



## Breast Cancer Support Group Sussex

Hi Ladies

I hope everyone is well.

For those of you who came to the group last month had a good evening trying on many wigs that Katherine Horn brought along. Katherine had some great wigs and some good advice for us about losing hair. So thank you Katherine for coming all that way! If anybody is interested in contacting Katherine, her details are **T 01233 501568 M 07925 323204** E [info@panachewigs.co.uk](mailto:info@panachewigs.co.uk) She travels all over the country so nowhere is too far for her.

On Saturday we held our pink stall at the Racecourse. It was disappointing to see so few of our members that came to help. Our thanks go to Yvette, Nora, Pat, Gwen, Sharon, Joyce, Bianca and Gwen's sister-in-law, Sally and Joyce's daughter-in-law, Naciye.

Many thanks for all your help with wrapping and being on the stall on Saturday. We collected £258.00 which goes into our charity. It is hard work for so few members so for our next pink stall please volunteer to help in some way even if it's for an hour or two.

Yvette and Nora will be happy to get some members together to have a fund raising team for next year and we hope there will be more members that will give up their time even for a couple of hours to help.

This month, November, we are welcoming Helen back from Boots to do makeup and give us new ideas from new products so please come along to support her.

Our ladies will be present at the next meeting to give Reiki and Aromatherapy as always.

As usual we will be holding our Christmas Party on 19th December. Lots of food and drink and some entertainment. We have also invited ladies from the BRCA Club to join us so we look forward to seeing them.

See you all on the 21<sup>st</sup> November at the Horizon Centre.

Best wishes

Joyce

### Dates For Your Diary

#### November 21

Our Group Meeting

#### Christmas Sparkle

with **Helen from  
Elizabeth Arden**

#### December 19

Our Christmas Party

#### December 25

Merry Christmas!

#### January 1

Wishing You A  
Happy and  
Healthy New Year!

#### January 16

Our 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**



Elizabeth Arden

NEW YORK

# It's time for a bit of Christmas Sparkle



The lovely Helen Clifton from Elizabeth Arden at Boots Brighton is attending our group meeting on **Monday 21<sup>st</sup> November.**

She'll be showing you tips on how to sparkle this Christmas with a demonstration – we need a volunteer please!



**Helen from Elizabeth Arden  
is a loyal supporter of the  
group. She's bringing some  
goodies with  
her for a raffle and  
a lucky dip.**

**Please do join us!**

## Hoping to click: dating and breast cancer



Seven women share their stories of dating after a breast cancer diagnosis.

The explosion of dating sites and apps may have revolutionised the way potential partners can meet nowadays. And a quick search for 'dating advice' brings up countless pages dedicated to the topic. But if you've had breast cancer, there may be additional worries to negotiate when looking for a match.

Who better to help you navigate the world of dating after a breast cancer diagnosis than the women who've been there themselves?

## Dating sites do work, just be patient

**Clair was diagnosed with breast cancer at the end of 2014, aged 38. Having ended her eight-year relationship shortly after finishing surgery, she decided to try internet dating in February 2016.**

'I decided to be upfront about my diagnosis. I chatted to one man I had a lot in common with and we got on really well. I told him and was shocked by his response. He normally wrote long messages but his response was: "I'm sorry to hear that, I'm not ignoring you I have to go out". This really hurt.

'I decided to try a different approach. This time I wanted to meet a man who would get to know me before I told him.

'I received a lovely message. We chatted daily for hours, getting to know each other. I instantly felt like I had met my soul mate.

'When he asked me for a date I decided he had to know, so I started typing the message while in a flood of tears. I was really scared of what his response may be. The anxiety became intense when I saw 'Typing a message' flash up on my phone. It seemed to take forever. His response was amazing. He said it wasn't an issue for him and he still wanted to take me out.

'Finally our date arrived. I was very nervous but we hit it off instantly. He asked me about the cancer and we arranged a second date. Four months later we are still together and very much in love.

'I would advise anyone to be honest. Get to know someone a little and pick the right moment to tell them. Dating sites do work, just be patient.'

## When's the right time to tell someone you have one breast?

**Penny, who was diagnosed at 52 in 2014, worries about the right time to tell potential partners about her cancer.**

'I haven't really dared to start dating! Friends urged me to try online dating but when is the right time to let someone know that you only have one breast?

'I was set up by a friend on one date, and frankly it was a bit of a disaster. It was over a year after my diagnosis and I don't think I was ready, emotionally or physically. But after the breakup of my marriage shortly before my diagnosis, I missed being close to someone.

