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### Radio interviews

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### Print & Online

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<td>Hobart Mercury</td>
<td><strong>Breast surgery helped rebuild my confidence</strong></td>
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<td>Brave decision to have breast reconstruction built Jane Miller's confidence</td>
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## media coverage table

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<td>Reconstruction helps mend self-confidence</td>
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<td>Lisa’s breast reconstruction is just part of life</td>
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<td>Adelaide Advertiser</td>
<td>Lisa welcomes her new beginning</td>
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<td>Only one in 10 Aussie women opt for breast reconstruction after mastectomy</td>
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<td>26-Nov-14</td>
<td>News.com.au</td>
<td>Never fear asking more questions</td>
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<td>Toowoomba Chronicle (Emerald)</td>
<td>Sharing Secret: Survivor Deb's decision to go for breast reconstruction</td>
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<td>Central Queensland News</td>
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### Social media

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<td>Have a question about breast reconstruction? Join the @BraDayAustralia conversation online</td>
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<td>25-Nov-14</td>
<td>BCNA Twitter</td>
<td>Various BRA Day Australia 2014 events</td>
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<td></td>
<td></td>
<td>It's Breast Reconstruction Awareness Day in Australia. Great work being done by @BraDayAustralia @PlastSurgAus</td>
<td>230</td>
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<td>26-Nov-14</td>
<td>BRA Day Australia Facebook</td>
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<td>26-Nov-14</td>
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Media Release for 26th November

BRA Day to highlight low rates of breast reconstruction in Australian women post-mastectomy

BRA (Breast Reconstruction Awareness) Day will be held on Wednesday 26th November to encourage women to start the conversation about reconstruction and to provide information about breast reconstruction options following mastectomy.

Almost half of all women who have a mastectomy in the US have their breast reconstructed. In Australia, the rate is more like one in 10.

The Australian Society of Plastic Surgeons (ASPS) believes the main reason for our comparatively low rate is a lack of awareness about the procedure – this is why breast cancer survivor and media personality, Rebecca Wilson, has joined forces with ASPS in the lead-up to BRA Day on 26th November.

Rebecca, 52, had a mastectomy in 2012 and is planning to have a breast reconstruction early next year. If she had her time again, she would have asked more questions about the possibility of a reconstruction at the same time as her mastectomy and she encourages other women to do so.

"Maybe some women avoid having a reconstruction at the time of mastectomy because it seems like just another thing to deal with at the time, but when I look back at what I went through, I don’t think it could have been any harder. Maybe the healing might have been a little longer, but not much, and it would have been worth it for many reasons, not least for my self esteem," Rebecca said.

"It’s all about the right information at the right time to give women the best opportunity to make an informed choice." Indeed research shows that having a breast reconstruction at the same time as a mastectomy can decrease the negative emotional and psychological consequences of mastectomy, thereby reducing anxiety, improving self-esteem and enhancing the quality of life.

Undergoing breast reconstruction at the same time as the mastectomy can also improve the aesthetic result as well as reduce the number of times a patient must have an anaesthetic.

The fact that such a low number of women in Australia are electing to have a breast reconstruction suggests not enough women are aware of all the options available to them," says President of the Australian Society of Plastic Surgeons, Dr Tony Kane.

"While it’s an individual choice and some women will decide they simply don’t want a reconstruction, we nevertheless urge patients and doctors alike to start the conversation about breast reconstruction early, so women are aware of all the available options and can make an informed choice," says Dr Kane.

Rebecca said that in her experience, when in the throes of the diagnosis and the treatment plan, everything was a blur and a breast reconstruction was ranked about sixth in her priority list.

"But further down the track, with reflection, breast reconstruction should’ve been part of the first conversation as soon as surgery was raised.

"It is vital that the whole issue of self-esteem and sexuality is not lost in the rush to get better," she said.

BRA Day aims to raise awareness to ensure ALL women, no matter where they live in Australia, have the same access to information and the same options to choose from.

To encourage conversations between surgeons and patients, ASPS is encouraging everyone who is either facing a mastectomy, or has had a reconstruction to connect with each other, and take the opportunity to ask questions of a plastic surgeon, during an online forum on 26 November at 7.30pm – 8.30pm AEDT. People can access the forum via the BRA Day Facebook page at www.facebook.com/braadayaustralia or tweet with @BraDayAustralia and use the hashtag #braadayaustralia

What is Breast Reconstruction Awareness Day (BRA Day)?

