



Dates
For Your
Diary

Breast Cancer Support Group Sussex

Hi All

I hope that this newsletter finds you all well and for those who are currently undergoing treatment, I hope that you're keeping positive and in good spirits. As always, if you need to talk, please don't hesitate to pick up the phone to me or another member of the group – you are not alone

We're now in to Autumn but whilst it's chilly at night, the day time temperature seems to be unusually high for this time of year which is lovely. It's a great time of year to get out and take a walk around the countryside to enjoy the autumn colours. I've detailed below the fabulous local National Trust locations that you may wish to take a day out to visit

As we head towards November, a reminder that we have a Pink Stall at the Cathalaity Fair which is being held this year at Cardinal Newman School in the Upper Drive, Hove. I'd be grateful for any contribution that you can make

- Prizes for the Tombola
- Help wrapping prizes up a few days before the event
- Help on the day manning the stall even if it's for just a couple of hours

Please let me know if you can help in any way.

Proceeds from the stall will go towards our annual Christmas Party. This year we will be asking you to let us know if you are coming for catering purposes. We provisionally have 17th pencilled in but this may change, and I will confirm the date in next month's newsletter

I look forward to seeing you at Monday's meeting

Best wishes

Gwen

October 15

Our Monthly Group Meeting

November 10

Our Pink Stall at Cathalaity Fair, Cardinal Newman School

November 19

Our Monthly Group Meeting

December 17

Provisional Date for our Christmas Party

**Macmillan
Horizon Centre,**
Bristol Gate (opp
A&E at the RSCH)
**NOTE change in
time to 6.15pm
to 8.15pm**



National
Trust

Autumn colour in and around Sussex

Enjoy a walk in a gentle landscape of autumn colour in parks and gardens across West Sussex. From Petworth Park to Nymans, find your favourite shade of bronze, gold and red this season.



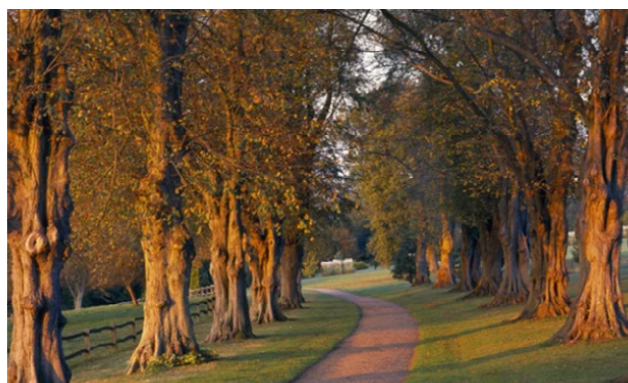
Petworth House and Park >

The autumn landscape at Petworth can be breathtaking. The native oaks and limes have wonderful shapes as well as colours, and they're interspersed with exotics such as yellow swamp cyprus, flaming yellow and orange acers and vibrant red oaks. It's an incredible sight.



Nymans >

Set in the High Weald with beautiful views, Nymans is a romantic garden with a wooded valley full of rich autumn colour. Look out for the red foliage of the American nyssa and liquidamber trees.



Standen >

At Standen this autumn take a walk through the woods and crunch the autumn leaves or take part in our photography workshop. The cafe is open with autumnal bites using fresh produce from our kitchen garden.



Autumn colour on the South Downs

Enjoying some autumn colour. Walking the dog. Walking off lunch. Walking the 100 miles of the South Downs Way. Whatever your reasons for stepping out on the South Downs, there's a route that's right for you.



Sheffield Park and Garden >

Centuries of design and care have created the landscape gardens at Sheffield Park with lakes, glades and woods with their remarkable autumn colours. It is often busy in autumn, here is our advice when visiting.



Uppark >

Visit Uppark this autumn and see the garden turn from lush greens into golds reds and oranges.



Autumn bounty at Alfriston Clergy House

With traditional apple tree varieties in the orchard laden with fruit and pumpkins peeking through their cover of leaves, this is the perfect place to rest and take inspiration as the days draw in.



