

Breast Cancer Support Group Sussex



Dates For Your Diary

Hello Ladies,

Good to see you all at the February meeting, it seemed a very long break since Christmas. I was pleased to hear from several ladies that they feel it is a safe place to express their feelings and talk about their journey to others.

We have some excellent news! Our lovely Reiki lady Jill is making positive progress after her successful operation. We all wish Jill well on her recovery and hope to see her and Margaret back at the group soon. Who are greatly missed by us all.

We have pleasure to welcome on board Geof, as our new Trustee, whom has gladly accepted the position after the sad loss of his dear Wife Joyce.

Geof is arranging for us to reach out via social media:

WhatsApp B C Support Group

Facebook www.facebook.com/breastcancersupportgroupsussex

Twitter BCSGSussex

Our meeting for March will be on Monday 17th between 6.15pm to 8.15pm at the Horizon Centre. Kelly our Aromatherapist will be with us, as will Jutta our Reiki lady.

Looking forward to seeing you all at the March meeting.

Best wishes.

Gwen

Phone number 07557 685483

* Register at www.breastcancercare.org.uk/submission/events-support_lwsbc?field_import_admin_event_nid=12689

March 14

Specialist Bra Event
Marks & Spencer
Western Rd, Brighton
6pm to 8pm

March 18

Our Monthly Group
Meeting

April 15

Our Monthly Group
Meeting

April 24

Breast Cancer Care
Living with
Secondary Breast
Cancer *

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

Introducing Our New Trustee



We're truly delighted that Joyce's husband Geof has agreed to join the Board of Trustees to continue Joyce's determined commitment to the Breast Cancer Support Group Sussex charity

Eating well through cancer treatment and beyond

By Ruth Reynolds, Nutritional Therapist

Healthy eating is often one of the first things people think about following their cancer diagnosis. Good nutrition can help keep your energy up, maintain a healthy body weight and manage the side effects of treatment. It is also just as important to eat well when treatment is over, to manage your ongoing recovery and support the best possible outcome.

Cancer treatment can affect the way we feel about food and our appetite. Loss of appetite can come from some cancer treatments, especially when your sense of taste and smell is affected or if you are feeling nauseous.

The good news is there is a lot you can do to help yourself on your journey through cancer treatment and beyond. Taking charge of eating habits can help with all aspects of your health and support a positive mental attitude, which is very important for cancer patients.

The natural nutritional approach to supporting cancer recovery is based around rebuilding the body's defenses and correcting the balance of your body's internal environment. Two processes are required to return the body to a state of natural balance. These are to rid the body of anything that inhibits the way it works and to replenish anything that promotes the body's correct functioning that may be lacking e.g. nutrients.



What is a healthy diet?

It is important for everyone to eat a healthy diet. A balanced diet consists of plenty of fruit and vegetables, beans and pulses, lean animal or plant protein and good fats such as those from avocados, nuts or oily fish. Fibre is very important too, good sources include whole grain bread, brown rice and chia seeds.



Eating a rainbow of colours is also beneficial - the more colours we eat the more nutrients we consume. This is achieved mainly from fruit and vegetables. The recommendation of five portions of fruit and vegetables a day should actually be more like seven a day according to the latest dietary experts. So, pile up the vegetables and enjoy colourful, varied salads

If getting seven a day seems overwhelming try adding extra fruit and vegetables into smoothies, soups, stews and snacks.



Anti-cancer foods

Some foods are reported to be particularly 'anti-cancer'. Tomatoes (especially cooked), watermelon, apricots, papaya and guava are all sources of lycopene that has been shown to be useful in prevention and aiding people fighting cancer.

Red, yellow and orange coloured vegetables e.g. peppers, carrots and sweet potatoes contain the carotenoids beta carotene and lycopene, these compounds have cancer-fighting antioxidant properties. Cruciferous vegetables such as broccoli, cauliflower and cabbage are rich in indole-3-carbinol which also has a protective role in cancer. Include them in your diet as regularly as possible.

Turmeric, which contains the active ingredient curcumin, is also a powerful anti-cancer addition to your diet. Immune boosters such as garlic, thyme, ginger, cayenne pepper, oregano, basil and parsley are also supportive.

Foods to avoid

What shouldn't we eat when trying to fight cancer and support the treatment process? As already mentioned, it is important to eat 'good' fats, but it is equally important to avoid 'bad' fats. A diet high in saturated fat such as red meat and trans fats found in commercially prepared baked goods such as pastry, cakes, margarine and biscuits should be avoided. Quality (ideally organic) red meat is fine when consumed in moderation and is a good source of iron and protein.

