

What's News

WELCOME TO THE 2021/22 SUMMER EDITION



*Prof. Arlene Chan AM
Medical Oncologist
MBBS, FRACP, MMed
(Palliative Care)*

As I write this, we are nearing the end of another year and what a year of significant growth for Breast Cancer Research Centre-WA it has been. Our vision of a comprehensive breast cancer centre became a reality in 2021, as we welcomed a new oncologist, breast surgeons, breast physicians, clinical psychologists and a genetic counsellor.

Despite COVID restrictions which hampered some of our education program, we were able to hold the GP Breast Diseases Education Forum in October. This meeting was aimed specifically for GPs as they are a vital part of the clinical team in caring for patients with breast cancer and other breast issues. I was joined by other speakers, including our medical oncologist, breast surgeons, genetic counsellor, and breast physician, as well as Dr Jo Lazberger from Perth Radiological Clinic. More information on the GP Forum can be found on [page two](#).

We are also pleased to announce that we will be holding our first 'Early Breast Cancer Survivorship Morning Tea Event' on the 19th of February 2022. Much attention and energies are spent by patients and their families during the course of the initial diagnosis, surgery, chemotherapy & radiation therapy for some, other drug therapies for others. Yet I am so aware of the challenges that many face as they enter their recovery phase and return to a more normal life. This meeting is specifically aimed at discussing and assisting women and men deal with various aspects of "life after

breast cancer". If you have completed your treatment for early breast cancer and are looking to meet people in your local area who have shared experiences, contact us on info@bcrc-wa.com.au. For more information on the event, see [page nine](#).

Adjusting to life after treatment can have its own sets of challenges. In preparation for our February morning tea, in this edition, we look at a topic relating to survivorship, entitled, 'Surviving early breast cancer: Treatment has "finished"... but is it really over?'. Read more on [page seven](#).

We are also proud to share the patient story of Katrina Tedge. Katrina was diagnosed with breast cancer when she was 48 years old. Once her treatment was complete, Katrina Tedge and Gai Robinson co-founded 'Something Pink' Kalgoorlie, a key fundraiser for BCRC-WA, raising \$330,000 to date. You can read more on Katrina's story on [page five](#).

Lastly, I would like to thank you again for your valued support over the last year. We wish you a merry Christmas and happy new year, and we look forward to sharing 2022 with you all.



Education Forum 2021

On Saturday, 2nd October, we held our inaugural Perth Breast Cancer Institute (PBCI) GP Education Forum at the Pan Pacific Perth. As approved education providers with the RACGP, the event attracted CPD points for RACGP members.

The program was aimed specifically at GPs as a vital part of the clinical team in the care of patients with breast cancer and other breast issues. The speakers were members of PBCI, including our medical oncologists, oncoplastic breast surgeons, genetic counsellor, and breast physician, as well as Dr Jo Lazberger from Perth Radiological Clinic who spoke about the role of MRI in the ongoing surveillance of women with dense breasts.

The feedback was uniformly positive, with many GPs commenting that the emphasis on multidisciplinary care and protocols for following up benign breast conditions would translate into their daily practice.



Our PBCI team at the GP Breast Diseases Educational Forum. (L to R) Mr Bhavya Vora – Associate Genetic Counsellor, Dr Kallyani Ponniah – Oncoplastic Breast and General Surgeon, Dr Jose Cid Fernandez – Oncoplastic Breast Surgeon, Dr Joanne Lazberger – Managing partner Perth Radiological Clinic, Dr Farah Abdulaziz – Oncoplastic Breast and General Surgeon, Professor Arlene Chan – Medical Oncologist, Dr Richard Martin – Specialist Oncoplastic Breast, Endocrine and General Surgeon, Dr Hilary Martin – Medical Oncologist, Dr Pamela Thompson – Breast Physician.

CHRISTMAS TABLE SALAD – POTATO, PEA AND MINT SALAD

with creamy yoghurt dressing

Ingredients

- 2 x 500g packets microwave-ready chat potatoes
- 380g (2 1/2 cups) frozen peas
- 365g (2 1/2 cups) frozen podded edamame
- 200g smooth feta, crumbled
- 2 bunches mint, leaves picked
- 1/3 cup Coles Pistachios, to serve
- 250ml (1 cup) Birch & Waite Greek Style Yoghurt, Feta & Dill dressing

Method

- Step 1 – Cook the potatoes
 - Step 2 – Meanwhile, bring a saucepan of salted water to the boil. Add peas and edamame. Cook for 2-3 minutes or until just tender. Drain and refresh under cold water. Drain.
 - Step 3 – Cut the potatoes into thick slices. Arrange on a large platter with the peas, edamame, feta, mint leaves and pistachios. Season well and drizzle the dressing over.
- A fresh and light side salad, perfect for the Christmas table!

