

Breast Cancer Support Group Sussex



Dates
For Your Diary

Hi All

Firstly, we would like to welcome Beth to our group, a new lady who came to our group in June and who we hope to see at all future meetings.

Great to see all of you at our last meeting and I am sure you found Rebecca and Pam really informative on reconstruction at the Queen Victoria Hospital. It was so nice of them both to come all the way from East Grinstead (after working all day) to speak to our group. I am sure everyone enjoyed and found the new methods of reconstruction very interesting. Don't forget ladies should you want any tattooing done then Rebecca and Pam will be pleased to do it for you. You just need to go to your GP and asked to be referred to the Queen Victoria Hospital in East Grinstead.

July Meeting

Please note that we are amending our start time from July to 6.15pm

At our July meeting we will just have a general get together as we have had some really good speakers in the last couple of months so it will give us a chance to all catch up.

August Meeting

As many of you may be on holiday in August, we thought maybe we could go out for a meal instead of meeting at the Horizon Centre. We thought Donatello would be nice and also affordable for everyone. If you are interested in coming please give your name to either Gwen, Pat or Joyce so we can book a table for the 21st August at 7pm.

Have a good few weeks, enjoy the sunshine and I look forward to seeing you on 17th

Best Wishes

Joyce

July 17

Our Monthly Group Meeting. Please note new start time of 6.15pm

August 21

Our Monthly Group Meeting will be a meal out at Donatello – see page 3

September 18

Our Monthly Group Meeting with a makeup demonstration by Helen Clifton from Elizabeth Arden

NEW - Family & Friends **Support Meeting** with **Cancervive** at every Group Meeting

Our Group Meetings are held at the **Macmillan Horizon Centre**, Bristol Gate (opp A&E at the RSCH)

NOTE change in time to 6.15pm to 8.15pm

BLAKERS PARK



A very big **Thank You** to

Betty

Bianca (Pat's granddaughter)

Doreen

Gwen

Joyce

Naj (Joyce's daughter in law)

Norah

Pat

Sally (Gwen's sister in law)

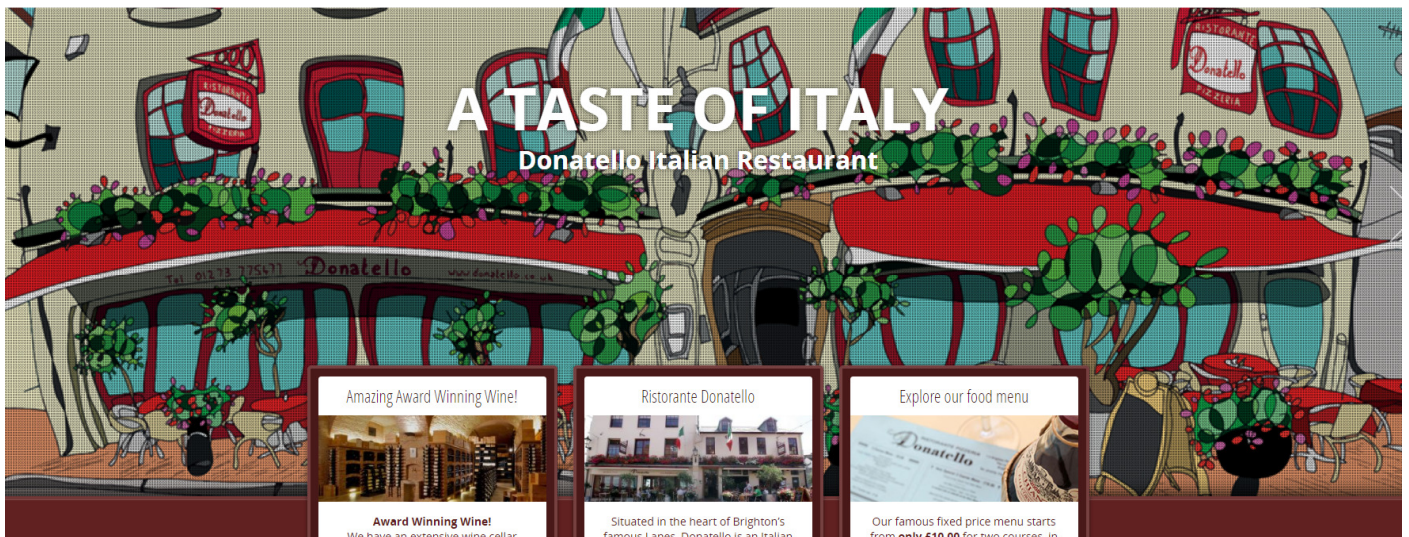
Sharon

who donated items, wrapped up prizes and helped on the day. We raised £282.01



As August tends to be a popular month for holidays, we won't be having a group meeting at The Horizon Centre but will have a get together for dinner at Donatello instead.