'Once I was on the date I realised it was inevitable my cancer diagnosis would come up in the conversation – the treatment was a big part of my life for almost a year. It wasn't until

my date questioned me about what type of cancer I'd had that I realised how embarrassed I was about making the disclosure. It may have been bad timing but swiftly after telling him my cancer was in my breast, he up and left. I hadn't intended to talk about my breasts on my first date, and it seemed he was just as reluctant to hear about them!

'Finding oneself back on the "dating scene" later in life is challenging for anyone. But missing one breast means I'm incredibly nervous about the idea of a new man seeing my body. Most of all I worry about what point to raise the topic.

'I get annoyed when people say it won't matter if I meet the right man. I know of women in stable and happy relationships who feel shy about their ageing bodies. I wonder how they would feel about not having a breast to add to their insecurities!'

## It didn't bother him I only had one breast

**Jeanette was diagnosed with breast cancer at 45 in June 2012.**

'A year after my diagnosis, I finished all my treatment, my hair grew back and I went on my first date.

'He was a friend of a friend who knew I had breast cancer. But I wasn't sure if he knew I had had a mastectomy. We never spoke about it in our early days together, and as our relationship progressed and we got closer it was still never discussed.

'I knew I would have to broach the subject one day so I told him by text (it was easier than a face-to-face conversation) that I needed to go into hospital for another operation, my breast reconstruction. I gave him the choice there and then to walk away if he couldn't cope.

'He was lovely and said these words I'll never forget: "I love you for you". It didn't bother him I only had one breast.

'After my reconstruction I eventually got the courage to take my bra off and bare my scars and imperfections. I felt totally at ease with him and liberated, and our relationship just gets better and better.'

## The men I've had relationships with have been totally accepting

**Sue, 47, began dating through an online dating site three years after her diagnosis in July 2006.**

'I probably would have felt very nervous anyway, but the breast cancer added to this. I did

have a fear that no one would want to be with me once they found out about it.

‘When I first started dating I almost felt I needed a plan as to how and when to tell people. But I soon realised it was a very individual thing and that if and when the time was right, I would broach it.

‘Since then I have had several relationships, and I’m now living with my partner. Initially I was terrified about the prospect of intimacy with a new partner and what they might make of my surgery. But without exception the men I have had relationships with have all been totally accepting. In fact my partner celebrates my “magic breast” as without my surgery I would not still be here.

‘That’s not to say I haven’t felt self-conscious about it and really miss how I felt before breast cancer – there is a mourning for how it used to be.

‘There are plenty of people out there who will be totally accepting of any changes as a result of breast cancer. If not then this is their issue and not yours. Tell potential partners at the time that feels right for you – don’t feel under pressure to say something the minute you meet someone.’

## I still feel insecure

**Melissa was married when she was diagnosed with breast cancer at 38 in 2007, but her marriage broke down and she started a new relationship soon after.**

‘He was someone I had known for years. Dating wasn’t the problem, but I did worry about how he would react to my scars. Unfortunately that relationship also dissolved.

‘I am currently in a new relationship with an old school friend. He had followed me on Facebook and knew about my cancer, I just had to fill in all the gaps. I still feel insecure in this relationship and worry every day about my scars.’

## I’m really nervous at the thought of meeting someone

**Frances, 46, was diagnosed with breast cancer in September 2015.**

‘I’m currently single have no children, but have always hoped that I’d meet the man of my dreams one day after a few previous failed attempts!

‘I’ve always been a confident and very open and honest person at work (I have got quite a senior position managing staff). But since all my treatment and diagnosis, I’ve found myself really nervous at the thought of meeting someone new and having to share some personal details, for fear of putting them off.

'I'm currently on an online dating site, and have been on a couple of dates. But if I've told them about my last year, I've found I have not heard from them again which of course can be quite upsetting. I guess some people's "baggage" is harder to deal with than others'.

'It's a tricky one because I'm not ashamed of what I've been through – I'm proud to be a survivor" and so I just tell myself that if someone is going to judge me in a particular way, then they're not right for me anyway.

However, I remain positive and hopeful that with time I'll find someone who will celebrate my past and support me with my future!

