

Message from our President -Helen Watson

2017 has been both a sad and positive year. Sad in that we have lost too many members of our families and friends to this devastating illness and positive in that our Linfedema project is well underway and talks have started with IBSALUT for it to be included as part of and paid by the Spanish National Health by January 2019.

This(Linfedema Therapy) will be the 3rd project that IFCC has initiated and funded in the last 4 years, which due to its success, IBSALUT has then taken on as a National Service - the Colon Cancer screening test made available for all residents over the age of 50 to 65 being the first and then the Radiotherapy unit in Ibiza which was very necessary and after 10 years of fighting for this treatment to be given in Ibiza came into force last year.

This is all down to you (your support and dedication to Cancer Care needs) and we thank you all for your continuing support and help, without you the Association of Ibiza y Formentera against Cáncer would not be able to continue their work of helping Cáncer patients and their families on the Islands of Ibiza and Formentera. We look forward to continuing to improve service together.

LINFIDEMA PROJECT



Ibiza y Formentera Contra el Cáncer, in late 2016 funded the provision of dedicated specialist physiotherapy service (through the hiring of a part time therapist) at Can Misses Hospital to treat Breast Cancer patients with Linfedema.

Linfedema is the accumulation of fluid (lymph: water, proteins, fats, other particles) due to the malfunction of the lymphatic system after cancer surgery or after chemotherapy/radiation therapy. Breast cancer patients often present with large swollen arms or legs which in addition to discomfort significantly impacts on their daily lives, mobility, pain and general wellbeing

Each patient receives a comprehensive treatment program over a period of 15-20 weeks which includes skin care, manual lymphatic drainage, multi-layer bandage, elastic containment garment, auto-drainage and self-drainage, and workout training. This is provided in consultation with the medical/surgical oncology team and a full medical review is carried out half way during the program.

When this dedicated service began at Can Misses there was a waiting list, however today new referrals access the service without delay. In 2017 the decision was taken to expand the service through engaging a full time physiotherapist so that in addition to new referrals, patients with existing linfedema can access the public service rather than seek private treatment. The cost of the service is approx. 54,000€ annually.

In the period January – April 2018 39 patients have been treated (9 new and 28 return patients – a further 2 patients completed their treatment), While the majority were women (36) three men were also treated. 72% of patients treated had Breast Cancer and the average age was 59 years. Patients received an average of 6 session treatments.

YOUR FUNDS HAVE PROVIDED

Our Association's work is made possible by the many volunteers and supporters across the two islands who work tirelessly to raise funds every year. All funds raised are spent locally for residents and their families in Ibiza y Formentera.

During 2017 your funds provided:

- Purchase of Chemotherapy Chairs & Audio Systems at Can Misses
- Purchase of Colonoscopy Equipment for Formentera Colon Screening Service
- Patient Support across the two islands
- New Linfidema Service at Can Misses



CHRISTMAS FAIR

16 DECEMBER 2018



IF YOU WISH TO DONATE A GIFT OR PRIZE FOR OUR RAFFLE...

OR IF YOU WISH TO DONATE AN ITEM FOR ANY OF OUR STALLS (HOME PRODUCE CLOTHES, FURNITURE, ELECTRICAL, TOYS, CERAMICS, PLANTS, BAR/FOOD ETC)

PLEASE CONTACT US BY PHONE, MONDAY, WEDNESDAY, FRIDAY FROM 10 AM TO 12 NOON
TEL 666991336



2018 PLANNED PROJECTS

Expansion of Linfedema Service at Can Misses (See full report on page 1)

Cancer Screening / Prevention and Early Detection Education Project For Ibiza Employees

Screening programmes set out to detect an unrecognised disease in an apparently healthy person.

Cancer Screening programmes increase the chances of detecting some cancers early, when they might be easier and more successful to treat. In Ibiza screening programmes include: Mammography to detect Breast Cancer; Colon Cancer Screening; Blood tests with high levels of PSA (an indicator for Prostate Cancer).

The World Health Organisation states that raising AWARENESS about CANCER SCREENING Programmes is a key part of Cancer Education and Prevention.

IFCC have developed a Single Screening Leaflet, with information on Screening for Breast, Colon and Prostate cancer and GENERAL HEALTH prevention measures for ALL Cancers, including Lung Cancer.

