

“I want others to have their ‘normal’ back too.”

Valerie would love to know that a cure is possible one day or a long-term treatment that will help women overcome their breast cancer. That’s why she has left a gift to Breast Cancer Trials in her Will.

In 2005, when Valerie was aged 60 she was told that she had breast cancer after a regular screening mammogram.

She remembers getting ‘that’ phone call to attend the Lyell McEwin Hospital for an ultrasound followed by a needle biopsy at Goodward Hospital.

She still recalls the shock and the fear that she felt. She then wrote letters to her loved ones just in case.

Valerie met Bill when they were both working for Levi’s in 1973. Valerie and Bill were engaged on St Patrick’s Day 1974 and later married in November that same year. In October of the following year, Valerie and Bill were blessed with a daughter.

When Valerie moved from England, she left behind her family including her twin sister Helen. Valerie was quite the surprise

delivery for her parents. After her mother Maggie had given birth to Helen, the midwife told her to expect another baby. Maggie’s doctor had told her she was just having a very big baby!

Helen was there to support Valerie over the phone through her breast cancer diagnosis and treatment, along with Bill, her daughter, friends and loved ones. Valerie said it was times like that, you need the support of family and friends.

Valerie had a lumpectomy and some lymph nodes removed followed by radiotherapy five days a week, for five weeks.

She was very frightened at the thought of this. And she cried. A lot. Bill would drive her to the train station where she would catch the train to the city and then a tram or bus to the hospital. She would have her 3 minute ‘zap’ and then do the return trip home.

To help Valerie overcome her fear of radiotherapy the oncology nurse had photos of Elvis Presley posted around the ‘donut’ but she was too frightened to open her eyes during her treatment.



Valerie hopes her gift will help others

When Valerie looks back on her life since her diagnosis, other than losing her husband Bill in 2008, she feels lucky. Her life went back to normal following her treatment.

She feels lucky because she can spend time in the garden and with her family and loved ones. She can listen to the radio with the volume turned up and she has lots of friends around her.

She wants others to have their ‘normal’ back too. She doesn’t want young women to have to go through the rigors of chemotherapy or radical surgeries. That’s why Valerie donates regularly to Breast Cancer Trials and has left a gift in her Will.

If you would like to make a profound difference to lives in the future by including a gift to Breast Cancer Trials in your Will see page 3.

Chair's update

Clinical trials are a critical part of our healthcare system. Without them, medical treatments and interventions would not change, improve and bring benefits to more people. They require sound methodology, long term commitment, wide collaboration, and significant resources. Which is why when results are reported, or when a new clinical trial is launched, it is a major achievement.

I'm pleased to report in this edition of your newsletter the early, promising results of two clinical trials developed by Breast Cancer Trials researchers and supported by your kind donations.

The PROSPECT and CHARIOT clinical trials have each brought us new knowledge and the potential to improve outcomes and quality of life for some patients with breast cancer.

The launch of the new FINER trial we hope will bring a new treatment option for patients with metastatic breast cancer.

Over the past 25+ years we have seen significant change in breast cancer treatment, care and survival. Many early pioneers helped drive the conversation about breast cancer, bringing awareness about the disease and its personal impact, and in turn saving lives and improving patient care.

One of them was Adjunct Professor Linda Reaby AM who sadly passed away recently. In 1994, Linda was the first patient consumer to become a member of

our Scientific Advisory Committee and in 1998 became the inaugural Chair of our Consumer Advisory Panel.

Linda has left a legacy that has ensured that consumers are equal partners in research, providing important perspectives in the development and implementation of clinical trials. She was a pioneer for patient advocacy and has left an indelible mark on improved breast cancer patient outcomes and treatments. She will be greatly missed by everyone here and we send our heartfelt condolences to her husband Brian and family.

I know from your supporter survey that many of you have been touched by breast cancer and that you all care deeply about others. I truly appreciate your continued commitment and generosity to changing the impact of this disease. Together we are making progress.