For more information about these beautiful places visit The National Trust website
<https://www.nationaltrust.org.uk/lists/autumn-colour-in-and-around-west-sussex>

Cancer Diagnosis and Movement by Alex Golding



This article isn't going to offer you a 'cure' for cancer, nor is it going to pretend that it is going to be easy. What it is going to offer you is hard research on the subject, which shows promising possibilities for the prevention of a secondary recurrence of cancer.

I have recently trained in the CU Fitter Award in the Applied Delivery of Cancer Exercise, which began my journey in understanding what cancer really is, and how we can try to fight it. There is a new way of thinking which views all disease as caused by inflammation in the body, and not from bacteria and viruses (see Carol M. Davis' work). Inflammation is a result of the immune system being out of balance. Thus, looking at the whole body and helping to kick start the immune system is central in the fight against cancer. I am not claiming that a bit of yoga can cure cancer, but please bear with me and read on about the research in this article.

As part of Carol M. Davis' research on anti-metastasis exercise, her group found that statistically, most people die from cancer metastases, not from the primary cancer. So, it is the circulating tumour cells to other locations in the body that can be targeted. In 1980, Leonard Weiss showed that circulating tumour cells in animal blood could be completely eradicated by muscle contraction and deep lung inspiration. That is, exercise and breathing deeply. Okay, the research was a long time ago, and yes it looks at animals, but what they showed was that these travelling cancer cells were larger than the red and white blood cells. So, to move through the capillaries, they needed to squeeze into a long oblong shape. However, with the added pressure of the deep breathing and muscle contraction, it stretched the cancer cell membrane so that the cell died.

In humans at rest, red blood cells travel through lungs in one second and muscles in two minutes, but during exercise, this is increased to ½ second and 30 seconds, respectively. So, the speed plus the extra resistance from exercise and deep breathing puts extra pressure on the cancer cell.

Accordingly, Carol M. Davis' project recommended breathing deeply, aerobic exercise and muscle resistance training to reduce the effects of cancer, cancer treatments and the likelihood of a secondary recurrence.

In 1992, Weiss took these studies further and found that tumour cells injected into human quadriceps contracted to their shortest length and into lungs during maximal inspiration were destroyed. The aim, therefore, is to get the blood pumping around the body as much as possible as it is filtered through the capillaries as we exercise. We also want to place the body's muscles under a certain stress whilst breathing deeply to rupture these circulating tumour cells.

'Cancer cells are those that have forgotten how to die' (Nurse, Royal Marsden Hospital). They evade the normal lifecycle of a cell and keep on going, so we need to help them die. In 2014, Cancer Research UK claimed that 163, 444 people died from cancer. However, 38% could have been prevented. 38%. That's a staggering figure. Our likelihood of developing cancer depends on our inherited genetics (10%), but mostly from the environment, including lifestyle factors (nutrition, physical activity, smoking), exposure to harmful agents (ultraviolet light), medical treatments (radiation) and pollution. What I am suggesting in line with Carol M. Davis' work is that all these lifestyle factors alongside our genetic predispositions cause inflammations in the body. The cancer is a toxin, the effects of which need to be reduced. It inflames our tissues, leading to further imbalances. We can help reverse this process through yoga and exercise.

In 2017, A Macmillan Cancer Support review showed strong evidence that exercise positively affects physical function, fatigue, well-being, body composition and arm dysfunction. So, strangely, yes, exercise makes you feel less tired. It is grade A level of research, which is the best out there. So, weekly moderate-intensity exercise can reduce the likelihood of a recurrence of cancer or death from cancer by:

- **40% for breast cancer with 2½ hours**
- **50% for colo-rectal cancer with 6 hours**
- **30% for prostate cancer with 3 hours.**

These statistics alone should inspire us all to get moving! Just as it was for the research on a healthy heart and exercise, so it is becoming for cancer.

