



# Breast Cancer Action

**Breast Cancer has a Face. Hope has a Place.**

VOLUME 9, ISSUE 3

SEPTEMBER 2007

## SPECIAL POINTS OF INTEREST:

- BCA hosts an exciting panel presentation in October.
- New contract staff join BCA.
- November Pink Tea tickets available for purchase.

## INSIDE THIS ISSUE:

- Breast Cancer Awareness Month 3
- NEW BCA Website 4
- In(side) the Pink Column 6
- Pass the Hat— Pink Tea Event 8
- Halloween Bash 10

**Founded in  
1992.**

## LYMPHEDEMA: Take Control Project Officially Underway!



Following a very lengthy (*and at times complicated*) application process for project funding, Breast Cancer Action's "**LYMPHEDEMA: Take Control**" project is now officially underway!

Last year, BCA members were asked to complete an in-house needs assessment questionnaire in order to help us better identify and define the distinct needs of those diagnosed with breast cancer with relation to lymphedema education and

services. The results of this assessment provided BCA with the skeletal support we needed in order to receive designated project funding.

"Women have told us about the significant impact lymphedema can have on their quality of life during and after breast cancer treatment," says Sharon Wood, CEO of the Canadian Breast Cancer Foundation - Ontario Region. "The Canadian Breast Cancer Foundation is proud to fund community health projects that aim to better support women in preventing and managing lymphedema, and living well beyond breast cancer."

On September 06, project team members held their first committee meeting at the BCA post-diagnosis support and resource centre. With a detailed work plan and newly hired staff in place, BCA will commence development of the first phase of the project in early October. In the next year, BCA will expand lymphedema programs and services through the development and eventual introduction of a secondary exercise module dedicated exclusively to lymphedema management techniques.

*(Stay tuned to BCA for updates on this exciting new initiative!)*

## Special PANEL Presentation

In recognition of October Breast Cancer Awareness Month, Breast Cancer Action is pleased to offer an exciting panel presentation entitled, "**Breast Cancer: Body, Mind and Soul.**"

Organized entirely by Paula Speevak-Sladowski, one of Breast Cancer Action's newest board members, the October 24th

panel presentation at the RA Centre will feature Penny Williams local author and breast cancer survivor, Dr. Douglas Mirsky and Dr. Rabbi Bulka. Guests are invited to meet the presenters and BCA board members during a pre-panel reception from 5:30-6:00pm.

*(Please refer to page 3 for further details of the evening.)*



## President's Message: Barbara Newport

*Volunteering - what does it mean?* The Dictionary says it is to "offer (oneself, one's services) for a particular purpose or enterprise; offer of one's own accord."

We acknowledge that we are each unique, but often fail to see what our uniqueness can mean to society. Once we acknowledge that we have unique talents and gifts (*note that I didn't say perfect!*), we can better recognize that our contribution to others really can't be done by someone else; it can only be achieved through our own involvement.

Our dictionary definition tells us that our contribution must be focused on a particular purpose; we need to know where we are applying our talents, and be committed to following through with our contribution, no matter if it is a commitment of a day, or a decade. The definition also says volunteering is done of one's own accord. We consciously recognize that we are part of a larger whole, and

reach out to give of our time and our talents to make a difference to others.

At BCA we have been blessed with the contributions of women who over the years have made a difference in so many ways. We are an organization lead by volunteers, most of whom are breast cancer survivors. We are all part of one another, each small act of volunteering linking with the actions of all to form a chain of contribution. We need every one of us to maintain and increase the energy and creativity needed to go forward and meet the future.

If you have benefited from BCA, if you have been touched by the journey of women through the treatment process, or if you are responding to our need for your involvement, we invite you to call us. We need your skills and talents. Please consider joining the Breast Cancer Action community of volunteers.

## Executive Director's Message: Marjorie Morrison

As the warm summer skies give way to cooler days, I am reminded of how quickly the year is passing at Breast Cancer Action. With a number of new initiatives and exciting activities currently underway, as well as strategic planning exercises and discussions at a governance level now taking place, our organization is experiencing a renewed focus that we hope will enable us to continue to work toward meeting the challenges of soliciting donor dollars and support in our community.

