

BEATING BREAST CANCER TOGETHER Donation form



Get Involved

Fundraising is an exciting way to use your skills, talents and expertise to raise money for the Sydney Breast Cancer Foundation.

Ladies Day at Mosman Rugby Club

On Saturday 11th of May 2019, the Mosman Rugby Club held their annual Ladies Day in aid of the Sydney Breast Cancer Foundation where they raised a staggering \$4,000!

Look out for their 2020 date coming soon.

North Sydney United Football Club (NSUFC) Gala Day & Fundraiser

The NSUFC held a Gala Day & Fundraiser on behalf of the SBCF and fundraised \$7,500.

This fun-filled day had a whole host of family activities including: an all-day BBQ, face painting, raffle, cake stand and much more.

Blackmores Sydney Running Festival

We had 16 participants in the 2019 Blackmores Sydney Running Festival who fundraised a total of \$5,832. Amongst our runners and walkers were members of our SBCF committee who took on the challenge as Team Pink.

Nalini Deshpande Calico bags

Nalini recently raised \$1,000 for SBCF by hosting an afternoon tea and selling her hand-painted calico shopping bags.

Ways to support SBCF

If you'd like to get involved and support the work of the SBCF, we've listed below a number of ways you can help us achieve our goals of improving survival rates and quality of life of breast cancer patients through early detection and intervention. All funds raised enable us to continue supporting those individuals and their families facing breast cancer.

1. Consider leaving us a gift in your Will
2. Make a regular monthly gift to support our work
3. Make a tax deductible donation
4. Organise an event (golf day, afternoon tea, family day) and donate the proceeds to SBCF
5. Nominate SBCF as your company's charity of choice. Ask your company to dollar match your fundraising efforts
6. Attend one of our signature fundraising events
7. Purchase SBCF merchandise either online or at our monthly Chris O'Brien Lifehouse stall
8. Make a donation in lieu of a gift, or in memory of a loved one, or in celebration of a special occasion (i.e. weddings, anniversaries, birthdays)
9. Participate in a community event (City2Surf, Blackmores Sydney Running Festival)
10. Volunteer your expertise

Don't forget!

Follow us on [facebook](#) and [instagram](#) for regular updates!



@sydneybreastcancerfoundation

Further information can be found at www.sbcf.org.au or by contacting us at sbcf@lh.org.au or [02 8514 0659](tel:0285140659)

Breast Cancer Research: CIFeR Study

Breast cancer research provides patients with the latest approaches to prevention, care and treatment. By supporting research, the Sydney Breast Cancer Foundation gives hope and possibility to people affected by breast cancer.

The generous support of our donors has enabled our latest research into clinical intervention strategies to reduce Fear of Recurrence in breast cancer survivors.

Fear of Recurrence (FCR) – the all-consuming worry that cancer will return after treatment – is a unique psychological distress common in survivors of breast cancer. Many breast cancer patients don't feel comfortable discussing this fear with their doctor and many doctors report feeling unequipped to address and manage the symptoms.

"Currently, there is a huge gap in addressing fear of recurrence, yet it's the most commonly reported issue in breast cancer survivors in routine follow-up," says Jenny Liu, Principle Investigator in the study and Medical Oncology Trainee at Chris O'Brien Lifehouse.

"This is because most breast cancer patients are long-term survivors. Additionally, these fears are often higher in younger women. Existing interventions are resource and time consuming and currently there are no studies on how medical oncologists can manage this fear during the routine follow-up clinics."

The study will pilot a 4-step, physician-driven intervention that will assist people with breast cancer to manage their unmet needs and anxiety. The outcome of this study will be an intervention that

can be practically implemented during oncology clinic follow-up sessions for patients, from 6 months to 5 years after completion of treatment.

"Our novel intervention combines education, reassurance and providing concrete information about prognosis and advice on strategies to manage worry," says Jenny.

"By better equipping our clinicians to deal with patients' fears, we can give cancer survivors the best chance of managing their worry in the longer term."

We are grateful for the philanthropic support that has enabled a research coordinator to provide vital support to this project. The coordinator will be responsible for participant recruitment, randomisation, collection and entry of patient-reported outcomes.

The verdict is in: Exercise is an essential part of cancer care

You may be aware that keeping fit helps lower your risk of cancer, but you might not know that regular exercise has enormous benefits for those undergoing cancer treatment too.

