

# *My Care Kit* Ordering guide



# BERLEI

Breast Cancer Network Australia is delighted to work in partnership with Berlei, a Hanes Australasia company, to provide this important service to women in Australia who have recently had breast cancer surgery.

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## Table of contents

Table of contents	2
Program overview	3
Fitting guidelines	4
Bra measurement guidelines	5
Mastectomy measurement guidelines	6
<b>Chart 1A:</b> Underbust and overbust measurements	7
<b>Chart 1B:</b> Cup size alternatives	8
<b>Chart 2:</b> Bra sizes and soft forms	9
<b>Chart 3:</b> Bra size grading	10
Bra size conversions	11
Frequently asked questions	12

## Program overview

Berlei, a Hanes Australasia company, and Breast Cancer Network Australia (BCNA) formed a partnership in 2004 to bring comfort and support to people who have had breast cancer surgery through the *My Care Kit* program.

The *My Care Kit* contains a bra and soft form/s (if required) and is available free of charge to people in Australia who undergo surgery for breast cancer.

The bra has been designed to cover the post-surgery period of up to 12 weeks. It features soft seams and lining, which avoid pressure, extra expansion to accommodate swelling, front and back opening, and a soft form insert that can be modified to size. The fabric was chosen for its softness and special attention has been given to the placement and sewing of the seams. It has pockets to hold the soft form in place and, because it has no wiring, can be worn during radiation treatment.

Another option is to order a \$70 online voucher to [Berlei's website](#). This can be included in the kit instead of a post-surgery bra if preferred by your patient.

### Ordering the *My Care Kit*

Health professionals must enrol in the *My Care Kit* program to be able to order bras for their patients. Orders can be placed via BCNA's online health professional portal, then kits can be mailed directly to your patient or to the health professional to be passed on.

### Questions and feedback

Frequently asked questions are located towards the end of this document. Should you have any additional questions, please contact BCNA on **1800 500 258** or email [mycarekit@bcna.org.au](mailto:mycarekit@bcna.org.au).

We are committed to enhancing this service and welcome your feedback and comments.

### Getting started

To be able to order *My Care Kits*, health professionals must first enrol in the program. Visit BCNA's website [bcna.org.au](http://bcna.org.au) and navigate to our health professional section. Complete the registration form and click submit. A BCNA staff member will then be in touch to confirm your login details and provide further information about the program and our broader services.

If you have any questions or need assistance with getting started or placing orders, please email [mycarekit@bcna.org.au](mailto:mycarekit@bcna.org.au) or call **1800 500 258**.

## Fitting guidelines

### Guidelines for measuring and fitting *My Care Kit* bras

The *My Care Kit* bra and soft forms are designed for women to wear in the first three months after breast surgery. As the bra is not designed to be worn long term, the fit may not be as accurate as a bra that is designed for everyday wear.

Before you start measuring, please note the following:

- Bras worn over a long period of time may stretch to a larger size and lose their elasticity. It is therefore best to measure women to determine their *My Care Kit* bra size.
- Soft forms can be supplied in a *My Care Kit*, if required. There is a pocket in the *My Care Kit* bra where a soft form can be inserted into. The size of the soft form can be adjusted by removing filling.
- Each *My Care Kit* bra size has a corresponding soft form size. The size of the soft form is automatically selected when soft forms are added to an order.
- The *My Care Kit* bra is moulded in the cup. If the woman has a partial mastectomy, or lumpectomy, it could result in some puckering in the tip of the cup.

### Measuring someone for a *My Care Kit* bra

The following information is designed to help determine the most appropriate *My Care Kit* bra size for each person.

It is important to measure each person for an accurate bra size, rather than ask what size they currently wear. This minimises the risk of the bra being the wrong size and having to be exchanged – inconveniencing both you and your patient.

Tape measures can be helpful to determine the most appropriate bra size.

## Bra measurement guidelines

**Note:** The **underbust** is the area just under the natural fold between the breast and chest wall. The **overbust** is the fullest part of the breast, usually at the nipple line.

### Step 1

Measure the underbust to determine body size. The patient should be standing. The tape measure should be firm and snug, as the bra should be anchored firmly below the shoulder blades.

### Step 2

Measure the overbust to determine cup size. The tape measure should not be firm or tight, but comfortable.



