



# BP NEWS

Vol 5 No 4

## 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

### 27 October Pink Sticks Night

The Servette ice hockey team are dedicating their match on this date to raising awareness for breast cancer. All women attending the match get in free! This is huge fun (if a bit noisy!) - ideal to bring children, husbands or boyfriends along. Wear something pink and come and join the ESCA/BP group.

The match starts at 19h45



### 19 November Look Good Feel Better

See the article opposite for full details of this FREE WORKSHOP

### 6 December Escalade Walk

Last year a group of BPs joined the morning walking part of the annual Escalade race. This is another great way of showing the world what we can do! Although there are some serious walkers out there, ready to pound the pavements and win prizes, it is just good to be part of the action. None of us broke any records last year but we did have fun and intend to do it again, so if you are interested, contact Anne Spencer on [anne.spencer@ch.inter.net](mailto:anne.spencer@ch.inter.net) or call her on 022 785.56.313

Full details of all activities on the ESCA website

Come and join us!

## Peer Support

### What it is - for whom - by whom

Peer support is at the heart of Bosom Pals. When you are newly diagnosed - and what a frightening experience that is! - sometimes it helps to be able to talk to someone outside the family structure, someone who is not your doctor, just to be able to be yourself, let off steam, vent your distress or express your fears in a way that does not impact on your family. Peer supporters are women who have gone through your experience and can empathise in a way that no one else really can. They have been trained to listen and to "be there for you".

A peer supporter can accompany you to the doctor, or to any of your medical appointments if you wish to have someone for moral support who is not a family member. They can be an "extra pair of ears" at a time when you are being given a lot of information which you may not completely register at the time (our emotional state can sometimes hinder what we hear or understand).

A peer supporter can help by driving you to medical appointments or helping with shopping but they are not house-cleaners or nurses!

The peer support coordinator will try to put you in touch with a person whose age and experience match your own as closely as possible and who will be available for you for the duration of your treatment. The frequency and nature of your contact is decided by you (a weekly 'phone call, a regular or an occasional visit, or whatever suits you).



A further service which Bosom Pals offers is the **structured support group** which is run by a professional counsellor. Meeting regularly over a specific period of time, this is a formal group therapy session and has worked extremely well for the people involved. We are hoping to set up a new session shortly and anyone who might be interested in attending should contact Tuula Goulet on [tgoulet@worldcom.ch](mailto:tgoulet@worldcom.ch)

## More than a Beauty Workshop!



**LOOK GOOD...FEEL BETTER** offers free beauty workshops for women with cancer who have undergone medical treatment. The goal of the programme is to help to re-

establish the patients' self-assurance and their self-esteem. Professional beauty advisors will show you all about skin care and make-up. For personal attention and hands-on tips from our cosmetics experts, attend the **free LGFB workshop** at the **ESCA Drop-in Centre on Thursday, November 19th from 14h00-16h00**. Join us to learn techniques and customize your look in a supportive atmosphere.

**Please note:** If you are diagnosed allergic/sensitive to any cosmetic ingredient, or believe that you have such an allergy/sensitivity, you should not use the products provided, but bring your own makeup products to the session.

If you are interested in attending this free session, please reserve **NOW** because places are limited. Reserve by emailing [info@cancersupport.ch](mailto:info@cancersupport.ch) or calling 022 791 6305 (during office hours - Tuesday and Thursday, 10.00 - 14.00)

A new series of our Busting Out gym classes, which proved very successful earlier this year, is now under way. The classes run on Thursday mornings from 9h30 to 10h30. If you would like to join this, please contact the coach, Karin Delamarter directly on [karin@delamarter.ch](mailto:karin@delamarter.ch)



*We paddled for cancer* in lovely sunny weather on the Lac de Joux on Sunday 6th September. A great turn-out once again and a huge buzz of competitive spirit marked this special day in ESCA's calendar. We had the added pleasure of paddling against the International Pink Sisters team who walked away with the all-women's category prize - not surprising as they are all members of dragon boat clubs in their own countries (USA, Canada and South Africa) but pretty amazing when you realize that amongst their number was a lady celebrating her 80th birthday at this event! Congratulations to them all! This year saw us perform the moving little "in memoriam" ceremony where pink carnations were thrown into the lake as we joined hands across the boats and sang "That's what friends are for".

The Breaststokers team, pictured above, consisted of Pam Fernquist, Anne Spencer, Tuula Goulet, Jo Abrahams, Kateri Delisle, Holly Smith-Dinbergs, Jane Royston, Irene Bertrand, Nadene Canning, Smruit Patel, Bijou Hauck, Yoshie Noguchi, Trea Tijmens, Dominique Favre, Annabel Pulcrano, Patsy Allen and Jenny Buffle

## PRESS CLIPPINGS

### Exciting new radiotherapy treatment now being carried out in Swiss clinic

A new radiotherapy treatment has been premiered at the Genolier clinic by the team of Dr. Pierre-Alain Brioschi. This consists of a single radiation of the tumour-bed carried out in the operating theatre, immediately after the tumour has been removed. This single treatment, using a concentrated beam of electrons, makes it possible to treat the affected area in a very targeted and accurate manner and eliminates the need for any further radiotherapy of the whole breast. It also means that the skin and surrounding tissues are not subject to the aggression of radiotherapy. The radiation lasts for around five minutes and the operated site is then closed up by the surgeon. Patients treated in this way are thus spared the side effects of classic radiation treatment as well as the constraints imposed by the traditional six-week period of classic radiotherapy treatment.

For the time being this new technique is only appropriate for premenopausal breast cancer patients whose tumour is small and clearly localised. Unfortunately it is not yet accepted by the insurance companies, but as the single session can replace a long period of traditional treatment, it will ultimately prove less expensive in the long run and it is to be hoped that the insurance companies will come to realise this fairly quickly and act accordingly!

The Clinique de Genolier has invested 1.5 million francs in developing this intra-operative radiotherapy.

Reported in the Journal de la Côte of 3 September 2009

### 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)

### Pink Ribbon Trail

#### blazes its way to success!

A lovely sunny autumn day heralded the second edition of ESCA's Pink Ribbon Trail, held to mark October, Breast Cancer Awareness month. Held this year in the lovely village of Jussy with headquarters in the bright new hall behind the Mairie, the walk attracted some 100 visitors. A series of highly informative guided walks, led by Trish Thalman and Pierre Zuppiroli of "A Different View" explored the meadows and lanes leading from Jussy into its protected woodland nature reserve. Special activities for children and delicious refreshments ensured the day was enjoyed by all. Our thanks go to our two professional guides who give their time freely to this venture and also to Megan who achieved miracles of organisation both singly and with her team. How she managed to organise even the weather remains a mystery! we look forward to next year's edition in another well chosen part of our Lake Geneva region!



Megan marks the trail with the Pink Ribbon Quiz!



ESCA

150 rte de Ferney  
CP 1211  
1211 Genève  
Tel: +41 22 791 63