



The Beacon

Breast Cancer
Network Australia
newsletter



Ellen Brennan is a young woman touched by breast cancer. Read her story on page 5.

Help us plant a Field of Women in Canberra

Readers of *The Beacon* know too well the impact breast cancer has on our community. It is the greatest killer of Australian women under 55. Australian women run a one-in-13 lifetime risk of being diagnosed. But, statistics on paper are still just that.

For some time, we've been trying to think of ways to give these statistics more impact, to 'personalise' the figures and bring home the disease's enormous impact. Thus, 'The Field of Women'.

On Sunday, October 18, following our Canberra Conference, we will walk silently from the National Convention Centre to Parliament House to 'plant' our Field of Women.

The field will be made up of 10,500 silhouettes of women on sticks. Eight thousand will be pink – one for each Australian woman diagnosed with breast cancer every year. The remaining 2500 white silhouettes will symbolise the women who die from the disease each year. We will invite prominent Australians to help us plant the figures.

We plan to publicise the field around the country through TV stations, radio, magazines and newspapers.

Women in cities and country towns will promote the Field of Women and it will be a tangible way for individuals to get involved. This will be women speaking out about the impact of breast cancer on their lives.

We aim to have each silhouette sponsored in the name of someone whose life has been affected by breast cancer.

Individuals and families can sponsor a silhouette in memory of a loved one who has died from breast cancer.

Others will want to honour and support a woman who is living with the disease or has been touched by it at some stage in her life. Doctors will be asked to sponsor a silhouette in honour of their patients. Companies and businesses could make a gesture on behalf of their employees by sponsoring a number of figures.

Sponsorship will be on two levels: \$20 and \$100. The money raised will support the on-going activities of the Breast Cancer Network Australia.

So far, we have gratefully received seeding funding from the National Breast Cancer Centre (NBCC). This has enabled us to establish *The Beacon* and reach out to those who want on-going information. It is now time for us to find our own funds to continue.

It would be great to be in a position to support activities and services for Australian women ourselves and to have a seat at the table where decisions are made affecting us.

The Network is presently involved in establishing its own foundation.

We need your help to find sponsors for the silhouettes.

We are including brochures for you to give to friends, family and supporters. Join us in our silent walk in Canberra on October 18 and help us plant 'The Field of Women'. If that is not possible, join us in spirit by finding sponsors and promoting this in your community.

We can proudly announce that we now have 2000 Network members. If each one of you found a couple of sponsors, we could achieve so much. This is a real chance for you to speak up and make a difference!

INSIDE...

STATE ROUND-UP	2
ELLEN BRENNAN'S STORY	4
ISSUES FOR YOUNG WOMEN	5
SUPPORT FROM AMP	6
MESSAGE FROM THE MINISTER	7
UPCOMING EVENTS	8

State round-up: Women coming together

NEW SOUTH WALES



More than 150 NSW women attended the full-day forum held on February 22 at The Women's College, University of Sydney.

Our international keynote speaker, **Heather Goodare**, spoke about the UK advocacy experience, consumer involvement in research direction and holistic breast cancer care.

Our morning and afternoon workshops were the next highlight of the day. **Simon Chapman** shared his secrets for attracting public attention to highlight issues and a professional panel updated attendees on the latest medical and research developments.

The atmosphere was warm and enthusiastic. Many women expressed interest in becoming active in raising awareness of the major issues for breast cancer survivors, including the need:

- to make informed choices about treatment based on the most up-to-date knowledge;
- for a multi-disciplinary approach to care and better access to support from diagnosis on;
- for more information about hormonal options and their impacts; and
- for more research into the prevention and causes of breast cancer.

For a copy of the NSW report, phone Amanda on (02) 9334 1859.

NORTHERN TERRITORY



The rain has stopped, the sun has come out and we have been busy! We have set the date for our consumer forum – Saturday, August 1.

We will use the bulk of our available funds for travel assistance, to encourage women from outside Darwin to attend.

We are still hoping to run the Consumer Advocacy and Science Training Program on July 29-31. We hope to have a good representation from Alice Springs, Tennant Creek, and the Katherine and Nhulunbuy regions, for both the training program and the



The atmosphere at the NSW forum was a warm and enthusiastic one. Many women expressed interest in becoming active in raising awareness of the major issues for breast cancer survivors.

forum. We can't allow the knowledge, energy and enthusiasm to escape!

