

together

2020 Vol.1

Newsletter of the Sydney Breast Cancer Foundation

News from the President Lynne Crookes OAM

This year we are celebrating our 25th anniversary. It's via our Sponsors and your generosity and support that we have been so successful in the last 25 years.

I would like to take the opportunity to welcome our new Events & Corporate Sponsorship Executive – Jaime Gardner and her part time assistant Erika Von Arnim. During this difficult time we could not have managed without their fantastic commitment, ideas and support.

The past 12 months have been like no other we've experienced – drought, bushfires and now COVID19. As a result we have had to cancel our Rugby Long Lunch and Ladies' Lunch – which effectively cuts off all our fundraising for the year. As we need to raise over \$450,000 to cover the costs of our funding commitments (SBCF Surgical Fellow, breast care nurses, patient support in the Living Room at Lifehouse and Research projects) we have been working hard to come up with more unusual funding ideas.

In October we will be holding OctoberBreast – where supporting pubs, hotels and bars will be serving pink drinks with some of

the proceeds going towards SBCF. We already have a number who have agreed to take part – there will be more about this campaign in the newsletter.

Also – a very new venture for us is an online campaign called Burpees4Boobs – encouraging people to commit to a number of burpees in October and involving their family, friends, workmates to join in and support the fundraising. We have some corporates already committed to take part – again, further information will be in the newsletter.

So during this difficult year I would like to thank my hardworking Committee - Deborah West, Renae Lopez, Catherine West, A/Prof Richard West, Anne West and Laura Durkin. And thank Dr Cindy Mak, A/Prof Jane Beith and A/Prof Sanjay Warrier & our breast cancer nurses for continuing to look after our patients during the COVID19 crisis. And thank you to our sponsors and supporters yet again.



Meet Jessica Rowe: Our Newest Ambassador

We are thrilled to welcome Jessica Rowe as our Newest Ambassador for 2020.

Jessica has been a long time supporter of the SBCF and has been the host of Ladies Lunch since 2016.

Jessica joins our two other fabulous Ambassadors, Angela Bishop & Emma Markezic.





A thank you from the team at Chris O'Brien Lifehouse for the Generous donation of \$50,000

The Sydney Breast Cancer Foundation's and your generosity enabled Chris O'Brien Lifehouse to respond quickly to the early challenges of the pandemic.

Cancer waits for no one and thanks to you, our staff were able to continue safely delivering lifesaving treatment to our vulnerable patients during this uncertain time.

With your support, we were able to purchase additional equipment to protect our staff and patients, equipment such as respirators for theatre staff and ICU heart monitors to track heart rate elevation (an indicator of COVID-19) in our patients. This also included 40,000 N95 masks to protect patients and staff from airborne virus particles.

We were also able to purchase two washing machines for laundering clothes of patients whose family were unable to visit them, and additional scrubs for our staff to minimize the risk of transmitting disease to their families at home.

The fact that we could purchase these items so quickly made, and continue to make, a profound difference to the welfare of our patients and staff, and we extend a heartfelt thank you on their behalf.

We're deeply grateful to Sydney Breast Cancer Foundation for their support during a time where so many of their fundraising events have been cancelled.

Meet Neshanth Easwaralingham, Sydney Breast Cancer Foundation Surgical Fellow

Neshanth Easwaralingham is the Sydney Breast Cancer Foundation Surgical Fellow for 2020.

Neshanth studied medicine through Sydney University and completed his surgical training in Western Sydney. He applied for the SBCF Fellowship in April 2019 and commenced the program in February 2020.

The role at Lifehouse has a competitive entry program and is highly sought after across Australia and New Zealand among surgeons who have completed training and looking to sub-specialise in breast cancer surgery.

Neshanth said he wanted to participate in this particular Fellowship for a number of reasons;

"The SBCF Fellowship training program at Lifehouse is one of the best in the country with a high volume of breast cancer patients being seen in clinics and undergoing surgery. The breast surgery department is an internationally recognised oncoplastic breast surgery



unit that offers the full gamut of surgical options to patients with breast cancer. There's access to the latest technology such as "SPY" and robotic surgery, making it one of the most cutting edge posts to gain access to, and there are numerous opportunities to participate in high quality research that will almost certainly change surgical practise in the future. Lifehouse itself has an excellent reputation and the surgeons comprising the breast unit are known to be both innovative and forward thinking and that was a big draw card".