From www.taste.com.au



Carmelo Arto



Welcome to the final CEO report of 2021. The end of a year allows time to reflect on what we have achieved thus far. This year has been significant to BCRC-WA, as we welcomed our new specialist surgeons, oncologists, and support staff. It has been a privilege to connect our patients with world-class specialists and support services.

This year, we also established our breast clinic. The breast clinic ensures that the same team supports women and men from the beginning of their breast cancer journey. With Perth Radiological Clinic on-site, patients may undergo breast imaging and see a breast physician. Patients can be self-referred, or GP referred.

This year has also been significant for our events and fundraising. We held our first annual event, 'State on a Plate for Breast Cancer Research Centre-WA', in August. I am happy to update you that our 2022 State on a Plate event will be a dinner held at the Pan Pacific Perth on Saturday 28th May 2022. We are excited to bring this event to our friends and supporters and are looking forward to seeing you there supporting our good cause.

Our team has also recently welcomed a new Business Manager, Fiona Cocks and a Fundraising Coordinator, Sarina Menzies. Our new team members will add their business and fundraising skills to connect with those who can make a real difference in the charity giving space. We are also very excited to announce 2 new medical oncologists commencing early in 2022.

Lastly, I would like to wish you all a safe and happy Christmas and a happy new year. To all those who supported us in 2021, we thank you and look forward to celebrating our achievements with you in the new year.

Mr Carmelo Arto
Chief Executive Officer

Leave a Gift in your will



"My decision to leave a gift in my will to the Breast Cancer Research Centre-WA was a purposeful choice. My gift was 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 that my bequest will have a long-term impact."
- David Park

Your gift can achieve so many things

Your gift can assist our general programs allowing BCRC-WA to apply these funds to research or where it is needed the most.

Contact our Fundraising Coordinator Sarina Menzies on 08 6500 5515 or sarina.menzies@bcrc-wa.com.au and learn more about how you can make a difference.

YOUR GUIDE TO FUNDRAISING EVENTS FOR BCRC-WA

in 2022

26 Feb 2022 South32 Perth to Rottnest Channel Swim

May HBF Run for a Reason

19 Mar 2022 Port to Pub

August Chevron City to Surf

28 May 2022 State on a Plate for BCRC-WA

October Breast Cancer Awareness Month

NEW STAFF

Member



Hi – My name is Sarina and I am thrilled to be the new Fundraising Coordinator for The Breast Cancer Research Centre - WA.

In the last twelve years I raised my two beautiful girls, now aged 9 and 11 years whilst launching a Women's Sustainable Fashion Label five years ago.

My career initially started out in events, coordinating a monthly women's networking luncheon for a landmark Perth Hotel. Taking over the reins of a well-established event, I decided to turn it into something bigger and better, for the greater good and founded it as a fundraising fashion event for Breast Cancer. It was at this time that I realised my passion for organising charity events to raise money for a worthy cause. In my own spare time over the years, I have continued the fundraising path producing various events and through my own business, for good causes.

I love being part of the wonderful team environment at BCRC-WA and I am most definitely proud to be working for such an inspiring organisation. I am blown away daily by the generosity of people and patients' stories.

If you would like to organise a fundraising event, donate, or leave a gift in your will I would love to hear from you. sarina.menzies@bcrc-wa.com.au

KATRINA'S

Story



I started having mammograms at 36 years old in the rural Breast Screen van. At 48 years old, I attended my 2 yearly appointment. I knew something immediately wasn't right when they asked to have more pictures and spent the next week waiting for a referral to Perth. At that point, I had no idea the Breast Cancer Research Centre-WA even existed. My husband Steve needed to travel to the Northern Territory for work that week, so it was time to put the big girl pants on and just wait.

A week later, we travelled to Perth to have another mammogram, ultrasound and core biopsy. My husband Steve and I sat with twenty four other women dressed in the regimental hospital gown, waiting for our procedures. I remember thinking, 'Stats are one in eight right, so three of us are going to walk out with a breast cancer diagnosis. Steve being his typical stoic self and trying to reassure us both, sat holding my hand the entire time, whispering, 'You'll be right mate'.

