



Breast Cancer Support Group Sussex

Dates For Your Diary

Hello Ladies

Already it's the end of January & thankfully the weather hasn't been too cruel to us.

Unfortunately, some damage was caused by a red wine spillage at our Christmas party. It was very embarrassing to receive a phone call from the Horizon Centre to say that we had caused this & knew nothing about it. It has cost us £300 to rectify. We know that accidents happen but if they do, please let us know straight away.

We're doing our utmost to get some interesting speakers for the forthcoming year and for our Feb meeting we have Cathi Reeve talking about the hot topic of Mindfulness. If any of you have some ideas on who you'd like to hear from, please let us know & we'll see if we can get them along to the group.

I know that it may seem ages away but we have a stall at Blakers Park in June. We'd be grateful to receive any items that you may have and be able to donate to the Tombola. These only need to be a few £s in value and preferably pink but don't worry if they're not as we can wrap them in pink paper. We're also looking for any old gift bags in any colour for the larger items or higher price tickets

Sadly we've been made aware that a certain party at The Park Centre has been advising newly diagnosed women NOT to come to our group saying that we offer no support & are only interested in fund raising. It's appalling & upsetting - we've been in existence for 17 years & have supported hundreds of women during that time. We've had no alternative but to raise a complaint through the official channels. However that does mean that vulnerable newly diagnosed women may not be aware of what we offer so if you meet anyone, please let them know about us & ask them to come along to our meetings.

Look forward to seeing you on Monday 20th February.

Best Wishes

Joyce

February 20

Our Monthly Group Meeting with speaker Cathi Reeve who will be talking about Mindfulness

March 20

Our Monthly Group Meeting

April 17

Our Monthly Group Meeting

Our Group Meetings are held at the **Macmillan Horizon Centre**, Bristol Gate (opp A&E at the RSCH)
6.30pm to 8.30pm

Breast implants and other medical items get safety barcodes

BBC – Health 29 December 2016



Barcodes are being printed on breast implants and other medical items for patient safety reasons.

The Department of Health initiative is to avoid future scandals like the PIP breast implant scare of 2010.

Problems arose tracing nearly 50,000 British women who had been fitted with the faulty silicone implants.

The new system is intended to record every medicine and implant given to patients by scanning the product packet and the patient's identity wristband.

Health Secretary Jeremy Hunt said: "This can actually save lives for the NHS."

He said that every week NHS patients died because they had been given the wrong medicine or care.

"We also have a number of operations where the wrong implant is put into someone's body and then that has to be changed at a later date. If we use modern barcode technology, we can deal with a lot of these problems."

Ideally, it will avoid such errors happening in the first place. But when things do go wrong, it will be quicker and easier to figure out why and what can be done.



IMAGES

Mr Hunt said it should save the NHS time and money - an estimated £1bn over the next seven years.

Medical staff in England will be able to use the barcodes for stocktaking and to see if any batches of medicine are reaching their use-by dates.

Surgeons will be able to monitor if one type of implant is outperforming another in terms of wear and tear by looking at the figures of when the devices need replacing.

Six NHS hospitals have taken part in pilots of the Scan4Safety scheme: in Derby, Leeds, Salisbury, Cornwall, North Tees and Plymouth.

Tim Wells, consultant cardiologist at Salisbury NHS Foundation Trust, said: "Knowledge is power.

"This provides us with a level of data and insight that can be used to better challenge clinical practice and variation, helping us to reduce inefficiencies and improve patient experience and outcomes. But, more importantly, it ultimately helps to safeguard our patients from avoidable harm.

"In the event of a product recall, we can now easily and quickly track an affected product to the right patient."

Chris Slater, associate director for commercial and procurement at Leeds Teaching Hospitals NHS Trust, told BBC Breakfast the barcodes would allow tracking of the product, the patient and the clinician.

Until now the NHS have been unable to track products through the supply chain, he explained.

"We're ensuring that we've got the right amount of products on the shelf and not got excess stock in the system," Mr Slater added.

PIP scandal

- Some 400,000 women affected in 65 countries
- It is thought that about 47,000 British women had the implants. Private clinics fitted 95% of them, mostly for breast reconstruction following cancer; the other 5% were fitted by the NHS
- There were 4,000 reported ruptures
- Many women were unable to find out if they had been given the faulty implants
- In some cases, because surgery providers had gone out of business, women who received the implants could not be traced

Revive Therapy

ORGANIC BESPOKE TREATMENTS



A NEW YEAR OFFER FROM OUR AROMATHERAPIST, KELLY

Feel renewed and relaxed for the New Year with a beautiful treatment at my salon, Revive in Washington, just outside Steyning www.revivetherapist.com

For **all new bookings during the month of February**, I'm delighted to extend a **special offer** to all members of the group:

10% off Facials and 1 Hour + Aromatherapy Massages

15% off Time Out treatments and all packages

All massage treatments can fully benefit and support any detox programme. Bespoke massage oils can be blended for you to take home along with detox and winter skincare advice

Love and good health for 2017

Kelly x

T 01903 877359



Struggling with your New Year's resolutions?

The psychological secrets to success.....

