



# Breast cancer We're here to help



## Need advice?

**0800 BC NURSE** (0800 226 8773)  
**breastnurse@bcf.org.nz**  
**www.breastcancerfoundation.org.nz**

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## We're here to help



**Breast Cancer Foundation NZ's vision is zero deaths from breast cancer. Our mission is to push for new frontiers in early detection, treatment and support.**

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



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### For more information

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# How we can help you



## Free counselling

Wherever you are in your breast cancer journey, counselling can help. We fund free sessions for you and your family; either face to face, over the phone or via Skype. Your GP or a member of your breast team can refer you, or complete a self-referral online\*.

Find out more  
[breastcancerfoundation.org.nz/counselling](https://breastcancerfoundation.org.nz/counselling)



## Ask our breast care nurses

If you need breast health advice or support around your breast cancer diagnosis or treatment, call or email our nurses.

This service is also available to family and friends but is not meant to replace the advice of your specialist team.



Email questions to  
[breastnurse@bcf.org.nz](mailto:breastnurse@bcf.org.nz)



Call our advice line  
**0800 BC NURSE** (0800 226 8773)



## Connect with others

mybc is an online community for New Zealanders like you affected by breast cancer - a place to connect and share experiences with others, to ask questions and to get support from a breast nurse.

Sign up at [www.mybc.care](https://www.mybc.care) or download the app on your phone



## Rehab after surgery

Certain forms of exercise can help you regain upper body strength and mobility after breast cancer surgery. We fund individual sessions with qualified cancer physiotherapists to assist recovery\*.

Find out more  
[breastcancerfoundation.org.nz/rehab](https://breastcancerfoundation.org.nz/rehab)



## Lymphoedema therapy

If you have breast cancer-related lymphoedema or are at risk of developing this, we can help fund treatment\*.

Find out more  
[breastcancerfoundation.org.nz/lymphoedema](https://breastcancerfoundation.org.nz/lymphoedema)



## Active clinical trials

Our clinical trials database keeps you up to date with breast cancer trials that are currently open to patients in NZ and Australia.

Find out more  
[breastcancerfoundation.org.nz/clinical-trials](https://breastcancerfoundation.org.nz/clinical-trials)



## Breast cancer information

For comprehensive and up-to-date information about breast health, breast cancer and support, visit our website. You can also read personal stories, watch videos, and order or download free resources.

Find out more  
[breastcancerfoundation.org.nz/resources](https://breastcancerfoundation.org.nz/resources)

\*Terms and conditions apply