BRA Day began in 2011 in Canada, the initiative of Canadian plastic surgeon, Dr Mitchell Brown. He saw a need to promote education, awareness and access for women who may want to consider a post-mastectomy breast reconstruction. Since then, the national plastic surgery societies of the United States of America, New Zealand and Australia have taken up the challenge. Australia’s first BRA Day was held in 2013.

Why do we need a BRA Day in Australia?

More than 5,000 Australian have a mastectomy each year, and only about one in ten of these women go on to have a reconstruction. This compares to about one in two American women and one in five British women.

This is despite research and clinical evidence that shows that women can benefit both physically and emotionally from a reconstruction.

ASPS believes the low rates point to a lack of awareness of what is involved, and the procedure itself, as well as the lack of support services in regional, rural and remote populations.

Benefits of breast reconstruction after mastectomy
ASPS is determined to ensure that all Australian women, wherever they live, have the opportunity, should they choose, to benefit from a breast reconstruction.

1. Reconstruction is an option that may enhance quality of life post cancer treatment – both physically and with regard to self-esteem and confidence.
2. There is more than one kind of reconstruction option available. A patient should discuss options with their surgeon before mastectomy.
3. In some cases a reconstruction can be done at the same time as the mastectomy, which can be beneficial in that the breast surgeon and plastic surgeon can work together to achieve an optimal result. It also reduces the number of times a woman has to spend under anaesthetic.


Media enquiries: Contact Edwina Gatenby, ph. 02 9460 2711 or 0402 130 254.
Interview with Mark Magnusson, Cosmetic Surgeon, about Bra Day

Interview with Mark Magnusson, Cosmetic Surgeon, about Bra Day, which highlights awareness and access for women to reconstructive breast surgery who have undergone mastectomies. Magnusson says statistics show American women undergo breast reconstruction after mastectomies far more than Australia women do, and says at least seven out of ten women are not even aware of breast reconstruction options. Magnusson says breast cancer is a very serious diagnosis and women consider dealing with that a higher priority than breast reconstruction.

Keywords
- Bra Day (1), surgery (1), Surgeon (1), reconstructive (1)

Interviewees
Mark Magnusson, Cosmetic Surgeon

Play Now - Order presentation file or transcript

4BC, Brisbane hosted by Patrick Condren
4 mins 06 secs - ID: W00069741638
26 Nov 2014 11:21 AM
Interview with Jane Miller. Compere mentions that Miller was a news journalist on WIN TV and at the ABC. Compere says Miller tested positive to a gene mutation that increases her risk of developing breast cancer. Miller talks about getting used to talking about someone’s own breasts. Miller says she wants to help raise awareness. Miller talks about deciding to be tested. Miller says her father was contacted by Tasmanian Clinical Genetics Service about their families’ history of breast and ovarian cancer. Miller talks about the gene mutation. Miller says multiple lumps were discovered when she was tested. Miller talks about deciding on whether or not she will undergo preventative mastectomy. Compere says it is Breast Reconstruction Awareness Day. Miller talks about breast reconstruction. Compere mentions that Miller had a preventative double mastectomy and breast reconstruction. Miller talks about his opinion about why only one out of 10 women who had a mastectomy undergo breast reconstruction. Compere says Miller has been very open on Facebook throughout the process of what she’s been through. Miller talks about why she wanted to share her story.

Play Now - Order presentation file or transcript

Keywords
Breast Reconstruction Awareness Day (1)

Interviewees
Jane Miller
Interview with Dr Rodney Cooter, previous president, Australian Society of Plastic Surgeons, to discuss breast reconstruction surgery. Cooter says it can be anything as simple as implant technology and it depends on the tumour the person may have had. He adds that there a whole spectrum of presentation and they have to take into account the type of therapies that might be required after the tumour operation such as radiotherapy or chemotherapy or hormone therapy, timing is an issue as well. Cooter notes they got involved with the Breast Reconstruction Awareness Day and the surgery is a whole sequence of procedures. He says the surgery has a high success rate if done in the right hands.
radio interviews

630 ABC North Queensland
26 November 2014
Interview with Dr Mark Magnusson, Spokesperson, Australian Society of Plastic Surgeons, about Breast Reconstruction Awareness Day. He says there is a lack of understanding on the nature of breast reconstruction. Magnusson mentions that there are several options available as regards breast reconstruction, including recreating breast mound by implants or getting tissues elsewhere in the body, ADMs, and grafting. However, he says the method to be used in breast reconstruction will depend on the surgeon’s discretion. Magnusson stresses that the patient’s pathology and etiology must be considered before undergoing a procedure. He adds that the psychological dimension of the surgery could also be considered. Magnusson says breast reconstruction is more of a medical need. Magnusson also says access to information on breast reconstruction varies among different regional areas in Australia.
radio interviews

ABC Sunshine Coast
26 November 2014

Paula Tapiolas interview with Jody Lingard, breast cancer su...