The past few months have been an extremely productive and rewarding time for BCA with the remaining months of the year offering us numerous opportunities to be both active and prominent in the breast cancer / breast cancer care community of Ottawa.

With the recent funding of LYMPHEDEMA: Take Control, our grassroots organization is positioned to be a leader in the advancement of lymphedema education within not only our

community, but in the Province of Ontario. As your Executive Director, I am immensely proud to bear witness to an organization of our scope—with limited resources and manpower in place—take on such a significant leadership role. Since first joining BCA, I have come to believe that many hands working together toward a common goal can indeed accomplish so much.

As we greet October Breast Cancer Awareness Month, BCA is committed to reaching out to the broader Ottawa community in an effort to not only raise awareness of breast cancer as a health issue, but to highlight the specialized programs and services we are able to offer.

As a valued member of BCA, I encourage you to take advantage of our programs and services and I invite you to join one of the *Lunch and Learn* sessions, attend the exciting panel presentation and perhaps even participate in one of our many ongoing exercise classes hosted this month.



# October is BREAST CANCER AWARENESS Month

*Article Submitted by Paula Speevak Sladowski.*

Breast Cancer Action has planned a number of special activities throughout Breast Cancer Awareness Month in October to reach out to the Ottawa breast cancer community in an effort to provide information relevant to support and resources for those dealing with a breast cancer diagnosis.

On Friday, October 12th, a team of BCA volunteers will be staffing a community information booth at Carlingwood Mall from 9:00am to 9:00pm to provide information about breast cancer as well as share updates on our ongoing programs, services and initiatives. Joining us that day to autograph books and answer questions from 11:00am to 1:00pm is author Penny Williams. In support of October being Breast Cancer Awareness Month, our newest community partner Coles Books Store will be setting up a special display of books related to breast cancer and healing. *(Come visit us and spread the word through your networks!)*

On Wednesday, October 24th, you won't want to miss "**Breast Cancer: Body, Mind and Soul**" a special panel presentation and reception hosted by Breast Cancer Action and moderated by our Honorary Chair Jacquelin Holzman. The evening will begin with Penny Williams sharing the intimate story of her personal experience with breast cancer and what she learned about navigating the medical system and complementary therapies. Dr. Douglas Mirsky will discuss diagnostic and screening tools for breast cancer with Dr. Rabbi Reuven Bulka closing with a presentation entitled, "The Role of Faith and Spirituality in Healing." *(Light refreshments will be served.)*

## INTRODUCING THE PANEL PRESENTERS:

Penelope Williams is the author of the award-winning [The Other Place: A Personal Account of Breast Cancer](#), and of numerous articles for magazines such as *Homemaker's*. She has also delivered several keynote addresses on topics related to breast cancer. [Alternatives in Cancer Therapy: The Case for Choice](#) is a passionately argued yet clear-eyed look at the world of alternative cancer therapy and the criticism it

faces from the conventional medical establishment. Focusing on alternative treatments that have their basis in conventional medical research, she paints a compelling and chilling portrait of a North American medical establishment unwilling to look at non-conventional methods of cancer treatment.

Dr. Douglas Mirsky is a well-known local surgeon who served as a consultant with the Ottawa Regional Women's Breast Health Centre for close to ten years. He is currently a member of the Surgical Advisory Group of the Ontario Breast Screening Program. In addition to being a general surgeon at the Queensway-Carleton Hospital, he is active on numerous committees including the Ethics Committee and the Patients Advocacy Committee. In addition to the numerous professional and community organizations in which he is involved, Dr. Mirsky also serves as a member of the Breast Cancer Action Advisory Committee.

Dr. Rabbi Reuven Bulka has been the Rabbi of Congregation Machzikei Hadas in Ottawa, since 1967, at the young age of 23. He obtained a Ph.D. in psychology from University of Ottawa in 1971, specializing in the Logotherapy of Viktor Frankl. He is the host of the TV series *In Good Faith*, as well as the radio programs *Sunday Night with Rabbi Bulka* (CFRA). He authored over 30 books and has been a columnist, editor and writer for over 20 publications. He is a regular columnist for *The Ottawa Citizen's Ask the Religion Experts*. Among his numerous community organizations and charities in which he is involved, Rabbi Bulka is actively involved with the Ottawa Regional Cancer Treatment Centre.



