

# CONTACTS

THE ANITA CARE MAGAZINE



## OCCUPATION

Breast Care Nurse

## LINGERIE & BEACHWEAR

Let the colours set the tone!

## MOVEMENT AS MEDICINE

How sport boosts our health



# CONTENTS



## Foreword

3  
Overcoming challenges

## Report

12  
Fashion show in Spain

## Fashion

8  
The latest lingerie

22  
Beachwear 2018

## This & that

13  
Trend & recipe

**Prize draw**  
Competition

## Features

4  
Breast care nurse

6  
Hereditary breast cancer  
– the BRCA gene

14  
Learn to love your body again

16  
Fitness for the brain

17  
Movement as medicine

25  
SUP – stand-up paddle boarding

## Portrait

20  
Running through illness

26  
Stay positive!

### Imprint

Publisher:  
Anita Dr. Helbig GmbH  
P.O. box 1162  
83094 Brannenburg  
Germany  
Head of Marketing Services:  
Sabrina Wieland  
Dr. Clemens Friemel  
Head of Editorial Team:  
Susanne Ernst  
Text editing:  
Christine Klein  
Ulrike Ascheberg-Klever  
Layout:  
Christine Kaffl  
Photo credits:  
Anita Dr. Helbig GmbH  
iStock, Fotolia, pixabay, freepik,  
Lithography:  
kolb digital gmbh  
Printing:  
G. Peschke Druckerei GmbH  
Publication frequency:  
Annual  
Reprints subject to written  
permission from the publisher  
Anita Dr. Helbig GmbH.  
All rights reserved.



Georg Weber-Unger

Georg Weber-Unger jun.

Johannes Weber-Unger

## Overcoming challenges

Courageous and strong women give us an insight into their lives

Dear ANITA customer, dear Reader

Welcome to our latest issue of CONTACTS! We have once again been hard at work researching some interesting new topics for you, which we believe you'll find both informative and inspiring.

This issue will take a closer look at hereditary breast cancer (the BRCA gene) and the work done by Wendy Watson in the UK to raise public awareness on the matter. Women affected by breast cancer will also share their personal experiences with us.

Besides this, we'll give you a glimpse of the latest items from our post-surgery Anita care range, specially created for you by our design team and manufactured mostly at our very own production sites.

We hope you have an enjoyable read!

*Thank you for trusting in us!*  
*Georg Weber-Unger*

Best wishes, Georg Weber-Unger

## Go-between for doctors, nurses, patients and relatives

# BREAST CARE NURSE



As the field of medicine becomes ever more specialised – particularly with regard to oncology – numerous very specific areas have emerged that tend to focus on a single illness or diagnosis. At the same time, there is an increasing awareness across the entire medical community that every patient has to be viewed individually in order to make sure the best possible care can be given.

Medical care, however, represents just one side of the coin. On the other side, ever greater emphasis is being placed on having a fixed point of contact for patients, someone who can assist them for the duration of their treatment. In terms of breast cancer patients, this has given rise to the role of the breast care nurse: a further, qualified title for nurses experienced in the field of oncology (preferably gynaecological oncology).

Since 2005, several advanced training courses have been offered in a number of educational establish-

ments across Germany enabling medical staff to gain the title of breast care nurse.

The European guidelines for breast centres prescribe, among other things, what kinds of specialists should work together as part of a multidisciplinary breast centre team. Alongside doctors, a breast care nurse is noted as being an integral part of the core team. At the same time, the EUSOMA (European Society of Breast Cancer Specialists) has stipulated that a breast care nurse should be available for 150 primary patients at any certified breast centre.

A breast care nurse is on hand at each of the University of Munich's Breast Centre sites: Ms Irene Diez works in Großhadern and

### Brigitte Ehrl talks about her work as a breast care nurse at the University of Munich's Breast Care Centre

---

Ms Brigitte Ehrl in the city centre. We are released from our regular nursing duties and instead work as part of a multi-disciplinary team where we function as an important, patient-oriented go-between for the treatment team, patients and their relatives, especially in the case of primary breast cancer. The breast care nurse acts as a fixed contact person in the midst of all the complicated treatment planning, communication and the various other interfaces that come into play.

We are there for the patients from the very first point of contact. This means that, on the one hand, the women affected are looked after and supported from the word go; on the other hand, the different treatment stages and patient appointments are

coordinated through our office. Our support stretches from outpatient care and consultation appointments to looking after patients when they are in the clinic and thereafter, as many questions come up once the patient is back at home.

We work closely together with the various treatment disciplines, e.g. the radiotherapy department and the clinical trials office. We maintain a good overview of everything going on at the clinic thanks to our participation in and assistance with the weekly tumour board reviews. It is our job to make sure the right decisions are made in terms of a patient's treatment in consultation with the different professionals involved; to ensure that everything runs smoothly and that treatment is successful. This means working closely with the psycho-oncologists, outreach services, physiotherapists, nurses and doctors on the different wards as well as the oncology day unit and the responsible gynaecologists. We put together info packages that are relevant for each individual patient and organise events that are well-established at the clinics such as evening talks and the annual patient day, which are also a further source of information. A breast cancer diagnosis and the treatment that goes with it affect not only a person's body, but also their everyday life. In order to increase the patient's well-being, it's important that they understand how certain things are connected, and that they are able to pick back up where they left off in terms of their everyday lives following treatment. Through our roles, we are able to offer the maximum care and support possible while doing whatever we can to help patients cope with their illness.



