EUROPA DONNA
EUROPA DONNA
12th EUROPA DONNA Pan-European Conference
Paris, France – 17-18 October 2015
European Breast Cancer Advocacy
TIME FOR ACTION ON EQUAL ACCESS

Highlights of the 12th EUROPA DONNA Pan-European Conference
Topics ranging from the European Commission on access to high quality breast cancer services, to trends in breast cancer research, treatment and survivorship plans

A young survivor shares her story

Updates on European advocacy initiatives and Breast Health Day

Reports from member countries
Goals

1. To promote the dissemination and exchange of factual, up-to-date information on breast cancer throughout Europe
2. To promote breast awareness
3. To emphasise the need for appropriate screening and early detection
4. To campaign for the provision of optimum treatment
5. To ensure provision of quality supportive care throughout and after treatment
6. To advocate appropriate training for health professionals
7. To acknowledge good practice and promote its development
8. To demand regular quality assessment of medical equipment
9. To ensure that all women understand fully any proposed treatment options, including entry into clinical trials and their right to a second opinion
10. To promote the advancement of breast cancer research

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The Personal is Political

During my first visit to Milan as the new President of EUROPA DONNA (ED), I had the pleasure and privilege of meeting Professor Umberto Veronesi, ED’s founder. We had a wonderful meeting in his office and it was an amazing opportunity to get his perspective on ED’s progress over the years, the importance of breast cancer advocacy and some of his thinking on future agendas for the breast cancer advocacy movement. It was an inspiring introduction to my Presidency. We then held a very productive board meeting, making many decisions about the programme and speakers for the next European Breast Cancer Conference (EBCC), as well as our own Pan-European Conference and discussing the strategic direction of ED for the future. The January meeting is important as it sets the plan and priorities of work for the entire year.

In March, I attended the Breast International Group (BIG) Scientific Meeting and the European Breast Cancer Council (EBC Council) meetings that took place at the St Gallen International Breast Cancer Conference in Vienna. The EBC Council is important in managing the key decisions for EBCC. One of those issues concerns ensuring that patient advocates can have access to the exhibition area of the conference. Through the dedicated efforts of the national chair, Emiel Rutgers, and the staff of the European CanCer Organisation (ECCO), I am pleased to say that patient advocates will be admitted to all areas of the next EBCC that will be held in Amsterdam in March of 2016. This is a real advance for patient advocates and will hopefully set a precedent for future meetings in other countries as well.

The passage of the Written Declaration on the Fight Against Breast Cancer in the European Union is the most important policy and advocacy achievement of this year. It is the result of the teamwork of everyone. I would like to thank all the National Representatives and members of ED who worked so diligently to have their MEPs sign this important document. I also want to thank our ED Head of Policy/Public Affairs, Karen Benn, for her dedication to getting everyone involved in this effort so that it could be achieved.

In September, I hosted the annual meeting with our sponsors together with our Executive Director, Susan Knox, at the ECCO meeting in Vienna. This is an important occasion in which we update sponsors on our current and future activities and answer any questions they may have about our ongoing work and strategies. I then had the pleasure of addressing the participants at the ECCO/SIOG (International Society of Geriatric Oncology) Joint Symposium: Geriatric Oncology – A Multidisciplinary Approach to Reinforce Positive Outcomes in Older Patients, chaired by Matti Aapro, and gave the patient advocate’s view on issues concerning older women with breast cancer. This is a key area as many women over 65 are not provided with the same information or treatment possibilities as other women who are diagnosed.

Finally, I participated in our 12th Pan-European Conference in Paris, attended by over 230 women from 38 countries. It was a thrilling and inspiring experience to share this occasion with so many dedicated advocates from across the world.

It was a wonderful and exciting first year.

President
Roswitha Britz

“Our Pan-European Conference was a thrilling and inspiring experience to be able to share with so many dedicated advocates from across the world”
Advocacy in Action

Executive Director
Susan Knox

It has been another amazing and exciting year for EUROPA DONNA. We continue to expand and develop our advocacy initiatives in several areas: advancement of European breast cancer policy via the European Parliament, advancement of breast cancer services via the European Commission Initiative on Breast Cancer (ECIBC), and advancement of breast cancer research and education. All efforts for the first half of the year were directed toward the launch and passage of the European Parliament’s Written Declaration on the Fight Against Breast Cancer in the European Union. This included an exhibition in Strasbourg and an extensive campaign of calling and letter writing to MEPs directed by Karen Benn, ED Head of Policy/Public Affairs. It was a unique European effort, involving all of our ED national fora, as well as numerous colleagues at the European level who worked toward its successful passage. It is key because it contains an important message of urgency to the European community to ensure the development of updated guidelines on breast cancer and the essential protocol for accreditation of breast cancer services in the EU.

At the same time, we had a patient advocate perspective on breast units published in The Breast and we worked with the Joint Research Centre (JRC) on an important survey on breast units that will be discussed at the next European Breast Cancer Conference (EBCC). Throughout this time we have been working with the JRC to better understand the development of the ECIBC project. We are pleased to say that ED will be involved in all aspects of communication of this project and will participate in all its key strategy meetings. Karen Benn and I attended a half-day meeting at the JRC in June, in which all their experts updated us on their plans and progress. I was then invited to speak at the Putting Science into Standards: Evidence-based Quality Assurance – An Example For Breast Cancer meeting held 20-21 October, and Karen Benn served on a panel. During the summer, I was invited to serve as an individual on the Guideline Development Group of this project and Karen Benn was invited to serve on the Quality Assurance Scheme Development Group. ED has also been invited as a stakeholder to open the ECIBC plenary session in December. Two-day meetings for both groups were held in early September. This project is moving forward and is scheduled for completion within 36 months. The Declaration has been important in demonstrating to all concerned that the ECIBC project is urgent, that it is a concern of European citizens, and that it must be completed as quickly as possible. The European Commission Expert Group on Cancer Control met in September in Luxembourg. The ECIBC project is reviewed with this group at their meetings, and the concept is that this project will serve as a model for other cancer types in the future.

ED continues to explore and develop its involvement in research activities. We are serving on the AURORA steering committee, the LIVE trial, the MINDACT steering committee, and now the new EURECCA trial evaluating Nipple-sparing Mastectomy (NSM). In these areas we continue to evaluate what the advocate’s role should be, and are directly involved in communication of these trials to the lay public and other patient advocates. We are also liaising with the European Society of Breast Imaging (EUSOBI) on several projects this year as there is a continuing need for women to be aware of advances and changes in imaging techniques and uses. Finally, we participated in a course for the European School of Oncology (ESO) and University of Ulm for breast cancer specialists and other patient advocates. We are also liaising with the European Society of Breast Imaging (EUSOBI) on several projects this year as there is a continuing need for women to be aware of advances and changes in imaging techniques and uses. Finally, we participated in a course for the European School of Oncology (ESO) and University of Ulm for breast cancer specialists and other patient advocates.

Our Breast Health Day (BHD) prevention campaign culminating on 15 October is now in its 9th year. Its social media reach via Facebook and Twitter has grown substantially and more than 25 countries are now providing their own BHD initiatives. Our Pan-European Conference, is, of course, the only breast cancer conference aimed at bringing together breast cancer advocates and survivors. It was a wonderful experience for all of us, providing educational updates, new information and opportunities to share and network during workshops and social activities on 16 and 17 October. We will move on to participate in the third Advanced Breast Cancer (ABC3) conference in Portugal and our advocacy training course in Milan and look forward to many advocates joining us for EBCC, being held in Amsterdam in March 2016.

