



*A clear
way ahead*



Create a future where breast cancer
has no power over lives through a
gift to Breast Cancer Trials in your Will.



Thank you

If you are reading this guide, you care about those whose lives are shockingly interrupted, changed – or even lost – because of breast cancer. **Thank you.**

You can and will make a profound difference to lives in the future by including a gift to Breast Cancer Trials in your Will.

Your gift will help stop people dying and spare their loved ones from grief.

You will help find new treatments that target breast cancer – not healthy cells and tissue.

Because of you, people at risk of breast cancer will have more ways to prevent it.

You will help ease the burdens of fear and uncertainty that accompany every breast cancer diagnosis.

Because of the clinical trials research funded by people like you, many of the women diagnosed with breast cancer today have effective, personalised treatment options that were not available even ten or twenty years ago.

But there are not effective treatments for every woman's breast cancer.

Not yet.

If you choose to include Breast Cancer Trials in your Will, your legacy will be a day when breast cancer no longer has the power to interrupt and diminish lives – because there are effective ways to prevent and treat every type.

You will help create a day when everyone affected by breast cancer can look forward to their future, and see a clear way ahead.



In 2017, breast cancer was revealed as the leading cause of death from cancer in Australian women aged 25-49.

Tameeka was just 28 when her breast cancer was diagnosed. Her daughter Armarni was three.

By leaving a gift to Breast Cancer Trials, you can save and improve lives like theirs.

It is a beautiful gift to give





Loss, love, and life.

My mother was 60 when she died from breast cancer, and I was young when I lost her.

It was 1970 when she was diagnosed. She and Dad sailed for England soon after and Mum only survived for another year.

I said goodbye to them and never saw my Mum again.

Years later, I saw an article in The Australian Women's Weekly. Breast Cancer Trials was looking for volunteers for a breast cancer prevention clinical trial called IBIS I. Perhaps because of Mum, I thought, *"Oh well this might help somebody"*, and I volunteered.

I was very lucky to be on that trial, because as part of the follow-up, you had to have an annual mammogram. In 2004, they found two large lumps. It was an aggressive form of breast cancer and there really wasn't anything in the way of treatment for it.

My doctor told me Breast Cancer Trials was running a clinical trial for a new type of treatment. It was the HERA trial. I had four children and everything to gain, so I volunteered again.

Dawn took part in two extremely successful trials. The IBIS I trial proved that Tamoxifen could prevent breast cancer in some women at increased risk.

The HERA trial led to Herceptin becoming standard treatment for women with HER2 positive breast cancer, and has significantly improved survival rates for that disease type.

And Dawn? She is well, busy, and a gracious supporter of Breast Cancer Trials.

When I was on the trial it made a difference to know that so many other people were interested in me and on my side. And at the back of my mind I thought if it doesn't work for me somebody else might get the benefit out of it. That was more than 15 years ago.

I try not to dwell on the 'what if's' these days. The only time I get a bit teary is when I go for my mammogram every year and that really brings it home.

You think, *"I am so lucky to be here"*.

If I wasn't around, I think my children and grandchildren would probably be without a bit of the glue that keeps families together.

I have five granddaughters now. The oldest was born while I was on the HERA trial. If they ever get breast cancer I want their experience

to be the best it could possibly be. The best treatment, the best care, the best resources and support behind them.

I think we're going in the right direction with breast cancer clinical trials research.

But we just have to keep going.

Dawn's incredible journey



1985

Many years and four children later, Dawn volunteered to take part in a breast cancer prevention clinical trial.

2017

Dawn is well and the centre of a large, loving family.

Herceptin is widely used and a very effective treatment.

Dawn's involvement in clinical trials research has helped save many lives.



Dawn has a healthy future to look forward to - thanks to people like you who support Breast Cancer Trials.

1971

Dawn was 22 when she lost her mum to breast cancer.

There were few treatment options at the time.



2004

It was during the trial follow-up that Dawn was diagnosed with an aggressive form of breast cancer.

She was offered one of the last places on the clinical trial of trastuzumab (Herceptin), a new drug for treatment of HER2 positive early stage breast cancer.



2018

Dawn has a daughter and five beautiful granddaughters.

She hopes breast cancer will never take from them what it has taken from her.



You can join Dawn in the search for more breast cancer treatments and cures – and create a better future for all our children and grandchildren.

Progress and purpose

With a gift in your Will to Breast Cancer Trials, you join a remarkable community.