*Pictured is  
Dr. Rabbi Bulka*

## DETAILS: (October 24th)

<b>Location:</b>	<b>RA Centre (Ottawa) 2451 Riverside Drive Courtside B</b>
<b>Reception:</b>	<b>5:30pm-6:00pm</b>
<b>Presentation:</b>	<b>6:00pm start time</b>
<b>Cost:</b>	<b>\$10 per ticket <i>(limited number of tickets)</i></b>

*Tickets now available through BCA, or at the door.  
Tickets may also be reserved over the telephone.*

# NEW BCA Website COMING SOON!

**Off the drawing board  
and onto your  
computer screen.**



On October 12th, 2007, catch our new look as Breast Cancer Action launches the eagerly anticipated NEW BCA website.

Inviting and informative, the site will become an excellent resource tool for those newly diagnosed with breast cancer, as well as for long-term breast cancer survivors looking for support services post-diagnosis.

Ultimately, the goal of the new website is to provide visitors with a comprehensive, user-friendly resource tool that will allow them to locate information about Breast Cancer Action as an active, grassroots organization. The site will focus on a

number of BCA's ongoing initiatives including activity in the area of lymphedema, as well as other issues that matter to those affected by and concerned with breast cancer.

The development of the website was spearheaded by Ann Knechtel, an active member of the BCA Board of Directors. Ann, along with Betty Biesenthal of Design House, began the redesign process by asking two basic questions:

1. *What is the purpose of the site?*
2. *How can we make it happen?*

**MARK YOUR CALENDAR AND PLAN  
TO VISIT OUR NEW WEBSITE  
ON OCTOBER 12TH!**

## LUNCH and LEARN Series: Cancer Insight

Breast cancer treatments are consistently evolving with new breakthrough drugs emerging on a frequent basis. Understanding new treatment options and standards is becoming more complex yet very important in order to feel confident with the medical direction of one's cancer care.

On October 25th, 2007, Breast Cancer Action welcomes **Shaniah Stafford** of **Cancer Insight** to our centre during a *Lunch and Learn* session as part of an our ongoing educational outreach series in 2007.

Shania first gained her clinical experience as an Oncology nurse at the Hamilton Regional Cancer Center where she started as a certified chemotherapy nurse and then moved into primary care nursing managing patients for three Oncologists. Following that, she moved into clinical trials where she played a role in growing the phase I clinical trial program in Hamilton – now one of the largest in Canada.

Shaniah then transitioned into the pharmaceutical industry with her most recent role leading efforts to bring new breakthrough cancer drugs into Canada with Avastin. Shania was also a past marketing manager for Herceptin and Xeloda.

On October 25th between 12:15 and 1:30pm, Shaniah will discuss new emerging treatment and diagnostic tests for breast cancer as well as hold an interactive question and answer period exclusively for Breast Cancer Action members.

If you would like to register for this interactive and informative *Lunch and Learn*, please don't delay as space is limited to the first ten members who express an interest. Registration is either by telephone at 613.736.5921, or via e-mail at [info@bcaott.ca](mailto:info@bcaott.ca). Please note, Breast Cancer Action is pleased to present our *Lunch and Learn Series* free to charge to all BCA members. The session will include a complimentary lunch for all participants.



*Pictured is Shaniah Stafford,  
Cancer Insight*

# LYMPHEDEMA: Take Control Project Update



## 2007-2009



### PROJECT ADVISORY COMMITTEE MEMBERS:

Dr. Margaret Farncombe

Anna Kennedy

Susan Smith

Louise Killens

Judy Bedell

Betty Flack

Maureen Manningham

### PROJECT STAFF MEMBERS:

Caren Weinstein

Louise Haley

Alyssa Blais

Marjorie Morrison

Gloria Bateson

With the LYMPHEDEMA: Take Control project now officially underway, Breast Cancer Action is pleased to welcome to the project team two new contract staff members.

On October 03rd, Alyssa Blais will be assuming the role of Project Coordinator. A graduate of Concordia University, Alyssa brings to the project a wealth of experience directly relevant to lymphedema management. A certified Lymphatic Therapist, Alyssa is also certified as an Exercise and Lymphedema Management Instructor as well as an Aqua Lymphatic Instructor. Alyssa was an active volunteer with the Lymphedema Association of Quebec where she played a role in organizing the first Montreal International Lymphedema Congress in 2002.