Fatty, heavy creamy sauces or deep fried food should also be kept to a minimum or for occasional treats when eating out. As well as the health effects, you may find that fatty food is hard to digest and leaves you feeling bloated.

Be aware of what you add to your food too. Limit added salt and keep foods such as processed ready meals to a minimum – they are often high in salt and trans fats.

Sugar and alcohol (also high in sugar) should be kept to a minimum too. Refined sugars have been shown to increase the rate of cancer cell growth and deplete the immune system. Refined sugar can be found in biscuits, cakes and sweets.

What should I drink?

What you drink is as important as what you eat when trying to maintain a healthy diet. Good hydration helps keep the digestive system working efficiently and energy levels up. Often when we feel hungry it is actually dehydration and our bodies telling us we need to drink.

Caffeine increases stress hormones and pro-inflammatory fats in the blood so coffee and caffeinated soda drinks should be avoided. Green or white tea are a good choice, they are low in caffeine and contain many protective cancer-fighting agents. Some people find green tea a little bitter but most herbal teas are free from caffeine and make an ideal alternative. Good old plain water is also a must, aim to drink around 1.5 litres a day.

About Ruth Reynolds



I am a fully qualified, insured Nutritional Therapist based in Brighton. Ten years ago, I attended the support group myself following a breast cancer diagnosis. I became passionate about the healing and supportive nature of the food we eat, and after graduating from a three-year training course, I began practicing as a nutritional therapist six years ago. I have a particular interest in digestive health, weight management and cancer support and since qualifying I completed an advanced nutrition course specialising in cancer at the Institute of Optimum Nutrition in London. You can read more about me at: www.ruthreynolds.com. I offer a free 15 minute telephone consultation prior to booking so you can decide whether nutritional support could help you before making any booking. I can be reached via email: ruth@ruthreynolds.com or tel: 07976 909044. Do get in touch.

Wishing you all well on your road to recovery.

A Reminder of this week's event



M&S



SPECIALIST BRA EVENT

*You are cordially invited to attend the Specialist Bra Event
where you can view the range of post surgery bras and
matching knickers*

On: Thursday 14th March 2019

Time: 6pm to 8pm

Where: Marks and Spencer, 195 Western Road, Brighton

Come along and enjoy

- *Complimentary drinks and nibbles*
- *Quiz and raffle prizes*
- *Specialist advice*
- *Beauty treatments*

RSVP T: Nikki or Rachel 01273 328081 ext 3623

E: danielle.simpson@marks-and-spencer.com



Our Retreat Launch New Cancer Day Retreat

Nutrition, Mindfulness, Inspiration and Support for Women in Remission

Our Retreat, the boutique retreat company with wellness and nutrition at its heart, is pleased to announce the launch of its first Cancer Day Retreat for women, held on Saturday 30th March in collaboration with The Rook. At the free-of-charge event, guests can expect to meet like-minded people, share their stories and experiences, receive motivational talks and enjoy a menu of transformational activities, from yoga and meditation, to sound therapy and makeup and beauty advice.

A survey reported that 97% of UK spas would refuse to treat someone with cancer, and many leave with feelings of distress and alienation, rather than relaxation. Lisa Carolan, Founder of Our Retreat, and Jemma Frizzell of The Rook, wanted to create an uplifting space where those in remission can rest, recharge and feel comfortable, supported and encouraged. Both women have been personally affected by cancer and understand first-hand how detrimental the disease can be for patients and their loved ones. With that, the retreat has been carefully curated to show how nourishing the body and feeding the soul through diet, exercise, mindfulness and positive relationships can contribute to an overall sense of wellbeing.

Hosted in the newly-refurbished The Rook venue, in the heart of the West Sussex countryside, the Cancer Day Retreat will begin with a fresh welcome juice and nutrition advice from vegan nutritionist and food influencer, Feed Me Mumma, who will share her top tips on how to make quick, healthy meals. Following an inspirational talk on life after cancer with a special guest speaker, and yoga, Pilates and movement therapy with both Kate Lister and Jade McClernon, guests can enjoy a peaceful walk in nature to reflect, before meditation and sound therapy with masters of high frequency, Tim Weather and Cherub.

There will also be makeup tutorials from a make-up artist, using leading beauty brand Urban Decay cosmetics - focused primarily on eyebrows and lashes – where guests can leave feeling empowered, and with a new found self-confidence.