Professor Linda Reaby AM

Sunil Lakhani

Professor Sunil Lakhani
Board Chair,
Breast Cancer Trials (BCT)



IN MEMORIAM

We gratefully acknowledge gifts received as at 30 April 2022 in memory of:

Mrs Rena Adler	Mrs Andrina Crome	Mrs Leeola Ford	Mrs Jeanette Jenkin	Ms Zena O'Grady	Mrs Meleta Sewell
Mrs Brenda Ashley	Mrs Rusni Cruickshank	Mrs June Francis	Mrs Josephine King	Mrs Thelma Orwin	Mrs Jeanette Stephens
Mrs Madeleine Backes	Mrs Janet Davis	Mrs Helen Galimi	Mrs Loma Kirk	Ms Tayla Pexton	Mrs Del Steward
Mrs Rosemary Ball	Ms Jean Dent	Mrs Myra Gentle	Mrs Lauren Koppers	Mrs Kathy Piccardi	Mrs Margaret Sweeney
Mrs Marion Beckman	Mrs Daya Dharmadasa	Mrs Heather Giles-Watts	Miss Athena Lambropoulos	Mrs Margaret Pierson	Mrs Brenda Theakstone
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Mrs Robyn Castles	Mrs Lorraine Ellyard	Mrs Tayla Hillenaar	Ms Liz Mann	Mrs Mary Ryan	Wendy Wachswender
Mrs Janette Chapman	Miss Pippa Eyres	Mrs Isabel Hodgson	Mrs Evelyn Mate	Mrs Thelma Rose	Mrs Tanya Ward
Mrs Angela Cherubino	Mrs Yvonne Fairall	Mrs Violet Horner	Mrs Marlene Mathews	Sanderson	Mrs Helen White
Mrs Lynette Chiew	Mrs Marie Fearon	Mrs Lee Howard	Mrs Gloria McLean	Mrs Clara Santini-Marcon	Mrs Carolyn Young
Mrs May Clark	Mr Grahame Fenton	Mrs Alice Ireland	Mrs Janet Montant	Mr Ravinder Sapra	(nee Dr Bennett)
Mr David Collard	Mrs Karen Fisher	Mrs Sarah James	Mrs Roma Mossop	Mrs Joan Sawrey	
Mrs Evelyn Collins	Mrs Olivia Flavell	Mrs Veronica Januszke		Mrs Sandra Scantlebury	

Giving mums more time to live and love

Thank you for continuing to provide hope and strength to all those affected by breast cancer like Theresa and Angy (pictured), who shared their breast cancer experience with you recently. They're determined to keep life as normal as possible for their children whilst going through breast cancer.

It's heartbreaking to see and hear the effect breast cancer has on families of all ages. When women can get so sick, when children could lose their mums, and when partners feel helpless watching the impact to their family and not knowing what the future will hold.

Your donations to our Mother's Day and Tax Appeals raised over \$600,000 towards breast cancer clinical trials research that could help more women survive their breast cancer.

Your generosity means so much to Theresa and Angy:

"Since being diagnosed with breast cancer, I've been amazed at the beautiful support people show. Honestly, it brings me to tears." – Theresa

"Thank you so much for donating to breast cancer clinical trials research, and giving more mums the chance to live and love." – Angy

In honour of Mother's Day we asked you to share with us the things your mum taught you about life. Here are some of the beautiful responses we received:



Above: Theresa and her children.

Left: Angy and her family.

To see the world as she did... because life with love is a life that's been lived. My heart broke when she passed, but because it did I know that it's a heart that's been loved. She was an angel in the shape of my mum. I was blessed to have her teach me about life. – **Suzanne**

My beautiful mum taught me to give. My mum's sister sadly had breast cancer and my cousins missed their mother for important life events. – **Maryanne**

My mum taught me to be kind, helpful and respectful to others. She has been gone 20 years and I still try to do what she taught me. Keep up your good work! – **Kevin**

My mother is a hero and taught me how to be a good person with good qualities. As a female this work means so much to me. I couldn't imagine if this ever happened to my mother, sister, or me. Thank you for the work you do! – **Christine**

BEQUESTS

We gratefully acknowledge bequests received from the following supporters and offer our condolences to their families:

Ms Audrey Jean Farmer
Mr Brian Goddard

Ms Maria Grosso
Ms Margaret Hencz

Mrs Iris Stella Nichols
Ms Dorothy Rose Tynan

Mrs Pamela Dorothy Walker
Miss Sheila W Woodcock

Remembering Breast Cancer Trials in your Will ensures that the special commitment you have to save lives from breast cancer today, is a legacy which will continue beyond your lifetime.

