



I have recently learned about the legend of the Amazons, a tribe of fierce warrior women who has captured the imaginations of people for centuries. From ancient Greek mythology to modern pop culture, the story of the Amazons has been retold and reimagined time and time again.

The Amazons were a mythical tribe of warrior women in ancient Greek mythology. They were horse-riding, spear-throwing, pants-wearing, fearsome female fighters who fought in battles. According to legend, they actually removed one of their breasts so that they could better fire their arrows!

This history lesson got me thinking of women in general and how we take to our own 'battle fields'. Some of us are courageous and powerful, while others are more subtle and strategic in our approach. Regardless of individual strengths and weaknesses, I think these Warrior Women provided an interesting perspective on the role of women in combat.

For some the term 'Warrior' can be a motivational rallying cry - a summons to gather the fortitude to face their diagnosis head-on. But for others, this language doesn't necessarily resonate or feel reflective of their experience.

And even if you are finished with active treatment, breast cancer will likely continue to be large part of your life. The appointments. The trauma. The fear of recurrence. The new sense of self.

I don't want anyone going through breast cancer diagnosis or treatment feeling like a cliché of hash tags or labels so today, I want to tell you that, gearing yourself up for any type of fight that isn't optional, makes you a Warrior!

BrEaST wishes,

Cindy Jacobs

Manager: Marketing/Fundraising & Events





Warrior Woman

A photoshoot in honour of those who journey or have journeyed through breast cancer treatment

Join the Breast Cancer Research Trust Warrior Woman photoshoot and allow 'Yes I Do Photography' to immortalise a moment in time so you can revisit feeling glamorous in a way that may have seemed impossible.

We will discuss your preferences and vision, ensuring a **tailor-made** photoshoot experience that reflects you to ensure the end result really references the feeling, emotion, vibe or atmosphere you want to capture. The 'Yes I Do' studio will allow a safe space for real emotions.

Each package comes with a **complimentary** makeup artistry to elegantly enhance your natural beauty as well as your choice of five digital photos. The post-production process includes careful editing and retouching, resulting in polished, natural-looking images.

Limited spaces available so don't delay in booking your slot by emailing Cindy.Jacobs@breastcancerresearch.org.nz

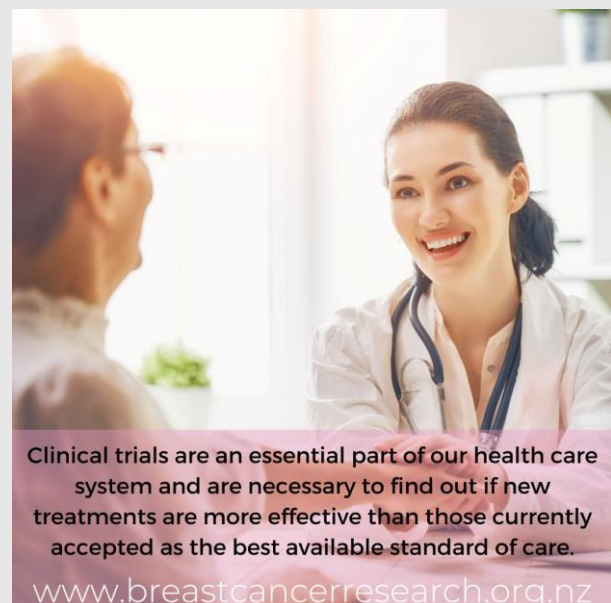
Saturday 23 September
Starts 9am

Yes I Do
Bridal & Photo Studio
109 Rostrevor Street
Hamilton

Single Package includes
makeup and five digital
images \$300



Clinical Trials Procedure



Clinical trials are an essential part of our health care system and are necessary to find out if new treatments are more effective than those currently accepted as the best available standard of care.

www.breastcancerresearch.org.nz

Clinical trials are an essential part of our health care system and are necessary to find out if new treatments are more effective than those currently accepted as the best available standard of care. All new breast cancer treatments must be thoroughly tested through the clinical trials process before they are made widely available to many people.

The guiding document for the conduct of a clinical trial is called a protocol.

Clinical trial protocols are written by experienced doctors, and a team of experts in breast cancer treatment, research and clinical trial coordination. The clinical trial protocol outlines the reason for doing a trial, who may participate, and the treatments and tests involved. The protocol must be approved by an independent panel of scientists, medical professional and consumers, called an Ethics Committee.