Mammogram and core biopsy completed, we spent the day wandering aimlessly around the CBD with my battered boob and icepacks tucked into my bra. We returned to the clinic at 4pm to get my results. 'Your results are back, and unfortunately, they confirm you have breast cancer. I couldn't believe it, the shock was indescribable, and despite how much you try to prepare yourself for the worst, you can't.

I took one look at Steve and knew I couldn't look at him again, I needed to focus on what the doctor was telling us, and we were both already tearing up.

We listened carefully, 'Breast surgeon, Oncologist referral, grade 2 invasive carcinoma, lumpectomy, radiation, possible chemotherapy... wtf!!' We left the clinic in a daze to tell our families.

It took me four weeks to tell my mum in New Zealand (NZ). I would have loved to have had the BCRC-WA's clinical psychologist's expertise before we told our children (a service that had not yet been established). As it turned out, we did ok. We gave them the facts and reassured them we'd let them know if anything changed. Our honesty alleviated any wild imaginings of the unknown for our kids.

And so it began...I was referred to the wonderful Mr Richard Martin, Specialist Oncoplastic Breast, Endocrine and General Surgeon and booked my lumpectomy. I was immediately put at ease with Richard's gentle and professional approach; he explained the procedure, the need to remove lymph nodes, sentinel node and the pathology process. Fast forward a week later, and I was introduced to my Oncologist





Dr Albert Gan. Who knew an Oncologist appointment could be so pleasant! Albert explained my chemotherapy regime, which was a no brainer when given the option. It was a small price to pay for a lower risk, so I left feeling very reassured and empowered.

My lumpectomy was locked in, and I commenced chemo shortly after. We were overwhelmed by the incredible support of our friends, family and work colleagues. My work friends started a dinner roster during my chemo weeks. I believe my family secretly enjoyed the surprise dinners left lovingly on our doorstep each evening.

Flights to Perth every three weeks and the support from the 'Patient Assistant Travel Scheme' (PATS) meant I could have my chemotherapy in the morning and return to Kalgoorlie by the evening. Volunteers in these clinics were a godsend; fetching snacks, chatting with patients and foot massages were always welcome.

Seventeen days after my first chemo cycle, I realised more hair was on my

pillow than on my head, so it was time for the big shave. Our daughter Kim had returned from Melbourne, and I was determined to make this a positive experience. Kim and our son Joe took great delight in shaving my head. Once shaved, I let the kids draw whatever they wanted on my head. I ended up with a multi-coloured version of 'My family' from popular car stickers and our 'Hawks' footy team scrawled across my head. Needless to say, the ED staff were certainly amused when I was admitted that evening with a few complications!

Radiation commenced after chemotherapy and living in Perth for six weeks without my family was probably the most challenging period for me. I was completing a Masters in Special Needs, so I was thankful for the distraction and the loving support of my mother and father in law.

Finally, I started Tamoxifen, and my treatment was complete. Over the next ten years, I had several recurrence scares; I cannot explain what the stress of the unknown does to a family, let alone the patient. Anyone who has been there can relate; being rural exacerbates the fear and waiting.

In 2018 after multiple surgeries, suspicious biopsies, ultrasounds, lumps, bumps, and rashes, we (my husband Steve, Mr. Richard Martin, and I) decided a double mastectomy with reconstruction was warranted. As a country patient, the new technology for expansion allowed me the freedom to continue working without the need for more trips to Perth.

I loved the convenience and privacy this offered and felt very fortunate to have access to it, a luxury not available

10 years ago. I have never regretted my decision and am comforted by the knowledge that my risk of reoccurrence was reduced.

Call it a midlife crisis, perhaps, but I bought myself a Harley Davidson after walking into Perth Harley with Steve to buy another helmet for his bike. I'd never ridden a bike in my life, and we now enjoy riding in the Goldfields together with many great friends.

In 2017 my friend Gai Robinson was diagnosed with Stage 4 breast cancer. I wanted to make a difference for every breast cancer patient and approached Gai to ask if she would like to join me in starting a small fundraiser for the BCRC-WA. She loved the idea, and together we started 'Something Pink'.