With proven success in hosting unforgettable and transformational wellbeing retreats across Europe, Our Retreat founder Lisa alongside her good friend and now business partner Jemma hope that this new Cancer Day Retreat will be the first of many; as they hope to help, inspire and educate those living with cancer on the importance of putting yourself first and taking care of your mind, body and soul.

Our Retreat will host the 'Cancer Day Retreat' on the 30th March 2019 at The Rook Retreat venue, West Sussex. Tickets will be free of charge and all-inclusive of meals and activities.

For more information or to book, please contact Lisa Carolan at info@ourretreat.co.uk

<https://www.ourretreat.co.uk>

About Our Retreat:

Founded by Lisa Carolan, Our Retreat offers opulent fitness, nutrition and wellbeing breaks for adventure-lovers, first-time-retreaters and solo travellers alike. Retreats are held in Sardinia, Ibiza, Somerset and new for 2019, Chamonix. Meet new people, enjoy delicious food and bespoke fitness classes held by world class trainers, and take the time to leave the business of everyday life behind.

The Rook:

The Rook is a newly renovated family home in rural West Sussex and sleeps up to 16 people.

The Rook Retreat can be hired exclusively as a holiday home and is also used to host wellness and educational day retreats. The property features a wood burning hot tub, expansive yoga space, a woodland meditation pod and is surrounded by beautiful, sprawling countryside. Guests can choose from a menu of local retreat providers, from yoga and Pilates instructors, to vegan chefs, photography tutors, foragers and psychiatrists.



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Brighton Marathon 10k 2019

14th April 2019

The Brighton Marathon 10k is one of the UK's best 10k runs and forms part of the exciting Brighton Marathon weekend.

With a stunning backdrop of the sea in one of the country's most vibrant cities, the BM10k allows you the chance to experience the amazing atmosphere of the Brighton Marathon along a shorter route. The 10k route is fast and flat and starts in Preston Park before winding through the city streets and finishing at the beach village on Brighton seafront.

Good Luck to everyone who is taking part!



Acupuncture helped me cope during chemotherapy

During treatment, Monica chose to have acupuncture as a complementary therapy. She explains what acupuncture involves, how it helped her, and how to find a therapist you feel comfortable with.



I noticed my nipple was inverted

I wasn't shocked when I found out I had breast cancer, because I discovered the signs myself. In the lead up to being diagnosed, I had been really stressed trying to sell a property and with my business, so when I first felt a slight change in my breast, I thought it was due to an autoimmune condition I already have. But then I noticed that my nipple was inverted and I thought, no, it's something else.

I had also read a lot about breast cancer and seen a lot on television about the importance of checking your breasts regularly, so the moment I noticed my nipple was inverted, I felt like I already knew. It still took me days to get my head around hearing the words, 'You have breast cancer', but I feel like I was kind of prepared and had a sense for what it was.

I was diagnosed in May 2018, finished my chemotherapy in December and had a mastectomy. Last month I had the results from my operation, which were all really positive.

Instead of enjoying the sun I was inside having treatment

During treatment, I was pushed into the menopause and experienced a lot of anxiety. I spoke to my breast care nurse about how I was feeling, and they explained it could be the menopause making me feel that way.

I felt like the longer my treatment went on, the more anxious I became. It was also going on during the beautiful summer we had in 2018, so instead of being outside enjoying the sun, I was inside receiving chemotherapy. I felt really low at the time.

I feel like acupuncture helped with the side effects of treatment

Before being diagnosed with breast cancer, I'd been having acupuncture to help me with an existing thyroid condition, so I already knew about it as a complementary therapy.

My thyroid condition comes with a lot of symptoms, like inflammation and tiredness, so I had been having acupuncture on and off for many years. I feel like acupuncture helps me manage my fatigue.

When I was diagnosed, I tried to find an acupuncturist who had experience with breast cancer. It was the first complementary therapy I had alongside my medical treatment.

I feel like acupuncture helped me manage typical adverse reactions to chemotherapy, like sickness, and I'd usually have it the day after my treatment. I also felt it helped lift my anxiety and gave me a more positive outlook on things. I felt better with each session I had.

Everyone's symptoms are different

A friend of mine recommended my acupuncturist to me, as she knew they had experience with working with women with breast cancer.

I went along for one session and found them very knowledgeable. They made me feel very comfortable and like I was in good hands.

