



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



## 'CARRY ON SCREENING' SAYS REVIEW PANEL

An independent review panel involved in an in-depth study of the national breast-cancer screening programme has said it should continue its lifesaving work although some women may be at risk of unnecessary treatment. In the wake of its findings, consultant radiologist Lis Kutt (pictured) says that the Bristol-based screening team will continue to deliver its "quality" service without major strategy changes despite media criticism that the national programme "does more harm than previously recognised." Dr Kutt heads the Diagnostics and Therapies Division at Bristol Royal Infirmary and oversees the work of the Bristol screening teams. She says they support the panel's call for a revision of the information leaflet sent to women offered screening. The aim is to provide better information on the benefits and possible risks.

The review was set up by the national cancer director Sir Mike Richards. It said that screening had significant benefits with around 1300 lives being saved by mammography every year. In a study group of 10,000 women, 43 deaths were prevented. Among the group, 681 had a cancer diagnosed, while 129 of those would be "over-diagnosed". This could lead to treatment for small, previously undetected cancers which were likely never to prove life-threatening. Treatment could include surgery, radiotherapy and chemotherapy.



Dr Kutt maintains: "There is very good evidence that screening saves lives. It is a very high quality programme with a very high quality control process. But it needs to be more explicit about the potential harms, mostly related to over-diagnosis. I do not think it will change the landscape for an awful lot of women because they tend to say if I have something that has the potential to be cancer I would want it removed. Most women look at it pragmatically. The outcome of the review is that we are not going to change anything in the main programme. We believe we already run an improved, quality service. But we will change the information available to clients in their leaflet and direct them to further information sources if they ask. Since the publicity about the review none of the women I have seen at the clinic have asked about over-diagnosis. People I have seen just want to be treated."

## CHAIRMAN'S COMMENTS

The panel's review was commissioned by the Department of Health and Cancer Research UK.

The panel chairman, Sir Michael Marmot is professor of epidemiology and public health at University College, London. He said: "The panel concluded that the screening programmes have contributed to reducing deaths from breast cancer in women. But they have also resulted in some over-diagnosis among women who go for screening. It is now vital to give women information that is clear and accessible before they go for a mammogram so they can understand both the potential harms and benefits of the process."



# Emma's BUST Ball Boost



A fundraising Ball for BUST by supporters Emma and Rich Nichols (pictured) brought in an amazing total of £6258 for our charity. Emma, a Breast Unit patient at Southmead, and husband Rich, from Staple Hill, organised the event as a "Thank You" for the care and support she received from the Unit's medics and staff, family and friends and from BUST.

Emma had a breast cancer operation earlier this year and the Ball was a milestone moment in her stressful journey from examination and biopsy to a double mastectomy, reconstruction and recovery. The fundraising event ... dubbed "Emma's Ball" ...was held at Cleve Rugby Club in October and attracted more than 130 guests. Music was provided by The Diagnostics band featuring her consultant surgeon Simon Cawthorn on saxophone. The buffet evening included an auction which alone raised £2510. Prizes included a £600 Mulberry hand-

bag donated by the company, a two-week Spanish holiday, signed Bristol Rugby and Arsenal shirts, and tickets for a Peter Andre concert in Bristol. The auction was hosted by TV sports commentator John Burgess, from Yeovil, a former coach for Singapore's national rugby team. Numerous raffle prizes also attracted £1050 in ticket sales.

Friends and family ... including the Nichols' sons Jack (19), Joe (15) and Tommy (10)... were actively involved in organising the evening. Rich says:"The generosity and support from the guests was simply overwhelming. We were also grateful for the support given by the Rugby Club."

Emma adds:" It was the first time we had done anything on this scale. It was very much a family event and we had lots of help. The evening went so quickly that Rich and I did not have time for food. We were simply running on adrenaline. When you are diagnosed with cancer it is not only you that goes through it. It affects your whole circle of friends and family and they provide the support that gets you through the bad times."

