

**LIVING THE
BEST LIFE
YOU CAN WITH
BREAST CANCER**

CONFERENCE

Breast
Cancer
Network
Australia



BCNA Virtual Conference

29th April 2021

Living the Best Life You Can

Practical tools to help you get the right support during and after breast cancer.

What does it mean to live your best life during and after a breast cancer experience? What services are available to support your physical and emotional wellbeing? How can you make sure you are heard and are your own best advocate when it comes to your care?

In this Breast Cancer Network Australia virtual conference, join us to explore what it means to live, love and learn with breast cancer. We will be unpacking the emotional, physical and practical implications of **living** with breast cancer, what **loving** and caring for yourself looks like through this experience – including combatting feelings of powerlessness and losing a sense of self – and **learning** about the critical role the Breast Care Nurse plays in each person's journey, and what to do if you cannot access one.

We will be joined by people who have been affected by breast cancer as well as subject matter experts including a psychiatrist, psychologist and Breast Care Nurses. Through a range of interactive panel sessions, Q&As and breakout rooms, this conference aims to equip all attendees with some practical tools and information that you need to live the very best life you can

Kirsten Pilatti



Kirsten Pilatti was appointed CEO in March 2018. She has an exceptional understanding of the cancer sector having spent over a decade at BCNA and five years at Cancer Council Victoria where she was responsible for delivering communications and campaigns around prevention messages.

Kirsten has held a variety of roles at BCNA including:

- Director of Programs and Services
- General Manager, Strategic Projects – State of the Nation
- Partnerships Manager
- National Marketing and Communications Manager.

Highly regarded for her passion and focus on Australian women and men who have been affected by breast cancer, she is committed to giving everyone a voice and reducing the disparity of care across the country. Kirsten firmly believes that members are at the heart of

what we do at BCNA and is dedicated to delivering services and supports that ensure women, men, families, colleagues and friends affected by breast cancer have a place to turn to for information, connection and support.

Her deep connection to our 150,000 members was recently cemented after spending 18 months travelling around Australia interviewing more than 3,500 women and men about their experience of breast cancer treatment and services to find out where the gaps in service delivery are occurring. The findings were outlined in the *State of the Nation report*, which was delivered to Federal Parliament in June 2018.

She is also proud of the work she has done to turn the spotlight on important issues such as access to breast reconstruction for women in Cairns and driving changes to the Australian healthcare system including access to drugs through the PBS such as the CDK inhibitors for Australians with metastatic breast cancer.

Taking up the role in BCNA's 20th anniversary year was not lost on Kirsten who is committed to working closely with members, staff and partners such as Bakers Delight, Berlei, Sussan, Red Energy, Focus On Furniture and Australian Paper to ensure that we can continue to ensure that Australians affected by breast cancer receive the very support and care appropriate to their individual needs.

Born and raised in Western Australia, she lives in Melbourne with her partner and two sons.

Professor Jane Turner



Professor Jane Turner has worked for 30 years as a consultation-liaison psychiatrist in oncology. She has extensive experience in the care of women with breast cancer and their families and is a member of the Board of the Advanced Breast Cancer Group, one of the longest running professionally led support groups for women with metastatic breast cancer in Australia. She is President of the International Psycho-Oncology Society (IPOS). Current and previous research includes: a successful national multi-site trial of a manual-based intervention for fear of cancer recurrence; nurse-led survivorship interventions for women treated for breast cancer; development and evaluation of training for nurses to support parents with cancer who have young children

Dr Charlotte Tottman



Dr Charlotte Tottman is a psycho oncologist; a clinical psychologist specialising in the treatment of cancer-related distress. Charlotte completed her PhD in Clinical Psychology at Flinders University. Charlotte works with cancer patients and their family members and carers, at all stages of their cancer experience; on diagnosis, during and after treatment, when facing mortality, and afterwards. She consults with both adults and children. Charlotte is an Editor for the Cancer Council of Australia, a sometimes lecturer at the School of Psychology at Flinders University, and works closely with CanTeen, Breast Cancer Network Australia (BCNA), Ovarian Cancer Australia and the McGrath Foundation. She regularly presents to cancer forums as an expert in Psycho-Oncology. Charlotte has her own cancer story. Several years after setting up her private practice in psycho oncology, she herself was diagnosed with breast cancer.