If you would like information about leaving a gift in your Will, please tick the box on your donation slip or contact Cheryl our Special Gifts Officer for a confidential discussion on **1800 423 444**.

To leave a gift 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."

Research updates

Improving treatments for triple negative breast cancer

The addition of dual immunotherapy treatment to standard chemotherapy has shown promising results in patients with treatment resistant, early-stage triple negative breast cancer.

Primary results of the CHARIOT clinical trial were presented at the American Society of Clinical Oncology (ASCO) international conference in Chicago USA in June. This was a world-first Australian clinical trial developed by Breast Cancer Trials (BCT) researchers and supported by you, our wonderful donors. CHARIOT was open to both women and men diagnosed with triple negative early breast cancer, and recruited 34 patients at eight participating institutions throughout Australia.

Triple negative breast cancer is the breast cancer subtype with the poorest prognosis; it is more likely to spread beyond the affected breast. Patients whose cancer shrinks and disappears, with no evidence of cancer in their breast or lymph nodes (based on pathology), after receiving chemotherapy prior to breast surgery (neoadjuvant chemotherapy) have the greatest chance of long-term survival. However, those patients who have evidence of residual cancer in the breast after neoadjuvant chemotherapy have a high chance of relapse and death from breast cancer within three years.

The purpose of the CHARIOT clinical trial was to see if using two immunotherapy drugs (nivolumab and ipilimumab) together with standard chemotherapy (paclitaxel) before surgery, was safe and effective and could stimulate the body's immune system to kill the cancer cells. And, if continuing treatment with one of these drugs (nivolumab) after surgery can keep the immune system active to eradicate any residual cancer cells.

The trial found that in patients with early-stage triple negative breast cancer who did not respond to standard neoadjuvant chemotherapy, the addition of nivolumab and ipilimumab resulted in a promising response rate with 24% of participants achieving a complete disappearance of their cancer within the breast and lymph nodes by the time of surgery. This treatment was able to be delivered safely, with some patients experiencing known and expected side effects of immunotherapy. These side effects were able to be successfully treated.

“While we have seen some promising results in the pathological response rate of this treatment, the survival benefits of adding ipilimumab to treatment is currently unclear. So the study will now continue the future follow-up of patients to determine event free survival (EFS) and overall survival (OS).”



Professor Sherene Loi
Study Chair of CHARIOT
and Board Director at BCT

Some patients may safely avoid radiotherapy

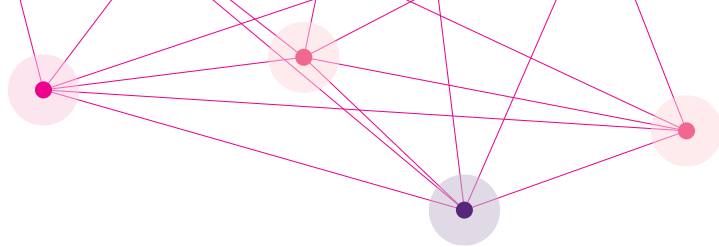
Results from the PROSPECT clinical trial have shown that the use of breast Magnetic Resonance Imaging (MRI) prior to breast surgery may be able to identify patients with a very low risk of breast cancer recurrence who can safely avoid radiotherapy.

Developed and conducted by researchers at BCT, the PROSPECT clinical trial was made possible thanks to the generosity of our donors with 443 patients screened for the trial and 201 participating in the trial. The primary results were also presented at ASCO.

The aim of PROSPECT was to see whether MRI can be used to select women with early breast cancer for whom radiotherapy is not needed because the risk of cancer recurrence within the breast is low.