Something Pink sold out within two weeks and realised we needed a bigger venue. Our first event raised over \$45,000.00, we were both overwhelmed by the generosity and support of our wonderful Goldfields community. Sadly, two years later, Gai passed away from metastatic breast cancer. However, the legacy she helped create continues.

This year Something Pink welcomed VM Drilling as our major sponsor. We are so excited to have these guys on board. Matt May (Owner) and Courtney Pacey (General Manager) have painted a drill rig pink! Something Pink receives a percentage of funds each month. Steve and I were incredibly proud to attend the BCRC-WA's official opening this year with Courtney, where VM Drilling presented another very generous cheque.



Five years on my amazingly hard-working and loyal committee at Something Pink are excited about the future. To date, we have raised over \$330,000.00 for the BCRC-WA. We have numerous sponsors who continue to loyally support us. Something Pink is now the major fundraiser for BCRC-WA and continues to grow. Together with VM Drilling, we will continue to make a difference for all breast cancer patients, specifically in the Goldfields community. My sincerest thanks to everyone who has and continues to support Something Pink.

Katrina's story was also featured on ABC Goldfields - [Esperance 'Beating breast cancer: Katrina Tedge's story'](#).



SURVIVING EARLY BREAST CANCER: TREATMENT HAS "FINISHED"...

but is it really over?

After the cancer has been treated successfully, people may be surprised to find that their challenges have only just begun.

Coming to terms with what happened: every person has a different experience

As well as the differences in diagnosis and type and dose of treatment, there are also individual differences in age, physical resilience, lifestyle and life roles, stressors, and genetic vulnerabilities. We also bring different belief systems to the experience of illness and treatment. For example, one woman may think: OK, I'll expect to feel unwell and emotional and I'll rest up, accept help, and be kind to myself during and after treatment. Whereas another may think: If this treatment impacts my life, that will mean I haven't coped well. Most people see cancer as a very threatening condition, but some will focus on the worst possible outcome, bringing extreme anxiety. Some people may feel responsible for it, or fear that they will burden others, leading to guilt and sadness. Others may struggle with feelings of loss and isolation. Family members and friends also bring their own belief systems and coping strategies which may or may not be compatible.

What can happen (but remember every person is different)

The worst of it: Problems arising for some people after hospital-based treatment include menopause symptoms, pain, lymphoedema, fatigue, hot flushes and night sweats, poor sleep, sexual and fertility problems, feeling disconnected from others, loss of confidence, altered body image, and ongoing fear of cancer recurrence or longer-term risks. There can also be practical issues like loss of employment and financial strain.

Grief and anxiety are common feelings. The underlying themes for many women who see a psychologist are unpleasant feelings of vulnerability (this sometimes emerges only after treatment finishes), feeling that others expect too much too soon, loss of control, loss of confidence in future health, and loss of the "old self".

The best of it: Some women describe the experience as beneficial (not that you would wish it on anyone). Some say they got a lot of care and attention from others, their relationships improved, and they had time to re-evaluate their priorities. Some form new deep friendships with other cancer survivors. Some develop greater compassion for themselves and empathy for others. Some take a good look at the sources of stress in their lives and decide to make constructive changes. One woman said "cancer gave me confidence, I can put myself first now". Many of these benefits are unexpected and most of them will be lifelong.

So what now?

Adjusting to "life after treatment" takes time. The first step is to acknowledge what has changed and how you feel about those changes. From there, the question is "what might help?"

If you are unsure about how to manage any ongoing concerns, please speak with your breast care nurse or specialist. Our clinical psychologists can help you and your family with the aftermath of treatment, including specialist programs for management of menopause symptoms, and fear of cancer recurrence. The service is free for patients of Perth Breast Cancer Institute.

How to get a referral or find out more about our clinical psychologists

- Please ask your breast care nurse or PBCI Specialist, to assist with a referral or request our Clinical Psychologist contact you to discuss further.
- You can request referral at any stage, including before and after hospital treatment.
- In most cases, a referral from your General Practitioner under the Better Access to Mental Health Scheme is required.
- The service is by appointment only. We do not provide crisis or emergency services.
- Appointments are 50 minutes long.

Call us on 6500 5576 or email reception@bcrc-wa.com.au



PERTH RADIOLOGICAL

Clinic

Perth Radiological Clinic (PRC) is a significant supporter Breast Cancer Research Centre-WA. Each year Perth Radiological Clinic take the month of October to focus on breast cancer and its impact on those affected by the disease in our community.