1 January 2017 – BBC Health



important to have achievable goals

After the excesses of the festive season, the thoughts of many turn to making resolutions to stop bad habits and take up healthier ones.

Unfortunately, quite a few fail.

But there are some psychological tactics which can be employed to increase the chances of success.

1. Persistence

Psychologist Prof Richard Wiseman, from the University of Hertfordshire, has carried out research into the key to sticking to resolutions.

In a study of 5,000 people who made resolutions, it was those with a "fatalistic attitude" who were less likely to succeed.

He advises it's more than likely old habits will creep back in sometimes, so see those occasions as temporary set-backs and not a reason to give up altogether.

"Failure is the main thing that stops people. If, on day one of their diet, they raid the biscuit tin, they think 'that's it' and give up. But persistence is the key. Start again the next day."

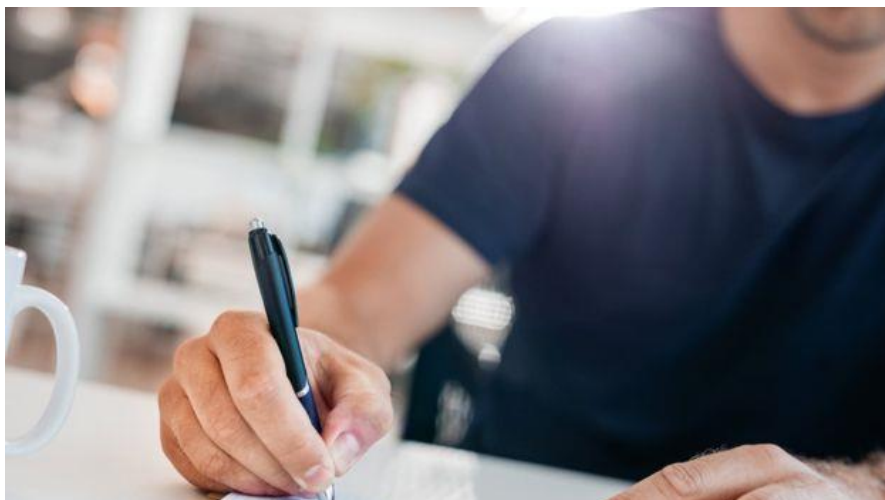
2. Spread the word

Support from friends and family can help people stick to their goals.

But Prof Wiseman says women might be more likely to benefit. "They are generally better at offering moral support. Men tend to try and encourage you to have more dessert."

3. Plotting progress

This can be something public like a blog - or the fridge door - or more privately, in a spreadsheet or a journal.



It might help to note down each gym visit, or decision not to have cake. Prof Wiseman also advises having a checklist to show how life will be better once your goals are achieved - and allow small rewards throughout the process to keep up motivation levels.

4. Have achievable goals

It has to be something specific that can be realistically achieved.

Running a marathon, say, would be too much for a non-runner to aim for, while a vague desire to 'get fit' is hard to measure.

"Maybe start by saying you'll go to the gym once a week, then you can look at moving up to two," advises Prof Wiseman.

And be realistic - it's best to choose one thing to focus on rather than having a raft of goals to increase the chances of success.

5. Understand triggers

This is important in terms of knowing what prompts behaviour you want to avoid - and to help encourage healthier habits.

"It could be as simple as not having biscuits in the house so you're not tempted - or understanding the stress triggers that make you reach for a cigarette," Prof Wiseman says.

And he says it's possible to create new triggers to prompt you in your new, healthier habits.

"You can decide that when the news starts, that's the time when you set off for the gym".



WE NEED YOUR HELP!

Research Project: Assessing the quality of health information on breast cancer treatment options on the Internet

Have you been diagnosed with breast cancer?

If you have, help us help breast cancer patients find better quality health information on the internet. To take part, please pick up an envelope from reception at **The Park Centre**, 177 Preston Rd, Brighton BN1 6AG

Participants must be over the age of 18 and have access to the internet. For more information, contact Professor Pietro Ghezzi:
Email: p.ghezzi@bsms.ac.uk
Telephone: 01273 873112



Creamy watercress soup

Recipe courtesy of **Chemo Cookery Club** chemocookeryclub.com



This vitamin-packed soup is very simple to make. If you want to enhance the natural peppery flavour of the watercress, add a few drops of Sriracha hot chilli sauce.

Serves 4 Each portion provides 5g protein and 350kcal

- 50g butter
 - 450g leek white only washed and sliced
 - 2 bunches watercress chopped
 - 1 medium potato peeled and chopped
 - 1 litre vegetable stock
 - 150ml double cream
 - salt and pepper
1. Melt the butter on a low heat in a deep heavy saucepan. Add the vegetables (save a few watercress leaves for garnish) and sweat without colouring until softened but still firm.
 2. Pour in the stock and simmer on low heat for about 10 minutes.
 3. Remove from the heat and allow to cool. If the mixture is thicker than you want add more stock. Liquidise the cooled soup. The mixture should be a dark rich green. Set a small amount aside and return the rest to the saucepan.
 4. Now stir in the cream. Season to taste and reheat gently. To serve ladle into a wide bowl then swirl some of the reserved dark soup around it.