

Peterborough Breast Cancer Support Group Newsletter

(www.pbcsg.co.uk)



MEETING HELD AT THE HOLIDAY INN 3 October 2024

Thank you to all those who attended our October meeting and to a warm welcome to those who attended for the first time.

This month's meeting was attended by Carly and Nicola, breast care nurses from Peterborough Breast Care Unit. Two questions were put to the nurses by two members in advance of the meeting.

1. Can Tamoxifen cause a rash all over the body? Would a different brand have any affect.
? Oncology have been baffled by the rash. Four different brands have already been tried.
2. Is it possible to get lymphedema in the arm that has not had surgery?

A skin rash can be a side effect of taking Tamoxifen. It may be the case of a process of elimination in trying different brands as each can cause different reactions or none at all. Difficult when four brands have already been tried. Referral to dermatology may be useful. Sometimes creams applied to the skin may help e.g. hydrocortisone or antihistamine.

It is unusual to develop lymphedema in the arm that has not had surgery. However, lymphedema is a build-up of fluid in the body's tissues. Possible to develop lymphedema after surgery or radiotherapy to the lymph nodes under the arm. The lymphatic system can be compromised this results in the build of fluid. Lymphatic massage can be helpful. You need to be careful when travelling e.g. flying or in other forms of travel where you are sitting for long periods of time. Also need to be careful not to get an infection in the affected arm. Best not to have injections in the affected arm or have blood pressure taken from the arm. Once you have lymphedema it does not go away but can be managed. Important to do exercises after surgery and to continue doing them.

Becky mentioned yoga and referred to Vicky Fox who is a yoga teacher. She does yoga for cancer online. Her website is: <https://vickyfox-yoga.com/yoga-for-cancer-classes>

Another member asked a question about results of mammograms and when the results are sent out. The nurses said that mammograms have to be checked twice before patients are informed of the results. The radiologist will read them. Because of staffing levels, it can take a while for this process to be completed.

The nurses will be joining us again at our February meeting.

Other news

Breast Cancer Now – Moving Forward course.

Kerry Smith, services development coordinator for the east of England for Breast Cancer Now (who came to one of our meetings) has dates for the Moving Forward Course run by Breast Cancer Now.

See details below for dates and times. The course has had good feedback from those who have

attended them. Leaflets about the course will be available at the December meeting.

What is the Moving Forward Course?

Breast Cancer Now's face-to-face Moving Forward course runs over two half day sessions for people who have finished their active, hospital-based treatment. Through supportive, open conversations in a safe, confidential space, you'll connect with people who understand, and you'll find the tools you need to feel more empowered, confident and in control. The sessions are supported by a Moving Forward journal and online content, giving you the opportunity to find the information and resources that are right for you.

Week 1: Looking back to move forward - Your chance to share anything you're worried about and explore what you need to start moving forward.

Week 2: What's important to you? A 'Q&A' with a healthcare professional. Identify the tools and resources that are most useful for you and your life after primary breast cancer

Upcoming Courses:

Individuals can self-refer via the web and search for a course in their area

<https://breastcancernow.org/support-for-you/moving-forward/> or contact our admin team on 0345 077 1893 or email movingforward@breastcancernow.org. Online courses are also available via Zoom.

Peterborough – Thursday 5th & 12th December at PCH 9:30am till 1pm

Kings Lynn – Tuesday 21st & 28th January at QEH 9:30am till 1pm

*Breast Cancer Now also have an 'access fund' to help support towards the costs of attending.

Thank you to Joan who attended our meeting. Joan runs the Stamford Cancer Support Group. Joan mentioned that in January they have a travel consultant and someone coming from a travel insurance company attending their meeting and in March they have someone from the cancer detection dog charity. Two good ideas for future speakers for our Group.

She also mentioned the Fenland Community Cancer Champions. See link to their website:

<https://www.cambsacre.org.uk/fenland-community-cancer-champions>

Upcoming meetings:

7 November at 7.00 pm.

Rosie Collcutt lymphedema nurse will be joining us. Please send me any questions you may have in advance of the meeting so these can be passed on to her

A member has kindly asked a friend of hers, Micky, to join us at our November meeting. Micky has a massage chair suitable for people who cannot lie on their front after surgery/ radiation. Micky will do a mini demonstration of how she can safely massage people who cannot get on a massage bed. She is fully trained and also does reiki/reflexology. This will tie in nicely with Rosie's talk on lymphedema. 5 December at 7.00 pm.

No meeting at the Holiday Inn replaced by our Xmas meal at the Bluebell Inn Werrington. Menus will be at the November meeting so if you had not selected your food choices you will need to do so at the November meeting and we will also be finalising numbers. There will be a secret santa on the night so don't forget your present on the night.

12 December – all day Xmas Market Stall for the PBCSG.

A reminder that we will be having a stall in the town centre all day either on Cathedral Square or on Bridge Street. We will be having a tombola. If you do have any donations for the tombola, can you please bring them with you to our November meeting. All items will be gratefully received. Money raised will be added to the Group's funds.

If anyone would like to contribute to this newsletter, please send information to Helen Saggars at helen.saggars@ntlworld.com or telephone 07790856801 or if you would like to see up to date and relevant information on our website please email our website provider/administrator

susan@bluemonkey.it

Peterborough Breast Cancer Support Group website is www.pbcsq.co.uk and www.peterboroughbreastcancerssupportgroup.co.uk