The idea is that we gradually build up to health-related physical activity. The UK guidelines state that exercise is safe during and after treatment, which is what we want to hear considering that treatment can be weeks or months (radiotherapy and chemotherapy) or years (hormone therapy). Exercise offsets the negative side effects of treatment, such as weight gain, fatigue, loss of function, lymphoedema, osteoporosis and increased cardiovascular disease risk. It can even improve the effectiveness of the treatment itself as the client is fitter and more able to withstand the effects. It only takes 3-4 weeks for prehabilitation exercise to work! Once diagnosed, it usually takes 4 weeks before treatment commences, so there is enough time.

The basic message of this article is that if you have been diagnosed with cancer, see an exercise specialist and get moving. It is vital to have a pre-exercise assessment to obtain a full medical history for safety reasons and to create motivational goals about exactly what it is you want to get out of an exercise/yoga programme.

So, what can my classes offer you?

There are many benefits to moving, as I name above, but moving with awareness and intelligence provides something more. Carol M. Davis suggests that inflammation is reduced if we stay present to the position of our bodies (proprioception) and what we feel inside (interoception). This is what my yoga classes can offer you: a gentle encouragement to notice your breath, inner sensations and body position as you move. It is that simple.

I have structured the class to incorporate breath awareness: can we be aware of how our breath changes as a result of stress or anxious thoughts, etc? All that is required is to gently notice. Can we undo our habits and find the natural movement of the breath, which subtly elongates the spine, bringing health? From here, we can bring in the deep breathing that Carol M Davis talks about. The movements in the class build us up incrementally, activating all the muscle groups, thus creating a little tension and contraction to get the lymph and blood moving around our bodies. The class also includes certain energy releasing techniques to deal with our held emotions, such as anger, fear etc. As Peter Levine said, 'pain is trapped sensation'. Our blocked, suppressed emotions can turn up as pain in the body. And, emotions just are sensations in the body that result from a thought, memory or perception of the world. Therefore, I include tapping, using the finger tips to lightly tap certain body parts, whilst we are noticing our felt sensations that underlie our emotions, pain and experience. It never fails to uplift, energise and revitalise. After all, the aim is to feel better.

www.brighton-sea-yoga.com

Halloween pumpkin cake



Method

Ingredients

For the cake

300g self-raising flour

300g light muscovado sugar

3 tsp mixed spice

2 tsp bicarbonate of soda

175g sultanas

½ tsp salt

4 eggs, beaten

200g butter, melted

zest 1 orange

1 tbsp orange juice

500g (peeled weight) pumpkin or butternut squash flesh, grated

For drenching and frosting

200g pack soft cheese

85g butter, softened

100g icing sugar, sifted

zest 1 orange and juice of half

1. Heat oven to 180C/fan 160C/gas 4. Butter and line a 30 x 20cm baking or small roasting tin with baking parchment. Put the flour, sugar, spice, bicarbonate of soda, sultanas and salt into a large bowl and stir to combine. Beat the eggs into the melted butter, stir in the orange zest and juice, then mix with the dry ingredients till combined. Stir in the pumpkin. Pour the batter into the tin and bake for 30 mins, or until golden and springy to the touch.

2. To make the frosting, beat together the cheese, butter, icing sugar, orange zest and 1 tsp of the juice till smooth and creamy, then set aside in the fridge. When the cake is done, cool for 5 mins then turn it onto a cooling rack. Prick it all over with a skewer and drizzle with the rest of the orange juice while still warm. Leave to cool completely.

3. If you like, trim the edges of the cake. Give the frosting a quick beat to loosen, then, using a palette knife, spread over the top of the cake in peaks and swirls. If you're making the cake ahead, keep it in the fridge then take out as many pieces as you want 30 mins or so before serving. Will keep, covered, for up to 3 days in the fridge.

Breast prostheses the essentials

With the help of an expert, we explore breast prosthesis options and new developments, as well as how to care for and when to replace your prosthesis.

Multiple choice

Breast prostheses – artificial breast forms – come in an array of shapes, styles, sizes and skin tones. They can be full or partial, symmetrical or asymmetrical, and various weights.

