

# JOURNAL

[www.breastfriends-aylesbury.org.uk](http://www.breastfriends-aylesbury.org.uk)

ISSUE 1. JANUARY 2021



**We thought you might like an occasional deeper look at various things that affect our lives.**

**So - where to start?**

For this first Issue of '**JOURNAL**' we decided to start at the very beginning – **a new diagnosis.**

'**The Journey**' is intended to cover the stages and processes of our cancer journey – we would like you to know that you are not going through this alone. (Page 5)

In this Issue we have written about local services and facilities that we know about or have experience of.

Most of them have real people you can meet with and talk to as well as on line services – PLEASE use these wonderful services. The more they are used, the more likely they are to be able to stay open and 'be there' for those who need their help in the future.

'**If I can - - -**' is a section about an **Integrative Approach** to cancer. (Page 9)

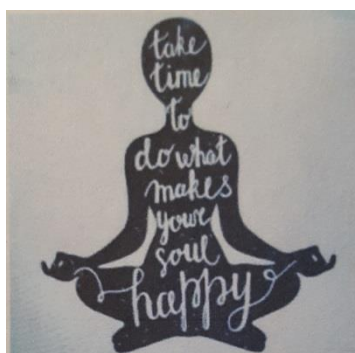
**The views expressed in this Section are personal to the writer/s of the article/s, based on their own experience/research and in no way replace any advice or instruction from your medical team.**

In this first issue we have concentrated on medical specialists and reputable clinics that offer in depth cancer advice and treatments together with Integrative treatments and therapies that may not be available on the NHS at present.

'**HOT STUFF**' is a bit of fun. Just mentioning some of the fun things that we can take part in. (Page 2)

This time, we are looking at **VEGANUARY** a whole month dedicated to going vegan/veggie ! Enjoy !

The next Issue of '**JOURNAL**' will be dedicated to the emotional side of coping with cancer and looking after our mental health.



# VEGANUARY

By: Yanina Royko-Stevens



(Yes – it really is a “thing”) A whole month dedicated to going **VEGAN** !

For those of us who are not veggie/vegans, is it time to try something new by adding in a few Vegetarian or Vegan meals to our diet?

## EASY PEA-SY

People sometimes worry that “going veggie” may not provide the body with a full range of foods for health and body maintenance, but there are easy **COMBINATIONS** that meet the body’s needs and these include:

- Nuts or Seeds WITH wholegrains – peanut butter and toast/ryvita
- Whole grains WITH beans – beans on toast 🖐️ beans and rice/hummus and pitta bread/ bean based chili
- Beans WITH nuts or seeds – salads with chickpeas, sunflower seeds etc.

Still ‘Dazed and Confused’ 😊 just pop on line and look for ‘complete protein for vegans’



## LEMON SQUEEZY – sorry, there’s always an exception !

For those with **Triple Negative Breast Cancer (TNBC)** recent research has shown a minor link between foods high in L-asparagine (the body also makes this naturally) and TNBC tumour growth ([www.scienceblog.cancerresearchuk.org](http://www.scienceblog.cancerresearchuk.org) , and Cedars-Sinai Centre for Bioinformatics) If possible limit, or avoid, high asparagine foods eg: asparagus (as the name suggests) and most things in pods (peas/beans).

A quick internet search will give you a list of foods high in asparagine. Concentrate on a varied diet high in leafy greens and low Glycaemic Load (GL) fruit – the berries and cherries.

Please let us know if you would like an article dedicated to ‘Nutrition and TNBC’



If you are limited in what you can eat – eat the best you can find

So where do we start being veggie/vegan? How about **BREAKFAST**?

