

BReast Oedema: QUantify and improvE (BaROQUE) BCI Research

BaROQUE: BReast Oedema: QUantify and improvE a project to understand the nature of breast swelling following breast cancer treatment to inform us on how this is best measured and possible treatments.

Breast swelling is sometimes a side effect of breast cancer treatment following breast conserving surgery and radiotherapy. The BaROQUE (BReast Oedema: QUantify and improvE) research project is led by Dr Kirsty Stuart, Radiation Oncologist, to address this gap in our knowledge. Obtaining this information will improve



A/Prof Kirsty Stuart (Left), some of the BCI team and other Research Award Recipients

There are three parts to the BaROQUE study:

The first part of the study aims to identify how common breast swelling is in the first year following completion of radiotherapy treatment for breast cancer. At present, we do not know how common it is or who is most likely to develop it. Factors that increase risk for breast swelling may be related to the type of surgery, radiation or chemotherapy treatments, in addition to other associated factors which we will explore further in this study.

This study has been running since February 2020 and we have reached the halfway point in recruiting women to participate. We have been approaching women who have had treatment through Westmead Breast Cancer Institute (BCI) and our partners in the Department of Radiation Oncology, Crown Princess Mary Cancer Centre. We are very grateful to those who have given up their time to participate in this study. We are aiming to complete recruitment to this study over the coming months. Women who agree to participate complete four short breast swelling questionnaires online or over the phone. These questionnaires are completed by women at 3 months and 9 months after completing their radiotherapy treatments.

The second part of the study aims to look at the way we measure breast swelling. We have been using 3D photography using a "VECTRA" camera to measure the volume of the breast. We plan to take measurements using ultrasound, L-Dex (similar to a bioscanner) and MRI technology that can measure fluids and their location in the body.

The final part of the study will be a randomised controlled trial looking at the effect of treating versus not treating breast swelling, and seeing if the assessment tools we have available can detect a change in breast swelling after treatment. The treatments for this study will include manual lymphatic drainage



Essity - Bellisse® Bra (Jobst)

our understanding of this condition, improve early identification and help inform us on how best to manage the condition. At present, there has been very little research in this area and we do not know what the best treatments for breast swelling are or how best to measure or assess the condition.

This project has been funded by Betty Schofield and Joyce Anderson Bequest Grant (\$200,000) and The Westmead Breast Cancer Institute. Ms Nicola Fearn is a PhD candidate with the University of Sydney and this research will be part of her research thesis.



Essity - Bellisse® Bra (Jobst)

(light massage) and use of a compression bra - Bellisse® Bra (Jobst). We hope that we will be able to commence this part of the study in early 2021. We feel that this study will help us identify how to best measure breast swelling so that we can pick it up early. Ultimately we hope to understand the best way to manage this uncomfortable condition and help women in their recovery from breast cancer treatment.

A Note from Nirmala

Dear Readers,

It is with pleasure that we present the latest edition of Venus. It is very difficult to think about this past year without using the extremely worn out word of “unprecedented” which must be the most over used word of the year, but it is after all a very apt description of the year that has just gone by. For us at BCI adapting to the rapidly evolving situation, meeting government restrictions on social distancing and other measures whilst still ensuring that we did not compromise on clinical safety and quality was a challenge. I am proud to say that the team at BCI worked with dedication and co-operation. Many staff had to be redeployed to other areas of the hospital including areas where there were placed at higher risk of exposure to Covid-19 for extended periods. Additional hygiene and distancing measures meant that instant changes had to be made to the clinics and additional training in PPE use placed additional burdens on the staff. Telehealth appointments were used for some patients, and the patients adapted very well to this. I am very grateful to the staff for their efforts during this very difficult time, and I am enormously proud of how they all rose to the task in such a collaborative and agile manner.

One area we felt the greatest impact was in our screening service. Due to government restrictions we had to close down screening for several weeks. This did cause us and others across Australia some concern. The impact was very significant across the nation with 145,000 fewer screening mammograms performed in a six month period than previous years. Initially women were



somewhat reluctant to attend screening once we re-opened, but thanks to additional safety measures women returned and were reassured that screening was safe and very necessary, we have been able to screen almost all of the those women that missed their screening date due to the closures. This has been thanks to the efforts of the staff at BCI. If you know someone who is aged between 50 and 74 and has not had a mammogram, do encourage them to come and have their screen at one of our Sunflower clinics. Early detection is the best protection for a woman against breast cancer and Covid-19 does not change this fact.

