

MEMBERS' NEWSLETTER

Summer 2012



Raising money for equipment to diagnose and treat breast cancer patients in the Bristol area

Runners boost BUST past £1m mark



BUST has surged past its £1m target for total fundraising in 20 years of service - thanks largely to 100 supporters running for the charity in the annual Bristol 10k Race.

The Trust was on the brink of its memorable milestone just before the May 20 event around the historic Harbourside and the Avon Gorge. But it received a tremendous boost through the sterling efforts of the runners in their distinctive pink T-shirts bearing the BUST logo. The Race day brought in more than £11,700 in on-line donations and pledges. The funds boost came just ahead of the Trust celebrating its 21st anniversary.

It was in June 1991 that three breast cancer patients launched the charity while on a general ward at Frenchay Hospital. They asked how they could thank the medical team for their kind treatment and surgeon Simon Cawthorn suggested they fundraise to help buy new technology to aid patient care. So the charity began and in just over a year they were able to buy their first ultra-sound scanner.

At the end of the 10k the sole surviving founder Mrs Pam Corrigan, now 74, was on hand to welcome BUST runners over the finishing line. And among the early finishers was Mr Cawthorn, now the consultant surgeon leading the Breast Care Unit at Southmead Hospital. Within days of the race the BUST Committee were back at work, agreeing to pay £46,000 for a leading-edge ultra-sound scanner. The Breast Care Unit at Frenchay, home of BUST for 20 years, moved to Southmead in October last year.

Mrs Corrigan and husband Mike recently hosted a 21st anniversary afternoon tea at their Fishponds home where the guests included current and retired committee members and fundraisers. Mrs Corrigan says:

“When we began all these years ago we never dreamed that we would ever reach a £1m total. It is absolutely incredible for our small charity and all due to the work of the committee, patients, families and friends. When I watched the BUST runners crossing the finishing line at the 10k race it was a vivid reminder of all the previous years of dedicated fundraising by our supporters. Now, of course, we are aiming for our next million to continue to ensure the Unit has the most advanced technology.”



Shaping up the Future



More than 40 Southmead cancer patients have undergone a novel breast reconstruction technique involving animal tissues.

It requires only one operation in which a permanent implant is inserted into the reformed breast "pocket" after mastectomy. The sterilised animal tissue acts as a support for the implant and assists the re-growth of blood vessels and breast tissue.

The technique is the alternative to the current process where reconstruction requires two operations: the first to insert an expander implant and the second to provide a permanent implant. The new process removes the need for muscle tissue to be taken from elsewhere in the patient to form support for the expander and avoids the risk of sometimes uncomfortable and painful experiences during the expansion process.

The tissue support process was developed in the United States some eight years ago and has grown into a multi-million pound business. When the new technique came into use last year at Southmead, BUST gave the surgical team £10,000 to buy eight Strattice tissue samples for initial trials. Most women who underwent the new implant process opted for the operation on one breast only, while a few decided on two.

Consultant Simon Cawthorn (*pictured*), who leads the Southmead surgical team, maintains "The procedure has been approved by the North Bristol Trust and we are grateful to BUST for providing the funds for the first patients. It was an overall good experience for the patients who were very happy. I think it is the best way forward for those who do not want two operations."

He explains that patients currently meet a clinical nurse specialist to discuss their operation. He adds, "But we are introducing a new process where patients become more involved in discussions on the operating procedures. Their meeting involves the breast surgeon, a plastic surgeon and the clinical nurse. It gives an opportunity for the patient's

preferences to be examined. Patients then go off to make a fully informed choice of what is suitable for them."

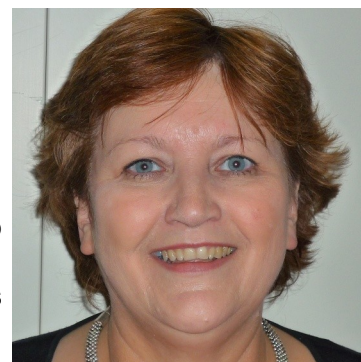
One of the Southmead double-mastectomy patients had reconstruction with the tissues bought by the BUST donation. She said, "I have been very pleased with the results. To be given the chance of having the cancer removed and reconstruction using Strattice implants at the same time really appealed to me. After the operation I suffered minimal discomfort for the first couple of weeks. By taking it easy to start with and doing my physio I was driving and back at work after five weeks. I would not hesitate to recommend the procedure."

Breast Unit's Winning Ways

Southmead Hospital's Breast Care Unit has been recognised locally and nationally for its excellent care programme for cancer survivors.

As part of the hospital's cancer care teams they shared an award from the National Improvement Team which drives change within the Health Service. The award was for the Most Successful Service Improvement in Adults as part of the national Cancer Survivorship Programme. The Unit's own North Bristol Trust also chose them for an Exceptional Health Care Award, recognising the team's improvement in care to patients.

Clinical Nurse Specialist Mrs Jane Barker outlined the local treatment strategy when she spoke to a United Care Conference recently at the UWE, Bristol. She said that the Survivorship Programme involved reducing traditional follow-up strategies but maintaining annual mammograms, having direct open access to the clinic, promoting a health care assessment and a Living Well Self Management Course. The course involves sharing experiences with others, planning to resume activities, dealing with any after effects of treatment and developing a self care plan.



