Newsletter May 2016

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

Breast Cancer Support Group Sussex

Hello Ladies

I hope everyone has had a really good month.

Firstly, I would like to say a big thank you to Gabi of Ringana for giving up her time to come along to our group in April and for giving us great demonstration of Ringana's products. Our ladies had a good evening sampling all the lovely creams and lotions that are on offer. Also a big thank you to Gabi for taking all our names and addresses so that she could send us all a free sample in the post. I received mine a few days ago, so thank you Gabi once again.

It was lovely to see more members last month hopefully this will increase with the lighter evenings.

We welcomed a new member, Yvette to our group in April and we hope we made her feel very welcome and we look forward to seeing her at our May meeting.

As some of you know, Sue Warren, Facilitator resigned from the group and we would like to thank her for her contribution over the many years that she has volunteered to help within the group and on behalf of all the members of the Breast Cancer Support Group Sussex we wish her well.

PINK STALL JUNE 18th BLAKERS PARK

Ladies, please don't forget our Pink Stall at Blakers Park on the 18th June. We need pink things for our tombola and also volunteers to help either for wrapping up a few days before and also to give a couple of hours on the day to be on the stall. Would you kindly give your names to Gwen at the next meeting if you can help. If you have any pink things for the tombola please give them to Gwen.

Have a really good meeting everyone,

Best wishes

Joyce

Diary Dates

Monday 16th May
6-8pm
Our group meeting at the Park Center

Saturday June 18th
Pink Stall at Blakers Park

Monday 20th June
6-8pm
Our group meeting with speaker Professor Malcolm Reed

Monday 4th July
Harveys Brewery Tour
(Booking essential)

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 or info@brightonbreastcancersupport.org

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Pink RibbonWalks 2016

Sign up | Getting prepared | Volunteer | Pay in | Login

Join us for a 5, 10 or 20 mile walk and help us be there for women with breast cancer from day one. You'll make miles of marvellous memories and it'll be so much more than just a day out. On the day you'll be given snacks and support along the way, enjoy a tasty hot meal at the finish line and get to take away a special medal and goody bag. And best of all, you'll be making a massive difference for everyone affected by breast cancer

Polesden Lacey, Surrey

Saturday 21 May 2016

Described as a "delicious house" by the Queen Mother during her honeymoon at the property in 1923, this idyllic location provides a perfect base to explore the wider 1,400 acre estate and surrounding Surrey Hills, designated an Area of Outstanding Natural Beauty.

See more at: https://www.breastcancercare.org.uk/pink-ribbonwalks-polesden-lacey#sthash.9vXXglik.dpuf

London at Night

Saturday 9 July 2016

The London at Night Pink Ribbonwalk is an urban walk showcasing many of the magnificent historic and contemporary highlights the capital has to offer. The glittering London skyline will take centre stage for what promises to be a wonderful and truly memorable night.

See more at: https://www.breastcancercare.org.uk/pink-ribbonwalks-london-night#sthash.rTXi7Me7.dpuf

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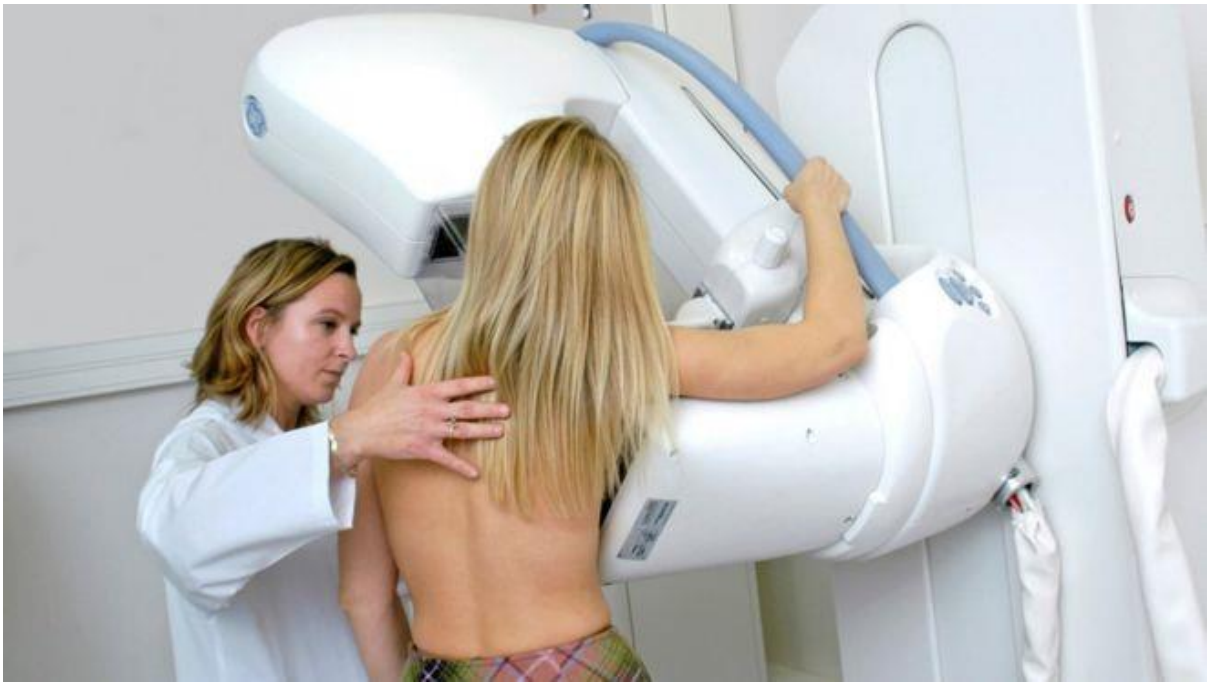
Breast cancer: Scientists hail 'milestone' genetic find