### Breast care nurses are able to give information on:

- Looking after the breast post-surgery, wound management and prosthetics
- Nutrition – exercise and sport
- Rehabilitation and related sports
- Lymphoedema and palliative care
- Salutogenesis, body processes and body awareness
- How to check your breasts at home
- Follow-up examinations



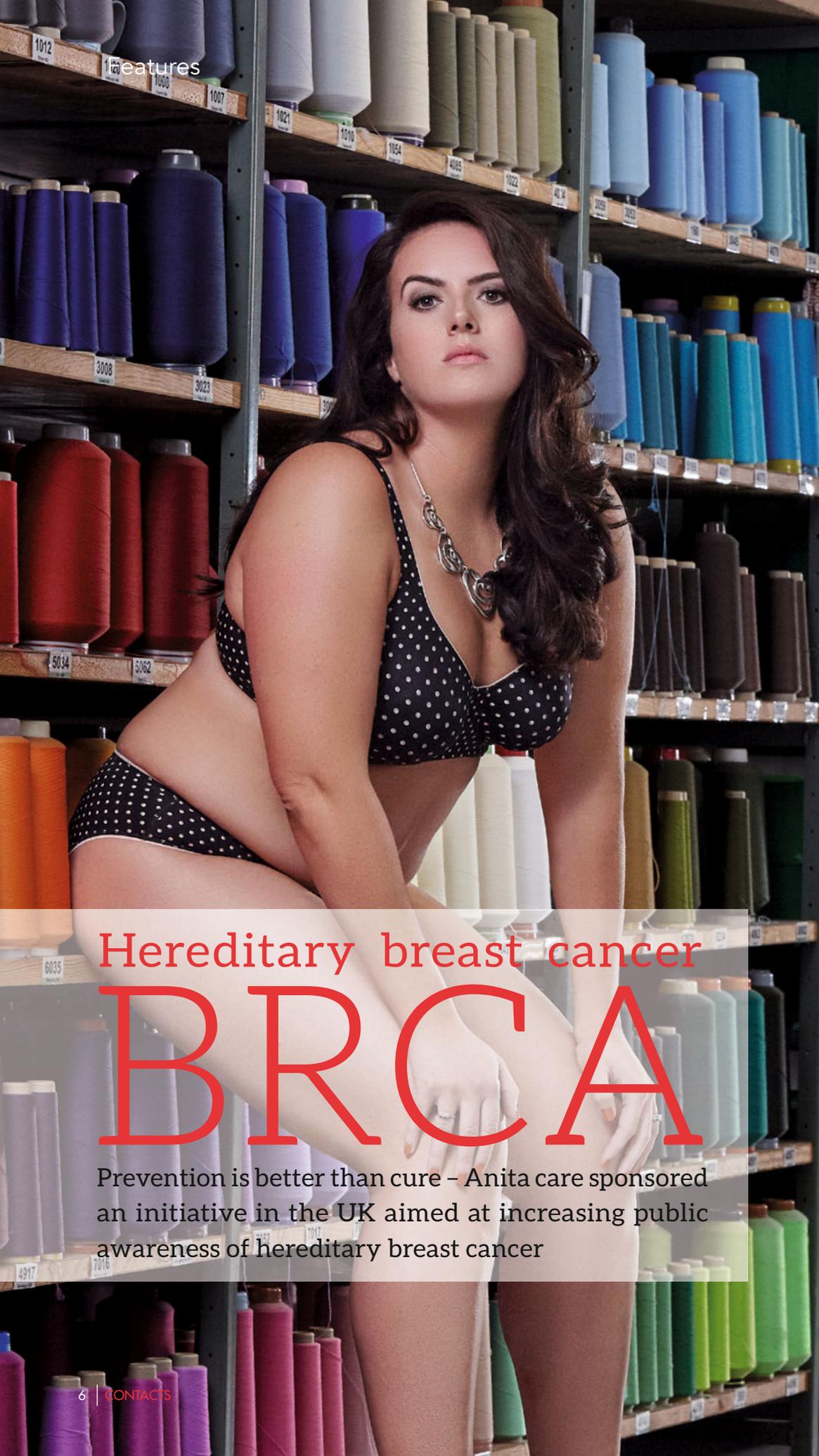
### Breast care nurses can put you in touch with cooperation partners from the fields of:

- Complementary medicine
- Fertility protection
- Genetics
- Outreach services
- Psycho-oncology
- Osteology
- Self-help groups
- Medical stores
- Pastoral care
- Palliative care
- Palliative care units in hospices



### Brigitte Ehrl/Breast Care Nurse

Breast Centre at the University of Munich, Großhadern and Maistrasse – City Centre, Head of the Breast Centre: Professor N. Harbeck, Director of the Gynaecological Clinic: Professor S. Mahner



## Hereditary breast cancer

# BRC A

Prevention is better than cure - Anita care sponsored an initiative in the UK aimed at increasing public awareness of hereditary breast cancer



Up to ten per cent of all breast cancer cases could well be hereditary, yet women all around the globe are generally unaware of this fact. The topic only makes its way into the public realm every now and again, for example when celebrities such as Hollywood actress Angelina Jolie decide to have a preventive mastectomy.