We are advancing our advocacy efforts on many fronts as we continue to fight this complex disease affecting almost 500,000 women in Europe annually.
European Breast Cancer Advocacy: Time for Action on Equal Access

Representing the European Commission, Michael Hübel, Head of Unit, Programme Management and Diseases – Public Health, DG SANTE, told advocates that the EU project charged with updating the EU Guidelines for Quality Assurance in Breast Cancer Screening and Diagnosis and setting up an integrated, voluntary quality assurance scheme for accrediting specialist breast units is under way. ED representatives have an active role in this 2.5-year endeavour of the ECIBC.

“Your insistence, your pushing as advocates will continue to be very important because equal access to health services is so important. This is something where public policy needs to be under public scrutiny and in the public eye,” Mr Hübel said to advocates about breast cancer activities in general.

DG SANTE holds the policy leadership of the ECIBC, and the Joint Research Centre is responsible for the scientific and technical implementation of the project. The working group developing the new guidelines is to work hand-in-hand with the working group developing the quality assurance scheme. In this way, when the guidelines are ready, the quality assurance scheme will be able to be implemented quickly and effectively. This will include guidelines-based breast unit accreditation that will be voluntary and will be centralised through a web platform. Mr Hübel encouraged advocates to contact their national health authorities to ask about their participation in this voluntary scheme.

**CANCON Joint Action and the Expert Group on Cancer Control**

The 2010-2013 European Partnership on Action Against Cancer (EPAAC) aimed for all EU Member States to have integrated cancer plans by 2013. As a result, 25 out of 28 countries now have a national cancer control plan. As a continuation of that project, the Joint Action on Comprehensive Cancer Control (CANCON) began in 2014 and aims to develop a “European Guide on Quality Improvement in Comprehensive Cancer Control”. Mr Hübel said that another focus will be survivorship, improving quality of life and decreasing inequalities in cancer care. ED is an active participant in CANCON.

The European Commission established the Expert Group on Cancer Control to help in coordinating cancer initiatives at an EU level through legislative proposals, policy initiatives and implementation of EU legislation, programmes and policy. ED represents the breast cancer patient voice in this group.

**The new European Code Against Cancer**

The 4th edition of the European Code Against Cancer includes 12 recommendations for reducing cancer risk. It is estimated that almost half of all cancer deaths in Europe could be avoided if everyone followed these recommendations. The code is available in 23 languages, and a question and answer section, including the scientific studies on which the recommendations are based, is available on: http://cancer-code-europe.iarc.fr.

**What the Future Holds**

Mr Hübel stated that in the future, EU actions on cancer will have to increasingly address survivorship, the economic impact of cancer and helping cancer patients return to the workplace, personalised medicine, access to targeted treatment and the sustainability of health systems.
National Cancer Plans: what advocates need to know

Agnès Buzyn, President of the National Cancer Institute (INCa) in France, advised advocates to be sure that their countries are working toward a cancer control plan that involves a consensus from all interested parties, and defines a target so that everyone is working toward one goal. She described her institute’s extensive breast cancer initiatives, from screening to guidelines for patients and primary care physicians, to genetic testing and research.

INCa has made tremendous headway in cancer care since its creation in 2004 as part of the first French Cancer Control Plan. The current third plan, from 2014-2019, has 17 operational objectives and 180 actions. Prof Buzyn outlined those that address breast cancer, such as reducing waiting times, improving access to oncogenetic testing, promoting physical activity, and guaranteeing equal access to breast reconstruction. INCa has an authorisation scheme that includes six quality measures which those treating cancer must meet, such as multidisciplinary meetings, and personalised treatment programmes. The institute has a clinical trial registry that has about 80 open trials per month. For instance, one such trial investigated the use of 6 months vs 12 months of trastuzumab in women with HER2-positive tumours, and another the genetic profiles that may predict toxicity or relapse. Over the years 2008-2015, INCa provided 10 million euros in funding for about 60 projects on breast cancer.

Current trends in research and treatment

In a talk on research and personalised medicine, Véronique Diéras, Head of Clinical Research, Clinical Investigational Unit, Department of Medical Oncology, Institut Curie, France, said that the holy grail of cancer research is to have a unique treatment for each person’s cancer. Personalised medicine has three main goals: to identify genetic differences between people that affect drug response; to develop genetic tests that predict an individual’s response to a drug; and to tailor medical treatments to the individual in order to increase effectiveness and minimise adverse effects. Since 2000, clinical trials in cancer have become increasingly complex as they investigate targeted treatments. In current practice, tumour biopsy material undergoes molecular profiling tests to identify molecular alterations or genetic mutations in the tumour. Such mutations can be targets for treatment, prognosis markers or indicators of response to treatment, for example.

Dr Diéras mentioned that, of the 13 recurrent genomic alterations that have been associated with drug efficacy, PIK3CA mutation is present in 30% of breast cancers. She added that one of the challenges of trials in genetic alterations is that some alterations are too rare to have a sufficient number of patients. She said we must remember the “person” in personalised medicine and called for collaboration between researchers and industry.

Discussing best practice in diagnosis and surgery for breast cancer, Riccardo Audisio, from the University of Liverpool and a consultant surgical oncologist at St Helen’s Teaching Hospital in the United Kingdom, said that little research funding – only about 5% – is dedicated to surgery. He added that this is rather frustrating, given that surgery is a primary treatment for breast cancer. He gave an overview of recent diagnostic developments, such as 3D mammography or tomosynthesis, which while not better than 2D in microcalcifications or dense tissue, is better for detecting distortion or masses. Liquid biopsies are a new, promising technique that detects circulating tumour cells and fragments of tumour DNA in a blood sample. This may be used in the future for detection, diagnosis, screening, monitoring effects of treatment and possible treatment resistance, among others. Prof Audisio said breast cancer surgery is increasingly challenging as cancers are being identified earlier in non-palpable stages. He said that wire-guided localization (WGL), where radiologists insert a wire at the tumour area, has various disadvantages such as displacement and discomfort to the patient. Radioguided occult lesion localisation (ROLL) involves the injection of a radiotracer the day before surgery. ROLL has been found to be comparable to WGL in terms of complete tumour excision and re-excision rates but leads to excision of larger areas of tissue. Prof Audisio also described new techniques of “skin-sparing” and “nipple-sparing” mastectomies. He welcomed this new generation of phase IV “real world” trials, where good quality information is prospectively collected and eventually analysed. He insisted that this kind of research should be more widespread under close monitoring of patient advisory groups.

In a talk on trends in treating metastatic breast cancer (MBC), Joseph Gligorov of the Medical Oncology Department at Tenon Hospital, Head of Cancer Coordination Centre HUEP and Breast
Cancers Expert Centre, Member of INSERM U938 team in France, began with a call for early diagnosis: “If we do things to reinforce screening and prevention, we will have less metastatic breast cancer.” He also said that the time has come to give a more encouraging message in MBC. For instance, in certain cases, bone metastases have a better prognosis than visceral metastases, and after the age of 75 most women will die of other causes. There is a better outlook for HER2-positive disease, as women given pertuzumab, trastuzumab, and docetaxel had an almost 16 month longer overall survival than those given placebo, trastuzumab, and docetaxel.

