

Resources for young women -

- under 45

Victorian Clinical Services

Choice Clinic – The Royal Women’s Hospital offers advice, consultation and treatment for all contraceptive and sexual health needs. Tel 9344 2183

Fertility Clinics/Reproductive Services offer counsellors, a fertility specialist and a specialist gynaecologist. All women are welcome to see a counsellor to discuss the impact of cancer treatment on their reproductive health.

Royal Women’s Hospital 9344 2057 or 9344 2372

Sunshine Clinic 9356 9133

Epping Clinic 9408 2236

Ringwood Clinic 9871 4766

Dandenong Clinic 9706 9995

Jean Hailes Foundation provides services on women’s health and menopause, including alternative/ complementary therapies. Tel 9562 7771 www.jeanhailes.org.au

Menopause Clinics

Mercy Hospital for Women

The Royal Women’s Hospital 9344 2183

Monash Medical Centre 9594 2445

Sexuality Counselling Clinic – The Royal Women’s Hospital 9344 2717

Books or online files

Western Breast Services Alliance Booklet:

What to ask, when: questions for younger women with breast cancer

The booklet covers issues and topics such as: feelings; body image; relationships; contraception; fertility; and menopause. It provides key questions to ask and consider when undergoing treatment. The booklet is available electronically to health professionals on intranet sites of The Royal Women’s Hospital, The Melbourne Hospital and Western Health. This booklet is also available in printed form from BreaCan

Clinical Practice Guidelines for the Management and Support of Younger Women with Breast Cancer (2004) (Australian)

National Breast Cancer Centre 2004. This book is written for clinicians but can also be used by women. It is available as a book from the NBCC <http://www.nbcc.org.au/resources/resource.php?code=YWC> or online from <http://www.nhmrc.gov.au/publications/files/cp101.pdf>

Dr. Susan Love’s Breast Book

Love, Susan M. 4th edition. US: Da Capo Press. 2005

Fighting for our future: how young women find strength, hope and courage with taking control of breast cancer

Murphy, Beth. Sydney: McGraw-Hill. 2003

Can I Still Have Children? – Fertility Options For Young Women Having Chemotherapy and Radiotherapy

Reproductive Services, Royal Women’s Hospital: Women’s Health Publications. 2004

No Less a Women: femininity, sexuality and breast cancer

Kahane, Deborah Hobler. Alameda, CA: Hunter House. 1995

Sexuality and fertility after cancer

Schover, Leslie R. Brisbane: John Wiley and Sons. 1997

When a Parent Has Cancer: A Guide to Caring For Young Children

Harpham, Wendy Schlessel. New York: Harper Collins. 1997

My Mum Has Breast Cancer, A Family's Journey Lisa Sowards and Harrison Sowards 2006

When A Parent has Breast Cancer: How to Talk to Your Kids. A Guide for parents with cancer, their families and friends Cancer Council NSW 2005

DVDs/CDs

***Young Women Talking* – New Information for Young Women with Breast Cancer**

Young Women Talking is a unique resource for young women affected by breast cancer. It includes a 20 minute DVD and supplementary booklet exploring the issues affecting young women with breast cancer as told by a group of young women, in their own words.

The women in the DVD address particular themes which reflect the unique issues that young women face such as early menopause and fertility, the impact on relationships, particularly young families and body image.

The resource has been funded by The Cancer Council Victoria and meets an important information need for young women under 45 years of age.

Young Women Talking also provides a brief guide for health professionals on how they may use the DVD as a resource with young women.

For further information about this resource, or to obtain a free copy please contact BreaCan on 1300 781 500.

So, I have breast cancer, what now? A guide for women and their families

Produced by the Women's Health Program of Monash University.

Information and support services

BreaCan – Breast Cancer Support

BreaCan is a unique service that provides breast cancer information and support for people with breast cancer, their families and friends. Trained volunteers, all of whom have experienced breast cancer, or had a close association with someone who has, assist people either face-to-face, by phone and/or email at BreaCan's city based resource centre.