The general lack of information on the topic also tends to result in confusion surrounding BRCA1, BRCA2 and other gene mutations. The fact is, if a woman has a blood test and tests positive for one of these gene defects, the likelihood of her being diagnosed with breast cancer is more than

80 per cent. This is due to a hereditary genetic predisposition that can be passed down through the mother or father. A mastectomy hugely reduces this risk. It is therefore no wonder that more and more wom-



Wendy Watson

en are making the brave decision to undergo surgery as a way of preventing them from developing cancer later down the line.

The first woman who opted for this preventive measure in the UK was Wendy Watson. She noticed one day that more and more women in her family were being diagnosed with breast cancer and she became more and more concerned that she was going to be next. After giving her situation some thought, she asked her gynaecologist one simple question: "If I didn't have any breasts, could I still get breast cancer?" Her gynaecologist's response? "No." Wendy then made the decision to have both breasts removed as a

preventive measure.

Following her operation, she set up the National Hereditary Breast Cancer Helpline

(<http://www.breastcancergenetics.co.uk/>), a hotline for women who carry the gene defect and are considering a preventive mastectomy. After Wendy Watson's daughter, Becky Measures, also tested positive for the gene mutation, she underwent the same procedure. Today, both mother and daughter run the hotline together. Wendy has also published a book in the UK entitled "I'm still standing" in which she describes her experience. British supermarket chain Tesco named Wendy "Tesco Mum of the Year" for her dedication to the breast cancer cause. Now and again, the hotline also receives letters from affected women. This gave Anita care the idea of sponsoring a diary that the charity can use to support affected women who have been diagnosed with the gene defect. The diary is intended not only to give these women courage, but also to enable them to jot down their own thoughts and feelings, helping them deal with the news that they carry the gene defect.

In order to realise this project, twelve women were chosen at random from the letters received by the charity; the women were then invited to take part in a photo shoot at Anita's headquarters in Brannenburg and at the logistics centre in Kufstein. All twelve women at the centre of the striking photos carry a gene defect. All of them have already lost a mother, sister, aunt or another close relative to cancer. Almost all of them have had breast surgery in order to reduce their risk of developing cancer.

The diary, which was released in the UK in October to mark Breast Cancer Awareness Month, contains the photos and stories of all twelve women. It also has empty pages that are to be filled by women who have found themselves in a similar position.

The aim of the project is to increase awareness of the risk of hereditary breast cancer. Through the project, Anita care and the organisation run by Wendy Watson hope to make an even greater contribution to public awareness of the defect. This is essential on a number of levels as many tragic cases of breast cancer could be avoided if preventive action is taken.

Through her brave decision and commitment to the cause, Wendy Watson has already supported many women and shown them that they have a choice - advice which has, in turn, saved lives. We at Anita are proud to be able to sponsor and therefore support such a worthy cause.





# SOFT PINK

CHARLIZE 5767X  
CUPS A-D  
BLACK  
CRYSTAL  
SOFT PINK

Limited edition: Soft Pink  
Exquisite embroidery  
Back made from power tulle



# COLOURS

DELIGHT

THE EYE

REFRESH

THE MIND

BROADEN

THE HORIZON

OPEN THE

SENSES

BRIGHTEN

THE SOUL

ENCHANT

THE BODY



Further products and a large range of breast forms, tailored to fit our Anita care bras, can be found at:

[www.anita.com/care](http://www.anita.com/care)

Fashion

## NEW RANGE

---

### AMICA

---

5764X

CUPS A-D

anthracite  
crystal

---

from April 2018

---

High-waist briefs+ 1514



## NEW COLOUR

---

### MISS DOTTY

---

5781X

CUPS A-E

crystal

---

Briefs 1381.1



## NEW COLOUR

---

### Tonya

---

5706X

CUPS A-E

Limited edition:  
magenta

---

Briefs 1306



## ◀ NEW BRA

---

### JOSEPHINE

---

5775X

CUPS AA-D

Limited edition:  
light blue

---

Briefs 1475



# VIVA LA VIDA



## OUR SPANISH TEAM REPORTS

Springtime at Anita Spain has been a time of celebration for many years now: it's around this time when we arrange fashion shows across the whole of Spain for lingerie and swimwear from the Anita care collection - in cooperation with local cancer charities and medical stores.

A few days before the event, the nerves are already starting to show and you can really feel the emotion in the air. The fashion shows are a fantastic event not only for everyone at Anita Spain and the other organisations involved, but also for the volunteer models, all of whom have beaten breast cancer. By walking down the runway in lingerie and swimwear, in front of an audience made up of loved ones and complete strangers, these women put on a real display of courage. This is a hugely significant step, especially for those women who have had to undergo breast surgery or a mastectomy.

The closer we get to the show, the greater the frenzy: everything goes back and forth until the schedule is set and the final lighting and sound tests are finished. The models try on the lingerie and swimwear that they will later present on the catwalk one last time. And then it's showtime! The guests arrive and eagerly take their seats.