If you are able to join us please call Joyce on **07557 685483**



UK's first cancer-fighting proton beam therapy machine arrives

The new £17m machine means hundreds of British patients will no longer have to go abroad for the revolutionary treatment.

06:18, UK,
Sunday 21 May 2017



The proton beam therapy machine is hoisted into position

The UK has taken delivery of its first cancer-fighting proton beam therapy machine.

Previously only available overseas, the 55-ton cyclotron accelerator machine is being installed as the final phase of the Rutherford Cancer Centre being built in Newport, South Wales.

The £17m machine will take a year to install and is expected to treat 500 patients a year.

The revolutionary technology uses a high-energy beam of protons, instead of X-rays, to deliver radiotherapy for patients - reducing the risk of damaging surrounding healthy organs.

The centre is one of several being built by Proton Partners International across the UK, which will offer proton beam therapy, radiotherapy and chemotherapy.

British patients currently have to travel overseas to receive the treatment.



In 2014, Naghemeh and Brett King took their five-year-old son Ashya abroad [to receive proton treatment](#) for a brain tumour because it was not available here - and British doctors said it would not cure him.

The family fled from Southampton General Hospital with Ashya to get him treated in Prague, sparking a massive manhunt.

Three years on, his dad says his brain tumour has gone and he is back at school.

Professor Gordon McVie, chairman of Proton Partners International, said: "This is a milestone for cancer treatment in the UK.

"We are committed to transforming cancer care and that is why we are installing the most advanced proton therapy technology available.

"Around 10% of cancer patients will benefit from proton beam therapy by having significantly less long-term side effects."

Treatment at The Rutherford Cancer Centres will be available to medically insured private patients, self-paying patients and patients referred by the NHS.



ABOUT

Pickhams has been the home of summer art shows and workshops for several years and in 2016 the enchanting hidden gardens were opened to the public for the first time with a trail map leading charmed visitors around the array of temporary art installations and sculptures. In 2017 the range of workshops has been extended to include painting, sculpture, illustration and creative writing. There are also live music events and more garden murals and fascinating art installations to see in the grounds.

LOCATION

Pickhams is located a short distance from the South Downs under the gaze of the Long Man of Wilmington. It is situated on the path of a Roman Road, which is now a popular walking, cycling and horse-riding route.

Pickhams, Hayreed Lane, Wilmington, BN26 6RR

www.pickhams.com

Travel and holiday tips



Going on holiday can be a great way to relax if you've had breast cancer, but you may need to do some extra planning. Our tips should help ensure your trip goes as smoothly as possible.

If you're travelling abroad, having breast cancer won't necessarily affect your plans. But there are some things you may need to think about in advance. It's a good idea to check with your specialist team that you're fit to travel, especially if you're still having treatment.

Holiday insurance

Travel insurance is essential if you're going abroad, but some people have difficulty getting insurance if they've been diagnosed with breast cancer. Those who are able to get travel insurance usually face higher premiums.

Be aware that your travel insurance will not cover you for any claim relating to your breast cancer and its treatment, or any other pre-existing medical condition, if you don't inform the insurance company about it when you buy the policy.

However, if you're having trouble finding suitable insurance, there are companies that specialise in policies for people with existing medical conditions like cancer.

See <https://www.breastcancercare.org.uk/information-support/facing-breast-cancer/living-beyond-breast-cancer/finances-practicalities/travelling-abroad-breast-cancer/travel-insurance>

Medication

It may seem obvious, but if you're taking medication such as tamoxifen, it's important to pack enough to last your whole trip, plus a bit extra in case of any delays.

It's best to pack medication in your hand luggage in case any checked-in baggage is delayed or lost. And keep the drugs in their original packaging.

Flying and prostheses

It's safe to fly with a prosthesis as aircraft cabins are pressurised.

If you pack your prosthesis in your luggage, some small air bubbles may appear because the luggage hold is not pressurised. These will disappear shortly after you're back on the ground and won't harm your prosthesis.

Some airports use body scanners and some of these will reveal a prosthesis. Where body scanners are in use, a random sample of travellers is selected to be scanned, so there's a high chance you won't be scanned.

Find out more about flying with a prosthesis.

<https://www.breastcancercare.org.uk/information-support/facing-breast-cancer/living-beyond-breast-cancer/your-body/breast-prostheses/air-travel-your-prosthesis>

Jane Humphrey from Ceredigion has been on holiday several times since her treatment finished in December 2011. 'The only issue happened in Tunisia when an airport official questioned me about the box I keep my prosthesis in,' says Jane. 'But I managed to explain what it was. It wasn't embarrassing – I'm used to talking about it. I haven't had any other problems.'

