



Brjóstaheill – Samhjálp Kvenna

Helsinki 2022.

Breast screening program

- 2021 – 37.000 women invited to breast screening, more than ever
- The age 70-74 now invited also for the first time
- Breast screening for the age 40-74
- From the year 2009 the participation in breast screening has constantly been dropping , from the highest of 61% to 54 % in 2021.
- Reasons?

Breast screening program in Iceland

- Our campaign for the next year in
- Screening save lives
- Now at Landspítali,

The medical journal cover page 2021



Genetic mutations.

- About 4-6% breast cancers are related to mutations like BRCA, CHEK2 and more
- Diagnostic age is at average 54 years but 15-20 years earlier if related to mutations.

Autosomal dominant mutations.

- ❖ Everyone has BRCA 1 and BRCA 2 genes
- ❖ They contain recipe for proteins that repair the damage in the DNA / genetic material. They are constantly working and an error in this process can make damage like in breast tissue and ovaries.
- ❖ But we can just explain 4-6% breast cancers in women related to dominant mutations and there are more genes which are involved.

Breast cancer center in Landspítali , university hospital in Iceland

- ❖ We started in October 2010 with a small team at the hospital
- ❖ Recently the Breast cancer unit was formally united, diagnose, breast cancer surgions, oncologists and breast cancer nurses and after treatment care, a big step in Iceland.
- ❖ Team work,
- ❖ The diagnostic appointment with breast cancer surgion and breast cancer nurse and the woman is encouraged to take someone with her.
- ❖ You also get a chance to sit down with your nurse and repeat what has been said.
- ❖ The same nurse take care of you the whole time, during surgery time.
- ❖ Tthe chemotherapy and radiation is not located at the breast cancer center



Programs – fly fishing / casting for recovery

- “Casting for recovery” a project we have had for the last 12 years, where women, diagnosed with breast cancer are invited to go on a fishing trip in one of our beautiful rivers in Iceland along with our advocates and share their experience and thoughts with each other.
- This program is supported and funded by the Cancer Society and many companies support this project with gifts, food and more.
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Program for recently diagnosed

- The course has four sessions, three hours at a time,tThe course is open to participants
- free of charge.
- The "Moving Forward" course was originally developed by
- the organization "Breast Cancer Care" in Great Britain. Held have
- There have been around 230 courses in over 30 locations in the UK
- and over 2,700 women have participated. It has been a great pleasure
- with these courses there.
- The main purpose of the course is for the participants to meet others
- in a similar position as well as receiving support and education
- many things that women are experiencing after cancer treatment.

Moving forward

- The course covers the main complications of treatments,
- information is provided about the support services available
- is, healthy lifestyles and empowerment are encouraged and reduced
- isolation with peer support.
- Examples of topics covered in the course:
 - • Diet
 - • Movement
 - • Menopausal symptoms
 - • Lymphedema
 - • Signs and symptoms that are important to know

- • Cancer-related fatigue
- • Sexual health
- • Stress
- • Ways of relaxation
- • ...along with many other things related to the afterlife
- diagnosis and treatment of breast cancer.
- The course is supervised by an oncology nurse together with expert guest speakers
- each in their own field.
- It is important to attend all four course sections.
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- We work closely with the cancer society

2 BIG months

- October the „pink month“



- The pink ribbon is sold in October all over the country and is dedicated to women diagnosed with breast cancer and also other women diagnosed with other types of cancer such as ovarian, uterus and cervical cancers.
- The fund collected in the campaign are used each year for the aspect of the campaign, but also for scientific work, researches, education, prevention, advice and support.

Pink seminar

- We have a small conference or a seminar in October with different subjects
- Both online and in person, broadcast on the biggest news website, and facebook.

This year the topic is“ chronic cancer“

- Moustache March – up with the socks
- Dedicated to cancers in men, selling socks all over the country
- The main goal is to raise awareness, to encourage all men to be aware of the symptoms of cancer, prevention, research and counselling



Rehabilitation

- The cancer society runs a counselling center, with support, courses, both for body and soul
- Independant support center , called the Light, offers also all kinds of courses, physical exercisis but we need more organized center like healt center after cancer treatment.
- <https://www.youtube.com/watch?v=CgCMDg1roXw>



Thank you