Location: Queen Victoria Women's Centre, Ground floor, 210 Lonsdale Street. Opening times: 10am-2pm every Monday, Wednesday and Thursday

Telephone: 1300 781 500 (cost of a local call for country callers)

Website: www.breacan.org.au

BCKOnline

Welcome to Breast Cancer Knowledge Online (BCKOnline) – your gateway to breast cancer information. This portal is the combined work of women with breast cancer and a team of Monash University researchers. It can be tailored to the needs of women under 40 or 40 – 49. There are over 1000 items for women under 40 and another 1000 items for women 40-49.

Web address: <http://www.bckonline.monash.edu.au>

The Cancer Council Victoria (TCCV)

TCCV provides information and support through the Cancer Helpline, Multilingual Cancer Information Line, Look Good Feel Better Program, Cancer Connect and other support groups.
Telephone: *Cancer Helpline* 13 11 20 (For all states of Australia)
Website: www.cancervic.org.au

Current clinical trials specifically for young women

There are three trials designed for young women with early breast cancer. They are all cooperative groups trials and available at various sites in Australia.

IBCSG 24-02 SOFT (Suppression of Ovarian Function Trial) - this trial is suitable for premenopausal women with hormone receptor positive breast cancer when the woman's ovaries are continuing to produce oestrogen (ie remain premenopausal) after chemotherapy (if given). For the hormonal part of their breast cancer treatment women are randomized to

- (i) 5 years of tamoxifen alone (this is the standard arm)
- (ii) 5 years of ovarian function suppression + tamoxifen
- (iii) 5 years of ovarian function suppression + exemestane

The ovarian function suppression can be achieved by monthly injections (reversible method of inducing menopause) or by permanent methods (eg oophorectomy). Women can enter the trial up to 8 months after completion chemotherapy - ie they may have their periods stop for a while after chemotherapy and then restart and they can still be suitable for the trial.

IBCSG 25-02 TEXT (Tamoxifen and Exemestane Trial) - this trial is suitable for premenopausal women with hormone receptor positive breast cancer when the doctor and woman think she should definitely receive ovarian function suppression as part of her treatment. Chemotherapy is optional according to patient and clinician preference. Randomization for hormonal part of treatment to:

- (i) 5 years of ovarian function suppression + tamoxifen
- (ii) 5 years of ovarian function suppression + exemestane

IBCSG 34 POEMS (Prevention of Early Menopause Study) - this trial is suitable for premenopausal women with hormone receptor negative (ER and PR negative) breast cancer who will receive adjuvant chemotherapy and want to avoid premature menopause which is a common side effect of chemotherapy. Women are randomized to receive in conjunction with their chemotherapy

- (i) monthly injections of zoladex or
- (ii) no zoladex

Prue Francis from Peter MacCallum Cancer Institute chairs SOFT and TEXT within Australia and Kelly Phillips also from Peter MacCallum Cancer Institute chairs POEMS if additional information is required. There is some information on ANZ BCTG website in clinical trials section, see

<http://www.anzbctg.org/default.asp?file=clintrials.asp&TrialType=Main>

Oncologists can provide contact with these trials.

Web sites

Aussie Breast Cancer Forum

An email forum for sharing the experience of breast cancer and for their family, friends, carers and loved ones. <http://www.bcaus.org.au/forum/>

National Breast Cancer Centre (NBCC)

Some information for young women can be found at

<http://www.breasthealth.com.au/treatment/youngerwomen.html>

Breast Cancer Network Australia (**BCNA**) **The BCNA** website has a section devoted to young women with breast cancer, with personal stories, information about support groups and services relevant for young women with breast cancer and their families

<http://www.bcna.org.au/cms/details.asp?NewsID=269> Young women's info.

New South Wales Breast Cancer Institute

Has a few young women's stories Website: www.bci.org.au They also have an email support group for young women. http://www.bci.org.au/young_bmail.htm

The American Cancer Society

Because this is a general cancer site it is necessary to search for young women and breast cancer. There is a lot of information available. Website: www.cancer.org

The Young Survival Coalition, an international, non-profit network dedicated to the concerns and issues unique to young women and breast cancer. Through action, advocacy and awareness, the YSC seeks to educate the medical, research, breast cancer and legislative communities and to persuade them to address breast cancer in women 40 and under. The YSC also serves as a point of contact for young women living with breast cancer. Website: www.youngsurvival.org