The progress of a clinical trial and the safety of clinical trial participants is carefully reviewed and monitored by an independent Data and Safety Monitoring Committee, and by the Ethics Committee who approved the clinical trial.

Before joining a clinical trial, potential participants must understand why the trial is being carried out, the potential risks and benefits, and what taking part involves. A written patient information sheet explaining the trial and participation is also provided. The doctor and the potential participant must be satisfied that all information about the clinical trial is understood by the participant, before a consent form is signed by both parties.

If you would like to participate in a breast cancer clinical trial, you can ask your treating surgeon or oncologist if there are any clinical trials available for your type of breast cancer. For information about breast cancer trials currently being carried out in the Waikato visit our website or for information about trials carried out in NZ, visit the Australia New Zealand Clinical Trials Registry website at www.anzctr.org.au or on the Breast Cancer Trials website at breastcancertrials.org.au/current-clinical-trials.



**BREAST CANCER
RESEARCH TRUST**

PINK WALK & RUN

26 OCTOBER 2023

HAMILTON LAKE, INNES COMMON

Entertainment from 4.30pm | Walk/Run from 5.45pm

Pink Walk distance: 1 lap | Run distance: 1.5 laps

Wear your **BREAST pink** or **yellow** finery to support breast cancer awareness.
Prizes for BEST dressed individuals, BEST dressed group & BEST dressed pooch.

ENTER NOW!

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Welcome Paul Ellice



It is with sincere pleasure that we welcome new Breast Cancer Research Trust Trustee, Paul Ellice.

Paul has been a lawyer for approximately 35 years. During this time, he has served on various committees both within the Law Society and outside it. He is presently on the Law Society committee which determines if people can enter practice on their own account.

Breast cancer research is important to him personally because of his family history. The latest event being his sister having had breast cancer with full reconstructive surgery. Paul has three daughters and would like to assist in any way he can to further the research of breast cancer.

Welcome Paul! We are grateful to have you as part of the team.



A HUGE thank you to Heather Flay and Jeanne van der Merwe who took on the Kirikiriroa Marathon in benefit of the Breast Cancer Research Trust.

Thank you for accompanying miles with laughter, joy and purpose.

We would also like to take this opportunity to thank the Kirikiriroa Marathon, Hamilton race directors for pouring themselves into the race, keeping everyone safe and happy. We are grateful for your support.

And, last but not least, thank you to our amazing volunteers whose excellence drives our success.

The marathon may have come and gone but we are still running the race against fighting breast cancer. Run alongside us by making a donation today!

[CLICK HERE TO DONATE NOW!](#)

The Journey

A poem by Lynda Joy King

The Journey Results today.
The woman waits.
Should I approach? I hesitate.
The fear, the hope, it fills the space.
Although she smiles, I've seen her face.

The surgeon's here, he won't be long.
She came alone. So brave, so strong.

So now she knows, she drops the mask.
How can I tell my kids she asks.
I feel the tears in my own eyes.
A mother too, I empathise.

But words are never quite enough.
On days like this, when life gets tough.
So take my hand, and squeeze it tight,
Together we take on the fight.

And so begins the journey.

In 2017 Lynda was working as a breast screening nurse for Northland when she saw an advertisement for nurses to submit poems relating to their work. Her poem was selected and published in their book: "Listening with my heart, poems by New Zealand nurses".

"Every woman I saw through the clinic affected me deeply and their bravery and strength was my motivation to write it".

The poem hangs in the radiologist's office at the breast clinic in Whangarei.

Thank you for allowing us the opportunity to share your poem, Lynda.

GIVE BEYOND YOUR LIFETIME

Research saves lives. Please consider leaving
a gift in your Will to the
Breast Cancer Research Trust.

Visit our website at
www.breastcancerresearch.org.nz
or email us on
admin@breastcancerresearch.org.nz



**Breast Cancer
Research Trust**
Gaining Knowledge. Saving Lives.



A gift in your will to the Breast Cancer Research Trust will make a difference to lives now, and in the years ahead. It's a way to give beyond your lifetime and make a lasting contribution towards the fight against breast cancer.

Research is the best weapon we have to help fight a disease that affects over 3000 women in New Zealand every year; a disease that causes over 600 women to die every year.

Clinical trials help us to bring the very best treatments and outcomes to patients who have their lives and families/whānau disrupted by this challenging and sometimes incurable disease.

Visit our website or email us for more information on how you can join the circle of Gaining Knowledge and Saving Lives.



**Breast Cancer
Research Trust**

Gaining Knowledge. Saving Lives.

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