



BrEaST Bulletin

February 2023

Did you know, every day, more than ONE Waikato woman will be diagnosed with breast cancer and every day, TEN NZ women will be diagnosed with breast cancer?

Research is the best weapon we have to fight breast cancer. By providing wāhine/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.

Let's come together with ONE HEART, one mind and one purpose this February and unite to gain knowledge and save lives.

[Visit our website](#) today to unite with us and join our circle of gaining knowledge and saving lives.

Because of the Love you show us, we are enabled to hold lives together through evidence-based research.

From the bottom of our hearts, Thank you!

Best wishes,

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



When it comes to **BREAST CANCER SYMPTOMS** and **SIGNS** of the disease, you are looking for more than just a lump.

Symptoms to look out for include:

- A lump or unusual thickening in the breast or underarm area
- A change in colour or rash on the skin of the breast
- Unusual nipple discharge
- Swelling of all or part of the breast
- A change in size or shape of the breast
- Itchy, sore or scaling of the nipple
- Dimpling on breast skin or nipple turning inward
- Breast or nipple pain that does not go away

It is important to get familiar with your breasts and aware of the signs and symptoms. Tell your doctor right away if you notice any changes in your breast.



Ballygelvar and the Breast Cancer Research Trust will be joining forces to host the **National Equestrian Centre Elite Fundraising Luncheon**.

With celebrity chef and food writer Simon Gault as guest speaker and a fashion show showcasing the equestrian brand Cavalleria Toscana, guests will be saddled up and transported to an unforgettable elevated experience on the 1st of April 2023 starting with champagne and canapes followed by a two course luncheon.

All proceeds of this event will be donated to the Breast Cancer Research.

We invite you to consider coming along for the ride and playing your part in changing lives affected by breast cancer.

[**CLICK HERE TO GET YOUR TICKETS NOW**](#)



**Breast Cancer
Research Trust**

Gaining Knowledge. Saving Lives.

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