All nerves are forgotten as soon as the models take their first step onto the catwalk. As already mentioned: none of the models walking down the catwalk for Anita are professionals. They have all overcome breast cancer. And they all master their situations with confidence, blissfully presenting

the latest Anita care lingerie and swimwear trends. It's a very special moment for everyone involved. There's a general aura of strength and confidence on the stage. The models dance, delighted to be part of the show and feel attractive and feminine once more. Their relatives are excited to support them and show their appreciation through their applause and cheers.

It's a very special and emotional moment for everyone involved, not just for the models. No wonder there's the odd tear: the sight of these strong, brave women who have had to overcome so many hurdles and who are now taking back control over their lives is reason enough for the odd tear of joy. All of these women have gone through a lot, but now it's time for them to celebrate and



find peace with their bodies. That's something we can all take away from this experience: we have to learn to feel comfortable in our own skin again, no matter how difficult this might be. We at Anita care are pleased to be able to make a small contribution here to help rebuild the self-confidence of these women; to help make them feel beautiful and desirable once more.

## PICK UP A PENCIL



You think colouring books are just for kids? Not any more! Colouring books, painting-by-numbers and mandalas have grown into a real trend in recent years, especially among adults. And with good reason: colouring is soothing, relaxing and actually more creative than you might think as every finished picture is a one-off thanks to the choice of colours used.

Originating from Buddhism and Hinduism, round and square mandalas are a great place to start.

Templates can be downloaded from the Internet for free, for example from [www.mandala-bilder.de](http://www.mandala-bilder.de), while a large selection of books is also available from all good book stores.

## SUMMER GAZPACHO with goji berries



### Ingredients

400g ripe tomatoes

200g goji berries

100g cherries

100g red pepper

1/2 white onion

300ml water

Sherry vinegar, olive oil

Pinch of sugar, sprinkling of salt

200g feta cheese

### Directions

Soak the goji berries in water for around 10 minutes. Remove the stones from the cherries. Place the tomatoes, onion and pepper in a bowl together with the berries, water, salt, sugar and a little vinegar. Purée all of the ingredients, adding a splash of olive oil, to make a fine soup. Serve the gazpacho chilled with diced feta, berries, chopped cherries and, if preferred, baguette.

## BUEN APETITO

says Cristina Alvarez

Branch Manager Anita Spain

There are only two days in the year that nothing can be done. One is called yesterday and the other is called tomorrow, so today is the right day to love, believe and mostly live.

Dalai Lama

# Learn to love your body again



## Dr Corinne Urech, Head Psychologist at the Women's Health Clinic of the University Hospital Basel, Switzerland, on coming to terms with a new body image following breast cancer

Breast cancer goes hand in hand with a rather significant change to a woman's body image. Following breast surgery or breast cancer treatment, patients often have to get used to a very different reflection when looking at themselves in the mirror, and even sensory responses to movement and touch feel different for a long or indefinite period. It is therefore to be expected that women diagnosed with breast cancer often focus on the affected breast. Added to this is the fact that side effects of treatment, pain and exhaustion not only affect

a person on the inside, but also have an impact on their entire body image, this sometimes also being visible to others. All of this results in many affected women developing a new, often unaccustomed awareness of their body.

The way we perceive our own bodies and also our personal mindset as regards our breasts is profoundly different for every one of us. In general, the way we see our bodies and certain body parts draws on all kinds of information we pick up on over the course of our lives. The

association we have with our breasts is partly shaped by personal experiences and memories. Standards and values prevalent in society also have an impact on our body image. The female bust is a symbol of femininity and motherhood and also bears significance in terms of sexuality.

The impact that this illness and its after-effects can have on a person's general well-being and state of mind is just as individual as the significance each person ascribes to the changes experienced by the body

as a result of breast cancer, both on the inside and out. On the one hand, there are patients who make their health their absolute priority. The way they view their bodies usually stays the same despite all the changes they go through, or the topic simply becomes less of an issue over time. On the other hand, there are women who see breast surgery as a distinctly life-changing event which requires a longer adaptation period. Moreover, a person's perception of their body image often influences the way they deal with their illness and ultimately, their quality of life. Partners of those affected sometimes also find it difficult to deal with the new situation, which can lead to problems in a couple's relationship.

Dealing with this situation requires time, acceptance and hope.

There is no universally valid way of coming to terms with a new body image. What we do know is that it takes time to become reacquainted with your body, with all its chang-

**There is no universally valid way of coming to terms with a new body image.**

es, and to accept it for what it is. And there has to be a level of acceptance, as only then can we acknowledge that the changes are there to stay. At the end of the day, hope helps a person remain confident that they will manage to accept their new self. Doing something good to oneself can also have a positive effect; being active and, last

but not least, getting back into a normal routine. As previously mentioned, it helps to talk – whether to others

in a similar situation, to trained specialists or to relatives. A patient once said something to me that really highlighted the importance of having these types of chats and being well informed: “No-one ever told me how I would feel afterwards. But this would have helped me as then I'd have known roughly what to expect.” Depending on a person's character, some people might even find it useful to encourage other affected women to mourn their physical loss. Mourning, for instance together with farewell rituals, can form an important part of the cop-



ing process, which can often strengthen the feeling of femininity and encourage acceptance of the body in its new form.