In 2018, the Clinical Oncology Society of Australia (COSA) released a "world-first" position statement: moderate-intensity exercise led by a qualified exercise physiologist is an integral part of a best-practice treatment plan.

It's not only the benefits to physical health and mood – research shows that exercise can help patients tolerate more aggressive treatments, counteract cancer-related fatigue, lower risk of recurrence and improve overall quality of life.

"We have real evidence-based guidelines that has shown us how effective exercise can be for a whole range of cancer types and side effects," says Exercise Physiologist Michael Marthick.

In the LivingRoom at Chris O'Brien Lifehouse, Michael works with patients and their doctors to develop bespoke exercise programs to suit individual needs. From yoga to strength exercises or gentle Qigong, patients can access a range of complementary therapies in this purpose-built facility.

"The COSA report has confirmed that individually tailored programs that support patients to exercise safely are an increasingly crucial part of cancer care," he says.

While there's no substitute for a tailor-made exercise program, there are plenty of simple ways that you can incorporate exercise and movement into your daily routine during treatment and recovery. Here are just a few.



Grab a coffee with a friend

Spending time with your loved ones is a great way to improve emotional wellbeing, but social occasions can provide an excellent opportunity to stretch your legs and get out of the house, too. Grab a coffee, go for a walk, or head to the park for a picnic.

Skip the lift, take the stairs

We know – you've heard it before, but incidental exercise like taking the stairs, getting off the bus a few stops early and walking, or doing a spot of gardening are

great ways to fit more movement into your day.

Find a social group near you

Breast Cancer Network Australia (bcna.org.au) provides a list of breast-cancer friendly exercise groups across Australia, including dragon boating, organised walking groups, and more. Exercising with other people can help keep you accountable, and meeting with other women who have experienced breast cancer can be an additional source of support.

Try chair yoga

Offered twice-weekly at the LivingRoom, chair yoga is a gentle alternative to the stretches you might be familiar with. For breast cancer patients who might experience lymphoedema following surgery or radiation, yoga can help restore range of motion in the arms and improve strength and mobility. The measured breathing techniques that accompany yoga can also help to relieve anxiety, a symptom that up to 50% of women with early breast cancer experience.

See an exercise physiologist

An Accredited Exercise Physiologist (AEP) can help to create an exercise program that is safe, evidence-based, and tailored for you. **Contact an AEP to make an appointment at www.essa.org.au.**

BEATING BREAST CANCER



together

2019 Newsletter of the Sydney Breast Cancer Foundation

An update on the SPY Machine: Enabling successful reconstruction

In 2018, the generous support of our community enabled the SBCF to fund the SPY Elite, a high-precision imaging machine used in breast reconstruction surgery at the Chris O'Brien Lifehouse Breast Care Unit.

The first of its kind in Australia, the machine allows surgeons to monitor blood flow to different areas of the breast during surgery and reconstruction. Low circulation puts patients at risk of tissue damage and infection, sometimes leading to a failed reconstruction. The SPY machine can identify these areas of low

blood flow and allows surgeons to adjust their techniques accordingly to deliver better results.

"We're now able to assess on table what's happening to the skin after we do a mastectomy and by doing that we're able to anticipate any particular concerns and address them immediately," says A/Prof Sanjay Warrier, Oncoplastic Surgeon at Chris O'Brien Lifehouse.

To date, the SPY Elite has been used in the surgeries of over 200 women at Chris O'Brien Lifehouse. According to

A/Prof Warrier, the technology has been instrumental in reducing necrosis (skin death) for patients undergoing breast reconstruction following mastectomy.

"My team is extremely grateful to the SBCF for providing us with the technology to improve our patients' outcomes and quality of life following surgery. Even to have been able to use this machine to provide a successful outcome for one woman would have been a privilege, and we've been able to do it for many women," says A/Prof Warrier.

Patient Story: Jennifer Trute



Just before Christmas last year I had a mammogram which showed calcification. I had more imaging and they decided to do a biopsy, then a couple of days later I was told I had DCIS (Ductal Carcinoma In Situ).

What happened next?

I had a lumpectomy which came back without clear margins, so the surgeon said the next stage was to have a unilateral mastectomy.

A friend recommended Sanjay Warrier at Chris O'Brien Lifehouse, so I did my research and booked an appointment with him.