In endocrine receptor (ER)-positive disease that is resistant to endocrine therapy, the mTOR inhibitor everolimus combined with an aromatase inhibitor improved progression-free survival in women with MBC. Also in endocrine-resistant MBC, fulvestrant and palbociclib have shown encouraging effects. Presence of activating ESR1 mutations can indicate development of acquired resistance to endocrine therapies. In triple negative disease, medullary subtypes have better survival than ductal subtypes, and T-cell-based targets for immunotherapy are being investigated. In endocrine-resistant MBC, fulvestrant and palbociclib have shown encouraging effects. Presence of activating ESR1 mutations can indicate development of acquired resistance to endocrine therapies. In triple negative disease, medullary subtypes have better survival than ductal subtypes, and T-cell-based targets for immunotherapy are being investigated. 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Discussing inherited genetic mutations that predispose to breast cancer risk, Odile Cohen-Haguenauer from the Oncogenetics Unit at Hôpital Saint-Louis in France, outlined the approaches to genetic testing, prophylactic treatment, and research into genetic mutations beyond BRCA1/2. She said that genetic testing is appropriate if there are several cases of breast cancer in the same family branch, whether paternal or maternal, in cases of early-onset breast cancer, multifocal or contralateral breast cancer, ovarian cancer and male breast cancer. The ideal first person to be tested in a family branch is the person who developed cancer at the youngest age. Testing for BRCA mutations can be done using a simple blood test. She said that testing unaffected relatives can also help to reassure them if they are found not to carry the mutation. In BRCA mutation carriers, there are two options: (i) For surveillance, imaging should be performed at no later than 30 years of age, the gold standard being MRI in young women, and mammography with or without ultrasound for those older than 35-40; (ii) For risk reduction, chemoprevention with endocrine therapy may be an option in the near future, or surgical prevention. Dr Cohen-Haguenauer described findings and research into other genetic mutations beyond BRCA1/2 that predispose to breast cancer. She also highly recommended surveillance of young women with high risk due to family history but who, when tested, had no known mutation identified. Finally, she mentioned anti-PARP therapies, currently targeted to BRCA mutation carriers.

**Survivorship Plans: the new follow-up for breast cancer**

Amanda Shewbridge, Consultant Nurse in Breast Cancer at Guys and St Thomas’ NHS Foundation Trust in the UK, described the services at her unit and said that “survivorship” is now seen to begin from the moment of diagnosis. Women have complex needs through diagnosis, treatment and at the end of treatment, and a study showed that the primary concern of all breast cancer patients was worry, fear and anxiety. MS Shewbridge explained that in her unit, women fill out a holistic needs assessment to express practical, family, emotional, spiritual and physical concerns both before and after treatment. Also at the end of treatment, women have a special consultation with the breast nurse and receive a written treatment summary detailing the diagnosis, treatment and ongoing management plan.

Survivorship support includes general health education about healthy eating, weight management and exercise. Women are now invited to keep to “life as usual” with regard to activity and exercise during treatment. As part of the new cancer centre at Guy’s, Ms Shewbridge said that one-third of the survivorship floor will be a gym for patients. In cooperation with
Caroline Hoffman, Clinical and Research Director of The Haven, a breast cancer charity in the UK, described the services the charity offers to women, and said that alongside medical treatment, mind-body approaches can be vital to improving the experience of living with breast cancer. The Haven has four centres in England offering free support to anyone affected by breast cancer. Following an initial 1-hour consultation with a specialist nurse, women can have 10 hours of individual therapy time and access to groups, classes and seminars on healthy living. The centre liaises with the woman’s health-care providers.

The Haven surveys indicate that women seek mind-body therapies primarily for emotional and physical concerns. Some of the most used individual services include acupuncture, counselling, nutritional therapy and massage.

There is growing evidence supporting the scientific mechanisms of mind-body approaches. For instance, “mindfulness” is defined as paying attention on purpose, in the present moment and non-judgementally. Studies of mindfulness-based stress reduction improved mood, breast- and hormone-related quality of life, and well-being more effectively than standard care in women with breast cancer. It also significantly increased self-compassion (helping women be more accepting of themselves), and reduced pain intensity. Acupuncture has also been shown to reduce breast cancer-related fatigue. Scientific mechanisms behind mind-body approaches may be related to brain plasticity, neurotransmitters, and genetic effects. Focusing on the positive can help to lower blood pressure and cortisol levels, improve immunity and increases endorphins (feel-good chemicals).

Dr Hoffman said that most stress is created in our minds and dealing with it involves learning how to change our relationship to life.

More info: www.thehaven.org.uk
Living with Breast Cancer

Life is a Gift

If I had one more chance, I would pass through the same streets, make the same mistakes and live the same life again. Because all those experiences have brought me to today. I believe that life is a gift given to us in different forms.

I'm an advanced breast cancer survivor. I stumbled upon CANCER at the age of 32, while I was trying to climb the hills of life.

I was living in New Zealand. I went to the doctor after finding a large mass in my breast. Following the routine tests, I was diagnosed with early-stage (stage I) breast cancer. Cancer was the most frightening thing for me, but I was glad that it was an early diagnosis.

I wanted to have my treatment near my family in Turkey and went back home. Unfortunately, the results of the tests in Turkey were different: in reality, I had metastatic breast cancer. The test results in New Zealand were wrong. Cancer cells had spread from my left breast to my lung and bones. I was feeling really sick.

I began to question everything in my life after that news. Like the things I postponed, I did or I didn’t do. And so my personal change and transformation started with cancer. I started to fight with strength and hope, and appreciated life with all its beauty.

After neoadjuvant treatment, my left breast was taken. And I had adjuvant chemotherapy and radiotherapy. After a 9-month treatment, I was like a new-born baby. Finally, the test results showed that there were no more cancer cells in my body, including the lung and the bones. After a relapse in my lung in 2014, I completed my treatment with lung surgery and chemotherapy.

During my treatments, I was able to observe what a breast cancer patient needs and to see what the shortcomings are in Turkey. After my treatment, I started to work as patient programmes director near my family in Turkey and went back home. Unfortunately, the results of the tests in Turkey were different: in reality, I had metastatic breast cancer. The test results in New Zealand were wrong. Cancer cells had spread from my left breast to my lung and bones. I was feeling really sick.

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During my treatments, I was able to observe what a breast cancer patient needs and to see what the shortcomings are in Turkey. After my treatment, I started to work as patient programmes director in a breast health and diseases clinic that my surgeon founded. My doctor also taught me about medical and patient communication topics. I met ED Turkey in 2011 and became a member of the board. I participated in training courses and meetings at home and abroad. I had an opportunity for self-improvement during this time.

Breast cancer in young women is a growing concern. I learned about the special support activities for young people at the events I attended at home and abroad. Based on these, I founded the Young Amazons Working Group with ED Turkey in 2013. The group aims to increase awareness of breast health in young people and support active lifestyles through activities such as dancing, hiking, camping and the Dragon Boat Paddle Team.

