



RESEARCH
Guardians
One Legacy • Everlasting Impact



BECOME A *Research Guardian*

Research Guardians are a dedicated group of supporters who have confirmed a gift in their Will, united by their commitment to funding life-changing research for the benefit of future generations.

The National Breast Cancer Foundation is 100% community funded, and thanks to the generosity of individuals in the community like our visionary Research Guardians, many life-saving medical advances have been made.

When the National Breast Cancer Foundation was established in 1994, 24% of women diagnosed with breast cancer did not survive 5 years beyond their diagnosis. Today, that figure has more than halved, as our understanding of how the disease develops and grows has led to earlier detection, more effective treatments and increased survival rates for Australian women.

It can take up to 17 years for a laboratory discovery to be turned into interventions to be used in the real world. This long-term vision highlights why a gift in your Will is such a unique opportunity to make a difference beyond your lifetime.



Research Guardians are having impact beyond their lifetime.



Tracy and her sister Gail



Tracy during treatment



Tracy with husband Wayne

THE DIFFERENCE WAS RESEARCH *Tracy's story*

My sister Gail died within two years of being diagnosed with breast cancer. We were very close and I don't ever recall a time when Gail wasn't there for me. Although she commenced treatment, the options in 1997 didn't fit her cancer. Gail's daughters took care of her and she died at home with all of us there with her.

It was one of the hardest things I've ever had to deal with. I felt for my parents as they were elderly and it didn't seem right for them to outlive their own child. As for Gail's daughters, I can't describe what they went through – so many special occasions in their lives that should have been shared with their mum.

It was December 2013, when I put off my mammogram until April, the next available appointment. I'd just turned 50, and was really busy working from home. My husband Wayne and

I were at the stage when our three boys were getting older. That's when I started to feel more tired than usual. After my yearly mammogram in April, I was none the wiser though. However this time I picked up that something was wrong, and when I walked back out to the waiting room, I sat down next to Wayne and said 'something isn't right'. When I met with the doctor I was told I had breast cancer.

I was so full of different emotions – I didn't want to be my sister. Having seen my sister put off treatment, I wanted to do this differently and hoped it would give me a different outcome.

I had a lumpectomy just two days later. Tests confirmed I had triple negative breast cancer which is a type of breast cancer that is often aggressive and difficult to treat. Gail was never told she had triple negative breast cancer – I don't think there

was much understanding of this in the 90s. I started chemotherapy just two weeks later. The cancer was fast moving and my treatment was long – 16 rounds of chemotherapy and 30 sessions of radiation that would last eight months. The treatment was so gruelling but throughout it all I didn't lose my sense of humour or my hope that this treatment would work. I was determined not to go down the same path as my sister.

I had my first post cancer mammogram in April the following year. When the doctor gave me the all clear, I was so happy I couldn't help but cry. I looked over at my husband and he was crying too. I had never been happier.

The improvement in breast cancer survival rates in the last two decades is huge.

Research has done this. There is so much more information available, earlier diagnosis and less invasive

surgery and treatment options. I am so thankful that things have changed, but my only regret is that Gail and her family weren't able to benefit from those changes too.

"My life changed dramatically with my breast cancer diagnosis. But thankfully, times had changed since my sister died of it."

INVESTMENT into long-term research is vital to bring about more changes for the better, and sooner. Gifts in Wills provides this long-term support.

IMPACTFUL BREAST CANCER RESEARCH THROUGH A GIFT IN YOUR WILL



Dr Dinny Graham

Research funded by the National Breast Cancer Foundation (NBCF) is helping to better understand the molecular origins of breast cancer, in order to develop tests, treatments and interventions to improve outcomes for people with the disease.

Around 15 per cent of breast cancers fall into the triple negative subtype, which means that researchers don't yet understand what fuels the growth, and subsequently have not yet been able to develop effective treatments.

Triple negative breast cancer is exactly the type of breast cancer that both Tracy and her sister were faced with – it grows aggressively fast and is difficult to treat. Tracy's outcome is a testament to the advances that have been made in standard treatments such as surgery, chemo and radiation therapies, in the last two decades, however there are still no targeted treatment options available for this type of breast cancer.

This is what NBCF-funded researcher, Dr Dinny Graham of the Westmead Institute for Medical Research is working on; searching for new ways to successfully treat triple negative breast cancer.

Dr Graham's research project aims identify different hormone 'receptors' that may be present in triple negative breast cancer and could form the basis for developing a targeted therapy. She also aims to develop personalised tests that can more accurately predict the outcome of current and future treatments.

This exciting research has the potential to spare patients from the harsh side effects of untargeted chemotherapy, but more importantly could save the lives of the many women and men diagnosed with triple negative breast cancer in future.



INFORMATION ABOUT WILLS

By confirming a gift in your Will, as a Research Guardian you are demonstrating your commitment to funding innovative research. You will become part of a special group of supporters united in making a difference and ensuring research continues so we see real impact and zero deaths from Breast Cancer for future generations.

Your Will

- When creating your Will, firstly and foremost look after your family.
- Making a Will enables you to ensure that your children, grandchildren or other family members are protected and cared for as you wish.
- A Will gives you peace of mind that your assets will be protected and distributed according to your wishes.
- It is also important to regularly review your Will as family and financial circumstances can change through;
 - > Marriage, separation or divorce
 - > Health
 - > Retirement
 - > Overseas travel

Your Solicitor can also advise and help with

- Drawing up and supervising the proper execution of your Will.
- Giving you independent advice.
- Advising on trusts and estate planning.
- Powers of Attorney and enduring Power of Attorney and advice on supervising the appointment of an enduring guardian.

Let us help you

Our Gifts in Wills Manager, Matthew Gibson, would be very happy to have a confidential chat with you and answer any questions you might have or provide any further information you need and can be contacted directly on **02 8098 4848** or via email **matthew.gibson@nbcf.org.au**

How to leave a gift in your Will

When creating your Will, firstly provide for family and friends, and then consider whether you can also include a gift to the National Breast Cancer Foundation.

Your gift can take a variety of forms:

- **Residuary** – the remainder of an estate after specific gifts have been disbursed.
- **Percentage** – a percentage of either the residue or the entire estate.
- **Pecuniary** – a specific gift of cash.

Residuary and Percentage are the most beneficial forms of bequest as they hold their value over time.

Simply give the following wording to your Solicitor to include in your Will or as a Codicil to your Will once you have decided what kind of gift you would like to include.

'I bequeath to the National Breast Cancer Foundation, ABN 37 144 841 707, to promote and support breast cancer research, (the residue of my estate) or the sum of (a specified sum), or my (specified items), free of all duties and taxes including, if any CGT, and the receipt of the Secretary or other authorised officer for the time being shall be a complete and sufficient discharge for the executor(s).'

Become a
Research Guardian
today.