The first fundraiser – a wine tasting – took place on Tuesday, April 21. We hope you are impressed that we have progressed from chook raffles and become a little more up market!

Contact Penny LaSette (08) 8981 9625.

SOUTH AUSTRALIA



On February 7, 290 women and men from all parts of SA came together to share their experiences with breast cancer.

Their stories, both moving and powerful, raised issues of importance about the impact of cancer on the lives of those directly affected by the disease.

The emotional and psycho-social needs of those with breast cancer, the often-overlooked needs of partners and families, and the value and importance of support services were highlighted.

Participants listed priority issues to be included on the agenda of the Canberra Conference. There was strong consensus about the need for:

- support and support groups;
- an holistic approach to breast cancer management and care – the treatment of the woman, rather than the breast; and
- quality information about services, treatments, care, choices and resources at all stages of diagnosis and management.

A number of participants expressed a

desire to form a state-based advocacy group. As a result, 26 women came together on March 21 and a committee was formed. The new group, to be called Action for Breast Cancer SA, met again on April 6 and the group's incorporation is in process.

March 11-13 saw 30 women, including representatives from the country and interstate, participate in the Adelaide Science and Advocacy Training Course offered by the National Breast Cancer Centre. Participants learned to be effective advocates and gained a greater understanding of breast cancer.

Contact: Denise Wehnert (08) 8294 6435.

WESTERN AUSTRALIA



The WA consumer forum will be held from 9am to 4pm on Monday, August 3, at Gloucester Park in Perth.

The forum will link with an update meeting on breast cancer being held by the Cancer Foundation of WA. It is a repeat of the Call to Action on breast cancer held five years ago.

It will focus on providing an update on breast cancer, looking at achievements in the past five years and issues that have yet to be addressed.

International and local experts will discuss issues such as risk factors, hormone replacement therapy, clinical trials and research, and recurrent breast cancer.

Contact: Emma Ellis (08) 9380 8834.

THE ACT



Canberra activities are all in planning mode! Our consumer forum was held in the Australian National Botanic Gardens on Saturday, May 2, following the three-day Science and Advocacy Training Course.

June McMahon and **Margaret Dando**, two members of Bosom Buddies, spoke to a group of women on the South Coast recently and as a result three new groups have been formed.

Plans for the Bosom Buddies Fashion Parade and Dinner are under way. It will be held on Saturday, October 17, as part of the National Breast Cancer Conference.

Contact: Anna Wellings-Booth (02) 6247 8470.

TASMANIA



We are keen to devote a weekend to our forum for women: 'Making the Difference: Living, Learning, Caring and Sharing'. It will be held on June 20 and 21 at Archers Manor, 17 Alanvale Road, Launceston.

This should be a marvellous opportunity for women from all over Tasmania to hear from guest speakers and take part in workshop sessions.

Contact: Norma (03) 6431 6472, Joan (03) 6421 7700 or Maureen (03) 6336 2030.

QUEENSLAND



Women and their supporters from across Queensland have been invited to the state consumer forum on Saturday, May 30, from 9am at the Queensland Cancer Fund building, 553 Gregory Terrace, Spring Hill (opposite the old Museum).

The keynote speakers are Olympian **Raelene Boyle** and **Dr Cherrell Hirst**, Director of the Wesley Breast Clinic.

Arthur Alexander of Innovative Thinking and Systems will speak about communication and motivation strategies to achieve our goals.

Arrangements have been made for rural women who need transport and accommodation help.

Contact: Janelle Gamble (07) 3353 4151 (ah) or Leonie Young (07) 3341 7570 (ah).



Keynote speaker, Joan Kirner (left), meets women during the Victorian forum at the Queen Victoria Women's Centre in April.

VICTORIA



Victoria's forum, held at the Queen Victoria Women's Centre in Melbourne on Saturday, April 4, was attended by 150 women.

The day had been planned by 12 women who represented a range of Victorian breast cancer groups.

Joan Kirner, Victoria's first woman Premier, was the keynote speaker. She gave a stimulating and motivating speech about the things 'ordinary

women' can do to bring about change.

