



Breast Cancer Support Group Sussex

Hello Ladies

Hope you have all enjoyed your summer especially the past few weeks where it has been really warm and sunny.

Well we have excellent news for you all. Our next meeting and all future meetings will be at the new Macmillan Horizon Centre, opposite the Cancer Centre at the Royal Sussex Hospital. It is a lovely building and all groups in the town are moving there this September. Our meetings will take place at the same time between 6-8pm every third Monday of each month. We have a car park available from 6pm to everybody but please come in the main entrance to collect a parking voucher to be displayed for the two hours in the window of your car and on leaving handed back to the reception.

Our lovely Reiki ladies, Margaret and Jill will be with us as usual along with Kelly our Aroma therapist and Jutta where we will now have proper treatment rooms with all the equipment we need.

We are looking forward to welcoming you all to our new abode which we think you will all be really happy with.

Ladies Please remember we have our next Pink Stall at the Racecourse on 12 November so we need helpers and pink things for the stall. If it goes as well as the last one at Blakers Park where we raised almost £450 it will be fantastic. All the ladies that helped were amazing and worked so hard to make it really worthwhile. So we hope we will have your support once again in November.

The Macmillan Horizon Centre has been a long time coming but now we have been given the opportunity we are sure you will love coming there and we really look forward to seeing you all on the 19th of September.

Enjoy the rest of the summer

Kind regards

Joyce

Diary Dates

Monday 19th September

Our meeting in our NEW venue of the Horizon Centre
2 Bristol Gate, Brighton
6-8pm

Monday 17th October

Speaker Katherine Horn will be in to talk about her company Panache wigs
Horizon Centre
2 Bristol Gate, Brighton
6-8pm

We are an open group who meet once a month with the purpose to support each other by talking and sharing our experiences. We offer a friendly and informal, safe environment and everything that is shared between us is confidential. We would be really grateful for any feedback and input that you can give us, so send your recipes, reader's letters etc. to jfrienduk@gmail.com or info@brightonbreastcancersupport.org



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Our New Meeting Place - The Macmillan Horizon Centre

We are excited to advise that our September and future group meetings on the third Monday of each month from 6pm to 8pm will be held at the newly opened Macmillan Horizon Centre situated opposite the cancer centre at the Royal Sussex County Hospital

Complimentary Aromatherapy and Reiki treatments will be available as usual

The new Centre has been designed with input from people affected by cancer to make it the best place to offer the support and services that people in Sussex need. The centre will offer all round support from a team of specialists in a calm, friendly and welcoming environment. You can see more information about the specific services they'll offer at

<http://www.macmillan.org.uk/information-and-support/coping/getting-support/local-information-centres/horizon-centre.html>

The Macmillan Horizon Centre is a partnership between Macmillan Cancer Support, the Sussex Cancer Fund and Brighton and Sussex University Hospitals NHS Trust.





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Our October Speaker – Katherine Horn



Hello, I'm Katherine Horn , founder of Panache Wigs Ltd www.panachewigs.co.uk.

In July 2013 I lost my hair during chemotherapy for breast cancer. This affected my confidence and I felt like I had lost my identity. I wanted a wig to make me look and feel 'normal' again but finding the right one proved very difficult.

I set up Panache Wigs in September 2014 to be able to inspire and invigorate women and give them back the dignity, confidence and strength needed to carry on their journey. Panache Wigs Ltd is a friendly and confidential home visiting wig service covering Kent, Medway, East and West Sussex, Surrey and South/South East London. Passionately dedicated to delivering the most natural looking and highest quality wigs in the right colour, fit and style for you, I bring a large selection of very comfortable and easy to care for wigs to your home. I have empathy and respect for people going through what I did and most importantly, my service enables you to have someone to talk to in privacy and comfort, who has experienced hair loss, yet has a positive outlook. Optional emotional support is given during your unrushed, no obligation wig consultation in the comfort of your own home. So that family and friends can be present when choosing your wig, I offer daytime, evening and weekend appointments. I am approved by MacMillan and a member of the Harmony Therapy Trust.