# FITNESS FOR THE BRAIN

## WITH HOLISTIC MNEMONIC TRAINING

Margit Ahrens, member of the board of the mnemonic training association BVGT e. V., brings us up to speed.

We go jogging in the great outdoors to keep our bodies fit and healthy. We go to the gym and train our muscles to prevent them from going limp and losing their strength. The same goes more or less for the brain. ALL areas of this vital organ should also be trained, otherwise the nerve cells will fade away and start to deplete.

Modern civilisation has slowed down not only our bodies; things we had to remember in the past are now stored on SIM cards, satnavs and computers. Almost everything is saved somewhere other than our brains, as though we have lots of external hard-drives.

If we want to remain fit and healthy as we grow older, we have to make sure that we engage in regular holistic brain training alongside phys-

ical exercise and that we lead a healthy lifestyle, drink enough water, get enough sleep and relaxation and have a stimulating social life. And the earlier we all do this, the better! Regular brain training is just as important as frequent physical exercise for people in work. The various regions of the brain can be trained in special courses. Alongside logical thinking, the following topics should also be trained: word-finding, associations, creativity and fantasy, phrasing, perception, concentration, memory retention, flexible thinking and recognising connections. Similar to an athlete's approach to training, repetition is the name of the game here.

And just like in the case of physical training, we should never stop training our brains as the muscles oth-

erwise slacken, causing our intellectual skills to wane. There are many other things you can do besides taking part in a regular course, such as sudokus and puzzles, practising concentration exercises (e.g. counting the number of times certain letters appear in a passage of text), reading part of a text and then reproducing the content in your own words, writing with your non-writing hand now and again, playing word association games, chess or a musical instrument or even going dancing.

There's no time like the present: get started by writing a sentence using the letters of your first name. For example, I might write: **M**argit **a**dores **r**aindrops **g**listening **i**n **t**rees.



# Movement as medicine

The effects are comparable to those of high-potency pharmaceutical drugs



Right into the early 2000s, breast cancer patients were strictly advised to rest their bodies during the acute treatment phase (surgery and subsequent chemotherapy and radiotherapy). Today, however, many doctors recommend that their patients at the very least maintain their level of physical activity even throughout chemotherapy. Regular exercise or endurance sports, even muscle training – preferably three to five times a week for at least 30 minutes – is now seen as an active way of coping with an illness.

What has this rethinking achieved? The first observational studies conducted in the 1990s demonstrated that patients who were physically

active were able to get through cancer and, more importantly, the treatments better than patients who did not exercise. Research conducted since then has also offered findings that back up the proven protective effect of exercise. This includes, for instance, changes that impact on the composition of the body: less fat means a reduction in hormones, messengers and metabolic products that could potentially produce and/or be favourable to the development of cancer. More muscle mass improves insulin sensitivity, creating a quantifiable anti-inflammatory effect. This in turn improves the body's immunocompetence. The improved oxygen uptake of the muscular system may also have an ad-

ditional protective effect. Recent studies have shown that sports-based physical activities are the most effective, however everyday activities such as gardening or climbing stairs are also beneficial. Exercise can absolutely be considered a form of medicine as the effects are, to some extent, comparable to those of high-potency pharmaceutical drugs, but with a much less problematic side-effect profile.

Based on these findings, a high number of rehabilitation clinics have readjusted their programmes to focus more strongly on physical activity. Approaches and initiatives are also in place in many tumour centres aimed at integrating exercise



## NEW

extreme  
control

5727X  
CUPS B-E  
heather grey

from March 2018



## NEW

massaging  
sports tights

1695  
D/EUR 36-48  
(GB 30-42, US 6-18)

black

Limited edition:  
fuchsia

from June 2018





*Dr Ulrich Schlembach, MA, Caritas-Hospital Bad Mergentheim, Head Physician of the Gynaecological Clinic, Director of the Certified Breast Centre*

into therapeutic measures. The recommendations have now also been included in physicians' letters, which has given the discussion a stage beyond the field of oncology. Despite this, there is still a lack of coordinated national concepts that would facilitate the introduction of a nationwide exercise programme. This would be necessary in particular to reach affected women who have not engaged in physical activity in the past. This is especially important considering the fact that by the age of 50, only around 10% of people regularly exercise more than once a week. In order to change a person's lifestyle in the long run, a brief rehabilitation measure is certainly not going to suffice. On the contrary, those affected need to be encouraged to do something for themselves, and they have to be able to rely on a programme that really works.

In this regard, doctors also have to assess a patient's relationship with physical exercise. It's easy to persuade a slim, 45-year-old woman who plays the odd sport to become more active. A 75-year-old woman on the other hand, who last did a little stretching 30 years ago, could well be filled with dread at the thought of physical exercise. Long walks, perhaps with a dog, could be a good introduction to regular exercise for this kind of patient. What is yet more important, however, is being able to point patients in the right direction.