In this edition of Venus you will read a tribute to our wonderful nurses, as this is the “International Year of the Nurse.” We are of course grateful to our nurses all year round every year, they are the backbone of patient care at BCI, as I am sure that many of you would have seen if you have been a patient with us. Many patients have been very reliant on the nurses for their advice and guidance during this pandemic. It is very important that patients continue to keep their appointments, continue having recommended scans or tests and continue their treatment during this time. Rest assured we are taking all the necessary provisions to keep you safe. If you are

concerned whether any treatments you are on may compromise your immune system you should discuss this with your doctor or breast care nurse and see what additional precautions are needed for you. We understand that this is a time when patients will feel more vulnerable and isolated, so we encourage you to call our breast care nurses if you have any concerns, they are ready to hear and address your concerns.

Regardless of COVID-19 breast cancer will continue to impact thousands of women each year and as such our mission to ensure the highest standards of care for all our patients for their entire journey continues. This includes our comprehensive research program. This year despite the difficulties we have been able to add a number of clinical trials to the program, ensuring access to the latest treatments are made possible for our patients. Our research continues to focus on identifying the best treatments for our patients in a practical and applicable sense. This program has been largely made possible through the generous donations of our supporters. We remain grateful for this support. We endeavour to continue to be the leading institution for breast cancer diagnosis and management well after this pandemic has run its course.

Please stay safe, follow distancing and sanitising guidelines provided by the health departments and be patient, we are very fortunate to be in this part of the world!

A/Prof Nirmala Pathmanathan
Service Director
Westmead Breast Cancer Institute

2021 Annual Breakfast

We were disappointed to cancel our 2020 Annual Breakfast Celebration, however subject to 2021 Health Regulations in response to COVID-19 we are proposing to host the Westmead Breast Cancer

Institute Annual Breakfast in October 2021 at the Waterview, Bicentennial Park in Sydney Olympic Park. Further details will be updated on our website www.bci.org.au.



Let's Celebrate our Breast Care Nurses in the International Year of the Nurse

International Nurses Day is celebrated each year on 12 May to celebrate the birth anniversary of Florence Nightingale. However the World Health Assembly designated 2020 as the International Year of the Nurse in order to celebrate the vital role played by Nurses devoting their careers caring for people, constantly being in the frontline supporting and providing everyday essential health needs to so many communities across the globe

Westmead Breast Cancer Institute (BCI) would like to take this opportunity to express our thanks to all the Breast Care Nurses who currently work and have worked with us at BCI since 1999. Our Breast Care Nurses continue to be so dedicated and caring, we acknowledge every one of them.

What is a breast care nurse? A breast care nurse (BCN) is a registered nurse who has developed specialised experience and knowledge in breast care nursing. BCI breast care nurses play an integral part within the multidisciplinary team at the BCI, working with other breast cancer specialists and health professionals to ensure you receive high quality treatment and supportive care.

Our breast care nurses will become one of your first and ongoing points of contact during your journey through breast cancer. They are available to give you and your family information and a lot



Back row LtoR: Jane Gillingham, Tupou Sakalia, Roslyn Williams, Schola Kwachara (back row), Mariyam Roy, Maree Holton (Back right). Front row: Elizabeth Tang, Janice Velasco

of support before and after surgery and during your ongoing treatment.

The BCI team of nurses led by Janice Velasco our Nurse Unit Manager, are all committed to ensuring your health needs are met, helping to provide answers to questions about your treatment, plans for hospital admission or about caring for yourself after surgery or during other treatments. You can always call your breast care nurse for advice.

To help celebrate the International Year of the Nurse, BCI are looking forward to our team developing gifts for you our patients, with Breast Care nurses distributing a comprehensive discharge pack containing

your discharge summary, gifts such as seat belt soft cover and arm support cushion, diary/journal for follow-up appointments, moisturiser, lip balm and other assorted gifts.

