

Outreach

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

[Triple-negative Breast Cancer Day](#) | [Subsequent Entry Biologics | metastatic conference](#) | [CHPCA's Learning Institute](#) | [medical imaging research](#) | [free knitted prostheses](#) | [prophylactic mastectomy study](#) | [male breast cancer brochure](#) | [Quebec healthcare survey](#) | [return to work](#) | [featured video](#) | [new board members](#)



Triple-negative Breast Cancer Day is March 3

The third day of the third month in 2016 is the fourth Triple-negative Breast Cancer Day. This is a day for a global awareness and grassroots fundraising aimed at helping to eradicate triple-negative breast cancer (TNBC) and celebrating the courage and strength of TNBC patients and survivors.

Triple-negative breast cancer gets its name from the fact that it lacks receptors for three substances that fuel other breast cancers: estrogen, progesterone, and a protein called human epidermal growth factor 2 (HER2). Therefore, TNBC cannot be treated with targeted therapies specifically developed for other breast cancers.

Scientists are looking for novel ways to treat TNBC and have some promising leads. For example, some TNBC tumours may have androgen receptors and could be treated with drugs developed for prostate cancer.

On this Triple-negative Breast Cancer Day, the Canadian Breast Cancer Network continues to stand in support of all Canadians affected by TNBC to promote increased awareness and encourage the development of new technologies and expanded treatment options for all women living with this disease.



CBCN in action

CBCN provides critical input to Health Canada on Subsequent Entry Biologics

In February, CBCN was pleased to provide input on Health Canada's Guidance Document: Information and Submission Requirements for Subsequent Entry Biologics for sponsors. CBCN highlighted the need to ensure that the regulation of SEBs continues to offer patients choice, broadens access, and above else ensures patient safety.

CBCN will continue to engage stakeholders and decision-makers on the regulation of Subsequent Entry Biologic products and ensure that the patient perspective is informing

Learn & connect

This section of *Outreach* is to share resources, educational tools and information developed by partner groups and other organizations; the views and information expressed in this section do not necessarily reflect the views of the Canadian Breast Cancer Network.

Metastatic breast cancer conference in Philadelphia April 8 to 10

Be part of *Thriving Together: 2016 Conference on Metastatic Breast Cancer*, April 8 to 10 in Philadelphia, Pennsylvania. At the conference, you will learn about the latest medical research and quality-of-life information while connecting with others with similar needs and concerns.



**LIVING BEYOND
BREAST CANCER**

Now in its tenth year, this 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 lbbc.org.

Canadian Hospice Palliative Care Association's Learning Institute takes place June 3 to 5 in Banff

The Canadian Hospice Palliative Care Association's Learning Institute brings together health care professionals from across the country for an intense learning weekend. The program is directed towards intermediate and advance learning levels and is facilitated by the best faculty in Canada along with recognized international leaders to make up a most sophisticated caliber of educators and mentors.

The Learning Institute will take place June 3 to 5 in Banff, Alberta, at the Banff Centre. It will provide the best and brightest in the hospice palliative care field and other allied healthcare professionals with the opportunity to advance their skills and share their expertise. The weekend will include intensive workshops that will be attended by doctors, nurses, pharmacists, researchers, spiritual care advisers, and social workers.

For more information or to register, visit conference.chpca.net/about-the-conference/.

Research project seeks to understand patient experiences with medical imaging

Have you been diagnosed with breast cancer within the past six months and had surgery? The Canadian Cancer Society Research Institute is funding a research project that seeks to understand patient experiences with medical imaging. The ultimate goal of this project is to improve the care, safety, and quality of life for women diagnosed with breast cancer. Investigators at the Ottawa Hospital Research Institute are currently recruiting women from across Canada who have had breast cancer surgery in the last three months. If you are interested in participating in this study or have questions, please contact Stefanie Linklater: slinklater@ohri.ca, 613-737-8899, ext. 73812.

Free breast prostheses are knit by hand with love

Knitted Knockers of Canada produces knitted breast prostheses for women who have undergone mastectomies or other procedures to the breast. These soft, comfortable, lightweight prostheses are available for free. They are handmade with love by volunteers.



Some women find traditional breast prostheses too expensive, heavy, sweaty, and uncomfortable. Also, traditional prostheses often cannot be worn for weeks after surgery. Knitted knockers, on the other hand, are soft and comfortable. When placed in a regular bra, they take the shape and feel of a real breast. The knitted knocker can also be used in your prosthetic bra or in a post-op camisole as a lightweight choice.

For more information, to place an order, or to volunteer as a knitter, visit www.knittedknockerscanada.com/.

Participants wanted for study of contralateral prophylactic mastectomy

Have you had breast cancer on one side? Are you within six months of breast cancer surgery? Cancer Care Ontario, the Ontario Institute for Cancer Research, and the Canadian Cancer Society Research Institute are funding a research project that seeks to understand the variables associated with the decision for or against having a contralateral prophylactic mastectomy (which is, the removal of both breasts, including the one that is unaffected by cancer). The ultimate goal of this project is to improve the care, safety, and quality of life for women diagnosed with breast cancer.

