

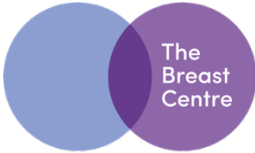
Miss Jane O'Brien
MBBS FRACS
Specialist Breast Cancer Surgeon



The Breast Centre at St Vincent's Private Hospital East Melbourne
Suite 92, Level 9, 166 Gipps Street East Melbourne VIC 3002
T (03) 9928 6261 F (03) 9928 6260
E jane.obrien@svha.org.au
W www.thebreastcentre.com.au
f facebook.com/drjaneobrien
i instagram.com/drjaneobrien



Suggested Websites: Breast Cancer



thebreastcentre.com.au

<https://www.melbournebreastcancersurgery.com.au/>

The Breast Centre website contains information on breast cancer diagnosis and treatment as well as acting as a resource for high risk individuals. Being free of commercial sponsorship, it is impartial, and free of industry bias. Unlike some of the large institutional and breast cancer charity websites, the medical information and opinions reflect those of the actual treating clinician/surgeon, not the consensus opinion of a committee, further simplified by web content writers in order to adhere to health literacy recommendations that suggest aiming at a reading age of year 6. Your treating team should provide you with all the necessary breast cancer information, in a basic format that is simple and easy to understand. This website aims to be complementary, and to provide additional resources for those women who may have higher information needs.



<https://breastcare.directory/>

The Breast Care Directory, administered by our breast care nurse and chemotherapy nurse practitioner, is a single point of reference addressing practical concerns Breast Centre patients undergoing treatment at St Vincent's Private East Melbourne may have.

Australasia

Unfortunately neither Cancer Australia or Breast Cancer Network Australia (BCNA) currently distribute hard copies of their information resources. Digital versions may be downloaded from their websites.

Patients who prefer information resources in hard copy versions resources should go to the Cancer Council of Australia and Breast Care Institute to order.



Australian Government
Cancer Australia

<https://www.canceraustralia.gov.au>

Cancer Australia was established by the Australian Government in 2006. As the lead national cancer control agency, Cancer Australia also makes recommendations to the Australian Government about cancer policy and priorities. Cancer Australia develops and distributes clinical guidelines for 'best practice' health care to improve the diagnosis, treatment and support of women with breast cancer. It produces a number of information resources for health professionals and people affected by breast cancer.

Guidance for the management of Early breast cancer

<https://www.guidancebreastcancer.gov.au>

This Cancer Australia website contains a set of recommendations and practice points for the management and care of early breast cancer.



Breast
Cancer
Network
Australia

<https://www.bcna.org.au/>

Breast Cancer Network Australia is a national organisation that supports Australians affected by breast cancer. BCNA aims to ensure that Australians affected by breast cancer receive support, information, treatment and care appropriate to their needs.



<https://www.cancer.org.au/>

There is a Cancer Council in every state and territory, and they offer a free, confidential information and support service that is available to anyone through the Cancer Council Helpline on 131120.



<https://www.cancervic.org.au/>



<https://www.bci.org.au/>

The New South Wales Breast Cancer Institute is committed to delivering the best possible information, advice, treatment and care to patients with breast cancer.



<https://www.breastscreen.org.au/>

Early detection of breast cancer is crucial and BreastScreen Australia operates in over 500 locations nationwide, via fixed, relocatable and mobile screening units.



<https://www.reclaimyourcurves.org.au/breast-reconstruction.html>

Reclaim Your Curves is a registered charity run by volunteers, created to assist women to plan their life after breast cancer, specifically women seeking breast reconstruction.



<https://www.breastsurganz.org/find-a-surgeon/>

Breast Surgeons of Australia and New Zealand Incorporated (BreastSurgANZ) is the peak body representing breast surgeons treating patients with benign and malignant breast disease in Australia and New Zealand. The website includes a "Find a Surgeon" guide, where you can check that your breast surgeon is a full member.



Australian Society
of Plastic Surgeons

<https://plasticsurgery.org.au/procedures/surgical-procedures/breast-reconstruction/>

The Australian Society of Plastic Surgeons is the peak body for Specialist Plastic Surgeons, both reconstructive and cosmetic.



<https://www.abdr.org.au/>

The Australian Breast Device Registry (ABDR) is a public health registry that records information about breast device surgery in Australia. Funded by the Commonwealth Department of Health, the ABDR, which is endorsed by major surgical societies in Australia, identifies and reports on possible trends and complications associated with breast device surgery, to track the long-term safety and performance of implantable breast devices such as breast implants, breast tissue expanders and acellular dermal mesh.



