

# Let's go pink

Help fund breast cancer education, research and support.

Join the hundreds of workplaces across New Zealand that go pink for a day in October.

Get your workplace involved and ask employers to match fund the staff fundraising!

Great for staff engagement, wonderful for business and hugely beneficial for breast cancer support, education and research.

Find out more at [www.pinkforaday.co.nz](http://www.pinkforaday.co.nz)

## Thousands host Pink Ribbon Breakfasts in May

Nearly 4,000 generous hosts and around 100,000 guests took part in Pink Ribbon Breakfast events this year, raising more funds than ever before for our vital work.

"The whole of New Zealand comes together in May in the most wonderful way," says BCFNZ campaigns manager Nicky Sinclair-Perkins.

"We are so thankful to everyone who took part, and we can't wait for next year."

## Fantastic trip to Great Wall



We are so grateful to the twenty-seven trekkers who walked the Great Wall of China for 11 days and raised a magnificent \$150,000 for the Foundation.

"One word to sum it up? Surreal!" said one team member.

Keen to sign up for a great adventure of your own next May?

Go to [inspiredadventures.co.nz/events/bcfnz-elcamino-2019](http://inspiredadventures.co.nz/events/bcfnz-elcamino-2019)



## Walk for the ones you love!

Grab some friends, get pinked up and join us for this year's Pink Star Walk. Choose between 5km and 10km walks at any of our event locations...

- Auckland on October 27
- Wellington on November 3
- Christchurch on November 10

Raise over \$250 on your fundraising page and you could win a trip to Italy! Register at [pinkstarwalk.co.nz](http://pinkstarwalk.co.nz)

## Shop for good

Here's a sneak peek at some of the Pink Ribbon products our partners are releasing this October. Your purchase will help fund our efforts in pushing for new frontiers in early detection, treatment and support. Find out more at [www.breastcancerfoundation.org.nz/pinkproducts](http://www.breastcancerfoundation.org.nz/pinkproducts)

**Boobeads – new style for 2018!** Great to show you the size of lumps detectable by mammogram. Remember - Find it before you Feel it. **\$5 available exclusively at Farmers stores nationwide.**



**Estée Lauder Limited-Edition Advanced Night Repair Synchronized Recovery Complex II** with Pink Ribbon Keychain. **RRP: \$198 Estée Lauder will donate 20% of the RRP to BCFNZ.**



**Estée Lauder Look in a Box.** Show your confidence with a full lip and shimmering eyes. Create multiple looks with this one-of-a-kind makeup collection. **RRP: \$85.00 Estée Lauder will donate 20% of the RRP to BCFNZ**



**Clinique Dramatically Different Moisturizing Lotion+** This year's limited edition lotion is adorned with a Clinique key ring with five charms, including the Pink Ribbon. **RRP: \$100 Clinique will donate \$10.00 from the purchase price to BCFNZ.**



**Bobbi Brown Pinks with Purpose Lip Color Duo** Features two Original Lip Color shades: Sandwash Pink and Pink. **RRP: \$85.00 Bobbi Brown will donate 20% of the RRP to BCFNZ**



**La Mer Limited Edition Cleansing Micellar Water** This light, fresh, sea-inspired cleanser sweeps away dirt and micro-emulsifies makeup in one rinseless, pristine step. **RRP: \$85.00 La Mer will donate 30% of the purchase price to BCFNZ.**



**PAK'n SAVE's Re-usable Shopping Bag** Stickman is Pink'n Proud to support BCFNZ again. Reduce single use plastic bags with these great Pink reusable totes this October. **\$3 each at PAK'n SAVE stores nationwide, with \$2 coming to BCFNZ.**



**Bon appétit Free Range Eggs** Pick up half a dozen Bon appétit Free Range Eggs from your supermarket all year round and BCFNZ receives 50c from every pack.