Perth Radiological Clinic are proud to support Professor Arlene Chan and her team at Breast Cancer Research Centre-WA.

This year Perth Radiological Clinic raised an incredible \$15,714. We would like to thank all the PRC clinics around Perth who participated. A special mention to Dr Joanne Lazberger, Caryn Fong and Amanda Rowland of PRC.

Perth Radiological Clinic continue to support the work of Breast Cancer Research Centre-WA (BCRC-WA) and since 2015, Perth Radiological Clinic has raised over \$60,000 for Breast Cancer Research Centre-WA.



Prof Chan and Dr Joanne Lazberger.

What a year

2021 HAS BEEN FOR OUR PYNKS GROUP!

To celebrate this year, the PYNKS joined BCRC-WA at Zamia Cafe for an end of year celebration.

The restaurant hosted our PYNKS, who had all eagerly attended our catchups throughout the year. Zamia served up a fantastic three-course Christmas Lunch, including entree, some seasonal mains and sweets to top it all off. The laughter and joy were all around as the group shared stories and plans for this festive year. As a gift, the PYNKS received donated Chocolate gift bags from the Margaret River Chocolate Factory. Thank you to the Margaret River Chocolate Factory (Swan Valley) for their generous donation.

Thank you PYNKS, 2021 has been a pleasure. We look forward to many more catch ups in 2022.

Love, BCRC-WA



◀ Flower Arranging with the Pretty Petal Perth 2021



▲ Topic and Chat 2021



◀ Christmas at Zamias 2021

Save the date

Saturday 19th February 2022

Early Breast Cancer Survivorship Morning Tea Event

Have you completed your treatment for Early Breast Cancer and are thinking "Now what?" Are you looking to meet people in your local area who have shared experiences?

Here at BCRC-WA, we understand the questions don't always stop when the cancer treatment does. Join us for a morning of educational talks about breast cancer survivorship and have the opportunity for us to facilitate you and other women in your local area who attend our meeting, to get together again to meet and provide shared experiences and support.

Contact info@bcrc-wa.com.au to reserve your place

THE WA CHINESE GUZHENG FESTIVAL

Amount Raised \$2,108.17

Have you ever seen such a spectacular event? The WA Chinese Guzheng Festival allows guzheng lovers to play with others who share the same passion while bringing the sounds to the local community. This year, the WA Chinese Guzheng Festival fundraised for Breast Cancer Research Centre-WA.

BCRC-WA would like to send our heart felt thank you to all those involved, particularly the Organiser, Chung Wah Association (Chung Wah Chinese Orchestra).

A special mention to the Co-organisers:

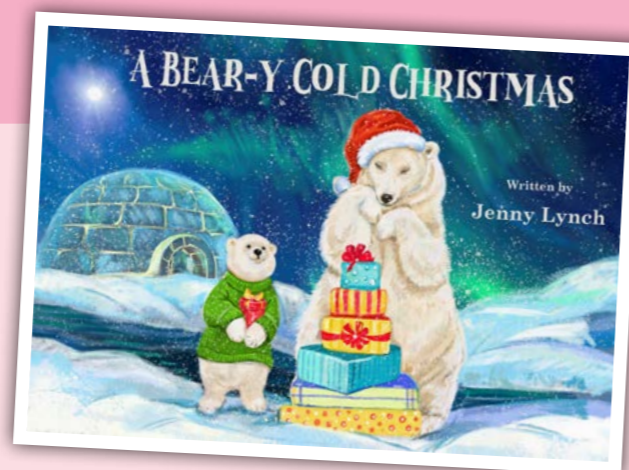
Confucius Institute at UWA, Methodist Ladies College, Zing Music Studio, Western Australia Guzheng Academy, Huaxing Art Group, Western Australian Guzheng Ensemble

Other participating schools: Christ Church Grammar School, Oberthur Primary School, Chung Wah Chinese School.



JENNY LYNCH

With Christmas just around the corner...what better time to purchase a new book from Pink Ribbon books, 'A Beary Cold Christmas' for ages 1-6 is available to purchase at www.pinkribbonbooks.org with proceeds (after print) going to Breast Cancer Research Centre-WA. A HUGE thank you to Jenny Lynch who has been busy writing, reading and donating to BCRC-WA.