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.

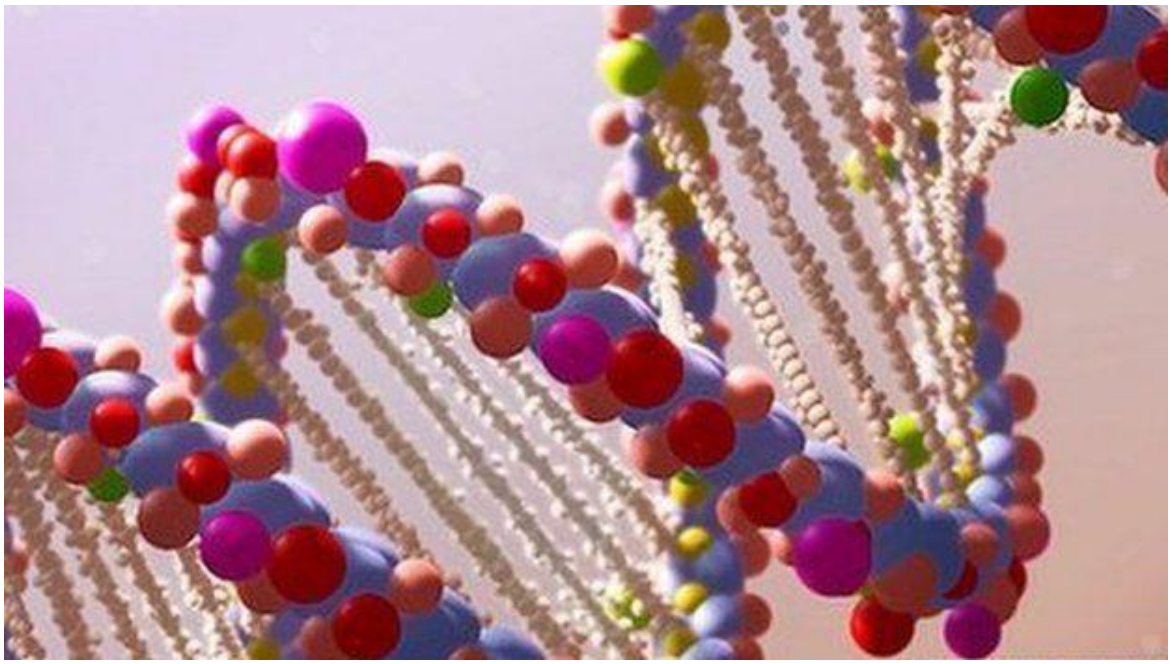
The international team looked at all 3 billion letters of people's genetic code - their entire blueprint of life - in 560 breast cancers. They uncovered 93 sets of instructions, or genes, that if mutated, can cause tumours. Some have been discovered before, but scientists expect this to be the definitive 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, we know work."

Targeted drugs such as Herceptin are already being used by patients with specific mutations.
Prof Stratton expects new drugs will still take at least a decade to reach patients and warns: "Cancers are devious beasts and they work out ways of developing resistance to new therapeutics so overall I'm optimistic, but it's a tempered optimism."
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."