ABC Sunshine Coast, Sunshine Coast hosted by Karyn Wood
6 mins 33 secs - ID: W00069739573

Paula Tapiolas interview with Jody Lingard, breast cancer survivor, on her breast reconstruction. Wood says that breast cancer diagnosis can happen very quickly, and says that today is breast reconstruction awareness day. Jody discusses her reconstruction and how it has affected her.

Play Now - Order presentation file or transcript

Keywords
breast reconstruction awareness day (1)

Interviewees
Jody Lingard, breast cancer survivor

AUD 1,187 ASR
5,100 ALL
2,500 MALE 16+
2,600 FEMALE 16+
Paula Tapiolas interview with Jody Lingard, breast cancer survivor, in light of Breast Reconstruction Awareness Day. Lingard discusses her diagnosis, mastectomy, chemotherapy and radiation therapy. She describes her reconstruction using her own belly fat rather than silicone implants. She encourages people to think about reconstruction before getting a mastectomy.
Interview with Ted Jestman (*), Emerald. Compere says around...

ABC Capricornia, Rockhampton hosted by Elly Bradfield 26 Nov 2014 9:05 AM

Interview with Ted Jestman (*), Emerald. Compere says around 5,000 Australian women have a mastectomy yearly to either prevent getting breast cancer or as a treatment measure. She says reconstruction of a woman's breast often does not happen which is equivalent to one in ten women choosing to have a reconstruction. She says today marks the Breast Reconstruction Awareness Day. Jestman (*) says they have a mobile unit that came to town intended for routine mammogram in 2012. Jestman (*) says she has been recalled in Rockhampton's breast screening unit in which gave her a diagnosis that she has cancer. Jestman (*) says she was in a huge shock and disbelief. Jestman (*) talks about the treatments that she had for her illness including chemotherapy, and mastectomy. Jestman (*) says she only had one breast removed and her surgeon spoke to her informing her about an immediate reconstruction and adds she was referred to reconstruction surgeon in Brisbane. Jestman (*) talks about how does it feel to only have one breast. Jestman (*) says life with two breasts is amazing without a doubt. Jestman (*), urges women to find a good surgeon that will meet their needs.

Play Now - Order presentation file or transcript

Keywords
Breast Reconstruction Awareness Day (1)

Interviewees
Ted Jestman (*), Emerald

AUD95 ASR
N/A ALL
N/A MALE 16+
N/A FEMALE 16+
radio interviews

ABC Far North (Cairns)
26 November 2014

interview with Jody Linga(*), breast cancer survivor to talk about mastectomy. Compare talks about breast cancer diagnoses. Compare says today is Breast Reconstruction Awareness Day which is aimed at prompting women who will be undergoing Mastectomy to talk about their options for reconstruction. Linga talks about how she had her mastectomy with Paula Tapiolas who interviewed her. Linga says that in the experience, most of the time you have no idea what to do and you will just throw back the questions to your doctor. Linga talks about the procedure and says her surgeon asked her if she was thinking about reconstruction. Linga talks about how she underwent breast reconstruction and says she went to Brisbane for the operation. Linga discusses how her other skin were used for the breast reconstruction. Linga says her experience after the operation and says after her breast was removed, she did not felt like a lady anymore. Linga gave advice to other women who are undergoing the same experience and says she personally recommend women to have breast reconstruction.

Play Now - Order presentation file or transcript

Keywords
Breast Reconstruction Awareness Day (1)

Interviewees
Jody Linga( ), breast cancer survivor
radio interviews

ABC Tropical North (Mackay)
27 November 2014

Paula Tapiolas interview with Jody Lingard, breast cancer su...

ABC Tropical North, Mackay hosted by Kim Kleidon
27 Nov 2014 10:10 AM
7 mins 47 secs - ID: W00059757511

Paula Tapiolas interview with Jody Lingard, breast cancer survivor, in light of Breast Reconstruction Awareness Day. Lingard discusses her diagnosis, mastectomy, chemotherapy and radiation therapy. She describes her reconstruction using her own belly fat rather than silicone implants. She encourages people to think about reconstruction before getting a mastectomy.

