



Breast Care Nurses at the Park Centre can be reached on 01273 696955 Extn 4111.

## Breast Cancer Support Group Sussex

Hello ladies

Well. What a lovely change in the weather and I hope you all been enjoying the sun.

As you are aware we have a really special meeting this month with speaker Professor Malcolm Reed. You will find more details about his expertise as an Oncologist in the newsletter.

Professor Reed is based in the North of England but has agreed to come to our group this month to pass on all his knowledge regarding breast cancer. So please ladies, let's give him a really good turnout on the 20<sup>th</sup> June.

Also a reminder about our Pink Stall at Blaker's Park on the 18<sup>th</sup> June. We still need some more Pink things for our tombola and also volunteers for an hour or two to help out on the stall. If you need any pink things collected and cannot get them to Gwen then please call me on 0780 1287804 and I will collect them from you.

The Harveys Brewery Tour, please contact Nickie if you would like to go. It is on Monday the 4<sup>th</sup> of July commencing at 6.30pm and finishing around 8.45pm. The cost is £2.50 per person and partners and friends are most welcome.

Our lovely Reiki ladies will be on hand as well as Kelly and Jutta for Aromotherapy.

We look forward to seeing lots and lots of you at both the Pink Stall and at our next meeting.

See you all soon

Best wishes

Joyce

### Diary Dates

#### **Saturday 18<sup>th</sup> June**

Our Pink Stall  
at Blaker's Park

#### **Monday 20<sup>th</sup> June**

**6-8pm**

Talk with Professor Malcolm  
Reed

#### **Monday 4<sup>th</sup> July**

Harvey's Brewery Tour

#### **Monday 18<sup>th</sup> July**

**6-8pm**

Our meeting in the  
Park Center

#### **Monday 15<sup>th</sup> August**

Our annual picnic in the park

We are an open group who meet once a month with the purpose to support each other by talking and sharing our experiences. We offer a friendly and informal, safe environment and everything that is shared between us is confidential. We would be really grateful for any feedback and input that you can give us, so send your recipes, reader's letters etc. to [jfrienduk@gmail.com](mailto:jfrienduk@gmail.com) or [info@brightonbreastcancersupport.org](mailto:info@brightonbreastcancersupport.org)



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### Professor Malcolm Reed – this month's speaker

Professor Reed took an undergraduate intercalated degree in pathology, investigating hormone receptor expression in breast cancer. This experience – along with his period of laboratory-based research investigating angiogenesis in breast cancer – inspired him to pursue a career as a clinical academic.

After establishing a micro-circulation research laboratory in Sheffield as well as a large study exploring genomic factors in breast cancer susceptibility, he has more recently set up a programme of clinical research investigating the wide variations in the surgical treatment of breast cancer. Most recently his work has focused on the treatment of older women with breast cancer and is currently funded by an NIHR programme grant for which he is co-principal investigator.

Professor Reed's career research funding exceeds £3m and he has ongoing involvement in a large number of multi-centre national trials investigating the diagnosis and treatment of breast cancer, including studies in breast screening (the age extension trial and low risk DCIS, Loris trial) along with studies investigating surgical treatment (for example the POSNOC trial, in which he is a co-investigator).





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### Aromatherapy at the Breast Cancer Support Group

Aromatherapy is a gentle therapy using 'essential oils' obtained from flowers, plants and trees.

It is a form of complementary therapy designed to treat the whole person and not just the symptom or disease by assisting the body's natural ability to balance, regulate, heal and maintain itself.

Today, aromatherapy is one of the most popular of all complementary therapies, offering a wide range of highly effective treatments to both the acute and chronic stages of illness and disease. At the same time, regular use of aromatherapy treatments and home-use products can help to strengthen the immune system, thereby establishing a preventative approach to overall health.



An Aromatherapist will choose oils to suit each individual person after talking to them and listening to their needs on a physical, emotional and mental level. Oils can then be offered through massage, inhalation, bathing, skincare or burning.



Kelly Horne has been an Aromatherapist for over 15 years and works as practitioner in West Sussex. Kelly has been offering treatments at the support group for many years and has found the combination of the oils and massage has had wonderful, healing and uplifting effects. It provides a quiet and separate area for talking and an opportunity for women to relax and enjoy some time to herself.