**NZ Pink Lady® Apples** are proudly supporting BCFNZ for their third year. Every one of these deliciously crunchy pink beauties you buy makes a difference. Available July-November in supermarkets and independent greengrocers. [www.pinkladyapples.co.nz](http://www.pinkladyapples.co.nz)



**Cloud 9 Invincible Carpet cushion** Make your home a place of comfort this October with Dunlop Flooring's Cloud 9 Invincible Carpet cushion (with its iconic pink laminate). **Available from Harrisons Carpet One.**



**This year Sealy NZ take a fresh new approach**, enlisting four NZ designers to create one-of-a-kind bedroom designs. Each includes the unique Sealy Posturepedic Exquisite bed, linen, furniture, paint and styling accessories – everything to make a dream bedroom. **Auctioned on Trade Me from October 15, with all proceeds to BCFNZ.**



**ghd Lulu Guinness pink** ghd have teamed up with fashion icon Lulu Guinness to create this babein' pink styler. **Donating \$20 for every styler sold and \$10 from every matching limited edition dryer.**



**Reflex** is donating 10cents from every pink-packaged ream of its #1 selling Ultra White paper to BCFNZ. **Available at stationery stockists nationwide.**



**Proven Winners' gorgeous Bubblegum petunias** are a great way to Pink UP your garden or containers this spring. With three shades of pink and a white to choose from, 50 cents from each plant sold comes to BCFNZ. **Available from garden retailers nationwide.**



**Habitual Fix Pink Smoothie Lids.** This October, donate 50c extra for a limited edition pink lid on your delicious smoothie at Habitual Fix, and they'll match it to make a \$1 donation to BCFNZ.



**Compass Pools** are painting the outside of their new pools pink! Buy one this summer and \$100 from every pool comes to BCFNZ [www.compasspools.co.nz](http://www.compasspools.co.nz)



### Business Partner Recognition

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

#### Corporate Partners



#### Pink Ribbon Diamond Partners



#### Pink Ribbon Gold Partners



#### In-kind Partners



### Contact us

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

[www.facebook.com/BreastCancerFoundationNZ](http://www.facebook.com/BreastCancerFoundationNZ)  
[@nzbcf](https://twitter.com/nzbcf)

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

# PINK RIBBON PRESS



Breast Cancer Foundation NZ

TAKE ACTION THIS OCTOBER

## Clinical trial targets worst side-effects of breast cancer chemo

Delayed nausea and vomiting are awful side-effects of breast cancer chemotherapy. Now, Breast Cancer Foundation NZ has committed \$250,000 to a new clinical trial that will test the ability of a cheap, widely available drug to prevent them.

The PantoCIN trial, led by medical oncologists Richard Isaacs and Navin Wewala from Palmerston North Hospital, will recruit 164 patients at up to nine hospitals around New Zealand.

BCFNZ chief executive Evangelia Henderson has thanked BCFNZ's generous supporters for making the trial possible. "Between half and 80 percent of patients suffer these side-effects," Mrs Henderson says. "If the trial achieves its main target, which is a complete absence of delayed nausea and vomiting for

many patients, we'll be thrilled. At the very least, we're hoping for a big reduction."

Dr Isaacs says, "Nausea is rated as the most distressing side effect and vomiting the third most distressing by patients receiving chemotherapy. We're pretty good at treating immediate reactions, but delayed reactions, occurring from days two to five after chemo, can be underestimated by doctors. We're hoping this trial will provide an affordable, effective means of reducing these side effects."



"We're hoping the PantoCIN trial will provide an affordable, effective means of reducing these side effects."  
Medical oncologist  
Dr Richard Isaacs

## When nausea takes over

One Auckland woman who suffered debilitating nausea during chemotherapy hopes the PantoCIN trial is successful for the sake of others like her.

Natasha Holland was diagnosed with HER2+ breast cancer early last year and endured a gruelling 20 weeks of chemo. Her nausea was so bad that at one stage she was on seven different types of anti-nausea drugs, but nothing worked.

"I tried everything – eating a little bit often; not eating; eating gingernuts; ginger ale; Chinese ginger lollies. I just ended up hating ginger."

Natasha and her husband have two children, aged just seven and 10 at the time. She set herself the goal of getting up each morning and walking her kids to the school bus. She often returned home and spent the whole day in bed before making the walk back to the bus stop after school.