Carol Boulous one of our BCI patients summed up her feelings about our nurses in a quote saying "I remember the nurse holding my hand for 4 hours during my assessment" recalls Carol. "I remember being reassured, you will get through this and reflect on your experience in 10 years... if the breast cancer professionals can see a future for me in 10 years then surely I will be okay?" Thanks team!

2020 Sydney Pink Ribbon Virtual Ride

Sunday, 18th October 2020 the Sydney Pink Ribbon Ride held its 20th Anniversary Ride raising even more funds for Westmead Breast Cancer Institute. The 2020 event in keeping with COVID-19 restrictions was held as a Virtual Ride and the fundraisers set challenges to raise awareness for Breast Cancer by wearing pink for a whole day, walking the dog in pink for holding pink challenges in their gym and clubs



For more details on the 2020 event visit pinkribbonride.com

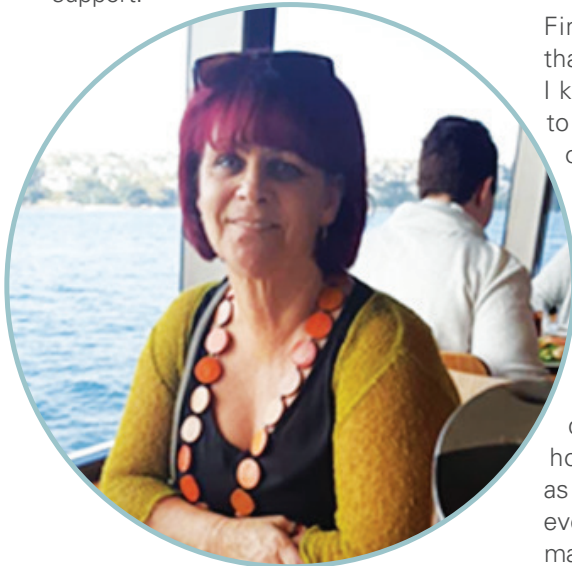
My cancer journey: Vickie Mason

When I was first diagnosed with Breast Cancer my first thoughts were my family, my husband my 2 children and my 3 beautiful grandchildren. I knew I needed to stay strong for them.

As a strong Aboriginal Wiradjuri women my cancer journey took me back to country, back home to Condobolin where my mum was born, grew up where my ancestors are. I need to go back find my strength from my ancestors, back with mother earth to touch the same earth that mum and all those who came before me had touched and knew they would give me guidance.

Connecting with family my mob who I hadn't seen for a long time in Gilgandra where we told stories about our ancestors, had a corroboree where we danced and sang connecting to my culture.

Family and friends showed me love and support.



Although in the end my journey was just that my journey, full of fear, loneliness and finding the strength to fight to survive.

I first noticed a lump in my left breast October 2018 went and had a mammogram where nothing showed up I was a little concerned as I could feel the lump but was relieved that nothing had showed up in that same month my daughter gave birth to my first grandson and I was happy that I could enjoy his arrival. Our whole family was overjoyed my husband, son, Daughter-in-law and two beautiful granddaughters.

It was a few months later when I was holding my grandson that I again felt the lump as it was where he laid when going to sleep. I knew something was not right,



Vicki Mason and her sister

I went and had another mammogram and this time things moved very quickly, by the end of the day I knew something was very wrong as I had multiple tests all in matter of a few hours, waiting for the results was very stressful and scary when the results came back positive my journey began.

First was the frightening realisation that I may die it is a very lonely feeling. I knew I had to fight as I had my family to fight for, first was a mastectomy and once I recovered from that I began chemotherapy.

Chemo is everything you have heard about it makes you feel sicker then you have ever been, some days I thought how sick do you have to get before you actually die.

I came close a few times during treatment with hospitalisation in isolation as I was at risk of catching every infection known to man.

On one of my hospital admissions I noticed my hair was falling out so asked a nurse for some scissors and cut my hair off, I had always loved my hair and having loud colours like bright reds etc. now nothing. I wore scarfs and didn't like anyone to see my bald head.