But who should bear the responsibility here? Breast centres, psycho-oncologists, outreach services and breast care nurses now take a highly intensive approach to looking after affected women in various areas, both during and beyond treatment. Do we even need anything else? What we're lacking are exercise advisers who, ideally, would not only draw on their expertise and local connections in putting together an optimal programme for each individual patient but would also provide the respective contacts. However, this kind of qualified adviser costs money, which is usually lacking despite the fact that invoicing would be straightforward: if we are to view exercise as an effective form of medicine, it can inevitably be deduced that this medicine should be covered by the general public (in the form of health insurance in Germany at least) for everyone affected. Initial steps have already been instigated, such as being able to prescribe rehabilitation sports. In future, we should be able to set up running and fitness groups at our breast and tumour centres, e.g. together with our physiotherapists, and work together with self-help organisations, local initiatives and opinion leaders in order to raise awareness of the topic, which is so important in terms of the perspectives and quality of

life of those affected by cancer, and make it part of standard care.

What can you do in the meantime? Just get started! Look for support within your family, among friends! Exercising in a group is fun, brings people together and is good for the body and soul. This doesn't mean you're expected to start running marathons; going for walks and doing something that goes beyond your current level of exercise will have an extremely positive effect. Change your lifestyle! And don't be afraid to make these changes. Even aged 60, 70 or 80, we all benefit from every step, from every minute of physical activity. Set yourself realistic goals! Don't focus on a long-term objective; take things day by day. Even if that means walking with a Zimmer frame for just a few minutes

to begin with. The effects might not be immediately apparent, but days, weeks and months later they will be clear – and that applies to pretty much everyone. There are only a handful of people in the world who really should avoid being too active.

to begin with. The effects might not be immediately apparent, but days, weeks and months later they will be clear – and that applies to pretty much everyone. There are only a handful of people in the world who really should avoid being too active.





# RUNNING THROUGH ILLNESS

Anaïs Quemener\* from France took to endurance sports to help come through her cancer – psychologically and physically

\* Name changed



All photos from September 2016

My name is Anaïs Quemener. I'm 26 years old, I work as a nursing assistant and I've been an Anita ambassador for a while now. I find my work just as exciting as my hobby: running. I was pretty much destined to run: my dad was a long-distance runner and trainer in Villepinte before he took on the role of technical director at Tremblay Athletic Club, where I'm still a member today.

I knew what I wanted to do from an early age: long-distance running! When I was 18, I ran my first half-marathon in 1 hour 27 minutes. Three years later, in 2013, I then completed the Rotterdam marathon in 3 hours 11. I was mak-

ing good progress: Lille half-marathon in 1 hour 22, French marathon championship in Metz in 2 hours 58. I trained hard to achieve these successes, putting in more than ten hours a week. An amazing sporting career appeared to be within reach.

But in 2016 my life fell apart. A year before I had found a lump in my breast, but my gynaecologist had put my fears at bay. I continued to live normally, until the lump got bigger. I had a blood count done at my doctor's. Everything looked to be normal. Due to my age, 24 at the time, and the fact that none of my relatives had had cancer, I wasn't sent to have a mammogram. But

the lump continued to grow, so I sought advice from a doctor who worked in the same hospital as me. The result of the examination: stage three cancer.

Due to my healthy lifestyle, I found it really difficult to process the diagnosis to begin with. I was neither tired nor in pain. After a while I finally accepted the bad news, but was determined to fight and stay positive. I was the one calming everyone else, telling them I just had to get through a difficult patch. I managed to do this by carrying on with my sports. I had chemo from August 2016 until February 2017. The side effects were no laughing matter, but I wasn't about to give

up running. It was frustrating enough not to work; the thought of staying at home and doing nothing was simply horrendous. With the consent of my oncologist, I went running every day – sometimes faster, sometimes slower. As soon as I felt better, I rejoined my group at the stadium.

It meant a lot to me to stay in touch with my running buddies. And I continued to take part in

competitions. It was a little difficult to find a doctor who would give me a certificate allowing me to take part, and of course it hurt to not be able to start up front. I did the 10km in 45 minutes instead of my usual 36 minutes. Only after the removal of my left breast in February was I forced to put my running shoes to one side for two weeks.

**What changes everything is how we perceive the world. You have to keep smiling.**

Training with the others allowed me to forget what was going on.

Even when I was having therapy, every training session made me feel like I wasn't ill, at least for a few hours. But I also know where my limits are and when I should

rest. From the start of April to the end of June I had radiotherapy five days a week. It burned a little, but it didn't stop

me from running. In June I entered the 10km race in the French championships; in September I ran the French marathon championship in Tours. My goal is to get as close to my previous times as possible.

Losing a breast is, of course, a distressing experience for any woman. But the way I see things, a

breast is not a vital organ. I might have lost a breast, but I've retained my life. This mentality also helped my cope when the doctors said they wanted to remove my right breast as a preventive measure after my left breast was reconstructed in summer 2017, and that they wanted to remove my ovaries when I reached 35 as tests had shown that I actually had a hereditary form of cancer based on a gene mutation.

What I would like to pass on to every woman, whether ill or not, is the lesson I've learned: what changes everything is how we perceive the world. You have to keep smiling for as long as possible. Smiling is infectious and makes life so much more pleasant.



*“My goal is to get as close to my previous times as possible.”*



**Get up from the sofa, strap on your running shoes and head out into nature!**

Build up as much momentum as possible and do something good for your body, mind and soul. ANITA supports a number of running events and is present with its own booth – not far from you!



