

About  
Breast Cancer Trials



Group Room

Fire  
exit



Treatment Room 2





## Contents

|  |    |
|--|----|
| Who We Are   | 2  |
| Our Research   | 4  |
| Types of Clinical Trials                               | 5  |
| The EXPERT Clinical Trial                              | 6  |
| How Breast Cancer Trials<br>Research Has Changed Lives | 9  |
| Our People   | 11 |
| Collaboration  | 12 |
| Membership   | 13 |
| How You Can Help                                       | 15 |
| Useful Websites  | 16 |

## Who We Are

Breast Cancer Trials (BCT) is a group of world-leading breast cancer doctors and researchers based in Australia and New Zealand, with a commitment to finding new and better treatments and prevention strategies for every person affected by breast cancer.

Founded in 1978, BCT conducts a multicentre national and international clinical trials research program which involves more than 926 researchers in 116 institutions across Australia and New Zealand. More than 17,169 people have participated in our clinical trials.

Our research involves a unique collaboration between researchers, clinical trial participants and supporters, which has improved the treatment of breast cancer, led to changes in the way breast cancer is managed and has saved millions of lives through international research collaboration.





**926**

Researchers



**116**

Participating  
Institutions



**17,169**

Clinical Trial  
Participants

Professor Boon Chua  
is the Study Chair  
of the EXPERT  
clinical trial.



## Our Research

Clinical trials are an essential part of our health system and are necessary to find out if new treatments are more effective than those currently accepted as the best available standard of care.

All new breast cancer treatments and prevention strategies must be rigorously tested through the clinical trials process before they are made widely available to the community.

**All the major milestones in controlling breast cancer worldwide have come through clinical trials.**

These include:

- Chemotherapy and hormone treatment prevent recurrence and save lives
- Mammograms save lives through earlier detection
- Removing just the cancer and preserving the breast is a safe and effective treatment for most women
- Breast cancer can be prevented in some women at increased risk
- Treatments targeted to the specific type of breast cancer can improve outcomes substantially

Dimity Paul was a participant in the OlympiA clinical trial.



## Types of Clinical Trials

There are many types of clinical trials designed to prevent and treat breast cancer and studies which aim to improve a patient's quality of life.

The **BCT research program** encompasses more than 85 clinical trials in various stages of recruitment, follow up, analysis and publication.

**Prevention clinical trials** are designed to test new strategies to prevent breast cancer for women who have never had the disease but who are at high risk.

**Treatment clinical trials** are designed to find out which treatments are the most effective and to test new treatments to see if they are better at improving outcomes for patients compared to the current standard treatments available. This is the most common type of clinical trial BCT conducts.

**Quality of life assessments** pay special attention to the breast cancer patient's feelings about the impact and side effects of treatment and aim to improve the overall experience of the patients who receive these treatments in the future.

## The EXPERT Clinical Trial

Louise's family were already dealing with cancer when she found out she had breast cancer following a routine mammogram. Her husband was living with grade four lung cancer, having had his left lung removed in 2015. More recently, cancer returned to his right lung.

"He'd always thought he would die before me and suddenly, he was feeling very vulnerable because I had cancer as well."

Louise had started her breast screening early due to her family history of breast cancer. After her diagnosis, she went into surgery to remove the breast lump. She was also told she would require hormone therapy as part of her treatment plan. However, her treatment team were unsure if she would also require radiation therapy.

"My surgeon, my radiation oncologist; no one could actually say to me you should have radiation."

"They talked about the advantages and disadvantages of the treatment."

"So, my radiation oncologist said to me, there's a trial called EXPERT."

The EXPERT clinical trial is investigating if using a genomic test of breast cancer tissue can be used to identify women with early breast cancer who can safely avoid radiation therapy after their surgery.

Louise enthusiastically joined the clinical trial and was relieved to find out her genomic test showed she did not require radiation therapy.

"I'm hoping that people who are in my situation in the future won't be faced with a decision about what to do in regard to their treatment."

"Radiation does have some side effects, so if the result of this trial is that those with early stage breast cancer don't need to have radiation therapy, well that will be great."





Louise Frankiewicz  
was a participant on the  
EXPERT clinical trial.



Professor Bruce Mann is the Director of Research at Breast Cancer Trials.

# How Breast Cancer Trials Research Has Changed Lives

Here are some examples of our game-changing research, which has led to new and improved treatments.

Our research into Herceptin through the **HERA** clinical trial, was a breakthrough for women with HER2-positive breast cancer, which improved overall survival rates while maintaining a woman's quality of life.