Modern breast cancer treatment is very effective, with a large majority of women not having any recurrence of their disease after treatment. After surgery to remove the cancer from the breast – called a ‘lumpectomy’, a ‘partial mastectomy’ or a ‘wide excision’ – most women are advised to have radiotherapy treatment to the rest of the breast because it has been shown to reduce the chance of local recurrence (the cancer returning within the breast). Radiotherapy works by destroying remaining cancer cells in the breast, using high-energy X-rays. Many clinical trials have attempted to find groups of patients who can safely omit radiotherapy but with varying success. Some patients aged over 65 can avoid it, but most continue to receive radiotherapy.

MRI scans of the breast at the time of diagnosis often find additional areas of cancer or pre-cancer, but the



impact of finding these areas has been unclear. There is a concern that doing MRI scans delays surgery, may lead to unnecessary mastectomy and increases costs without helping the patient.

PROSPECT tests the hypothesis that many of the local recurrences patients experience after lumpectomy who do not have radiotherapy treatment, may be due to 'occult' cancer that was not seen on standard imaging (mammogram and ultrasound), but can be seen with MRI. If this is the case, then patients with an MRI that clearly shows no additional cancer in the breast may be able to safely avoid radiotherapy with its side effects, inconvenience and costs.

PROSPECT screened 443 breast cancer patients with an MRI prior to their breast cancer surgery, between September 2011 and May 2019. The MRI scan identified additional cancers or areas of pre-cancer in the breast of 11% of the 443 patients. Only those patients (201) without evidence of additional cancer or areas of pre-cancer in the breast were entered to the trial. Patients on the trial had a lumpectomy but did not receive radiotherapy afterwards.

After a median of 5 years follow up, the local recurrence rate (cancer recurrence within the breast on the same side as the original cancer) for the patients treated on the trial without radiotherapy was a very low 1%. Additionally, the local recurrence rate of the entire cohort of 443 patients was very low. Only one patient experienced cancer recurrence in other areas of the body leading to a breast cancer-related death. These results were much lower than would be expected for this group of patients, suggesting that finding and treating the additional areas of cancer detected by the MRI was important in preventing cancer recurrence.

"We are currently developing a follow up trial to confirm and extend these very encouraging initial findings. We are hopeful that this will pave the way for many of those diagnosed with early, low-risk breast cancer to safely receive less intense treatment with less physical and psychological impact, while maintaining a very low risk of breast cancer recurrence."



Professor Bruce Mann
Study Chair of PROSPECT and Director of Research at BCT

New clinical trial launched

When patients are diagnosed with metastatic hormone receptor-positive, HER2 negative breast cancer they receive hormone treatment including drugs called CDK 4/6 inhibitors as their first-line treatment. This first-line treatment can be effective to shrink and slow down the growth and spread of their cancer.

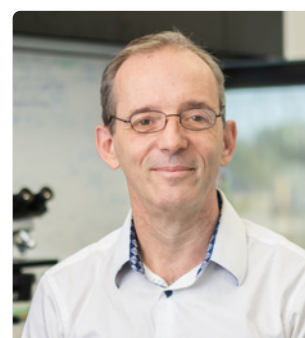
However, their cancer will eventually become 'resistant' to this treatment and will start to progress and get worse. New treatments are urgently needed for these patients.

All living cells (including cancer cells) have functions that make them develop, grow, survive and die. The PI3K-AKT-mTOR pathway within cancer cells is important for cell growth and survival, and this pathway may cause some hormone receptor-positive breast cancers to become resistant to hormone treatments. The drug ipatasertib has been shown to target this pathway and there is early research showing that it can prevent the growth of cancer cells.

The FINER clinical trial is for patients whose cancer has spread or grown following initial hormone treatment and a CDK4/6 inhibitor drug such as palbociclib, ribociclib or abemaciclib. This trial is a placebo-controlled trial where participants will be randomised to receive either ipatasertib and fulvestrant, or the usual hormone treatment fulvestrant and a placebo. It aims to determine if the addition of ipatasertib shrinks the cancer, controls it for longer and slows down the spread of disease.

The FINER clinical trial is being conducted in Australia and New Zealand by Breast Cancer Trials in partnership with the Canadian Cancer Trials Group. The trial is open to both women and men and will recruit 250 participants globally including 60 to 80 patients from Australia and New Zealand.

"I think there is a very good chance we will see a substantial number of women who will benefit from this new treatment both in terms of better quality of life with less problems from their cancer and being able to do the normal things they enjoy doing for longer, and that will translate to a longer life as well as a healthier life."