She spoke about necessary personal qualities, the need for us to value ourselves, be clear about our purpose and to celebrate our achievements. She pointed out that individual advocates are not as effective as those who join together to present a united front.

The day's highlight was the workshops. What was most evident was the depth of insight offered by the women.

For a copy of the Victorian report, phone Spiri on (03) 9279 1147.

This letter, sent in by a participant at the Victorian women's forum, is an example of the type of reaction expressed by women who attended.

Dear Lyn,

Last Saturday, I attended the women's forum and it profoundly changed me. I sat amongst women who are irrevocably linked together by a unique bond. I know they would much prefer to share a different kind of bond.

Without wanting to sound like a crazed feminist, the feeling of sisterhood was palpable. The irony in this situation being that this sisterhood had nothing to do with excluding men. It was about women caring for women and exuding sympathy, the likes of which I have never witnessed before.

My mother suffered breast cancer 7½ years ago and it was she who invited me to attend the forum.

As I met many ladies over the day, I began to feel I was meeting my own mother time after time. The similarities were incredible. I know my mother

is special, but I also discovered a room full of special, unique people.

The ladies, when asked to speak, began with the number of years since they had had breast cancer. Everyone, including my mother, wears this number as a badge of honour. Numbers and dates obviously become huge milestones. Being a survivor of breast cancer is no mean feat!

When we heard the ladies' stories, it made me realise just how similar all human beings truly are. We spend so much of our lives trying to separate ourselves from one another, whether it be socially or economically, when really we are all basically very much the same! A life and death situation suddenly brings everything into perspective.

I felt the need to write because I wanted to congratulate all the organisers for putting together such a wonderful day. Since my mother's illness we have approached life very differently (e.g. life is for living, NOW!) and it felt comforting to meet people who share our philosophy.

With kind regards
Michelle Rule



What are the issues for young women?

In 1995 – at age 30 – I was diagnosed with intraductal carcinoma and underwent a mastectomy, followed by six months of chemotherapy.

One of the first things to be dealt with was that I had been diagnosed with a cancer usually attributed to older women.

Most breast cancer awareness campaigns are directed at older women. Take the **Sara Henderson** poster put out by NSW Breast Screening or her television ads. These are directed at an older age bracket than mine, as is most breast cancer information.

This perception of breast cancer as an older woman's concern is changing as more and more younger women are stricken with the cancer and survive!

We are seeing younger women such as **Kate Curtin** (who sued her doctors in 1996 and won – only to have the decision overturned in the NSW Court of Appeal) portrayed in the media.

A young woman like Kate is portrayed as a strong young woman fighting breast cancer and having a go at life. This begins to change people's perceptions about the likely age of women who suffer breast cancer.

I can't begin to tell you how many doctors have commented to me, "My goodness, you are a bit young to have breast cancer aren't you!"

What are the major issues for younger women with breast cancer?

Body image – After a mastectomy, coming to terms with your body image is rough for a younger woman, especially when the media presents images of sexual attractiveness through strictly defined stereotypes – thin, physically perfect features, plunging necklines and two perfect bosoms.

Sexuality – Most of the information I have read skips this topic. This denial of sexuality can pose problems for younger women, who tend to be 'new dating' rather than in established relationships.

How do you tell some gorgeous guy you only have one breast! Should you

save this until you've got him home and use soft lights, drapery and lots of alcohol and hope he won't notice!

Write in your suggestions please! Young women in established relationships face their own problems.

One publication I read suggested that after a mastectomy non-sexual physical intimacy such as simple hugging and nothing more was great. For how long!

Contraception – Oral contraception and its possible link with breast cancer is still unclear.

Many clinicians will tell you your hormone receptor status is a significant factor if you are considering whether to continue on the Pill. You will have to take other precautions if you are unable or unwilling to continue with the Pill after treatment.

Crash menopause – While you may menstruate before chemotherapy, afterwards it may never happen again.

It is vital your doctor provides you with information – before chemotherapy begins – about having eggs or an ovary removed and frozen for future use.