## I never thought I'd meet someone at such a rough time

**Carole, a 54-year-old widow, began dating someone three weeks before she was diagnosed with breast cancer in 2015.**

'I was scared and dating was certainly not in the forefront of my mind anymore. I did not want to leave him wondering why I hadn't been in touch, so I called him a week after my diagnosis to tell him about the news. I wasn't expecting anything further as we both knew I had tough months ahead with surgery, chemotherapy, radiotherapy and hormone therapy.

'To my surprise, he sent me a heart-warming text to say that he would be willing to do anything for me. He was extremely caring and sensitive towards me during and after surgery, he took time off work to go with me to chemotherapy and was very supportive throughout all my treatments.

'We're still seeing each other and love each other very much. I never thought I would meet someone so nice at such a rough time of my life.'

# THE CATHOLAITY FAIR

SAT 12 NOV AT BRIGHTON RACECOURSE



Joyce and Gwen with Pete West,  
Mayor of Brighton & Hove

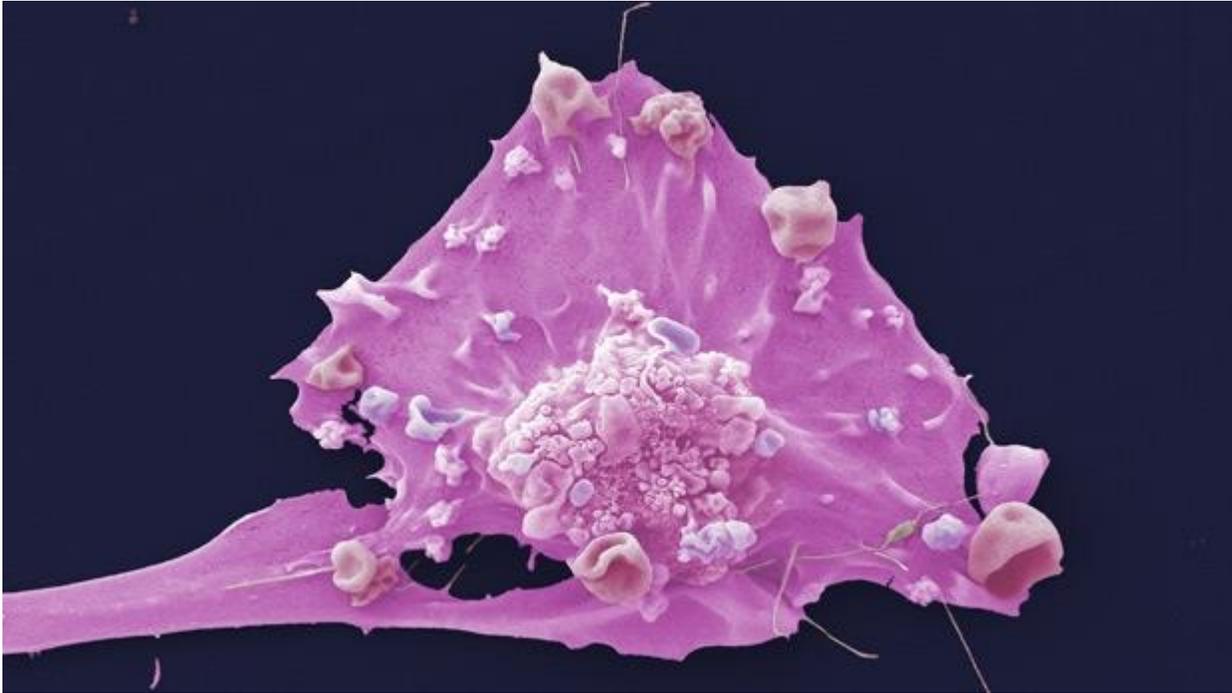
Sadly the weather was, like last year, wet and windy. We were therefore expecting low visitor numbers, but thankfully some braved the appalling weather to visit our girls on the stand and participate in our Tombola. We raised £258.50.

A **BIG** thank you to everyone who helped by donating gifts, wrapping them up and especially to those of you who gave up your time to attend on the day.

# Personalised breast cancer programme launches in Cambridge

## Press release

14 November 2016  
Cancer Research UK



A new personalised breast cancer programme which will map patients' DNA and RNA to tailor treatment for individuals launches at the Cancer Research UK Cambridge Institute([link is external](#)).

"By sequencing the entire tumour genome of women with breast cancer in our clinic and integrating this extensive data with other biological and clinical observations, we will assign patients to optimal therapy, changing the way we treat breast cancer forever." - *Professor Richard Gilbertson*

The project, which was launched with £1.1 million funding from Addenbrooke's Charitable Trust ([link is external](#))(ACT), will analyse the genome and all expressed genes of tumour cells from 250 breast cancer patients to improve diagnosis and tailor treatment.