The Young Amazons Dragon Boat Paddle Team, comprising breast cancer survivors and their relatives, is the most important group. Twenty women paddle in dragon boat festivals at home and abroad to highlight the importance of physical activity for breast health and breast cancer awareness. You can see the team spirit with just one look.

The fact that men dominate women’s physical health and lives in Turkey is a tragic reality. There are even men who do not let their wives or daughters have a breast examination. Moreover, many women have problems in their marriage during their cancer treatment. In order to create awareness among men and to include them in this period, I organised an activity with the Harley Davidson Ankara Chapter. We held a ride and activities with the message “I’m Aware of My Power Against Breast Cancer”. We handed out leaflets and information booklets to men and asked them to read them to their wives, sisters and mothers at home.

Volunteering is, unfortunately, not a widespread concept in Turkey. I founded a group called “Breast Health Volunteers” with the purpose of spreading the word about volunteering and increasing breast health awareness with new volunteers. Twenty people responded and participated in the 2-month “Breast Health Volunteers Basic Orientation Training” in 2014. The volunteers completed their basic training with courses given by professionals, specialists, doctors and trainers. I aim to enlarge this group with a new call for volunteers in September 2015.

As a young and advanced breast cancer survivor who has devoted my life to breast health and awareness, I will continue to work to spread awareness as long as I live.
Making our Voices Heard

Campaigning for the new Written Declaration “On the Fight Against Breast Cancer in the European Union”

On 22 July, the European Parliament adopted a new Written Declaration “On the Fight Against Breast Cancer in the European Union”, co-authored by 10 MEPs, backed by EUROPA DONNA and signed by a majority of MEPs. Advocates throughout ED’s member countries campaigned for the signing of the Declaration, which serves to remind MEPs of the need to implement the 2003 and 2006 European Resolutions on Breast Cancer and the European Guidelines for Quality Assurance in Breast Cancer Screening and Diagnosis. It also highlights the needs of women with metastatic breast cancer and the importance of the European Commission Initiative on Breast Cancer (ECIBC) project.

ED also held an information event at the European Parliament in Strasbourg in May to distribute information on the Written Declaration and on breast cancer to ensure that all MEPs are aware of the European standards of breast care that still have to be implemented across the EU. ED now urges member states to comply with the Declaration and fulfil its recommendations to achieve optimal breast cancer services for women.

To read the Written Declaration:

European School of Oncology-Ulm University breast cancer programme

ED Executive Director Susan Knox is an invited lecturer in this post-graduate e-learning course for physicians with experience in the field of breast cancer, including specialists in medical oncology, radiation oncology, senology and pathology. Her lecture appears within the module on the management of early breast cancer and covers “optimizing adjuvant strategies: the patient’s perspective”.

European Commission Initiative on Breast Cancer project

ED representatives have been attending regular meetings for the European Commission Initiative on Breast Cancer (ECIBC) project, which aims to deliver a voluntary European quality assurance scheme, underpinned by accreditation, for breast cancer services and to develop a new version of the EU guidelines. Two working groups have been set up for the ECIBC; Susan Knox sits on the working group developing the new EU Guidelines and Karen Benn, ED’s Head of Policy and Public Affairs, is on the working group developing the quality assurance scheme. The Joint Research Centre (JRC), which is the European Commission’s in-house science service, has been assigned by DG SANTE with the task of coordinating the ECIBC project. ED Fora are also participating in a survey conducted by the JRC, on the degree of implementation of specialist breast units in Europe. ED will play an important role in the “Stakeholder” category throughout the ECIBC project and will provide feedback on what the ECIBC Working Groups develop. Given the complexity of the project, ED will have an ongoing role of communicating the content to women and the public.

European Commission Expert Group on Cancer Control Meeting

Susan Knox represents ED on this European Commission Expert Group that consists of professionals representing cancer organisations, research organisations, patient organisations, representatives of national health ministries and the European Commission. At a meeting in Luxembourg in September, the ECIBC project was presented and the European Commission acknowledged the importance of the new Written Declaration on breast cancer. Susan Knox had the opportunity to mention that the passing of the declaration demonstrates the ongoing support of citizens for the ECIBC project and their concern to see that it is completed in a timely manner.

CANCON, the EU’s Cancer Joint Action project

Karen Benn attended the CANCON (CANCer CONtrol) 2015 meetings. ED is a Collaborating Partner on three work packages of the CANCON project, focused on screening, survivorship and community cancer care.

European Cancer Conference (ECC2015)

ED hosted a stand in the patient advocacy square at ECC2015, a conference where ED also attended various group meetings. Susan Knox and ED President Roswitha Britz attended the Breast International Group (BIG) Scientific Committee meeting, where they heard updates on the progress of ongoing trials and studies. Susan Knox attended the MINDACT trial Steering Committee meeting and Karen Benn attended a meeting on the European Registration of Cancer Care (EURECCA), which aims to develop a European audit registry in order to standardise and harmonise cancer care in Europe. In addition, Roswitha Britz spoke at the ECCO/SIOG Joint Symposium on Geriatric Oncology, a “Multidisciplinary Approach to Reinforce Positive Outcomes in Older Patients”.

Discussing women’s issues at the EUSOBI Annual Meeting

Susan Knox gave a presentation during the Scientific Session dedicated to Safety Issues and Women’s Information at the European Society of Breast Imaging (EUSOBI) annual meeting held in October in London, UK. The scientific programme of the congress attracted more than 650 participants from Europe and around the world.
Armenia

Activities in 2015

- For 3 weeks in March, free breast examinations for 137 women at the National Oncology Centre
- A lecture on breast health, the advantages of early detection, the correct approach to self-examination, and free examination for 50-60 women at the Hospital of Ejmiatsin and the Regional Hospital “Narek” in Vanadzor, in May and June respectively
- In June, participation in a TV project called “Ambulance”
- Starting in July, regular consultations and information sharing about breast cancer (BC), and the advantages of early detection at the ED Armenia office
- In July, participation in and a presentation at the Cancer Forum
- In October, a charity concert “Fighting for Healthy Breasts” with stars from Armenia
- In November, the ED Armenia forum meeting
- Throughout the year, preparation of leaflets and brochures; holding online meetings and consultations for women and their families; and working on national screening projects and developing early detection projects

Activities in 2015

- 2nd Austrian Breast Cancer Patients Congress
- Contributing to a study on cancer and work
- Lobbying, including a discussion with the president of the Chamber of Employment
- A TV appearance on part-time sick leave for patients
- Holding a “Day of Movement”
- Information events in hospitals

Belarus

Highlights of 2014

- Monitoring the breast cancer screening pilot project
- Disseminating ED educational materials
- Developing a partnership with Harvard Medical School
- In May, a pain management conference for patients with cancer
- Monitoring outcomes of educational efforts in BC
- Discussing quality improvement methods for BC services with public health officials

Activities in 2015

- In April, a webinar on pain management
- Preparing people for ED training sessions
- Translation of “Quality Improvement Principles for Health Care Organisations” from the European Breast Cancer screening consultant visit to Belarus, including fund-raising and coordination with health authorities

Belgium

Highlights of 2014

- In March, the ED Belgium general assembly
- In May, an international congress “EBC: State of the Art and Treatment of Inflammatory Breast Cancer” in Antwerp
Strength in Numbers

- In May, an informal meeting in Brussels with cancer registries to present a project for evaluation of quality indicators for care for BC patients
- In June, a symposium on nutrition and cancer in Brussels
- In October, Breast Health Day (BHD) activities

Activities in 2015
- In May, the ED Belgium general assembly
- In June, a symposium in Brussels on following up with women after breast reconstruction
- In September, sending a letter to the Minister of Health concerning the needs and quality control in specialist breast units
- In October, a “Breast Action” symposium
- In November, the Belgian Breast Meeting

Bulgaria

Highlights of 2014
- Participating in the 9th European Breast Cancer Conference (EBCC9) in Glasgow
- Meetings with parliamentarians to present BC issues in Bulgaria and ED activities
- Meeting with health professionals to promote best practices
- Participation in the activities of APOS, a patient organisation for different types of cancer
- Participation in 2 radio shows and 1 TV talk show. The main topics were breast health, prevention and breast health in young women.

