

Outreach

Stay up-to-date on the latest breast cancer news & events!

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World Cancer Day is February 4

Join CBCN in raising awareness

A truly global event taking place every year on February 4, World Cancer Day unites the world's population in the fight against cancer.

It aims to save millions of preventable deaths each year by raising awareness and education about the disease, pressing governments and individuals across the world to take action.

On this day, the Canadian Breast Cancer Network calls on its partners and supporters to join us in voicing the views and concerns of breast cancer survivors and patients. Together we can work towards a future with the best quality of life for all Canadians affected by breast cancer.



Share your story

Seeking stories of inflammatory breast cancer

Have you been diagnosed with inflammatory breast cancer? Would you like to educate and inspire others with your story? Then why not share your story through an article in CBCN's magazine, *Network News*. You can choose to write it yourself or tell it to a writer, who will draft the article and send it to you for approval before it is published. If you are interested, please contact Wendy at whall@cbcn.ca.



CBCN in action

CBCN provides input to the British Columbia Pharmacare Drug Coverage Review Process

This January, CBCN provided a patient input submission to the British Columbia Pharmacare Drug Coverage Review Process in support of the treatment Xgeva (denosumab), which is intended for the prevention of skeletal-related events due to bone metastases from breast cancer. CBCN's submission provided critical input on the needs and challenges of women living with metastatic breast cancer and the impact that access to essential treatments can have to improve the quality of life for women affected by this disease.

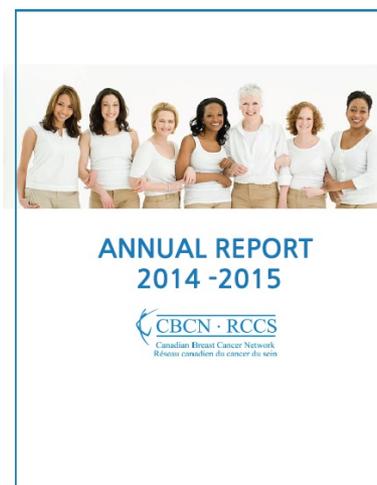
Through these submissions, CBCN aims to raise awareness about the challenges associated with treating metastatic breast cancer, and ensure that patient experiences are being leveraged towards more informed decision-making.

CBCN provides submission to Ontario Ministry of Finance for 2016 budget

CBCN provided input to the Ontario Ministry of Finance's pre-budget consultation. Our submission highlighted the need to ensure affordable and timely access to effective treatments, particularly for metastatic breast cancer patients, as well as to continue research investments to improve the quality of life for all Canadians affected by breast cancer.

Check out what we've been up to

We're pleased to share CBCN's 2014-2015 annual report highlighting some of the key initiatives that CBCN has undertaken over the past couple of years. Take a look at cbcncan.ca and see what we've been working on.



Learn & connect

Fashion makeover day for P.E.I. breast cancer survivors is February 13

A group of volunteers in Prince Edward Island invites breast cancer survivors to take part in a day to celebrate you. Dress up in clothing borrowed from a local clothing store (fitted beforehand), get make-up and nails done or have a hand massage, and have the new you captured in a fun photo shoot and on video. The event takes place on February 13 from 11 a.m. to 3 p.m. at the Cymbria Lions Club in Rustico. For more information or to sign up, please contact Stacey Wyand at 902-628-5860 or staceywyand@hotmail.com by February 8. There is space for four participants.

Webinar on superfoods scheduled for February 15 at noon Pacific Time

Become an informed foodie during this one-hour session that explores the potential benefits of some top superfoods, as well as the controversies around them. You'll not only learn how these foods can be helpful, but also when they are best for you to ingest. This is a great forum to get some answers to questions like "Should I have flax seed or avoid it?", "Do I aim for three glasses of green juice a day?" or "Is it really OK to have a piece of dark chocolate every night?" This webinar is presented by InspireHealth. To register, visit www.inspirehealth.ca/webinars/.

Webinar February 17: Making breast reconstruction decisions

Trying to figure out whether breast reconstruction is right for you? Join Living Beyond Breast Cancer for a free webinar, when a panel of women who have considered reconstruction discuss their decision-making experiences and share how their choices have impacted their lives today. The webinar takes place on February 17 from noon to 1 p.m. Eastern Time. For more information or to register, visit www.lbbc.org/programs-events/.

Lymphedema symposium March 12 in Winnipeg

The Lymphedema Association of Manitoba presents the fourth annual Lymphedema Awareness Day Symposium on March 12 at the Hilton Winnipeg Airport Suites, located at 1800 Wellington Avenue in Winnipeg. On the agenda are:

- obesity and lymphedema
- the importance of foot care
- reclaiming intimacy and nurturing the connection after a life-changing health crisis
- head and neck cancer and lymphedema
- professional garment fitting
- special presentation about living with lymphedema

For more information or to register, visit www.lymphmanitoba.ca/.

Conference on metastatic breast cancer April 8 to 10 in Philadelphia

Thriving Together: 2016 Conference on Metastatic Breast Cancer takes place April 8 to 10 in Philadelphia, Pennsylvania. Presented by Living Beyond Breast Cancer, the conference features national experts presenting news you can use in large sessions as well as smaller more personalized breakouts. The conference also provides you and those who care about you a space to share information and resources and ask questions about the complex medical, emotional, social and practical challenges that accompany a metastatic diagnosis. For more information or to register, visit www.lbbc.org/programs-events/.

A global perspective: work across sectors with positive results

Looking for a framework to guide research or collaborative change in your organization? Seeking ways to engage many sectors to invest in health as a resource? Need to help them see that everyone has a role to play in health, and their work is interconnected? Then these online workshops, presented by The Quaic, are for you!

Enhance your skills in partnership development, collaborative planning, knowledge exchange, and facilitation with this affordable five-part online workshop series that uses the [Circle of Health](#) - an integrated framework that resonates across cultures and sectors and

provides a practical application of the Ottawa Charter (WHO, 1986).

Workshops run February 11 to March 1 from 9:00 a.m. to 10:30 a.m. Eastern Time and 1:30 p.m. to 3:00 p.m. Eastern Time. Register for single workshops or the full series, and join from the comfort of your home or office - ideal for organizations with a limited travel budget for continuing education.

Discounts are available for groups of two or more.

Click here for details and rates: www.thequaich.pe.ca/workshops.asp.

Past participants say:

"Organized, helpful sessions. Accessible due to webinar format. Complemented with comprehensive well-formatted materials. Personalized."

"The Circle of Health gives me something concrete and visual to bring to different sectors or disciplines that may speak to them about how we all play a role."

Featured video

This month, we are sharing our informative recorded webinar on New Therapy Options for Metastatic Breast Cancer. Dr. Stephen Chia, M.D., F.R.C.P., an oncologist with the British Columbia Cancer Agency and an Associate Professor of Medicine at the University of British Columbia, discusses the latest in treatment options that are available to metastatic breast cancer patients.



Dr. Stephen Chia

To watch the webinar, visit <https://youtu.be/32YsjhTTpPU>.

To view more of CBCN's recorded webinars, visit our YouTube page at www.youtube.com/.

To nominate a video for CBCN's Featured Video, email Rebecca at rwilson@cbcn.ca.



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