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Subject: CBCN Outreach October 2015
Date: October 5, 2015 at 10:06 AM
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Stay Connected



October 2015

Outreach

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



October is Breast Cancer Awareness Month and October 13 is Metastatic Breast Cancer Awareness Day

CBCN honours all Canadians living with breast cancer and champions those living with metastatic breast cancer

Each year, in October, communities and organizations around the world gather to commemorate Breast Cancer Awareness Month - a campaign intended to raise awareness and highlight the progress made in prevention, detection, and treatment of the disease.

While significant advancements have been made in the fight against breast cancer, there is still an incredible amount of progress needed to improve information, resources, services, and support for Canadians living with metastatic breast cancer.

Of the 25,000 women diagnosed with breast cancer in Canada in 2015, it is estimated that 5 percent will have an initial diagnosis of metastatic breast cancer and many more women diagnosed initially with earlier stages of breast cancer will go on to develop metastatic disease.

However, there continues to be a lack of understanding and awareness regarding the distinct needs and challenges of living with metastatic breast cancer. This is why the Canadian Breast Cancer Network (CBCN) is actively working to create a united voice for metastatic breast cancer. Through our advocacy training workshops, targeted advocacy to improve drug access across the country, and public awareness campaigns, we actively strive to champion the voice and honour the lives of Canadians living with metastatic breast cancer.

This year, CBCN is proud to stand in solidarity with individuals across Canada affected by metastatic breast cancer, raise awareness about the lived reality of this disease, and to promote a community of support for all Canadians affected by metastatic breast cancer.



CBCN in action

CBCN hosts successful advocacy training workshop focused on metastatic breast cancer

On September 25 to 27, CBCN hosted an interactive advocacy training workshop focused specifically on metastatic breast cancer. The training took place in Toronto, Ontario.



Altogether, there were nine participants representing regions across Canada. The main focus of the advocacy training was to provide participants with the knowledge and information to navigate the political landscape in Canada and the tools and resources to engage decision-makers, the public, and the media on issues of concern to the metastatic breast cancer community.



CBCN looks forward to continuing to engage Canadians living with metastatic breast cancer and their caregivers through our advocacy trainings. To learn more about CBCN's advocacy initiatives, please visit cbcn.ca.



Learn & connect

October 7 webinar discusses living with metastatic breast cancer

CancerCare presents a free webinar on living with metastatic breast cancer. It takes place on October 7 from 1:30 to 2:30 p.m. Eastern Time. Participants can listen in live over the phone or online as a webcast. Topics include:

- overview of metastatic breast cancer
- current standard of care
- new treatment approaches and clinical trials
- how clinical research improves your care
- diagnostic testing and technologies
- side effect and pain management
- communicating with your health care team
- quality-of-life concerns
- questions for the panel of experts

For more information or to register, visit

www.cancercares.org/connect_workshops/484-living_with_metastatic_breast_cancer_2015-10-07.

A panel discussion on breast cancer and the absence of a feminist analysis will be held on October 14 in Montreal

A panel discussion entitled, "Where is Feminism when My Body Needs It Most?" will take place on October 14 from 7 p.m. to 9 p.m. at the Library Building, Room LB-1019 (10th Floor), Concordia University, 1400 de Maisonneuve West (corner of Guy), Montreal.

Every October, women are inundated with pink ribbons and simplistic messages of "awareness" regarding breast cancer. To provide women with a more substantive discussion on breast cancer, this panel brings together a young woman who is facing breast cancer and the importance for her of a feminist analysis for dealing with her personal experience of the disease. As well, the research coordinator of the pan-Canadian research project, Cancer's Margins: the Experience of Gynecological Cancers for Women of Sexual Diversity, will discuss issues raised by the experience of breast cancer for women of sexual diversity and the social construction of the disease. Also, the executive director of Breast Cancer Action Québec will present an overview of current feminist issues concerning breast cancer.

Panelists:

Julie Michaud, Coordinator, Centre for Gender Advocacy

Luisa Molino, Research Coordinator, Cancer's Margins

Jennifer Beeman, Executive Director, Breast Cancer Action Quebec

Pilates matwork for breast cancer survivors - October 16 in Bedford, Nova Scotia

Many more women are surviving breast cancer today than ever before and they are encouraged to seek out fitness programs to assist in recovery and provide the strength and endurance needed to resume an active lifestyle. This class, presented by Kim Kraushar, Master Instructor Trainer and International Presenter/Programmer for MERRITHEW™ Health and Fitness, discusses various types of treatments including surgeries and reconstruction and exercise requirements for each. The class includes mat-based exercises focusing on range of motion for the entire shoulder girdle, re-establishing optimal breathing practices, restoring posture, and developing core and peripheral strength to address muscular

practices, restoring posture, and developing core and peripheral strength to address muscular imbalances created by treatments and surgeries. The exercises incorporate hand-held weighted balls, soft mini stability balls, and a small foam cushion.

