

## Get on your bike!

Are you up for an amazing adventure while raising vital funds?

Join our nine-day cycle tour of Cambodia run by Inspired Adventures and help the nine women a day who are diagnosed with breast cancer. Fill your senses with the sights, sounds and smells of Southeast Asia. Not for the faint-hearted but certainly for the big-hearted, this is a truly once-in-a-lifetime adventure.

[www.inspiredadventures.co.nz/events/bcfnz-cambodia-2019/](http://www.inspiredadventures.co.nz/events/bcfnz-cambodia-2019/)

## Dear Nurse...

**Question:** I've been told I'm at risk of lymphoedema. What should I do?

**Answer:** Lymphoedema affects around one in five Kiwi women who've had breast cancer surgery and lymph node removal. People with lymphoedema often experience swelling in their arm, a sometimes extreme sense of heaviness and seepage of lymphatic fluid through the skin.

Early intervention and education can help you self-manage your symptoms. The right treatment will set you on the right path for the rest of your life.

BCFNZ now offers funding for an initial assessment and follow-up for people who are either at risk or already affected by lymphoedema following surgery. You need a referral from your GP, breast cancer specialist or breast nurse. To apply, visit...

[www.breastcancerfoundation.org.nz/lymphoedema](http://www.breastcancerfoundation.org.nz/lymphoedema)

We're so grateful to the wonderful volunteers who make drain bags and post-surgery pillows for us to distribute to patients. Thank you to Annmaree, Judy and Margret from Anchorage Quilters who dropped these beautiful post-surgery pillows to our HQ last month.



## Education and support via webinars

We continue to run live, interactive webinars on topics of interest for breast cancer patients, survivors and their families.

We have had over 4,511 registrations so far. Topics have included Mammograms and Me; Coping with Christmas; Vitamin C in Cancer; and Life with Lymphoedema.

## Pink Star Walk – our best year yet!

A record number of supporters turned out, rain or shine, for the Pink Star Walks in Auckland, Wellington and Christchurch last October. Over 5,300 people attended, raising well over \$350,000 for breast cancer education, research and support.

The events were a fun way for people to support the cause, with pink crocheted dresses and dogs in pink tutus among those who teamed up to walk for the ones they love.

Thanks to all who took part or donated. We look forward to seeing you again at this year's events.



In its third year, our partnership with PAK'nSAVE has raised an amazing **\$248,750** from sales of Stick Man's pink reusable bags. **Thank you to those who purchased bags during October.**



Each October, Estée Lauder Companies releases a collection of Pink Products as part of its global breast cancer campaign. This year's gorgeous products raised over **\$25,700** for breast cancer research, education and support. **Thank you, Estée Lauder Companies, for your 25 years (and counting) of support.**

## Pink Ribbon Breakfast sponsors come together for good

We are so fortunate to have three amazing companies who believe in Coming Together for Good as 2019 Pink Ribbon Breakfast campaign sponsors.

Robert Harris are campaign sponsors for their fifth year. Robert Harris Café owners throughout NZ have come together each year to 'get their pink on' during May and so far have raised over \$190,000 from breakfast menu sales and customer donations. Three new sponsors coming on board are 'Something to Crow About', a family-owned and operated health food company; Ocean Spray, which has partnered with us just as its new Pink Cranberry Juices hit the shelves; and Al Brown's Best Ugly Bagels, who are offering pink hand-rolled bagels to breakfast hosts.

Thanks to these amazing sponsors for helping raise funds for vital research and patient support.

## PINK RIBBON PRESS

Six-month roundup  
Autumn 2019



Breast Cancer Foundation NZ

HOST A BREAKFAST IN MAY  
[www.pinkribbonbreakfast.co.nz](http://www.pinkribbonbreakfast.co.nz)

## Can we double ABC survival by 2025?

The release of *I'm still here*, our landmark report on advanced breast cancer (ABC) in New Zealand, has kick-started action aimed at doubling survival for Kiwis with ABC. With your help, we'll be pushing politicians, doctors and public servants to do everything possible to reach this goal. We're inspired by the words of Dr Fatima Cardoso, world expert on ABC:

*"Every country must analyse where things are not going so well, and where things can be improved. To double survival, you cannot just go for one strategy; there must be a combination of strategies."*

### What have we done so far?

#### September 2018

*I'm still here* released. It reveals Kiwis are dying of ABC twice as fast as people in comparable countries. Average survival for a Kiwi with ABC is just 16 months, compared with two to three years, or more, in countries like Australia, Germany and France. Once diagnosed with ABC, Kiwis seem to receive less treatment than in comparable countries, and up to one-quarter receive none at all. Half of ABC patients receive no chemotherapy – and those that do are often pushed to the back of the queue. We call for an urgent change in attitude that sets expectations higher for people with ABC in New Zealand.

