



Create a future where no more
lives are cut short by breast cancer
*through a gift in your Will
to Breast Cancer Trials.*



Thank you!

If you are reading this guide, it's because you care deeply about people whose lives are interrupted, changed, or lost to breast cancer. Thank you.

Thank you too, for considering a gift in your Will to Breast Cancer Trials. It's one of the most powerful ways you can stop the harm caused by breast cancer.

Today, the five-year survival rate for women diagnosed with breast cancer is 93%. In the early 1990s, it was around 75%.

This improvement has been made possible by breast cancer clinical trials research, and caring people like you who've helped fund it.

By supporting more breast cancer clinical trials, you can help push that survival rate even higher—and give more families hope for the future.

With a gift in your Will, you can help women with breast cancers that are currently hard to treat, or quick to spread.

You'll find kinder, gentler treatments—ones that don't come at such a high cost to a woman's health, quality of life, or sense of self.

You'll help find ways to prevent breast cancer, treat it earlier, and stop it coming back.

You will help save the lives of mothers, daughters, wives, sisters and beloved friends.

Choosing to include Breast Cancer Trials in your Will is a way to continue the values that you hold dearly in your life, and make a profound difference to all those affected by breast cancer.

You will help create a future where breast cancer no longer cuts lives short.



Natalie was diagnosed with breast cancer when she was just 23, and again nearly 20 years later.

The treatments made possible by breast cancer clinical trials helped save her life, twice.

Natalie hopes that if her cancer returns again, there will be new treatments to help her. And that her children won't have to live in fear of breast cancer cutting their lives short.

Your beautiful gift
can change—and save—
lives like Natalie's.



"It's only through research that we can hope for better treatments."

– Selma, diagnosed with breast cancer at age 48 and again at 72.



Breast cancer treatments have come a long way since Selma was first diagnosed in 1998, but her future is still uncertain.

When Selma was diagnosed with breast cancer, she was balancing her work teaching deaf children to speak with raising her four children.

"As I told my children that their mum was seriously ill, I noticed how little they were," Selma remembers. "That's when the thought that I might not survive really pulled at my heart."

Thankfully, research meant that treatments were available to give Selma the best possible chance of survival. She had her left breast removed and underwent chemotherapy and radiation.

It was hard on Selma and hard on her family. It wasn't until years later that her children were honest about the effect it had on them. They hadn't said anything at the time because they wanted to protect their mum.

But Selma lived. Six years after her diagnosis, she stood on top of a mountain and shouted, *"I have beaten breast cancer!"*

Those four children grew up, and Selma cherished watching them build their own lives and

start families of their own. She took up dragon boat racing with other breast cancer survivors and competed in regattas around the world.

"When we go to international gatherings, there are about 5,000 women all in pink. We always remember the ones we've lost with flowers on the water. It's just so powerful."

In 2022, Selma started experiencing severe chest pain. Her breast cancer was back and had spread to her bones.

She is stoic, and determined to stay as healthy as possible for her family, which now includes eight grandchildren.

"I had 24 years before I was diagnosed for a second time. It's more than many people get," Selma says.

"I am forever grateful to the research that gave me 24 years of great living before my second diagnosis."



Selma took up dragon boat racing with other breast cancer survivors before she received her second diagnosis.



In 1992, Breast Cancer Trials started recruiting women in Australia and New Zealand for the global IBIS-I breast cancer clinical trial. The trial proved that tamoxifen reduces breast cancer rates for women with a high risk of developing the disease.

Tamoxifen became widely used, and it was part of Selma's treatment.

Selma also agreed to take tamoxifen for ten years as part of the ATLAS clinical trial. Results from the ATLAS trial went on to show that women who took tamoxifen for ten years were less likely to have a recurrence and more likely to live cancer free for longer.

Both of those landmark breast cancer clinical trials were made possible by people like you.

With a gift in your Will, you'll help continue the breast cancer research that will give women like Selma even more good years.

There's much to celebrate, thanks to kind people like you.

Gifts in Wills to Breast Cancer Trials have made extraordinary things happen already. Many of today's most widely used treatments were made possible by Breast Cancer Trials' work—and the generosity of supporters like you. Here are just some of them.