This class takes place on October 16 from 12:30 to 1:30 p.m. at the Breast Cancer Action Nova Scotia Resource Centre, located at 967 Bedford Highway, Suite 205, Bedford, Nova Scotia. Please RSVP by October 7 by calling 902-465-2685 or emailing bcans@bcans.ca. Please bring your own yoga mat; weights and balls will be provided.

October 16 webinar discusses transitions in metastatic treatment

Living Beyond Breast Cancer presents a free webinar on navigating transitions in treatment for metastatic breast cancer on October 16 from 12 to 1 p.m. Eastern Time. If you're living with this disease, the thought of or actual need to move from one treatment to the next may lead to feelings of uncertainty about the future. During this webinar, Ruth Oratz, MD, FACP, will discuss options and factors to consider as well as provide strategies for helping you manage complex feelings and live more fully. Topics include:



- options and things to consider for moving from one treatment to another
- tests and methods your doctor will use to monitor how well your treatment works
- how to talk with your healthcare team about treatment options that are right for you
- strategies for managing uncertainty about the future and for living fully

For more information or to register, visit www.lbbc.org/programs-events/metastatic-breast-cancer-webinar-series-part-one-navigating-transitions-your?tr=y&aid=16050145.

Lecture on sexuality after cancer takes place in Charlottetown October 22

The Prince Edward Island Breast Cancer Information Partnership presents a lecture entitled Sexuality after Cancer: Negotiating Your Way Back. It takes place on October 22 from 6:30 to 8:00 p.m. at Holland College Culinary Institute, Murphy/Cassidy Lecture Theatre, 4 Sydney Street, Charlottetown. The speaker is Dr. Anne Katz, certified counselor on sexuality, health care educator and author of a number of books on cancer and sexuality. Dr. Katz will share information with women who have experienced cancer (and their partners) about sexual changes that may occur during and after treatment to support them in enhancing their quality of life. This session will also include time for questions and discussion, and refreshments. Call to register at 902-566-1713 ext.2229 or toll-free 1-866-566-4007.

Conference for breast cancer survivors comes to Hamilton, Ontario October 22

Juravinski Cancer Centre presents Life after Breast Cancer, a conference for breast cancer survivors. It takes place on October 22 from 8 a.m. to 4 p.m. at Liuna Station, 360 James St. North, in Hamilton, Ontario.

This year's keynote speaker is Dr. Rob Rutledge. Dr. Rutledge is a radiation oncologist and associate professor in the Faculty of Medicine at Dalhousie University, based in Halifax, Nova Scotia. In addition to his commitment specializing in breast, prostate, and pediatric cancers, he generously invests his personal time as a dynamic and passionate speaker, presenting scientific knowledge and providing insight gained from serving people dealing with life-threatening diseases. He has touched the hearts and minds of thousands with his compassion and wisdom.

The concurrent sessions feature topics previous attendees have indicated are important to them as they recover from treatment and learn to live life after breast cancer.

For more information or to register, visit www.jcc.hhsc.ca/LABC or call 905-575-6398.

October 27 webinar discusses integrative care for metastatic breast cancer

Gain a better understanding of integrative care for metastatic breast cancer. During a free webinar on October 27 from 12 to 1 p.m. Eastern Time, speaker Pallav K. Mehta, MD, will help you understand how this form of care can help, ways to find licensed integrative care practitioners, and tips for accessing trusted programs. Topics include:

- what integrative care is and how it can help
- things to consider when thinking about integrative care
- specific practices, like acupuncture, meditation, and nutrition
- the importance of communicating with your healthcare team about integrative care



- integrative care
- how to find licensed integrative care practitioners and trusted programs



Dr. Pallav K. Mehta

For more information or to register, visit www.lbbc.org/programs-events/metastatic-breast-cancer-webinar-series-part-two-treating-whole-you-integrative-care?tr=y&aud=16050176. This webinar is presented by Living Beyond Breast Cancer.

Free webinar on triple negative breast cancer takes place October 28

CancerCare presents a free webinar on triple negative breast cancer on October 28 from 1:30 p.m. to 2:30 p.m. Eastern Time. You can listen in on the telephone or over the Internet. Topics include:

- overview of triple negative breast cancer
- current standard of care
- new and emerging treatment approaches
- clinical trials: how research contributes to your treatment options
- treatment side effects and pain, including neuropathy
- follow-up care plan
- communicating with your health care team
- quality of life concerns
- questions for a panel of experts

For more information or to register, visit www.cancercares.org/connect_workshops/482-update_on_triple_negative_breast_cancer_2015-10-28.