‘There’s a vast range of prostheses,’ says Marita Louis, managing director of Woman Zone (woman-zone.co.uk), who has over 30 years’ experience of prosthesis fitting. ‘Women should be able to choose the right type for them.’

‘A well-fitting bra is essential, and this bra will dictate the shape. Touch and feel comes into it too. It’s a very individual choice.’

Breast Cancer Care’s recently updated booklet **Breast prostheses, bras and clothes after surgery** has lots of information on the different options available.

The fitting

Most women are fitted for a prosthesis at their local hospital, and there’s usually a good choice of options available on the NHS.

A temporary prosthesis, or ‘softie’, is worn while recovering from surgery. A permanent prosthesis can be fitted once the area is fully healed, usually within six to eight weeks.

Some companies who make prostheses also offer a fitting service. You can find a list of prosthesis and post-surgery bra and swimwear suppliers at breastcancercare.org.uk/suppliers-bras-clothes

Made to measure

Woman Zone is currently the only company offering a fully custom-made option in the UK.

The process involves taking pictures and using a 3D scanner to help create a prosthesis that exactly matches the chest wall. ‘The skin colour and nipple are also matched,’ says Marita, ‘and it will suit women of any size. It’s suitable after any type of surgery.’

The service will currently set you back around £3,000 including an initial consultation, though certain insurance companies will cover the cost.

‘The first time I fitted one it was so emotional,’ says Marita. ‘I could tell it was going to be life-changing. Some consultants have likened it to an external reconstruction.’

How to care for a prosthesis

The best way to care for a permanent prosthesis is to treat it as you would your own skin.

‘Wash it with warm soapy water and towel dry every day,’ says Marita. ‘Then you can either wear it or store it in the manufacturer’s box to keep it safe.’

With a temporary prosthesis or ‘softie’, usually worn after surgery while the area is healing, Marita recommends hand washing it like you would a bra.

A prosthesis can be damaged by sharp objects, which can cause silicone inside to leak out. ‘If you do damage one, put a plaster on it or wrap it in cling film until you can get back to the hospital,’ says Marita.



Many women replace their prosthesis every two to three years

Time to replace

Every prosthesis has a guarantee, though most will last longer than this period. You can get a replacement prosthesis on the NHS, and many women replace their prosthesis every two to three years.

Marita points out that it's wise to be refitted when you go back, rather than simply asking for the same prosthesis again, as new and improved breast forms are being developed all the time.

You can also be fitted for a new prosthesis if the one you have is no longer a good fit, even if it's still in good condition. This might be the case if your weight has changed, for example.

Fear of flying?

It's safe to fly with a prosthesis. If you pack it in your checked-in luggage, small air bubbles may appear in the back of the prosthesis. These are harmless and will disappear shortly after landing.

You may be asked to have a body scan at the airport. Breast prostheses will show up on scanners. If selected, you might want to tell security staff that you're wearing a prosthesis. Or you could carry a letter from your GP explaining this.

A body scan takes a few seconds. You won't be identifiable from the scanned image, and images are deleted immediately after they've been assessed.

Making a splash

Swim prostheses are made especially for use when swimming. They aren't damaged by salt water or chlorine. In Wales you can get swim prostheses on the NHS; in most other areas of the UK you'll have to pay for one.

Although you can swim in a silicone or foam leisure prosthesis, it's important to rinse it well afterwards to avoid any possible damage from chlorine or salt water.

Donate a prosthesis

It's possible to donate a good-quality prosthesis you no longer need so it can be sent to a country where it's difficult or impossible to get a breast prosthesis.

Hospices of Hope sends unused or recycled breast prostheses in good condition to Eastern Europe. Visit hospicesofhope.co.uk or call 01959 525 110.

To order a copy of Breast Cancer Care's recently updated booklet **Breast prostheses, bras and clothes after surgery**, go to breastcancercare.org.uk/publications or call the Helpline on 0800 800 8000.