Also joining the project team is Louise Haley, B.Sc. PT, B.Sc. N who has agreed to lend her knowledge and hands-on experience in issues relevant to lymphedema to the role of Project Consultant. Known to many in the Ottawa community, Louise opened Haley Rehab in 2003 and is a Vodder Certified Lymphedema Therapist. A graduate of McMaster University and Lakehead University, Louise has a strong background in lymphedema prevention and is widely respected for her knowledge of the issue, as well as her experience with identifying effective management techniques.

## Out and About on the ONTARIO Scene:

Our newest provincial partner in lymphedema education, the Lymphovenous Association of Ontario, has successfully secured a 3-year grant from the Ontario Trillium Foundation which will allow the organization to raise their organizational profile.

"The funding will support our ability to build stronger community bridges with other health related organizations increasing their visibility, credibility and the imprint we are able to make on the lymphedema community and the general public." shares Anna Kennedy, Executive Director of LAO. "Funding will primarily impact all lymphedema patients and those at risk who will have better knowledge of what lymphedema is and what can be done to prevent or at least delay the onset of this condition. We believe the timing for or organization's renewal and increased capacity is urgent for two reasons." adds Anna. Namely:

- The heightened profile of cancer survivor-ability and its unique issues has attracted strong public and private sector commitment to cancer related causes. Added resources will tap into this wave of support with the confidence that LAO can demonstrate a strong appeal to potential funders for our cause that will benefit all lymphedema patients.
- The climate for lymphedema awareness is changing with more cancer survivors demanding a better quality of life post-cancer and forcing education and support for all lymphedema patients into the mainstream. It is necessary for us to increase our capacity so we can more effectively and productively address the growing needs we anticipate over the next five years.

## In(side) The Pink: One Women's Account of Life Inside the Pink Ribbon World

### NOT JUST YOUR CANCER: How Family Members Might React.

When the nurses at the cancer centre tell you "It's all about YOU, now!", they're right. It *is* time for others to take care of you. But the people in your life *will* be affected by your cancer diagnosis and it's a good idea to be prepared for those varied reactions.

In many ways, those of us with cancer are the lucky ones. We get to make decisions and to take action against our disease. Those who love you are limited in what they can do to "fix" things. However, you may find it easier to concentrate on your treatment when you feel your loved ones are coping well.

I'm a single woman, so I'll leave it to others to talk about husbands. Being on one's own *and* having cancer has a unique set of demands. *Who will help? Will breast cancer be the last nail in the coffin of my spinsterhood?*

Within 90-minutes of receiving my diagnosis, my doorbell rang. I was surprised to see my sister-in-law holding up a large gift bag stuffed full of treats and presents. Cancer and *shopping?* Not companion concepts in my head, but she'd responded to the news with her first instinct — retail therapy! The bag contained red wine, chocolate, a gourmet food gift certificate and an angel necklace — all remedies that helped ease my pain.

I was most concerned about my mother, who at age twenty-one, had watched her mother die after a 3-year struggle with

breast cancer. Telling her felt like I was inflicting a blow and pulling off an old scab. "There's a world of difference in treatment in the last 50 years," she'd replied to my concerns for her. Mom is right, of course. The only thing the cancer society was able to do for my grandmother (in pre-Medicare Canada) was mail her bandages to bind her oozing chest.

My mother's a rock, and she continued to be — assuming much of my hands-on care. Walking into my parents' home for the first time after my diagnosis was weird. Most of the clan had gathered. The atmosphere was sad, anxious and verging on pity. In a family that vibrates with humour and teasing, this was all wrong. And pity? No way! It was then I realized I was the one who would set the tone for how others would deal with me and my cancer. I think I cracked a joke and started imparting information. Everyone relaxed and things felt 'normal' again.

One sister, busy raising her family in Guelph, had never found time to visit me in Ottawa. Now with teenagers, she readily signed on for several trips to take on chemo bucket-brigade duty. From her Kingston home, another sister and her young family made certain I had a supply of funny, animated movies to keep my spirits up.

