot in a large pan of salt water (salt optional)
3. Once beetroot has cooled slightly, peel the skin off
4. Prepare the beetroot by cutting it into small cubed pieces
5. Peel and cut the apples into small pieces
6. Dice the onion
7. Place the apple, onion and vinegar into a large pan. Then add in the lemon juice, ginger and sugar. Bring to boil for 20 minutes

8. Once the apples and onions have boiled add the chopped beetroot into the same pan, and boil for a further 20 minutes. Reduce to a thick consistency
9. Pour the mixture into jars and allow it to cool down
10. Store in a cool place preferably in the fridge
11. Chutney is now ready to serve

Chef's tip

Shake chutney prior to serving
Serve as you desire!





PYNKS ROAD TRIP TO

Cunderdin

The PYNKS is a group facilitated by Breast Cancer Research Centre-WA for women living with Metastatic Breast Cancer. Recently, the group took to the road to bring our regular coffee and chat catch ups to Nat, who lives 160km away in Cunderdin.

"After lots of WhatsApp messages it was decided that a road trip was necessary as our dear friend Nat was unable to meet us at our regular catchups.

So a date was decided. After a lot of juggling with treatment dates, appointments, scans and a few other excuses it was decided that on Friday 26th June we would all head east to Cunderdin.

North of the river ladies; Rama, Jenny, Silvana and Angie headed off in the fabulous Mercedes, real luxury! South of the river ladies; Michelle, Lyn and Di headed off in the reliable Prado.

The gang decided to meet at Bakers Hill Pie Shop, where I can say the fun began. Not sure if the locals knew what had hit them. So coffee and cake was a must, sitting in the sun enjoying the company. It didn't take long for a local to see seven ladies having fun and he wanted to join in. Needless to say we were very happy when he got back in his truck, as I don't think many understood what he was saying.

So on the road we go with the speedy Rama leading the pack with Team Mercedes. It wasn't long before Team Prado lost Team Mercedes, so communication by mobile was necessary. The two cars went in different directions with Team Prado arriving at the road to Nat's house first.

Whilst waiting we decorated the Prado in Pink, Green and Teal (Metastatic Breast Cancer colours) streamers. Team Mercedes arrived to also be decorated, and Silvana handed around the pink banners.

All ready, we head off to Nat's house with ladies hanging out the windows and sunroof, streamers flying, horns rooting. What a surprise when nobody could see Nat on the front porch.

"Are you sure we have the right house ladies?" "Not sure but directions look ok."

"Better call Nat somebody, we may have the wrong house."

A lot of laughter but soon we see Nat on the porch and all is good. The procession proceeds with ladies yelling, whistling and horns tooting.

A tour of the homestead was on, with us checking out the new renovations and also eyeing off the tradesmen, very nice.... the house is fabulous Nat.

We then sat down to a beautiful set table for lunch, the sun shining through the windows, overlooking the pool. Sensational.

There wa lots of chatter and laughter around the table, with sweets being a highlight. Thanks Silvana.

Sadly it was time to leave Nat and her lovely home for the drive home.

Thanks ladies - a great day out."

Lyn - PYNKS member



Thank you FROM BCRC-WA

Tilly's Stall

Matilda (Tilly) held her fundraising stall on a Saturday in June, and it was a big success!

"She was an absolute superstar and quietly went about getting everything ready for the stall a month before. Every weekend she would dedicate some time to making something. She made scrunchies, bracelets, cards and baked goods. She even partnered with a little lady start-up company in Melbourne, called Wellness Jars, that make and sell scented candles. For every candle she sold, Wellness Jars donated \$10 to Matilda's stall," said Julieanne, Matilda's mum.

More than 100 people from their community came to the stall to support Matilda and the cause. The day was even more special as Matilda's nana, who has stage 4 triple negative cancer, was well enough to attend for a little while.

"As you can imagine, we are proud as punch of our Tilly. She is only 12 years old, but this goes to show that age is no barrier - a very special memory for us all," said Julieanne.

This was Matilda's vision and she wanted to help her nana and others with breast cancer to fight this disease . . . we think she's a superstar too.

**Raised
\$3,035**



Julie's Shave for Breast Cancer

"I was diagnosed with Breast Cancer in 2008 and was ever so grateful with the care and support from Prof Arlene Chan, Dr Peter Willsher and their incredible staff. They provided me with excellent treatment and phenomenal support and guidance along the journey to recovery. They do this every day for so many other people in our community.

I have always called Professor Chan my angel and once again I have found myself calling on her and Dr Willsher for care and treatment. So, I decided to shave my hair to raise funds for the Breast Cancer Research Centre-WA," said Julie.

Julie has done an amazing job fundraising and is also a speaker at our Chemo Wise information session as a 'Look Good Feel Better (LGFB) representative and was awarded LGFB Volunteer of the Year for Western Australia in June.

**Raised
\$2,761**



Rocky City Hash House Harriers

Congratulations to the Rocky City Hash House Harriers for raising funds during their 8th Annual Pink Breast Run. Traditionally held on a specified date in May, this year the "iso runs" were held over the entire month of May.

Members dressed up in pink and their runs included participants from many other Perth clubs, such as Derby and Bunbury.

The Hash House Harriers (HHH or H3) is an international group of non-competitive running social clubs and originated in 1938 when a group of British colonial officers and expatriates in Malaysia began meeting on Monday evenings to run. There are now almost two thousand chapters in all parts of the world.

**Raised
\$4,458**



CONSIDERING DONATING TO BCRC-WA?

Thankyou x



Thank you to the following donors for their generosity

Organisations

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Galvin Properties

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WA Police Force

Rocky City Hash House Harriers

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Johanna Sewell Memorial Fund

Patches Life Warrior Foundation

PayPal Giving Fund

Stan Perron Charitable Foundation

Fundraisers

Julie's Shave for Breast Cancer, Julie Hargreaves

Tilly's Stall, Matilda Barrett

My Marathon, Claire Slater

Bequest

Estate of Wayne Charles Bradley

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 Perth Breast Cancer Institute (PBCI)

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 do we need your help?

To help establish comprehensive services at our new PBCI

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, or by direct deposit (NAB BSB: 086-006 Acct No: 73798 6097) or contact us on (08) 6500 5501, or in person at BCRC-WA, Hollywood Consulting Centre, Suite 407, Entrance 5, 91 Monash Ave, Nedlands WA. Gifts of \$2 or more are tax deductible.

BCRC-WA is self funded.

We do not receive any government funding.

What is the difference between an Enduring Power of Guardianship and an Advance Health Directive?

Advance Health Directives (AHD) and Enduring Powers of Guardianship (EPG) enable you to plan for future personal, lifestyle and treatment decision-making.

An EPG is a legal document that people use to appoint one or more persons as Enduring Guardian(s) (EG) to make personal, lifestyle or health care treatment decisions on their behalf.

An AHD is a document that contains decisions about future treatment. Future treatment includes; medical, surgical, dental treatment and other health care.

An AHD can include consent or refusal of consent, of future treatment. If people are unable to make treatment decisions for themselves, instructions included in their AHD must be followed by health professionals instead of the appointed Enduring Guardian.

For more information, please visit the Office of the Public Advocate: www.publicadvocate.wa.gov.au

Please note that our free Wills & Powers of Attorney Information Sessions have been postponed until early 2021, and we will communicate a date closer to the time. Please contact Ann Chan, Fundraising & Bequests Coordinator on (08) 6500 5500 or fundraising@bcrc-wa.com.au for enquiries.