NATALIA JACKSON

Amount Raised \$2275

A HUGE thank you to Natalia Jackson, who raised an impressive \$2275 for Breast Cancer Research Centre-WA. How did Natalie achieve this? Natalia "created a Facebook page called 'Breast Power' and invited people for a fundraising lunch on Captain Cook Cruises; some money was processed from tickets sales while others just donated. We also had some from sales of Pink ribbon my daughter and I made," Natalia said.

Well done to all those involved, and thank you to Natalia.



Natalia Jackson and BCRC-WA CEO, Carmelo Arto.

ZUMBATHON

Amount Raised \$2,730.92

We love the energy that the ZUMBATHON brings to fundraising! ZUMBATHON Party in Pink, organised by Valentina, raised \$2,730.92 for Breast Cancer Research Centre-WA.

A special mention to the instructors Valentina, Vikki, Sharon, Kristy, Sumi, Jackie, Emilia, Kyle, Andrea, Nicole, Nathalie, Yi-hao, Dean, Geraldine.



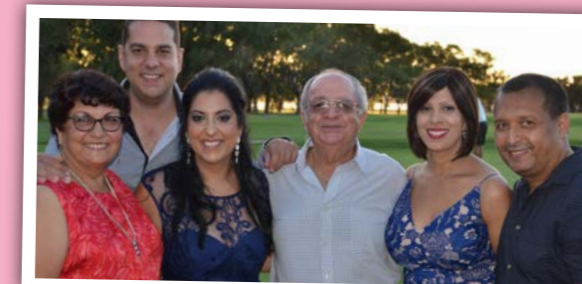
Photo Credit: Gosia ShotLife Photography

IN LOVING MEMORY OF SUSANNA DE CASTRO

Amount Raised \$10, 115

We congratulate the Vicentini family for their continued support and organising of their fundraiser through the online giving platform, MyCause and their annual Afternoon Tea in loving memory of Susanna De Castro.

'Susanna De Castro fought Breast Cancer for nine years before losing her fight in May 2018. She was cared for by Professor Chan and the wonderful staff at BCRC WA. Susanna organised an Afternoon Tea in October each year to help raise funds to support this beautiful cause. In addition to her afternoon tea, we wish to continue fundraising in her loving memory for BCRC WA so that they can continue to undertake their wonderful work in caring for the community of WA'.



RACHEL SCOTT

Amount Raised \$16,282.53 | 'Matched Giving' by South32
TOTAL donated \$32,565



Thank you to the fundraising efforts of Rachel Scott, who raised funds for Breast Cancer Research Centre-WA through workplace giving at South32. 'fundraising for a cause that's close to my heart, nine amazing women in my life have fought Breast Cancer, three are sadly no longer with us. I'm shaving my hair off on 25th October, with the aim to raise \$10,000 for Breast Cancer Research, to find a cure.' Rachel said.

Rachel exceeded her target by raising \$16,282.53 for Breast Cancer Research Centre-WA. This amount was proudly matched by South32, bringing the total donated to Breast Cancer Research Centre-WA to \$32,565. A huge thank you to Rachel and South32. Our CEO Carmelo Arto is featured here at South 32, Collie.

Thank you

TO OUR 2021 DONORS

Bruce Seligmann



Captain Cook Cruises



Chinese Guzheng Festival



Dads and Lads



Einsteins Cafe



Forrestfield FC



The Good Money Habits



In memory of Susanna



John Dingle



Karen Smith & the Entertainment Book



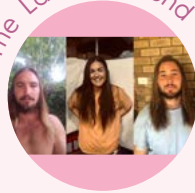
Key Runway



Kiara Davies



The Ladybird Fund



Local Matters Grilld



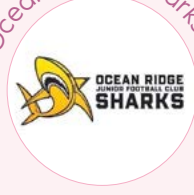
Maisie



Nat and Darren Beard



Ocean Ridge Sharks



Perth Radiological Clinic



Rachel Scott



Richelle



Rocky City Hash Harriets



Sabrina



Sirijunpen



Something Pink Committee



Tania Fabris



Tom Reed and Quentin Davies



VM Drilling



VM Drilling Pink Ribbon



Zumbathon



Donate or Fundraise 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, Suite 407, Hollywood Consulting Centre, 91 Monash Avenue, Nedlands WA. Gifts of \$2 or more are tax deductible.

For more information on fundraising or how to leave a gift in your will contact our Fundraising Coordinator on fundraising@bcrc-wa.com.au

BCRC-WA is self-funded and does not receive any government funding.