- Easy start – a lovely bowl full of berries and cherries with a drizzle of real Maple Syrup, peanut butter (other nut butters are available x😊x) , baked beans or tomatoes on toast. Jams and marmalades (no honey if going vegan) are great too – but go easy on the sugar. And if you can – make that toast from **Sourdough** (no yeast) bread. To be Vegan – you would have to give dairy butter a miss – but could substitute a plant based spread.
- Moving on – a big bowl of **Porridge** (organic, preferably steel cut) **Oats**. I know you're not a horse – but give it a go. Too bland with just water? Fancy a little sweetness 😊 You can use a little **Stevia** (by NatVia) or **stevia mix sugar** (by Tate + Lyle) both of which my family and I use - or Xylitol which I have not tried or researched but which other Breast Friends members have recommended - all available at the supermarket. Try a **non-dairy milk** – for example hemp, coconut, soya, oat, almond. I use and can recommend Waitrose Essential **unsweetened** Soya Drink.
- You could make a bowl, or jar, of **Overnight Oats** – there are plenty of recipes on the internet
- And a fry up?? – No egg or butter if trying to be Vegan – so what can we have? Baked Beans, fried potatoes/hash browns, mushrooms, tomatoes **AND** any of the vegan sausages or “bacons” – try **The Vegetarian Butcher** and **Heck**. My daughter has been veggie/vegan for years and has found that the Tesco and Waitrose own brand items are (so far) the best tasting with a wide variety.

## LUNCH/light meal

- Again – Sourdough Bread if making a sandwich, or crispbread
- Try using hummus -fabulous flavours available ! - or a favourite Pesto instead of butter
- Toppings – any “fry up” left overs (as if! 😊), roast veg and/or salads or a favourite soup
- Egg free (usually dry) pasta – with any rich pesto / olive / tomato sauce or just a glug of good organic olive oil. I use Crazy Jack's **Organic Pasta** whenever possible and Tesco own brand **Organic Extra Virgin Olive Oil**.

## Which brings us to DINNER/main meal

Ha ! STILL got sprouts left over from Christmas??? WELL – do I have recipes for you **X👋X**

A quick internet search will give you the MOST AMAZING and WONDERFUL

👉 **Jamie Oliver's** Sicilian Roasted Cauliflower & Brussels Sprouts – tried and tasted 😊 many times YUM !

If you have cauliflower left over from the Jamie Oliver recipe, on [www.Coop.co.uk/foodmagazine](http://www.Coop.co.uk/foodmagazine) you will find

- 👉 Cauli Boli – a rich Bolognese made with chestnut mushrooms and blitzed cauliflower which the meat eaters in my family did not realise was veggie 🙌
- 👉 **AND FABULOUS:** Roasted Brussels with Sticky Maple Glaze

- Another option would be roast veg paired with rice/couscous/quinoa – a sumptuous and fragrant Moroccan Tagine perhaps or a warming curry?



This is the time of year to **add warming spices** – ginger, cinnamon, paprika; and chillies !

🚩 The recipes mentioned above will be available from the **Breast Friends Recipe File** at our meetings

PLEASE TAKE A PHONE PHOTO of any you like.

There is a whole world of healthy and exciting Vegetarian and Vegan recipes available on the internet.

Most of the well-known TV chef “personalities” have vegetarian or vegan recipes in their repertoire, so chose your favourite chef and look on line or buy their book.

You will also find free recipes available on line from Waitrose and M&S, BBC Good Food and many, many more.

**Happy cooking!**



**FREE**

I enjoy collecting recipes – not necessarily cooking!

Over the past few years, since my daughter became veggie/vegan I have collected some Vegetarian and Vegan recipes from the FREE in store magazines available from:

- The Co-op
- Waitrose – free if you have a “My Waitrose” (free) loyalty card
- The Waitrose “Weekend” newspaper
- Tesco
- And occasionally M&S

If you know of other free in store magazines – please let us know so we can add them to the list.

**“MORE PLEASE” – we would love to receive your recipes to add to the File as inspiration to others**

# THE JOURNEY

By: Yanina Royko-Stevens

Every diagnosis is different BUT whatever your situation, it's a Journey that Breast Friends have been through AND we **are** here to travel each step of the way with you.



## Newly Diagnosed

Before moving on to what facilities are available locally, I would like to offer some reassuring statistics from Cancer Research UK :

- we are at least 90% likely to survive between 5 to 20+ years after diagnosis.  
And, with the advent of new targeted therapies, the statistics are getting even better.

Make use of all the facilities available to help you on your journey – that's what they're there for.