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Aromatherapy can support many individual needs that arise from the onset of diagnosis to many years later when there is no cancer present.

It can support general wellbeing, anxiety and depression, nausea, mood changes, high blood pressure, the immune system, low self esteem and tension. In combination with massage it can ease aching muscles, assist with cording after surgery, soothe the mind and ease pain. It can be incredibly restorative for femininity and at the same time feel nurturing and cared for.

If you are interested, please chat with Kelly at the Support Group meetings and enjoy some time out with the therapeutic combination of Aromatherapy and Massage.

**A reminder that we offer complimentary short treatments at every support group meeting**





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### Boots Elizabeth Arden Treatments

Hello my name is Helen and I am Business Manager for Elizabeth Arden in Boots Brighton.

On the 5<sup>th</sup> June for 1 week we are supporting Look Good Feel Better charity at our counter. That week, we will be offering a complimentary menu of treatments such as an Oxygen Facial Blast, which infuses the skin with 16 trace minerals. The minerals balance and hydrate the skin instantly whilst the oxygen rejuvenates it, plus the hyaluronic acid plumps up the skin and gives a youthful radiant glow. This treatment is all the way from our Red Door Salon in New York.

The other treatments available are lipology which is a mini treatment for lips, and a relaxing hand and arm massage.

We would love to offer your ladies these treatments throughout that week, commencing Monday 5<sup>th</sup> June.

If any of your ladies would like to receive any or all of these treatments please email me on [helenclynton1055@gmail.com](mailto:helenclynton1055@gmail.com) with time they would like to attend and which day of the week.



In addition, our international make up artist is in store on Tuesday 28<sup>th</sup> June.

If you'd like to have a makeover, please contact me to book

[helenclynton1055@gmail.com](mailto:helenclynton1055@gmail.com)



## Breast Cancer Support Group Sussex

### Harvey's brewery tour- don't forget to register your interest!

We are very fortunate to have been invited to take a Brewery Tour of Harvey's in Lewes on Monday 4<sup>th</sup> July commencing at 6.30pm and finishing at around 8.45pm. The cost of the tour is £2.50 per person. Partners and friends are welcome!

Our tour of the Brewery will commence at 6.30pm and finish at around 8.45pm.

Afterwards, why not round off the evening with a meal at The John Harvey Tavern, opposite the brewery. Their menu can be found at <http://www.johnharveytavern.co.uk/menus/daily-menu/>

**Places are limited so please email [nickie@alternativeroutefinance.com](mailto:nickie@alternativeroutefinance.com) and let us know if you want to attend the brewery tour and if you would also like to have a meal over the road**



### June Pink Stall – Save the date!

Don't forget our pink stall which will be held in June in Blakers Park. We also need some pink items for this, so do feel free to donate whatever you can.





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### Breast cancer: Scientists hail 'milestone' genetic find

Scientists say they now have a near-perfect picture of the genetic events that cause breast cancer.



The study, **published in Nature**, has been described as a "milestone" moment that could help unlock new ways of treating and preventing the disease.

The largest study of its kind unpicked practically all the errors that cause healthy breast tissue to go rogue.

Cancer Research UK said the findings were an important stepping-stone to new drugs for treating cancer.

To understand the causes of the disease, scientists have to understand what goes wrong in our DNA that makes healthy tissue turn cancerous.



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The international team looked at all 3 billion letters of people's genetic code - their entire blueprint of life - in 560 breast cancers.

They uncovered 93 sets of instructions, or genes, that if mutated, can cause tumours. Some have been discovered before, but scientists expect this to be the definitive list, barring a few rare mutations.



### 'Important information'

Prof Sir Mike Stratton, the director of the Sanger Institute in Cambridge which led the study, said it was a "milestone" in cancer research.

He told the BBC: "There are about 20,000 genes in the human genome. It turns out, now we have this complete view of breast cancer - there are 93 of those [genes] that if mutated will convert a normal breast cell into a breast cancer cell. That is an important piece of information.