"You really dig deep when you have children," she says. "I'd muster up everything I could to get there, and when I saw the happy look on the kids' faces, it was priceless."

"The last thing you want is for your kids to see you being poorly. I felt the best thing I could do for them was function as normally as possible - but it was really hard."

Natasha has her fingers crossed that the trial will mean patients have better options for nausea control in the future.

Natasha Holland

This issue:  
Read our special research round-up

### TEAM UP

for the  
**ONES YOU LOVE**

12 & 13  
October 2018



Volunteer at  
[pinkribbonvolunteer.co.nz](http://pinkribbonvolunteer.co.nz)  
[pinkribbon@bcf.org.nz](mailto:pinkribbon@bcf.org.nz)  
0508 105 105



## Advanced breast cancer patients need world class care

Our Advanced Breast Cancer report, 'I'm still here', has highlighted shocking failings in the New Zealand health system. Whether it's slow diagnosis, being pushed to the back of the queue for treatment or lack of access to new drugs, we have well and truly fallen behind other countries where advanced breast cancer patients are concerned.

The deficits in our system have become apparent thanks to data captured by our Breast Cancer Register. This has given us insights into patient treatment and outcomes that, until now, were inaccessible. Finally, thanks to Breast Cancer Foundation funding, we have a source of rich, reliable data that will help inform decision-making into the future.

It is horrifying to think that women with advanced breast cancer die much faster in New Zealand than in other comparable countries. This has to change. Urgent action must be taken by doctors, health boards and government – not next decade or next year, but right now.

We are pushing this message at all levels, demanding improvements. I will keep you posted.

Meanwhile, I'm excited to let you know about the innovative research projects that your generous donations have helped fund, from the PantoCIN anti-nausea trial to promising work in the area of breast cancer vaccines. This kind of science holds the key to breakthroughs we so desperately need.




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)

## Road to recovery made smoother via "hugely helpful" physiotherapy

Every year, your generous donations help fund individual PINC rehabilitation for women diagnosed with breast cancer, and Next Steps - group classes designed to help rebuild strength, flexibility and stamina.

So far this year, 300 women have benefited from Breast Cancer Foundation NZ funding these sessions. BCFNZ's chief executive, Evangelia Henderson, says she's delighted to know that women around New Zealand are receiving excellent rehabilitation support.

"Breast cancer surgery and drug treatment are physically and emotionally challenging. When patients are striving to regain control of their lives, physiotherapy can be a hugely positive first step in shifting someone's focus from illness to wellness," says Mrs Henderson.



"I would like to sincerely thank you for the opportunity to take part in the PINC rehabilitation programme. The physiotherapist is an amazing person, always giving support and encouragement when I was having treatment with her. The other ladies were great to be with and made the programme even more fun." - Lorraine, Hamilton

"I would not have been able to afford this treatment without going through financial difficulty so I am very appreciative. These sessions enabled me to have the right exercises after surgery so that my radiation treatment wasn't delayed too long. With much appreciation and thankfulness." - Rangipaeroa, Rotorua

"I cannot stress enough how hugely helpful these physiotherapy sessions were for me...As I'm unable to work, the reduction in cost was unbelievably helpful; I wouldn't have been able to go otherwise." - patient, Invercargill

Find out more at [www.breastcancerfoundation.org.nz/support](http://www.breastcancerfoundation.org.nz/support)  
Or call 0800 BC Nurse (0800 226 8773)

"Great to have something to help me get back on track. Wonderful service, lovely trainer in Whangarei." - May, Northland

## Breast nurses to upskill at national meeting

Latest genomics research, innovative ways to work and insights into living and dying with advanced breast cancer are among topics being highlighted at a national breast nurse meeting in early September, hosted by BCFNZ.

"This is the first time in five years that breast nurses from around New Zealand have been able to gather to share knowledge," says BCFNZ nurse educator Kylie Tietjens.

Creating a forum for information-sharing and networking means that breast nurses, no matter where they work, will be up-to-date with the latest developments, equipping them to give the best possible care to patients. We're delighted that generous donors have made this possible.

