



BREAST CANCER RESEARCH TRUST

BrEaST *Bulletin*

September 2023

Dear Cindy,

Having been outside in my garden this past weekend in which the cherry trees' blossoms are in full bloom, the fuchsias are emerging, and everything seemingly wherever I look begins to 'bloom' ever so gradually, I started to ponder on the permanence of everything.

Every *thing* has its moment and withers away, but then again if every thing is in a constant state of change, then there must be an essential connection that underlies all things. Eternity!

Spring is a time for new beginnings, growth, and renewal so as we see all of the spring awesomeness that surrounds us in the current moment, may spring plant peace in your soul, and every step you take. Let yourself be moved by the stillness of simple things and find ways to celebrate connections to every season. It might just wake you up to the flowers that haven't even bloomed yet, and life may become sweeter beyond your imagination.

Let yourself bloom this spring and sign up for our Warrior Woman photoshoot. A tailor-made photoshoot experience in honour of those who have journeyed through a breast cancer diagnosis. The package is amazing and ALL proceeds will be donated to the Breast Cancer Research Trust. Limited spaces available so put a spring in your step!



"...the winter is past, the rain is over and gone; the flowers appear on the earth; the time of singing has come, and the voice of the turtledove is heard in our land."

BrEaST wishes,

Cindy Jacobs

Manager: Marketing/Fundraising & Events



Warrior Woman

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

A tailor-made photoshoot experience that reflects your preferences and vision to ensure an end result that capture your feelings, vibe and atmosphere.

Package:

- Complimentary makeup artistry and hair styling.
- Ball gowns/evening dresses to hire at a discounted rate.
- Light finger food
- Five edited photos in digital form (options to add/print).
- Packages at \$300.

Saturday 23 September, 9am at 109 Rostrevor Street, Hamilton.

[CLICK HERE TO SIGN UP FOR WARRIOR WOMAN!](#)

Ten-year outcome results in the Sentinel Node biopsy versus Axillary Clearance Part 1 (SNAC1) clinical trial

Ten year outcome results in the Sentinel Node biopsy versus Axillary Clearance Part 1 (SNAC1) clinical trial were published in the international medical journal "The Breast" on 23rd June, 2023. Lead author is Dr Ian Campbell, Breast Surgeon (and BCRT Chair), and SNAC1 Lead Investigator for Waikato Hospital, Hamilton.

Whether or not cancer has spread to the axilla lymph nodes remains the single most important indicator of outcome for women diagnosed with breast cancer, and helps predict the need for further treatment, such as chemotherapy and radiotherapy. Up until the early 2000's axillary node status was determined by surgical removal of most of the lymph nodes being removed, called axillary clearance, or dissection. This operation may lead to arm swelling (lymphoedema), pain, some loss of skin sensation, or shoulder stiffness.

In 2001 Breast Surgeons in Australia and New Zealand began introducing sentinel node biopsy; removal of a small number of armpit lymph nodes most closely related to the breast cancer. The introduction of this lesser surgery was through participation in the Royal Australasian College of Surgeons “SNAC1 trial”.

Sentinel node-based management (SNBM) results in fewer side effects than axillary clearance. However, with sentinel node biopsy, there is the risk of not removing an axilla lymph node with cancer spread, thus leading to a small increased risk of cancer return/recurrence in the axilla.

Ten-year follow-up of the 1080 ANZ women participating in the SNAC1 trial showed that axillary recurrence is low in women meeting the SNAC1 eligibility criteria; including mainly good outlook biology and unifocal cancers; but was more frequent with SNBM (1.85%) compared to those women who underwent axillary clearance (0.37%).

The ten-year results confirm that SNBM should remain the treatment of choice in this lower risk group of women and is now the international standard of care in the surgical treatment of early breast cancer. However, for those with higher risk breast cancers, further study is needed because the frequency of axillary recurrence might alter the choice of axillary surgery for these women.

We acknowledge the 1080 women who participated in the SNAC1 trial, including the 70 women from the Waikato Hospital centre.

Reference:

10-Year axillary recurrence in the RACS SNAC1 randomised trial of sentinel lymph node-based management versus routine axillary lymph node dissection Ian Campbell, Neil Wetzig, Owen Ung, David Espinoza, Gelareh Farshid, John Collins, James Kollias, Val GebSKI, Rebecca Mister, R. John Simes, Martin R. Stockler, Grantley Gill. *The Breast*. 2023 Aug;70:70-75. doi: 10.1016/j.breast. 2023.06.009. Epub 2023 Jun 23.



26 OCTOBER 2023

HAMILTON LAKE, INNES COMMON

Entertainment from 4.30pm | Walk/Run from 5.45pm

Pink Walk distance: 3.8km | Run distance: 5km

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!
WWW.PINKWALK.CO.NZ



**Braemar
Hospital**
Your choice for excellence

**THE BRAND
MAKERS**
thebrandmakers.co.nz

WAIKATO 99.4FM
THE BREEZE

SB!
Productions

GLOBOX®



[CLICK HERE TO ENTER THE PINK WALK & RUN 2023](#)

g Fling Sale



Huge spring fling sale on now at the Op Shop for Breast Cancer and Op Shop Pop Up for Breast Cancer.

Both conveniently situated at 750 Victoria Street in Hamilton CBD with ample parking and friendly volunteers.

SHOP. DONATE and SAVE LIVES!

[CLICK HERE TO VISIT THE OP SHOP POP UP FACEBOOK PAGE](#)



A touch of PINK makes all the difference in raising awareness and FUNds for breast cancer. So let your PINK out this October and PINKAFY your event in benefit of the Breast Cancer Research Trust.

Your donation helps us save lives, improve outcomes and the quality of life for those diagnosed with breast cancer.

Research is the best weapon we have to fight breast cancer. By providing women with access to clinical trials, we can advance our knowledge of breast cancer, discover best-practice treatments, and get patients the outcomes they so desperately hope for.

Stuck for ideas? Don't be! A FUNdraiser can be something as simple as a BrEaST Friends Brunch or a Boobie Book Club, the possibilities are endless, and we are happy to assist.

PK about it!

[CLICK HERE TO EMAIL US AND LET US HELP YOU PINK ABOUT IT](#)



Breast Cancer
Research Trust
Gaining Knowledge. Saving Lives.

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