Sun care

Taking care in the sun is important for everyone. But some chemotherapy drugs can make your skin more sensitive to sun. And if you've had radiotherapy, the skin in the treatment area can stay sensitive for several years.

Cover up with a sun screen that has a high sun protection factor (SPF).

Vaccinations

If you're going somewhere that requires vaccinations, discuss your plans with your specialist team first.

Live vaccinations – including yellow fever and tuberculosis – are not recommended during chemotherapy or for six months after. This is because they contain tiny amounts of live virus or bacteria and could cause serious infections.

Inactivated vaccines – such as diphtheria and tetanus – are safe after treatment but may be less effective if you have a weakened immune system. This may be the case in the first six months after chemotherapy.

Travelling without fear

Jane believes that people's fears about travelling if they've had breast cancer shouldn't put them off having a holiday.

'I got travel insurance with no problem,' she says. 'I've been through an airport scanner but wasn't asked about my prosthesis and nobody's ever queried my medication, which I carry in my hand luggage.'

'If anyone's thinking of going on holiday but is worried that having breast cancer may affect this, I'd say just go for it – I can really recommend it.'

Lymphoedema

If you have lymphoedema, there's no reason why you can't enjoy a holiday, but you may need to take extra care. For example, if you've been fitted with a compression garment you should wear it during your journey. Keep your hand baggage light, and try to carry it on your back rather than your shoulder.

Catrin Lewis from Cardiff has travelled widely despite having lymphoedema. 'Initially I was worried about travelling because I was bitten by an insect through my lymphoedema sleeve in Majorca and I got an infection as a result. But luckily I managed to get antibiotics and everything was fine. Now my GP prescribes antibiotics to take with me and I always take insect repellent too.'

'I try to book an aisle seat on the plane so I can easily exercise my affected arm during the flight. And if I'm going somewhere hot, I carry a water spray so I can keep my arm cool.'

Holiday checklist

Got your tickets, money and passport? Don't forget to look into the following before you go:

- **travel insurance** – you may need to contact some specialist insurers so leave plenty of time to arrange this
- **medication** – carry it in your hand luggage and take extra in case of delays
- **sun screen** – take one with a high sun protection factor (SPF) if you're going somewhere hot
- **vaccinations** – arrange them at least six weeks before but talk to your GP or specialist team first
- if you have **lymphoedema** – Breast Cancer Care's [Living with lymphoedema after breast cancer](https://www.breastcancercare.org.uk/information-support/publication/living-lymphoedema-after-breast-cancer-bcc5) booklet has tips on travelling with lymphoedema

<https://www.breastcancercare.org.uk/information-support/publication/living-lymphoedema-after-breast-cancer-bcc5>

Beautiful specialist swimwear

aboutthe[★]girl



It's Now! (or never)

So, I'm back from outer space (well Buenos Aires!) and selling the stock and the business (let me know if you might want to pick up a fantastic company! for a knock down price)

So it's last chance to buy before they are gone forever!

The website is loaded with lots of lovely things and everything is

50% off original price

No VAT to pay on anything

No extra charge for pockets

(but sorry I can't do free beanies or free delivery (it's £4.95 per order))

The website doesn't take payments anymore so if you see something you fancy contact me on amy@aboutthegirl.co.uk and we can either do a bank payment or paypal.

So here's the secret code...about123....just add it into both boxes on www.aboutthegirl.co.uk

And just one more thing...We can't add pockets but have lots of ready pocketed items with no extra charge for the pockets!...the website tells you if its available with a pocket if you put it in your basket.

Ohand I have an eBay page [about-the-girl](#) which has more bargains!

Happy Shopping.

Amy x

Oh and if any of you want to make an offer for all the stock let me know

Salmon & asparagus cakes with cucumber



Ingredients

250g baby new potatoes, halved
100g pack asparagus tips
170g pack Waitrose Poached
Scottish Salmon Fillets With Lemon
And Herb, skinned and flaked
1 tsp wholegrain mustard
½ cucumber, deseeded and sliced
1 tbsp balsamic vinegar
1 tbsp oil
1 tbsp chopped dill

Total time: 30 minutes 🕒

Serves: 2

Method

1. Cook the potatoes in some boiling water for 12 minutes, adding the asparagus for a further 2 minutes. Drain and cool under cold water.
2. Roughly mash the potatoes and thinly slice the asparagus. Stir in the flaked salmon, mustard and seasoning. Divide into 4 cakes and place in the fridge for 5-10 minutes.
3. Mix together the cucumber and vinegar. Heat the oil in a frying pan and fry the cakes for 3 minutes each side until golden. Serve with the cucumber salad and sprinkle with the dill.

Gluten free

Rich in omega 3

Recipe supplied by Waitrose