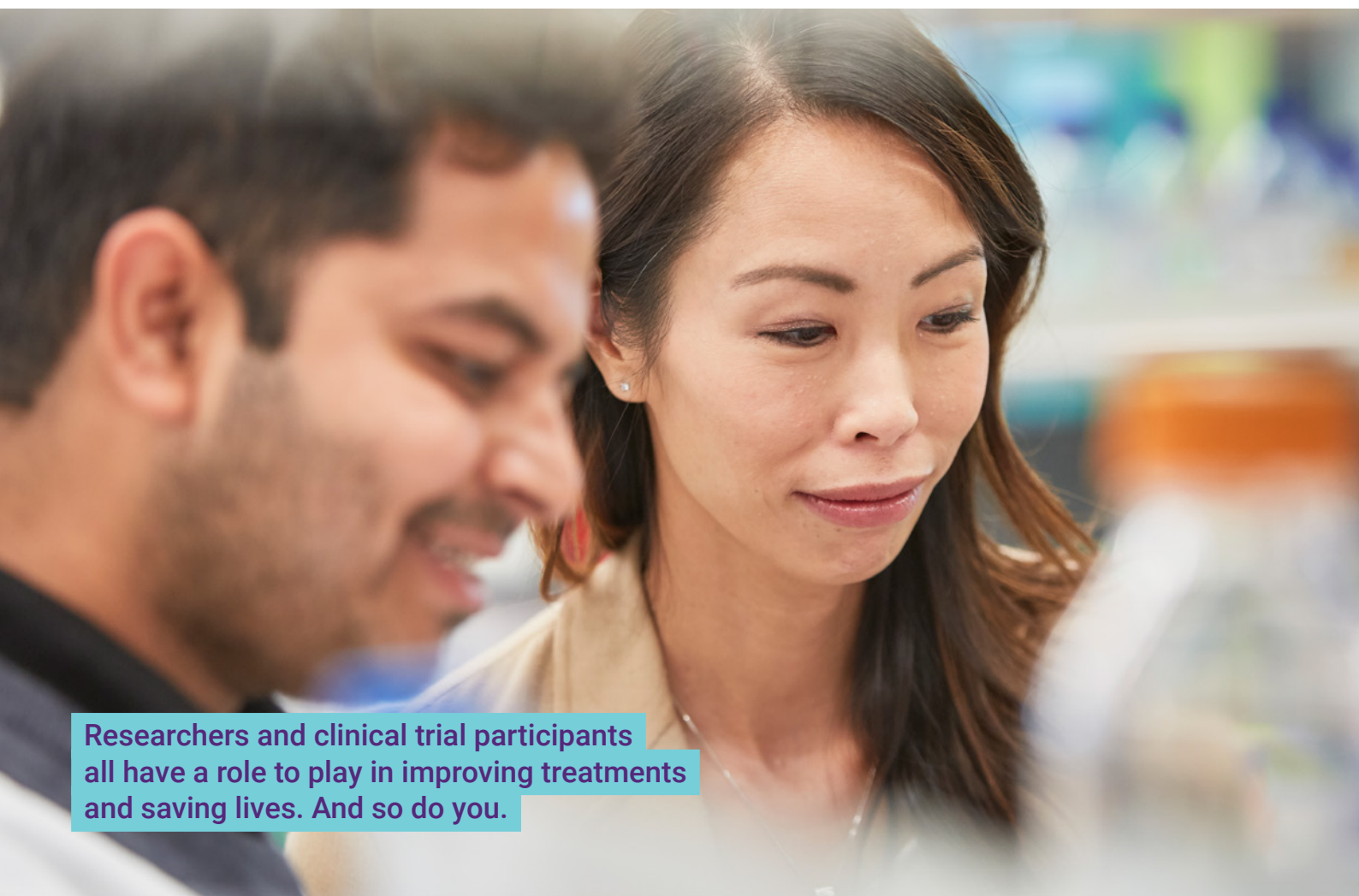
Breast Cancer Trials research harnesses the love and compassion of thousands of people – here and overseas – who work together to save and improve lives.

The women who volunteer to take part in clinical trials know they might not personally benefit. They participate anyway, knowing their involvement might help other women and families.

Breast cancer survivors and bereaved families are among the most passionate advocates of clinical trials. They understand that every new treatment is a powerful gift to the world.

The supporters who fund breast cancer clinical trials – people like you – have often experienced breast cancer first-hand. Their kindness and generosity over the years has resulted in dramatic improvements in breast cancer survival and survivorship.

And, of course, there are the researchers and clinicians who work with great dedication to translate laboratory discoveries into life-saving treatments and cures.