<https://www.tga.gov.au/hubs/breast-implants>

The Therapeutic Goods Administration (TGA) is Australia's regulatory authority for therapeutic goods. The TGA has a Breast Implant information hub, which aims to help the Australian public find information and support related to breast implants.



<https://www.pinkhope.org.au/>

Pink Hope is a breast and ovarian preventative health hub, working to ensure every individual can assess, manage and reduce their risk of breast and ovarian cancer, while providing personalised support to at-risk women.



Health
Centre for Genetics Education



<https://www.genetics.edu.au/SitePages/Home.aspx>

The Centre for Genetics Education (CGE), in Sydney, Australia, is dedicated to providing current and relevant genetics information to individuals and family members affected by genetic conditions and the professionals who work with them.



<https://www.servicesaustralia.gov.au/external-breast-protheses-reimbursement-program>

External Breast Protheses Reimbursement Program-The Australian Government provides a reimbursement of up to \$400 for each new or replacement external breast protheses for women who have had a mastectomy as a result of breast cancer.



<https://www.eviq.org.au/>

eviQ is an Australian government, online resource of cancer treatment protocols developed by multidisciplinary teams of cancer specialists. With a goal to improve patient outcomes and reduce treatment variation, eviQ provides evidence-based information to support health professionals in the delivery of cancer treatments at the point of care.



<https://paxmanscalpcooling.com/>

<https://coldcap.com/cold-capping/decision-making-guide/>

Paxman, which is the scalp cooling technology we use at St Vincent's Private East Melbourne, is a pioneer in scalp cooling technology. You can find information on scalp cooling success rates with various drug regimens by using their decision making guide.



Australian Cancer
Survivorship Centre

<https://www.petermac.org/cancersurvivorship>

The Australian Cancer Survivorship Centre (ACSC) is a service based at the Peter MacCallum Cancer Centre in Melbourne, aiming to optimise the health and wellbeing of cancer survivors and their carers.

COUNTERPART

Women supporting women with cancer <https://counterpart.org.au/navigators/>

Counterpart (formerly BreaCan) is a free community-based, supportive care service of Women's Health Victoria that connects, supports, and informs women with a breast or a gynaecological cancer to live well.



<https://www.thinkpink.org.au/>

The Think Pink Foundation provides direct emotional, practical and physical support through a comprehensive range of programs provided free of charge at their Melbourne wellness centre, The Living Centre.



<https://www.lymphoedema.org.au/>

The Australasian Lymphology Association strives to improve the management of those with, or at risk of developing lymphoedema, and enhance communication between health professionals, educators, relevant authorities and government in regard to oedemas and lymphoedema



look good **feel better**

FACING CANCER WITH CONFIDENCE

<https://lgfb.org.au/>

Look Good...Feel Better is a free community service program dedicated to helping women undergoing treatment for cancer. The purpose of the program is to help them manage the appearance-related side effects of chemotherapy and radiotherapy, thereby helping to restore their appearance and self-image.



<https://dragonsabreast.com.au/>

Dragons Abreast Australia is a national organisation comprised of breast cancer survivors of various ages from a great variety of backgrounds, athletic abilities and interests. Dragons Abreast members spread the message of breast cancer awareness through participation in the sport of dragon boat racing.



<http://www.otisfoundation.org.au/>

The Otis Foundation is a charity dedicated to providing a national network of retreat accommodation properties at no cost to anyone who has faced the challenges of breast cancer.



<https://www.breastcancerfoundation.org.nz/resources/order-free-resources>

Breast Cancer Foundation New Zealand is a not-for-profit charitable trust.



<https://www.breastcancertrials.org.au/>

Breast Cancer Trials (formerly Australia and New Zealand Breast Cancer Trials Group) conducts a clinical trials research program in Australia and New Zealand for the prevention, treatment and cure of breast cancer. More information about clinical trials, and how they are conducted, is available on their website.



<https://www.australiancancertrials.gov.au/>

This website contains/provides information that displays the latest clinical trials in cancer care, including trials that are currently recruiting new participants.



<https://www.anzctr.org.au/>

The ANZCTR is an online registry of clinical trials being undertaken in Australia, New Zealand and elsewhere. The search function allows you to conduct either a basic search or an advanced search of clinical trials available on the ANZCTR database.