"All things considered it has been an

interesting time to be the Breast Surgical Oncology Fellow at Lifehouse. COVID-19 has really impacted the way we interact with patients particularly in the clinic environment. Telehealth comprises a large proportion of our interactions. This is crucial when you consider many of our clientele are on chemotherapy and even more vulnerable to the virus. Like everyone, I hope there's a vaccine around the corner and we can get back to seeing everyone face to face."

When asked about the most rewarding aspect of the role Neshanth said it was;

"Being able to see patients at the end of their treatments and reflecting back with them about how far they've come." Neshanth hopes to take his skills to either suburban practice in Sydney or regional NSW, depending on opportunities in the future.

burpees 4 BOOBS

Join us this spring to burpee for a great cause, get involved and ask your family, friends and colleagues to sponsor you.

Whats a Burpee? Check out our Ambassador, Jessica Rowe going through her Burpee paces.

It's easy to get involved, head over to www.burpees4boobs.org.

Register to be a "Burpee-er" and set up an individual profile or gather a group of friends and set up a team. Commit to a target number of Burpee's for the month.

The campaign aims to raise **\$450,000** to help support the Breast Care Nurses, SBCF National Fellowship, state-of-the-art breast cancer unit.

We look forward to seeing you on the Leaderboard at www.burpees4boobs.org.



Make sure you follow and tag us @sydneybreastcancerfoundation

#burpees4boobs #burpees4breastcancer & #sydneybreastcancerfoundation and show us how you and your team are going with your burpees4boobs challenge!



OCTOBER BREAST

BREAST CANCER AWARENESS MONTH

In the month of October "Drink Pink" at any of our supporting venues and help raise funds for Sydney Breast Cancer Foundation. If you are a venue and would like to invite your patrons to "Drink Pink" with us - contact us at sbcf@lh.org.au

Verandah Bar
The Royal Leichhardt
The Greenwood
The Oaks
The Buena
The Glenmore

The Tilbury
The North Sydney Hotel
Misfits
Tilly Mays
Trinity Bar
The Park Hyatt Sydney

Ramblin Rascal
Double Deuce Lounge
The Alfred Hotel
Ryans Bar
Covent Garden
The Loungueville Hotel

Meet Jenny Oh

Educator and fundraiser for Breast Cancer Awareness and creator and host of the "Oh it's Cancer" Podcast.

Pre-cancer I was just like many people my age – enjoying a great social life, travelling and working hard... and having a few wines on the weekend. Life was good, and life was fun. Last November, I took a trip over to the US to visit a friend, and on a flight between Atlanta and San Francisco, I casually scratched my chest... and came across a rather jagged, hard lump in my breast. I knew right there and then that something was amiss – and less than a week later I had a confirmed diagnosis of ER PR + HER2 + grade 3 breast cancer.

I was 37 and have no family history of cancer.

Devastated. Confused. At times numb. My life had changed. The plans before me were scrapped, and now I would devote every waking moment to fight for my life. I had become "one of those people you see on a charity flyer" – I had cancer. I feel lucky to have had Dr Cindy Mak appointed

as my surgeon, and Dr Sanjeev Kumar as my medical oncologist. Along with the nurses at Day Therapy and my psychologist Julie Black, Cindy and Sanjeev were instrumental in getting me through what has undoubtedly been the most challenging period of my life. 5 months of chemo, surgery, 5 weeks of radiation and ongoing treatment... with the end result being that I have been given the all-clear.

Instead of saying "I have cancer", I am one of the lucky ones who can now say "I HAD cancer".

So how did I pull myself through not just cancer, but having a compromised immune system during a pandemic? I kept working full time, maintained my exercise as much as my body would allow, and decided to channel my experiences into something which I hope to be valuable to other young people who are facing cancer and chronic illness – I started a blog via my Instagram page "Oh it's cancer" and have been recording a podcast by the same name. I believe that using my voice to bring light to



what is a very challenging experience is critical in bringing awareness to what people facing cancer may be dealing with, as I am conscious that not all of us are able to speak their minds freely or may fear judgement from those around them.

It shocked me to learn just how expensive cancer and all that comes with it can be – from the perspective of patients as well as for our hospitals. I can say from first-hand experience that having all the support you can get around you in what were sometimes dark days is critical – and this is where your donations make a tangible and practical difference. Funds raised by Sydney Breast Cancer Foundation go directly to providing services such as breast nurses – the ongoing point of contact whilst you are undergoing treatment – as well as funding ongoing professional training and education to ensure that our next generation of medical professionals are well-equipped to look after us when we need it the most.