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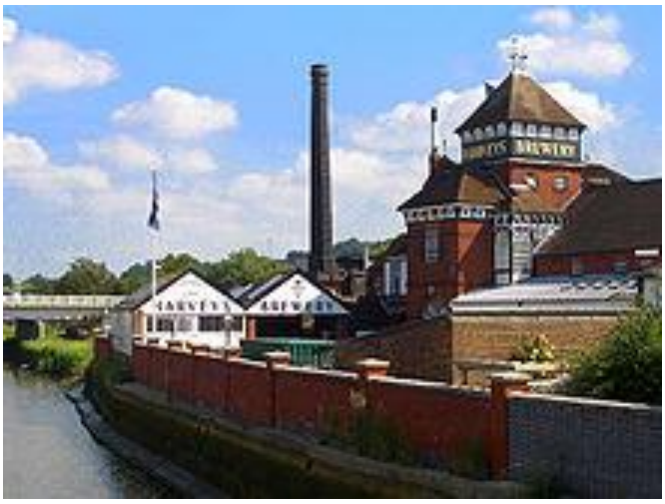
Harvey's Brewery Tour



We are very fortunate to have been invited to take a Brewery Tour of Harvey's in Lewes on Monday 4th 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!

Harveys Brewery is a brewery in Lewes, East Sussex. Their estate includes 48 tied houses, mostly in Sussex, and one in London, The Royal Oak, Southwark. It sells and distributes its main product, Sussex Best Bitter, to other pubs and social clubs in South East England.

History

John Harvey (1784–1862) established the Bridge Wharf Brewery on its present site by the River Ouse, overlooking Cliffe Bridge.

In 1880, part of the original Georgian brewery was rebuilt: the Tower and Brew House visible for example from Cliffe Bridge. This is an example of a country brewery with a façade in a rustic Neo-Gothic design of the Victorian era, a listed building at Grade II*.[1] Behind it stands another half: the Georgian fermenting room, cellars and Vat House. The fermenting room, Brew House and cellars have not changed in layout and dimensions, although reinforced and their contents have evolved. The Vat House was converted and expanded into the modern bottling process.

In 1984, a second brewing line was completed doubling production capacity from 25,000 to 50,000 barrels a year. The building for this plant has been added in front of the Tower in a similar Gothic style, such as an arched ironwork window.

Harveys is an independent family company: Harvey & Son (Lewes) Ltd. The seventh generation of John Harvey's descendants are among directors.

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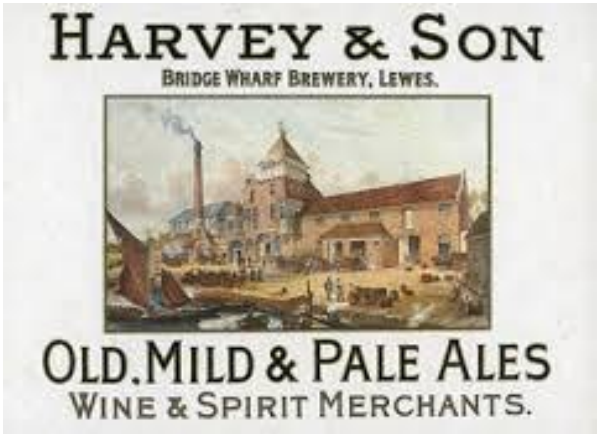

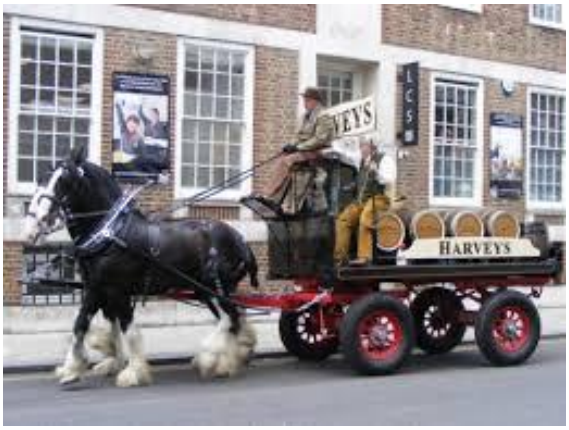

Our tour of the Brewry will take place on Monday 4th July commencing at 6.30pm and finishing at around 8.45pm. The cost of the tour is £2.50 per person. Partners and friends welcome.