Activities in 2015
- Participating in 2 radio shows and 1 TV show and planning further similar participation
- Carrying out activities in cooperation with other cancer organisations
- For BHD, participating in a national morning TV show and promoting the BHD video on Facebook

Croatia

Highlights of 2014
- “Daffodil Day” in more than 30 cities
- Attending meetings such as EBCC and European patient organisation meetings
- A gathering and a picnic with citizens and the president of Croatia
- A diving event in memory of the 1010 people who died of BC in Croatia in 2013
- Publishing the “Pink Story” magazine, and participating in TV shows throughout October
- On Pink Ribbon Day, a parade where 1010 pink balloons were released
- A fashion show to celebrate 20 years of ED
- A conference on multidisciplinary approaches to BC diagnosis
- Acquiring a device used for sentinel node biopsies for the university hospital

Activities in 2015
- “Daffodil Day” in Zagreb and in 33 cities
- Attending the meeting “International Experience Exchange for Patient Organisations”
- A Pink Week where ED Croatia received donations to purchase a single treatment radiation device
- BHD and Pink Ribbon Day activities
- Organising a conference on the multidisciplinary approach to diagnosis of breast diseases with the Croatian Public Health Institute

Cyprus

Highlights of 2014
- Meetings with Minister of Health and MPs for the implementation of breast units
- Advocacy for EU guideline implementation
- BC lectures
- Meeting with the president of Parliament about setting up another oncology centre
- Participation on the steering committee and follow-up of the national screening programme
- Pink Silhouette walk with over 7000 participants
- Summer party for women with BC
- Meetings with an ED Cyprus psychologist
- Continuation of the Bosom Friends programme, giving free prostheses, bras, wigs and financial support to women with BC
- Support and participation in an art campaign “I Am Not the Cancer” on metastatic breast cancer (MBC) awareness
- Co-organisers for Cancer Day event with other cancer fora
- BHD events
- Lecture “Living with MBC”
- Participation in conferences such as EBCC9, Advanced Breast Cancer (ABC) conference, Advocacy Leader Conference
- “Look Good, Feel Good Day” activities in all ED Cyprus Houses

Activities in 2015
- Continued meetings with Ministry of Health about breast units
- Participation on the steering committee of the national screening programme
- Lectures on BC
- “Woman on a Lifelong Journey”, a conference for Women’s Day
- Joint event with the Institute of Genetics and Neurology announcing the results of a study on local genetic testing
- Annual activities: Pink Silhouette walk, BHD events, the Summer party, meetings with the psychologist, Bosom Friends programme, Cancer Day event, and “Look Good, Feel Good Day” activities
- 2 fashion shows
- Christmas and Easter family food packages

Czech Republic

Highlights of 2014
- Educational seminars for patients’ organisations
- Projects on BC prevention
- “You Can Also Do It” event
- The “Invisible Women” project on MBC with a pilot educational seminar for volunteer caregivers
- Translation and printing of the MBC Annex to the “Short Guide to the EU Guidelines”
- Two outings for young women with BC and their children
- Publishing of the 2015 Calendar with photos of young women with BC
- Alliance of Women with Breast Cancer Annual Conference

Activities in 2015
- Annual activities: educational seminars, “You Can Also Do It” event, 2 outings for young women with BC and their children, and professionals, annual Alliance of Women with Breast Cancer conference
- An Alliance of Women with Breast Cancer Day in Brno
- Projects focused on BC prevention (Mammography Day, a walk, lectures on prevention for secondary schools, “We Are Swimming the Breast Stroke” for BHD)
Educational lecture on emotional eating
• Public lectures at the “5000” bra art exhibition in 5
• Organising a sports weekend, a psychodrama weekend and
• Providing peer support at the surgery ward of Helsinki
• Christmas celebration party
• In October, the annual charity concert
A bus tour to the country studio of the famous sculptor
Kangro and a visit to a restored manor
• In October, the annual charity concert
• Christmas celebration party
• Continuation of the monthly meetings
• In May, annual Breast Awareness Month activities, including a mobile breast unit being present at run for women as a reminder of the importance of screening
• Pink Ribbon campaign across the country
• Annual summer camp for all cancer support groups
• Charity concert in October

Activities in 2015
• National conference in October

Georgia
Highlights of 2014
• In August, two charity concerts, one in Batumi and another in the hall of the public library of Georgia, with opera singers in support of ED Georgia
• In October, participation in 3 central TV channel talk shows and a sporting event at a sports complex to promote healthy lifestyles
• In November, a charity event with opera singers, and a fashion show featuring BC patients in evening dresses

Activities in 2015
• In January, a special project for visiting regions
• In February, the “Target Therapy” campaign involving a pneumatic gun competition, where a petition was signed demanding government financing for trastuzumab treatment
• In March, at the City Hall of Tbilisi, an exhibition called “H.I.T.” – Hope in Time
• In May, informative talks on BC for university students

Greece
Activities for 2014 and 2015
• Important fund-raising initiatives
• Attending and participating in numerous BC events and conferences such as the Breast Cancer Conference, Breast Cancer W4O (Women for oncology organisation) conference, Athens Breast Cancer Conference and the National Cancer Registry Meeting
• Following extensive advocacy efforts, the formation of the Breast Cancer Committee in the Greek Parliament
• Participating in ED conferences, meetings and training courses
• Working closely with the Breast Cancer Parliament Committee to bring new bills to parliament that will improve care for women with BC
• Working closely with the scientific community in organising breast care health campaigns and awareness events
• Encouraging doctors to participate in global protocols and clinical studies

Iceland
Highlights of 2014
• Lectures for women, their friends and families about BRCA1 and 2 mutations
• A conference about BC and the BRCA mutations
• A lecture for members about the surgical treatment of BC, and the current and future situation in Iceland
• In October, a “Pink Forum” on access to the best cancer treatment
• “Casting for Recovery” where 14 women after BC treatment went fishing together
• In September, participating in the Nordic Breast Cancer Conference in Oslo
Strength in Numbers

- On BHD, a walk around the Reykjavik pond in pink clothes carrying pink balloons

Activities in 2015
- The 6th “Casting for Recovery” fishing event
- Participating on a committee with the university hospital about a breast unit
- More lectures about BC
- Organising the Nordic Breast Cancer Conference in Iceland for September 2016
- Pink Forum and Pink Day BHD activities in October
- Creating a website

