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Look Good...Feel Better.

The cosmetic industry helping cancer patients look their very best

**It was time to spoil the Men!**

As a special treat nine men enjoyed a LGFB workshop at Constantiaberg Clinic. Charlie's Diary says is all!



**Charlie's Diary**

Friday 11<sup>th</sup> May 2007 (Day 100)

Well as you can see, today is the 100<sup>th</sup> day since starting the road towards a bone marrow transplant. What is clearly evident is that it is a very slow process and which is confirmed by talking to quite a few other Leukaemia sufferers. Almost everyone I have spoken with has had various setbacks and complications, infections come in all forms during chemo treatment and there is hardly anybody who escapes without getting affected by something.

But today was "Boys Day" and 9 of us male patients were treated to 1 hour of facial therapy and which had been very kindly organised by our "Northern Hussey" Yvonne. This was a 'first' as the free course is usually done for female cancer sufferers and was the first time being done for a group of male patients. So let me tell you some more about this. "Look Good...Feel Better" is a foundation established by the South African Cosmetics, Toiletry and Fragrance Association. It provides free 2 hr workshops for women cancer patients and is lead by a team of volunteer beauty therapists. The aim is to help re-establish self esteem and also provide a positive skin care method for women who have undergone and suffered the various side effects of chemotherapy. The foundation is supported by many leading company names who donate products and finance, having been in operation since 1989. But today was a first due to the extension for the first time for men. We are very grateful to Margaret Hewson and her therapist Marie (sorry I do not have her surname). Margaret is a Director in SA and both ladies enjoyed providing a session that was slightly different to their normal 2 hr ladies sessions. Of course, the jokes and wise cracks flowed and the session was extremely humorous and light hearted, but equally providing some very useful education into looking after our skin. We were all given an extremely generous bag of goodies and which we were thoroughly taught how best to apply. Despite the barrage of humour, our Therapists finally got the better of us by including a packet of false nails in the goody bag and getting us to start cleaning our nails in preparation for applying the nails – by this time there was much nervous wriggling in the seats in that this was not a comfortable male situation...beads of sweat began to form until they kindly blew the whistle on their joke...we were "had".

Our collective thanks to Margaret and Marie for kindly giving of their time and to our fantastic "Northern Hussey" Yvonne for managing to both organise the "Look Good...Feel Better" team and for managing to persuade and organise all of us participants to join in. It was great fun.

Here endeth "Nice Nails Friday"

**In memory of Paul who was a great sport and our model!**