Mexicali Top 6540-1.009 Sizes B - C  
D/EUR 36 - 44 (GB 8 - 16, US 6 - 14)  
Ive Bottom 8805-0.009 Mix & Match



CARE

# BEACHWEAR

Ask your local retailer about other models from the 2018 collection!

[www.anita.com/care](http://www.anita.com/care)



Belem 6240.009 Sizes B - D  
D/EUR 38 - 48 (GB 10 - 20, US 8 - 18)  
Pareo 8105.009



Latina Top 6560-1.009 Sizes B - C  
D/EUR 38 - 46 (GB 10 - 18, US 8 - 16)  
Casual bottoms L4 8706-0.571 Mix & Match



Dirban 6336.430  
Sizes B - C, D/EUR 38 - 54 (GB 10 - 26, US 8 - 24)  
Sizes D, D/EUR 40 - 52 (GB 12 - 24, US 10 - 22)  
Sizes E - F, D/EUR 40 - 48 (GB 12 - 20, US 10 - 18)

Odessa 6342.009 Sizes A - D  
D/EUR 38 - 52 (GB 10 - 24, US 8 - 22)  
Campinas bag 8102.009

# SUP

## STAND UP AND GLIDE OVER THE WATER

Stand-up paddle boarding is easy to learn and a fantastic full-body workout



Bank holiday, 6am, and my alarm is ringing! Tanja, Leni and me, Irmi, are booked in at the windsurfing club at Lake Chiemsee in southern Bavaria to try our hand at stand-up paddle boarding (SUP). We head off on our tour armed with the club's own SUP boards and paddles. Our aim is to reach Fraueninsel, an island in the lake. Ahead of us are still waters: no boats, no ferries crossing, just the three of us, wide awake and paddling off for the first time while having a good chat.

Tanja, physiotherapist, 43 years old, Leni, doctor's assistant, 49 years old, and me, member of staff at a publishing house, 62 years old, and also working as a model for Anita on the side for eleven years after having undergone breast surgery, are finding a balance to our everyday lives in the freedom of the water. We've now gotten into a rhythm and have enough stability and balance to paddle in unison.

After twenty minutes we have reached the canal on the first island, where we have a great view of

Herrenchiemsee Palace. We then continue around the reed belt and past the little chapel, where we have a clear view of Fraueninsel island. Just as we're paddling towards the island, completely relaxed, we suddenly find ourselves caught up in the waves of a steamboat. I can't quite manage to stand my ground against the power of the waves and end up belly flopping onto my board in my Lymph-O-Fit bottoms in a bid to save my non-waterproof fitness tracker. A performance rewarded with a burst of laughter!

Shortly afterwards we reach our goal and take in the gentle awakening of Fraueninsel and its inhabitants on a barefoot walk around the island. On the way back, we attempt a few yoga moves on the board, which prompts Leni to ask: "Tanja, you have 20 years' experience as a physiotherapist, right? So you can surely shed some light on the benefits of stand-up paddling?" And indeed she can: "SUP lets us train our shoulder girdle muscles, our transverse abdominal muscles

and our back muscles." Stand-up paddle boarding is also a great form of full-body training due to the need for good balance. So it's not only fun, but also healthy!

At a much slower pace and feeling at peace with the world, we head back to the lakeside, tummies grumbling, where we're greeted by our husbands with a tasty breakfast. There's no better way to start the day!

### 1. Easy to learn

SUP is easy to learn. A 1.5 to 2 hour introductory course is enough to be able to head out on your own

### 2. Full-body workout

SUP trains the entire body as well as your balance and is easy on the joints

### 3. Equipment

In terms of equipment, you can either rent a SUP board and paddle or take your own (the paddle should be around a blade longer than the paddler)

# STAY POSITIVE!

**M**y name's Adriana C. and I live in Pforzheim in the Northern Black Forest Region. I've had a difficult few years. Everything began in spring 2012: I felt unusually run down and had no idea why. Then I felt a boil above my right breast. As the "boil" was also painful, my GP and dermatologist thought it couldn't be anything bad, but sent me to have it checked out just to be on the safe side. The gynaecologist sent me straight for a mammography. During the mammography, brown liquid came out of my nipple – definitely not a good sign. The "boil" turned out to be a 4.5cm, extremely aggressive tumour and a treatment plan was quickly in place. Chemotherapy, mastectomy and the removal of all lymph nodes from the armpits, followed by radiation and then I'd have to take tamoxifen for ten years. None of this was new to me as I was working in a medical store at the time and it had been my job to make sure women with breast cancer were well taken care of. "My job has now become my hobby," I joked with real black humour; really I was absolutely devastated. I'd only been with my now husband for a matter of months at the time and was just 39 years old. But Stefano assured me right away that he would stand by me. My mother, who lives in Italy, came straight away and also helped take care of me the entire time. Even financially, as I had to pay for everything myself in the first six months with very little sick pay. Through their support, my mother and Stefano certainly made a huge difference to my recovery!

Family, friends and my faith generally gave me strength and courage. I received cuddly toys, cards and much more from all over the place. The self-help group FRAUKE was also a great help; the group's chairwoman Dorothea D. always had time to listen to me and proved to be a wealth of important tips and information.

At some point I had finished my treatment, rehab was done and dusted, and Stefano and I tied the knot. We had made it out the other end and I was simply elated!