International Websites

Nth America



<https://www.cancer.gov/types/breast>

Cancer.gov is the central website for the National Cancer Institute (NCI), the U.S. government's principal agency for cancer research. NCI is mandated by U.S. law to disseminate information about cancer and cancer research. This website offers comprehensive information about cancer prevention and screening, diagnosis and treatment, research across the cancer spectrum, clinical trials, and news and links to other NCI websites



<https://www.breastcancer.org/>

The mission of breastcancer.org is to help people make sense of the complex medical and personal information about breast health and breast cancer, so they can make the best decisions for their lives.



<https://www.cancer.org/cancer/breast-cancer.html>

The American Cancer Society is a nationwide, community-based voluntary health organization



<https://www.cancer.net/about-us/about-cancernet>

<https://www.cancer.net/cancer-types/breast-cancer>

<https://www.cancer.net/cancer-types/breast-cancer/treatment>

Cancer.Net is the patient information website of ASCO (American Society of Clinical Oncology). It provides oncologist-approved information to help patients make informed decisions. All content is subject to a formal peer-review process by the Cancer.net editorial board.



<https://www.nccn.org/patientresources/patient-resources/guidelines-for-patients>

The National Comprehensive Cancer Network® (NCCN®) is an American not-for-profit alliance of 32 leading cancer centres devoted to patient care, research, and education.



<https://www.mskcc.org/cancer-care/types/breast>

<https://www.mskcc.org/cancer-care/diagnosis-treatment/symptom-management/integrative-medicine/herbs>
<https://www.mskcc.org/cancer-care/patient-education/common-questions-about-breast-related-lymphedema>

Memorial Sloan Kettering Cancer Centre is the world's oldest and largest private cancer centre. For women interested in using complementary medicines, the website provides evidence-based information about the effects of particular herbs, botanicals, supplements and vitamins on breast cancer treatments. All information is also available on the free About Herbs app.



<https://www.nccih.nih.gov/health/herbsataglance>

The National Center for Complementary and Integrative Health (NCCIH) conducts and supports research and provides information about complementary health products and practices.



<https://breast360.org/>

Breast360.org! is the patient website of The American Society of Breast Surgeons Foundation.

Breast360.org's goal is to engage, educate and empower so that readers will be better able to make informed decisions for their breast health care.



<https://cam.cancer.gov/>

The Office of Cancer Complementary and Alternative Medicine (OCCAM) was established in October 1998 to coordinate and enhance the activities of the National Cancer Institute (NCI) in the arena of complementary and alternative medicine (CAM).



<https://www.oncolink.org/>

OncoLink, managed by the University of Pennsylvania, provides a complete database of information about specific types of cancer, updates on cancer treatments, and news about research advances.



<https://www.komen.org/>

Susan G. Komen is a breast cancer organization in the United States which focuses on patient navigation and advocacy and providing resources for breast cancer patients.



DR. SUSAN LOVE FOUNDATION

— for breast cancer research —

<https://drsusanloveresearch.org/breast-cancer-explained/newly-diagnosed/>

Dr. Susan Love Foundation for Breast Cancer Research drives collaborative, cutting-edge research.



**LIVING BEYOND
BREAST CANCER®**

<https://www.lbbc.org/>

Living Beyond Breast Cancer is a national American nonprofit organization that seeks to provide trusted information and a community of support, with on-demand emotional, practical, and evidence-based content that is meaningful to those newly diagnosed, in treatment, post-treatment, and living with metastatic disease.



<https://www.youngsurvival.org/>

Young Survival Coalition (YSC) is an organization for young women affected by breast cancer and their co-survivors.



<https://www.tigerlilyfoundation.org/>

Tigerlily Foundation is a American breast cancer foundation providing education, awareness and advocacy support to young women (15-45) – before, during and after breast cancer.



<https://rethinkbreastcancer.com/>

Rethink Breast Cancer supports the unique needs of young people concerned about and living with breast cancer.



<https://www.basser.org/>

<https://www.basser.org/resources>

The Basser Center for BRCA is the first comprehensive center for the research, treatment, and prevention of BRCA-related cancers.