Sanjay explained that the surgery would be performed a different way to what I had been told. It would involve a cut underneath the breast, instead of across, and would try to retain the nipple with the help of a piece of equipment he called a SPY machine.

As it happened, when I underwent surgery my nipple started dying from poor blood supply. Sanjay and his team had explained that there was a risk of this happening, and

they were able to catch it using the SPY machine. They did the mastectomy on both sides and halted there, and sent me home with a heated blanket to encourage blood flow in the nipple. After a couple of days I could see it return to normal, and then I went back a week later to have tissue expanders put in.

Have you had a good support network going through this?

I have had a great support network. My husband was wonderful, and we had lots of school mums helping with pick up and drop off.

I felt an outpouring of support from other women which was amazing. There's not one person that doesn't know multiple people who have been affected by breast cancer. There's a support network with breast cancer that there isn't with other things and that's been a massive help.

Jennifer is back at work part time after her operation and has been enjoying the school holidays with her two daughters.

News from the President

Lynne Crookes OAM

I continue to be amazed and proud of the accomplishments of our very small committee of volunteers and this year has been no exception. I hope our newsletter will share with you some of our achievements towards reaching the goal of 'beating breast cancer together'.



We have had another record year with the fundraising from our two major functions. The Rugby Long Lunch (organized by Deborah West) raised \$400,000 which will be used towards the ongoing support and training of the SBCF Surgical Fellows at the Breast Clinic at Chris O'Brien Lifehouse. This Fellowship is essential in the training of breast surgeons who then go on to work in hospitals and clinics in Australia.

The Ladies' Lunch moved this year to the Hyatt Regency Hotel – and the numbers increased from 400 to 650, selling out in just eight weeks. Renae Lopez was again the dedicated organizer doing an extraordinary job – and we raised an outstanding 130,000 which will be used to continue supporting the Breast Clinic at Chris O'Brien Lifehouse and assist people with breast cancer in obtaining access to complementary treatments available at the Living Room.

With your support SBCF continues to provide funding for two breast care nurses, SBCF Surgical Fellowship, ongoing tumour bank research, research into 'Reducing the fear of cancer recurrence', patient care packs and Living Room support. We continue to distribute our Shower Cards – giving thousands away each year to help remind women to check their breasts regularly.

I sincerely thank our ongoing and new event sponsors. Rugby Long Lunch Principal Sponsor Richard Crookes Constructions (since 2003), Major Sponsors Qube and Key Sponsors Leda, Napier & Blakeley and Howard Smith Wharves. Our prize sponsors – Audi Centre Mosman, Manildra Group and Low & James Travel Associates. For the Ladies' Lunch I would like to thank our new Gold Prize Sponsor British Airways, Major Supporters Symphonia Wines, Camilla and Canturi. As well as our Corporate Table Sponsors: AON, Cloud Collective, DEM Australia, DLL, I-Med, JPY Group, The Learning Circle Co, Petra Capital, Richard Crookes Constructions and Westpac Institutional Bank.

I again wish to thank my Committee – A/Prof Richard West, Anne West, Catherine West, Renae Lopez, Deborah West, Edith Maling and Laura Durkan. And I could never thank enough the wonderful work and care given to our patients by Dr Cindy Mak, A/Prof Sanjay Warriar, A/Prof Jane Beith and our essential breast care nurses.

Thank you to all our special supporters for helping us in the fight against breast cancer. Without you there is no us.

Rugby Long Lunch – our most successful year yet!

In July we were excited to announce that the 16th Annual Rugby Long Lunch made a staggering \$400,000, the highest amount raised to date.

In fact, some were heard to call it 'our best one yet', and indeed some of the talented performers and speakers will be hard to top. Ventriloquist Darren Carr had everyone in hysterics; rugby panel Gordon Bray, Richard Harry and Nathan Grey brought some of the Wallabies' greatest triumphs to life; Anthony Johnstone reminded us why we were all there with the touching story of his wife Rebekah's experience with breast cancer; Duncan Sheib encouraged us all to dig deeply and reach our goal and Vince Sorrenti did a great job keeping everyone in check.

This incredible figure will go towards Chris O'Brien Lifehouse, where it will be used to fund a number of Sydney Breast Cancer Foundation Breast Fellowships. Not only do breast cancer

Fellows contribute to our understanding of breast cancer and its treatment through research they gain hands-on skills and build vital relationships to continue their work with breast cancer into the future. In particular, the Sydney Breast Cancer Foundation Fellows are educated on high volume reconstruction and complex lumpectomy procedures, both of which represent best practice in modern breast surgery.

