

# Breast News

DECEMBER 2022



## KIA KAHA - STAY STRONG

I'm always inspired by the "big" holiday season. I can't get enough of the beautiful lights, gorgeous decorations, amazing food.

No matter which holidays we celebrate let's think about those for whom this time of year may be difficult: for those who are ill, on their own, or new immigrants to our country. Let's share kindness and care with everyone we encounter this month as someone may silently draw strength from us.

This holiday season, the BCRT team celebrate you and everything you have done to help us gain knowledge and save lives through breast cancer research. Thank you for your support, whether it be a donation, volunteering or attending an event! Without your support, our research achievements wouldn't be possible.

We wish you a happy and safe festive season and a new year filled with love, laughter and precious memories.

**Best wishes,**

**Cindy Jacobs (Manager: Fundraising/Marketing & Events) and the BCRT Team**

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# Progress

## PROGRESS MADE IN TREATMENT OF ADVANCED BREAST CANCER

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Prior to the early 2000s women diagnosed with advanced breast cancer (also known as metastatic, incurable or Stage IV breast cancer) did not live for very long. Nowadays, with modern targeted and novel drug treatments, women diagnosed with advanced breast cancer (ABC) not uncommonly live for more than 10 years and have more time with loved ones. One of these cases is a Waikato woman taking part in a novel (P13 kinase inhibitor) drug trial resulting in her going into remission for six years. Whilst ABC remains an incurable disease, these are huge advances, and we are on the cusp of finding a cure for some women with advanced disease. Leading this work in the Waikato is Dr Marion Kuper (Medical Oncologist & BCRT Trustee).

Over the past several years Marion has chaired a group of breast cancer specialist doctors and nurses to develop the “2nd New Zealand Consensus Guidelines for Advanced Breast Cancer”. This guidelines document will be a framework for doctors, government health organisations, and ABC patients.

The aim of these guidelines is to provide the best care to all patients with ABC in NZ, with equity of access, regardless of their ethnicity and location of residence.

These guidelines were released on Metastatic (advanced) Breast Cancer Awareness day, 13 October.

# 60th PATIENT ENROLLED IN ABCpro STUDY

Dr Marion Kuper has partnered with colleagues from Breast Cancer Foundation NZ to develop an electronic patient reported outcomes (PRO) study. BCRT Research Nurse Jenni Scarlet is the Study Coordinator.

This new “ABCpro service” involves women with advanced breast cancer (ABC) completing weekly online surveys about common symptoms of ABC and side effects associated with treatments. The survey responses are then sent to an ABC nurse who uses the responses to assist patients to better manage symptoms and side effects from home, in between regular clinic visits. If the symptoms are severe enough, or require further investigation, they are also brought to the attention of the treating clinicians.

Waikato Hospital site will enrol 80 women with ABC in this study. There are two other ABCpro study sites in Wellington (Bowen Icon Cancer Centre) and Sydney (Mater Hospital).

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**ABCpro study participant Huia says the study has provided her with a sense of support and peace of mind.**

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She says; “For me, being a participant in the ABC study meant that I was going to receive extra immediate care and support. It feels like a wrap-around service. I’ve built a really good rapport with my nurse, which has been great.”

Huia speaks of the important role the regular surveys have played in helping her monitor and manage her symptoms and side effects. She adds, “Any work that the Breast Cancer Research Trust does that is going to give women and/or men longevity and quality of life living with an incurable disease is certainly well worth supporting.”





# FUNDRAISING HIGHLIGHTS



## 21ST COCKTAIL EVENT

On 18 August, the Breast Cancer Research Trust (BCRT) held a cocktail fundraising event to celebrate 21 years of research achievements. Having had to postpone the event twice because of Covid19 restrictions, it was highly anticipated.

The Gallagher Performing Arts Centre saw over 250 people kitted out in 1920s inspired fashion to enjoy an evening of glitz and glam.

One of the achievements celebrated was our original Waikato Breast Cancer Register becoming part of the Breast Cancer Foundation National Register (BCFNR). New Zealand now has a truly National Breast Cancer Register with the BCRT team entering data from all of the central North Island regions. Data from the BCFNR is used to guide service planning, and enable audits of breast cancer care and treatment. The

BCFNR “30,000 Voices” report released earlier this year shows that death rates from breast cancer have halved in the past 20 years, and women newly diagnosed with breast cancer have a better than 93% chance of being alive in five years’ time.

Over the past (now) 22 years, our research achievements have included better drug treatments such as chemotherapy, hormonal therapies and immunotherapy; improvements in radiotherapy; the development of sentinel node surgical techniques instead of axillary dissection; and reducing treatment side effects and improving quality of life.

Through generous giving from supporters, the BCRT were able to raise just over \$70,000 of vital funds needed for clinical trials costing in excess of \$200,000 each.