Reduced risk of breast cancer returning

The HERA clinical trial showed that the drug trastuzumab (Herceptin) can significantly reduce the risk of breast cancer returning. Herceptin is now used to treat women with HER2 positive breast cancer, which is considered aggressive and affects 20-30% of women with breast cancer.

Help for young women to have a family after breast cancer

The POEMS clinical trial offered a new treatment option for young women with breast cancer, to better preserve their fertility during cancer treatment. POEMS proved that premenopausal women with breast cancer who need chemotherapy can go on to have healthy babies after treatment.

A faster return to 'normal' life after treatment

The TAILORx trial found that some women with hormone receptor positive HER2 negative breast cancer, the most common type, can have the same outcome with less treatment. TAILORx found that in these women, treatment with chemotherapy and hormone therapy after surgery is no more beneficial than treatment with hormone therapy alone.

More hope for families affected by genetic mutations

The OlympiA clinical trial proved that the drug olaparib reduces breast cancer deaths by 32% for some people with a BRCA1 or BRCA2 gene mutation whose breast cancer has not spread beyond the breast or under the arm. The trial may also help improve outcomes for people with inherited genetic mutations that cause ovarian, pancreatic and prostate cancers.



Gemma was diagnosed with breast cancer at just 27.

She's alive today thanks to treatments proven in clinical trials, funded by people like you. And because of the outcomes of the POEMS trial, she was able to welcome baby Audrey less than a year after treatment, followed by little brother Angus.

"Anyone who supports Breast Cancer Trials is giving an amazing gift to children, grandchildren, and generations to come."
says Brenda, Gemma's mum and a very proud grandmother.

A gift in your Will can help transform breast cancer treatments and *save more lives.*

Despite the progress, the outcomes for too many women with breast cancer remain poor. A gift in your Will can help unlock new treatments, so that every person diagnosed with breast cancer will be able to move forward again in life with confidence.

Professor Bruce Mann is a specialist breast surgeon and Director of Research at Breast Cancer Trials. Your kindness can help him do even more to save lives.

"The outcome for women diagnosed with breast cancer today is far better than it was 20, 30, or 40 years ago, but the job isn't done. There's still a lot we don't understand.

We need to keep working, keep doing clinical trials to get survival as close to 100% as possible."



More young women are being diagnosed with breast cancer.

In younger women, breast cancer is more likely to be aggressive and diagnosed when it is advanced. You can help uncover why more young women are being diagnosed, and find solutions to stop breast cancer cutting their lives short.

Some types of breast cancer are particularly aggressive and resistant to treatment.

There are types of breast cancers which have poor survival rates, high chances of recurring, or few treatment options. We need more clinical trials research into good treatments and cures for every person's breast cancer.

Treatments continue to cause harm to health and futures.

All breast cancer treatments come with risks and side effects, and some of those last for a lifetime. Clinical trials play a vital role in improving treatment outcomes and reducing negative impacts.

Immunotherapy has great potential – which hasn't been fully realised.

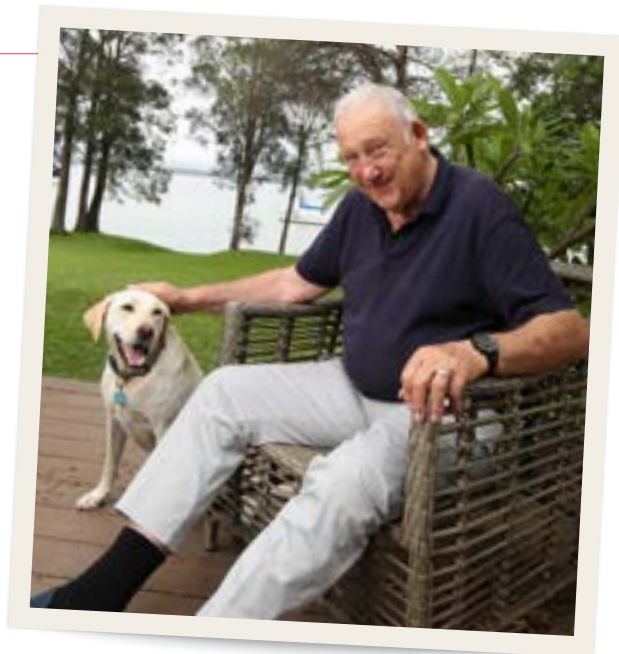
Immunotherapy is a relatively new way to treat breast cancer, but does not work for every cancer or every person. More clinical trials research is needed to unlock its potential and save more lives.