PLEASE SEE THE **"ADDRESS BOOK"** SECTION FOR CONTACT DETAILS

These are some of the services/service providers I learned about from a free Oxford Brookes webinar (Living Well after a Cancer Diagnosis) on 12<sup>th</sup> November 2020 which was open to all:-



## "HERE FOR HEALTH" – OUH NHS Trust

[OUH is short for Oxford University Hospitals]

'Here for Health' is a free health and wellbeing support service for patients.

For a consultation, you can contact them directly or ask to be referred. They tailor your consultation to your individual needs, to make it as easy as possible for you to adopt small, sustainable and realistic lifestyle changes to improve your overall health and wellbeing.

**Here For health** works with, and can refer you to

- Macmillan Cancer Support
- World Cancer Research Fund – including courses such as: "Eat Well During Cancer" "Keeping Active" "Coping with Cancer Side Effects" "Living with and Beyond Cancer"

### **"MAGGIE'S" – local centre in the grounds of The Churchill Hospital, Oxford**

A charity providing free cancer support and information for you, or someone you care about who has cancer, in centres across the country and on line including: support specialists, psychologists and **benefits** advisors. Courses are also offered (due to current restrictions please check their programme availability) – for example

- Where Now
- Moving with Reality

A wonderful, peaceful place to drop in to. Just visiting soothes the soul.



### **"THE HUMMINGBIRD CENTRE" – a local centre at Bicester available to all in the area**

**WOW** – an AMAZING array of free services and facilities available **including** an Activities Barn, Beauty Care, Bra Service, Equine/Horse Therapy and Mental Health Care.

You can Self Refer, drop in, or print off and fill in the **GP Recommendation Form**

Most importantly, the facilities and services are available to ALL **over the age of 5** – so – if your young child or teen needs help coming to terms with your diagnosis, do take a look at this wonderful place xx

Tracey Mallet is a real advocate for 'The Hummingbird Centre' – specifically for support for teenagers.



### **"MACMILLAN CANCER SUPPORT"**

Another **WOW** for the whole Macmillan service. Amazing, **amazing** information, booklets (also see "**Book Shelf**" – the Breast Friends book list), courses, seminars and people 🙌

On line, Macmillan have introduced a NEW "account area" offering personalised cancer support and information; this is in addition to all the other information that is freely available from the site - **Including work and benefits** advice.







AND a new on line programme area called **iHOPE – How to Overcome Problems Effectively** – which includes videos', pod casts and training sessions.

**So Ladies 😊 sign up and sign in!**

## CANCER EDUCATION AND INFORMATION SUPPORT SERVICE (CEISS)

Our local CEISS centre, located within the Cancer Care & Haematology Unit (CCHU) at Stoke Mandeville Hospital, offers support to anyone who has concerns about cancer including patients, their relatives, friends and carers. You can drop in or make an appointment

AND you can enjoy the following facilities: -

-  Complementary Services – up to 4 free sessions from a selection of Massage/ Aromatherapy/ Reflexology / Reiki Healing / Indian Head Massage / and calming Relaxation Therapies (also available as a group session)
-  Wig supply and fitting service (free in this area)
-  Macmillan supported Citizens Advice – out-reach advisor (check availability)
-  Creative Arts Group
-  Course: Moving On With Confidence – a six week course for people after cancer treatment – be that a few weeks or several years after. When you are ready, the course is there for you – please remember to book a place.
-  Wide range of free information leaflets and books to browse while you take a break in their comfortable chairs

I participated in the 2019 ‘Moving On With Confidence’ course and highly recommend it 





In order to reach the CEISS site on line, I found the easiest way was to put **Cancer Education Information and Support Service** in the search box – I had already spent at least 30 minutes trying to find exactly the right link from the main site. Go direct – it’s easier on the nerves!

## BUCKINGHAMSHIRE HEALTHCARE NHS TRUST

Good GENERAL information on a wide variety of topics including News and Events & Fact Sheets; courses and video lectures are also available.

Not the easiest site to navigate BUT give it a go !