My first experience with someone feeling helpless came when we learned my lumpectomy hadn't been successful. My father expressed anger and questioned the

doctor's competence. My "I-can-fix-any-thing-but-the-break-of-day" Dad was stymied. How could he fix my cancer? I think he regained a measure of comfort when he was able to write me a cheque to cover most of my extra expenses (a whole column on that later!) He also got to take action when my 13-year old car died.

My other sister-in-law, a working mother, quietly took action from her home in Kingston. She created pink stained-glass ribbons, selling them to raise money for my extra expenses. The most amazing side effect of that project was seeing those ribbons in the front windows of my parents' neighbours, their silent sign of support and prayers.

Those of you with children in your lives will have special concerns. What, when and how do you talk to them about your cancer? (See resources list)

With my nieces and nephews, I was open, encouraging questions, showing my scars. "Are there needles involved," asked my fellow needle-phobic nephew. Afraid so, Shane! At the end of chemo, I shaved my head of its few remaining strands. The highlight of that year's family Thanksgiving was the chance to draw on Aunt Susan's bald head with face paints and henna tattoos. Yes, Virginia, there can be fun alongside cancer!

Practicality, humour, ingenuity, shopping, fear, anger, physical presence and financial assistance were some of the ways my family reacted to my cancer.

### Resources:

At the OHRCC, social workers offer a range of support groups to help the patient and family members deal with stress, and to learn about cancer and its effects. Support groups also run in other communities in Eastern Ontario. For example:

**Stepping Stones** - for women newly diagnosed with breast cancer.

**Coping With Cancer Stress** - for patients and their loved ones.

**"What About My Kids?"** - for both the ill and well parents.

**Youth & Family Groups** - for the patient's children and loved ones. (Author Linda Cosine's book *What About My Kids?* is available free of charge.)

For information, or to register for a support group, contact the Social Work Dept. at the Ottawa Hospital Regional Cancer Centre.

**Susan C. Gates, Columnist**, is a former policy analyst and an Ottawa writer. She was diagnosed with Stage 2B ductal breast cancer in March of 2005.

©Susan C. Gates. All rights reserved. Contact the author for permission to reproduce this article.

**Next Issue:** Not Just Your Cancer, Part 2 — Lovers, Friends and Strangers.

# LUNCH and LEARN Series: Live Green!



Pictured is Brenda Banning of Live Green!

*Are you protecting yourself from household toxics? Do you know what is lurking under your kitchen sink? What about the possible carcinogens in your personal care products?*

Most people assume that if a product is on the market, it must be safe. That is not always the case. *What if you COULD use safer products for your family, home and the environment?*

On Wednesday, November 14<sup>th</sup> from 12:00-1:30 BCA members can join Brenda Banning in an eye opening,

interactive *Lunch and Learn* session on how to become an informed shopper.

During this session, Brenda will offer a fun, interactive experience where you can learn about products and ingredients, as well as resources to access further information.

Brenda Banning has been an elementary educator for 20 years. Three and a half years ago, she was faced with a decision to stop teaching to regain her health. It was at that crossroad that she realized that a large factor in her ill

health was the toxic build up in her body from years of exposure to harmful cleaners and personal care items. By making some household changes, she is now a vibrant, healthy teacher, parent and health coach, informing others of the hidden dangers of the chemicals in their homes.

Registration for this session is limited to just ten BCA members so don't delay—register today by calling Gloria at Breast Cancer Action.

## PLEASE NOTE:

Breast Cancer Action is in the process of updating our membership database information. In the coming weeks, you may receive a telephone call from a BCA volunteer confirming your mailing address, e-mail address and the method in which you prefer to receive 2008 newsletters. Your cooperation and understanding in this matter is much appreciated.



## The CANCER PROJECT



Since 1990, *PhotoSensitive* has been harnessing the power of black and white photography to raise public consciousness of critical issues around the globe.

With THE CANCER PROJECT, it is hoped that the exposure to issues relevant to cancer will help to encourage each of us as Canadians to increase our awareness of cancer risks and, ultimately, to be both proactive and instrumental in our own prevention of the disease.

Locally, a staff photographer of the *Ottawa Citizen* is looking for a survivor of breast cancer to support THE CANCER PROJECT by contributing to the production of a tasteful artistic image of surgical scarring. THE CANCER PROJECT is coordinated by *PhotoSensitive*, a group of photojournalists who are collecting images of people touched by cancer in some way. These images will begin a tour across Canada in 2008.