Of course, we couldn't have done it without you, our supporters, volunteers and guests. We'd like to take this opportunity to thank all of those involved, especially our Principal Sponsor Richard Crookes Constructions, who has been a generous supporter for 16 consecutive years.

Thank you also to our Major Sponsor Qube, Key sponsors Napier & Blakeley, Leda and Howard Smith Wharves, as well as our generous Prize Sponsors Manildra Group, Low & James Travel Associates and Audi Mosman Centre. A full list of

auction sponsors and prize donors can be found on our website.

It was a monumental effort and you can be sure that these contributions will go directly towards educating our next generation of surgeons and clinicians treating the most commonly diagnosed cancer in Australian women.



SAVE THE DATE: The 2020 Rugby Long Lunch will be held on Friday 29th May at The Hilton, Sydney.

The LivingRoom Breast Care Fund

Thanks to the incredible generosity of our community of supporters, we have been able to establish the LivingRoom Breast Care Fund, a dedicated fund to allow any people with breast cancer, regardless of their financial situation, the opportunity to try therapies that could reduce side effects of breast cancer treatment such as fatigue, nausea, and discomfort caused by fluid build-up.

The LivingRoom is the home of supportive care at Chris O'Brien Lifehouse. In this purpose-built space, a highly-skilled team of clinicians and allied health professionals are available to help patients manage the many side effects of cancer, including breast cancer

treatment, and restore or maintain wellness through a range of evidence-based therapies and holistic health assessments.

The fund enables referred people with breast cancer up to four free supportive care treatments, which could include clinical reflexology, acupuncture, oncology massage, lymphoedema therapy and exercise physiology.

At the end of its pilot term last year, the Fund had enabled 155 services to be delivered to approximately 85 patients. Thanks to the generosity of our supporters, the fund can continue to ease the burden of many people with breast cancer.

Meet Anannya Chakrabarti, Sydney Breast Cancer Foundation Breast Fellow



specialist in a specific field of interest – for me, that's breast surgery. The experience that a fellowship provides is highly influential in the care that a trainee will take forward to their patients and colleagues in the future.

A fellowship usually involves both clinical experience and research. Are you working on any research during your fellowship?

Absolutely. I come from a very strong academic background, so I'm passionate about research. Led by Professor Warriar and the breast surgeons here at the Breast Care Unit at Chris O'Brien Lifehouse, I've been gathering data from the patients we see to determine what are the risk factors for recurrence, and how we might go about preventing that. I have an interest in translating scientific discovery into the clinical setting and vice versa, so I hope that wherever I go from here I can continue to collaborate with Chris O'Brien Lifehouse on this.

Why did you choose to specialise in women's health, and breast cancer in particular?

A lot of decisions that young doctors make during their training are influenced by positive interactions with their colleagues, and for me it was no different. Most of my training has been in breast cancer, and I've also done a PhD in breast cancer research. Breast surgery is not just a scientific endeavour, there's also an artistic side to it. Being able to not just remove but to reconstruct, and then watching patients recover and often times have a positive outcome is very rewarding.

What is a fellowship and why is it a valuable part of your medical career?

A fellowship is when a qualified surgeon completes further training to become a

THANK YOU CARDS

Dear team @ SBCF, I just wanted to write a very quick note to say THANK YOU for your generous support and offers of these messages that I've received. These little gestures mean so much and I truly look forward to coming to Chris O'Brien on this day compared to all the other days I have to for treatments/tests. So thank you!

"Thank you SBCF for generous funding. Doctor Harris recommended massage while I have been struggling with radiation treatments. The massage has made so much difference to my pains and to my headspace. You can't know what a difference it has made. So grateful and blessed to have been here at Lifehouse. The care is amazing."

"Had my massage with Lizzie today. Loved it. I always find I sleep the best for the week the night after my massage. Thank you so much."

Your fellowship is funded by donors to the Sydney Breast Cancer Foundation. What would you say to them if you could meet them?