**Researchers and clinical trial participants
all have a role to play in improving treatments
and saving lives. And so do you.**

Here's just a little of what the Breast Cancer Trials community has already achieved:

New tailored treatments which have significantly improved survival rates and reduced the risk of breast cancer returning.

These include Herceptin for women with HER2 positive breast cancer and anastrozole, letrozole and tamoxifen for women with early stage hormone receptor positive breast cancer.

Slowing the spread of breast cancer in postmenopausal women with hormone receptor positive metastatic breast cancer.

Adding a new drug called palbociclib to the treatment mix can give these patients substantial additional time with good quality of life before they need chemotherapy.

Reducing side effects of breast cancer treatment in young women. Common side effects of chemotherapy treatment in young women include early menopause and infertility. Our trial found that women who received the drug goserelin (Zoladex) whilst having chemotherapy were twice as likely to have a normal pregnancy after their cancer treatment.

Preventing breast cancer in some women at high risk of the disease. The drug Tamoxifen not only reduces breast cancer rates for some women at high risk of hormone receptor positive breast cancers, it keeps them safe for at least ten years after treatment stops.

Stopping breast cancer from coming back. Combining a new class of drugs called taxanes with the existing drug docetaxel used in addition to standard chemotherapy, has improved long term survival for people at high risk of recurrence. This combination is also used in the treatment of women with triple negative breast cancer.

Your legacy could be a new generation of breast cancer prevention and treatments – and more lives saved.



Natasha's clinical trial proved a woman's fertility could be protected when undergoing chemotherapy. Her gorgeous son Jack is further proof!

Sarah is grateful for the improvements in early breast cancer treatment that meant her girls didn't ever see Mummy without hair or extremely sick.



Tanya has returned to active family life after being treated for triple negative breast cancer.



I'd like my bequest to help take away the fear

My late wife was diagnosed with breast cancer at age 56 in 2001. She passed away four years later.

To watch a beautiful woman, someone you love, absolutely wrecked by treatment was very difficult.

We were told several times that the cancer had gone, only for it to come back again.

On another occasion I was told to come urgently because the doctors thought she only had hours to live. I took my two sons to the hospital to say goodbye – I can't tell you how deeply upsetting that was – but she rallied and lived for another year.

Supporting Breast Cancer Trials appeals to me because I might be able to save another family from loss or give someone a prolonged period of life.

I have confirmed with my family that I'm making a gift in my Will to Breast Cancer Trials and they're 110 percent supportive.

One of the things that used to upset me was when I'd take my wife for treatment and there were girls in their school uniforms having chemotherapy too.

It's distressing to know that just being female puts women at risk of breast cancer.

By supporting clinical trials research, I'd like

to do for breast cancer what research has been able to do for cervical cancer.

I would like a day when girls and women do not have to suffer the indignity and pain of breast cancer, or live with the risk of it.

If women and families don't have to live with that shadow over them any more, that would be a fantastic thing.

Fran's passing was deeply felt by Paul and their sons, but their gift will help spare others the loss of their wife and mother.





Rosemary, shown at left, and Gwenneth in their younger years, and a recent photo of them with Rosemary pictured at right.



Wouldn't it be wonderful in the future to be able to say 'take this pill' and have the cancer cells just disappear?

Growing up, there was always music in our home. At age three, my twin sister Gwenneth would sit on our father's lap at the piano. He would play one hand and she the other. She grew up to have a career as a professional concert pianist. I learned the flute and still enjoy playing today.

I studied science and eventually became Head of Science at Pymble Ladies College in Sydney. Being a biologist and teaching students about the body, I've been very interested in breast cancer and research.

My sister Gwenneth was diagnosed with breast cancer at age 49. She was living in England

but I was on the phone to her all the time as she went through treatment. Twenty-five years later, her breast cancer recurred.

It was terrible for her to have to go through it again, and it must have been difficult to live with the fear it might return, and have that fear realised so many years later.

With my sister affected by breast cancer, plus other friends, it means a lot to me to be able to contribute. I see such value in the research that finds more treatments – and it's wonderful to know that many more women's lives are being saved.

I'm delighted that my gift will further our understanding of breast cancer and help people overcome it.



It's easy to make or change your Will

**And by doing so, you'll help create
a future where breast cancer no longer
has the power to change and take lives.**

Breast Cancer Trials recommends you use a solicitor to make or change your Will.

It's the best way to make sure your intentions are reflected accurately and carried out.

In the meantime, here are answers to some of the questions we are asked:

If you already have a Will, changing it is easy.

Life changes, and so do people's intentions.