The most important thing to me is being able to stay healthy. I've always rejected the idea

**I may have gained 20 kilos, but for Anita size doesn't matter**

of having further surgery, for example a breast reconstruction. I'm really happy with the products from the "Anita world", which not only has appropriate breast forms but also great bras and fashionable swimwear. I may have gained 20 kilos, but for Anita size doesn't matter. And for this I'm truly thankful!

In 2016 I took part in a competition in CONTACTS, the magazine you're holding right now, and was lucky enough to win the first prize: a week's holiday in a hotel in Matri, East Tyrol! We could barely believe our luck. The prize ceremony alone was a real treat. Anita and FRAUKE put on a brilliant fashion show featuring lingerie and swimwear from Anita, and the prize was handed out as part of the event.

In June 2017 it was finally time for the trip and we headed off to beautiful East Tyrol. Pretty much as soon as we arrived we set out in search of the Anita plant in Matri. We decided to introduce

ourselves at the office, where the manager did not hesitate to arrange a tour around the plant. We were so impressed by the tour, where we learned about how the bras are stitched and how the breast forms are made. But my personal highlight came afterwards, when we visited the outlet next door. Thanks to the two friendly and competent advisers, I found plenty of great items that I would never take off if I had things my way. We would like to take this opportunity to thank

Anita for the relaxing and also eventful few days in Matri!

I now work three days a week in a large company, where I feel very much at home. But I've also had my share of negative experiences in the working world: too much is often demanded too soon. Despite been classed as having a severe disability, I'm still expected to put in my all at work. But it just isn't realistic. Also in terms of my private life, the past six months have been difficult. A close relative was diagnosed with the same type of cancer as me, so we're now going through everything again. However, my guiding principle is and remains: keep fighting to stay positive!



The winner of the 2016 CONTACTS prize draw Adriana C. with her husband in East Tyrol (centre) at the prize ceremony, fl. Ms Hechelmann, Ms Carallo, Ms Dümpling, Ms Mall (top). View from the hotel (bottom).



## Enter our prize draw!



We are giving away a week's holiday for two people in Ischia, Italy, where you can spend a few days relaxing at the hotel. Includes half board and travel to and from the destination.

Good luck!

You can also enter the competition online at [www.anita.com/kontakte-2018](http://www.anita.com/kontakte-2018)

Try your luck in our competition!

You're sure to know the answers to our questions. With a bit of luck, you could win the following prize:

**Prize:**

1 week in Ischia, Italy, incl. hotel accommodation and travel

Charlize is now available in which new colour?

What kind of sport helped Anaïs Quemener overcome her illness?

What is the name of our new sports tights?

Terms and conditions of entry: all correct answers will be entered in the prize draw. The judges' decision is final. Anita employees may not enter the competition. I consent to the storage of my personal data by Anita for marketing purposes. Your data will not be transmitted to a third party. The deadline for entries is 31.10.2018

# Congratulations to the winners of the CONTACTS 2017 prize draw!

The correct responses were:

Soft microfibre fabric - Deep Taupe - Lymph-O-Fit bra

The winners were:

1st prize

**Cosy Xenia cape from Eagle Products**

H. H.-M., Holland

2nd - 6th prizes

**Decorative Albrecht retro radio DR850**

Maria M., Austria

Cornelia B., Germany

Rosalia D. P., Spain

Stefania E., Italy

Barbara F., Switzerland

Please affix stamp

Anita Dr. Helbig GmbH · Grafenstraße 23 · 83098 Brannenburg

Response (to your national Anita agency)

---

---

---

---

---

---

Sender: (please print)

First name, surname

Street/house no.

Postcode, town

Email

Date of birth

Dress size

Bra/cup size

- I would like to receive CONTACTS online
- I already receive CONTACTS directly by post from Anita.
- I would like to have a free annual copy of CONTACTS posted to me directly.

**Where did you pick up this copy?**

- From a retailer
- From a doctor's surgery
- From a hospital
- From a rehab clinic
- From a self-help group
- At an event



Porto 6345.819  
Size B-D, D/EUR 38-56  
(GB/US 10-28/8-26)



4 058509 177484

For expert advice, please contact:

D / Head office  
ANITA Dr. Helbig GmbH · P.O. box 1162 · 83094 BRANNENBURG  
Grafenstraße 23 · 83098 BRANNENBURG · GERMANY  
Hotline-Nr. +49 0800002-6482 · Fax +49 8034 301-301  
E-Mail [anita.d@anita.net](mailto:anita.d@anita.net)

GB  
ANITA UK Ltd. · 18 Friern Park · North Finchley · LONDON, N12 9DA  
GREAT BRITAIN  
Phone: +44 208 446 7478 · Fax: +44 208 446 7479  
E-Mail [anita.gb@anita.net](mailto:anita.gb@anita.net)

USA  
Anita International Corporation · 3540 N.W. 56th Street · Suite 204  
Fort Lauderdale, FL 33309 · USA  
toll free: +1 80 08 66 62 23 · Phone: +1 95 47 30 81 89  
Fax: +1 95 47 30 87 23  
E-Mail [anita.usa@anita.net](mailto:anita.usa@anita.net)

[www.anita.com/care](http://www.anita.com/care)



Please scan for more  
information and your  
nearest retailer



V6718E-02/18