They spoke to me about my symptoms so they could understand where I was coming from and tailored the treatments to me. Everyone's symptoms are different, and I don't think you can find two women who are the same. So, because acupuncture is tailor-made to you, I think that's why it's such a good complementary therapy.

What happens when you have acupuncture?

On your first session you'll go in for a consultation. They'll ask you about symptoms you're experiencing, if you have any existing health conditions, how you're feeling and about your mental health. They want to look at what they can do for you with the treatment.

Depending on where they put the needles, you'll need to take your clothes off in that area. For example, if I got acupuncture on my back, I'd need to remove my top or bra. For my feet or ankles, I'd just roll my trousers up. So, you won't be sitting there naked, but partially clothed. Then they'll put the needles in.

The needles stay in for about 20 minutes, but the session lasts for an hour. I'd say that if you're OK with having your blood taken, then you'd be OK with acupuncture. For me, when the needles go in, it just feels like a tiny scratch but then there's no feeling after that while they're in.

Make sure you make an informed decision

I'd recommend that anyone who's interested in acupuncture researches thoroughly and makes sure that whatever you have been sent or find online is reputable. Misinformation about complementary therapies can make a lot of people wary. You might like to research if there are studies or papers behind the therapy and speak to your breast care nurse or GP about it beforehand.

There are also organisations that have complementary therapies suites, like Maggie's or Primrose Centres, where you can find out more about complementary therapies while you're having treatment.

If you're thinking about having a complementary therapy, speak to your specialist team before you begin

Walking and cancer

Following a cancer diagnosis, getting more active can make a positive change to your life. Walking is safe both during and after most types of cancer treatment. It has lots of benefits including strengthening your bones and heart, reducing body fat, improving mental health, and reducing lymphedema and fatigue.

Reducing the amount of time spent resting or sitting can help prevent blood clots, reduce muscle wasting and improve your mood. So you could start by taking short walks with regular breaks, always walking at your own pace and listening to your body. Then increase gradually over time, setting achievable goals to help you take back control.

Any amount of movement can be beneficial, but if you have any concerns about Walking for Health being safe for you, please speak to your doctor or nurse before joining a walk.

Walks and trail guides

We're so fortunate to live in an area where we have not just the sea but fantastic countryside right on our doorstep. Brighton and Hove boasts a superb range of walks and trails in and around the city for all ages. Whether you are an experienced Rambler or looking for a family walk on a summer's day, visit this website for detailed guides from Ovingdean to Mile Oak

www.brighton-hove.gov.uk/content/leisure-and-libraries/parks-and-green-spaces/walks-and-trail-guides



Other walking options in Brighton & Hove

There are 18 regular Healthwalks across the city. They are all free, led by trained Volunteer Walk Leaders and accessible by public transport. Lengths range from under a mile (average walking time 20 to 30 minutes) up to three miles (average walking time one and a half to two hours). Our new digital guides are walks you can follow on your mobile, including one taking in famous film locations in Brighton & Hove.

<https://www.brighton-hove.gov.uk/content/leisure-and-libraries/sport-and-activity/healthwalks>



BAKED SWEET POTATOES WITH SMASHED AVOCADO

A comforting, tasty dish that's packed with vegetables. The smashed avocado, pea and feta topping works just as well on a regular baked potato or piled onto rye or sourdough bread

up

Preparation time:15 minutes, Cooking time:1 hour, **Total time:1 hour 15 minutes**

Serves: 2

Ingredients

2 medium-large sweet potatoes
2 tsp sunflower seeds
75g frozen garden peas
1 avocado
Small handful coriander leaves, roughly chopped
5 mint leaves, shredded
1 tsp Tabasco Green Pepper Sauce
½ lime, juice
25g feta, crumbled

Method

1. Preheat the oven to 200°C, gas mark 6. Pierce the potatoes in several places with a fork and place on a baking tray. Bake for 1 hour until soft in the centre (test by gently squeezing the potatoes, though make sure your fingers are heat-protected). Put the sunflower seeds in a small roasting tin and add to the oven for the final 5 minutes.
2. Meanwhile, simmer the peas in a pan of boiling water for 3-4 minutes; drain. When the potatoes are nearly done, chop the avocado and put in a bowl with the peas. Crush together with the back of a fork. Add the herbs, Tabasco Green Pepper, a little seasoning and the lime juice, then combine.
3. Cut open the potatoes. Divide the mashed avocado and peas between them, sprinkle over the feta and scatter with the roasted sunflower seeds. Add a splash more Tabasco, to serve.

Recipe courtesy of

Waitrose