
WHAT WE DO TODAY CAN CHANGE THE FUTURE

Adding a gift in your Will creates a legacy
that will echo down the generations





BREAST CANCER IS THE MOST COMMONLY DIAGNOSED CANCER AMONGST WOMEN IN AUSTRALIA

SINCE 1994 THE DEATH RATE HAS REDUCED BY OVER
40%

ABOUT
1 IN 500
MEN WILL BE DIAGNOSED WITH BREAST CANCER IN THEIR LIFETIME

1 IN 7
WOMEN WILL BE DIAGNOSED IN THEIR LIFETIME

LET'S END THIS TOGETHER

– Associate Professor Paul Beavis, NBCF-funded researcher



Breast cancer is the most commonly diagnosed cancer amongst women in Australia. 57 Australians are diagnosed every day. Countless families are affected.

But together, we can stop breast cancer in its tracks. How? By investing in life-changing research.

The National Breast Cancer Foundation (NBCF) is Australia's leading not-for-profit organisation funding world-class breast cancer research towards our vision of Zero Deaths from breast cancer.

Since our inception in 1994, NBCF has invested over \$200M into more than 600 world-class research projects across Australia. In this time, the death rate from breast cancer in Australia has reduced by over 40%. We've seen remarkable results, but the job's not done.

At NBCF, we're determined to create a better tomorrow. We know research matters, and it is central and critical to improving breast cancer outcomes. That's why we fund the very best breast cancer research in Australia by awarding grants via an open national, competitive and rigorous peer review process.

At NBCF our vision is Zero Deaths from breast cancer. By adding just 1% as a gift in your Will, you will help to create a future where no one dies from breast cancer.

Progress is only possible with the support of people like you. By including a gift in your Will to NBCF, you become a **Research Guardian** and are funding innovative and world-class research. Research that, in the future, will save lives. This is a legacy you can be proud to be a part of. You are leaving a gift to benefit countless future generations.

Please consider becoming a **Research Guardian** – and help us stop deaths from breast cancer.

THE BEST WAY TO PREDICT THE FUTURE IS TO CREATE IT

Since the National Breast Cancer Foundation started in 1994, the 5 year survival rate has improved from 76% to 92% and rising. That's a huge testament to the power of medical research.

We've made an undeniable impact on the future of breast cancer in Australia. And it's only been made possible with the support of people like you. Despite improvements, over 3,000 lives are lost to breast cancer in Australia every year.

By identifying, funding and championing world-class research, we can stop breast cancer in its tracks.



Tracy and Gail



Tracy during treatment



Tracy enjoying life after breast cancer

Meet Tracy

Tracy and her sister Gail were both diagnosed with an aggressive form of breast cancer – almost 20 years apart.

Gail's cancer came first, already too advanced by the time it was detected. And tragically, she died within two years of her diagnosis. As Tracy recalls:

“Gail was just 45 when she found a lump in her breast. The outlook in the mid-1990s was not that great. Although she commenced treatment, the options at the time didn't fit my sister's type of cancer, which had spread to her brain. 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.”

In the years since Gail's diagnosis, game-changing research has increased survival rates significantly. Many scientific breakthroughs have led to earlier detection and better treatment options – including those funded by NBCF.

20 years later, Tracy was diagnosed with triple negative breast cancer after one of her yearly mammograms.

Thankfully, Tracy's cancer had been detected early. The treatment she received was far less invasive than Gail's – successfully saving her life.

“I am so thankful that things have changed. There is now a much greater recognition and knowledge of familial breast cancer, especially triple negative breast cancer. We also now know of different treatments required for this particular type of cancer.”

“When the doctor gave me the all clear, I was so happy I couldn't help but cry. My only regret is that Gail and her family weren't able to benefit from these changes too.”

We're committed to a future where there's Zero Deaths from breast cancer. And your gift will help make this possible.

WE'RE SERIOUS ABOUT SCIENCE

“I have been fortunate that the National Breast Cancer Foundation has funded projects that allow me to be bold and investigate new frontiers.”

– Professor Elgene Lim,
NBCF Endowed Chair



NBCF are committed to funding a broad spectrum of breast cancer research. With gifts left in Wills by donors just like you, we can plan for the future. Your gift will enable us to invest in more research, for new ways to prevent, detect, treat and save lives from breast cancer.