Dr. Janet Squires and Dr. Angel Arnaout are currently recruiting women across Canada who have and have not had contralateral prophylactic mastectomy, and who have had breast cancer surgery in the last six months. If you are interested in participating in this study or have questions, please contact Sarah-Nicole Simard at sasimard@ohri.ca or 613-737-8899, ext. 73843.

New brochure supports men with breast cancer

Being a man diagnosed with what is usually considered a "woman's disease" can be lonely and sometimes feel embarrassing. Men diagnosed with breast cancer face unique challenges. That's why Living Beyond Breast Cancer has created *Breast Cancer inFocus: Breast Cancer in Men*: to help you cope with your diagnosis and prepare you for the specific issues you may face in the coming months and years. [Download a copy of the brochure.](#)

Quebec commission seeking citizens' comments on healthcare and social services

The Quebec Health and Welfare Commissioner, whose mission is to assess the performance of the health and social services system, encourages Quebec residents to submit personal accounts about the province's publicly funded healthcare and social services.

The information will be used for the 2016 report to the Minister of Health and Social Services and the National Assembly on insured services.

To access the survey, visit www.csbe.gouv.qc.ca/enquete/index.php/564586.

Study looks at return to work for cancer patients

The Nova Scotia Health Authority is looking to engage patients from across Canada who have had to take a leave of absence from work during their cancer treatments. Through three separate interviews, this study wants to hear about your views on returning to work.

For more information, contact the project coordinator, Emily Drake, by phone at 902-292-3859 or email Emily.Drake@dal.ca.

Featured video

This month we are sharing Living Beyond Breast Cancer's "Breast Cancer 360: A Look at Triple-negative Breast Cancer From Every Angle". Presented on July 22, 2015, the video brings you the latest about triple-negative breast cancer, including myths surrounding it and the research being done to find new treatments. To watch this video, [click here](#).

Be sure to watch Living Beyond Breast Cancer's live Breast Cancer 360 on triple-negative breast cancer, "Waiting for the Future," tonight at 5:30 p.m. Eastern Time. To register for tonight's viewing, visit www.lbbc.org/programs-events.

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

Share your story

CBCN welcomes new board members

The Canadian Breast Cancer Network is pleased to welcome two new board members: Laurie Kingston of Ottawa, Ontario, and Shirley MacLean of Fredericton, New Brunswick. They, like all of CBCN's board members, have personally experienced a breast cancer diagnosis.

As a ten-year metastatic breast cancer patient, Laurie brings a unique perspective to CBCN's board. She says she joined the board because CBCN is the only organization in Canada that has advocacy programs to empower metastatic breast cancer patients and lobby governments on their behalf.

She especially hopes to advocate for more research into lengthening and saving lives of breast cancer patients, rather than early detection, which she calls a "red herring". She wants to get the message out that metastatic breast cancer is not an immediate death sentence: as her case demonstrates, there is hope.

As well as her personal knowledge of metastatic breast cancer, Laurie brings to CBCN her experience on boards of a housing cooperative, a daycare, and the Canadian Federation of Students in Ontario, along with her work doing research and communications for advocacy organizations. In her spare time, Laurie enjoys writing, knitting, cycling, and spending time with her husband, two sons, ages 12 and 17, and her two dogs.



Laurie Kingston

Shirley has been a lawyer for 25 years, and she is the Registrar and Deputy Executive Director of the Law Society of New Brunswick.



Shirley MacLean

As a CBCN board member, Shirley wants to participate in providing support, information, and hope to breast cancer patients, and she especially looks forward to being an advocate for patients and survivors.

Shirley says several of her family members have struggled with breast cancer, about which there is fear and a lack of understanding. She feels there is also a lack of local resources and support in her area for breast cancer patients and she wants to see more established or to enhance the existing relationships.

In her spare time, Shirley enjoys running, gardening, and travelling with her son and husband. She is also involved with the local school board, her church, her son's pipe band activities, and the efforts to bring Syrian refugees to Canada.



[Learn & Connect!](#)



[Become a Supporter!](#)



[CBCN adheres to the CCAN Code of Conduct](#)



Canadian Breast Cancer Network
331 Cooper Street, Suite 602, Ottawa ON K2P 0G5
Telephone: 1-800-685-8820; Ottawa: 613-230-3044 Fax: 613-230-4424; cbcncn@cbcncn.ca; www.cbcncn.ca

Outreach is published 12 times a year by the Canadian Breast Cancer Network. It is available in English or French, and is distributed as a text-only e-mail message. The views expressed herein are the views of the authors and do not necessarily represent the views of CBCN. To be added to the Outreach distribution list or to update your e-mail address, please e-mail Wendy at whall@cbcncn.ca. Send your content submissions to cbcncn@cbcncn.ca.