The SBCF aims to raise \$450,000 to cover funding commitments for FY2020-2021.

If you can, please consider donating to the SBCF [here](#).

A letter from Associate Professor Sanjay Warrior about trends in presentation

CCOVID has a significant impact on our society on multiple fronts. Unfortunately the risk of having COVID has not reduced the likely incidence of other disease process for any individual. Looking at Cancer Australia data, there has been a worrying drop in breast cancer diagnosis across the country compared to trends from previous years. It would be great if this related to a true reduced incidence but I am worried this is a reflection of people with potentially symptomatic and early breast cancers not presenting for assessment. Why this is important is because the earlier a cancer is diagnosed it allows for potentially simpler treatments and also better long



term outcomes. SBCF has messaged in April around this topic and I would like to reiterate it is very important to continue to screen currently and importantly if you have any breast symptoms please see a health practitioner to get it checked out.

The other aspect to breast cancer care has been navigating our treatments during this time for our patients. Cancer Australia and BCNA have been providing good advice on this front and we are currently in NSW recommending standard of care treatment for our breast cancer patients without any deviation away from this. This includes reconstructive procedures. We continue to monitor the levels of COVID in the state and appropriately manage our patients so that they don't end up with poorer outcomes from their breast cancer diagnosis. For patients diagnosed with breast cancer at this time the double

psychological burden of breast cancer treatment in the midst of a pandemic has been important to address. We have been working hard to educate patients receiving treatments such as chemotherapy so that they understand the appropriate precautions to take at this particular time.

Despite us being in a pandemic we continue to be committed towards creating the best possible outcomes for our patients.

This is what we are committed to and passionate about and what drives us as a multidisciplinary group. To do this we do need ongoing support and funding, and truly appreciate any ongoing or new support towards an incredibly important cause.

Sincerely,

Sanjay

IN MEMORIAM: Natasha Stuart 1976-2020



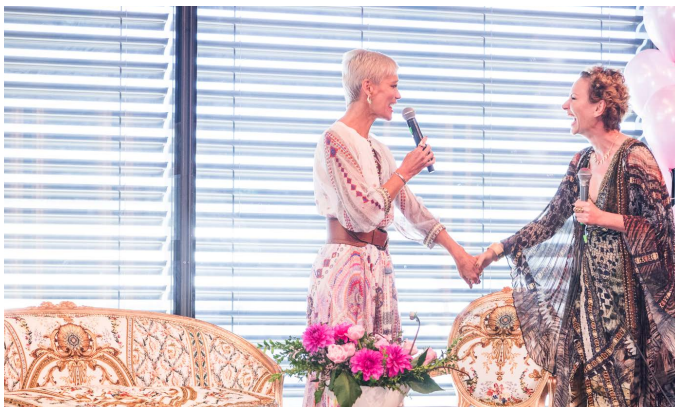
In January this year we lost a beautiful voice and advocate for Breast Cancer Awareness - Natasha Stuart.

You would have seen Natasha perform for us at the 2019 Ladies Lunch.

Natasha was a contestant on the Voice, where she joined Delta Goodrem's team.

She was an ambassador and on The Voice shared her story to **encourage young women to be vigilant about checking their breasts through regular breast examinations.**

At the SBCF we are passionate about Breast Awareness and community education and will continue to communicate Natasha's message to "Check Your Breasts!" as we know early detection can save lives.



We welcome our newest Committee Member: Lucy Vecchio

We are thrilled to have Lucy Vecchio join the Sydney Breast Cancer Committee this month. Lucy is the Principal at Olvera Advisors and brings a wealth of experience to the committee.

Welcome to the SBCF Lucy!



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

Follow us 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

Have you got your 3 Step Breast Check Shower Card?

The first day of every month is a great reminder to #checkyourbreasts.

Get your shower cards for free at www.sbcf.org.au. Early detection saves lives & if you notice any changes in your breasts, see your GP immediately. Self examination should be done in addition to breast examinations by your GP and screening mammograms every two years, which are available free of charge through BreastScreen NSW by calling 13 20 50.



BEATING BREAST CANCER TOGETHER

Donation form



YES, I WANT TO HELP BEAT BREAST CANCER TOGETHER

Donate online

Or please complete, detach and return this form along with your donation to:

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.