If you are interested in learning more about this project, please contact Mr. Wayne Cuddington (Staff Photographer—Ottawa Citizen) direct at (613) 816-2694 or [wcuddington@sympactico.ca](mailto:wcuddington@sympactico.ca). Interested individuals may also visit THE CANCER PROJECT through the *PhotoSensitive* website: [www.photosensitive.com](http://www.photosensitive.com).

# ON THE GREEN with the Golf Tournament of HOPE

With perfect skies overhead, more than 40 golfers took to the green for a shotgun start during the first annual Breast Cancer Action Golf Tournament of Hope on Friday, August 10, 2007.

Organized entirely by BCA member and avid golfer Margaret (Marg) Campbell, this very successful golf tournament was held at the wonderful Glen Mar Golf Club located in Stittsville.

Jennifer Caldbick, a member of the Breast Cancer Action Board of Directors participated in the event and shared the following statement with those in attendance during the dinner portion of the evening. "On behalf of Breast Cancer Action, I am thrilled to acknowledge the perseverance, dedication and simply superb job that

Marg Campbell has done in organizing this tournament today."

With the support of Glen Mar and BCA's many valued corporate hole sponsors which included sponsors such as CPI Interiors, Dundee Insurance, Dundee Securities, Dynamic Mutual Funds, RBC Dominion Securities, Standard Life, Telesat as well as event sign sponsor Allegra Print & Imaging, this August event is sure to be another resounding success in 2008.

With plans in place to organize a 2008 tournament, many people have already approached Marg telling her of their commitment for next year.

*(BCA extends a sincere note of gratitude to Marg for her work and a heartfelt thank you to all those who donated gifts and prizes that day.)*



*Pictured at Glen Mar are Margaret Campbell, Event Organizer with Jennifer Caldbick, a participant and active member of the BCA Board of Directors.*

## Pass the Hat in Support of the 2007 PINK TEA

*Article submitted by Marlene Dalley, Event Coordinator.*

### Working In Our Community: The Taipei Economic and Cultural Office

On Thursday, November 07th, Dr. David Lee and Mrs. Lin Chih Lee will open their hearts and their official Rockcliffe Park Residence to host a celebration of spirit and hope with the "Pass the Hat for Breast Cancer Action Pink Tea."



This year, Breast Cancer Action (in partnership with the Taipei Economic and Cultural Office) will be jointly hosting a silent auction featuring beautiful hats and other ladies accessories such as scarves, jewelry or evening bags donated by prominent businesswomen, professional athletes, talented musicians and well known media personalities and members of the cultural community from across Canada all in support

of BCA's many programs, services and initiatives. In addition to the silent auction portion of the evening, this wonderful event offers guests an excellent opportunity to network and socialize while featuring wonderful food, wine, a fashion show...and so much more!

Event tickets will be available at Breast Cancer Action for \$60/person with a \$30 tax receipt provided. In order to confirm your attendance, BCA staff are pleased to reserve tickets in advance of the evening via telephone, or by e-mail. Please note, based on availability, tickets may also be purchased at the door. *(Remember, the best way to ensure your attendance is to purchase or reserve your ticket early!)*

BCA is always grateful for support during the planning stages of special events of this nature. If you would like to help sell tickets, or if you are able to secure items for the silent auction or gifts to present as raffle or door prizes, please contact Gloria Bateson of Breast Cancer Action at 613.736.5921 or via e-mail at [info@bcaott.ca](mailto:info@bcaott.ca). *Hope to see you there!*

# UPDATE: Dragon Boat Program

*As Reported by Margaret Jaekl.*

On July 8th, *Busting Out* held our special tenth anniversary reunion with a pot luck picnic and silent auction. All former members of the team were invited in order to catch up on news and recall old stories with past members.

July 27th to the 29th found *Busting Out* and *Busting Out Again* in Montreal helping Two Abreast celebrate their tenth anniversary celebration, and participating in the Montreal Dragon Boat Festival.

## INTERESTED IN JOINING?

To join the team you must be a breast cancer survivor, a member of Breast Cancer Action and willing to work at getting fit.

For more information on *Busting Out* visit the website at:  
[www.bustingout.com](http://www.bustingout.com)  
 or contact Margaret Jaekl via e-mail at  
[JaeklM@psac-afpc.com](mailto:JaeklM@psac-afpc.com).