Working with Town Halls and Local Businesses, during 2018 this leaflet is available for distribution to their employees as part of the Health & Safety training. We look forward to expanding this IMPORTANT Information to all business on the island. Any interested business, please contact us and we will be delighted to supply you with IFCC SCREENING LEAFLET

CANCER AWARENESS VIDEOS

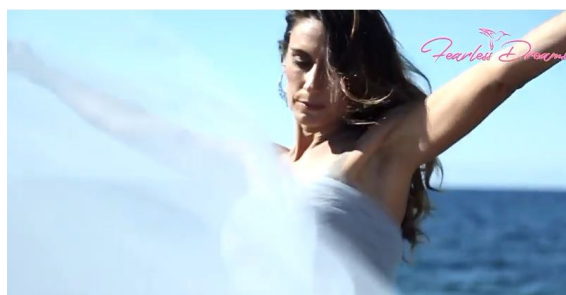
IFCC is delighted to be association with TWO Videos raising awareness and understanding about Living With Cancer.

Video KM .0 CANCER AND LIFE – presented by San Joseph Town Hall as part of their World Cancer Day Event, is powerful viewing. 12 Ibiza residents affected by Cancer chat together in pairs about their experiences, sharing their thoughts, feelings, highs, lows, laughter and fears. This powerful video is an EDUCATION to us all. You can watch it on YouTube <https://www.youtube.com/watch?v=XFz344oSODg>. IFCC is arranging subtitles in English and will arrange viewings in cinemas on the island .

Fearless Dreams Videos – this project, (created by Video in Productions; Ibiza Portrait Boutique; Sally Vinson) sets to inspire and empower individuals affected by cancer giving them hope and a sense of community and support so they can gain hope and inner strength to embrace life

Each video is a personal story recorded during a day tailored just for the individual so they can “forget” for a day all the difficult things that are experiencing An amazing experience that will make her to feel beautiful, important, connected with herself and most.

“A story of a woman can help thousands of others” - follow on <https://www.facebook.com/fearlessdreamsproject> or YouTube <https://www.youtube.com/watch?v=Qir1-iQzhHM>



