



# BP NEWS



Vol 5 No 2

## 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

## diary dates

**24 April**

### ESCA Open Day

09h30 (registration) - 16h00  
at Webster University.

Dr Stéfanie Ghavami-Dicker will talk on *Sexuality, Intimacy and Cancer*

Dr Anne-Thérèse Vlastos will talk on *Cervical Cancer and the Vaccine.*

The usual Awareness Fair will take place in the afternoon and healthy snacks and refreshments will be available!

**7 May**

### Art evening workshop led by Maureen McCormick

18h00 - 21h00

Webster University, Bellevue  
This will be an enjoyable "hands on" event to tap into your creativity and a light supper will be provided.

Subscription charge between CHF15 and 20 per person. To enroll or for more information contact Anne Spencer on 079 703 9660

**18 June**

Another evening event, but outdoors this time! We will meet at the Cabane des Bücherons in the Versoix woods at 18h00 for a **summery walk and a pot-luck picnic.** Details from Anne Spencer, as above

Come and join us!

## Research says - keep moving!

**Diagnosis: Breast Cancer – Treatment: Chemotherapy/ Radiation/Hormone Therapy..... Physical Activity??**

Exercise plays a role in preventing breast cancer, and research suggests that breast cancer patients who are more physically active improve their self-esteem and body image. Now, a landmark study from the Brigham and Women's Hospital (BWH) and Harvard Medical School in the United States found that exercise after diagnosis may help breast cancer patients live longer. The study appeared in the *Journal of the American Medical Association* (2005; 293: 2479-2486).

The study was a prospective observational study based on responses from 3000 registered nurses diagnosed with breast cancer in the Nurses Health Study (120,000 nurses). The study included almost 3,000 women who were diagnosed with breast cancer between 1984 and 1998 and followed by questionnaires until June 2002.

According to lead author BWH researcher Michelle D. Holmes:

"It is well established that exercise plays an important role in preventing many diseases, including breast cancer. However, we found that women who are physically active after breast cancer diagnosis may lower their risk of death from breast cancer and cancer recurrence."

Holmes and her team report these major findings:

☑ Any amount of exercise, even walking just one hour per week, helped promote breast cancer survival.

☑ Compared with physically inactive women with breast cancer, women who engaged in moderate exercise equivalent to three to five hours of walking per week lowered their risk of death by approximately 50 percent.

☑ Beyond this threshold (three to five hours of walking at a moderate pace) there appeared to be little evidence of increased benefit from more exercise.

☑ Women who received the greatest benefit from exercise had the most common type of cancer, one in which the breast tumors are susceptible to hormone levels. This finding suggests that exercise may improve survival by reducing hormone levels and thereby suppress tumor growth and recurrence.

"Currently, only a third of breast cancer survivors meet recommended activity guidelines," Holmes said. "The results tell us that if women with breast cancer are active they may live longer as well as better. The good news is that you don't have to run marathons to reap the benefits. Women who spend three to five hours walking or two hours jogging per week cut their risk of death from breast cancer by 50 percent"

"Women with breast cancer have little to lose and much to gain from exercise," says study author Dr. Michelle Holmes, an assistant professor of medicine at Harvard Medical School.

Other smaller studies have come to the same conclusions.



*It should be noted that the findings are observational, thus cause and effect are uncertain. Of course, specific questions also remain - e.g. how exactly does exercise exert its benefits and so forth. Further studies will provide more answers.*

*In the meantime, what are Bosom Pals doing about this? See over.....*



## BPs are busting out !

Every Thursday morning from 9.30 to 10.30 a group of Bosom Pals are following a low impact aerobic class at Webster University led by a Physical Therapist. The class consists of cardio warm-up, stretching, proper breathing, posture with emphasis on upper body, strengthening of abdominals and thighs and ending with cool down and relaxation. And yes, we're having some fun too, as you will see from Jane Royston's comments below!

If you would like to join us, please contact [karin@delamarter.ch](mailto:karin@delamarter.ch)

*"Two words come to mind when I think about our weekly sessions with Karin: fun and THANK YOU KARIN (we're not allowed to call it torture...). Seriously, it is really an excellent workout, by far the best I've done. What's fun is that we laugh a lot, time flies, and instead of feeling old and decrepit in a gym full of 20 year-old body-building models, well, we're all in the same boat. What's terrific is that it really is a good, thorough, workout that is 100% suited to our needs – lots of arms, shoulders, pectoral muscles for us bosom pals, plus what we can all do with: abs and thighs. Highly recommendable. I do hope Karin continues after the summer break, but in any case a big, big thank you to Karin for volunteering to help us." Jane Royston*



## SNOWED UP!

Cross-country ski outing, La Vattay, February 27<sup>th</sup>.

The report on the BP cross-country ski outing is a good one. Perfect conditions with good snow and a sunny day were reserved for us. Both the beginners and the more experienced went at a comfortable speed.

The shortest loop of 4 km proved to be just an appetite-whetter, so we continued to the next, longer loop. No major wipe-outs took place.

Our reward was a picnic at the end of the morning, on a sunny terrace, with smiles on our faces.

## Psychological benefits of exercise

*There is a growing body of evidence that physical activity not only produces major health benefits, but also improves psychological well-being. The psychological benefits include, among others, stress reduction, alleviation of depression and anxiety, alleviation of other negative mood states such as tension, fatigue and anger, improved body image, self-confidence and self-esteem, enhanced mental alertness, more positive outlook on life and an overall feeling of relaxation and well-being. The physical and psychological benefits of exercise together help enhance the quality of life. The next time you are feeling overwhelmed, stressed out, fatigued or depressed and don't want to go to the gym, take a deep breath, and go anyway!*

### KEEP ABREAST

of breast cancer news and the Bosom Pals at ESCA programme via our website:- [www.cancersupport.ch](http://www.cancersupport.ch) or for general information call +41 22 791 63 05 or email us on [bosompals@cancersupport.ch](mailto:bosompals@cancersupport.ch)



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