Ireland

Highlights of 2014
- Dragon Boat Road Show promoting healthy lifestyles
- BHD 2014 breakfast with public representatives at government buildings
- BHD activities nation-wide
- Public talk by Dr Susan O’Reilly, Director National Cancer Control Programme Ireland
- Participation of the ED Ireland Team in the International Dragon Boat Regatta in Dublin

Activities in 2015
- Dragon Boat Road Show with a trip to west of Ireland to show healthy lifestyles and establish a new team
- Team participation in the International Dragon Boat Regatta in Dublin
- Launch of an ED Ireland leaflet on lymphoedema and live radio interviews to promote it
- Lymphoedema Awareness Month in March with stands in 2 public hospitals
- Update of ED Ireland “9 Things” leaflet
- Public talks at various cancer support and family resource centres
- Creating 2 new leaflets on psycho-oncology and communicating with physicians
- BHD activities

Israel

Highlights of 2014
- A press conference on new statistics and research studies, in collaboration with the National Cancer Registry of the Ministry of Health
- “This is a Pink Shirt” project in collaboration with a cosmetic company
- Activity on the “On Life” portal for women
- Articles published in leading newspapers
- Posting public service announcements, personal stories and ED materials on the website and Facebook page
- A journal for professionals written by multidisciplinary medical experts in BC
- “Celebrating Life” annual seminar featuring leading experts and attended by hundreds of BC patients, survivors and their families

Activities in 2015
- A press conference in collaboration with the National Cancer Registry
- Continued posting of public service announcements, articles, personal stories and ED materials on the website and Facebook
- Collaboration with a cosmetic company, and other partners
- The “Celebrating Life” seminar

Italy

Highlights of 2014
- For ED’s 20th anniversary and the imminent launch of the law on breast units, 3 public events in Milan, Catania and Rome with national authorities, European delegates and scientists
- 2 training sessions for ED Italy associations on interpersonal skills and health policy
- A survey about protection of women with BC by employers, administered to workers and companies
- A blog dedicated to women with MBC to offer them support, sharing and information

Activities in 2015
- Promotion of the breast unit law with 2 public events in Bologna and Cagliari
- An interactive library with 3 chapters, prevention, breast units and MBC
- Training sessions for ED Italy associations on fund-raising and breast units
- Proposal for legislation to protect working women with BC signed by trade associations and unions
- 2nd survey on MBC patients’ needs and a presentation at the ABC conference

Kazakhstan

Highlights of 2014
- In March, the first “Pink Tape” charity ball, organised in the framework of the international programme for the fight against BC
- On the streets of Almaty, billboards encouraging BC screening and diagnosis with the participation of Kazakhstan celebrities
- In October, a Zumba party in support of the movement against BC
- In October, an “Always a Woman” event devoted to BC awareness
- Printing more than 32,000 booklets about BC
- Purchasing prostheses and lingerie for women after mastectomy

Activities in 2015
- Holding the first “White flower” charity ball in Almaty
- BC awareness activities in schools
- Producing 40,000 booklets about BC
- Holding a concert dedicated to women with BC

Kyrgyzstan

Highlights of 2014
- In February, a forum, “Movement Against Cancer”
- In February, launch of the Mammography Examination Room
- BC patient support including psychology consultations, rehabilitation and prevention of lymphoedema, and provision of prostheses
- Pink October events and fund-raising
- Awareness-raising activities, including TV and radio programmes, articles in newspapers and e-publications, printed materials on early detection of cancer and healthy lifestyles
- Training of Kyrgyz specialists to work on the full digital mammography equipment by specialists from Switzerland
- Parliamentary Hearings on reconsideration of a law on “oncology assistance” to make the provision of medical services accessible and transparent
Activities in 2015
- Running the Mammography Examination Room
- Participation in the ED Pan-European Conference in October
- Pink October Events and fund-raising
- Participation in the ED Advocacy Training Course in November

Latvia

Highlights of 2014
- For Pink Ribbon month in October, an “I Love Life” information and public awareness campaign
- Patient advocacy activities related to psychosocial support and rehabilitation after the BC active treatment phase
- “The Spring of Strength”, three psychosocial rehabilitation programmes for survivors
- A health conference, “Oncology in the 21st century: Learning to Cope with the Diagnosis”
- A video stream, “Breast Cancer Prevention and Early Diagnosis – Myth or Reality?”

Activities in 2015
- “The Best Life After Cancer” theme for the public awareness campaign in October
- ED Latvia website: www.europadonna.lv
- Continuing lobbying and advocacy programmes for patients and health care professionals
- “The Spring of Strength”, 3 psychosocial rehabilitation programmes for survivors
- Fund-raising activities for a psychosocial rehabilitation centre for cancer survivors and their relatives

Luxembourg

Highlights of 2014
- “Hymne à la Beauté” exhibition with presentation of ED Luxembourg activities
- Participating in the run “Dames de Coeur” in Thionville, France
- Organising the 12th “Broschtkriibslaaf” annual run
- A conference in Marnach
- A “human solidarity chain” together with employees of banks in Kirchberg, the banking district of Luxembourg
- Presenting the film “Rope of Solidarity” followed by a discussion with experts and young patients
- Participating in the National Health Conference “Plan Cancer”

Activities in 2015
- A survey to obtain information about patients’ experiences during BC treatment
- Participating in solidarity runs and organising “Broschtkriibslaaf” in October
- Creating a group for young women with BC
- Presenting forum activities with information stands at women’s associations and at “Health Days” in different parts of the country

Macedonia

Highlights of 2014
- In May, the “Go Pink 2014 – Walk for the Cure”
- The 7th National Breast Cancer Conference
- On BHD, a small demonstration by BC survivors
- Attending the ED annual Advocacy Training Course
- “Pink Caravan 2014” educational sessions on BC in 13 cities
- Establishing and participating in health commissions on patient rights in collaboration with the local communities in Skopje, Veles and Strumica
- Running a help line for women with BC, their family and friends
- Holding twice-monthly psychosocial groups

Activities in 2015
- Attending the ED Pan-European Conference and the Advocacy Training Course
- The “Go Pink 2015 – Walk for the Cure”
- A BHD picnic at a famous national site
- The 8th National Breast Cancer Conference
- Pink Night 2015, a fund-raising event
- Pink Caravan 2015 educational sessions
- Running the help line and the psychosocial groups

Malta

Highlights of 2014
- Awareness walks in March, April and October
- High tea and a craft fair
- 2 fashion shows in May and September with the participation of survivors
- Seminar on MBC
- A concert
- An awareness twilight walk
- Courtesy visit to HE Madame President
- Awareness event at Villa Rundle in Gozo
- Annual public lecture “Looking into the Future of Breast Cancer”
- BHD event “The Importance of Sports”, including breast exams onsite by the breast clinic team
- A gala dinner, art exhibition and annual mass
- Several talks and participation in TV and radio programmes

Activities in 2015
- Advocacy course for advocates
- Several awareness walks
- Fashion show
- BHD activities
- Annual public lecture
- Translation of the MBC Annex to the “Short Guide to the EU Guidelines”

Monaco

Activities in 2015
- Participating in the “International Day in the Fight Against Cancer” organised by the association Flavien
- Participating in the Pink Ribbon March through the streets of the principality
- An evening of theatre on behalf of ED Monaco