The consequences of early menopause for young women, in addition to infertility, are susceptibility to osteoporosis, diminished libido, saggy breast(s), dry vagina, etc. The question then arises – Should or can these women go on Hormone Replacement Therapy (HRT)? What are the ramifications of HRT for young women?

Fertility – Prior to chemotherapy, a young woman may seek to have an

ovary or eggs removed and frozen, just in case she becomes infertile after chemotherapy and wishes to bear a child. The question then becomes, 'What are the chances of defrosting an ovary or eggs without damage?'

Pregnancy – The 1995 Consumer's Guide to Early Breast Cancer (National Health and Medical Research Council) has one sentence under the heading 'Pregnancy After Breast Cancer' – "There is no evidence to suggest that a pregnancy occurring after treatment for breast cancer makes the outlook worse." This is hardly encouraging, reassuring or particularly informative.

Tamoxifen – Should pre-menopausal women take Tamoxifen if a side effect is early menopause?

Adoption – Adopting children after cancer can prove a difficult exercise.

These are some of the questions that engage young women when they are facing the shock of breast cancer diagnosis and its treatment.

This is not to deny the seriousness of most of these questions for women over 50. However, it is my contention that these questions impact more severely on younger women when they contract breast cancer.

Every woman's breast cancer journey is unique. What younger woman need is ready access to reliable information at every step of that journey.

– Maryanne Maher
BA, LLB, Dip Lab Rels, MBA and
Member of the Breast Cancer Action
Group (NSW)

Another issue for young women is the difficulty of being taken seriously at the diagnosis stage.

Many young women's concerns regarding breast changes or lumps are dismissed by doctors with the attitude that because a woman in her 20s or 30s is not the 'typical breast cancer candidate', the symptom must be hormonally related and does not require further investigation.

All women, including young women, must be empowered to keep asking

questions until they are completely satisfied their concerns have been taken seriously and their needs adequately addressed.

The present diagnostic tools are not as effective for young women. Mammography, for example, is less effective because of the density of young breasts. We need to find better early detection methods for young women and, of course, continue to research methods of prevention.

– Editor

Issues of concern ...



Too young: Ellen's story

I am not as young as some women diagnosed with breast cancer, but in 1995, at age 32, I considered myself too young.

Everything I had heard or read led me to believe I was safe from breast cancer. I was under 50 years old, not overweight, didn't smoke or drink, had a healthy diet, had my first baby before I turned 30, breastfed for 12 months with each baby and there was no history of breast cancer in my family!

It was to be the year my husband, John, and I completed our family and spent more time together as a family after a really stressful period in our life.

I was 18 weeks pregnant with our fourth child when my mother died suddenly in July 1995. Her death left our family in shock and very distraught.

One Sunday morning, five weeks after Mum's death, my husband found a lump in my left breast and wanted to know how long it had been there.

Because I was pregnant, I attributed the lump to milk ducts preparing themselves. All the same, at John's insistence, I had the lump checked out.

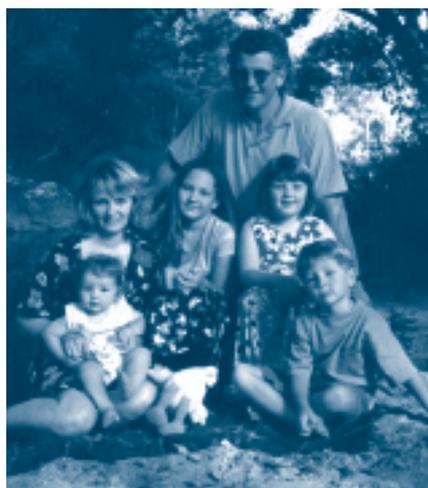
Everyone – the GP, the lady doing the ultrasound and the surgeon who did a Fine Needle Aspiration (FNA) – said it was probably nothing to worry about.

Some days later, it was decided to remove the lump. I had an overnight bag packed and John took a day off work to come with me.

The first thing the doctor said to John was – "I am glad you came with Ellen".

John realised what we were going to hear next. I was still in dreamland.

Next I saw a surgeon in Brisbane, where they had all the facilities in place



Ellen Brenman and her husband John, with their four children (from left), Lilly, Emma, Ashlea and Joel.

for treating cancer and possibly delivering a premature baby.