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 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

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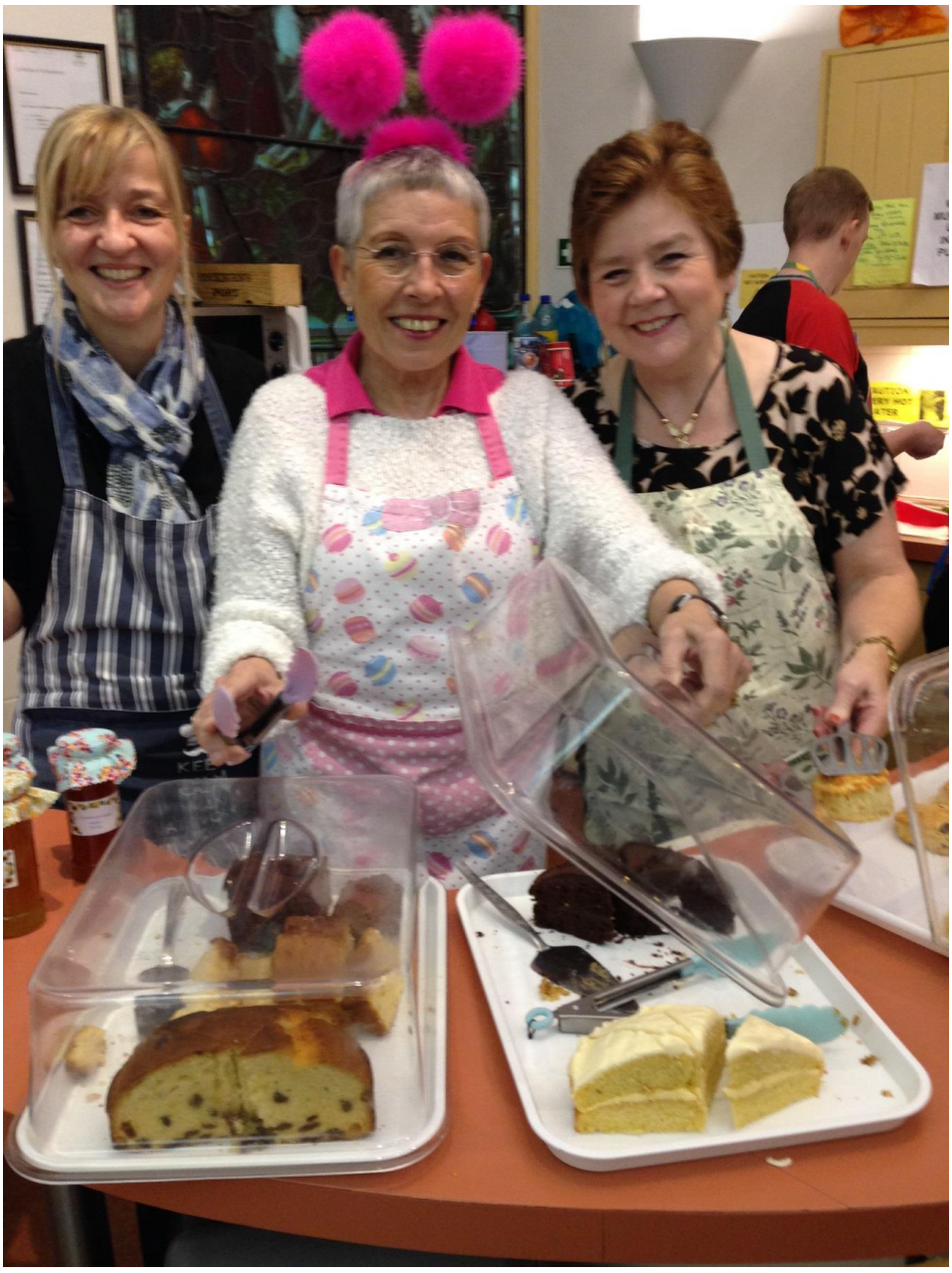
Café Royal – A big thankyou!