First of all I'd like to thank them for their generosity. Every opportunity that's created for trainees to work with world-leading surgeons is an opportunity for them to bring the same level of breast care back to their own institutes. Not only that, their experience filters down to the junior doctors and the colleagues that they go on to work with, so it has a follow-through effect in increasing the overall standard of care. The fact that your generosity has allowed a new position to be funded where there wasn't one before is an amazing opportunity.

Ladies Lunch raises \$132,000



Our 2019 Ladies Lunch was certainly bigger, better and pinker than ever, raising an incredible \$132,000!

With an unprecedented attendance, selling 650 tickets in just 8 weeks, we were welcomed into our new and larger venue, the Hyatt Regency Sydney.

We were astounded by the generosity of our guests who purchased multiple tickets and tables, raffle tickets, British Airways balloons and silent auction prizes.

The lunch was MCed by long-time supporter Jessica Rowe, who did a wonderful job.

For the Welcome to Country, we were joined by Auntie Barbara Simms Keeley, who spoke beautifully about the importance of Aboriginal breast cancer awareness.

This was followed by a stunning performance by recent Channel 9 'The Voice' finalist Natasha Stuart and her accompanying guitarist Joseph Calderazzo. Natasha spoke about her experience with breast cancer and touched on how her mental health was affected post-treatment.

Our SBCF ambassador Angela Bishop was then joined by celebrated Australian fashion designer Camilla Franks for a heartfelt and personal account of her recent Stage III breast cancer journey. Camilla spoke about the importance of 'being her own CEO' when it came to the treatment of her cancer, and of the love and support that she received from her partner JP and daughter Luna.

A/Prof Sanjay Warriar thanked the Sydney Breast Cancer Foundation for their support, which has enabled ongoing research, surgical breast fellowships and the nipple-saving SPY machine.

The day was then rounded off with the excitement of the raffle, with a donated Canturi Eternal white gold bangle up for grabs as first prize.

The BA balloon draw saw Heather Al-Hayek win the much anticipated BA flights. Heather is a patient of A/Prof Sanjay Warriar and a community nurse, so it couldn't have been won by a more deserving person. A beautiful ending to an incredible day!

The Sydney Breast Cancer Foundation would like to thank everyone who attended this remarkable lunch, which continues to grow year on year and has now become a permanent fixture in so many social calendars.

We would also like to thank our new Gold Prize Sponsor British Airways for their incredible contributions. Symphonia Wines, a wonderful family owned vineyard lead by Suzanne Evans, who have supported our lunch for the last three years. Our Corporate Table Sponsors AON, Cloud Collective, DEM Australia, DLL, I-Med, JPY Group, The Learning Circle Co, Petra Capital, Richard Crookes Constructions and Westpac Institutional Bank.

YES, I WANT TO HELP BEAT BREAST CANCER TOGETHER

Please complete, detach and return this form along with your donation, in the envelope provided.

**Sydney Breast Cancer Foundation
PO Box M5, Missenden Road
Camperdown NSW 2050**

Personal Details

Title: _____
First name: _____
Surname: _____
Company: _____
Address: _____
Suburb: _____
State: _____ Ph: _____
Email: _____

I WOULD LIKE TO MAKE A TAX- DEDUCTIBLE DONATION TO THE SYDNEY BREAST CANCER FOUNDATION

SINGLE DONATION - I would like to make a single donation to support the Sydney Breast Cancer Foundation.

\$25 \$50 \$100 \$250
 Other _____

Your tax deductible receipt will be mailed to you at the end of financial year.

MONTHLY DONATION - I would like to make monthly contributions to the Sydney Breast Cancer Foundation. Please debit monthly from my credit card (details below) until further notice.

\$25 \$50 \$100 \$250
 Other _____

Your tax deductible receipt will be mailed to you at the end of financial year.

CREDIT CARD PAYMENT

Please debit my credit card

AMEX Visa Mastercard

Card number: _____

Name on card: _____

Signature: _____

Expiry date: _____ / _____

I would like to receive information about including the SBCF in my Will.
 I would like to learn more about volunteering.
 I would prefer not to receive further mailings from the SBCF.

**THANK YOU FOR YOUR SUPPORT.
YOUR CONTRIBUTION WILL HAVE A DIRECT
IMPACT ON THE LIVES OF PATIENTS.**

Sponsors

**RICHARD CROOKES
CONSTRUCTIONS**



LEDA

**HOWARD
SMITH
WHARVES
EST. 1935**

**NB Napier &
Blakeley**