Your gift will enable us to power forward projects that will ensure that every life is saved from this devastating disease. We can tackle the forms of the disease we currently lack solutions for, such as metastatic breast cancer, when cancer spreads from the breast to other parts of the body. We can focus on personalising medicine to each individual, developing tests to ensure that treatments will work for someone before they start the course. All in all, we can help ensure that everyone who develops the disease in Australia not only survives – but thrives.

Knowing we will receive donations far into the future will enable us to change the future for thousands of people across Australia and will take away the heartbreak, and the fear of a breast cancer diagnosis.

We work hard to ensure we are only powering the most cutting-edge, world-class grants through our rigorous grant review process. As we only fund the best research, the incredible results our funded researchers get means that others want to, and do invest in them.

NBCF researchers also collaborate with researchers in other cancer fields such as prostate, brain and ovarian cancers, maximising the potential to save as many lives as possible in Australia.

STOPPING BREAST CANCER IN ITS TRACKS

“The clear difference between me and my mum was that I was able to stop cancer in its tracks. Mum didn’t have that option.”

– Kate,
Research Guardian



Photo by Damian Bennett

At the age of 49, Kate was diagnosed with breast cancer after a mammogram detected a small cancer in her breast. Mammograms were routine for Kate due to her strong family history of breast cancer. Her mother died from breast cancer when she was eight and her two older sisters were also diagnosed.

“When I was diagnosed I was in shock – even though I had been fearful about getting breast cancer my entire life due to my family history with the disease,” she explained.

“At the time of my diagnosis much work had been done in discovering the BRCA1 and BRCA2 genes and their predisposition to breast cancer. However, doctors couldn’t pinpoint the genes that caused my familial link, highlighting the need for further research to be conducted in this area.”

Kate made the difficult decision to remove her breasts, and today she remains cancer-free and enjoys an active and healthy life with her family.

“Before I got involved with NBCF I couldn’t bear to think what might happen after all that our family has been through,” she said. “But now that I know so much about the research that NBCF is funding, I feel a lot calmer.”

When the time came for Kate and her husband to make their Will, leaving a gift to NBCF to fund vital breast cancer research, was a natural and obvious choice.

“Because of my own experience I want to make a difference to breast cancer research both now and in the future. Today’s discoveries lay the foundation for new treatments and medical advancements that will benefit future generations,” said Kate.

“Leaving a gift in my Will was a simple and seamless process. I encourage Australians who are passionate about making a difference to breast cancer to consider the National Breast Cancer Foundation when they are making or updating their Will.”

A SOLUTION FOR ONE OF BREAST CANCER'S BIGGEST PROBLEMS

Thanks to NBCF funding, Dr Roberta Mazzieri at the Peter MacCallum Cancer Centre is working towards developing a vaccine to treat certain challenging types of breast cancers, such as triple negative breast cancer and cancer that has spread to the brain.

“By exploring what is the best information to provide to the immune system and the best way to deliver that information, the team have identified a number of potential vaccine targets, which we will now test.”

– Dr Roberta Mazzieri,
NBCF-funded researcher



Harnessing the power of the immune system

Triple negative breast cancer and breast cancer that spreads to the brain are challenging to treat as they can be less responsive to chemotherapy treatments. Dr Mazzieri is trying to stop people who may be diagnosed with either of these types of breast cancer having to experience the fear and uncertainty of a second diagnosis in the future. She is working towards creating a vaccine that could help people to develop an immunity to these forms of the disease.

How will a vaccine work?

The vaccine will target specific proteins found on the patient's own breast cancer cells together with a known immunotherapy drug to effectively teach the immune system to recognise and attack cancer cells, particularly if they separate from the tumour to spread around the body. This will stop them from settling and developing tumours in other parts of the body, a process that makes the disease incurable. Controlling the disease through personalised treatments and stopping this spread could save thousands of lives in the future if Dr Mazzieri's research is fruitful.

This is the cutting-edge research your support as a **Research Guardian** will help to make happen. Thank you.

Without the generosity of people like you, this research wouldn't have been possible.

WHAT WE DO TODAY WILL ECHO DOWN THE GENERATIONS

When you choose to leave a gift in your Will to the National Breast Cancer Foundation, you're joining a very special group of supporters, our **Research Guardians**.