Play Now - Order presentation file or transcript

Keywords
Breast Reconstruction Awareness Day (1)

Interviewees
Jody Lingard, breast cancer survivor
Brave decision to have breast reconstruction built Jane Miller’s confidence

It was just over a year ago when Jane Miller, 32, decided to have a preventive double mastectomy and reconstruction. The former newsreader says she has never looked back.

Ms Miller made the decision when she learned of the strong history of breast and ovarian cancer in her family.

“People say it was brave but for me it wasn’t really a choice,” she said.

Ms Miller, senior adviser to MP Elise Archer and a former newsreader, was tested in December 2012 and found she had the BRCA1 gene mutation, which significantly increased her risk of developing breast cancer.

After undergoing a battery of painful tests and biopsies she elected to have a double mastectomy and her breast surgeon referred her to a plastic surgeon to discuss the reconstruction process at the same time.

It has been a year since her last surgery.

Ms Miller said the reconstruction was “a very personal choice”.

“I am glad I did it,” she said.

“I’m still reasonably young, and I’d like to get married some day, so my new breasts give me a little confidence. But I didn’t do it for anybody else, I did it for me.”

She said Tasmanian women did not have to travel to have breast reconstruction surgery because there was a number of “very good” plastic surgeons in the state.

“More often than not I forget I had a double mastectomy,” she said.

Doctors will use Breast Reconstruction Day tomorrow to highlight the low reconstruction rates and outline the benefits of reconstruction for the 6000 Australian women who have a mastectomy each year.

Just one in 10 Australian women choose have breast reconstruction surgery after a mastectomy compared with one in two American women and one in five British women. The figures are despite the evidence that reconstruction increases self-confidence and self-esteem.

Australian Society of Plastic Surgeons President Dr Tony Kane said research proved that women benefitted emotionally and physically from reconstruction, but the lack of knowledge about the procedure and lack of support services in regional and remote populations were responsible for the low take-up of reconstruction.

“It is an individual choice and some women simply don’t want a reconstruction, but patients and doctors should start the conversation about breast reconstruction early, so women are aware of all the options and can make an informed choice,” Dr Kane said.

A breast reconstruction online forum will be held tomorrow at 7.30pm. For further details visit www.facebook.com/bradayaustralia or tweet with @BraDayAustralia and use the hashtag #bradayaustralia

Originally published as Surgery built my confidence
Breast surgery was best move

FROM PAGE 1

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Plastic Surgeons president Dr Tony Kane said women benefited emotionally and physically from reconstruction, but lack of knowledge about the procedure and lack of support services in regional areas were responsible for the low take-up of reconstruction.

“Patients and doctors should start the conversation about breast reconstruction early,” Dr Kane said.

An online forum will be held tomorrow at 7.30pm at www.facebook.com/bradayaustralia

JENNIFER CRAWLEY

IT was almost two years ago when Jane Miller, 32, decided to have a preventive double mastectomy and reconstruction, and the former newshead says she has never looked back.

Ms Miller made the decision when she learnt of the strong history of breast and ovarian cancer in her family.

“People say it was brave but for me it wasn’t really a choice,” she said.

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CONTINUED PAGE 8
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Only one in 10 Aussie women opt for breast reconstruction after mastectomy

AFTER a bummer 2014, breast cancer survivor Lisa Eichner knows she’s “got a lot of living left”.

So opting to have a breast reconstruction following her double mastectomy was an empowering choice.

The 42-year-old mother-of-two was diagnosed with breast cancer on Valentine’s Day, had a lumpectomy and went through 18 weeks of chemotherapy before opting to have the surgery to remove both her breasts.

Today, she’s completely clear of cancer and last week had a double-breast reconstruction.

But Ms Eichner, of Gawler, is in the minority.

Figures released by the Australian Society of Plastic Surgeons ahead of Breast Reconstruction Awareness Day today reveal just one in 10 Australian women opt for the reconstruction post mastectomy.

This is compared with one in two Americans and one in five British women.

“For me, I looked at myself and I’m 42 and I wear a bra and I still want to go out,” Ms Eichner said.

“When you have chemo you lose your hair, I’d lost a third of my breast and I felt like everything had been taken away.”