On the website, go to “Our Services” / from the ‘A-Z’ list click on C (for cancer) then, in the bottom left hand corner of the on screen page you will see a section called ‘**Health & Wellbeing**’ click this and it opens up to 4 great links you can investigate

-  Fit & Active
-  Emotional support
-  Diet & nutrition
-  Information & support

A wonderful Charity located in Bristol that offers a wide range of facilities including **residential** courses, online group sessions, self-care resources and personal consultations.

Their approach provides a powerful combination of physical, emotional, psychological and spiritual support that is designed to help **anyone** affected by cancer, at any stage of the disease.



## “A Good Read”

Would you prefer a book to a flat screen? These recommendations are gently uplifting and open up the possibility of a different way of looking at things. Enjoy !

- ✓ **“When You’re Falling – Dive”** Mark Matousek. About a change of perception
  
- ✓ **“Option B”** - Facing Adversity, Building Resilience, and Finding Joy  
Sheryl Sandberg & Adam Grant
  
- ✓ Do remember to check the **Breast Friends** website for some lovely books we have available for you to borrow. You will find the list on **‘Book Shelf’** which now has its own page on the Breast Friends web site.
  
- ✓ **“No Time Like the Future”** - A gentle book about optimism.  
As the author - Michael J Fox puts it - “With gratitude, optimism becomes sustainable.”



The views expressed in this Section are personal to the writer/s of the article/s, based on their own experience/research and in no way replace any advice or instruction from your medical team.

**“If I can - “**

**A personal integrative view. By Yanina Royko-Stevens**

**“If I can help even one person – my Journey has been worthwhile”**



“You have breast cancer” - Once heard, it cannot be unheard. And your world has changed for ever.

**AND THERE IT WAS - GONE**

And there it was

Gone.

Like the sun never shone.

Then it all starts, and goes on.

And goes on.

Meetings appointments treatments and more

Your life in their hands

Your heart on the floor.

Your life in their hands.

Your heart on the floor -

NO.

There is more.

We women around you

Have been there before.

We can't take away

the pain that you feel.

Your hurts and your losses – are yours

and they're real.

We'll be a light in your darkness

A salve for your pain

A gentle reminder –

you will smile again.

Hi 🙋

I am Yanina

Diagnosed in 2018, I am in remission from HR positive, HER2- negative breast cancer following chemo, bilateral mastectomy and radiotherapy.

I lost my maternal grandmother, my mother, her 2 sisters and 2 out of 3 of my female cousins to breast cancer. One of my sisters is a 10 year survivor of breast cancer. None of us carry the BRCA1/2 gene. I have a daughter.

I really want to be around for a bit longer – maybe even become a grandmother !

To this end I take my prescribed medications (Aromatase Inhibitor) and have started researching **integrative** ways to keep well and healthy.

I do not read or write Blogs/Vlogs and my first recommendation is:

**BE CAREFUL WHAT YOU “INSTAGOOGLETWEETFACE” 😊**

Because some of the ‘stuff’ on line is scarier than the actual cancer.

If you would like some reliable information on different and integrative paths to walk, do investigate the **Penny Brohn, Maggie’s and Hummingbird** websites – details in **‘The Journey’** and addresses in the **‘Address Book’** section on page 12 .

There are clinics that specialise in – usually private - **Integrative Cancer therapies and Cancer Care**. I’ve not yet tried them but I have read about them. Look at their websites and see if they offer an approach you like.

<u>NAME</u>	<u>LOCATION</u>	<u>CLINIC</u>	<u>WEBSITE</u>	<u>CONTACT NUMBER / EMAIL</u>
Dr. Etienne Callebout	London			020 3230 2040 020 7255 2232 <a href="mailto:admin@drcallebout.com">admin@drcallebout.com</a>
Care Oncology Clinic	London	Care Oncology Clinic UK	<a href="http://www.careoncology.co.uk">www.careoncology.co.uk</a>	<a href="mailto:info@careoncologyclinic.com">info@careoncologyclinic.com</a>
Dr. Wendy Denning	London	The Health Doctors	<a href="http://www.thehealthdoctors.co.uk">www.thehealthdoctors.co.uk</a>	0207 224 2423 <a href="mailto:info@thehealthdoctors.co.uk">info@thehealthdoctors.co.uk</a>
Dr. Julian Kenyon	Winchester	Dove Clinic	<a href="http://www.doveclinic.com">www.doveclinic.com</a>	01962 718000 <a href="mailto:secretaries@doveclinic.com">secretaries@doveclinic.com</a>