DATES FOR YOUR DIARY

2018

MAY

**LAUNCH OF IFCC NEW
CANCER SCREENING &
EARLY DETECTION
LEAFLET.**

**31ST MAY NO TOBACCO
DAY**

JUNE

**PROSTATE CANCER
AWARENESS
MONTH.**

**CERVICAL SCREENING
AWARENESS**

OCTOBER

**BREAST CANCER
AWARENESS
MONTH**

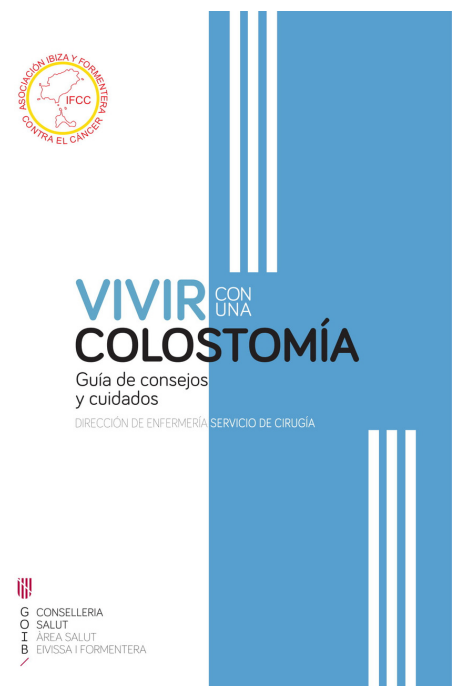
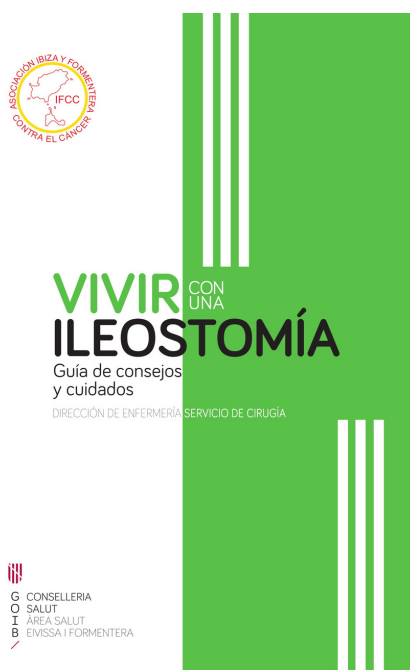
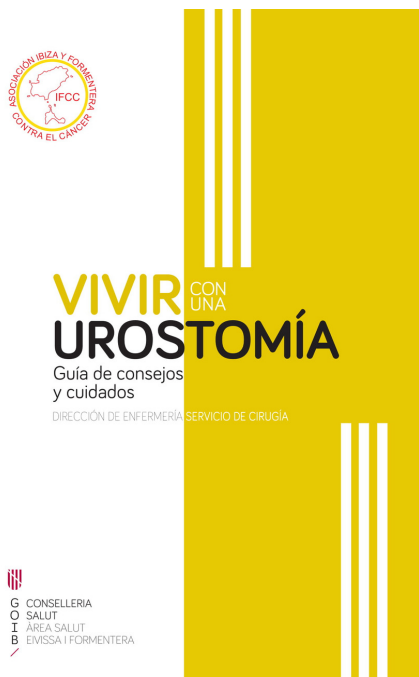
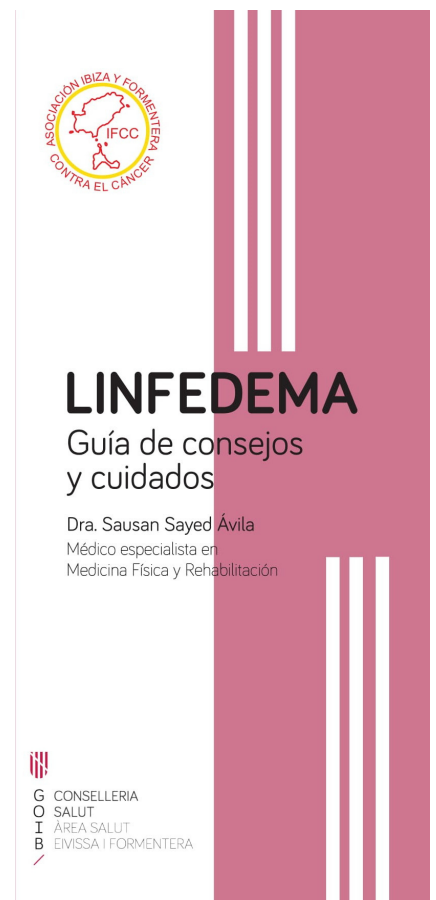
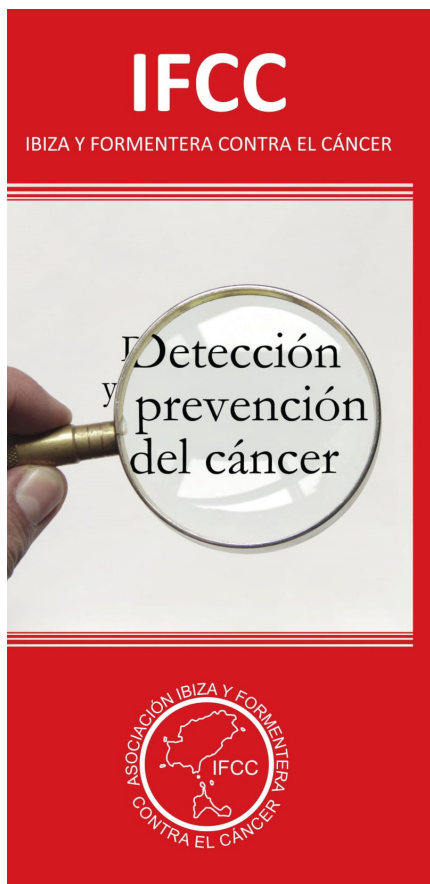
NOVEMBER

**LUNG CANCER
AWARENESS MONTH**

DECEMBER

**16 DECEMBER GRAN
FIESTA DE NAVIDAD
RECINTO FERIAL 12-21H**

OUR LEAFLETS



*All of our leaflets can be downloaded from our web page :
www.ibizacancer.com or you can order copies by phoning our help line
666991336 Monday, Wednesday and Friday between the hours 10 a.m. to
12 noon.*