A big thankyou to everyone who volunteered at the Chapel Royal Café.
Each month the Chapel Royal Café in North Street nominates a charity to receive a percentage of the proceeds that they take from sales in their café. We were very lucky to have been chosen again and continue our long standing relationship with them



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Westfield Health
Harder working health cover

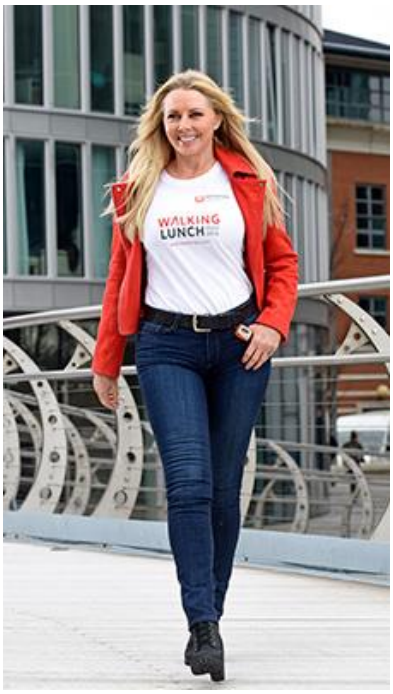
This May is National Walking Month

Fitting in even the smallest of walks during your lunchbreak is proven to have both benefits for your physical and mental health.

That's why during May as part of Living Streets National Walking month, we are launching the 'Walking Lunch' which is encouraging UK workers to reclaim their lunchbreak, get active and try to walk for twenty minutes in the middle of the day. We want to **revolutionise the lunchbreak,** and encourage workers across the country to go for a minimum 20 minute walk #Try20

For far too many of us lunch is a sandwich eaten at our desks or canteen, with maybe a five minute stroll to the supermarket being our only real exercise during the day. But what if we changed this? We could liberate the lunch break and go and do something great!

There's been several health campaigns that focus on encouraging employees to ditch their cars and walk to (and from) work. Similarly, those who use public transport have often been encouraged to get off their bus/ train one stop early and walk the remainder to work. However, we want to own something more memorable, that hasn't been done before. So we've focused our campaign on transforming the 'working lunch'. We're backing this because we are all about improving people's health and wellbeing.



And, why not watch our 'Walking Lunch' video featuring; Carol Vorderman as she launches the 'Walking Lunch' idea https://www.youtube.com/watch?v=K85_gUhaV-c and walking with a conga! https://www.youtube.com/watch?v=zaWvJnmCwyU

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Reiki and its benefits

Reiki is defined by the Oxford Dictionary as "A healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and resort physical and emotional well-being."

It is however, also widely accepted that Reiki can be given and received equally effectively hands-off or via distant healing.

The Japanese word 'Reiki' literally translates as universal life force energy. This system of healing was developed by Mikao Usui in the early 20th Century. It is a non-invasive complementary therapy that has been taught and used in the UK since the late 1900s, but Eastern Medicine has for thousands of years worked with this energy, recognising its flow through all living things. Reiki supports orthodox medicine or can be used alone but is not a replacement for traditional medication or treatments. It is not based on any belief, faith or suggestion, yet, scientific research using quantum physics is starting to help us to understand how Reiki may work to benefit the individual. It has been suggested that in years to come it may be known as energy medicine based on scientifically measurable energy emitted from the healers hands.
Reiki is given fully clothes in a quiet environment and is safe for adults, children, mothers-to-be, babies and animals.

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7 health benefits of Reiki

Reiki works on different levels – the physical, mental, emotional and spiritual enhancing everything in life. Reiki is not only one of the oldest healing systems in use, it is also one of the most versatile. This ancient Japanese method of healing uses energy to balance the body and mind, and its benefits can be felt both by the Reiki practitioners and their clients. In fact, Reiki is believed to improve just about any aspect of life, from physical health to emotional well-being to stress reduction and mental clarity. Reiki techniques are used to heal the body, mind and the spirit. It has been proven that Reiki can help people suffering from major or minor ailments. It is often used as a complementary therapy in a number of hospitals today. It enhances the health care the patient receives in both the hospital and from outpatient health care providers. Reiki has not only helped those with physical ailments but also helped those with minor psychological problems as well.

1) One of the greatest Reiki healing health benefits is stress reduction and relaxation, which triggers the body's natural healing abilities (immune system) aids in better sleep and improves and maintains health.

2) Reiki helps bring about inner peace and harmony. It can be valuable in the quest for spiritual growth

3) Reiki also balances the mind and emotions. Regular Reiki treatments can bring about a calmer and more peaceful state of being in which a person Is better able to cope with everyday stress. This mental balance also enhances learning, memory and mental clarity. Reiki can heal mental/ emotional wounds, work through dysfunction in more severe situation and can help alleviate mood swings, fear frustration and anger. Because Reiki enhances your capabilities to love it can open you up to people around you and help relationships grow.