As breast cancer remains the most common cancer in women, research is the best weapon we have to fight it. Your support is essential to our achievements so we call on the eagerness you have to support our endeavors by considering supporting us.



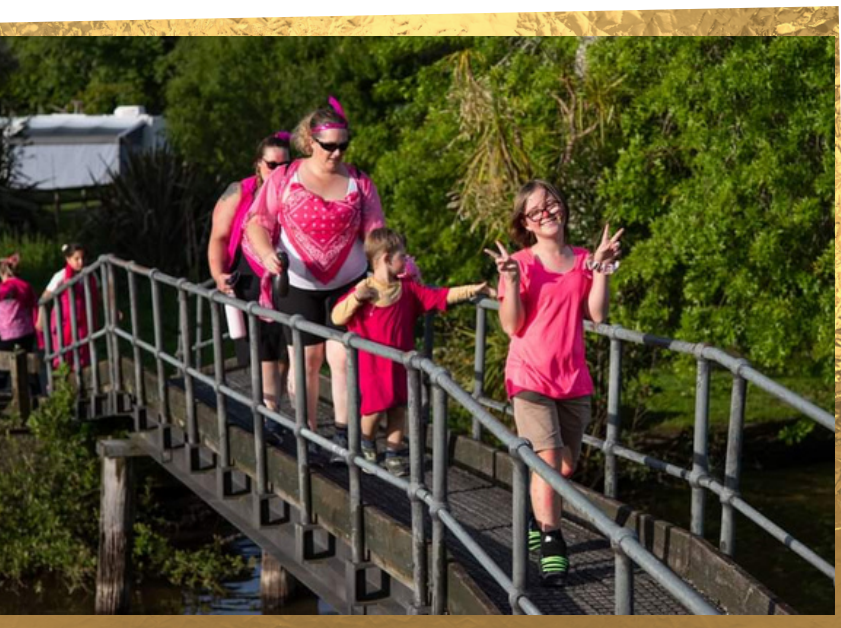


## PINK WALK & RUN 2022

We were blessed with a beautiful sunny evening for the Pink Walk & Run held on Thursday 27 October at Innes Common, Hamilton Lake.

More than 800 walkers and runners participated in a very successful event, which raised breast cancer awareness and vital funds for research.

Because of your generosity we were able to set a new record with just over \$26,000 raised!



## PINK WALK PUTARURU

Thank you to everyone who supported the Putaruru Pink Walk held on 28 October and to Pride In Putaruru for hosting this event in your town.



## PINK WALK HUNTLY

The Pink Walk Huntly was held on 7 November.

Thank you to the Huntly Ladies Allsortz for their efforts with organising the Huntly Pink Walk in benefit of the BCRT and to the Huntly community for your support. It was a beautiful evening walking around Lake Hakanoa.

*Would you like to host a  
Pink Walk in your town?  
Get in touch!*

[admin@breastcancerresearch.org.nz](mailto:admin@breastcancerresearch.org.nz)





## BEST IN BREAST CARE CONFERENCE HELD 11 NOVEMBER IN HAMILTON

The Best in Breast Care Conference is held every second year and attended by health professionals and allied health professionals who is working in breast screening or with breast cancer patients.

Huge thanks goes to our speakers who generously shared their professional and personal knowledge and experiences on current management, care and treatment of those diagnosed with early and advanced breast cancer. Our speakers made this an informative day for 165 delegates.

## OP SHOP FOR BREAST CANCER RECEIVES PUBLIC GOOD AWARD

In October the Op Shop for Breast Cancer was recognised by Hamilton Central - Love the Centre and awarded runner-up in the Public Good category for the 2022 Hamilton CBD awards.

We are thrilled with this accolade for our beautiful shop in the Hamilton CBD and thank all volunteers and customers for their continuing support of our award-winning store.



*Op Shop for Breast Cancer*  
**FOR CHRISTMAS GIFTS THAT GIVE TWICE**

750 VICTORIA STREET, HAMILTON  
OPEN MONDAYS TO SATURDAYS 10AM TO 2PM



**NATIONAL EQUESTRIAN CENTRE  
ELITE FUNDRAISING  
LUNCHEON**



**Saturday 1 April 2023, 12pm  
National Equestrian Centre, Taupo  
\$150 per person**

Enjoy the most prestigious indoor showjumping event held in  
New Zealand.

Your unparalleled experience will start with champagne and canapés, followed by a two course luncheon. A well stocked cash bar will ensure a selection to delight all palates while being entertained by guest speaker, Simon Gault, celebrity chef, entrepreneur, food writer and television personality.

All proceeds from this event will be donated to the Breast Cancer Research Trust to enable gaining knowledge and saving lives through evidence-based breast cancer research

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## SUPPORT OUR SUPPORTERS



### TAR'S CANDLE CO

Tar's hand poured candles are made with 100% Pure Coconut wax. They are scented with exquisite fragrances, blends and essential oils, produced within New Zealand.

