



The NZBCF's mission is to stop New Zealanders dying from breast cancer.

Its focus is on **early detection education**, breast cancer **support** and funding critical **research**.

The NZBCF relies on the generosity of **individuals**, **grants and partnerships** to help the 8 women diagnosed with breast cancer every day in New Zealand.



#### Need advice?

Call **0800 BCNurse** (0800 226 8773)



More information at [www.nzbcf.org.nz](http://www.nzbcf.org.nz)



Message us [www.facebook.com/NZBreastCancerFoundation](https://www.facebook.com/NZBreastCancerFoundation)



Follow us on **Twitter: @NZBCF**



Please give [www.nzbcf.org.nz/donate](http://www.nzbcf.org.nz/donate)



## Breast Cancer. Can we help you?



Free Counselling

0800 BCNurse Advice Line

[mybc.care](http://mybc.care) - Online Community

Rehabilitation

Clinical Trials

**0800BCNurse (0800 226 8773)**  
[www.nzbcf.org.nz/support](http://www.nzbcf.org.nz/support)

# Provide help, spread hope.



If you're living with breast cancer The New Zealand Breast Cancer Foundation is here to help. We fund a range of support services aimed at improving the quality of life for people with breast cancer.

## Free counselling



If you're feeling stressed or anxious, breast cancer counselling could help. Free counselling (3 sessions) is available to anyone with breast cancer whatever your stage of treatment, either face to face, over the phone or via Skype. All you need is a referral from your Medical Specialist, Nurse or GP.

Download the referral form at [www.nzbcf.org/freecounselling](http://www.nzbcf.org/freecounselling) or phone **0800BCNurse**

## Ask our Breast Care Nurse



If you need breast health advice or support around your breast cancer diagnosis or treatment, call or email our Breast Nurse. This service is also available to family and friends but is not meant to replace the advice of your Specialist team.

Call **0800BCNurse** (0800 226 8773) or email [breastnurse@nzbcf.org.nz](mailto:breastnurse@nzbcf.org.nz)

### Newly Diagnosed?

A free support pack about breast cancer treatment and care in New Zealand. Visit [www.nzbcf.org.nz/resources](http://www.nzbcf.org.nz/resources)

## Connect with others



mybc is an online community for New Zealanders affected by breast cancer - a place to connect and share experiences with others like you, and to ask questions and get support from a qualified breast nurse.

Sign up at [www.mybc.care](http://www.mybc.care) or download the app on your phone.

## Rehabilitation after surgery



Certain forms of exercise can help you regain upper body strength and mobility after breast cancer surgery. The NZBCF helps fund both individual treatment and group-based exercise sessions with qualified physiotherapists to assist recovery.

Find out more at [www.nzbcf.org.nz/support/cancerrehab](http://www.nzbcf.org.nz/support/cancerrehab)

## Active clinical trials



The NZBCF Clinical Trials Database shows the latest breast cancer trials by cancer type currently open to new patients in NZ and Australia. It includes contact details for more information which should be discussed with your specialist.

Search at [www.nzbcf.org.nz/clinicaltrials](http://www.nzbcf.org.nz/clinicaltrials)

## Breast cancer information



The NZBCF website provides comprehensive information on breast cancer and support services in the community. You can also read personal stories, watch videos, visit reputable international websites and order or download resources too.

Visit [www.nzbcf.org.nz/breastcancer](http://www.nzbcf.org.nz/breastcancer)