During this time off course my baby grandson was growing up and didn't know any difference as this is how he knew his nan and he loved me anyway, I truly believe he was born at this time to save me as I would not have gone to have my breast again checked for another 12 months. He was with me every day as my daughter

moved in with me to help and look after me he truly kept me going. He would sit on my lap and pull my scarf off and kiss me on top of my head this became a daily ritual and eventually gave me the confidence to allow people to see me without my scarf on. My granddaughters never wanted to see me without my scarf as they were a little confused as they were very young as well (4 and 6) and thought of their nan with all those different hair colours and now it's gone. I didn't want to scare or confuse them anymore than they were as I said they are my life and reason to fight this horrid disease.

After treatment my grandson would sit with me in bed, falling asleep in my arms we would sing nursery rhymes and I would tell him Dreamtime stories, he came to the hospital every day when I began radiation treatment and he was there when I completed my final treatment when I put my fingerprint on the tree to represent my last day of treatment the nurse said that he could as well as he was with me every day.

So 12-months after being diagnosed my treatment was over I will not get my final clearance until 5-years after finishing treatment and am still going to my oncology check-ups and undergoing breast reconstruction surgeries.



Vicki Mason and her family

I have survived what was in a lot of ways my worst year ever but with the love of my family and the unconditional love of my grandchildren it was also one of the best years ever.

Profile: James French - BCI Head of Breast Surgery

Many of you who have attended Westmead Breast Cancer Institute (BCI) will be very familiar with Associate Professor James French an Oncoplastic Surgeon and Head of Breast Surgery at Westmead Breast Cancer Institute. Oncoplastic surgery is the cornerstone of breast cancer management at the BCI, and James has pioneered the latest techniques, bringing the highest levels of expertise, ensuring the most modern techniques are available to our patients at the BCI. James' commitment to his patients and his passion for oncoplastic breast surgery have seen breast surgery go from strength to strength at the BCI. His reputation as a breast surgeon is well known across Australia and internationally. When he is not in the operating theatre or clinic, James is the proud father of 3 children and a keen motorcycle enthusiast.

James is always pushing the boundaries in looking to improving surgical techniques and skills. He is involved in numerous local and international clinical trials contributing as an author in more than 40 peer reviewed articles. James also a dedicated teacher, keen to pass on his knowledge and the experience he has acquired to the next generation. He has been appointed an associate professor with the University of Sydney as well as BCI teaching at all levels and is unique in that he uses excellent audio-visual equipment including videos and images to get his points across. He has supervised many surgical fellows over the years, who have gone on themselves to have successful careers.

In his early career after completing general surgical training, James undertook two further fellowship years of training specialising in breast and thyroid/parathyroid surgery in Australia at BCI as one of our first Breast Surgical Fellows and then in the UK. He returned



in 2001 to BCI having acquired a high level of knowledge in his chosen subspecialty interest.

James is always at the forefront of developing the newer 'oncoplastic' techniques for breast surgery. He offers a wide variety of options for women who are suitable for, or choose to undergo, breast-conserving surgery including therapeutic mastoplasty and volume replacement techniques such as LICAP flaps. He also offers a variety of different options for women who choose implant based reconstruction following mastectomy. In addition, he maintains close ties with plastic and reconstructive surgical colleagues for patients who choose or who are best suited to a tissue-based reconstruction. As an oncological surgeon, he has acquired and is working to continually improve all the necessary skills in terms of diagnosis, medical management and technical operating skills

James is a leader in his field and has overseen the successful introduction of clinician-led ultrasound and nipple sparing mastectomy combined with single stage gel implant reconstructions. One of his main interests is in the aesthetic outcomes of breast cancer surgery and he has been an early adopter using the BCI Vectra System to provide photographs for how patients will look before and after their breast surgery.

He participates in other education programs including radiation oncology trainees, surgical trainees, nursing lectures and medical students. One of the regular nursing lectures is the BCI Breast Care Nurse Practicum across Australia for BCI in partnership with McGrath Foundation and Australia College of Nursing.

James was directly involved in Westmead Breast Cancer Institute's early multi-disciplinary clinics and ensures multi-disciplinary consultation, both in the public and private sectors, to ensure that all of his cancer patients have access to multiple specialist opinions regarding their cancer management.