#### October 2, 2018

Health Minister Dr David Clark meets with oncologists at Breast Cancer Foundation NZ (BCFNZ) office, prompted by release of report.

#### October 4, 2018

BCFNZ announces new Clinical Trials Fellow at Auckland City Hospital. Dr Edmond Ang will help get clinical trials up and running, many of which will involve ABC patients.

#### October 16, 2018

Breast Cancer Foundation NZ's chief executive Evangelia Henderson joins petitioners on the steps of Parliament, demanding funding for life-extending drugs palbociclib and Kadcyla. She describes the lack of funding for drugs that extend lives of ABC patients as heartless and cruel.

#### November 2018

*I'm still here* identified inability to manage pain as the #1 negative impact on patients' lives. In response, BCFNZ starts proof-of-concept work for innovative pilot, looking at whether the physical and emotional side-effects of ABC – including anxiety (fear), fatigue and pain – can be helped with virtual reality.

#### November 2018

Following feedback from ABC patients whose advanced cancer was diagnosed late, BCFNZ works to develop a training module designed to up-skill GPs to recognise the signs of ABC and to make urgent oncology referrals for their patients.

*continued over...*



The Minister of Health, Dr David Clark, meets with BCFNZ and oncologists at our Auckland office



Where there is a Will, there is a way for life to go on.

Leaving a gift to BCFNZ in your Will can make a real difference.

For more information  
[breastcancerfoundation.org.nz/bequests](http://breastcancerfoundation.org.nz/bequests)  
0800 902 732

### Business Partner Recognition

Breast Cancer Foundation NZ is grateful for the support of the following business partners:

#### Corporate Partners



#### Pink Ribbon Diamond Partners



#### In-kind Partners



### Contact us

Email: [info@bcf.org.nz](mailto:info@bcf.org.nz)  
Phone: 0800 902 732  
Ask a nurse: 0800 BC NURSE (0800 226 8773)

Post: Breast Cancer Foundation NZ  
PO Box 99650, Newmarket, Auckland 1149



[www.breastcancerfoundation.org.nz](http://www.breastcancerfoundation.org.nz)

## Sights set on Zero Deaths

“NZ is so far behind in this, it’s appalling. We need to do better.”

Many of you got in touch with comments like this when we released our report, *I’m still here*, expressing frustration and impatience with the shortcomings of our health system.

I couldn’t agree more. I assure you we won’t relax or sit still while we are losing so many New Zealanders to breast cancer, often far sooner than necessary. As Dr Fatima Cardoso pointed out, we must tackle this situation with a number of strategies – which is what we are doing.

Meanwhile, our online community, mybc, continues to grow. Patients receive support, tips and advice from our nurses as well as from other women going through a similar journey. In this issue you can read about valuable additions to our nurse team, the launch of our new lymphoedema service and the continuing success of our webinar programme.

So, although we are focused on improving the landscape of ABC in New Zealand, we’re as committed as

ever to providing our vital programmes of early detection, research and patient support. As always, we need your support. Together, we can make a real difference.

“Thank you so much to Breast Cancer Foundation NZ for the report released today. For people like me with advanced breast cancer, it’s sad reading, but the data speaks volumes. Your hard work on this is much appreciated!” – ABC patient

*Evangelia*



Evangelia Henderson CEO

If you would like an executive summary of our advanced breast cancer report, *I’m still here*, we can send you a copy.

Call 09 304 0963 or email [parminderm@bcf.org.nz](mailto:parminderm@bcf.org.nz)

## Patients to receive more support than ever before

Thanks to our generous donors, BCFNZ has been able to boost our nursing and support services – and we’re continuing to expand what’s being offered to patients across New Zealand.

Recent additions to our breast nurse team are Auckland-based Natalie James (nurse lead and support services manager), Kathryn Terry and Catriona Farac, and Wellington-based Melissa Warren.

Callers to our free 0800 BC NURSE helpline receive expert advice from the team. Whether they are concerned about a symptom, have a question about genetics, or need support during or after surgery, they are given all the information they need to take the next steps.

Meanwhile, our online community, mybc, continues to grow. Patients receive support, tips and advice from our nurses as well as other women going through a similar journey.