The **SOFT & TEXT** clinical trials produced practice changing results in the treatment of breast cancer in young women, who may have a poorer long-term prognosis.

For women with a high risk of developing breast cancer we proved through the **IBIS-I** clinical trial that Tamoxifen reduces breast cancer rates by nearly a third, in what was landmark prevention research. The follow up study called IBIS-II, found that taking anastrozole for five years reduces the chances of postmenopausal women at high risk of breast cancer developing the disease by more than 50%.

Young women have increased chances of being able to have children after their cancer treatment after we trialed a new drug option, through the **POEMS** clinical trial, that reduces the side effects of chemotherapy. POEMS found that women who received goserelin were less likely to be in menopause two years after their cancer treatment and were twice as likely to have a normal pregnancy after their cancer treatment.

## Our People



BCT Board Chair Professor Sunil Lakhani and  
BCT CEO Adjunct Professor Soozy J Smith PhD FAICD.

Breast Cancer Trials is governed by a Board of Directors who drive the strategic direction of the Group and work with the Chief Executive Officer and all staff, to implement the objectives of the organisation.

BCT has several board established committees to ensure the clinical trials research program is undertaken to the highest standards.

The Scientific Advisory Committee (SAC) establishes research priorities, evaluates new clinical trial proposals and monitors the clinical trial research portfolio. All new clinical trials endorsed by SAC for activation must be approved by the Board.

The Consumer Advisory Panel (CAP) is involved in every aspect of research undertaken by BCT, from concept development proposals through to clinical trial implementation. CAP members provide valuable insight from a consumer's viewpoint and continue to advocate for patients who wish to participate, are participants of or have participated in clinical trials. CAP members also help to raise

community awareness of breast cancer clinical trials research and represent consumer views on behalf of BCT in government, community, consumer and research forums to promote the importance of clinical trials research. Several CAP members are also on SAC to ensure that the perspective of those diagnosed with breast cancer is represented.

The Finance, Risk and Audit Committee the financial strategy and budget of BCT, to ensure we can continue our research program now and into the future.

The Communications and Fundraising Committee provides guidance and advice on the communications and fundraising activities of BCT, which are closely aligned to the Strategic Plan.

## Collaboration



Chair of the BCT Scientific Advisory Committee Dr Nicholas Zdenkowski.

Breast Cancer Trials has over 830 members throughout Australia and New Zealand. Our members are made up of surgeons, medical oncologists, study coordinators, radiation oncologists, pathologists, endocrinologists, hematologists, pharmacists, geneticists, psychologists, counsellors, research nurses, consumers and other clinical trials management personnel.

BCT members are representatives on many national and international clinical trial steering committees, scientific committees, editorial boards, advisory boards and societies.

Our international collaboration includes other leading international clinical trial groups, such as the Breast International Group (Belgium), Cancer Research UK, the German Breast Group and the International Breast Cancer Study Group (Switzerland and USA).

# Membership

## Researchers

Membership of BCT is open to people who are actively involved in the conduct of the BCT research program.

There are two membership categories: Full Member and Affiliate Member. A Full Member is deemed by the Board to be or will be directly involved in the conduct of the BCT research program. An Affiliate Member is deemed by the Board to have an interest in, and awareness of, BCT and its research activities but who is not involved in the conduct of the BCT research program.

For more information or to complete a membership application form, visit [www.breastcancertrials.org.au/about/become-a-member/](http://www.breastcancertrials.org.au/about/become-a-member/).

## General Public

Members of the general public who are interested in learning and receiving information about our research and fundraising activities, are encouraged to sign up to our monthly research newsletter. For more information visit the footer on our website at **[breastcancertrials.org.au](http://breastcancertrials.org.au)**.



The members and friends of Maitland Ladies Golf have been supporting Breast Cancer Trials since 1997, raising over \$60,000 for our research.