Associate Professor Andrew Redfern
BCT Study Chair for FINER

Understanding what's important to you

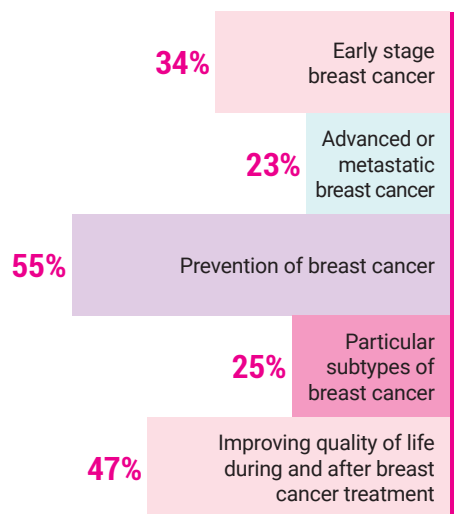
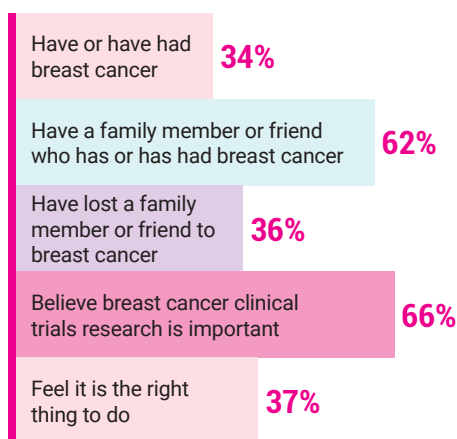
Thank you to everyone who completed the 2022 Supporter Survey. Your feedback helps us to understand what's important to you and helps guide our research strategy and communications.

What best describes your motivation to donate to breast cancer clinical trials research?

Thanks for sharing that you're motivated to donate to our research because you have personally experienced breast cancer yourself or a loved one has been affected.

Wanting to spare others from this experience and giving to clinical trials research so that new treatments can save lives, shows how much you care about the 20,640 people who will be diagnosed this year, their families and friends.

Margaret shared: *"As a breast cancer survivor (twice), I do not want my daughter and granddaughter – or anyone else's daughters – to have to face this disease."*



Areas of breast cancer clinical trials research you are especially interested in.

Understanding what's important to our community helps inform our research priorities moving forward. You were interested in all the topics we highlighted as key research areas.

Thanks to your generous support, we are conducting clinical trials to identify new treatments so that every person receives the treatments which will give them the best chance of long-term cure, and which avoid short and long term side effects.

We're also focussed on helping patients with metastatic breast cancer, looking at new treatments to help them live longer and with good quality of life.

Ma shared: *"I want there to be good treatments for everyone who has breast cancer – and clinical trials research is needed to achieve that."*

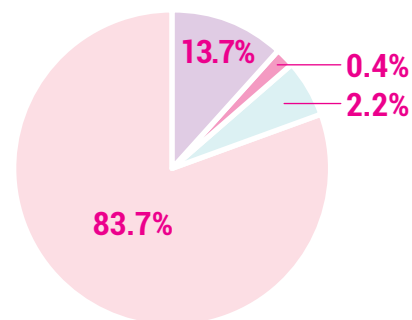
Would you make a monthly gift to Breast Cancer Trials?

Before new treatments for breast cancer can save lives or make a woman's experience of breast cancer easier, they have to go through clinical trials research. That's why it's so vital that there are always funds available to say 'yes' to putting a promising new idea or laboratory breakthrough through a clinical trial.

Regular, monthly gifts automatically deducted from your credit card or bank account can provide this critical funding base. About 14% of responders to the survey confirmed they are already members of our Monthly Giving Program or are interested in joining. Thank you!

If you would like to become a monthly giver or would like further information simply call 1800 423 444.

Month by month, clinical trial by clinical trial, woman by woman you can help change the breast cancer story.



- I am already a Breast Cancer Trials monthly giver!
- Yes, I am interested in making regular monthly gifts.
- Maybe, but I'd like some more information before deciding.
- Not right now, thanks.