Jo Lovelock



Jo Lovelock is a long time BCNA supporter and midwife/ breast care nurse at The Bays in Mornington. Nurse since 2014 working across the public and private sectors on the Mornington Peninsula based at The Bays Hospital in Mornington. Jo works in collaboration with a multidiscipline team across 4 private, 2 public and metro hospitals. Loves volunteering and has been involved with BCNA (2003) Reach to Recovery (2009) which has enabled volunteering as a nurse in Cambodia, South Africa, Timor Leste and India. Jo is passionate about supporting people with cancer- has co facilitated Breast Intentions since 2004 and Mornington Peninsula Women's Cancer Support group since 2013.

Rhonda Barnes



Rhonda Barnes is a Breast Care Coordinator with Peninsula Health, Mornington Peninsula Victoria. Born in Liverpool England Rhonda completed her nursing training in Kent and qualified in 1984. Having worked in many disciplines, Rhonda found her calling when joining the Breast Care team at William Harvey Hospital, becoming a Breast Research Trials Coordinator. Rhonda moved on to become a Breast Care Nurse Specialist then moving onto a role as a Breast Care Nurse Consultant. In 2007 Rhonda emigrated to Australia and joined Peninsula Health as a Breast Care Coordinator in 2009. Rhonda's role is a publicly funded role and involves supporting patients, their families & medical / nursing staff by providing advice, support, information and coordination of their care to ensure the patient receives the best possible treatment during their journey and beyond.

Kym Berchtenbreiter



Following a career in training and marketing, Kym fulfilled a long-term dream and returned to university as a mature-age student to study primary teaching. Just two months after graduating in 2009, Kym was diagnosed with early breast cancer at age 48. In the nearly 12 years since her diagnosis, Kym continues to work with her husband in their accounting practice, has worked as a teacher and private tutor and volunteers as a Breast Cancer Network Australia Community Liaison and Consumer Representative.

Juliet Wilson



Juliet Wilson is a Senior Project Manager at Victorian Legal Aid, with a leadership role in the management, design and delivery of a range of major and complex projects and reforms across VLA, and the broader legal assistance sector.

Juliet is also a photographer, artist and author, Juliet is currently writing her second book, 'But You Look Healthy!', which is due to be published at the end of the year. She lives with her 18-year-old son in Port Melbourne, Victoria.

Fiona Dinner



Fiona Dinner is a 53 year old retired nurse and educator. Fiona was diagnosed with metastatic breast cancer 6 years ago. This was Fiona's first diagnosis. Fiona went through 4 months of chemotherapy and had surgery to have her ovaries removed, followed by 3 and 1/2 years on Letrozole. Fiona was then onto Fulvestrant and Palbociclib which she continues to take. Fiona is married with 2 teenage daughters. She is feeling fit and well, most of the time and enjoying doing volunteer work and getting the most out of life every day. Fiona is particularly passionate about mental healthcare for women with Metastatic Breast Cancer.

Andrea Smith



Andrea Smith is a middle-aged mum with 3 teenage girls who happens to have metastatic breast cancer, something Andrea has been living with for 5+ years. Andrea likes to think that her cancer diagnosis is the least interesting thing about her. Andrea is a dragon boater, and has represented NSW in the seniors category – with one day hoping to represent Australia; Andrea also does research in cancer care – mainly melanoma, but is gradually doing more research in supportive care in metastatic breast cancer which is where her real passion lies; Andrea also loves to spend time at the beach, in the bush, camping, lying in a hammock reading, or just hanging out with her dog, her family and her friends. Andrea joined BCNA as a consumer rep in 2020.

Naveena Nekkhalapudi



Naveena Nekkhalapudi is a breast cancer survivor (since 2015). Following her diagnosis, Naveena decided to re-evaluate her life and focus on matters that are important to her. She describes it as changing from being career ambitious to being life ambitious, wanting to utilise her varied skills and knowledge in assisting others to achieve better health outcomes.

