



# BP NEWS

Vol 5 No 3

## 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

**2 September**

#### ESCA monthly session

The evening speaker will be Dr. Gilbert Zulian who works in internal medicine, geriatrics and oncology at the HUG (Geneva University hospital). His topic will probably include palliative care with some details about CESCO. The meeting takes place in the YWCA house, Ancienne Route, Grand Saconnex, starting at 19h30.

**6 September**

#### Dragon Boat Festival

Don't miss this terrific day out for the whole family! It will take place at L'Abbaye on the Lac de Joux (the same venue as last year) and will begin with registration at 9h00 before the races themselves start at 9h30. As well as the main races there will be a mini regatta for children plus other games and refreshments all day long.

**4 October**

#### Pink Ribbon Trail

A day of two-hour guided nature walks for everyone will take place on the Commune of Jussy. Running from 09h.00 to 17h00, with hourly departures, this is another great day out with a chance to learn a lot about the natural world of our region from the professional guides. Special walks for children. Refreshments available all day.

**7 October**

#### ESCA monthly meeting

at the YWCA house in Grand Saconnex as above. This session will feature a talk on screening by Dr. Chris De Wolf who is the Medical Director of the Fribourg screening programme, and an expert on the European breast cancer screening guidelines. The meeting begins as usual at 19h30 and light refreshments will be available.

**Come and join us!**

## Thank you Tuula!

### Tuula steps down as Chairperson of the Bosom Pals Committee

After two years of devoted service to the Bosom Pals "management team" Tuula has stepped down from her leadership position in order to have more time for her professional activities as a trained counsellor.



She brought a greatly improved way of working to the BP team and infected us all with her professional and organised outlook and we are hugely grateful to her for the tremendous amount of work she has done with and for us!

At the moment no single successor has been found to fill Tuula's place, but the team will continue to function with a rotating leadership. The peer support service will continue unchanged and Kateri will coordinate this, so any queries with regard to peer support should be addressed to her at [delislekateri@hotmail.com](mailto:delislekateri@hotmail.com) or through the Bosom Pals email (see the end of this newsletter for contact details).

We will also be trying to integrate Bosom Pal events a bit more with the regular monthly ESCA activities.

Meanwhile Bosom Pals activities continue to be organised by your Committee members:

*Raynelle Arcaini, Jenny Buffle, Kateri Delisle, Annabel Pulcrano and Anne Spencer.*

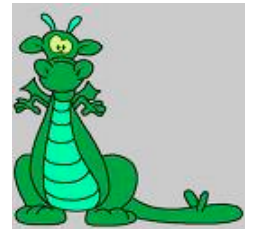
Don't hesitate to contact any of us if you have requests for any particular kind of service which we could be supplying or any suggestions of activities which you would like us to organise.

The structured support group which worked so well for some of you last year will take place again in the near future and Tuula has agreed to run this once more.

Other future activities will include a new series of Busting Out gym classes which proved very successful earlier this year. The classes will start up again in late August and will run on Thursday mornings from 9h30 to 10h30. If you would like to join this, please contact Karin Delamarter directly on [karin@delamarter.ch](mailto:karin@delamarter.ch)

## CALLING ALL PADDLERS

*Bosom Pals will be entering a team - the Breaststokers - in the Dragon Boat festival and will welcome any BP who wishes to paddle with us. Last year the breaststokers came second in the all ladies' category, so here's your chance to bid for sporting fame! We are expecting another breast cancer survivors' team from outside Switzerland to participate this year, so the competition will be hot! There will also be an ESCA boat which will be happy to have more sign-ups for paddlers, so don't be shy - come and join us! Annabel is master-minding the BP team, so contact her on [pulcrano@sefanet.ch](mailto:pulcrano@sefanet.ch) if you would like to be part of the fun.*



Full details of all activities on the ESCA website

## Candles in the wind

A small but enthusiastic group of BPs met at the Cabane des Bucherons in the Versoix woods on 18 June for an evening walk and picnic, organized by Anne Spencer. We were joined by two colleagues from the Geneva "marraines" and, after the energetic ones had worked their way round the *parcours vita* we had very pleasant al fresco supper, which was beautifully set out on flowery tablecloths and graced with pretty pink



candles in silver candlesticks - a most elegant picnic, which drew admiring glances from a number of other walkers and picnickers - thank you Anne! The evening was cool under the trees (and not TOO full of midges!) but the atmosphere was warm and friendly and it was a great opportunity to exchange ideas and experiences with our Geneva counterparts. We look forward to sharing more activities with them in the future.

## Alternative, alternative therapy

Earlier in the spring another colourful event was the second session of Colour Me Beautiful - a "look good, feel better" event run for us by Liisa Bieler at her mouth-watering boutique in Nyon. This is such a great morale booster for those who are struggling with the diminished self-image which often comes with cancer treatments that we are hoping to make it a regular annual event. Liisa is able to show us what a huge difference colour can make to our looks and thus to the way we feel. Alternative therapies can play an important part in the whole healing process and we wonder just how long it will be before someone realises that boosting one's self-image can be just as helpful. (*I doubt we'll ever get help from our health insurance to revamp our wardrobe though - pity! Ed.*)

## PRESS CLIPPINGS

### Asian Spice Could Reduce Breast Cancer Risk In Women Exposed To Hormone Replacement Therapy

*Science Daily (July 13, 2009)* — Previous studies have found that postmenopausal women who have taken a combined oestrogen and progesterin hormone replacement therapy have increased their risk of developing progesterin-accelerated breast tumours. Now, University of Missouri researchers have found that curcuma, a popular Indian spice derived from the turmeric root, could reduce the cancer risk for women after exposure to hormone replacement therapy.

"Approximately 6 million women in the United States use hormone replacement therapy to treat the symptoms of menopause," said Salman Hyder, the Zalk Endowed Professorship in Tumour Angiogenesis and professor of biomedical sciences in the College of Veterinary Medicine and the Dalton Cardiovascular Research Center. "This exposure to progesterin will predispose a large number of postmenopausal women to future development of breast cancer. The results of our study show that women could potentially take curcuma to protect themselves from developing progesterin-accelerated tumours."

In the study, researchers found that curcuma delayed the first appearance, decreased incidence and reduced multiplicity of progesterin-accelerated tumours in an animal model. Curcuma also prevented the appearance of gross morphological abnormalities in the mammary glands. In previous studies, MU researchers showed that progesterin accelerated the development of certain tumors by increasing production of a molecule called VEGF that helps supply blood to the tumour. By blocking the production of VEGF, researchers could potentially reduce the proliferation of breast cancer cells. Curcumin inhibits progesterin-induced VEGF secretion from breast cancer cells, Hyder said.

"Curcuma and other potential anti-angiogenic compounds should be tested further as dietary chemopreventive agents in women already exposed to hormone replacement therapy containing estrogen and progesterin in an effort to decrease or delay the risk of breast cancer associated with combined hormone replacement therapy," Hyder said.

The study was coauthored by Hyder; Candace Carroll, graduate student of biomedical sciences; Cynthia Besch-Williford, associate professor of veterinary pathobiology in the MU College of Veterinary Medicine; and Mark Eilersieck, professor and researcher in the MU Experiment Station Statistics.

Adapted from materials provided by [University of Missouri-Columbia](http://www.unimissouri.edu).

### 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)



ESCA

150 rte de Ferney  
CP 1211  
1211 Genève