The Netherlands

Highlights of 2014
- In cooperation with Pink Ribbon and Boog (Breast Cancer Research Group), a conference on triple-negative BC, with publication of updated information
- The Mammarosa symposium in The Hague to provide BC information to women from different cultures
- Networking days for patient advocates and volunteers
- The launch of “B-bewust” (bewust=aware), an Internet magazine being voted the best patient magazine in the Netherlands
- Including the “Breast Cancer Monitor” (a tool to help patients choose a hospital) on the website
- Making the website more user-friendly
- Organising a road tour for the local department to learn more about their wishes and needs

Activities in 2015
- Setting up a “patient academy” to assess skills needed for advocacy and develop courses to address them
- Including the “Breast Cancer Monitor” (a tool to help patients choose a hospital) on the website
- Making the website more user-friendly
- Organising a road tour for the local department to learn more about their wishes and needs
### Strength in Numbers

#### Norway

**Highlights of 2014**
- Weekend gatherings for women under 40, one with health and relaxation activities and one for women with metastatic cancer and their partners
- Nordic Breast Cancer Conference weekend in Oslo for 230 women from Sweden, Denmark, Iceland, The Faroe Islands and Norway
- Supportive Care visiting 849 newly operated women, receiving 413 telephone calls and organising 11 self-help groups
- Pink Ribbon activities in October that collected 2.8 million euros and increased awareness of BC
- Advocacy involving cancer treatment and care

**Activities in 2015**
- Continuing to create awareness about metastatic cancer
- Increasing awareness of hereditary BC
- Continuing advocacy on topics of cancer treatment and care
- Pink Ribbon activities in October

#### Poland

**Highlights of 2014**
- Fund-raising activities
- In March, participation in EBCC9 and presentation of the poster “20 Years of ED in Poland”
- In March-April, reports on activities to important offices
- In June, XVII General Assembly of ED Poland and celebrating the 15th anniversary of ED in Debica
- In September, 5th anniversary of ED in Pila and a scientific conference about BC
- In October, BHD activities, press conferences, Pink Ribbon Marches, oncology picnics, mammography, and distribution of BHD leaflets in the Polish Senate

**Activities in 2015**
- In March, XVIII General Assembly and Polish Executive Board elections. Celebration of the 20th anniversary of ED Poland and the exhibition of posters from 1994-2014
- In May, appealing to Polish MEPs to sign the new Declaration on Breast Cancer in the EU
- In June, an exhibition on breast units in the Polish Parliament
- BHD activities
- Attending the ED Pan-European Conference

#### Portugal

**Highlights of 2014**
- Starting up psycho-oncology consultations for women with MBC
- An awareness and fund-raising campaign to enable the purchase of 3 direct digital mammography units
- In May, participating in “Parliament Health Days” with mobile units
- Supportive Care visiting 849 newly operated women, receiving 413 telephone calls and organising 11 self-help groups
- Pink Ribbon activities in October that collected 2.8 million euros and increased awareness of BC
- Advocacy involving cancer treatment and care

**Activities in 2015**
- Developing BC materials for the blind in partnership with the Association of Blind and Partially Sighted of Portugal
- Invitations to speak on TV about prevention and early detection
- Pink illumination of a historical building in Bucharest
- Continued promotion of the The Medical Centre of Excellence
- Fund-raising events to operate the mobile diagnostic units for breast and cervical cancer

#### Romania

**Highlights of 2014**
- Media campaigns for BC awareness with participation in TV and radio debates
- Initiating a draft of legislation to declare 1 October the national day for the fight against BC, which the senate passed unanimously
- BHD activities with social media representatives, bloggers and public figures
- Cooperating with the Ministry of Health in drafting a national project cancer for screening
- Invitations to speak on TV about prevention and early detection
- Continued promotion of the The Medical Centre of Excellence
- Fund-raising events to operate the mobile diagnostic units for breast and cervical cancer

**Activities in 2015**
- Awareness and communications campaigns
- Fund-raising events and the annual pink illumination event
- Advocacy for a national screening programme for BC and collaboration with the Ministry of Health. A programme for women living in rural areas is planned, with ED Romania contributing to the regulations and to participating with mobile diagnostic units

#### Russia

**Highlights of 2014**
- Manuals for radiologists and radiology technicians on mammography screening
- Participating in EBCC9, ED conferences and courses
- Participating in a panel discussion about women and cancer at the Russian Parliament
- BC awareness campaign with “Doors Open Days”
- A research-to-practice conference in Kursk
- Coordinating pilot mammography screening and holding a rehabilitation group in the Kursk region
- Fund-raising campaign for BC research with a mentoring programme for young scientists

**Activities in 2015**
- Opening physiotherapy rooms for BC patients with donated equipment for lymphoedema prevention
- Holding a research-to-practice conference in Cheboksary
- Initiating an expert working group at the health ministry to create a national road map to decrease BC mortality
- A manual for women with newly diagnosed BC
- A web portal for radiologists
- Advocacy training in Moscow
- Education programme for cancer counsellors in the high north
- BHD campaign
- Participating in the ED Pan-European Conference
- A website with a database of clinics with free access to mammography within the national programme
- Holding a rehabilitation group and coordinating the pilot mammography screening programme in Kursk
- Support programme for BC research teams
**Slovakia**

**Highlights of 2014**
- For BHD, an exhibition of pieces of art made by BC survivors connected with providing breast health information
- Attending the ED Advocacy Training course
- Collaborating with the non-profit organisation “Pontis of Dell” in a common project called “Prevention of Oncologic Breast Diseases”
- Psychosocial support of BC survivors
- Lectures, TV appearances, articles in newspapers
- Updating the website
- Creating, printing and disseminating educational materials

**Activities in 2015**
- “Healing Art” exhibitions at the St. Elisabeth Oncological Hospital prevention centre
- Teaching women waiting for mammography examination about early detection and prevention
- Lectures for students, mammography staff and the public with emphasis on keeping healthy

**Sweden**

**Highlights of 2014**
- Participating in national projects on the cancer strategy
- Yearly awards to a health professional and breast care nurse
- Nordic cooperation and participation in the Nordic Conference
- Awareness for women with MBC and their needs related to specialist breast units and multidisciplinary treatment
- Awareness of the need for access to drugs after European approval, as well as equal care throughout Sweden
- Awareness of the need for rehabilitation with financing of 2 weeks for MBC patients

**Activities in 2015**
- “Breast Friend” programme and peer support events
- Producing 3 BC reports: mammography screening, equal care, MBC
- Advocacy for specialist breast units and on comprehensive cancer care and research
- Annual award for excellent achievements related to BC treatment and for breast cancer nurse of the year
- Rehabilitation weeks for women with MBC
- Special programme for young women
- BHD seminar on 15 October and Pink Ribbon activities throughout October
- Yearly meetings at the parliament
- Cooperation within the Nordic countries
- Advocacy during the political forum in Almedalen park in Visby focusing on MBC, equal care and equal access to drugs

