



CELEBRATING OUR NEW LOOK AND RESEARCH ACHIEVEMENTS

For the Breast Cancer Research team, the past six months have been full of exciting events; we celebrated the publication of the first ever complete review of the Te Rēhita Mate Ūtaetae - Breast Cancer Foundation National Register, had a brand refresh and opened the Op Shop for Breast Cancer.

We are working on various fundraising projects, including our much anticipated 21st anniversary celebration (3rd time lucky due to Covid19). Be sure to check out our upcoming events on page 8.

We would like to take this opportunity to thank everyone who has played an integral part in the successes we celebrating.

**Breast wishes,
The BCRT team**

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Te Rēhita Mate Ūtaetae - Breast Cancer Foundation National Register

30,000 voices: Informing a better future for breast cancer in Aotearoa New Zealand

In February, colleagues from the Breast Cancer Foundation released this report providing detailed information about diagnosis, treatment and outcomes for patients with breast cancer over the past 20 years and how well New Zealand compares internationally. Information from 30,000 breast cancer patients from the Breast Cancer Foundation National Register was analysed.

The report shows the steady progress against breast cancer over the last two decades. We were amazed to see quite how much!

Survival for women with breast cancer in NZ has

improved significantly. The five-year risk of dying from breast cancer has halved and the 10-year risk of dying from breast cancer is down by 30%.

There were significant improvements in breast conservation rates (and reduced mastectomy rates) for women with newly diagnosed breast cancer particularly in the Waikato, where surgeons have been at the forefront of adopting new oncoplastic surgical techniques.

These improvements are due to a combination of better treatments, more screening coverage and finding cancers early, better breast awareness and access to health care services. Behind all of this are breast cancer clinical trials and the introduction of more effective treatments and care. Though there is a lot to celebrate, this report also highlights areas where more needs to be done.

BCRT staff run the Midlands/Waikato regional division of the Register. We are proud of the part we played in this important report - it is gratifying to see it out in the public. We are very proud of our partnership with the Breast Cancer Foundation. The establishment of a truly national Register over 2020-2021 and the first review is a mammoth achievement!

For further information on the 30,000 voices report please visit <https://www.breastcancerfoundation.org.nz/what-we-do/advocacy/2022-register-report-launch>

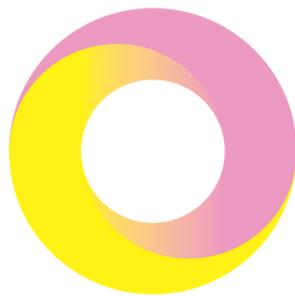
Our Brand Refreshed

The Breast Cancer Research Trust is thrilled to reveal our fresh new look and logo which includes the Trust's existing bright yellow and incorporates pink, the colour associated with breast cancer.

While much of the wording around our brand will stay the same, our vision of 'gaining knowledge and saving lives' is integral to the refreshed brand.

Our circular logo symbolises the circle of those helping our research team to achieve our vision.

Join our circle of gaining knowledge and saving lives by visiting the "Support Us" page on our refreshed website www.breastcancerresearch.org.nz



**Breast Cancer
Research Trust**

Gaining Knowledge. Saving Lives.

Op Shop for Breast Cancer

We were excited to open our Op Shop for Breast Cancer to the public on 11 May.

The premises at 750 Victoria Street, Hamilton offer a spacious shop floor as well as areas for receiving and sorting donations and showing them a bit of love. The ample parking space makes it easy to drop off items or pop in to go through the treasure trove.

We are lucky to have Sharyn Cawood as our Op Shop manager. She is the first to acknowledge the amazing community we live in and the generosity of businesses and individuals who helped set up our Op Shop. Sharyn said: "Our amazing volunteers do a fantastic job and we are so thankful to them for offering their time and skills to assist us".

Donating items that you no longer need so that they can be re-used helps to raise funds for the BCRT that does so much valuable work in extending lives, reducing side effects and improving quality of life for those diagnosed with breast cancer.

The Op Shop is open from 10am to 2pm, Mondays to Fridays. As the shop become established the opening hours will increase. Please follow the Op Shop for Breast Cancer Facebook page for updates and news.



OP SHOP

FOR BREAST CANCER

750 VICTORIA STREET, HAMILTON

Your donation of quality goods for the Op Shop for Breast Cancer would be most appreciated.

Donated items can be dropped off between 10am and 2pm, Monday to Friday and our friendly volunteers are standing by to check items for suitability on arrival. We are unfortunately not able to take broken or not fit for purpose items.

Purchase quality used clothing and household items from our shop.

For store opening hours, and Saturday donation drop off times, please visit our Op Shop for Breast Cancer Facebook page.

Please phone or text Sharyn Cawood (Op Shop Manager) on 021 424 579 for further enquiries.



**Breast Cancer
Research Trust**

Gaining Knowledge. Saving Lives.

We would love to receive the following items:

- Furniture
- Clothing
- Kitchenware
- Bric-a-brac
- Ornaments
- China
- Jewellery

Thank you for your support

SHOP. DONATE. SAVE LIVES.

