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Stay Connected



September  
2015

# Outreach

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



## Learn & connect

### September 10 webinar discusses continuous palliative sedation therapy

The Canadian Hospice Palliative Care Association presents a webinar on continuous palliative sedation therapy on September 10 from 1:00 to 2:30 p.m. Eastern Time. The webinar will discuss the history of this therapy, research, guidelines, ethical issues, and the need for future work and research. For more information or to register, visit [us5.campaign-archive2.com/?u=2092b474a46d129f11faa98b7&id=84d97c904b](http://us5.campaign-archive2.com/?u=2092b474a46d129f11faa98b7&id=84d97c904b).

### September 14 webinar discusses neoadjuvant treatment

Living Beyond Breast Cancer presents a free webinar on advances in neoadjuvant treatment for early-stage breast cancer. The webinar takes place on September 14 from noon to 1 p.m. Eastern Time. Neoadjuvant treatment is given as a first step to shrink a tumour before main treatment for breast cancer, such as surgery. During the webinar, Lisa A. Carey, MD, will discuss the goals of this type of treatment, who might receive it, and the latest advances in neoadjuvant treatments.

For more information or to register, visit <http://www.lbbc.org/Events/2015-09-14-Advances-in-Neoadjuvant-Treatment?tr=y&auid=15863479>.



Dr. Lisa Carey

### Denver conference September 18 to 20 offers information and support

Living Beyond Breast Cancer presents a conference entitled Breast Cancer Today: Individual Treatments, Shared Experiences, taking place September 18 to 20 in Denver, Colorado. A breast cancer diagnosis requires more than just having the facts. Getting good care means knowing where to find trusted information and support, for yourself and for those who love you. And it means caring for yourself as a whole person - understanding how cancer impacts you physically, emotionally, and spiritually.



This conference will connect you with people across the country who share your concerns. The conference offers tailored information via three tracks:

- triple-negative breast cancer
- hormone receptor-positive or HER2-positive breast cancer
- metastatic breast cancer

For more information or to register, visit <http://www.kintera.org/faf/home/default.asp?ievent=1140789&lis=1&kntae1140789=48BAF64A206846178E31B40C1E24ACA1>.

## 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](http://www.jcc.hhsc.ca/LABC) or call 905-575-6398.

## National Lymphedema Conference comes to Calgary October 24

### Do you have lymphedema or are you at risk?

Lymphedema is a chronic condition that occurs when lymphatic fluid builds up and causes long-term swelling.

### *Lymphedema affects one in every five breast cancer survivors.*

If you have had breast cancer and have had lymph nodes removed or damaged during radiation treatment, you are at a lifelong risk of lymphedema. Learn all you can to manage this condition and help prevent it from getting worse.

**When:** Saturday, October 24

**Where:** Coast Plaza Hotel and Conference Centre, Calgary, Alberta

**What to expect:** This is a special one-day event for people living with lymphedema, those at risk, and their family members. Learn from lymphedema experts, meet with the companies that provide lymphedema products and services, and network with health professionals and other patients.

**Key topics:** Self-care, exercise, adapting to change, research, surgical approaches, and panel of experts

**DON'T MISS OUT** - Last day to register is **October 21**

Register online at [www.canadalymph.ca/conference](http://www.canadalymph.ca/conference)

Inquiries: [conference@canadalymph.ca](mailto:conference@canadalymph.ca)

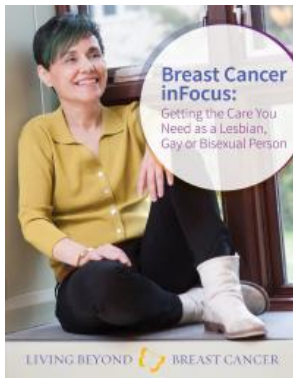
This event is co-hosted by the Canadian Lymphedema Framework and the Alberta Lymphedema Association, in collaboration with the University of Calgary and through the generous funding of the Canadian Breast Cancer Foundation.

## Survey explores lifestyles of cancer patients

Dr. Jennifer Brunet from the University of Ottawa and Dr. Kristina Karvinen from the University of Nipissing are conducting a study entitled Patterns of Health Behaviours of Survivors of Multiple Cancers. Study participants will complete a 45-minute survey that explores how different lifestyle behaviours relate to one another in adults with a history of cancer. The study also looks at how socio-demographic (i.e., sex, age, weight status, socioeconomic status), cancer-related (e.g., type, stage, time since diagnosis/treatment), and theoretical factors relate to these behaviours. For more information, visit

[https://qualtricsus2.co1.qualtrics.com/jfe/form/SV\\_5bf62LSgALDHR09](https://qualtricsus2.co1.qualtrics.com/jfe/form/SV_5bf62LSgALDHR09).

## Getting the care you need as a lesbian, gay, or bisexual patient



*Breast Cancer inFocus: Getting the Care You Need as a Lesbian, Gay, or Bisexual Person* is a short guide that will help you decide whether you should come out to your care team. The guide gives tips on talking about your orientation or gender identity with healthcare professionals. It also offers personal stories of others who have dealt with coming out while coping with a breast cancer diagnosis, and provides advice on how to determine if your treatment centre is accepting. Download or order a copy from Living Beyond Breast Cancer at <http://www.lbbc.org/Understanding-Breast-Cancer/Guides-to-Understanding-Breast-Cancer/Breast-Cancer-inFocus-Getting-the-Care-You-Need-as-a-Lesbian-Gay-or-Bisexual-Person?tr=y&uid=15814839>.



## Featured video



This month we are showcasing one of Rethink Breast Cancer's new LiveLaughLearn videos. In this video, Christy Brissette and Jeremy Capone from the ELLICSR Kitchen share information and tips on diet and nutrition following diagnosis and treatment for breast cancer.

Watch the video here: [https://www.youtube.com/watch?v=M5jKItLWQ0&index=1&list=PLg9WBymbDXEwBe4kW5V5rH8-L\\_ITHwa81](https://www.youtube.com/watch?v=M5jKItLWQ0&index=1&list=PLg9WBymbDXEwBe4kW5V5rH8-L_ITHwa81)

To nominate a video for CBCN's Featured Video, email Rebecca at [rwilson@cbcn.ca](mailto:rwilson@cbcn.ca).



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