**Slovenia**

**Highlights of 2014**
- Publication of 4 issues of ED News
- 30 lectures about BC, healthy lifestyles and self-examination
- Counselling by telephone, personally, e-mail, in the hospital
- Very active support group for young BC patients
- 2-day seminar on systemic treatment and psychosocial support for ED members
- Participation in 2 Festivals
- “Running and Walking for Hope” in 3 cities
- Publication of a “Nutrition and Cancer” brochure
- Participating in EBCC9, the ED Advocacy Training Course, the Advocacy Leader Conference and special lectures on MBC
- In October, a major campaign with the slogan “Lovely Day” with dancing in 3 shopping centres followed by a photo exhibition and video posted on YouTube

**Activities in 2015**
- Annual activities: publishing ED News, patient counselling, lectures throughout the country, and “Running and Walking For Hope”
- Emphasis on psychosocial support and holistic rehabilitation
- 2-day seminar for ED members on psychosocial support
- October activities – press conference, activities in elementary schools, the “Lovely Day” campaign with dancing in the main squares
- Photo exhibitions around Slovenia
- Collaboration with policymakers on health reform with other NGOs

**Spain**

**Highlights of 2014**
- Presenting a study on the information needs and health care expectations of BC patients
- ED Spain Universidad Menéndez Pelayo summer course for specialists and women with BC covering the challenge of maintaining sustainability of the public health system with a focus on clinical research and innovation
- On BHD, a press conference to present the Manifesto and an awareness campaign on early detection
- Participating in the National Health System Cancer Strategy as a member of the follow-up and evaluation committee

**Activities in 2015**
- Physiological support for women with BC and their families
- Physiotherapy for lymphoedema

**Activities in 2015**
- In April, presenting the psychosocial aspects of BC at the ESTRO 3rd Forum
- In June, attending the Breast Cancer Patient Group Forum
- Summer course at Universidad Menéndez Pelayo with a focus on survivorship
- On BHD, a media campaign about early detection and to present the 2015 Manifesto
- Advocacy activities and participation in the National Cancer Strategy
- Support in developing an App to assist women undergoing chemotherapy

**Switzerland**

**Highlights of 2014**
- Presenting the screening programme at the “Health Fair” in Bern
- Launching a mobile phone App promoting breast awareness
- BHD in southern Switzerland
- Presenting the new website in Italian www.infoseno.org on breast health and BC care
- Acceptation by the Federal Council of the ED Switzerland motion “Correction of asymmetry after mastectomy must be paid by health insurance”
- Active participation and attendance at different conferences in Switzerland and abroad

**Activities in 2015**
- New website www.europadonna.ch
- A “Pink Yoga” outdoor event in Zurich to raise BC awareness, with Regula Curti, a yoga expert who produced the CD “Beyond – Love Within” with Tina Turner, music that will be played during the yoga session
- Organising a 2-day conference for patients
Strength in Numbers

- Launch of the group “Young women with breast cancer”
- BHD activities
- Attending different conferences

**Tajikistan**

**Highlights of 2014**
- In March, a BC information campaign
- In May, free breast examination for more than 800 health workers, school teachers and disabled women at health centres in Dushanbe
- In April, training medical personnel on improving clinical breast examinations skills
- In May, training sessions on exercise for BC prevention
- In June and July, monitoring and evaluating activities carried out by primary care physicians, as well as awareness-raising media activities
- In August, annual early diagnostics charity campaigns
- In October, a Pink Ribbon gala dinner
- Participation in ED conferences and EBCC
- In December, psychological training for BC survivors in three regions
- Meetings with women leaders of the country on women’s health and BC prevention

**Activities in 2015**
- Annual activities: information campaign, Pink Ribbon gala dinner, psychological training for survivors and their families, free breast exam campaign in 14 city health centres, BHD activities
- Negotiating with a German organisation regarding the donation of used mammography equipment to be installed as a pilot project in a primary health care facility in Tajikistan

**Turkey**

**Highlights of 2014**
- Participating in the Istanbul International Breast Cancer Conference committee to organise the BC Patient Track and the BC Nurse Day
- Organising a full-day training for breast care nurses to share the nurse curriculum and their role within the multidisciplinary team and the impact of specialist breast units
- Developing patient seminars and activities for the Young Breast Cancer Survivors working group
- Participation of 20 members of the young women’s group in a dragon boat competition in Italy
- BC awareness and prevention seminars on healthy lifestyles and nutrition for high school students and their mothers, as well as a group of women immigrants
- A joint BHD activity with Harley Davidson Turkey
- Participating in the annual New Year and Christmas Bazaar

**Activities in 2015**
- Annual activities: monthly seminars focusing on physical activity, healthy diet and the importance of screening
- Participating in the ED Advocacy Training Course
- Lectures on BC awareness in and around Istanbul

**Uzbekistan**

**Highlights of 2014**
- In March, the international conference “Chronic Diseases Pose a Challenge to 21st Century Europe: Patient’s Perspective and Economic Activity” organised by ED Latvia
- In May, the 3rd National Cancer Congress of Uzbekistan in Tashkent
- In April, training sessions with newly diagnosed BC patients at the Tashkent City Oncology Centre
- Attending the ED Pan-European Conference

and raised awareness of many BC issues, such as early diagnosis, optimal treatment, specialist breast units and quality of life. Ukrainian translations of ED materials were distributed
- Information and education campaign initiated by ED Ukraine/Women Health & Family Planning Foundation to raise interest and public awareness of BC issues. Early diagnosis based on the EU guidelines became one of the action priorities for 40 NGOs from 19 regions of Ukraine

**Activities in 2015**
- 4th School of Modern Mammography for Ukrainian radiologists
- BHD at the Ukrainian Parliament
- Joint activities with partners as part of BHD

**United Kingdom**

**Highlights of 2014**
- In March, attending EBCC9, contributing to ED and scientific sessions
- In October, a symposium “Breast Cancer: 20 Years of Progress – What Next?” with presentations by professors from the Royal Marsden Hospital to medical professionals, politicians and BC organisations. Information on latest advancements in radiotherapy and chemotherapy
- In October, an exhibition at Nightingale and Genesis Prevention Centre displaying material to raise awareness of ED
- In October, presentations and stands offering BC advice
- In October, articles published in Independent Nurse journal on living beyond cancer, and in Cancer Nursing Practice about the “Here and Now” survey of women with secondary BC
- In December, a health fair for the learning disabled community in Kensington to raise awareness of wellbeing
- In December, attending the Britain Against Cancer Conference, a government meeting addressing priorities for cancer care

**Activities in 2015**
- Annual symposium
- Exhibition stand at “Champions for Change”
- Awareness displays and presentations for BHD
Report on Metastatic Breast Cancer
Following the ED Breast Cancer Advocacy Leader Conference in September 2014 that was attended by 70 ED National Representatives and National Delegates, including 15 women with metastatic breast cancer, ED published the report “Metastatic Breast Cancer: Focus for European Advocacy”, covering the ABC1 and 2 conferences, as well as the outcome of the special workshops held during the ED Breast Cancer Advocacy Leader Conference. The report is available on www.europadonna.org.

EUROPA DONNA – The European Breast Cancer Coalition is an independent, non-profit organisation whose members are affiliated groups from countries throughout Europe. The Coalition works to raise awareness of breast cancer and to mobilise the support of European women in pressing for improved breast cancer education, appropriate screening, optimal treatment and care and increased funding for research. EUROPA DONNA represents the interests of European women regarding breast cancer to local and national authorities as well as to institutions of the European Union.

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