For Ms Eichner, the choice to have the reconstruction was an easy one.

“I think I’ve got a lot of living left,” she said.

“I thought I’m going to go through with this surgery and end up with two new breasts that are going to look good and be healthy.

“It’s been a long nine months but for me — it was an important thing to have it done and dusted in 2014 and start the new year afresh.”

Professor Rodney Cooter, a plastic surgeon in Adelaide, said more awareness about the option of breast reconstruction after a mastectomy would see more women consider it.

“We’re trying to do that ... by providing information to women through cancer groups and through GPs,” he said.

Prof Cooter said having the surgery was an important step for some women.

“They (breasts) are a very important part of the human form and most women that we’ve reviewed have said the reconstruction has had a positive impact on their life,” he said.

“It’s not just about the physical shape ... it’s being able to wear nice clothing ... being able to go swimming and get changed in front of other people, they find they feel much more comfortable in those situations.”

Originally published as Lisa’s breast reconstruction part of her new life
Reconstruction helps mend self-confidence

By Deborah Field

ONLY one in 10 Australian women have breast reconstruction following a mastectomy.

Plastic surgeons say the low rates are because of a lack of awareness about the procedure, and limited support services in regional and remote areas.

Zoe Schrader, 52, of Rockdale, was diagnosed with breast cancer in June, 2013.

She had breast reconstruction on the same day as both breasts were removed.

She chose not to have chemotherapy.

Reactions to the loss of a breast or breasts vary from woman to woman, but for Miss Schrader, reconstruction was the best option.

"I like to dress up, I like to look feminine, it's just something about who I am," she said.

About half of all women in the United States have reconstructive surgery following a mastectomy.

In England, the figure is one in five.

In reconstruction, the breast shape is created using either a silicone or saline implant, or a patient’s own skin, muscle and/or fat.

The Cancer Council website states that

unless a woman is considering having a reconstruction at the same time as the mastectomy, there is no time limit on when they must decide.

Breast Reconstruction Awareness Day, November 26, is to promote reconstructive surgery for women following breast removal.

About 15,270 Australian women are predicted to be diagnosed with breast cancer this year and around 6000 will have a mastectomy.

Have your say

theleader.com.au
Only one in 10 Aussie women opt for breast reconstruction after mastectomy

KATRINA STONES
HEALTH REPORTER
THE Advertiser
26 NOVEMBER 2014

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“I thought I’m going to go through with this surgery and end up with two new breasts that are going to look good and be healthy.

“It’s been a long nine months but for me — it was an important thing to have it done and dusted in 2014 and start the new year fresh.”

Professor Rodney Cooter, a plastic surgeon in Adelaide, said more awareness about the option of breast reconstruction after a mastectomy would see more women consider it.

“We’re trying to do that … by providing information to women through cancer groups and through GPs,” he said.

Prof Cooter said having the surgery was an important step for some women.

“They (breasts) are a very important part of the human form and most women that we’ve reviewed have said the reconstruction has had a positive impact on their life,” he said.

“It’s not just about the physical shape … it’s being able to wear nice clothing … being able to go swimming and get changed in front of other people, they find they feel much more comfortable in those situations.”
LISA WELCOMES HER NEW BEGINNING

KATRINA STOKES
HEALTH REPORTER

AFTER a horror 2014, breast cancer survivor Lisa Eichner knows she’s “got a lot of living left.”

So opting to have a breast reconstruction following her double mastectomy was an empowering choice.

The mother-of-two was diagnosed with breast cancer on Valentine’s Day. had a lumpectomy and went through 18 weeks of chemotherapy before opting to have the surgery to remove both her breasts.

Today, she’s completely clear of cancer and last week had a double breast reconstruction.

But Ms Eichner, of Gawler, is in the minority.

Figures released by the Australian Society of Plastic Surgeons ahead of Breast Reconstruction Awareness Day today reveal just one in 10 Australian women opt for the reconstruction post mastectomy.

“For me, I looked at myself and I’m 42 and I wear a bikini and I still want to go out,” Ms Eichner said.

For Ms Eichner, the choice was easy.

“I thought I’m going to go through with this surgery and end up with two new breasts that are going to look good and be healthy.”

Professor Rodney Cooter, a plastic surgeon in Adelaide, said more awareness about the option of breast reconstruction after a mastectomy would see more women consider it.

FRESH START: Breast cancer survivor Lisa Eichner, 42, of Gawler.