Ask the experts about cancer research at a community forum in Montreal November 9

The Canadian Cancer Research Alliance will hold a community forum on November 9 from 6:00 p.m. to 7:30 p.m. at the Hôtel Montréal Bonaventure at 900 de La Gauchetière West in Montreal. The community forum was created to provide a unique opportunity for the public and the cancer research community to engage and interact. The target audience is the lay public, with a focus on cancer patients, survivors, and their families. The forum is open to members of the public and there is no cost to attend the event. Come to hear about the latest research developments from some of Canada's leading cancer researchers. At this forum, you will also have an opportunity to meet and ask questions of experts on breast cancer and other cancers. For more information or to register, visit www.ccrca-acrc.ca/index.php/ccrc-community-forum-home.

Order a free cotton breast form

Awesome Breastforms are created by a group of women who have come together for the single purpose of crocheting and knitting handmade prosthetic breast forms for women who have had mastectomy or lumpectomy surgery. Many in the group know firsthand the devastating effects of breast cancer, cancer and radiation treatments, and breast cancer surgery.



The forms are made of high-quality 100 percent cotton-fibre yarn. They are cooler, lighter, and much more comfortable than traditional silicone prosthetics. You have several colour options when ordering, and you can choose whether your form is made with nipples.

Awesome Breastforms are washable and easy to care for. When you place an Awesome Breastform in your bra, you will be surprised at how similar it feels to a natural breast. In fact, many women say they soon forget they are wearing them! You deserve your curves!

These breast forms are completely free to any woman who has had a mastectomy or lumpectomy. Volunteers pay the cost of yarn, lovingly give their time to produce the forms, and then pay for all shipping expenses. Unlike other groups, Awesome Breastforms does not accept monetary donations.

For more information or to place an order, visit awesomebreastforms.org.

Living beyond cancer - what happens now?

Finishing cancer treatment can be a time of highs and lows. For some people, going back to "normal life" or a "new normal" isn't that easy. Some people can feel lost because they are no longer receiving active treatment; others have a hard time adjusting to not seeing their health care team regularly. Along with the relief you might feel finishing your treatment, it is normal to have concerns about your future. Many cancer patients say returning to life after cancer can be a journey in itself.

To help you with this transition, Cancer Care Nova Scotia presents a class on what to expect after your cancer treatment. This class takes place on the last Wednesday of every month in communities across Nova Scotia. Topics include:

- what is follow-up care?
- short and long term side effects of cancer treatment
- physical activity
- nutrition
- coping and adjustment
- spirituality
- services available
- who to talk to if you have sexual health concerns

For more information or to register, visit

www.cancercare.ns.ca/en/home/patientsfamilies/Survivorship/livingbeyondcancerwhathappensnow.aspx.

Share your story about advance care planning, end of life, or hospice palliative care

Do you have a personal story to tell about advance care planning, end of life, or hospice palliative care? Please help normalize these conversations by sharing your story with others on the website of the Canadian Hospice Palliative Care Association, www.advancecareplanning.ca. Your post can be anonymous and could make a real difference to others facing similar situations. For more information, [click here](#).

Raising awareness of barriers to health care for women with disabilities

Throughout October, Breast Cancer Awareness Month, the DisAbled Women's Network (DAWN-RAFH) Canada will be sharing research and stories to raise awareness of the barriers that limit access to health care, along with resources and information to address them.

DAWN-RAFH will also be launching a [Public Service Announcement](#) on cancer screening.

Check DAWN-RAFH's [website](#) regularly for new information, resources and stories about the challenges and successes that women with disabilities and deaf women in particular have faced in getting equitable breast cancer treatment.

You can also "Like" DAWN-RAFH on [Facebook](#) and follow it on [Twitter](#) to show your support for health equity for people with disabilities!

Latest edition of *Nourish* focuses on cancer-related fatigue

The second issue of *Nourish: Canada's Nutrition Companion for Oncology Patients and Caregivers* is now available. The special focus is cancer-related fatigue, experienced by many people living with cancer.

Nourish was written by registered dietitians with many years of experience working with patients in cancer treatment centres in Vancouver, Winnipeg, Toronto, and Montreal. This resource has been endorsed by Dietitians of Canada Oncology Network.

Nourish is a free magazine and website and is available in French under the title *Savourer Santé*. *Nourish*:

- answers common questions about diet and cancer
- gives nutritional management tips for cancer and treatment-related side effects
- offers easy and nutritious recipes



Paper copies of *Nourish* are being distributed by dietitians in oncology clinics.

Visit www.nourishonline.ca to access the online version of the first two issues of *Nourish* or to order copies for a clinic (healthcare providers only.)

Featured video

This month we are sharing a cooking demonstration from the

ELLICSR Kitchen on how to make a delicious and healthy butternut squash soup in time for Thanksgiving!

Click [here](#) to watch the tutorial and [here](#) to get the full recipe.

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



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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@cbcn.ca. Send your content submissions to cbcn@cbcn.ca.

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