*BCA and Dragon Boat member Karen Whillans at the flower ceremony, Ottawa Festival. (Photo taken by Dale Hogan.)*

## PROGRAM CHANGES: Young Women's Breast Health Program

*Do you want to become an active ambassador for Breast Cancer Action? Would you like to share your story with young women in the secondary school system?*

Recently, the board of directors approved a change in the delivery of BCA's very popular, Young Women's Breast Health Program. With limited resources and growing program costs a concern, BCA will now be delivering a

revised, scaled-down version of the YWBH program through our NEW Speakers Bureau Program.

With slight modifications to the delivery of the program which allow for breast cancer survivors to act as presenters, the content or focus on the importance of breast-self examination will remain relatively the same. **NOTE:** This is program, initially funded by

the **Ontario Trillium Foundation**, then later by our corporate friend, **Clothing for Charity** is a program that is delivered at a cost of approximately \$13,000-\$15,000 per budget year.

If you are interested in learning how you can be part of the YWBH Program through the Speakers Bureau, please contact Marjorie Morrison for further details at [mmorrison@bcaott.ca](mailto:mmorrison@bcaott.ca).

## Back by DEMAND in 2007!

Last year, Breast Cancer Action was pleased to offer for the first time a limited edition, hand designed HOPE 2006 ornament just in time for holiday gift giving.

**Back again this year**, BCA will be releasing a small quantity of 2007 ornaments in direct response to public demand. In order to ensure your order, reservations for the 2007 ornament are now being accepted over the telephone, and via e-mail. As well, these beautiful ornaments will be sold not only at Breast Cancer Action but also at Mother Tongue Bookstore, 1067 Bank Street (Ottawa) and at the Pink Nail Salon at 873 Bank Street (Ottawa) starting in November, as well as during mall booths "out and about" in the city of Ottawa throughout the months of November and December.

*These beautiful collector ornaments, available for \$10 each, come in a special gift bag, tissue paper and gift tag indicating support of Breast Cancer Action.*



# PUMPKINS, Costumes and Goblins Galore!

*Article submitted by Elaine Scarboro.*

Time to get your old (*no, not records off the shelf*) but rather, old costumes out of the attic! You are invited to attend our 4<sup>th</sup> Annual BCA Costume Party/ Bash with GREAT FUN, LOTS OF LAUGHS and GREAT PRIZES in store for guests!

As most of you know, October is Breast Cancer Awareness Month and what could be more fun than a costumed Halloween bash to raise money (\$\$\$\$) for BCA on Saturday, November 03rd.

My two ghoulish co-hosts this year will be Deirdre Neuss and Paula Speevak Sladowski.

The bash will be held at the Knights of Columbus Hall and our favorite interactive DJ Ron from Cheers BJ the DJ will entertain you with a great selection of music (*request sheets are available so go ahead ask away*), a great light show and some *eeeerrriiiiieeee* special effects as well as lead his favorite line dances. Costumes are optional but we expect the majority of people to be costumed again this year. Most were

homemade and winners were well rewarded! Be creative—be something or someone you've always wanted to impersonate or come in disguise.

We'll have fabulous prizes (*costumes, door prizes, a few surprises*) but most of all GREAT FUN. If anyone with special talents wishes to donate a prize or if you know of someone we can approach, BCA can send an official BCA letter or simply contact them so *please let me know as soon as possible!*

**EVENING DETAILS:** Saturday, November 3<sup>rd</sup> from 8:00pm (*till the wee hours...*) Knights of Columbus Hall, at 260 McArthur (*between Vanier Parkway/ St-Laurent and there's plenty of parking*) Tickets are \$15.00 (*includes munchies*) and are available at: BCA, Carlingwood Mall Booth (October 12), from a BCA board member and of course, from ME! Get them SOON, they go quickly! Please come early and mingle. Bring friends, family or co-workers. If you have any questions, call me at 613.749.7710. *Hope to see you there!*

**Join us at the 4<sup>th</sup> Annual Breast Cancer Action Fundraiser Halloween Dance and Costume Bash!**



*Pictured in period costumes are Elaine and Nigel Scarboro, past Halloween party hosts.*

## LUNCH and LEARN Series: Compression Garments



*Are you curious about the role of compression garments in relation to lymphedema?*

This month, Breast Cancer Action members have a unique opportunity to learn more about compression garments directly from a local certified compression garment fitter since 1977.