Breast Cancer & Lymphoedema Clinical Research Trial

Waikato researchers are now seeking participants with breast cancer related lymphoedema for a clinical trial investigating whether lymph node grafting produces a greater reduction in lymphoedema volume and improved quality of life, compared with standard treatment.

A new, surgical technique, called lymph node grafting, has been developed and tested in a pilot study in the Waikato. The pilot study demonstrated that lymph node grafting showed promise as a treatment for moderately

severe treatment-resistant lymphoedema. Local researchers need further evidence to standardise and develop the lymph node grafting technique.

Participants who agree to participate will be randomly assigned to either:

- The control group (standard care): Will receive standard lymphoedema therapy alone. This includes self-administered massage, therapeutic exercise, use of a compression sleeve and skin/nail care; OR
- The intervention group: Will undergo lymph node grafting surgery as well as standard lymphoedema therapy. Waikato Plastic Surgeon Mr Winston McEwan, who has developed the lymph node grafting technique, is heading this trial.

For more information, or if you or anyone you know may be interested in this research, please contact:

Heather Flay, Research Nurse on phone 07 8398726 Ext 97960 or email Heather.Flay@waikatodhb.health.nz



Trial participant Marion says: "The lymph node grafting trial was worth a go, and an opportunity to do something good. My hope for the future of breast cancer research is that it brings more knowledge to the various types of breast cancer. Different diagnosis and treatment techniques can be more effective for different types of breast cancer".

Summer Intern and role model, Georgie Edgecombe



Bachelor of Communications student Georgie Edgecombe has spent the summer completing an internship with the BCRT.

Using her comms knowledge, Georgie has helped with interviewing trial participants and supporters to present their stories for our updated Trust website.

She says "I chose the BCRT for my internship because I wanted to be involved in an organisation whose work is meaningful and making a difference. The BCRT's values align with my own and I feel grateful to have worked alongside the passionate team at the Trust."

Besides studying, Georgie trains and plays for the Waikato BOP Magic team. Since 2016 the BCRT has been a charity partner of Waikato BOP netball. They encourage exercise for girls and women and exercise is known to reduce the risk of being diagnosed with breast cancer and improves survival outcomes for those diagnosed.

BrEaST wishes Georgie, you are a great role model in sport and life for other young women!

Changes In Our Team



Cathy Head



Rachel Shirley

In January we welcomed Cathy Head, to the Midland Data Manager role for the BCF National Register.

Cathy brings an extensive knowledge of breast cancer diagnosis and treatments. She worked for 12 years with Breast Screen Aotearoa and for 10 of these years was a Data Coordinator. She has also worked as a coordinator for the National Immunisation Register.

Cathy's main role as Midland Data Manager will be to enter data into the Register, and ensure quality data entry of other team members. She will extract data for reports and analysis. Cathy will also work with other Data Managers throughout NZ to provide researchers and clinicians a rich and accurate resource on NZ breast cancer data.

Rachel Shirley (previous Midland Data Manager) has taken on a new role as Project Manager for data automation.

This is an exciting next step for the BCF National Register.

Waikato Treasure Chests: NOW RECRUITING!

The Waikato Treasure Chests are a breast cancer survivor dragon boat team. They aim to bolster their members to ensure they are able to compete in 2023 at regionals and nationals, and then to enter a full breast cancer survivor team to compete at International Breast Cancer Paddling Committee event at Karapiro.

The IBCPC Dragon Boat Festival is held every 3 to 4 years under the auspices of the International Breast Cancer Paddlers' Commission. The festival is an international non-competitive event for breast cancer paddler teams who participate in the sport of dragon boating. For the first time since the establishment of IBCPC in 2010, the festival will take place in the southern hemisphere in New Zealand.

Research has proven the benefits of physical exercise. The repetitive upper body action of paddling encourages well-being for breast cancer survivors, especially in avoiding lymphoedema complications.



If you have had a breast cancer diagnosis or you would like to paddle as a supporter and you are looking for a fun supportive team environment, where you will gain fitness and friendship then please do contact us, we would love to hear from you.

Contact: Teresa Simonsen 021 181 8895
Email: waikatotreasurechests17@gmail.com
Facebook: <http://www.waikatotreasurechests.co.nz/>



Save The Date



18 AUGUST
21ST COCKTAIL
EVENT

SOLD OUT



27 OCTOBER
PINK WALK & RUN
4.30-7PM
INNES COMMON,
HAMILTON LAKE
WWW.PINKWALK.CO.NZ



11 NOVEMBER
BEST IN **BREAST** CARE CONFERENCE
NOVOTEL TAINUI, HAMILTON
TO REGISTER EMAIL
JANE.BURNETT@WAIKATODHB.HEALTH.NZ

Fundraise for Us

Inspire others to join you in supporting the mission of the Breast Cancer Research Trust (BCRT).

**GAINING KNOWLEDGE.
SAVING LIVES.**

Whether you're a first timer or a regular fundraiser, let us know about your fundraising ideas or get in touch for some fundraising brainstorming.

www.breastcancerresearch.org.nz
admin@breastcancerresearch.org.nz

