

CANNINGTON

Padding in pink

CANCER SURVIVORS LIVE LIFE TO THE FULL

THERE is plenty of life to have after experiencing something life changing like breast cancer says Perth resident Jennie Ellis.

The grandmother is a breast cancer survivor and now encourages other women to take advantage of the free BreastScreen WA service, which has 10 clinics including one in Cannington.

As a member of the Amazons team, Mrs Ellis, is also a passionate advocate of the benefits of dragon boat racing for breast cancer survivors or anyone who has been touched by the disease, which affects one in nine women.

Based in Maylands, the Amazons proudly wear pink and train on Tuesday and Thursday nights and Saturday mornings.

"Those of us that paddle are just really passionate," Mrs Ellis said.

"We feel it's really beneficial to us for our health, our well being, the camaraderie, the companionship and doing sport."

Dragon boating has been used since 1996 – originally in Canada – to help improve the strength of breast cancer victims and improve their quality of life.

Now there are 40 breast cancer teams in Australia that paddle.

"When you have been



Sue Horton with the rest of the Pink Ladies from the Amazons dragon boat team. Picture: Robin Kornet d387668

through something life changing like an illness of cancer – when you come out the other side you have really had to stand up to decide that you are not going to just lie down and become a victim," Mrs Ellis said.

Mrs Ellis said in the Amazons team about 50 per cent were breast cancer survivors while the other 50 per cent had been touched by the disease in some way.

The dragon boat season officially starts on the first weekend in November with monthly regattas.

"Just being out on the water – we are winners just being there.

"All of us breast cancer

survivors and supporters.

"We are good examples that people don't die of cancer and you can go through a really life changing experience with breast cancer but there is still plenty of life to have once you come out the other side."

Anyone interested in joining the Amazons can call 0428 249 396.

DETAILS

October is Breast Cancer Awareness month
To book a free screening mammogram appointment call BreastScreen WA on 13 20 50 or visit www.breastscreen.health.wa.gov.au.