Women still living with the uncertainty of their breast cancer spreading or returning.

Your gift can help find more cures for breast cancer. So women can move forward after treatment, free from the fear that breast cancer will cut short their dreams or their lives.

*"I'd like my gift
in Will to take
away the fear."*

– Paul, who lost beloved wife Fran to breast cancer.



"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 per cent 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 anymore, that would be a fantastic thing."

- Paul

Your Will is a very personal document, one of the most important that you'll ever sign in your life. It says a lot about who you are and what you value.

Very often a Will is a way to 'pass forward' the abundance or opportunities you've experienced, express your gratitude, or change something for the better.

Paul's gift in his Will to Breast Cancer Trials is an expression of enduring love for his wife, Fran. His generosity and compassion will help countless women in the future.

Thank you Paul.

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

Many supporters choose to include a residual gift — a percentage of what's leftover after their loved ones are provided for.



It's easy to make or change your Will

Making a Will gives you peace of mind, knowing the people and causes you care about will be protected as you intend. It's a simple way to care for your loved ones—and ensure your values live on.

If you're considering including Breast Cancer Trials, we're here to help. Here are answers to some common questions.



Q. Do I need a solicitor to make or change a Will?

Breast Cancer Trials recommends using a solicitor because they make the process clearer, easier, and legally secure. Many people feel relieved after getting advice, knowing their wishes are properly documented and protected.

Q. How do I update my Will to include a gift to Breast Cancer Trials?

Updating your Will is simple. Most people add a short codicil, which a solicitor can prepare quickly. You don't need to rewrite your entire Will—small changes usually take minimal time and cost.

Q. What if my circumstances change?

It's normal for your Will to evolve as life changes. Whether you experience a family change or simply want to adjust your wishes, a solicitor can help you make quick updates, so your intentions remain current.

Q. Is there a 'best type' of gift to include?

Yes. A 'residuary' or 'residual bequest'—leaving a percentage of what remains after looking after your loved ones—is usually the simplest and most flexible. It also keeps its value over time. You can still choose a specific amount or item if you prefer, your solicitor can guide you through the options.

Q. Can I make a gift in memory of someone?

Yes. Many people choose to honour someone special by leaving a gift in their memory. If you wish, Breast Cancer Trials can acknowledge your gift in a meaningful way.

If you choose to include a gift in your Will to Breast Cancer Trials, here is the correct wording:

"I (your name) give to Breast Cancer Trials (ABN 64 051 369 496): 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."

Every amount makes a big difference.

A gift of any size makes a difference and will help women affected by breast cancer in Australia and around the world. Breast Cancer Trials is grateful for all gifts in Wills. The combined contributions of many people add up to a substantial difference in the number of breast cancer clinical trials which can be funded.

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

If you include Breast Cancer Trials in your Will, letting us know is entirely optional, but it helps us honour your wishes with care and accuracy, and thank you for your generosity.

Every day at Breast Cancer Trials I see inspiring research ideas that could change the future of breast cancer. It breaks my heart that so many can't move forward simply because the funding isn't there to prove them in a clinical trial.

With a gift in your Will, you'll help turn these ideas into answers to some of breast cancer's greatest questions—and life-saving new treatments for those who need them most.

My priority is ensuring your special gift makes a meaningful difference for women with breast cancer, and their loved ones.

Thank you for considering this important decision.

With gratitude,

Karen Price
Chief Executive Officer



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

- Call **02 4925 3022** during business hours, or
- Email bequestenquiries@bctrials.org.au

Your legacy can help create a future where no more lives are cut short by breast cancer.

