

BREAST CANCER RESEARCH TRUST

BrEaST *Bulletin*

October 2023

For nearly four decades now, the world has recognized October as National Breast Cancer Awareness Month. It is a time annually devoted to increase awareness of the disease and raise funds for research into its cause, prevention, diagnosis, treatment, and cure.

Breast Cancer Awareness Month was founded in 1985 in partnership between the American Cancer Society and the pharmaceutical division of Imperial Chemical Industries (now part of AstraZeneca, producer of several anti-breast cancer drugs).

Early detection and effective treatment are critical to reducing breast cancer deaths so it important to:

- Know your risks
- Get Screened
- Know your normal
- Make healthy lifestyle choices
- Take action

The aim from the start has been to promote mammography as the most effective weapon in the fight against breast cancer and this remains the aim till this day.

The Breast Cancer Research Trust approach is rooted in the power of knowledge, and our mission is to save lives through evidence-based and patient-focused research.



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.

Together, we can end breast cancer by supporting those in need today while tirelessly searching for tomorrow's cures.

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. Get in touch and let us help you **PINK** about it!

BrEaST wishes,

Cindy Jacobs

Manager: Marketing/Fundraising & Events

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SAVING LIVES](#)



Ten-year outcome results in the Sentinel Node Biopsy Versus Axillary clearance Part 1 (SNAC!) 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.

or Woman



When a woman hears the words, "you have breast cancer" she is forever changed. She now inhabits the world of the sick rather than the world of the healthy. She learns about the disease and the myriad of treatments, all of which invade her body and sense of well-being in a very basic way. Doctors talk to her about recurrence rates and risks versus benefits, but they don't tell her how she is going to feel and look. How she is going to go on with her life once they have all left.

A group of passionate ladies got together on Saturday 23 September in honour of these Warrior Woman and gave their time and expertise freely to immortalise a moment in time so these warrior women, who have gone or are still going through breast cancer treatment, could feel glamorous in a way that may have seemed impossible.

To all the Warrior Woman, although your bodies might not be the same as it was before, they are a testament to the beauty of the human spirit and the female form. Thank you for those who joined the Warrior Woman photoshoot as well as those who continue to fight!

ALL proceeds of the Warrior Woman FUNdraiser were donated to the Breast Cancer Research Trust!

*A special thank you to our valued supporters and sponsors:
Yes I Do Bridal & Photo Studio - dress hire and photographers
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**BREAST CANCER
RESEARCH TRUST**

**PINK WALK
& RUN**

**A family event won't be
complete without the fur kids,
so bring them along!**

**PRIZE FOR
BEST DRESSED DOG**



bring a lot of joy to our lives. From cuddles on the couch to the funny photos we capture – our fur babies are as much part of the family as anyone else.

Pink Walk & Run will be held at Innes Common, Hamilton Lake on 26 October and welcomes paw-rents to bring their fur babies and there is even a prize category for the best dressed dog.

event is suitable for all ages and capabilities, with options to walk 3.8km around Hamilton Lake or run 5km around the Lake and Innes Common.

Registration from 4.30pm / Run or walk from 5.30pm

After the finish line and hang around for a sausage sizzle (proudly provided by Braemar Hospital), a Shot Coffee hot drink or an ice-cream by Mr. Whippy.

Another reason to enter now and support breast cancer awareness and research!

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

Why I support Breast Cancer Research Trials



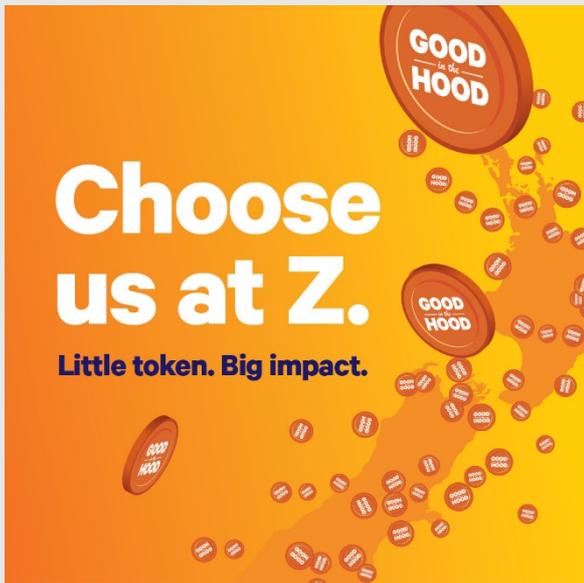
Jenni Scarlet, Research Nurse for the Breast Cancer Research Trust was interviewed by Breast Cancer Trials.

Jenni has been a Research Nurse for more than 25 years and has seen the impact of breast cancer clinical trials research on the lives of many patients.

We share a copy of the interview so she can share with you why she supports breast cancer trials.

[CLICK HERE TO VIEW THE VIDEO](#)

Z Good In The Hood



Head along to Z Kahikatea Drive in Hamilton and support us through Z's Good in the Hood campaign.

If you're grabbing fuel at Z Kahikatea Drive, you have the opportunity to support our work in the local community by placing your orange token into the Breast Cancer Research Trust box.

So, use your little orange token to make a BIG pink impact between 23 September and 26 October!



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

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