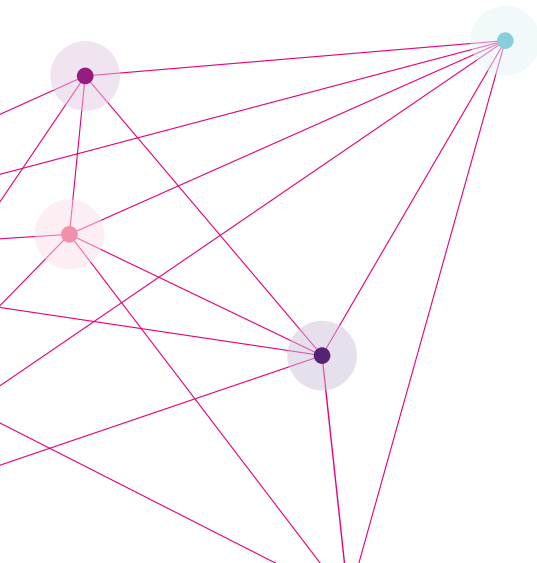
## How You Can Help

**Exciting medical discoveries need clinical trials if they are to change the lives of people diagnosed with breast cancer. Financial support for Breast Cancer Trials is critical to ensuring better treatments, prevention and a future filled with hope for all women.**

There are many ways you can connect with Breast Cancer Trials and show your support. You might like to make an automated, monthly donation; or make a gift for your mother in time for Mother's Day. Making a gift in memory of a loved one is a special way you can honour their memory.

Or what about 'getting active' by participating in a sporting event, or holding a function and seeking support from your family, friends and work colleagues? And if you love golf, our Tee Off for Breast Cancer Trials may be the event for you.

To learn more about how you can become a supporter, please visit [www.breastcancertrials.org.au](http://www.breastcancertrials.org.au).



## Useful Websites

### Australia:

**Australian Clinical Trials**

[australianclinicaltrials.gov.au](http://australianclinicaltrials.gov.au)

**Australian New Zealand Clinical Trials Registry**

[anzctr.org.au](http://anzctr.org.au)

**Breast Cancer Trials**

[breastcancertrials.org.au](http://breastcancertrials.org.au)

**Breast Cancer Network Australia**

[bcna.org.au](http://bcna.org.au)

**BreastScreen Australia**

[cancerscreening.gov.au](http://cancerscreening.gov.au)

**Cancer Australia**

[canceraustralia.gov.au](http://canceraustralia.gov.au)

**Cancer Council Australia**

[cancer.org.au](http://cancer.org.au)

**Clinical Oncological Society of Australia (COSA)**

[cosa.org.au](http://cosa.org.au)

**National Health and Medical Research Council (NHMRC)**

[nhmrc.gov.au](http://nhmrc.gov.au)

**Therapeutic Goods Administration**

[tga.gov.au](http://tga.gov.au)

### New Zealand:

**Australian New Zealand Clinical Trials Registry**

[anzctr.org.au](http://anzctr.org.au)

**Breast Cancer Aotearoa**

[timetoscreen.nz/breast-screening/](http://timetoscreen.nz/breast-screening/)

**Breast Cancer Trials**

[Breastcancertrials.org.au](http://Breastcancertrials.org.au)

**Cancer Society of New Zealand**

[Cancernz.org.nz](http://Cancernz.org.nz)

**Cancer Trials New Zealand**

[cancertrialsnz.ac.nz](http://cancertrialsnz.ac.nz)

**New Zealand Association of Clinical Research**

[nzacres.org.nz](http://nzacres.org.nz)

**New Zealand Ministry of Health**

[health.govt.nz](http://health.govt.nz)

### International:

**Clinicaltrials.gov**

[Clinicaltrials.gov](http://Clinicaltrials.gov)

**National Cancer Institute, United States**

[cancer.gov](http://cancer.gov)

**EU Clinical Trials Register (EU-CTR)**

[Clinicaltrialsregister.eu](http://Clinicaltrialsregister.eu)



# Trials Save Lives








PO Box 283  
The Junction NSW 2291  
Australia

P +61 2 4925 3022  
F +61 2 4925 3068  
E [enquiries@bctrials.org.au](mailto:enquiries@bctrials.org.au)

[breastcancertrials.org.au](http://breastcancertrials.org.au)

ABN 64 051 369 496

## Follow Us

-  Follow Breast Cancer Trials on **Facebook**
-  Follow [breastcancertrials](https://www.instagram.com/breastcancertrials) on **Instagram**
-  Follow [BCTrialsANZ](https://twitter.com/BCTrialsANZ) on **Twitter**
-  Read the latest breast cancer news and stories on the **Breast Cancer Trials Research Blog** at [breastcancertrials.org.au/research-blog](http://breastcancertrials.org.au/research-blog)
-  Listen and Subscribe to the **Breast Cancer Trials Podcast** on Apple Podcasts, Spotify, Google Podcasts or your favourite Podcast App. Just search for 'Breast Cancer Trials'.