James is a member of the medical advisory committee for Lakeview Private Hospital; as well as being on the board and has previously been on the board of the Australasian Society for Breast Disease (ASBD).

Staying at the forefront of surgical techniques in Breast Cancer often requires substantial funds to be available to provide the latest to our patients. James is on the front foot with his personal contribution and often competes in fun runs to raise money for breast cancer related organisations; and participates in breast cancer related charity events such as dragon boat racing and the annual pink ribbon ride.

Mini Field of Women 2021



On Thursday, 7 October 2021 Westmead Breast Cancer Institute has scheduled its annual Mini Field of Women subject to confirmation. One hundred pink ladies and one blue man silhouette will be on display, with people affected by breast cancer, their family and friends invited to share a message of support to place on each silhouette.

This event runs as part of our regular Best Breast Friends support group.

BCI Mini Field of Women
Garden Courtyard, Level 1, Westmead Hospital
Thursday 7 October 2021, 10.30am – 12pm

To RSVP or for more information, contact
BCI-supportservicesinfo@health.nsw.gov.au or call 8890 9682.

Breast cancer won't wait for COVID

Make screening a priority

It's important during this 2020 year, with unprecedented events such as COVID-19 to not let things get in the way of you looking after yourself. Westmead Breast Cancer Institute encourage you to make sure you attend all of your health appointments. We join BreastScreen NSW in encouraging women aged 50 to 74 to make their health a priority and book a free life-saving mammogram as part of your ongoing routine. Associate Professor Nirmala Pathmanathan Director of the Westmead Breast Cancer Institute said: "This Breast Cancer Awareness Month we want women aged 50 to 74 in Sydney's West to make booking a breast screen a priority. A mammogram takes only 15 minutes and this 15 minutes could save your life."

"Our services have implemented a range of hygiene and social-distancing measures to ensure clinics and mobile screening vans are COVID-19 safe, to protect women, staff and the wider community."

The measures include:

- > Pre-screening questions around personal health and travel
- > Limiting the number of people in the clinic/van
- > Practising social distancing and providing hand sanitiser in waiting rooms
- > A minimal contact check-in process
- > Wearing masks
- > Additional cleaning of equipment and commonly used surfaces.

In October 2020, Chief Cancer Officer and CEO of the Cancer Institute NSW, Professor

David Currow said "early detection is key to giving women the best chance of survival and reduces the likelihood of needing invasive treatment, such as mastectomy or chemotherapy".

"In 2020 alone, it's expected that more than 6,240 women in NSW will be diagnosed with breast cancer and 973 will die from the disease," Professor Currow said.

"While these numbers are sobering, the good news is that if detected early, women have a 98 per cent chance of survival.

"Breast screens can detect cancer as small as a grain of rice. Our research shows that women who receive a diagnosis as a result of regular breast screening are less likely to need a mastectomy. It proves that early detection is key to unlocking less invasive treatment options for patients, making it easier for them to recover, and giving them an overall better quality of life."

Such was the case with Stella Libri from Erskine Park in Sydney's West. Stella received her first invitation to screen shortly after her 50th birthday. With no symptoms of breast cancer and no serious concerns about her breast health, Stella made an appointment for her free mammogram in June 2019. Following a recall to assessment for further investigation Stella was diagnosed with breast cancer in July of that year.

"Receiving my breast cancer diagnosis was very inconvenient" Stella said. "Your life and everything else going on comes to a sudden stop. It was completely unexpected."

Stella had surgery to remove the breast cancer and a round of radiation to boot.

She was fortunate that because of an early diagnosis she did not require a mastectomy and was able to conserve her breast. Nor did she need chemotherapy for her treatment.

"My breast cancer diagnosis and the treatment that followed put everything in perspective. I had to remind myself that everything was going to be okay. Breast cancer is treatable, it's manageable but this time it's about me. It's okay to be cared for and accept the support from your family and the amazing health professionals tasked with your care."

When asked to offer words of wisdom about her experience, Stella states:

"Early detection is the golden ticket. It's a few minutes out of one day every 2 years to take care of your health. If you love your family, your children, your lifestyle then you need to love yourself and get checked out."

"My breast cancer diagnosis was another bump in the road. I got through it and can now continue to look forward to the future and enjoy what I've worked so hard to achieve."