Dr. Celia Lansley	Corsham – Wiltshire			<a href="mailto:celia@celialansley.com">celia@celialansley.com</a>
Dr. Aryan Tavvakoli	Sussex	Quantum Clinic	<a href="http://www.quantumclinic.co.uk">www.quantumclinic.co.uk</a>	01825 841 155 <a href="mailto:reception@quantumclinic.co.uk">reception@quantumclinic.co.uk</a>
Nina Fuller-Shaval (Dr. Nina)	Hampshire	Synthesis Clinic – Functional Medicine	<a href="http://www.synthesisclinic.co.uk">www.synthesisclinic.co.uk</a>	02380 178 340 <a href="mailto:hello@synthesisclinic.co.uk">hello@synthesisclinic.co.uk</a>
The Christie Clinic	Just south of Manchester	A cancer treatment powerhouse	<a href="http://www.christie.nhs.uk">www.christie.nhs.uk</a>	+44(0) 161 446 3000

### My all-time favourite integrative information websites/organisations are:

1. Chris Woollams on the website: [www.canceractive.com](http://www.canceractive.com) (all info is free)  
The information is 100% based on science BUT is written in plain English with the scientific information (if you want to follow up the article) available at the end. You just ‘click through’ to the item you want to read in greater depth.

I can highly recommend one of his books too:

- **The Rainbow Diet** (2008 by Chris Woollams) – is about **nutrition** (not dieting !) and how our diet can help balance our body. There is also a **Rainbow Recipes** book available.  
**HOWEVER** – the website is far more up to date. [www.the-rainbow-diet.com](http://www.the-rainbow-diet.com)

2. Jane McLelland – her website is [www.howtostarvecancer.com](http://www.howtostarvecancer.com) (free info but a bit ££ driven maybe?)










And her wonderful book

- **How To Starve Cancer** (by Jane McLelland) – a good read and quite fast paced in the first half with all the science in the second half. I believe a second edition is now available (2021) as the research covered in the original book has continued and knowledge has increased.

**If there is a topic you would like us to research for you – please ask .**

**If it helps you, it will help someone else too.**

## Contact details for “quick reference”

<b>ADDRESS BOOK</b>		
Maggie’s Centre – Oxford	01865 751 882 <a href="http://www.maggiescentres.org/oxford">www.maggiescentres.org/oxford</a>	
Macmillan Cancer Support	0800 808 000 <a href="http://www.macmillan.org.uk">www.macmillan.org.uk</a>	
The Hummingbird Centre - Bicester	01869 244 244 <a href="http://www.thehummingbirdcentre.org.uk">www.thehummingbirdcentre.org.uk</a>	
<b>CEISS</b> AND General Information Buckinghamshire Healthcare NHS Trust	CEISS – 01296 316 954 <a href="http://www.buckshealthcare.nhs.uk">www.buckshealthcare.nhs.uk</a>	
Penny Brohn UK - Bristol	0303 3000 118 <a href="http://www.pennybrohn.org.uk">www.pennybrohn.org.uk</a>	
Here for Health OUH - Oxford	01865 221 429 <a href="http://www.ouh.nhs.uk">www.ouh.nhs.uk</a> ✉ <a href="mailto:hereforhealth@ouh.nhs.uk">hereforhealth@ouh.nhs.uk</a>	
Canceractive – Slough	0300 365 3015 <a href="http://www.canceractive.com">www.canceractive.com</a>	
How To Starve Cancer Also known as: H 2 S C	<a href="http://www.howtostarvecancer.com">www.howtostarvecancer.com</a>	

Your suggestions for other useful numbers would be most appreciated. Just drop a quick email to Jane

**admin @breastfriends-aylesbury.org.uk**