4) Reiki offers relief during emotional distress and sorrow. Reiki helps in the grieving process. It cleans and clears the emotions, preventing them from being so draining and offers perspective.

5) On the physical level, Reiki helps to relieve pain from migraines, arthritis, sciatica – to name a few. It also helps with the symptoms of asthma, chronic fatigue, menopausal symptoms and insomnia.

6) Reiki speeds up recovery from surgery or long term illness. As it helps in adjusting to medicine/treatment it also tends to reduce side effects. EG Chemotherapy patients who received Reiki noticed a marked decrease in side effects from treatment.

7) It can treat immediate problems such as physical or mental illnesses. By helping to maintain a state of physical and emotional balance, it can not only treat existing problems but perhaps prevent them from ever developing.

IN THE NEWS.....

Could tiny silicon discs hold key to beating terminal breast cancer?

By **Fiona MacRae**
Science Editor

TERMINAL breast cancer has been wiped out in 'astounding' research that raises the hope of a cure.

In tests on mice, tumours that would normally prove fatal vanished for at least eight months.

This is the equivalent of 24 years for a woman and would be judged a lasting cure under current criteria. By contrast, existing treatments extend life by as little as six months.

US researchers said that even if even only partly as successful in people, the new therapy could transform treatment of the disease. Mauro Ferrari, president of the Houston Methodist Research Institute in Texas, said: 'I would never want to over-promise to the thousands of patients looking for a cure but the data is astounding.'

However, British experts cautioned that what works in the lab doesn't always help real patients and said more research is needed. Dr Ferrari's focus is metastatic cancer, where the disease has spread from the breast to other parts of the body. While the initial tumour that appears on a woman's breast rarely kills, once cancer attacks other parts of the body it becomes incurable.

Clinicians find it difficult to deliver drugs to tumours hidden deep in the lungs or liver and, once there, the medication can be pumped out by cells that have become resistant to treatment.

Dr Ferrari has found an ingenious way of getting round these defences – and so of potentially curing metastatic cancer.

He has taken a widely-used cancer drug called doxorubicin and packed it into microscopic discs made of silicon. The silicon packaging hides the drug from the cancer, allowing it to sneak into tumour cells. Once inside, the silicon is broken down, releasing the drug, which is in an inactive form. The drug then moves out of reach of the pumps that are poised to eject it and towards the very heart of the diseased cell.

'There is still a long way to go'

Once there, the drug self-activates and the cell is killed. In tests on mice with terminal cancer, all the animals given conventional treatment died. By contrast, half of the creatures given the new treatment were still cancer-free after eight months.

Some 11,700 women die of breast cancer in the UK each year, the majority of them after tumours have spread.

Dr Ferrari says that in future, women with metastatic breast cancer could be given an injection of billions of drug-filled silicon discs. This would home in on tumours and destroy them. He hopes to test the treatment on women next year, with some of the early trials in the UK.

Writing in the journal Nature Biotechnology, he added that he had only tried the technique against one type of breast cancer but he is optimistic it will also work against others: 'If this research bears out in humans, we are talking about dramatically extending life.'

Stressing more work is needed, Dr Alan Worsley, of Cancer Research UK, said: 'This study helps show that a new delivery system to release chemotherapy inside cells could make treatment safer and more effective.'

Baroness Delyth Morgan, of Breast Cancer Now, added: 'While the results look promising in mice, there is still a long way to go before we will know if this technique could be an effective treatment for women.'

DAILY MAIL 15-03-2016

RESEARCH

Stress 'speeds up spread of cancer'

By Steve Connor
SCIENCE EDITOR

Stress can speed up the spread of cancer around the body, a study on laboratory mice has suggested.

Researchers found that stress in mice causes transport "highways" to develop in the lymphatic system – a network of vessels that carry fluid around the body – which allow cancers to spread from one part of the body to another.

The scientists believe the findings could have implications for cancer patients who may get worse if they are exposed to high levels of stress, or who could benefit from methods of relieving stress.

"We found that chronic stress signals the sympathetic nervous system – better known as the 'fight-or-flight' response – to profoundly impact lymphatic function and the spread of cancer cells," said Caroline Le of Monash University in Melbourne, Australia.