Stella is looking forward to welcoming her first grandchild in 2021!

A BreastScreen mammogram appointment is free, takes about 15 minutes in total and no doctor's referral is needed. There are 10 BCI Sunflower clinics in Sydney's West at select Myer stores and hospitals near you.

If you are aged 50 to 74 don't delay any longer this year, book your free mammogram today online at <https://www.bci.org.au/book-appointment/breast-screening/> or by calling 13 20 50.

BreastScreen NSW mammograms are free for women aged 50 years to 74 years

Based in Myer stores

- Myer Parramatta
- Myer Penrith
- Myer Castle Hill
- Myer Blacktown

Based in hospitals

- Auburn Hospital
- Mt Druitt Hospital
- Blue Mountains Hospital

Mobile Screening Vans

- Call 13 20 50 for current location

The BCI manages BreastScreen NSW Sydney West and has state of the art screening facilities. You can have a digital BreastScreen mammogram at a BCI Sunflower Clinic inside a Myer department store in Western Sydney, or at one of the hospitals listed above.



Early detection of breast cancer saves lives
A digital mammogram only takes about 15 minutes.
Don't delay, book now.

Westmead Breast Cancer Institute
Level 1, Westmead Hospital
PO Box 143, Westmead NSW 2145
Phone: (02) 8890 6728 / Fax: (02) 8890 7246



NSW
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BCI westmead
breast cancer
institute

What happens in a BCI Multidisciplinary Team (MDT) Breast Cancer Case Conferences at Westmead Breast Cancer Institute



At Westmead Breast Cancer Institute, patients with suspected or proven breast cancer are seen by a multidisciplinary team of breast cancer specialist health professionals. This means that over the course a patient's diagnosis and treatment they may be seen by several different doctors from breast surgery, radiation oncology and medical oncology specialities, as well as nurses and physiotherapists and other health professionals.

BCI has been discussing breast cancer treatment options for patients as part of a Multidisciplinary Team Breast Cancer Case Conference (MDT) since the introduction of our first breast cancer clinics in 1999.

At BCI Westmead, our MDT meetings have increased in volume from one meeting per week to three or four meetings per week as required. With at least 15 to 25 new cases each week as well as post-operative and post result discussions.

Major changes in technology have provided many improvements and refinements in our practice. Specialists are no longer crowded around hard copy x-ray images of mammograms while sharing access to paper based medical records retrieved from various departments.

New technology provides individual access to real-time digital images of mammograms, pathology images and ability to view

electronic medical records where up to the minute patient information can be shared with each of the specialists informing the discussion and recommendations. At the conclusion of the meeting, the team recommendations are discussed with each individual patient, to take into account their own unique circumstances and treatment preferences.



BCI MDT Case Conference 2000

This ongoing development of technology allowed the dedicated team at BCI to develop a Breast Cancer Module within the Cerner Millennium Electronic Medical Record (BCI EMR). The capture of this data electronically has recently allowed us to expand our service geographically in Western Sydney to take the knowledge and experience of the team from Westmead Breast Cancer Institute to MDT meetings hosted at hospitals located closer to our patients.

At their initial consultation, each patient's history and clinical information is taken in

detail and entered into our EMR and together with the results from mammograms and ultrasounds and/or biopsies, all the information is able to be shown on screens during the MDT.

Each case is presented to the meeting by a specialist who leads the discussion about the best possible treatment options for neo-adjuvant therapy, most appropriate surgery if required, and following surgeries, adjuvant therapies, such as chemotherapy, or radiation therapy. Other considerations of the information collected include whether the patient may need to speak with a physiotherapist or psychologist and whether or not a patient is suitable to participate in one of the hospital's many clinical trials. At the conclusion of the meeting, the information is presented to the patient enabling them to make a more informed decision about their own treatment options in consultation with the specialists.

One final and important achievement of the EMR data is a very detailed collection of information about the many unique cancers diagnoses. This information provides BCI with very important details about the patient outcomes and empowers both our specialists and our patients to participate in more specialised clinical and translational research studies, which we use to improve both the current and future patient journeys and outcomes.