Some days later I had a lumpectomy and lymph nodes removed.

Only on Monday morning, when they took me for lung x-rays, did I realise the enormity of what I faced.

The lung x-rays and lymph nodes were all clear. It was now a matter of waiting for the baby to arrive and then to start my radiotherapy.

I saw an obstetrician while I was in hospital, as I was to have the baby as early as he thought feasible to start my radiotherapy.

This was mid-September. I spent a week in hospital contemplating my life, what it had been and what I would now make of it. My two-year-old son, Joel, spoke his first understandable words to me over the phone.

I returned home, but following a routine antenatal blood test, I was diagnosed with gestational diabetes. The Brisbane obstetrician wanted me

to see a physician and have the diabetes monitored.

That was it! I had seen enough doctors to last a lifetime. I left my GP's rooms vowing I would have the baby at home and never see another doctor!

We came to a compromise and he agreed to monitor me more closely than previously.

On Friday, December 15, at Baringa Private Hospital in Coffs Harbour, Lilly arrived, weighing 8lb ½oz and appearing healthy and unaffected by the recent traumas.

Unfortunately, Lilly developed severe jaundice, but we made it home late on Christmas Eve, in time to spend a few days together before going to Brisbane to start my radiotherapy.

I started seven weeks of radiography at the Wesley Cancer Care Centre on January 2, 1996.

John and the three older children (Ashlea six years, Emma four and Joel two) stayed with me at my sister's house for a couple of days. John then had to return to work so we could pay the bills.

By the beginning of the seventh week, I couldn't stay away from my family any longer. Radiotherapy (which is only a few minutes a day) was getting me down. John and the children returned to see me through the last week.

On the last treatment day, I was heading home within an hour of that treatment. Lilly was two months old and we were finally going home!

Since then, we have tried hard to put it all behind us, but the emotions are always there, waiting for some reminder to bring them to the surface again.

I wonder what I have done to deserve all this? Am I just unlucky? On the other hand, I tell myself I am really lucky to be here to tell my story.

– Ellen Brennan

If you are a young woman and would like to share your story with others, please send it to Lyn Swinburne, who will have it included with our other women's stories on the Internet. (If you like, there is no need to include your surname). The Internet address is www.nbcc.org.au

AMP – supporter breast cancer initiatives

AMP has been a supporter of breast cancer initiatives for the past three years, working in partnership with the Sydney Breast Cancer Institute through education programs, awareness campaigns, training for general practitioners, etc.

In that time, the company has given the Institute \$500,000.

On April 22, I was invited to attend AMP's Secretaries' Day Breakfast in Sydney and to speak to 250 secretaries about my experiences with breast cancer and the development of our breast cancer advocacy movement.

The secretaries had been busy fundraising and presented the Institute's **Dr Jeanette Ward** with a cheque for \$24,000, the proceeds of their 'pink bucket' collection and raffle.

The women were very interested to hear about the personal side of breast cancer and keen to show their support for women living with the disease. Many of them took home copies of *The Beacon*.

As a result, I am hopeful we will attract some strong new supporters to our Network.

– Lyn Swinburne



Members of the organising committee for AMP's Secretaries' Breakfast with the \$24,000 cheque from their fundraising efforts.

Young women, chemotherapy and having children

Chemotherapy can affect a woman's ability to have children. This is because it damages her eggs by changing their DNA.

For some women, this affects only some of the eggs – after a time, the ovaries start releasing healthy eggs again. For others, it will be permanent – they will never release healthy eggs again.

It is important that young women about to undergo chemotherapy have advice and information about the available options, these may include freezing eggs or embryos. The advice and counselling needs to occur before any treatment begins.

Melbourne's Royal Women's Hospital, in conjunction with the Anti-Cancer Council of Victoria, has an excellent brochure called 'Chemotherapy, Radiotherapy and Having Children'.

Useful contacts:

Melbourne – **Dr Kate Stern**, Royal Women's and IVF, phone (03) 9344 2143 or 9344 2372.

Sydney – **Dr Kim Mattews** and **Dr Frank Quinn**, Royal North Shore ART, phone (02) 9904 8900.

New Resources

'Healthy Breasts' is a series of booklets from the National Breast Cancer Centre for women from non-English speaking backgrounds with and without breast cancer.