The scientists published their findings in *Nature Communications* and have now started a clinical trial to see if stress effects people with cancer.

IN THE NEWS.....

HEALTH

Nano particles herald 'astounding' breakthrough in cancer treatment

By Steve Connor
SCIENCE EDITOR

A new cancer treatment that uses nanotechnology has shown "astounding" results in mice.

Scientists believe the technique could offer a treatment for metastatic cancer of the lungs and liver, two of the main causes of death for patients with a wide range of incurable cancers that have spread around the body.

The researchers have developed a method of delivering anti-cancer drugs to these vital organs using a "nanoparticle generator" (*inset*) that can bypass a tumour cell's ability to develop drug resistance. Tests on mice with incurable, triple-negative breast cancer that has spread to the lungs shows that half of them were effectively cured of the disease after eight months of follow-up – equivalent to 24 years of long-term survival in humans.

Mauro Ferrari, the scientist who led the work at the Houston Methodist Research Institute in Texas, said the results on mice are unprecedented and clinical trials on the first human patients could begin as early as next year using existing anti-cancer drugs with known toxicity profiles.

"To my very best understanding, this is the first case we've ever seen of a therapy with a well understood mechanism that can provide long-term, disease-free survival of our pre-clinical animal populations," Dr Ferrari said.

"If this bears out in the clinical realm, even a fraction in the preclinical experimentation that we did, it will be transformational. It will be the first ever demonstration of a cure of metastatic disease to the lungs," he said.

If the findings were to be replicated by other researchers, it would represent a milestone in cancer therapy, coming just weeks after breakthroughs in cancer immunology where the body's own immune defences were shown to b capable of launching an attack o spreading tumours.

The study, published in the jou nal *Nature Biotechnology*, used standard chemotherapy drug calle doxorubicin. However, it was th drug-delivery mechanism, usin nanotechnology, that produced th stunning results, he said.

{i} The nanoparticle generator concentrates the anti-cancer drug within the tumour cells, **leaving healthy cells untouched**, which should avoid many toxic side-effects of conventional treatment.

HEALTH

New treatment makes breast cancer 'disappear'

By Ian Johnston

A new treatment for an aggressive form of breast cancer can make tumours "disappear" in just 11 days, scientists said yesterday as they hailed a "mind-boggling" breakthrough in the fight against the disease.

A trial of two drugs in combination found that tumours were completely cleared in 11 per cent of patients with HER2-positive breast cancer and were reduced to a "minimal" size in a further 17 per cent. Nearly 90 per cent saw a reduction in the number of cancer cells.

It means that women with this type of cancer may not need to undergo weeks of chemotherapy if they are given the drugs straight after diagnosis and before surgery.

Nigel Bundred, professor of surgical oncology at Manchester University, who presented the results of the trial at European Breast Cancer Conference in Amsterdam, cautioned that further trials were needed to confirm the results but could barely contain himself over the treatment's "ground-breaking potential".

"For solid tumours to disappear in 11 days is unheard of. These are mind-boggling results," he told *The Daily Telegraph*. "We are pretty certain that we are not only getting tumour disappearance – we are getting an immune response as well. These results are so staggering that I suspect that we will have to run another trial to prove that they are generalisable."

Around 15 to 25 per cent of women diagnosed with breast cancer have HER2, which tends to grow more quickly than other types.

{i} Cancer Research UK, said current treatments are effective, and **women often experience a complete response after three to four months**. But researchers said an 11-day response was very surprising.

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Middle Eastern Sumac Chicken and Couscous Salad Recipe

Sumac is a tangy lemony spice often used in Mediterranean and Middle Eastern cooking.

Serves 4

- 500g chicken breasts sliced
- 2 tsp sumac seasoning
- 2 tbsp extra virgin olive oil
- 50g pitted green olives sliced
- 2 tbsp chopped coriander
- 200g wholewheat couscous
- 2 preserved lemons chopped (60g)
- juice 1 lemon
- 4 handfuls herb salad (100g)

Toss the chicken in 1 tsp sumac. Heat 1 tbsp oil in a frying pan and fry the chicken for 6–7 minutes until golden and cooked throughout. Add the olives and coriander.

Meanwhile place the couscous and preserved lemons in a bowl and pour over 300ml boiling water cover and leave for 5 minutes. Fluff up with a fork and let cool slightly.

Whisk together the lemon juice remaining sumac and oil and toss into the salad. Mix in the chicken and couscous