## Marvellous Marathon

Workmates Phil Nichols and Shaun Roche (pictured)stepped up to the mark in style at the Bristol Half-Marathon to bring in a marvellous total of £3182 in donations for BUST. The two runners sported the BUST-logoed pink t-shirts for the September event around Bristol's historic harbour-side. And they both completed the course in excellent times; Shaun, from North Somerset, clocking up 1hr 54mins and Phil, from Redland, Bristol, only a minute more.

The pair work together at Total Produce in the wholesale Fruit Market at St Phillips, Bristol. Although they run regularly to keep fit work colleagues suggested they tackle the Half- Marathon to boost BUST funds. They were aware that Phil's wife Su was a breast-cancer patient at Frenchay and later Southmead Hospital.



Phil says: "I was borderline on taking part due to a leg injury weeks before the race. But luckily I had no problems on the day. It was a personal achievement for Shaun and I and we were pleased how well it went. We are recreational runners normally but we were encouraged by our friends' support which was really inspiring. We just knew we had to do it. Su is in recovery now and doing very well. We were amazed at the level of support from family and friends, from Total Produce and our customers and suppliers. It was simply fantastic."

**Are you fundraising for BUST,  
or would you like something featured  
in the next newsletter?**

Let us know!

We welcome interesting articles & photos.

[bust@bustbristol.co.uk](mailto:bust@bustbristol.co.uk)

# TEAM PIONEER DIAGNOSTIC TECHNIQUE

Bristol breast cancer surgeons are pioneering an innovative technology which speeds up patient diagnosis and treatment while they are undergoing surgery. The Bristol Royal Infirmary Breast Unit team are using a technique called OSNA (One Step Nucleic Acid Amplification) to trace cancer markers in the key sentinel lymph node (SLN) within minutes while patients are having surgery to remove the initial tumour. If the machine gives a positive indicator the cancer has spread the patient can then have all the lymph nodes in the armpit area removed as part of the operation. The quick diagnosis means that the patient need not wait days for a post-operative histological examination of the nodes and a possible second operation. It also gives the patient an earlier start to their follow-up treatment programme.

The OSNA process involves testing the whole of the SLN. It is targeted by an injection of a radioactive fluid and blue dye. Consultant surgeon Zenon Rayter (pictured) maintains that the machine gives a more accurate diagnosis because it uses the entire SLN. Conventional intra-operative procedures – imprint cytology and frozen sections – only examine slices of it. Mr Rayter's team is due to merge with the on-site Southmead Breast Unit in March.

He says: "When we move to Southmead we shall transfer our technology from the BRI. The big difference in what we are doing is that we can analyse the SLN in 30-40 minutes using the machine to detect cancer cells. Because we get a quick result while the patient is sleeping any additional surgery can be done at the same time as the operation. It is the new way and much more accurate than routine pathology". His team have been using the OSNA machine for two years, involving around 300 patients. There are only five other teams in the country using the same technology. Mr Rayter adds: "What is generally distressing for patients is that they can be faced with a second operation and having to wait two to three weeks for it. We have virtually abolished the second-time operation. It is no small thing. It is a big change in service delivery and it can mean big savings for the NHS."



Mr Rayter will outline and discuss the new technology when he addresses the Members' Meeting on January 15 at the Learning and Development Building, Southmead Hospital at 7pm.

## CASUAL WEAR DAY

BUST benefitted from £740 when Bristol-based healthcare provider Simplyhealth held a fund-raising casual wear day in August. Each month Simplyhealth employees select one of three nominated charities to donate to and BUST was among those chosen. As well as supporting charities through its casual wear days the organisation has an established community fund in Bristol which helps worthwhile causes in the region. Charities are urged to contact the Bristol Charity Committee for details through [Amanda.Willis@simplyhealth.co.uk](mailto:Amanda.Willis@simplyhealth.co.uk)



## XMAS GIFT RAISES FUNDS FOR BUST

A Christmas gift to the Breast Care Unit at Southmead Hospital has given a welcome boost to donations to our charity. BUST supporter Carol Gibbs, from Longwell Green, Bristol, handed in a bag of around 100 hand-knitted Christmas decorations and asked the reception desk staff to offer them for donations to BUST. She had spent many hours carefully crafting the colourful items, including Santas, snow men and Christmas stockings.