Underbust



Overbust

### Step 3

Use Chart 1A or 1B to determine the bra size.

### Step 4

Use Chart 2 to check whether the person's size is available in the *My Care Kit* program and take note of what corresponding size soft form will be sent if required.

If the size measured isn't available, check Chart 3 to determine whether another corresponding size is available in the *My Care Kit* program.

## Example

- Using Chart 1A, if the underbust measures 80cm the person will be a size 14. If the overbust measures 97cm the person will be a C cup. Therefore, the person's regular bra size is 14C.
- Using Chart 2A, you can confirm that a size 14C is available through the *My Care Kit* program and that the corresponding soft form size is medium (if needed).
- If a size isn't available in the *My Care Kit* range, use Chart 3 to determine whether another corresponding size is available.

## Mastectomy measurement guidelines

### Step 1

Measure the underbust to determine the body size. The person should be standing. The tape measure should be firm and snug, as the bra should be anchored firmly below the shoulder blades.

### Step 2

Measure from the fullest part of the remaining breast, from the centre of the sternum to the centre of the spine. Then double the measurement to determine the overbust.



Underbust



Overbust

### Step 3

Use **Chart 1A** or **1B** to determine the person's bra size.

### Step 4

Use **Chart 2** to check whether the person's size is available in the *My Care Kit* program and take note of what corresponding size soft form will be sent if ordered.

If the size measured isn't available, check **Chart 3** to determine whether another corresponding size is available in the *My Care Kit* program.

## Chart 1A: Underbust and overbust measurements

(Please note: Sizes 26 and 28 are not currently available in the *My Care Kit* program)

Regular body size	10	12	14	16	18	20	22	24	26	28
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UNDERBUST measurements (in cm)										
	68-72	73-77	78-82	83-87	88-92	93-97	98-102	103-107	108-112	113-117

Cup sizes	OVERBUST measurements (in cm)									
<b>A</b>	82-84	87-89	92-94	97-99	102-104	107-109	112-114			
<b>B</b>	84-86	89-91	94-96	99-101	104-106	109-111	114-116	119-121	124-126	129-131
<b>C</b>	86-88	91-93	96-98	101-103	106-108	111-113	116-118	121-123	126-128	131-133
<b>D</b>	88-90	93-95	98-100	103-105	108-110	113-115	118-120	123-125	128-130	133-135
<b>DD</b>			100-102	105-107	110-112	115-117	120-122	123-127	130-132	135-137
<b>E</b>			102-104	107-109	112-114	117-119	122-124	127-129	132-134	137-139

## Chart 1B: Cup size alternatives

If over bust measures 13 cm difference more than body measurement = A CUP

If over bust measures 15 cm difference more than body measurement = B CUP

If over bust measures 17 cm difference more than body measurement = C CUP

If over bust measures 19 cm difference more than body measurement = D CUP

If over bust measures 21 cm difference more than body measurement = DD CUP

If over bust measures 23 cm difference more than body measurement = E CUP



## Chart 2A: Bra sizes and soft forms

Lists all bra sizes and matching soft forms available in *My Care Kit*

<b>Bra size</b>	10 B	10 C	10 D	10 DD
<b>Soft form</b>	Small	Small	Small	Medium

<b>Bra size</b>	12 B	12 C	12 D	12 DD	12 E
<b>Soft form</b>	Small	Medium	Medium	Large	Large

<b>Bra size</b>	14 B	14 C	14 D	14 DD	14 E
<b>Soft form</b>	Small	Medium	Medium	Large	Large

<b>Bra size</b>	16 B	16 C	16 D	16 DD	16 E
<b>Soft form</b>	Medium	Medium	Large	Large	X Large

<b>Bra size</b>	18 C	18 D	18 DD	18 E
<b>Soft form</b>	Large	Large	X Large	X Large

<b>Bra size</b>	20 C	20 D	20 DD	20 E
<b>Soft form</b>	Large	X Large	X Large	X Large

<b>Bra size</b>	22 C	22 D	22 DD
<b>Soft form</b>	Large	X Large	X Large

<b>Bra size</b>	24 D	24 DD
<b>Soft form</b>	X Large	X Large

### Chart 3: Bra size grading

If the *My Care Kit* bra size is not available in the woman's measured size, use this chart horizontally to see if there is another corresponding size available. Sizes shaded pink are available in the *My Care Kit* program. E.g. a **14 A** can also wear a **12 B** or **10 C**