<https://www.dana-farber.org/cancer-genetics-and-prevention/>

<https://www.dana-farber.org/research/departments-centers-and-labs/integrative-research-centers/center-for-brca-and-related-genes/>

Dana-Farber Cancer Institute in Boston has a Center for Cancer Genetics and Prevention and a Center for *BRCA* and Related Genes



Facing Hereditary Cancer EMPOWERED

<https://www.facingourrisk.org/>

FORCE IS dedicated to providing up-to-date, expert-reviewed information and resources for individuals and families facing hereditary breast, ovarian, pancreatic, prostate, colorectal and endometrial cancers.

that help people make informed medical decisions. Their community includes people with a *BRCA*, *ATM*, *PALB2*, *CHEK2*, *PTEN* or other inherited gene mutation.



<https://tnbcfoundation.org/living-with-tnbc>

The Triple Negative Breast Cancer Foundation is a credible source for triple negative breast cancer information.



<https://www.ibcresearch.org/>

The Inflammatory Breast Cancer Research Foundation (IBCRF) is a non profit, fostering innovative research, creatively educating stakeholders, and advocating for both current patients and IBC survivors.



<https://lobularbreastcancer.org/for-patients/>

The Lobular Breast Cancer Alliance (LBCA) is a US non-profit organization which aims to increase knowledge of lobular breast cancer and to promote lobular breast cancer research.



<https://www.mpbcalliance.org/>

The Metaplastic Breast Cancer Global Alliance Inc is a non profit organization founded and administered by volunteers and supported by noted researchers and oncologists. The mission of this alliance is to help consolidate knowledge and support research into Metaplastic Carcinoma of the Breast.



<https://www.plasticsurgery.org/reconstructive-procedures/breast-reconstruction>

The American Society of Plastic Surgeons (ASPS) is the largest plastic surgery specialty organization in the world. The ASPS mission is to advance quality care for plastic surgery patients by encouraging high standards of training, ethics, physician practice and research in plastic surgery.



<https://www.fda.gov/medical-devices/implants-and-prosthetics/breast-implants>

The US Food and Drug Administration (FDA) is responsible for protecting the public health by ensuring the safety, efficacy, and security of human and veterinary drugs, biological products, and medical devices, including breast implants.



<https://breastreconstruction.org/types-of-procedures/>

BreastReconstruction.org is a not-for-profit organization whose mission is to expand access to quality breast reconstruction after mastectomy by empowering breast cancer patients with accurate, unbiased information and resources to support them physically and emotionally.



<https://lymphnet.org/>

The National Lymphedema Network is a non-profit organization founded in 1988 to provide education and guidance regarding lymphedema management to patients, healthcare professionals, and the general public by disseminating information on the prevention and management of lymphedema.



<https://lymphaticnetwork.org/resource-downloads>

The Lymphatic Education & Research Network (LE&RN) is an internationally recognized non-profit organization founded in 1998 to fight lymphatic disease (LD) through education, research, and advocacy.



<https://densebreast-info.org/>



<https://www.areyoudense.org/>

The **MISSION** of Are You Dense, Inc. is to educate the public about the risks and screening challenges of dense breast tissue and its impact on missed and delayed breast cancer diagnosis.



Canadian Breast Cancer Network
Réseau canadien du cancer du sein

https://cbcn.ca/en/breast_reconstruction

The Canadian Breast Cancer Network (CBCN) exists to ensure the best quality of life for people in Canada diagnosed with breast cancer.

United Kingdom



<https://breastcancernow.org/>

Breast Cancer Now is a charity in the United Kingdom which was formed in 2015 by the merger of Breast Cancer Campaign and Breakthrough Breast Cancer.



<https://www.macmillan.org.uk/cancer-information-and-support/breast-cancer>

Macmillan Cancer Support is one of the largest British charities and provides specialist health care, information and financial support to people affected by cancer.



<https://www.cancerresearchuk.org/about-cancer/breast-cancer>

Cancer Research UK is the world's largest independent cancer research organization. It is registered as a charity in the United Kingdom and Isle of Man, and was formed on 4 February 2002 by the merger of The Cancer Research Campaign and the Imperial Cancer Research Fund.



<https://ibcnetworkuk.org/>

The Inflammatory Breast Cancer Network UK aims to advance the education of the public and health professionals about inflammatory breast cancer and to promote and fund research in the UK for inflammatory breast cancer.



<https://www.lymphoedema.org/>

The Lymphoedema Support Network is a registered charity and the UK's national patient support organisation for lymphoedema. The Charity has become the largest information resource for lymphoedema in the UK, producing an on-going series of fact sheets and healthcare professionals.