"We hand that list over to the universities, the pharmaceuticals, the biotech companies to start developing new drugs because those mutated genes and their proteins are targets for new therapeutics.

"There are now many drugs that have been developed over the last 15 years against such targets which we know work." Targeted drugs such as Herceptin are already being used by patients with specific mutations.



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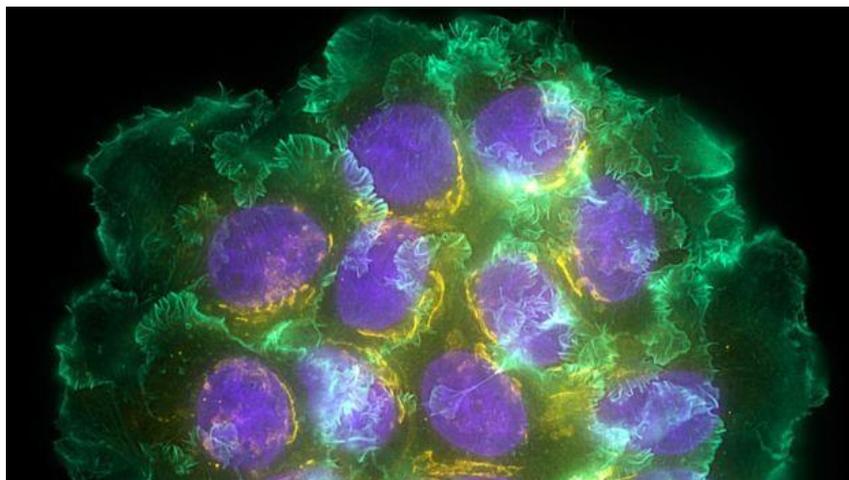
There is also bad news in the data - 60% of the mutations driving cancer are found in just 10 genes.

At the other end of the spectrum, there are mutations so rare they are in just a tiny fraction of cancers meaning it is unlikely there will be any financial incentive to develop therapies.

But why do those genes mutate in the first place?

Mutations leave unique scars - **known as mutational signatures** - on our DNA and that allowed the team to identify 12 types of damage that cause mutations in the breast.

Some are related to family risk, but most are still unexplained.



One class of mutation seems to stem from the body attacking viruses by mutating their genetic code, but also suffering collateral damage in the process.

Whether any of these processes can be altered is still unknown in this nascent field, but researchers hope the findings could eventually lead to ways of reducing the risk of cancers.

Dr Serena Nik-Zainal, another researcher at the Sanger Institute, added: "In the future, we'd like to be able to profile individual cancer genomes so that we can identify the treatment most likely to be successful for a woman or man diagnosed with breast cancer.

"It is a step closer to personalised health care for cancer."

Dr Emma Smith, from Cancer Research UK, said: "This study brings us closer to getting a complete picture of the genetic changes at the heart of breast cancer and throws up intriguing clues about the key biological processes that go wrong in cells and drive the disease.

"Understanding these underlying processes has already led to more effective treatments for patients, so genetic studies on this scale could be an important stepping stone towards developing new drugs and boosting the number of people who survive cancer."



## Breast Cancer Support Group Sussex

### Easy Italian Chicken Recipe

Serves 2. Preparation 15 minutes. Cooking 50 minutes. With thanks to NHS Choices for contributing this recipe.

#### **Ingredients:**

Olive oil (½ tbsp)  
1 medium-sized onion, chopped  
2 skinless chicken breasts, cut into strips  
10 cup or button mushrooms, sliced  
2 tins of chopped tomatoes (400g each)  
Dried Italian herbs (2 tsp)  
Worcestershire sauce (2 tsp)  
Penne or similar dry pasta (210g/7oz)  
Fresh basil  
Salt and black pepper



#### **Method**

Preheat oven to 180°C/160°C fan/gas mark 4.

Gently fry the onions in a little olive oil for about five minutes.

Then put the onions, mushrooms and all other ingredients apart from the pasta into an ovenproof dish. Mix thoroughly and bake in the oven for 40 minutes, or until the chicken is cooked through.

Meanwhile, cook the pasta according to the packet instructions.

Serve the chicken with the pasta and fresh basil.