How your donations help our service

Westmead Breast Cancer Institute (BCI) would like to thank all of our readers for your continued support, especially during this unusual year of 2020. We hope you have enjoyed reading this year's Venus Newsletter as we continue to provide expert care and quality services across all of our programs, screening and diagnosis, clinical treatment and support, research and education to patients and clinicians. It has been a difficult year for everyone, and we hope you and your families have remained well and safe. We were very disappointed to have cancelled some of our annual BCI events such as the Annual Breakfast Celebration and our Mini Field of Women, but please keep looking to our website for updates on the proposed dates for 2021.

BCI supports men and women with suspected or diagnosed breast cancer, their carers and families by providing diagnostic, treatment, support, education and research services for the prevention and management of breast cancer. With your support BCI can continue to deliver our high quality care and acquire much needed equipment and resources well as host support events for women and men in their breast cancer journey.

Although there have been many impacts of 2020 our teams have continued the development and introduction of some new strategies to assist our patients during their breast cancer journey. In partnership with WSLHD Leading Better Value Care (LBVC) program and funding from BCI Supporters, we developed

further practical support in the form of a patient care package, available for all patients receiving treatment for cancer at the BCI. The package includes

Seat belt cover - protects the breast surgical wound against rubbing/sliding of the seat belt

Personalised Diaries & Pens – during ongoing treatment visits and finally on discharge it is comforting to patients to be able to store their papers, medical contacts, appointment details and resources together

Lip Balm – provides relief from lip dryness and ulcers caused by systemic changes during chemotherapy

Moo Goo Moisturiser - provide skin relief from the reaction to the radiation and chemotherapy treatment

Hand Sanitiser – post COVID-19 purse sized hand sanitisers are most suitable in the current environment

Best Breast Friends

A chance to meet other women affected by breast cancer. Join us for a chat and listen to guest speakers present talks on various subjects including nutrition, menopause and exercise.

Session times:
First Tuesday of each month,
February - December
10:30am-12:00pm

Westmead BCI [Door 1]
Conference Room Level 1,
F Block Westmead Hospital

For more information call
8890 9682 or email
BCI-supportservicesinfo@health.
nsw.gov.au

How can you help us in our mission of supporting people with breast cancer today and every day?

Make a donation

You can make a one-off or recurring donation by either:

1. Donating online at www.bci.org.au and click on the "Donate Now" button on the top right hand side.
Your tax deductible receipt will be issued immediately by email.
2. Using the donation form on the back of the address slip that came with Venus (it already contains your details and donor number), or using the donation form at the bottom of this page, and posting them back.
Your tax deductible receipt will be mailed to you.
3. Phoning 8890 8458 with your credit card details.

Fundraise for us

If you would like to fundraise on our behalf, either individually or through your business, community group or school, we'd love to hear from you. Before fundraising on our behalf you will need to read our Fundraising Guidelines and complete the Fundraising Agreement Form.

Give in Celebration

Making a donation to celebrate a special occasion or milestone is a great way to support the BCI. Ask your guests to donate to a cause rather than give presents. Tax deductible receipts can be organised for you.

Supporting People with Breast Cancer Today and Every Day

If you received Venus by mail, a donor slip has been completed for your convenience on the reverse of your address slip. Please return it in the reply paid envelope supplied

I would like to support the Westmead Breast Cancer Institute's Fundraising Campaign by:

1. Donating online at www.givenow.com.au/westmeadbci
(A tax deductible receipt for donations over \$2 will be issued immediately via email.)
2. Completing the donation slip and posting in the reply paid envelope.
(A tax deductible receipt for donations over \$2 will be posted to you.)
3. Phoning 8890 8458 with your credit card details.

Enclosed is my donation of \$50 \$75 \$100 \$ _____

I would like to make a regular donation of \$ _____

monthly quarterly annually

I wish to pay by

Cheque / Money Order (made payable to the Westmead Breast Cancer Institute)

Debit from my card Visa Mastercard Bankcard Amex

Card No

Name on card _____

Expiry date / Signature _____

Donations over \$2.00 are tax deductible.

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Please complete and mail to:
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PO Box 143 Westmead NSW 2145

Thank you for sharing
our vision in Supporting
People with Breast Cancer
Today and Every Day



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