To book an appointment please

Email: info@panachewigs.co.uk

Visit my website www.panachewigs.co.uk

Telephone me on: 01233 501568 / 07925 323204

Panache Wigs are here to make you look and feel gorgeous again because you are.

Katherine will be our speaker at our October Group Meeting

Please join us!



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When hair grows back after Chemotherapy

Jasmin Julia Gupta – a specialist hairdresser, hair care expert and founder of hair loss support charity Cancer Hair Care – shares her styling tips for hair regrowth after chemotherapy.



Over the last decade, I've personally given over 5,000 free hair care services to people before, during and after cancer treatment. I always say: You don't need to give up on looking good. You just need some super tips that are right for you and your hair. Even if half of it is shorter than the rest, there's always something we can do.

5 styling products/tips for you

You'll be amazed at how a little bit of product can create texture and calm unruly hair – even if it's very short.

1. Leave-in conditioner

Leave-in conditioner is a great extra protective layer for dry hair. Most formulas are light enough that you can layer your styling products on top as well.



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2. Hair oil

Use hair oils rather than serums. Hair will absorb essential and natural oils, whereas some serum-based products can sit on the hair, making it feel sticky and gooey.

3. Soft mousse

Soft mousse is ideal for fine hair that's static and for helping to tame new and longer lengths of hair. A stronger mousse may have a higher alcohol content or feel sticky and tacky, though, which can make your hair feel dry.

4. Wax

Wax is good for really unruly hair. It's strong and can help to mould and manipulate your style and hold it in place. It's also good for controlling frizz and curls.

5. Pomade

Pomade is lighter than wax and gives the hair a gentle sheen. It's ideal to add to dry hair and will help define and add light texture into your style. It's also great for taming frizz and dry ends. Great for new hair growth and finer hair types to get rid of static and add a gentle shine.





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Don't let hair drying weigh you down

You're not alone if holding a heavy hairdryer causes your arm to feel stiff and uncomfortable. Many women tell me that after surgery, or if they have lymphoedema in the hand and arm, using a hairdryer can be a problem.

Try using a travel dryer – it's around half as heavy as a regular dryer. Alternatively, place a plump pillow under your elbow and lean on a table for support.

Colour

As long as your hair and scalp are healthy, and you do a skin-sensitivity test for colour, there's no specific length required to apply all-over colour to hair.

I'd recommend you allow at least an inch of hair to grow before colouring it, so you can be sure that the hair is of a good quality. Visit the Cancer Hair Care website for information and [tips on colouring hair](#)(link is external)

Scalp cooling – when to return to the hairdresser

Some women have scalp cooling to try to prevent or reduce hair loss. It's effectiveness varies, and if you do keep your hair it can be patchy or thinner. About six weeks after the last chemotherapy and scalp cooling treatment, a haircut to blend in the layers and snip off any dry and brittle ends can make a big difference.



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POSNOC – a large clinical trial exploring new treatments for Breast Cancer

Positive sentinel node: adjuvant therapy alone versus adjuvant therapy plus clearance or axillary radiotherapy

POSNOC is a 10 year clinical study looking at the armpit treatment provided to women diagnosed with early stage breast cancer. It will involve more than 50 hospitals and 1900 women across the UK.

For women with early breast cancer undergoing surgery, the surgeon removes one or two lymph glands from the armpit on the side of the cancer to check if the cancer has spread to the lymph glands. For about a quarter of women, the breast cancer has spread to the lymph glands. Currently, these women undergo further treatment to their armpit (axillary treatment). This is either a second operation to remove all the lymph glands in the armpit or radiotherapy to the armpit.