10 AA								
12 AA	10 A							
14 AA	12 A	10 B						
	e.g. →	14 A	12 B	10 C	←			
			14 B	12 C	10 D			
			16 B	14 C	12 D	10 DD		
			18 B	16 C	14 D	12 DD	10 E	
				18 C	16 D	14 DD	12 E	10 F
				20 C	18 D	16 DD	14 E	12 F
					20 D	18 DD	16 E	14 F
					22 D	20 DD	18 E	16 F
					24 D	22 DD	20 E	18 F
						24 DD	22 E	20 F
							24 E	22 F
								24 F

## Bra size conversions

AUS/NZ	USA/UK	EUR	FRA
8	30	65	80
10	32	70	85
12	34	75	90
14	36	80	95
16	38	85	100
18	40	90	105
20	42	95	110
22	44	100	115
24	46	105	120

## Frequently asked questions

### What does the *My Care Kit* contain?

Each *My Care Kit* contains:

- a Berlei bra or \$70 Berlei online voucher
- soft form/s if required (maximum of 2)
- a booklet containing information about the *My Care Kit* bra, Berlei's post-surgery range, My Journey and a 50% discount code from Berlei
- Medicare External Breast Protheses Reimbursement Program flyer

### How do I order *My Care Kits* for my patients?

Visit [bcna.org.au](http://bcna.org.au) and navigate to the health professionals section. From here, select log in and enter your login details as provided to you. Proceed to complete the order form and once finished, select submit. You will receive a confirmation email confirming the details of the order.

### What are my login details?

Once enrolled in the program, you will be sent an email confirming your login details.

**User ID** - will be your first initial and surname e.g., Mary Smith's would be msmith

**Email** - will be your registered work email address

### What do I do if I forget my login details?

If you have forgotten your login details, please call **1800 500 258** or email [mycarekit@bcna.org.au](mailto:mycarekit@bcna.org.au).

### How many orders can I place?

Once enrolled in the program, you are entitled to order one *My Care Kit* for each patient who has had breast cancer surgery. However, if they have another surgery for a recurrence of breast cancer, they are entitled to a second *My Care Kit*. You will need to phone BCNA on 1800 500 258 or email [mycarekit@bcna.org.au](mailto:mycarekit@bcna.org.au) to do so.

### How long will it take to receive the *My Care Kit* after I place the order?

Orders typically take around 7 to 10 business days to arrive.

### Are soft forms included with every *My Care Kit*?

No. You must specify if soft forms are required (maximum of 2). An order for soft forms will depend on the surgery type.

### **Are My Care Kits sent directly to those who have had surgery for breast cancer?**

The *My Care Kit* can either be sent directly to your patient or sent to you to pass on to them.

### **Can people purchase additional Berlei bras?**

Yes. Additional post-surgery bras can be purchased via [Berlei's website](#) or through participating retail outlets across Australia. Stockists can be located either via [Berlei's website](#) or contacting their customer service team on **1800 269 561**.

Each *My Care Kit* contains a booklet, which includes a 50% discount code that can be used to purchase additional bras on [Berlei's website](#). This code is to be entered at the checkout by selecting 'promo code'.

### **What can I do if the My Care Kit arrives and the bra does not fit my patient?**

We offer a replacement service if the incorrect size has been ordered. Please call our **Helpline** on **1800 500 258** to request a different size. If you could kindly arrange or ask your patient to return the bra and/or soft forms to BCNA, including a note with their name and address details so we can process the exchange in our system.

Our address is:

**BCNA**  
**Level 1, 293 Camberwell Rd**  
**Camberwell, VIC, 3124**

### **What do I do if the bra size isn't available?**

If you have measured your patient for a bra size that isn't available in the *My Care Kit* program, refer to Chart 3: Bra size grading, to check if there is another corresponding size available as an alternative.

### **Who can I contact if I have any questions regarding the My Care Kit program?**

Email your enquiry to [mycarekit@bcna.org.au](mailto:mycarekit@bcna.org.au) or call our **Helpline** on **1800 500 258**.



[bcna.org.au](http://bcna.org.au)  
1800 500 258

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