

2017 (February – April)



Making Connections

Events for Women Living with
Advanced* Breast and Gynaecological Cancers

* Advanced cancer can also be called Secondary or Metastatic Cancer

Breast Cancer and Bone Metastases

Wednesday 8 March
12.30pm – 2.00pm



Metastatic breast cancer commonly involves bone metastases. As a result, several complications can arise: bone pain, fractures and high blood levels of calcium. In addition, the treatments for metastatic cancer can increase the risk for osteopenia and osteoporosis. In this session Yoland will detail the current and upcoming treatments available to strengthen bone and prevent complications arising from bone metastases. There will be an opportunity to ask general questions.

Yoland Anthill is a Medical Oncologist at Cabrini Health and Peninsula Health services, as well as doing research and clinical work in cancer genetics at Royal Melbourne Hospital.

Morning Tea for Women Living with Advanced Cancer

Monday 24 April
10.30am – 12.00pm

Join us for a lovely morning tea and an opportunity to chat with Breacan volunteers and other women who are living with advanced cancer.

There are real benefits to connecting with others who really understand your situation in a way that others, however well meaning, may not. Some of these include not feeling so alone and isolated, learning tips and strategies from other women about what helps them, being able to 'be real' and express how it is for you without having to be stoic and protect others, and last but not least finding the humour in spite of it all.

To women who've been here to our Resource Centre many times, and to women who have never used our service, if you are living with advanced cancer you are very welcome.

Bookings are essential for all sessions.

To attend in person: Phone 1300 781 500 or email breacan@breacan.org.au

To register for a webinar: Go to www.breacan.org.au/events/ click on the session you are interested in then click on the webinar link to go to the registration page.

Breacan is a free information and support service for people affected by breast cancer or a gynaecological cancer.

Breacan Resource Centre:

Level 5, Queen Victoria Women's Centre
210 Lonsdale Street, Melbourne

Open 10.00am–5.00pm
Monday, Wednesday and Thursday
(Peer Support 10.00am–2.00pm)

Phone 1300 781 500

Email breacan@breacan.org.au

www.breacan.org.au

/BreacanSupport

@breacan

Ongoing Programs at Breacan

What's On: Free information sessions and activities for all women diagnosed with breast and gynaecological cancers. The current *What's On* program has lots of interesting sessions that you may like to attend. These include *Healing Yoga* on Mondays, 27 February to 27 March in Doncaster, *Managing Chronic Illness* on Thursday 20 April, and *Vitamin D and Cancer* on Wednesday 26 April.

Please see the full program online at www.breacan.org.au/events/ or phone us on 1300 781 500 and we will post a program to you.

Reflexology: Reflexology is a gentle therapeutic foot massage provided by a qualified reflexologist. Breacan offers free 40 minute reflexology appointments once a month on Thursdays. Booking is essential, so please phone us on **1300 781 500**.

Feel Good is a gentle exercise program held fortnightly in the city and conducted by a qualified fitness instructor. Sessions are open to all ages and all levels of fitness. Phone us on **1300 781 500** to find out how you can register to be involved and when the next session is being held.

Connecting from Home



We offer some sessions as webinars so that you can take part online. Look for this symbol to show that a session is being broadcast simultaneously as a webinar. In the current program the following are offered as webinars:

- *Understanding Your Pathology Report* on Thursday 23 February
- *Breast Cancer and Bone Metastases* on Wednesday 8 March
- *Fertility Preservation* on Monday 20 March
- *Lymphoedema* on Thursday 30 March
- *Managing Chronic Illness* on Thursday 20 April
- *Vitamin D and Cancer* on Wednesday 26 April

To register for the webinar for these sessions see our website www.breacan.org.au/events/ You will need to click on the webinar link for the session you are interested in.

Remember you can go to the website to access past webinars at www.breacan.org.au/past-webinars. These include past Making Connections sessions.

Research Opportunity – Your Views on End of Life Care

Cancer Council Victoria is partnering with the Australian Centre for Health Law Research (QUT), the University of Queensland and Cancer Councils NSW and Queensland to explore how people understand and act upon their legal right to participate in decisions about end of life care for themselves or for their loved ones. We're looking for people with terminal cancer and family members of people with terminal cancer aged 18 and above who are involved in medical decision-making to complete an interview at a time and location convenient to them. To minimise any possible distress caused by talking about advanced cancer and end of life, information on how to access counselling services will be offered.

This research has been approved by Cancer Council Victoria's Human Research Ethics Committee, the QUT University Human Research Ethics Committee, and the University of Queensland Behavioural and Social Sciences Ethical Review Committee. Find out more by visiting www.cancervic.org.au/end-of-life-study or contacting Dr Rachel Feeney at QUT on **07 3365 2505** or rachel.feeney@qut.edu.au.