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Further armpit treatment is the focus of this study as it can carry risks and potential side effects. Symptoms can include Swelling in the arm and shoulder, pain, numbness, impairment of the arm, shoulder stiffness. The aim of the study is to find out if armpit treatment is of benefit in women with cancer spread to one or two lymph glands, receiving one or more of drug treatments (chemotherapy or endocrine therapy).

Why we are doing this study

Women with early breast cancer that has spread to 1 or 2 lymph glands will receive chemotherapy or endocrine therapy (hormone therapy), or both. These treatments are called adjuvant therapy.

We now know that these drug treatments are more advanced and very good at preventing the cancer from coming back. So the armpit treatment may no longer be needed.

If armpit treatment is no longer needed, it is important to know this. We could then spare women unnecessary treatment, and avoid the long term problems it causes.

Who can take part

Not everyone who has breast cancer will be able to take part in this study. There is a list of criteria that determine whether you are suitable or not.

There is a good chance you will qualify if:

- you are over 18 years old
- have breast cancer that has spread to one or two lymph glands
- are suitable for axillary (armpit) treatment.

All women in the trial will have adjuvant treatment which, according to local guidelines, will include chemotherapy and/or endocrine therapy.

Depending on your personal circumstances you may also receive radiotherapy. You need to be able to receive adjuvant treatment to take part.

See the full list of inclusion and exclusion criteria on page 14 of the [Trial Protocol document](#).

<http://www.posnoc.co.uk/wp-content/uploads/2014/09/POSNOC-Protocol-version-3.0-12-Mar-2015.pdf>

Your doctor will be able to discuss with you if you are eligible for this trial.



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What will happen if you take part

You will fill in a consent form and short questionnaires. Once you have registered you will be randomly placed into one of two groups. Both groups of patients will have all the treatment a patient not part of this trial would receive, the only exception is that one group will not receive the armpit treatment.

There won't be a need for any extra tests or procedures.

You will be followed up at regular intervals for 5 years.

During the routine follow-up care you will be asked to fill out questionnaires, focusing on your quality of life, problems in arm and hand, and any feelings of anxiety you may have. These questionnaires are quite short and extremely important for the study.

Who is running this study?

The study is being led by Dr Amit Goyal from the Royal Derby Hospital, and is being co-ordinated by the Nottingham Clinical Trials Unit at the University of Nottingham and Sussex Health Outcomes Research & Education in Cancer at the University of Sussex. The study is funded by the National Institute for Health Research's Health Technology Assessment Programme.

Disclaimer

The information contained in this website presents independent research funded by the National Institute for Health Research (NIHR). The views and opinions expressed are those of the authors and do not necessarily reflect those of the NHS, NIHR, or the Department of Health.

What to do next?

For more information please print this page and take it to your own doctor to discuss.



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Mac n Peas, Smoked Pancetta, Poached Duck Egg & Parmesan



Prep & Cook Time: 30 minutes, Servings: 4 people

Ingredients

- Fresh or Frozen peas
- SOSA Freeze dried Shallots
- Macaroni Elbows
- 4 duck eggs
- Shaved Parmesan
- Pea shoots
- 200g smoked Pancetta
- Dill Emulsion- 3 egg yolks, 1 bunch dill, 300g sunflower oil, 50ml Cider Vinegar
- Barbera Extra Virgin Olive Oil

Method

1. First make the dill oil by adding the sunflower oil and picked dill in to a thermo mix. Heat to 90 and blitz on high speed for 7 minutes then strain through muslin over an ice bath, make the emulsion like a mayonnaise using the 3 egg yolks, & Cider vinegar.
2. Blitz the peas in the thermomix at high heat with a little veg stock, butter and the freeze dried shallots. When smooth pass through a fine sieve and chill quickly.
3. Cook the Macaroni in boiling salted water. Fry the pancetta until crisp
4. Poach the eggs to order and reheat some of the puree with the macaroni, add the pancetta, season and serve with the pea shoots and shaved parmesan.