Picture: NOELLE BOBRIE
Never fear asking more questions

BREAST RECONSTRUCTION IN SPOTLIGHT

JOURNALIST Rebecca Wilson has made a career out of asking questions but it was a very different story when she was diagnosed with breast cancer in 2012.

Ms Wilson said she received the best possible care but when it came to talking about a post-mastectomy breast reconstruction, little information was provided.

“Because I was in such a vulnerable position, I didn’t ask enough questions,” she said.

“I’m one of a majority of women who have had breast cancer who didn’t get breast replacement surgery at the same time as a mastectomy.”

According to the Australian Society of Plastic Surgeons (ASPS), almost half of all women in the US who have a mastectomy have their breasts reconstructed during the same operation. However, in Australia, it is just one in 19 women.

Ms Wilson is this year’s ambassador for Breast Reconstruction Awareness Day, being held today.

The Paddington resident said Australia’s medical profession could learn from the holistic approach to breast cancer treatment in the US.

“(In Australia) they’re very much in tune with the treatment but they don’t want to sell reconstruction surgery,” she said.

“It’s sold to you as something much more painful than it is. It wasn’t until I was well down the track that I wondered if my breasts would ever be replaced.”

She is planning to have reconstructive surgery next year but wishes she had it done at the same time as her operation. She wants women to be informed about their options.

“A lot of women don’t speak out because the last thing you want to do is get your surgeon off-side,” she said.

“There needs to be a whole change of view towards breast cancer that involves counsellors and another person in charge of your care bringing everything together.”

ASPS president Dr Tony Kane said the low number of women getting reconstructive surgery suggested not enough people knew about it.

“While it’s an individual choice … we nevertheless urge patients and doctors alike to start the conversation about breast reconstruction early,” he said.
IN BRIEF
Breast clinic
BREAST Reconstruction Awareness Day is an initiative designed to promote education, awareness and access for women who are considering post-mastectomy breast reconstruction.
Allure Clinic’s BRA information evening will be held tonight at St Vincent’s Hospital Clinical School and aims to encourage women to start the conversation about breast reconstruction.
Specialist Plastic and Reconstruction Surgeon Dr Mark Magnusson will provide information about breast reconstruction options following mastectomy.
Allure Clinic’s BRA information evening is free to attend and starts at 6.30pm at the St Vincent’s Hospital Clinical School through entrance 1.
Sharing secret

Survivor Deb’s decision to go for breast reconstruction

EMERALD’S Deb Chesterman has the radiant glow of a breast cancer survivor – with a secret not enough Australian women share.

After being diagnosed in 2012, Deb trialled life without a breast, but failed to become friends with her “challenging” prosthesis.

She hadn’t considered a breast reconstruction as part of her treatment plan, overwhelmed and unwilling to deal with any unwelcome setbacks.

“There are only a small percentage of women in Australia that choose to undergo a breast reconstruction, and I guess that can be for many reasons,” Deb said.

“Those reasons vary between ladies – obviously the shock of diagnosis and managing the distance, the isolation out here for me meant there weren’t a lot of other women to talk to about reconstruction.”

After meeting Australian Society of Plastic Surgeons president Dr Tony Kane in his Brisbane rooms last year, Deb was put in touch with other reconstruction patients to bolster her confidence about the procedure.

In June 2013, she had the operation she terms a “life changer”.

“Dr Kane put me in touch with another couple of ladies and when I was on that path of what to do, it was incredibly helpful and really affirmed for me this was what I needed to do,” Deb said.

“Just the psychological wellness was incredibly challenging with a mastectomy. I needed to do something to enhance that.

“It didn’t matter how positive you were and you could wish until you were blue in the face but there was no breast there.

“With a highly-skilled doctor, my outcome has been brilliant.” Deb discounted breast implants and chose a reconstruction using her own tissue in the lengthy and complicated surgery.

She is thrilled with the result.

“This is my new normal... I have put everything behind me and am able to move forward.”

It is BRA (Breast Reconstruction Awareness) Day today.
Do you have a question about reconstruction after breast cancer?

Tomorrow is BRA DAY Australia (Breast Reconstruction Awareness Day) and plastic surgeon Garry Buckland will host a live forum at 7.30pm EDST on Wednesday 26 November to answe... See More
Thank you to everyone participated in our forum tonight. We feel very honoured and privileged to have Dr. Garry Buckland on hand to answer your questions. For further contact information please head to:

www.garrybuckland.com
A massive shout out to BRA DAY Australia ambassador Rebecca Wilson, helping us to create awareness about breast reconstruction.