This is an honorary membership in recognition of your generosity and commitment and enables us to thank you in your lifetime.

Even a gift in your Will of 1% of your estate, will enable researchers to continue to make discoveries which will protect future generations from breast cancer. It will bring forward the day when no family will experience the heartache of losing a loved one to breast cancer.

As a **Research Guardian**, you will receive exclusive invitations to lab tours and other special events. We will also keep you up to date on the latest findings in breast cancer research.

**Your gift will help save lives.
Become a Research Guardian today.**

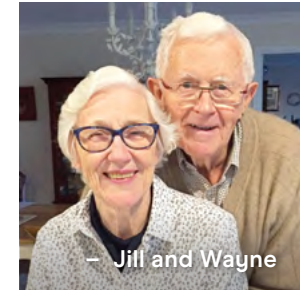


“Leaving a gift in my Will to NBCF is an amazing gift and the last ‘good’ thing that I can do that will make a difference in the world. I could not be prouder of being able to play a role in breast cancer research. Breast cancer treatment has definitely come a long way but there is still a long way to go. To know that my gift may help improve the lives of others is a wonderful feeling.”

– Sarah, Research Guardian

“We have four granddaughters. We have made a gift in our Wills to NBCF because we want to enable researchers to make even more discoveries and develop effective new treatments which will protect our family and future generations from breast cancer.”

– Jill and Wayne, Research Guardians



– Jill and Wayne

“Cancer is everywhere and I’ve known some wonderful ladies, who, unfortunately lost their battles with the disease. I know many others who have gone through the terror of being diagnosed and the hard time of enduring treatment and all the time wondering whether you’ll be one of those that survives... and for how long? Keep up the wonderful work!”

– Kerry, Research Guardian



– Norman

“Cancer has affected many members of my family. My sister and my niece have both battled breast cancer. I don’t want to see any more members of my family go through the worry and pain that they did. Leaving a gift in my Will and becoming a Research Guardian, is one way I can help support research into the future to help beat this disease.”

– Norman, Research Guardian

HOW TO ADD A GIFT IN YOUR WILL

It is important to have a Will to ensure your estate is given to the people and causes you most care about. Making or updating your Will need not be expensive or complicated but you should seek legal advice and talk through how you wish your estate to be distributed. Reviewing your Will every few years is also important as circumstances change throughout your life such as marriage, sale of a property, birth of children or grandchildren and changes to family relationships.

Every gift helps

Even a tiny percentage after all your other gifts have been made will make a real difference. There are several different ways to leave a gift in your Will.

- **A residual gift**

A residual bequest is a simple way to leave a gift that needn't interfere with any other specific bequests left to loved ones. This type of bequest retains its value over time (unlike a specific cash gift, that can reduce in value with inflation). By leaving a residual gift to NBCF you are instructing your Executor that, once your debts are paid and specific gifts are distributed to loved ones named in your Will,

the remainder (or a proportion of the remainder) of your estate will be gifted to NBCF

- **A fixed specific gift**

A gift in the form of other property such as real estate

- **Whole or part of your estate**

You can leave your entire estate or any part of your estate to NBCF

- **A fixed sum of money**

Also known as a pecuniary bequest, in the form of a specific cash amount. Your solicitor can advise you of ways to ensure the gift retains its relative value (for example, by increasing the amount by reference to CPI).



“Breast cancer is a really complex disease. The more we know about it the better we can treat it and hopefully prevent it altogether. It is only through research that we can achieve this.”

– Professor Stacey Edwards,
NBCF-funded researcher

Gifts in Wills – Quick Information

Legal Name:

National Breast Cancer Foundation

ABN: 37 144 841 707

Address:

GPO Box 4126, Sydney NSW 2001

It is very simple to include a gift to NBCF in your Will. Just use the following wording or supply it to your solicitor:

Suggested wording for your Will:

“I bequeath to the National Breast Cancer Foundation, ABN 37 144 841 707, to promote and support breast cancer research,

- a. the residue of my estate, **OR**
- b. percentage of my residuary estate (specified percentage), **OR**
- c. the sum of (specified sum), **OR**
- d. my specified assets,

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).”