Tar's Candle Co donates \$1.00 per candle (over 100 gram) and .50c per candle (under 100gram) to the BCRT.

[www.tarscandleco.co.nz](http://www.tarscandleco.co.nz)

### SERENITY FLOAT & MASSAGE

Your sanctuary for deep relaxation awaits. A relaxing experience for the body, mind, & soul can be found at Serenity Float & Massage on Grey Street in Hamilton.

Serenity provides a discount of \$15 off infrared, floats and sauna sessions. Please use the code **SUPPORTBCRT** when making a booking.

[www.float.clinic](http://www.float.clinic)



### CAN DO CLOTHING

The Can Do garment range has been created to give cancer patients (and others undergoing infusion treatments) clothing that maintains their dignity during their treatment.

Can Do Clothing will provide funding to the Trust from a proportion of profit on sales.

[www.can-do-clothing.com](http://www.can-do-clothing.com)







# THANK YOU!

Breast cancer changes forever the lives of the patient and those around them.

Because of your support we are enabled to gain knowledge, save lives, improve outcomes and the quality of life for those diagnosed with breast cancer.

Neither Te Whatu Ora Waikato nor the BCRT receives formal government funding for research and therefore it is due to the generosity of our community that our work is possible. For that, along with the willingness of all those women who participate in our trials, we are most truly humbled and grateful. Thank you!

AKI-innovations	For Keeps	Malcolm Murder Mysteries	Specsavers
Allied Security	Freelunch Street Theatre Company Ltd	Mary Martin	Sun Salute Yoga Centre
Amazing Grace	Gallagher	Millenium Insurance Group Ltd	Tantalus Estate
Anglesea Women's Health Breastcare Centre	Ghost Donkey	Morph Hair	Tar's Candle Co
Antria Boutique Lodge	Globox	Mr Pickles	Tautoko NZ
APL Window Solutions	Graham Brown & Co	Mr. Whippy	Te Kohao Health
Ara Yoga	Grassroots	New World Hillcrest	The Alpino Cambridge
Babich Wines	Greenlane Dental Institute	Ngaruawahia Golf Club Inc	The Breeze Waikato 99.4FM
Bach Boy Charlie	Ha Habit	No 1 Family Estate	The Event Company
Barkley Dog Accessories	Hamilton City Council	Nourish Magazine	The French Villa
BCRFT Staff	Hamilton Roadrunners	NV Hair	The Helm Bar and Kitchen
BCRT Trustees	Harcourts	NZ Cherry Blossom Festival	The Ironclad Company
Bellamy's Restaurant	Heart and Soul Photography	NZ Life and Leisure Magazine	The Lawrenson Group
Bernie Kirkham	Hon. David Bennett	NZME	The Nuffle Shop
Body Café	Hon. Louise Upston	Onyx Restaurant	The Ponzi Room
Bohokiwi	Hot Gossip Bra Shop	Op Shop for Breast Cancer	The Rich Coffee Café
Bootleg Brewery	Hot Shots	PaknSave Te Awamutu	Theo de Leeuw
Braemar Hospital	Huntly Allsortz Ladies	PlaceMakers	Thistle & Tig
BrainChild	Inflatable World - Hamilton	Precious Metals	Three Streams Raglan Retreat
Brian Perry Charitable Trust	Inspirit Studio & Gallery	Pride In Putaruru	Thyme Restaurant
Brighter Stitch	Intimo Bras and Briefs	Prime Systems	Tieke Golf Estate
Cambell Scott - Harcourts Auctioneer	Jenny Smith	PrintRun NZ	TR Group
Can Do Clothing	Jet Park Hotel	Pukehina Retreat	True Clothing & Homewares
Centre Place Shopping Centre	Jeunesse Medspa	Punnet Eatery	Tuwalu
Columbus Coffee	Juice Plus +	Quinn Clothing	Unity Books - Auckland
Cornerstone Alpaca Stud	Juli Hunter	Red Events.co.nz	Vege King
Design Depot	Jumble Around	Renew	Volunteers
Diego & Co	Kaz Design	Roche	Wai Taiko Drummers
Direct Group Uniforms	Kirsty Jane Designs	Rock-It Kitchen Raglan	Waikato Bay of Plenty Magic
Duck Island Ice Cream	Lance McCaughan Photography	Sanctuary Mountain	Waikato Business News
East Hamilton Lion's Club	Laylan Platters & Graze	Saxon & Parole	Waikato Times
Ebbett Audi	Lesleigh Bryers	SBI Productions	Waikato Treasure Chests
Ellice Tanner Hart	Lipkety Sip	Serenity Float & Massage	Warm and Cosy Knits
Enchanted Entertainment NZ	Look Good Feel Better	Shannon Cleave	Wonder Horse
Extreme Edge Rock Climbing - Hamilton	Lush Bites	South City Pharmacy	Zealong Tea