These booklets are based on research with women from the relevant cultural backgrounds.

Greek and Italian versions are available, with Arabic and Polish versions to be available any day now. Chinese and Vietnamese editions are planned for the end of 1998.

These booklets are available from the NBCC, PO Box 572, Kings Cross, NSW 2011.

It's not the Worst News...



One of the cartoons from 'Bess: The Diary of a Breast Cancer Patient'.

A picture of cancer

'BESS: The Diary of a Breast Cancer Patient' tells of one woman's breast cancer journey through a series of cartoons.

Copies of the book, at a cost of \$19.95, may be ordered directly from the author, **Therese Wilks Carlino**, PO Box 395, South Yarra, Victoria 3141, ph (03) 9889 9253 or fax (03) 9889 9258.

What are the facts about young women and breast cancer?

Anecdotally, it seems breast cancer is being diagnosed more frequently in younger women.

Certainly, there have been many women in their 20s and 30s attending our women's forums.

Recently, the media has also been full of reports about 'Home Away' star **Belinda Emmett**, who has been diagnosed with breast cancer at 24.

Those working in oncology units frequently comment on the seemingly over representation of young women with breast cancer.

We have been trying to see whether this is actually the case, but have been frustrated to learn that the latest figures available are from 1994.

We intend to try to redress this situation and hurry up this information, to find whether the numbers actually support the anecdotal evidence.

We'll keep you posted!

National Breast Cancer Conference for Women: Making a Difference Canberra, October 16-18

We need women from all over the country to come and use their voices. For an expression-of-interest form, phone Leah Salo on (02) 9334 1850 or write to her at PO Box 572, Kings Cross, NSW 2011.

A message from the Minister

Breast cancer is an issue which has no doubt touched us all in some way and I'm sure everyone reading this column is all too familiar with the figures which tell us, for example:

- Australian women have a 1-in-13 chance of developing breast cancer;
- more than 8000 women are diagnosed with breast cancer each year; and
- 30% of these women are under 50 years of age.

While the past few years have seen some wonderful advances with regard to diagnosis, treatment and research, the all-too-important human element is often overlooked.

Initiatives such as *The Beacon*, which offer women an opportunity to share their stories, are so important.

Women who have had an experience with breast cancer or related symptoms have often turned their own adversity into a source of strength for others.

I'd like to share with you my own experience, which changed my life.

It has certainly changed my approach to diet, exercise, health – to life completely.

Like many women I have since spoken with, the interval between the discovery of a lump and the diagnosis can be lonely and worrying. Having discovered a lump years earlier, an

annual mammogram detected a change and further tests and surgery to remove the lump followed.

My own story is an example of vigilance, regular medical checks and sound medical advice, which

may not have been the case had I not had so many discussions with women who found themselves in a similar situation before me.

I hope my own experience highlights to other women the need for regular check-ups and a timely response should there be a need.

I strongly support the sharing of experiences and information and the need to encourage women to have regular examinations to assist in early diagnosis and treatment.

I congratulate all of *The Beacon* team and its readership on their commitment and hard work in helping to educate the community about breast cancer and health issues related to this disease.

I hope *The Beacon* helps women on their road to recovery, in a climate of mutual support and understanding.



— by Judi Moylan,
Federal Minister for the
Status of Women

Tamoxifen: What are the facts? How do we decide?

Many Network members will have read newspaper reports based on early information from trials to see whether the drug, Tamoxifen, can prevent breast cancer occurring in women who have never had the disease.

The media reports have been a source of great confusion for women.

Preliminary reports from the US presented the rosiest of pictures. One might be excused for having the impression that we now had a way of preventing breast cancer – a real solution had been found at last!

Reports over the next few days were

far more measured. Researchers in the UK, and some Australians, were highly critical, claiming the excitement was premature because no data had been published.

Others reminded women that Tamoxifen carried with it other risks, a higher rate of endometrial cancer, for example, and that individuals needed to assess their own risk of breast cancer against the potential benefit of Tamoxifen, in the light of these other possible risk factors.

The result has been a most unsatisfactory one for women. How can a woman

make an informed decision when the clinicians and researchers cannot agree on their position?