We recommend you discuss the type of gift you would like to leave to NBCF with your solicitor.

Adding just 1% as a gift in your Will, will enable researchers to continue to make discoveries which will help to create a future where no one dies from breast cancer, whilst ensuring that your loved ones are provided for.

FREQUENTLY ASKED QUESTIONS

Why choose NBCF for my Will?

When you support NBCF you are supporting targeted research. While other organisations provide critical care and support during a breast cancer diagnosis, only research can stop the disease – and save lives and our loved ones.

Research is improving our understanding of how breast cancer originates, grows and spreads so that we can improve the outcomes for all who are impacted.

What if you reach your goal of Zero Deaths?

The incidence of breast cancer is rising. Research will be ongoing to identify and help us understand the prevention and risk factors, improve

early detection, create new and improved treatments and a better quality of life for those who have gone through a breast cancer diagnosis.

If I already have a Will, how can I add a gift now or change it?

You can change your Will by adding a codicil to it. A codicil is a simple legal form to make minor changes or additions to an existing Will.

If you have re-thought your Will and want to make major changes, consider writing a new Will and 'revoking' (or cancelling) your old Will, as handwriting changes or making notes on it may invalidate the Will!

Please discuss this with your solicitor.

Do I need a solicitor to write my Will?

We always recommend you seek independent legal advice.

If you have decided to leave a gift in your Will to the National Breast Cancer Foundation, please do let us know as we would like to personally thank you and welcome you as a Research Guardian.

If you are unsure where to start when it comes to creating a Will, here are six simple steps:

- Think about who you want to remember and take care of once you are gone
- Talk to trusted family and friends about your wishes if you feel comfortable to do so
- Consider the causes you've been passionate about in your lifetime
- Seek independent legal advice about making a Will. Talk to a solicitor or create your own with guidance
- If you are preparing your own Will, the National Breast Cancer Foundation is a member of these online Will services:

Willed – To use this service, please visit <https://www.willed.com.au/nbcf>

Gathered Here – To use this service, please visit <https://wills.gatheredhere.com.au/c/nbcf>

- Don't forget to update your Will if your circumstances change.



OUR PROMISE TO YOU

When you choose to include a gift in your Will to NBCF:

- **Your privacy and wishes will always be respected**
- **We understand that your family and loved ones come first.** Your Will is your legacy, and we encourage you to discuss your decisions with them
- **We respect and appreciate your gift, no matter the size.** Your support in achieving our vision is what matters most
- **We will invest your gift responsibly** into research with the most potential to protect future generations and their families from the impact of breast cancer
- **You and your loved ones will have the opportunity to connect with the work we are doing** and the impact it is having
- **Your gift will be used carefully** and cost effectively
- **If you wish, we will acknowledge and thank you** for your commitment to achieving our vision, and ensure that your dedication is remembered
- **We respect that you may change your mind** about including NBCF in your Will at any time.



“I was first diagnosed with breast cancer in 2016, when my daughter was only a few months old. I was in total shock. I went on to have surgery followed by chemotherapy. Then in 2019, I found out that my breast cancer had returned. Just when I thought the worst of it was over our lives were again turned upside down. I decided to have a bilateral mastectomy.

I know that breast cancer research is the reason I am here. I am (and will be) forever grateful to NBCF and the clever scientists they fund. Through their work we are finding new ways to prevent, detect and treat breast cancer. It is because of people like them, that I have the chance to see my daughter grow up, grow old with my husband and spend time with the ones I most love and cherish.”

– Lorna, diagnosed 2016 and 2019

“My wife recently had breast cancer and benefited from the generosity of those whose previous gifts in their Wills funded scientific research which enabled her to receive an early diagnosis and the best treatment and care. I have two daughters so leaving a gift in my Will to NBCF and becoming a Research Guardian, highlights how important breast cancer research is to me and my family.”

– Max, Research Guardian



THANK YOU FOR YOUR SUPPORT



**A gift to the National Breast Cancer Foundation
is a gift to future generations.**

Please don't hesitate to get in touch for more information or advice. Our Gifts in Wills team and Supporter Relations team are always on hand for help. Simply phone **1300 708 763**, or send an email to **bequests@nbcf.org.au**

*Front cover image: Amanda, Margaret,
and Greta – NBCF advocates*