



BP NEWS

Vol 6 No 1

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Bosom Pals

*... those who know so well
where you've been, accept so
well who you've become, and so*

diary dates

7 January

Busting Out gym classes start up again after the Christmas break. If you are interested in joining, please contact Karin - see her contact details on page 2

13 January

The monthly ESCA support meeting will feature speaker Ruthy Alon whose theme will be Bones for Life. Starting at 7.30 p.m., the meeting will take place at the YWCA, 16 Ancienne Route, Grand-Saconnex

23 February

Cross-country ski day at La Vattay, (see over)

March

We hope to repeat the highly successful Colour Me Beautiful event in the middle of March, but the actual date has yet to be determined - watch this space!

ESCALADIES

do it again!



As a result of the huge success of the previous two editions, the famous Course de l'Escalade again included a walking event right at the start of the day's activities. This was for Nordic and "ordinary" walkers and a hardy group of Bosom Pals and other ESCA ladies donned their pink tee-shirts in the early hours of Saturday 5th December under the able leadership of Anne Spencer, who sent us the following report.

"On Saturday's frosty dawn, an intrepid, shivering group of eleven pink clad BP and ESCA family and friends gathered hastily at the start line of the Escalade Walk. Off went the gun and do did we, though some lingered to pass the line last of all! Sun up, snow on the Salève, crisp, calm, clear winter air spurred us on through Veyrier, down to the Arve, along the tumbling glacial river, and finally into Geneva and up to the Parc des Bastions. All finished, at various paces, all were rewarded with Escalade beakers and a glowing sense of well-being. And we felt even better sitting at the Café du Rond Point warming up with coffee and chocolate and visiting together. Brava, team!"

October was a busy month, devoted as it was to breast cancer awareness. As reported in our last issue we kicked off, so to speak, with the Pink Ribbon Trail, which was blessed with sunny weather and a good turn-out of walkers.

This was followed by ESCA participation in various local awareness activities, (wo)manning an information stand at the HUG Maternité and another at Balexert, where information and pink ribbons were handed out and ESCA information was on hand.

Next came the Pink Sticks Night at the Geneva Servette ice hockey event on 27 October where a good crowd of ESCA supporters turned up to enjoy the thrill of the evening. Free entry was offered to all women



and again pink clothing was much in evidence. This was a noisy, lively evening, very popular with the younger generation and we had the excitement of seeing the Geneva team beat their opponents, Zug, by 4 goals to nil.

SUPPORT COORDINATOR SEARCH

With the imminent departure from Geneva of Kateri Deslisle next summer your Committee has been actively searching for a worthy replacement for this vital role. We are confident that in our next issue we will have a new name to announce. Meanwhile we are all hugely grateful to Kateri for her excellent work in keeping our peer support service in good order"

*The Bosom Pals Committee
wishes all BPs a happy and
healthy New Year!*



KEEP MOVING!

By popular request, ESCA member and physiotherapist Karin Delamarter will continue her **specialised gym classes** "Busting Out", in the New Year.

She plans to start on January 7 and have 15 sessions, with the last on April 29. The cost remains the same – CHF 5 per session (CHF 75 in total). There will be no class the week of Geneva ski holiday (March 25). Please contact Karin directly if you are interested: karin@delamarter.ch or 079 449 0033.

We all know about the benefits of physical activity and, as last year, you will have another chance to indulge in some healthy fun on February 23 when Annabel will lead us on a **cross-country skiing day, at La Vattay in the Jura**. La Vattay offers a variety of trails, rental facilities, easy access by car, a bus connection from Geneva and a nice restaurant for lunch. We will start off in the morning. In case of poor weather, the event will be postponed to March 2, 2010.

For more details check our website and to sign up, contact Annabel on 079 462 8654 or 021 807 1404 or email her on pulcrano@sefanet.ch

In our next issue, we report on revised medical opinion on recommended mammography frequency.

POST CHRISTMAS BULGES

After all the temptations to over-indulge in the good things of the festive season, we may all need a little encouragement to keep healthy resolutions for the New Year. It is sometimes hard to work out from food labels just what should be avoided in the battle to restore those spreading waistlines but Cancer Research UK has offered some help by publishing the following handy guides for shopping for healthy foods.

What is **high**, what is **medium** and what is **low** per 100g:

	over 15g	over 20g	over 5g	over 1.5g
Sugars	from 5g to 15g	from 3g to 20g	from 1.5g to 5g	from 0.3g to 1.5g
Fat	5g and less	3g and less	1.5g and less	0.3g and less
Saturated Fat				
Salt				

Check the following information on food labels to make healthy choices:

Snacks

Less than 3g fat and less than 8g sugar per serving

Breakfast cereals

Less than 5g fat and less than 10g sugar per 100g

Ready meals

Less than 10g fat and less than 350kcal per portion

Pre-packed sandwiches

Less than 6g fat and less than 280kcal per sandwich pack.

PRESS CLIPPINGS

Women with breast cancer who eat more soy are less likely to die or have a recurrence of cancer than women who eat few or no soy products, according to a new study. In the past, physicians have often warned breast cancer patients not to eat soy. The new research represents "a complete turnaround" from the previous understanding about the link between soy consumption and breast cancer, says Sally Scroggs, a registered dietician and senior health education specialist at M.D. Anderson's Cancer Prevention Center in Houston, Texas.

"We have gone from saying, 'No soy for breast cancer survivors' to, 'It's not going to hurt,'" Scroggs says. "Now it looks like we can say, 'It may help.'"

Soy foods such as milk, tofu and edamame are rich in naturally occurring estrogens, but the new study says that soy may actually reduce the amount of estrogen that is available to the body.

Experts say that more studies are needed to confirm the new findings but the recent study looked at more than 5,000 women in China who had undergone a mastectomy; they were followed for about four years. The women who consumed the most soy protein (about 15 grams or more a day) had a 29 percent lower risk of dying and a 32 percent decreased risk of breast cancer recurrence compared to the women who consumed less than about 5 grams of soy protein a day, according to the study, which appears in the December 9 issue of the Journal of the American Medical Association.

The National Cancer Institute and the U.S. Department of Defense's Breast Cancer Research Program funded the study.

KEEP ABREAST

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



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