Join Kim Grambart of Tacit Personal In-Home Service during a *Lunch and Learn* session on October 10th where Kim will talk about recommendations for massage therapy.

For the past 8-years, Kim has specialized in offering breast cancer patients and survivors

with compression garments for lymphedema management. In addition to showing participants in this session samples of compression garments (*including some exciting new colors!*) Kim has kindly offered to answer questions from BCA members with regard to her services, and the role a compression garment plays in lymphedema management.

If you would like to register for this session, don't delay as limited seats are available! The session will run from 12:00 to 1:30 with a light lunch served. Please contact Gloria Bateson by either telephone or e-mail at [info@bcaott.ca](mailto:info@bcaott.ca) to confirm your attendance.



## EXERCISE Program Autumn Schedule

### Lian's Tai Chi Classes held at BCA.

Every Saturday morning between 10:00-11:00am on the dates of:

October 13, 20, 27

November 3, 17, 24

December 1, 8, 15

### Rideau Tennis Club Morning Exercise Classes held at 1 Donald Street, Ottawa.

Each Monday, Wednesday, Friday morning between 9:00-10:00am (NO CLASSES ON STAT HOLIDAYS.)

### Breast Cancer Action Evening Exercise Classes held at BCA.

Each Monday and Thursday evening between 5:45-6:45pm. (NO CLASSES ON STAT HOLIDAYS.)

\* *Thursday evening classes pending availability of class instructor.*

### West End Morning Exercise Classes held at Nepean Creative Arts Centre, Dance Studio 01.

Each Tuesday and Thursday morning between 10:45-11.45am. (NO CLASSES ON STAT HOLIDAYS.)

*Exercise classes are open and available free of charge to all BCA members who hold an active (paid) membership.*

## NEW CANADIAN SURVEY RESULTS

Despite their fight with breast cancer and the wealth of resources available, survivors remain uninformed of the risk of cancer recurrence, according to a new important Canadian survey. The survey, led by the Canadian Breast Cancer Network (CBCN) and conducted by Ipsos-Reid, shows that only one in 10 women surveyed are aware of their risk of relapse after five years of tamoxifen treatment. "The fact that many survivors do not realize that their cancer may return is alarming, especially since evidence shows that one-third of survivors will experience recurrence within 15 years of the initial diagnosis. Half of breast cancer recurrences occur five to fifteen years post diagnosis, so there remains a long-term ongoing risk of recurrence," said Dianna Schreuer, past President of the Canadian Breast Cancer Network (CBCN) and breast cancer survivor.

The survey, the first of its kind in Canada, shows that post-menopausal women lack the information they need in order to take precautions to reduce the risk of recurrence after tamoxifen. "It is essential that breast cancer patients and survivors speak with their physicians to ensure they understand their risk and any appropriate treatment options available, so that they can reduce this risk of recurrence," continued Schreuer. To address this lack of follow-up and ensure that recovery is a more positive and reassuring experience for women with breast cancer, the CBCN is strongly recommending women ask their physicians the following questions:

For women with breast cancer who are currently on standard treatment, ask your doctor "**what is my risk?**" For women with breast cancer who have completed standard treatment, ask your doctor "**what are the next steps and what are my options?**" For women with breast cancer who have been off treatment (no matter how long), ask your doctor "**what has changed since my therapy was completed and what are my options?**" "By asking the right questions, you'll know your risk and what treatment options are available after completion of five years of therapy that may lower the risk of recurrence," said Dr. Shail Verma, Medical Oncologist, Ottawa Hospital and lead consultant on the survey. "Although there is a risk of cancer recurrence, current treatment guidelines, such as those from Cancer Care Ontario, reinforce that modern post-surgical (adjuvant) therapy options such as aromatase inhibitors, including extended therapy beyond five years, can save lives."

*Breast cancer patients and survivors should contact their physicians for more information and can also visit the Canadian Breast Cancer Network website [www.cbcn.ca](http://www.cbcn.ca).*

*Article submitted by Dianne Hartling, Past-President of Breast Cancer Action.*