



# BP NEWS



## 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

**17 April**

### ESCA Open Day

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

The theme this year will be  
**"The impact of cancer in the family and the workplace"**.

Speakers and discussion will take place in the morning followed by an Awareness Fair in the afternoon. Healthy snacks and refreshments will be available!

**29 April**

### 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 - we will follow it with a pot-luck supper.

Subscription charge CHF 20 per person. Numbers are limited to 10.

To enroll (or for more information) contact Anne Spencer on 079 703 9660 or email: [anne.spencer@ch.inter.net](mailto:anne.spencer@ch.inter.net)

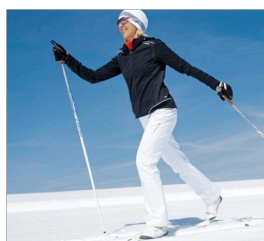
**8 June**

We will repeat the highly successful **summer evening walk and picnic** which was much enjoyed last year.

We will meet at the Cabane des Bûcherons in the Versoix woods at 18h30  
Details from Anne Spencer, as above

**Come and join us!**

## White stuff and other colours!



The Bosom Pals cross-country ski outing was thoroughly enjoyed by 8 members on March 2nd.

A mixture of beginners and more experienced skiers did between 4 and 10 kilometers at the ski area of La Vattay in nearby France.

The cloudy sky didn't dampen the fun & enthusiasm, and in spite of a few minor spills, everyone survived the morning and earned a hearty lunch in the resort's restaurant.

A great way to shake out those creaky bones, and share companionship!

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A different group of 8 met in Nyon on March 15th for an enjoyable and informative afternoon at Colour Me Beautiful. Here Liisa, the specialist, taught them about the different colour-types according to skin and hair tone and showed them how to choose and wear the best colours for their own type, enhancing their looks with a flattering appearance - a great asset when feeling under the weather. This was a fun and lively afternoon which we will repeat next spring.!

## Support report

We are happy to report that our support services for Bosom Pals are thriving. The structured group sessions run by Tuula Goulet, our counsellor, are running well and provide a formal, but friendly opportunity to discuss concerns and seek mutual support in a professionally controlled environment. This can cover many areas of the cancer experience, including emotional and psychological issues.

In a simpler fashion a series of coffee mornings has been initiated by Kateri, our Peer Support Coordinator, for newly diagnosed BPs. These are very informal and operate in our Drop-In centre at 150 route de Ferney, Grand Saconnex, where there is also access to the excellent and helpful ESCA library. The coffee-mornings run from 10h00 to 12h00 and the next dates are:

30 April

28 May

25 June

Come along to say hello, meet others and have a good chat!



One-on-one support continues to be available through our Peer Supporters group who are on hand to help with shopping, driving, accompanying doctor's visits or just to offer a supportive shoulder and a sympathetic ear.

In our last issue we spoke of the impending departure of Kateri Delisle, our tireless Peer Support Coordinator, and we are now happy to announce that Raynelle Arcaini will take over this important role when Kateri returns to Canada in the summer.

## WANTED - A TEAM!

It's not too soon to start planning Bosom Pals' participation in this year's Dragon Boat Festival - we need to get really fit and paddle the socks off the competition! (And even if we don't, it's a great event as the previous three editions have shown.) Mark the date in your diary NOW and contact Sonia Gunton if you would like to be part of the BP team and part of the fun ...

Sunday 5th September is the day and you can find Sonia on 022 361 63 89 or at [sonia@mgunton.com](mailto:sonia@mgunton.com).



## NEWS FROM HEADQUARTERS!

The Annual General Meeting of the English Speaking Cancer Association was held on Tuesday, March 23rd and from this meeting have come some major changes within ESCA.

Earlier this year, many strategic meetings were held to discuss the future of ESCA and its structure. It was easily seen that ESCA had outgrown its original structure of President, Vice President and Treasurer as the sole members of the elected Executive Committee. A restructuring was therefore developed to reflect ESCA's prime support role and the important work done by its volunteers, and also to take into account the ever-increasing demands of ESCA representation externally. The General Assembly unanimously approved the new structure with three Vice-Presidents to cover these three areas and the new ESCA Executive Committee is as follows:

VP External Relations, Catherine Blanc - VP Support, Raynelle Arcaini - VP Volunteers, Kate Marx - Treasurer, Julie Franklin. In addition to these very competent Executive Committee members, also participating as part of the general ESCA committee are: Thea Marais, Counselling Coordinator - Anne Spencer, Bosom Pals representative - Patsy Allen, PADDLEforCANCER Coordinator.

Unfortunately, there were no nominations for the post of President at present but we are pleased to announce the appointment of an Honorary President, Jane Royston. Jane is a long-time ESCA member with an excellent reputation in the business world. Jane has agreed to take this position for a period of one year and will be available to advise the ESCA committee as needed.

Please note that all these committee members can be reached by emailing [info@cancersupport.ch](mailto:info@cancersupport.ch) or by phoning our office at 022 791 63 05 (Tuesdays and Thursdays 10h-14h) or our Helpline 079 531 55 11 outside of our office hours.



## PRESS CLIPPINGS

Women with [breast cancer](#) should be given high doses of [vitamin D](#) because a majority of them are likely to have low levels of vitamin D, which could contribute to decreased bone mass and greater risk of [fractures](#), according to scientists at the University of Rochester Medical Center.

In a study of 166 women undergoing treatment for breast cancer, nearly 70 percent had low levels of vitamin D in their blood, according to a study presented last October at the American Society of Clinical Oncology's Breast Cancer Symposium in San Francisco. The analysis showed women with late-stage disease and non-Caucasian women had even lower levels.

"Vitamin D is essential to maintaining bone health, and women with breast cancer have accelerated bone loss due to the nature of hormone therapy and chemotherapy. It's important for women and their doctors to work together to boost their vitamin D intake," said Luke Peppone, Ph.D., research assistant professor of Radiation Oncology, at Rochester's James P. Wilmot Cancer Center.

Scientists funded by the NCI analyzed vitamin D levels in each woman studied and found that more than two-thirds of them had vitamin deficiency. Weekly supplementation with high doses of vitamin D improved these levels.

This problem is not unexpected, as previous studies have shown that nearly half of all adults are deficient in the nutrient. Vitamin D, obtained from milk, fortified cereals and exposure to sunlight, is well known to play an essential role in cell growth, in boosting the body's immune system and in strengthening bones.

Symptoms of Vitamin D deficiency include muscle pain, weak bones/fractures, low energy and [fatigue](#), lowered immunity, symptoms of [depression](#) and mood swings, and sleep irregularities, many of which are common for women undergoing breast cancer treatment.

Source: *Leslie White, University of Rochester Medical Center*

### 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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