



Press Release
14th August 2008

BUDDIES WHO HELP US COPE WITH CANCER

'Patients cope better when they are able to talk about what they are going through and share their experiences with someone who understands. I wholeheartedly support CBN,'

*CBN Patron, Professor Ian Smith MD, FRCP, FRCPE
Professor of Cancer Medicine, Royal Marsden Hospital, UK
www.cancerbuddiesnetwork.org*

With one in three of us estimated to get some form of cancer in our lives, we need support to help us cope. Doctors, families and friends can be fantastic. But you can't beat sharing the ups and downs with others who are going through the same thing as you.

That's why Cancer Buddies Network was born. A growing national charity, already with over 1000 members, the CBN website can quickly link you with others in the same boat as you. It's a haven in a storm.

Take Ray:

During recovery from my total gastrectomy operation due to stomach cancer, I contacted CBN and Beryl, who had undergone the same major surgery and was struggling to survive, contacted me. It appeared that having survived the operation, Beryl was desperate for any help I could give from my own experience. Feeling more optimistic and with changes to her diet and lifestyle, Beryl began to turn things around and today she is making excellent progress towards a full recovery. I often wonder what would have happened if she hadn't contacted CBN to bring us together.

And Tina:

I found CBN via Google because I was told that my Non-hodgkins lymphoma might have come back yet again and I really needed to talk to others who understood how devastated I felt. As soon as I first got in touch, I was welcomed into this family of complete strangers who totally knew where I was coming from. Eventually I was told that it wasn't back and yet here I am still having fun on the forums and hopefully helping others going through this scary journey.

And Terry:

When I had a scalp melanoma discovered late last year, I was cheerful because it was removed and non-malignant. However, it returned this year, this time malignant. Now, I am never off the Internet, and use Google umpteen times a day. So, I was

*devastated to see that scalp and neck melanoma was the worst to get because of the statistically poor prognosis. That put me into a real spin!
At the same time, I somehow found the CBN website. Relating my tale resulted in so many wise and comforting words that I quickly came round and soon felt strong again. The tumour has now been successfully removed and I hope that I have now been able to return some of the help I got back to others at CBN.*

Please help us publicise Cancer Buddies Network so that more people affected by cancer can find help and support.

Visit our website www.cancerbuddiesnetwork.org

NOTES TO EDITORS:

- Cancer Buddies Network (CBN) is a registered charity no 1120207. It was started by Jan Rutter: 'As a former cancer sufferer myself, I know that being told you have cancer is one of the biggest shocks to your system you can have in a lifetime. Thinking that you are the only one going through it and having nobody who really understands what it's like can be devastating. Now there is a sanctuary where people can make contact with each other via their keyboards, from the comfort of their own homes and discover that somewhere out there, there's someone just like themselves.'
- CBN has the support of Macmillan Cancer Support, Millennium Grants UnLtd, Google, and has links with other major cancer charities and hospitals up and down the country.
- Our patron is the eminent cancer specialist Professor Ian Smith MD, FRCP, FRCPE, Professor of Cancer Medicine at The Royal Marsden Hospitals, Sutton and London.
- CBN is as helpful for the families and carers of cancer sufferers as it is for the patients themselves. The lively forum is a centrepiece for many people, giving love and support to those all who need it. Or people can simply discuss their problems on a one-to-one basis with another member if they prefer.

For more information about Cancer Buddies Network, please contact:

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