Supporters in action

Racing to save lives

It was another great year for Race for a Cure, with the initiative raising just under \$25,000.

Race for a Cure was created by Ben, Toula and Michael Kavich, and combines their love and talent for motorsports with helping to spare as many Australian families as possible from the heartache and loss caused by breast cancer.

The family has raised almost \$130,000 for breast cancer clinical trials research since 2017.

Every year on the Easter long weekend, race car drivers and brothers Ben and Michael Kavich hit the track at the Bathurst 6 Hour on Mount Panorama in their pink liveried car, raising money and awareness for Breast Cancer Trials. This year they placed 6th in their class and 7th overall in the Bathurst 6 Hour event. What an incredible result!

The car livery once again had a special splash of yellow as Yellow Pages returned for a second year as the Official Marketing Sponsor. This partnership is very special to Ben and Michael because their father Tony Kavich, also a successful racing car driver, held the worlds first Motorsport and Yellow Pages partnership in 1984.

We're so grateful to the Kavich family and Yellow Pages for their commitment to saving more lives from breast cancer.

We can't wait to see the car hit the track again next year!



This year the team debuted their new BMW M2 Competition race car built by Garth Walden Racing.



Race for a Cure co-founders and brothers Ben and Michael with the car before the race.



Even the buggies were dressed up for the occasion!

What a Tee-rrific result!

The members of Bay Islands Golf Club well and truly had a ball at their Tee Off event late last year. Incredibly, they raised over \$13,000 on the day, making them our highest fundraising golf club for the second year in a row.

The 2021 event marked their 12th consecutive Tee Off and brings their total raised to over \$60,000 towards our research program.

We can't thank the members of Bay Islands Golf Club as well as the wider community enough for their wonderful support and commitment to Breast Cancer Trials. It is because of supporters like you that our research is possible.

Swim, Cycle, Run... what a trifecta!

One of our wonderful supporters Louise held her own triathlon earlier in the year to raise funds for breast cancer research.

"Two years ago I was diagnosed with Breast Cancer. My journey has been relatively easy with surgery and medical treatment (only) and I am still fit and healthy and very grateful for the bank of knowledge and science that made my remarkable recovery and prognosis possible."

The triathlon went swimmingly, with all participants on the day giving it their all.

A big shout out to Louise and everyone who participated on the day, with almost \$3,000 raised! Congratulations Louise and thank you for your support.

For more ways to fundraise, visit www.breastcancertrials.org.au



Louise and her supportive group of triathletes.

The diary that saves lives

The Australian Women's Health Diary, in its 25th year, remains an informative and much-loved organiser for women of all ages.

It's also a critical tool in our fight against breast cancer raising over \$860,000 last year for research to save and improve the lives of every person diagnosed. Thank you to everyone who purchased the 2022 edition.

Available from September, the 2023 edition is again packed with health information for women of all ages, wrapped in a practical, easy to use diary format. Priced at just \$19.99, it will be available in newsagents, Woolworths, participating post offices and from our website at www.breastcancertrials.org.au

Keep an eye out for your supporter 'special offer' released in September.



Have you seen our new website? We designed it just for you.

As a leading breast cancer research organisation, it's critical to make information regarding breast cancer and our clinical trials research easily accessible for everyone in our community. That's why we've developed a new website which is easy to navigate, user-friendly and packed with helpful information. Plus, we've introduced a new Accessibility feature and translated some of our resources into different languages.

The new website continues to provide a safe and secure method of donating online using a credit card or via PayPal. And there's lots of information about all the different ways you can connect, donate, fundraise and learn more about the impact of your support.

Under the Our Impact menu, you'll find **stories** from our researchers, trial participants, supporters and people who have experienced breast cancer; and on the **Supporter Message Wall** you can read all the beautiful messages we receive when people like you make their donations online.

The Research menu includes information about our research program including **Open Clinical Trials** and the **Research Blog** which has lots of interesting articles across numerous breast cancer topics.

Please visit www.breastcancertrials.org.au to experience these and many other great features. We'd love to hear your feedback via the Contact Us page or call **1800 423 444**.



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Website breastcancertrials.org.au

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