The people have spoken and we have listened! Due to popular demand we have changed the start time of our BRA DAY Australia online forum to 7.30pm (Eastern Time) Wednesday 26 November. That's 7:00pm if you're in South Australia, 4:30pm if you're in Western Australia.

Online Forum

Wednesday November 26
7.30pm Eastern time
4.30pm Western Australia
8.30pm South Australia

https://www.facebook.com/bradayaustralia/app_202980683107053
BRA Day Australia facebook activity overview

AMMASED 1,541 FANS IN 35 DAYS

44 FANS PER DAY
twitter activity
twitter activity

BCNA @BCNAPinkLady · Nov 25
Have a question about breast reconstruction? Join the @BraDayAustralia conversation online | facebook.com/bradayaustralia...

BCNA retweeted
BRA DAY Australia @BraDayAustralia · Nov 25
What questions do you have for our Facebook forum? If you're not able to log on at 7.30pm (EDST) tomorrow, we... fb.me/7ci0P3AhK

BRA DAY Australia @BraDayAustralia · 18h
Together <3 #breastcancer #postcancerrecovery #bradayaustralia #breastcancerawareness #beatbreastcancer

View more photos and videos
twitter activity

BRA DAY Australia @BraDayAustralia · 18h
Thank you to all of the Affiliates & Doctors who made #BRADayAustralia a success. #breastcancer #postcancerrecovery #breastcancerawareness

BRA DAY Australia @BraDayAustralia · 21h
Thank you to everyone participated in our forum tonight. We feel very honoured and privileged to have Dr. Garry... fb.me/2clsmuvcl

Willow @WillowTweeting · Nov 5
This is beautiful, @Personal_hkd 10 breast cancer survivors, talented tattoo artists & beautiful mastectomy tattoos youtu.be/z_t7V30IN4w

BRA DAY Australia @BraDayAustralia · 21h
Advice from Dr. Garry Buckland. fb.me/385hOWhDa

BRA DAY Australia @BraDayAustralia · 21h
What do I need to do after surgery? - Anonymous fb.me/3o4AMYK4t

BRA DAY Australia @BraDayAustralia · 21h
What is the average age of women undergoing reconstruction? fb.me/70DzoEm3Q
How long will I be in hospital?  
[link](fb.me/6UDx9TM3i)

Is age a restriction on elective reconstructive surgery?  
[link](fb.me/2dUz6WQoz)

Radio and lumpectomy.  
[link](fb.me/1vBLf0ZW0)

Our forum is LIVE.

Plastic Surgeons in North Queensland  
[link](fb.me/3WkGtQRIQ)

Due to popular demand we have changed the start time of our BRA DAY Australia online forum to 7.30pm (Eastern...  
[link](fb.me/SF5xaFr)

Join us and help us open up the #breastreconstruction conversation at  
#bradayaustralia,

Take this survey & help @rethinktweet understand the wait time issues of breast reconstruction  
[link](bit.ly/1ULq80A)

We’d love to hear your #breastreconstruction stories. Let’s support women in their path towards recovery...  
#sharingiscaring #breastcancer
twitter activity

BRA DAY Australia @BraDayAustralia · Nov 25
We want to send a MASSIVE shout out to the team at Breast Cancer Network Australia. Thanks for your support of BRA...
fb.me/2BXchDNYI

BRA DAY Australia retweeted
Plastic Surgeons Aus @PlastSurgAus · Nov 25
Reconstruction after mastectomy gave Jane Miller confidence back bit.ly/1xVJv1b. Join @BraDayAustralia tomorrow & spread awareness

BRA DAY Australia @BraDayAustralia · Nov 25
What questions do you have for our Facebook forum? If you’re not able to log on at 7.30pm (EDST) tomorrow, we...
fbl.me/7ciOP3AhK

BRA DAY Australia @BraDayAustralia · Nov 24
#BreastReconstruction surgery is achieved by either using the patient’s own tissue or using implants (prosthetics). #bradayaustralia

BRA DAY Australia @BraDayAustralia · Nov 24
#BreastReconstruction surgery is most often performed in a hospital setting, possibly including a short hospital stay. #breastcancer

Australia’s Greatest Singers Unite To Fight Breast Cancer - youtu.be/FeaO2Brlf8

View more photos and videos