



Six months after receiving a clear mammogram, Lisa felt a lump in her breast. After getting the lump checked by a doctor, and undergoing further scans, Lisa was diagnosed with triple negative breast cancer, a less common and more aggressive form of breast cancer. She was 49 years old.



“Two of my aunties and a cousin have had breast cancer before, so it didn’t come as a complete shock. I think everything happens for a reason.

“It was a wake-up call and I knew I had to make some changes in my life.”

Lisa’s naturally positive attitude meant she focused on controlling what she could control. She took a holistic approach, working on both her physical and mental health. Lisa changed her diet, started implementing positive affirmations into her day and kept working hard at the gym.

“If life’s not going to challenge you, it’s not going to change you. Change can be for the best.”

When Medical Oncologist and Breast Cancer Research Trust board member, Dr Marion Kuper approached Lisa about participating in the NEON clinical trial, she was immediately open to the idea.

“I had nothing to lose.”

As a mother of three daughters, and a grandmother to twin girls, Lisa made sure to undergo genetic testing, which came back clear. The journey has brought an already tight knit family, even closer together. Participating in the clinical trial meant Lisa could contribute to improving the outcomes for future generations of women who are diagnosed with breast cancer.

As a participant in the clinical trial, Lisa felt taken care of through a personalised approach and supported by all of the medical team involved in her journey.

“I got treated really well. All of the nurses were awesome and they made sure things happened when they needed to. They took great care of me.”

Lisa’s results speak for themselves. Following surgery, examination of tissue showed there were no remaining cancer cells. She now has a new lease on life after realising how fast it can be taken away.

“Women, especially Māori women with big whānau, are so quick to care for others before we care about ourselves. It is our own responsibility to take care of our own health.”

Lisa knows that these kinds of improvements to breast cancer treatments and outcomes need research to continue.

“If things can be improved on, they should be. And that requires research. It is so important that the research continues, so the lives of women with breast cancer in the future can be improved.”

Throughout 2022, your support to the BCRT have enabled us to meet our vision **Gaining Knowledge, Saving Lives** and help countless women like Lisa.

Our research team works collaboratively with international and local research groups and with trials costing in excess of \$200,000 each, we depend on your support to improve outcomes and the quality of life for those diagnosed with breast cancer.

In this celebratory time of the New Year, we look back upon 2022 with gratitude for you and the difference you've made in ensuring the Trust remains at the forefront of international breast cancer research. Let's look forward to an exciting 2023!

Best wishes,

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



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

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