Finding out what genes have become faulty in breast cancer cells will help researchers understand more about how cancer develops and spreads. It will also help doctors choose the best treatment for their patient.

Breast cancer patients are treated based on the broad types of cancer, for example, those that are likely to respond to hormone therapies, but it can be difficult to predict how individual patients will respond to treatment.

The researchers hope to find out how this personalised diagnosis and treatment programme could be implemented in the National Health Service's (NHS) breast cancer unit in Cambridge and hope that one day this will extend around the UK.

Professor Richard Gilbertson, director of the Cancer Research UK Major Cancer Centre at Cambridge University, said: "The Personalised Breast Cancer Project is truly ground-breaking. By sequencing the entire tumour genome of women with breast cancer in our clinic and integrating this extensive data with other biological and clinical observations, we will assign patients to optimal therapy, changing the way we treat breast cancer forever."

Professor Carlos Caldas, project lead at the Cancer Research UK Cambridge Institute, said: "We already know that there are around 10 different types of breast cancer, as we reported in 2012, and these respond differently to the available treatments. We're looking at ways to predict this response ensuring individual patients get the best treatment for them. We hope that this project will accelerate progress in developing personalised treatment for breast cancer patients."

Dr Jenny Longmore, Director of Research at Addenbrooke's Charitable Trust (ACT), said: "ACT is pleased to have been able to support the initiation of this clinical research project with more than £1.1 million of funding from many generous supporters. The project will involve patients from the Cambridge Breast Unit at Addenbrooke's Hospital, and we expect that the outcomes of the research will be valuable to patients both nationally and internationally in years to come."

Sir Harpal Kumar, Cancer Research UK's chief executive officer, said: "Today eight in 10 women with breast cancer survive their disease for at least 10 years. The ability to tailor treatment to individual patients will help ensure this number continues to rise and should help reduce side effects. This project will bring us closer to making personalised medicine a reality in the NHS and beyond."

Read more at <http://www.cancerresearchuk.org/about-us/cancer-news/press-release/2016-11-14-personalised-breast-cancer-programme-launches-in-cambridge#UzL9pocw659ZSQJc.99>

## Salmon (or tofu) with soba noodles and oriental greens



You can use any greens here – asparagus, green beans or sprouting broccoli would all work well. Packets of ready-cooked noodles are very useful to have in stock for instant meals.

Serves 2

- small piece of fresh ginger, grated
  - 2 garlic cloves, crushed
  - 1 tbsp honey
  - 2 tbsp soy sauce
  - 1 tbsp mirin or sweet sherry
  - 2 salmon fillets or 1 packet of firm tofu
  - 100g dry soba noodles or 200g ready cooked
  - 1 tsp sesame oil
  - 2 tsp vegetable oil
  - 2 spring onions, sliced into rounds
  - bag of pak choi (about 6 heads) or other Chinese greens
  - 1 tsp sesame seeds (optional)
  - salt and freshly ground black pepper
1. Put the ginger, garlic, honey, soy sauce and mirin in a bowl and mix together. Season with salt and pepper. Add the salmon fillets or tofu and turn over so all the sides are completely coated in the marinade. Leave for at least 30 minutes to marinate, but longer if you have it.

2. If using uncooked noodles, cook them according to the packet instructions. Drain and toss them in the sesame oil and leave to cool.
3. Heat the vegetable oil in a frying pan. Drain the salmon, reserving the marinade. Place the salmon, skin-side down, in the oil and fry for 3 minutes, then flip over and cook for a further couple of minutes. Remove from the pan.
4. Add the spring onions and pak choi to the pan, and sauté for a couple of minutes, then pour in the reserved marinade. Allow to sizzle for a minute or two, then add a splash of water. The greens should wilt down very quickly.
5. To serve, remove and discard the skin from the salmon and break the flesh into pieces. Pile on top of the noodles, then add the greens and pour over any liquid left in the frying pan. Serve sprinkled with the sesame seeds, if using.

## A SIMPLE TABLE DECORATION



### *Cranberry candles*

*For a simple yet stunning centerpiece, place five votive candles (in a variety of Christmas colors) in a line down a red rectangular serving dish. Fill the rest of the dish with cranberries, garnish with a few pine twigs and dust with artificial snow.*