The gift was her thank-you for the care and attention she received as a patient at the Unit. Committee member Sandra Smith says: "So far we have received £175, with more promised donations in the pipeline. The hand-knitted decorations have certainly caught the attention of many patients attending the Unit clinics. We very much appreciate the time and effort Carol has put into creating her charming Christmas gift."

### BUST welcomes new Members to join

You will receive quarterly newsletters directly, be kept updated on local events, and be invited to attend Members' Only meetings at least four times/year to be briefed by industry professionals on the latest developments in technology, diagnosis and treatment. Annual subscriptions are available for a nominal fee of **£5/year**. Email: [bust@bustbristol.co.uk](mailto:bust@bustbristol.co.uk) Telephone: 07712 114774



Hanham Estate & Letting Agents DW Smith & Co have been selling 'I Love Hanham' mugs in aid of BUST. Get yours now while stocks last !!!

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# FUN FUNDRAISERS

## ROCKING WITH ELVIS



Bust supporters Susan and Mike Grant organised a 50's Rock 'n' Roll evening where Elvis (aka tribute act Rockin' Gerry) entertained the guests at the Hanham Community Centre. The St George couple were very pleased to have raised total donations of £2375 for the continuing work of BUST. Over 130 guests enjoyed the November 9 dance night, many of them dressed in the 50's styles. A Southmead Breast Unit patient, Susan was particularly pleased that the dance music was provided by The Diagnostics band, featuring her consultant surgeon Simon Cawthorn on saxophone. BUST Committee member Susan (pictured left) says: "It was the first time we had organised anything on this scale. It was a lot harder work than we thought it would be, but we had an absolutely brilliant evening. From the feedback we had everybody loved it. We have had lots of phone calls and letters urging us to do the same next year."



## QUIZ NIGHT

Committee member Jan Biagioli and her family, from Wickwar, staged a Quiz Night at Iron Acton which brought in a whopping £2017.50p for our charity. Enthusiastic teams-of-four filled the Parish Hall for the October 12 event. Jan last year raised £1100 in a Quiz Night at the same venue.

This year's effort was boosted by a £750 matching-donation from Barclays Bank, presented by Mr Clive Gee (pictured right) from Wickwar. The Barclays Business Manager, who is a member of their Southern England Agricultural Team, helped set up and run the quiz, sell raffle tickets and hand out prizes. Jan says: "It was a fun evening and we are indebted to all those who donated, particularly to Barclay's Bank for their major contribution."



## MEMBERS' MEETING DATES 2013

A new technique ... called OSNA ...which speeds up diagnosis of breast-cancer patients while they are undergoing surgery is to be outlined by consultant surgeon Zenon Rayter when he addresses the Members' Meeting on January 15. The venue is the Learning and Development Building at Southmead Hospital, starting with coffee at 7pm.

Other diary dates for Members' Meetings are April 16, July 16 and October 15. Members are reminded that the annual £5 membership fee is due by the January meeting.

Cheques can be sent to treasurer Mrs Jackie Pask, Mill Cottage, Frenchay Hill, Bristol BS16 1LR.

## REVIEW PANEL FACTS

It relates to 307,000 women  
Invited to begin screening each year.  
Panel was commissioned by the DoH  
and Cancer Research UK.  
Its chairman is Sir Michael Marmot, of  
University College, London



## TEA AND CAKES TREAT

Tea and homemade cakes were offered free to patients attending Monday and Tuesday clinics at the Southmead Breast Unit during October. They were made and handed out by our Committee members as their contribution to the national breast-cancer awareness month. Grateful patients spontaneously responded by donating a total of £214 to BUST.

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