A Look After Yourself Day was sparked off 13 years ago when patients asked how they could gain a sense of control and be just reliant on the treatments they had completed. Their feedback evolved into the Day event now held every six months. Patients talk to each other about their experiences, gain guidance from specialists, learn how to become breast aware and hear more about the benefits of diet and exercise, which the course covers in greater depth. This has been adopted by all other cancer teams within the project, as its value has been recognised and has proven very successful in other teams.

Mrs Barker stressed: "The course sessions are not just about physical aspects but the emotional and practical as well. Patients help each other to feel more confident, to learn strategies to move on and re-establish relationships with family, friends and work colleagues. It is about goal setting and learning how to deal with themselves. It's about empowering patients to understand, to cope better and to get back to who they were before their diagnosis"

Spotlight on Diagnosis

A consultant radiologist is to give BUST Members an insider view of the life-saving imaging technology which helps diagnose breast cancer and determine patients' treatment.

At the next Members' group meeting on July 17, Dr Elisabeth Kutt (*pictured*) will present on the efficiency and the limitations of frontline technology: mammograms, ultrasound scans and Magnetic Resonance Imaging; and explain Tomosynthesis, a novel computer addition to Mammogram machines which creates 3D images from the traditional flat-screen photographs.

Dr Kutt heads the Diagnostics and Therapies Division of the University Hospitals Bristol and her radiologist role is focussed on the UHBristol Breast Unit and Avon Breast Screening.

Dr Kutt says, "These days nobody is diagnosed with breast cancer without imaging of some sort. What we are trying to do is guide the surgeons and tailor treatment for the patients involved."

Imaging not only targets suspect tissue, it guides the best-option entry for biopsy, monitors chemotherapy progress and aids decision-making on lump removal or mastectomy. But Mammograms are generally less suitable for younger women who have denser breast tissue and are at greater risk from radiation. They tend to be imaged by ultrasound initially and will only have mammograms if there are specific clinical indications. MRI scans are useful as a problem solving tool but are not recommended as a first-line investigation for a variety of reasons.

"There is no magic test that will get it right all the time," says Dr Kutt. "The pathologist, surgeons and radiologist work as a team and that team work is vital for a good breast service."

She works in a symptomatic clinic attended by patients concerned over lumps or breast pains. She says that generally only one in 20 will actually be diagnosed with breast cancer.

Dr Kutt stresses, "But women have to be breast aware. Even if they are checked and given the all-clear we cannot give guarantees for the future. They must continue to be aware and report any changes to their GP".

Diary Date:

Dr Kutt will address the Members' group meeting.

Date: Tuesday, 17 July
Time: 7pm

Venue: Learning and Development Building, Southmead Hospital.



Are you fundraising for BUST, or would you like something featured in the next newsletter? Let us know!

We welcome interesting articles features and photos.

Email: bust@bustbristol.co.uk

Telephone: 07712 114774

BUST pipped at the Post

BUST was on a short-list of three groups nominated for the Charity of the Year category in the prestigious Evening Post Business Awards.

The panel of judges gave the top honour to the Bristol Debt Advice Centre but granted runner-up awards to the other contenders: BUST and the Rainbow Centre for Children. It was the sixth year of the annual awards and the first time that a Charity of the Year category was introduced. Over 300 guests attended a black-tie gala event at the Dolman Exhibition Hall at the Ashton Gate home of Bristol City. BUST Trustee, Sandra Smith and committee member, Jan Biagioli represented BUST. Mrs Smith said, "It was an honour to be shortlisted for the award as it was recognition for the dedicated service of our supporters."

**EVENING
POST**

Lesley bows out in Style

Dedicated BUST supporter Lesley Wood has retired from her well-known fashion business in Chipping Sodbury. She recently held a champagne farewell to mark 30 years in business in her elegant *Lesanne Boutique* in Broad Street. And her retirement was also highlighted later when she revealed that she had reached a remarkable total of £60,000 in her fundraising for the BUST charity over the past six years.

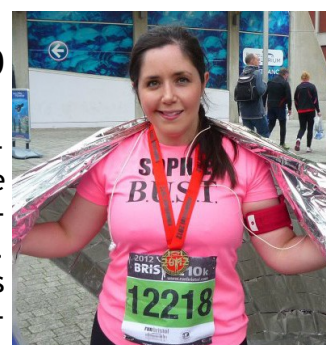
The fundraising was largely concentrated on her organisation of an annual sell-out fashion show and champagne lunch at Castle Coombe Golf Club where a team of models gave catwalk entertainment for the guests. Lesley recently broke a hip while on a skiing holiday. Now almost fully recovered she and her husband Paul, are planning a world tour. But on her return she will continue in her role as a Trustee of BUST. Lesley says, "It is hard to believe that it was 30 years ago when I opened the business in June 1982. Where did all these years go! I have been privileged to have had so much loyalty, support and friendship over these years. It has been a fabulous journey."



Film Night Success

Committee member Jan Biagioli recorded a full-house success in a film fundraising event which brought in £1,440 in donations for BUST.

Jan and her husband Mash, organised a private screening on 11 May at the Wotton Electric Picture House where guests enjoyed *Midnight in Paris*. Before the screening of the romantic comedy, the visitors were also entertained to an on-screen presentation on the work of BUST, prepared by Jan's daughter, Sophie. After the film the neighbouring Town Hall was the venue for light refreshments and a raffle where the top prize was an iPad. Jan added further to her fundraising by walking the Bristol 10k event in May, and collecting £550 in donations. But she is proud to admit that she was outpaced by runner Sophie who raised £1,650 - the highest individual total from the 100 BUST entrants.



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