The Australian Cancer Society together, with the National Breast Cancer Centre and the ANZ Breast Cancer Trials Group, is holding a meeting in Sydney on May 27 to bring together a range of representatives, including consumer representatives, to discuss the results, the present situation and latest data, in an attempt to make recommendations for Australia.

A report from this meeting will be in our next issue of *The Beacon*.

UPCOMING EVENTS

June 20-21: Tasmanian Women's Breast Cancer Forum.

Archers Manor, Launceston.

Contact: Norma (03) 6431 6472, Joan (03) 6421 7700, Maureen (03) 6336 2030.

June 21: General Meeting of the Breast Cancer Action Group (NSW) – Natural Therapies and Breast Cancer.

2-4pm. YWCA, 5-11 Wentworth Ave, Sydney.

Guest Speakers: Assoc. Prof. John Eden, Director Natural Therapies Unit; Dr Barbara Gross, Research Director, Sydney Menopause Centre, Royal Hospital for Women (and BCAG member).

Contact: Naomi Bando (02) 9388 1248.

June 27: General Meeting of the Breast Cancer Action Group (Vic).

2.30-5pm. 'Otira', Walpole Street, Kew.

Contact: Sue Lockwood (03) 9878 0736.

June 28: Breast Cancer Association of Queensland's Public Seminar

8.30-3pm. Toowoomba Motel, Toowoomba.

Contact: (07) 3839 6630.

July 24-25: Women and their breasts – A seminar for nurses.

Wesley Breast Clinic, Brisbane.

Contact: Frances Nilson (07) 3232 7112.

August 1: NT Women's Breast Cancer Forum, Darwin.

Contact: Penny La Sette (08) 8981 9625.

August 3: WA Women's Breast Cancer Forum.

Gloucester Park, Perth.

Contact: Emma Ellis (08) 9380 8834.

August 28-30: Spirited Women – Petrea King's residential weekend for women who have/had cancer.

Bundanoon, NSW.

Contact: Wendie Batho (02) 4883 6599.

September 12-13: Talking about Cancer – A workshop for professionals conducted by the Life Force Foundation.

NSW Cancer Council, Woolloomooloo.

Contact: (02) 9363 0034.

October 16-18: National Breast Cancer Conference for Women: Making a Difference.

National Convention Centre, Canberra.

Contact: Leah Salo (02) 9334 1850.

October 17: Bosom Buddies Fashion Parade, Canberra.

Contact: Anna Wellings-Booth (02) 6247 8470.

- To include events in *The Beacon's* spring issue (September, October, November), please submit notices by the end of July.

YOU'RE NOT YET ON OUR MAILING LIST?

Contact: Lyn Swinburne, phone (03) 9660 6865, fax (03) 9662 3881

Or fill in this coupon and send it to: Breast Cancer Network Australia,
PO Box 4082, Auburn South, Vic 3122

Name:

Address:

.....

State: Postcode: Phone: ()

THE BEACON

The Beacon is the newsletter of the Breast Cancer Network Australia.

We wish to acknowledge the contribution made by the NBCC in providing seeding funding for the production and distribution of the newsletter.

Editor: Lyn Swinburne

Design: Liz Grant, (03) 9898 8834

Layout: Substitution,
(03) 9576 1510

Your comments and items for the next newsletter are welcome. Send them to PO Box 4082, Auburn South, Victoria 3122.



Seeking Shelter

We welcome the following groups, which are linking up under the Breast Cancer Network Australia's umbrella:

- Waratah Breast Cancer Support Group, Sale (Vic);
- Action for Breast Cancer SA Inc. (SA);
- Lesbian Cancer Support Group (Vic);
- Illawarra Breast Cancer Support Group (NSW);
- Mastectomy Society of Victoria Inc. (Vic);
- Quest for Life Foundation (NSW);
- Life Force Foundation (NSW); and
- Forget-Me-Nots Breast Cancer Support Group (Vic).

Please discuss the Network with your group and let us know if we can create another link. Remember – there is strength in numbers!

Contact: Lyn Swinburne, PO Box 4082 Auburn South Vic 3122 or phone (03) 9660 6865.

In the next issue ...

- Support groups

... and much more

Send us your thoughts!

