

Bosom Pals at ESCA

Bosom Pals:

..... those who know so well where you've been, accept so well who you've become, and so gently invite you to grow

• COMING EVENTS

Here's what we have planned for you in the coming months. The February and March events are still being finalized and exact times and dates will be communicated to you as soon as we have them.

January Chilly grey days are perfect for a little city life so we are planning a trip to the fascinating **Patek Philippe Museum in Geneva**, which tells the history of watchmaking and has a wonderful collection of time-pieces which is well worth a visit. Afterwards we will take ourselves for a "nice cup of tea" in the Singing Teapot in the Rue de la Cité. **Date: Friday 26th January.** The guided visit begins at 14h15, so we will meet at 14h00—call Jenny 022 776 48 37 (or email jjbuffle@bluewin.ch) to confirm arrangements for meeting up.

February Time for something artistic with a workshop **painting on ceramics**. This will take place at GlazyDays in Coppet probably around 22 February—more details to follow!

March We are planning a **cooking demonstration** towards the end of March and hope to make this an evening event so as to allow some of you who are working to join us. Full details will be emailed and posted on the website as soon as we have finalized them!

A Celebrity is a person who works hard all his life to become well-known and then wears dark glasses to avoid being recognised

Happy New Year!

May 2007 bring to all of us all peace, happiness and healing



Rainbow warriors? or BP s in technicolour..!

There was a goodly turn-out for our November event, when Liisa Bieler of Colour Me Beautiful kindly welcomed us to her shop in Nyon for a demonstration of how colour can transform the way we look .



It was a grey and wet afternoon, but inside Liisa's shop all was colour and warmth. This was a fun event when we took turns to be "colour-coded" by Liisa. The CMB theory is that our skin tone, hair and eye colour separate us into four basic colour types which roughly correspond to the seasons, so a light-complexioned, blue-eyed blonde is probably a "summer" type and her recommended colour palette is very different from that of the beige-skinned, green-eyed redhead ("autumn") or the strongly contrasting dark-haired, pale-skinned "winter" girl. As it turned out the majority of us were similarly grouped but we did have one redhead and two dark-haired ones, so Liisa was able to show us how we can all wear red, if we want to, but we can't all wear the same red! ... or the same green, or the same blue. It was quite remarkable to see how a different tone of the same colour could light up a face, or make it look quite drab.

Each of us took our turn in the demonstration chair and there was much good humoured chat and encouragement. Liisa also whetted our appetites for some of the lovely clothes she had in her shop which were definitely different and quite eye-catching.

We all left with firm resolutions to clear out our wardrobes and to be more watchful when we buy clothes in future. (There was even a light-hearted suggestion that we should have a colour-troc and swap the unsuitable items in our closets with each other so that everyone ends up looking their best!).

So look out 2007, here we come!

New support groups

We had a very useful and productive "think-tank" meeting on 14 December, led by our very own BP counsellor, Tuula Goulet, when, in addition to partaking of delicious seasonal goodies, kindly provided by those who participated, we explored the idea of setting up a series of formal support groups.

For some time now we have realised that while social events and outings are a good way to release tensions and to take our minds off our problems, some of us do need a more structured forum to discuss our anxieties, our fears and some of the day-to-day problems of dealing with breast cancer.

Tuula made some very helpful suggestions as to the sort of topics which could act as a focus for a support group, and as a result of her questionnaire is able to offer the first series of meetings which will begin towards the

News clippings

Additional gene risk linked to breast cancer

Women who have a close history of breast cancer running in their families are more prone to developing the disease at around fifty years of age even if they themselves do not show the genetic mutation linked to breast cancer.

Even if they test negative for the BRCA1 and BRCA2 genetic faults such women still display a higher tendency for developing the disease.

"This is mainly because such women may inherit other gene faults that are still not known to us but may be hugely contributing to the development of the disease", said Professor Gareth Evans, of St Mary's Hospital in Manchester. He further added that, "Although the rise in risk may be small, only about 2 - 6.4 %, such women should still be screened regularly for breast cancer starting at an age of preferably 35 years".

Genetic mutation is believed to be the cause for about 5 % breast cancer cases in developed countries. Dr. Evans added that, "Presently we have knowledge of only two gene faults, but there may be in all about 40 to 50 more genes directly or indirectly responsible for the disease".

The researchers found four different phenocopies of BRCA1 and BRCA2 in women whose results for mutation tests were negative. A phenocopy occurs when a person still develops the condition for which he / she tests negative for genetic mutation.

So it is not just a case of either testing positive or negative for the high risk gene mutation but a horde of factors play a role in deciding the final manifestation of the disease. The occurrence of a phenocopy may be attributed to modifier genes or some other modifications that imitate the changes resulting from a specific gene fault. The findings of the study were reported in the Journal of Medical Genetics.

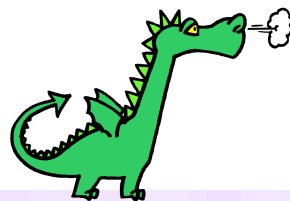
Adapted from the article by Brian Holmes reported on the Earthtimes.org site



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There are still a couple of places free in this first series so anyone who is interested should contact Tuula directly by email - tgoulet@worldcom.ch, or call her on 022 756 47 12 as soon as possible.

Once a series has started, Tuula feels it is very important for the membership of that group to remain constant, as this will encourage mutual support and confidence, so it will not be possible to join a series which is already underway. However, according to the success of this pilot project, further series of meetings will be planned in the near future.



Roaring to go?!

Patsy Allen tells us that plans are afoot to hold a fundraising **Dragon Boat Race** in September 2007. Amateur Dragon Boat racing is great fun and requires very little training beforehand! The

idea has been growing in popularity since a Canadian doctor discovered that, contrary to expectations, the exercise of paddling was actually beneficial for those who had had breast surgery. The improved circulation which resulted helped decrease swelling and lessened the risk of lymphedema, or swelling of the affected arm. So now it is very popular to have Breast Cancer Survivor teams paddling in Dragon Boat races. ESCA reckons that if it works for breast cancer, why not all cancers? So we are hoping to recruit several cancer survivor teams!

The event is being contemplated for **Sunday, September 9th, 2007 at the Lac de Joux**. We are very fortunate to have someone who is willing to help organize this AND willing to train paddlers. We repeat that NO experience is necessary! These races are designed to be fun and a fund-raising opportunity!!

We would like to have a women's team, a men's team, a mixed team, a team of breast cancer survivors and a team of general cancer survivors. The plan is to invite other corporate, local, school, or association teams to enter and to have about 30 teams participating. Each team would consist of 12-14 people.

For the moment, this is very much in the "dreaming" and planning stages but Patsy would like to get an idea of interest from ESCA / BP members. So please let us know if you are:

- 1) interested in helping with the planning and execution of this event
- 2) interested in paddling on a team!

For those of you who would like more information on the sport itself check out this link: <http://www.dragonboat.org.uk/> <<http://www.dragonboat.org.uk/>>

Bosom Pals is ESCA's newest group offering a mix of informal get-togethers or informative talks from health professionals to those 40% ESCA members who are breast cancer patients and survivors. If you've been touched by breast cancer, do join us. If you're already a **Bosom Pal**, pass this newsletter on to anyone who might need to know about us. Extra copies are available from the Drop-in Centre.

KEEP ABREAST

of breast cancer news and the **Bosom Pals** at ESCA programme through our website: www.cancersupport.ch
Or for general information call +41 22 791 63 05
or email: bosompals@cancersupport.ch