



BREAST CANCER RESEARCH TRUST

BrEaST *Bulletin*

May 2024

On 20 May we celebrate international clinical trials day. Throughout my life and nursing career I have seen the progress made in breast cancer treatment and care, thanks to clinical trials.

In the late 1950s my grandmother's breast cancer was treated with a radical mastectomy, which removed chest wall muscles under the breast. She also received the radiotherapy of the era. Her treatment left her terribly disfigured. In the early 1980s when my mother was treated for breast cancer, the only option for surgery was a "simple" mastectomy and axillary node dissection. This was still a radical surgery. My mother received the chemotherapy available in the 1980s, but there were limited drug treatments available then.

When I began working as an Oncology nurse in the mid-1980s, a diagnosis of advanced (also known as metastatic, secondary, or incurable) breast cancer meant a woman didn't live for very long.

Two landmark trials in the 1980s (from Italy and America) proved breast conserving surgery (lumpectomy) followed by breast radiotherapy was just as effective as mastectomy. Since then, many clinical trials have led to further advancements, including mammography and screening for early detection, better chemotherapy and hormonal drug treatments, improvements in radiotherapy, sentinel node surgical techniques instead of axillary dissection.

New drug therapies have also meant reduced treatment side effects and improved quality of life. For women diagnosed with advanced breast cancer, new drug treatments now extend lives for years and allow more time with loved ones.

Clinical trials continue to individualise treatments to the specific features of each different type of breast cancer. For example, drug treatments are becoming more targeted to specific growth factors of a tumour. As technology develops there are specialised laboratory tests which can examine multiple aspects of a tumour. The results of these tests will help guide oncology doctors to select future patients who will or won't benefit from treatments such as chemotherapy and radiotherapy.

Today women have personalised care, ever-improving treatment options and increased survival rates, thanks to the courageous women who participated in national and international clinical trials. I encourage you to support women participating in clinical trials by becoming involved in our fundraising activities – by volunteering, attending an event, donating or by hosting a pink-themed fundraiser for the Breast Cancer Research Trust.

On 12 May we celebrate Mothers' day. Mothers hold whānau together. The diagnosis and/or loss of a mother to breast cancer has a ripple effect on her life partner, children and wider whānau. We must keep researching to hold lives and families together.



Over May, besides acknowledging the progress made through clinical trials research, make sure you celebrate the mothers in your life!

Ngā mihi nui

Jenni Scarlet

BCRT Secretary & Breast Cancer Research Nurse

On behalf of the BCRT team

Support breakthroughs in breast cancer research this May

Support the forefront of breast cancer research by contributing to our cause. Your donation can make a real difference. Visit our website to donate online, or join us at Chartwell Shopping Centre from May 20th to 24th for our bucket collection event. Look out for our volunteers outside the Coffee Club café.

Your contribution to the Breast Cancer Research Trust's annual appeal is more than a donation—it's a lifeline that helps sustain our position at the forefront of international research.

As we observe **International Clinical Trials Day** on May 20th, we honour the importance of clinical research in enhancing patient care. Your generosity helps these efforts, paving the way for new discoveries and improved treatments.

Together, let's make a tangible impact. Your support is vital.

[Click here to donate now and make a difference](#)



Fundraise for breast cancer!

Host a pink-themed fundraiser to support the Breast Cancer Research Trust. Popular days are:

- During the month of May in celebration of Mother's Day (12th) or International Clinical Trials Day (20th)
- October which is breast cancer awareness month
- or anytime is a good time to raise awareness!

Your support enables the Trust to remain at the forefront of international breast cancer research.

We'd love to hear about your creative ideas and plans for fundraising! [Click here to contact us via email](#)



Happy Mothers' Day to all the incredible women out there!

Whether you're a mother, grandmother, sister, aunt, or friend, your love, strength, and resilience make the world a better place.

May you be celebrated today and every day for the remarkable impact you have on our lives.

Are you still looking for the perfect Mothers' Day gift?

Give the gift of endless experiences with an Entertainment Membership, filled with thousands of exclusive offers perfect for spending quality time with loved ones.

For a limited time, receive additional value with a bonus eGift Card of up to \$40 when you purchase a Membership. Not only will you be supporting our fundraising cause with 20% of your Membership cost, but mum will also receive a bonus \$40 e-gift card with your purchase!

Join today and create more cherished memories together whilst contributing to our cause. Thank you for your on-going support!

[Order your Entertainment Membership by clicking here](#)

Strawberry White Hot Chocolate

(Dairy-free, Paleo, GAPS, 6g net Carbs)

As the chill of the season wraps around us, we happy to share this recipe for a warm embrace in a mug.

A delightful hot chocolate that not only warms your heart but tickles it pink! Indulge in this cozy treat and let its rosy hue brighten your day.

Cheers to sipping on comfort!

Ingredients

- 1 cup water
- $\frac{3}{4}$ cup strawberries fresh or frozen (for fewer carbs, use only $\frac{1}{2}$ to $\frac{2}{3}$ cup strawberries)
- $\frac{1}{2}$ cup coconut milk or use raw heavy cream or macadamia nut milk if preferred
- 2 Tablespoons cocoa butter fair trade (Substitute coconut oil for an AIP version that's delicious.)
- 10 drops vanilla stevia, to taste (use 1 Tablespoon pure maple syrup for Paleo/AIP and raw honey for GAPS + 1 teaspoon vanilla extract)
- 1 Tablespoon gelatin (optional, but creates a lovely fine foam and protein)
- pinch sea salt

Instructions

Add all of the ingredients, except optional gelatin, to a small saucepan over medium heat.

1. Heat, stirring, until cocoa butter is melted, and liquid is hot but not boiling.
2. Pour into blender, sprinkle with optional gelatin, and blend (first on low speed, then increase to medium; use caution when blending hot liquids) until smooth, about 25 seconds.
3. Pour into 2 mugs and serve.





Happy 2nd birthday to the Op Shop for Breast Cancer

Two years ago, we opened the Op Shop for Breast Cancer doors with a mission to make a difference.

Over May, we celebrate the journey, the generosity, and the countless hours of work by staff and volunteers. Our Op Shop for Breast Cancer has not just been a store, it's been a beacon of hope, a community of support, and raises funds for saving lives.

Thank you to each and every donor, shopper, and volunteer who has contributed to our mission. Your generosity has not only propelled breast cancer research but also championed the cause of recycling and reducing landfill through the sale of pre-loved items.

[Click here to visit the Op Shop for Breast Cancer Facebook page](#)



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

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