

Outreach

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

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National Family Caregiver Day is April 5

On the first Tuesday of April, Canadians come together to recognize family members, friends, neighbours and other significant people who take on a caring role to support someone with a diminishing physical ability, a debilitating cognitive condition, or a chronic life-limiting illness. National Family Caregiver Day encourages all Canadians to pay tribute to and recognize the valuable contribution of family caregivers to our lives and our society as a whole.

April 16 is National Advance Care Planning Day

Let's start talking!

Too busy? Too young? Too depressing?

Those are just a few of the excuses Canadians have for not making an advance care plan. But what would happen if you were ill and couldn't make medical decisions for yourself? Who would speak for you? Do they know what to say or do?

April 16 is National Advance Care Planning Day, a perfect day for you and those around you to have important conversations. Advance care planning is a process of communicating your future health care wishes and deciding on a Substitute Decision Maker - someone who could speak for you if you couldn't speak for yourself.

Research has shown that advance care planning significantly reduces stress, depression, and anxiety in family members and caregivers who know your wishes and can act with confidence on your behalf.

The Canadian Breast Cancer Network is proud to celebrate National Advance Care Planning Day and we hope that you will participate with us by sharing resources and having these important conversations with family and friends. You can learn more about National Advance Care Planning Day and find free downloadable resources such as workbooks, videos, conversation starters, and legal requirements/local resources in your province/territory at: www.advancecareplanning.ca.

This April 16, stop making excuses - and start talking!



CBCN in action

CBCN provides critical input to Health Canada

CBCN was pleased to provide critical input to Health Canada regarding its draft strategic plan for the Health Products and Food Branch.

In our feedback, CBCN highlighted the need for increased transparency and accountability from the directorate, urging for a commitment to ensuring that policy decisions are rendered and publicly communicated in a timely manner and that patient groups and other key stakeholders continue to be engaged throughout the implementation of the strategic plan.

CBCN will continue to work closely with Health Canada and other regulatory bodies to ensure that the patient perspective is informing decision-making.

Education session for people living with metastatic breast cancer & their families

Thursday, April 7

1:30 p.m. to 3:30 p.m.

Winnipeg, Manitoba

Please note: This session is only available to residents of Manitoba. If you are interested in participating in similar sessions in the future, please send an email to jgordon@cbcn.ca, indicating what province you live in.



EDUCATION SESSION FOR PEOPLE LIVING WITH METASTATIC BREAST CANCER & THEIR FAMILIES

Join us for a FREE interactive education session to learn about and discuss:

- ▶ Advances in the treatment of metastatic breast cancer
- ▶ Resources and programs to provide information and support to patients and families

Visit www.CBCN.ca for more information

THURSDAY APRIL 7, 2016

1:30pm - 3:30pm

Location: CancerCare Manitoba,
2nd Floor, Greenberg Theatre
675 McDermot Ave., Winnipeg, MB

To Register: call 204-788-8082 or
email

CCMBEEvents@cancercare.mb.ca

This session may be available via
Telehealth in your community.

Please call 1-888-660-4866 to
inquire.

SPEAKERS

DR. SUNIL VERMA, MD, MEd, FRCPC, Medical Director at the Tom Baker Cancer Centre, and the Academic Department Head, Department of Oncology at the University of Calgary.

KATHERINE GOTTMANN, MSW, RSW, Psychosocial Oncology Clinician, CancerCare Manitoba

LORI SANTORO R.N. Con(C), Breast Cancer Patient and Family Educator, Breast & Gyne Cancer Centre of Hope

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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.

Learn about a healthy lifestyle



Anticancer LIFESTYLE PROGRAM

A program of the Anticancer Lifestyle Foundation

Register for the Anticancer Lifestyle Program at the Ottawa Integrative Cancer Centre. The Anticancer Lifestyle Program is a lifestyle transformation program for people diagnosed with cancer. After 12 weekly sessions, participants will have essential tools and information needed to sustain desirable lifestyle changes.

When: April 12 to June 28

Where: Ottawa Integrative Cancer Centre

Cost: \$285

To learn more and to register, visit www.oicc.ca/anticancer

Living with BRCA: 4th Biennial Conference on Hereditary Breast and Ovarian Cancer for Gene-Carriers, At-Risk Individuals, and Their Families

Taking place May 11 at Centre Mont-Royal in Montreal, this one-day conference for the general public provides up-to-date clinical and research information focused on hereditary breast and ovarian cancer. This event brings together experts in medicine, biology, psychology, and wellness, all of whom are united in one goal: bettering the lives of those living with BRCA and their families and friends.

Gene carriers and their families will also have the unique opportunity to address their questions to BRCA experts working in both clinical and research fields.

For more information, visit www.brcasymposium.ca/eng/LWB_welcome.php.

Atlantic Therapeutic Touch Network annual conference to be held in May

The Atlantic Therapeutic Touch Network is holding its annual conference May 27 to 29 in Stratford, Prince Edward Island. For more information or to register, visit www.atlanticttn.com.

Young Adult Cancer Canada's Survivor Conference comes to St. John's June 9 to 13

Young Adult Cancer Canada's annual Survivor Conference is the biggest reunion of young adult cancer patients/survivors and supporters in Canada, bringing together a group of people who "get it" to connect and learn things that can help you move forward or beyond the cancer experience. Through the conference, you'll get information to help you regain some of the control you may have lost -- or felt like you lost -- while dealing with cancer.

The conference takes place June 9 to 13 in St. John's, Newfoundland. It is open to young adult cancer patients/survivors between the ages of 18 and 39 and their supporters of the same age. For more information or to register, visit www.youngadultcancer.ca.



Featured video

Breast reconstruction options

[Click here](#) to watch this previously recorded webinar from SHARE Cancer Support discussing the surgical options available for breast reconstruction with NYU breast surgeon Dr. Deborah Axelrod and NYU cosmetic surgeon Dr. Jamie Levine.

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



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