If you have a Will but you'd like to add a gift to Breast Cancer Trials, simply get in touch with your solicitor. Changing your Will does not have to be a difficult or expensive process.

Yes, there is a 'best type' of gift to leave.

It is called a 'residuary' or 'residual bequest' and we recommend it because it protects your family, your intentions and the value of your gift.

Essentially, it bequeaths a percentage of the remaining value of your estate after your family and loved ones have been looked after.

You can leave a gift 'in memory' of someone important to you.

Some people choose to honour others in their life – a person they have lost, or even children or grandchildren – by making a gift 'in memoriam'.

If that is something you would like to do, Breast Cancer Trials has ways to publicly acknowledge your gift and their name.



Every amount makes a big difference.

We are grateful for every gift of any size.

The combined gifts of many people add up to a really substantial difference in the number of breast cancer clinical trials which can be funded.

It helps us to know of your intentions, but it is your choice.

Breast Cancer Trials will absolutely respect your wishes and protect your confidentiality.

You may not want public acknowledgment or want to share details about your gift.

It does, however, help us to know your broad intentions so we can plan and thank you appropriately.

If you choose to leave a gift in your Will, here are the correct details.

The following wording should be used:

I (your name) give to Breast Cancer Trials: the residue of my estate, or _____ % of my estate, or the lump sum of \$_____, or my property known as:

[eg, real estate, art works, shares, units or other securities in listed companies] to be applied for general purposes by Breast Cancer Trials as determined by its directors.

I declare that the receipt of an authorised officer of Breast Cancer Trials will be a sufficient discharge to my executors who will not be bound to see the application of this gift.

I am fortunate to have spoken with many supporters who've told me why they are including Breast Cancer Trials in their Will.

Although they come from a diverse range of backgrounds, many of our wonderful bequestors share values and life experience.

Most have witnessed or experienced the pain and fear that breast cancer causes. They have a heartfelt desire to spare others from that pain. And they want to increase the pace at which new treatments become available to people who desperately need them.

If those are your values, I promise you they will be well served by a gift to Breast Cancer Trials. Any gift you give, regardless of its size, will make a beautiful and lasting difference to people with breast cancer and those who love them. You will leave legacies of time, hope, quality of life – and life itself.

From all of us here, and from those whose lives are affected by breast cancer, thank you once again for your support, your compassion, and your consideration.

With my warmest regards



Julie Callaghan,
Chief Operating Officer – Fundraising and Philanthropy



If you would like a confidential conversation or more information about including Breast Cancer Trials in your Will, please get in touch.

Cheryl Dodds is our warm and caring Bequests Advisor and will be happy to help you. You can contact her direct via:

Telephone (business hours): **02 4925 3022**, free call: **1800 423 444**
or email: **bequestenquiries@bctrials.org.au**

*Thank you again for your time,
care and consideration.*



Yes, I want to help create
a future where every woman
with breast cancer can
see a clear way ahead.
Please contact me.



BREAST
CANCER
TRIALS

We understand the careful consideration needed when planning to leave a Gift in your Will. If you have questions or would like to have a confidential discussion with our Gifts in Wills Officer, please complete the below form and we will contact you.

Please tick the box that best applies to you:

- ☐ I plan to update my Will to include a Gift to Breast Cancer Trials
- ☐ I am thinking about including a Gift in my Will to Breast Cancer Trials sometime in the future
- ☐ I would like more information to help me make a decision
- ☐ I would like to talk this over with someone from Breast Cancer Trials

Contact Information:

Title ☐ Mr ☐ Mrs ☐ Miss ☐ Ms ☐ Other
First Name Surname
Company
Address
Suburb State Postcode
Phone(s) Home Mobile Work
Email

If you wish to include Breast Cancer Trials in your Will, the following wording should be used:

*I, (your name), give to Breast Cancer Trials:
the residue of my estate, or % of my estate, or the lump sum of \$,
or my property known as [e.g., real estate, art works, shares,
units or other securities in listed companies] to be applied for general purposes by Breast Cancer Trials as
determined by its directors. I declare that the receipt of an authorised officer of Breast Cancer Trials will
be a sufficient discharge to my executors who will not be bound to see the application of this gift.*

Please email this form to bequestenquiries@bctrials.org.au or post to
Breast Cancer Trials, Reply Paid 283, The Junction NSW 2291 (Attn: Gifts in Wills Officer)
You can also phone us on free call **1800 423 444** or visit us online at www.breastcancertrials.org.au

Thank you. Please be assured any information you share with us will remain confidential.

Read our Privacy Policy at www.breastcancertrials.org.au/privacy-policy