In her previous (corporate) life, she was a senior professional with extensive strategy, research, M&A and management skills across a range of industries. After completing treatment for cancer, Naveena drove the creation of a breast cancer 'concierge' service with her health insurance employer and now their members who are newly diagnosed with breast cancer (between 3,000 – 4,000 Australians per year) receive support as they navigate the private health system.

Naveena has an M. B. A and is a member of the Community Advisory Committee with Eastern Health and Cancer Council Victoria, and a member of the Emergency Care Clinical Network Insight Committee at Safer Care Victoria. In addition to being a BCNA consumer representative, she is a telephone peer support volunteer at Cancer Council Victoria and a consumer buddy with the Breast Cancer research lab at Walter and Eliza Hall Institute of Medical Research.

Jodie Lydeker



Jodie is a lawyer by training and has spent over 20 years in the public sector leading state-wide legal and social policy reforms and independent reviews across the areas of criminal justice, human services, mental health and anti-corruption.

But a diagnosis of invasive breast cancer 3 years ago at the age of 40 has since created a new pathway into public health. Jodie is currently working as an executive in the Victorian health department's COVID-19 response division. Outside of work, Jodie is a proud consumer representative with BCNA, having graduated the Seat At The Table program in December 2020, and has keen interests in psychosocial oncology, service navigation and integrative cancer care models.

Jodie has tertiary qualifications in law and business, and implementation science. She is a graduate of the Australian Institute of Company Directors (AICD) and holds professional certifications in change management and program management.

Conference Program

5.00 – 5.10 pm	<p>BCNA Welcome Kirsten Pilatti (BCNA CEO)</p> <p>Welcome to Country Aunty Pam Pedersen</p> <p>Ambassador Welcome Raelene Boyle AM MBE</p>
5.10 – 6.00 pm	<p>LIVE</p> <p>Living well with breast cancer Emotional, physical, and practical implications of living with breast cancer with Professor Jane Turner. BCNA Consumers: Juliet Wilson, Jodie Lydeker, Fiona Dinner</p>
6.10 – 7.00 pm	<p>LOVE</p> <p>Finding your voice With Dr Charlotte Tottman BCNA Consumers: Kym Berchtenbreiter, Andrea Smith</p>
7.00 – 7.30 pm	<p>DINNER BREAK</p> <p>BREAKOUT ROOMS:</p> <ul style="list-style-type: none"> ● Movie room ● Young Women’s room ● MBC room ● EBC room
7.30 – 8.00 pm	<p>LEARN</p> <p>Benefits and access to a Breast Care Nurse Role, how to get one, what to do if you cannot get one. A panel discussion with Kirsten Pilatti & BCNs- Rhonda Barnes and Jo Lovelock</p>
8.00 – 8.10 pm	<p>My Journey- Symptom Tracker & Mobile App Launch BCNA Consumer- Naveena Nekkalapudi</p>
8.10 – 8.55 pm	<p>Q&A</p> <p>Panellists: Kirsten Pilatti, Prof. Jane Turner, Dr Charlotte Tottman, Jo Lovelock</p>
8.55 – 9.00 pm	<p>Close Kirsten Pilatti Raelene Boyle AM MBE</p>

Resource Links

My Journey – Symptom Tracker

<https://www.bcna.org.au/understanding-breast-cancer/resources/my-journey-online-tool/>

Locate a Breast Care Nurse

<https://www.mcgrathfoundation.com.au/get-support/find-a-nurse/>

BCNA Website

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

Conference Survey

Your participation in this survey is greatly appreciated, and your feedback will help us improve the programs and support we provide people affected by breast cancer.

[2021 Virtual Conference Survey](#)

Thankyou
for attending the
Breast Cancer Network Australia Virtual
Conference 2021



Australian Government
Cancer Australia

*Cancer Australia Supporting Women in Rural Areas
Diagnosed with Breast Cancer Program initiative,*
funded by the Australian Government.