



MEDIA RELEASE

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A personal race for research.

Being a participant in this year's Avon race for research, Newcastle's premier fundraising event for breast cancer research, will have special significance for Louise French of Nelson Bay.

Louise was 44 when she had her first mammogram last November. Even though her mother was diagnosed with breast cancer at 58, Louise was confident her mammogram would be clear.

A week later Louise was diagnosed with breast cancer.

"I had never been sick in my life, so it was very overwhelming to learn that I had cancer," said Louise.

Following a lumpectomy in January, and then radiotherapy, Louise had further surgery in March to remove her ovaries as her tumour proved to be hormone receptive. She will now take the drug Arimidex for the next five years. On the eve of Breast Cancer Awareness Month, she wants to share her story in the hope of helping all women realise the importance of having a mammogram every two years.

"I come from England where you have to be 50 to be on the national breast cancer screening program," said Louise. "I now know that my visit to the BreastScreen van at Soldiers Point saved my life. Every woman needs to be aware that they can start having free mammograms through the BreastScreen program at the age of 40."

Louise will join runners, joggers, walkers and families in this year's Avon race for research. The 5km fun run/walk will be held on Sunday 25 October on the Newcastle Foreshore.

All proceeds from the race will support research conducted by the Australian New Zealand Breast Cancer Trials Group. This Group, located in Newcastle, conducts a national clinical trials research program for the prevention and cure of breast cancer.

Louise knows the value of breast cancer research and says everyone in the community can make their own contribution simply by participating in the Avon race for research.

"Early detection and research play a crucial role in every woman's survival and we should be doing all we can to support this research. I encourage everyone to enter this important community event."

Avon race for research is open to men, women and children of all age groups, in a variety of categories, including family and corporate teams. Everyone who completes the course will receive a free sunscreen, generously provided by Avon.

People can enter the event online at www.bcia.org.au. Entry forms are also available at Newcastle Permanent or by contacting the Breast Cancer Institute of Australia on 4925 3022. Entries close Monday 19 October.

Avon race for research is proudly sponsored by Avon, Newcastle Permanent, The Herald, Southern Cross Ten and NXFM.

**For further enquiries or to interview Louise French, please contact:
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