Hundreds of people have received free physio for rehab following breast surgery, group exercise sessions and counselling. We have also introduced funding for lymphoedema treatment (see Dear Nurse to find out more.)

We plan on continuing to grow our nurse team in our Auckland office as well as around New Zealand.



Natalie James



Kathryn Terry



Catriona Farac



Melissa Warren

“Many thanks for your help. The amazing work done by BCFNZ makes such a huge difference to so many people’s lives in a myriad of different ways.” – Jill, Whakatane

## Can we double ABC survival by 2025? - Continued



Photo: Stuff/Dominion Post

### Don’t give up

“You’re not forgotten any more. We are really doing our best to try to find a much better solution. If a cure is not possible, at least we’d transform this into a chronic disease with which you can live decades and not just years. We are fighting hard for you, and we’ll keep on doing that.”

Dr Fatima Cardoso  
- a world authority on ABC

### January 2019

BCFNZ brings Dr Fatima Cardoso, a world authority on ABC, to New Zealand. She gives a patient seminar in Auckland, a public lecture in Wellington, and speaks at the Cancer Care at a Crossroads conference for healthcare professionals. She also meets with breast cancer specialists and Ministry of Health officials and is interviewed by major media.

“I had a very productive meeting with the oncologists here. We discussed writing guidelines, so that everybody is treated not according to what an individual physician thinks, but according to what’s the best care available.” – Dr Fatima Cardoso

### March 13, 2019

ABC patients present their moving stories to the Health Select Committee, demanding funding for palbociclib and Kadcyla and an overhaul of our drug-funding agency, Pharmac.

### March, 2019

Dr Fatima Cardoso is invited to make a submission to the Health Select Committee regarding funding for palbociclib and Kadcyla.

### NEWSFLASH: April 11, 2019

New Zealand’s Prime Minister, Jacinda Adern, asks Health Minister Dr David Clark to look into the issue of early access to new drugs.

The Breast Cancer Foundation National Register was instrumental in providing data needed for *I’m still here*.

We’ll spend \$3 million on the register in the next five years, which will help improve care for breast cancer patients through scientific research and audits. Thanks to our donors and corporate partners for helping us make this crucial long-term investment.

“Why do people have to set up a Givealittle page, or worse, sell their house, to access these drugs?”  
- Evangelia Henderson

## Pink Ribbon Breakfast is extra poignant for Stacey

Breast Cancer Foundation NZ ambassador Stacey Morrison is encouraging Kiwis to host a Pink Ribbon Breakfast this May. Stacey’s connection with the cause is strong and personal: sadly, her mother Sue died of breast cancer aged just 45.

She says that when you experience grief, it helps to do something proactive – which is why she became a BCFNZ ambassador. Stacey has helped out at Pink Star Walks, filmed a video encouraging women to have their free mammograms, and used her talents to record radio ads promoting breast health.

Fronting the Pink Ribbon Breakfast campaign is one more way Stacey can honour her mother’s memory. “Mum was very community-minded. She would have absolutely embraced Pink Ribbon Breakfast,” she says.

“I always love seeing the Pink Ribbon Breakfasts hosted by people all over New Zealand. It is a positive way to support the cause – maybe to honour a strong survivor you know, or in memory of someone special.”

Stacey is such a wonderful presenter and role model. We are so grateful that she is fronting the Pink Ribbon Breakfast campaign this year, along with her wonderful family.



Sign up to host an event of your own! Go to [www.pinkribbonbreakfast.co.nz](http://www.pinkribbonbreakfast.co.nz)

PLEASE DONATE. Help save lives and support women with breast cancer.

Online at [www.breastcancerfoundation.org.nz/autumn](http://www.breastcancerfoundation.org.nz/autumn)

Freephone 0800 902 732

Mail to Private Bag 99650, Newmarket, Auckland 1149



Mr  Mrs  Miss  Ms  Other

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Tel: \_\_\_\_\_

Email: \_\_\_\_\_

I would like to make a donation to Breast Cancer Foundation NZ

Please accept my gift of:  \$35  \$75  \$250  Other \$ \_\_\_\_\_

Please debit my credit card:  Visa  Amex  MasterCard

Card Number:

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_ Expiry Date:

Please make cheques payable to Breast Cancer Foundation NZ

All gifts over \$5 are tax deductible

Please send your donation and this form to: Private Bag 99650, Newmarket, Auckland 1149

Or donate online at [www.breastcancerfoundation.org.nz/autumn](http://www.breastcancerfoundation.org.nz/autumn)

Thank you for your support