



















WELLNESS PROGRAM FOR BREAST CANCER PATIENTS AND SURVIVORS

The BCF wellness initiative is a holistic approach to the healing and wellbeing of breast cancer patients and survivors. It provides **free services** that complement medical treatments. Where and when we can help:






Initial diagnosis

-  Call our helplines 923 1135 or 936 1135 we listen, we advise, we aim to help you
-  Talk through your diagnosis, we have information, advice and can help guide you through
-  Attend Oncology/Doctors' visits with you
-  Help you with diet, nutrition and exercise
-  Provide counseling for you and your family
-  The various Support Groups are available so you can listen and ask questions of others who are going through what you are going through or are a recent or long term survivor.
-  Specialized support groups are available (on request) for spouses/partners/children and Stage 4 Diagnosis
-  We can advise you on the financial side as your circumstances change and get help for you where we can.

During treatments

-  Be there to support you through your treatments and after you return to the island after radiation therapy
-  We help with the cold capping, if you want to try to keep your hair during chemotherapy
-  Help with nails and skin issues along with hair loss issues, including wigs, wig trimming and scarves.
-  Lymphatic checks, 72% of BC patients will have issues with their arm after surgery, we can help and advise you and if necessary, arrange medical checks for you before and after surgery (and all treatments).
-  Help with mental and physical health, yoga, stretching, mindfulness, meditation etc.
-  The Support Groups are always available dealing with a variety of subjects... please ask us.
-  Nutritional help and advice
-  We can offer help with stress and neuropathy – massage and reflexology, Acupuncture
-  Pressure bras for after surgery
-  Psychologically supporting your partner/spouse and children when help is needed.

The Future, after your treatments have finished

-  We want to keep you well, so we offer exercise and yoga classes, we can fund/part fund these activities for you, depending on your individual circumstances
-  Help in staying on a good diet and healthy lifestyle, we can refer you to a nutritionist if your insurance does not cover this
-  Physiotherapy, we can cover a portion of this for you if your insurance does not
-  Counseling, PTSD is a common problem after treatments have finished, whatever the issue, we can help if your insurance does not cover you for this. We offer help to family members also.
-  Supply Prosthetics and special bras along with exercise outfits (e.g. Swimsuits)

Please note that participation in the BCF wellness initiative is only available to breast cancer patients and survivors who complete and submit the relevant application form, available on request. **We ask that you also register with the Cancer Registrar in Cayman. Please ask us for details.**

The BCF works closely with local medical professionals and requires that all individuals consult their doctors before participation in this program.

BCF are based at Unit 19, Grand Harbour (behind Papa John's) www.breastcancerfoundation.ky info@breastcancerfoundation.ky