Keynote speakers include a specialist lymphoedema physiotherapist, health psychologist, palliative care nurse practitioner and a breast screening representative.

BCFNZ's own expert speakers include breast cancer nurse consultant Melissa Warren and research manager Adele Gautier.



"They are great – the patients love them."

## Simple and practical bags for patients well received

Your donations have helped BCFNZ provide newly-diagnosed patients across the country with attractive cotton bags containing vital information. The feedback has been glowing. Here's what the breast nurses have told us...



"The bags are great. My ladies are pleased to have a bag (that doesn't advertise breast cancer!) to pop all of their bits of information in." - Rotorua

"Received mine 3 weeks ago - so good and greatly appreciated in this scary journey." - Rachel, patient, Porirua

"The patients have very much appreciated them and we find them very useful too. A nice simple and practical design. Well done." - Auckland

## Dear Nurse...

**Question:** My mum and aunt have both had breast cancer and I am concerned about my risk. What should I do?

**Answer:** It's a good first step to talk to your mum and aunt to find out more about your family's medical history.

Hereditary or inherited breast cancer can develop because of a gene mutation (alteration) that has been passed down through the family. If you have close relatives (such as your mum and aunt) with breast or ovarian cancer, you might need to be referred for genetic assessment. This kind of assessment will check to see if you have inherited any faulty genes such as the BRCA gene.

To find out if you qualify for assessment, talk to your GP, chat with our nurses on 0800 BC NURSE (0800 226 8773) or email [breastnurse@bcf.org.nz](mailto:breastnurse@bcf.org.nz)

We discussed inherited risk in our August webinar. To watch it, head over to [www.breastcancerfoundation.org.nz/webinars](http://www.breastcancerfoundation.org.nz/webinars)



BCFNZ is delighted to be the official charity for the NZ Flower & Garden Show. Organisers of NZ's premier garden design showcase are on a mission to rekindle our nation's love affair with gardening by reminding Kiwis that ANY DAY is a good day if you are lucky enough to be in the garden!

2018 sees the chance to enjoy some special hospitality options including a Pink Ribbon Spring Breakfast, a VIP Experience, VIP Lunch or even a Christmas Party Package.

The show runs from 28 November to 2 December at The Trusts Arena, Waitakere. Go to [www.nzflowergardenshow.co.nz](http://www.nzflowergardenshow.co.nz) to purchase tickets or find out more.

## Knitting legend knocks out 450 knitted knockers

Chris Finlayson is a knitter extraordinaire. Since 2015 she has produced more than 450 'knockers' from her favourite knitting possie, her armchair, complete with two doting cats giving feline encouragement.

Many women who've had mastectomies are grateful to receive a knitted prosthesis. They're light, warm and comfortable, and can even be worn while swimming.

Chris, 71, a retired dairy farmer, lives in Kamo, Whangarei, with her husband, Jock, who encouraged her to take up the cause. He sometimes takes on dinner duties when she needs to finish her work.

Chris says the knocker-knitting is quite addictive. She has arthritis and finds knitting is good for her hands, although she's had to switch to bamboo needles for comfort.

She and her cousin, also named Chris, are the only people she knows knitting knockers for Northland. The knockers are distributed via the breast clinic at Whangarei hospital. She knits them in a range of cup sizes (A, B, C, D and double-D - which take longer) and also knits to order.

She uses yarn that's 60% acrylic and 40% nylon, and stuffs each knocker with acrylic hobby fill. She started out doing white only, then produced some beige, and even added some coloured ones to her repertoire.

The knockers are warmly received by patients, some of whom have been without prostheses for many years.

Chris, herself a breast cancer survivor, works tirelessly in her community. Chris – you're a legend!



Want to join the knocker-knitting movement? Find the pattern at [www.breastcancerfoundation.org.nz/knittedknockers](http://www.breastcancerfoundation.org.nz/knittedknockers)

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

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

Freephone 0800 902 732

Mail to Private Bag 99650, Newmarket, Auckland 1149



Mr  Mrs  Miss  Ms  Other

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

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

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

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

Please tick here if you don't wish to receive mail from other reputable charities

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

**Thank you for your support**