

# 'Inspirational' sister leads to trial sign-up

## Woman's third breast cancer fight helps to encourage others

A WOMAN from Manningtree is to take part in the first worldwide breast cancer prevention trial, after her sister was diagnosed with the disease three times.

Ruth Day, 67, of Station Road, put herself forward for the Cancer Research UK study after her sister, Sue Hayward, now 61, of West Ewell in Surrey, battled the disease on three occasions.

The aim of the trial is to find out if a hormone drug, called anastrozole, already used to treat breast cancer, can prevent it in post-menopausal women.

Mrs Day's other sister, Mary Torode, of Colchester, is also taking part in the trial.

They will take one pill a day, but will not know whether it is anastrozole or a placebo pill.

The sisters will also have regular mammograms, a bone density scan and their progress will be monitored by Kathy Rooke,



**DEVOTED SISTERS: Sue Hayward's (right) breast cancer battle has led her sisters Mary Torode, left, and Ruth Day to join a cancer prevention trial**

research sister at Essex County Hospital's breast unit.

Mrs Day, 67, who runs breast cancer support group Wivenhoe

Bosom Pals, said: "It doesn't seem fair that one person can be diagnosed with breast cancer three

north-east Essex. The pair are now encouraging more women to sign up by December 31, for the next round of trials.

Mrs Torode, 71, said: "Sue was 37 the first time and had the lump removed, followed by radiotherapy.

"The second time was eight years later, when she had a lump removed from her other breast and again had radiotherapy.

"The third and final time was three years ago, when she found another lump and decided to have a double mastectomy.

"She is an inspiration to us and the most wonderful person ever, so both Ruth and I are keen to do what we can to help researchers to find out more about preventing breast cancer, and would be so happy if some good came out of it."

Participants for the trial must be aged 40 to 70, post-menopausal and have either a family history or other factors which puts them at increased risk of developing breast cancer.

Anyone who wishes to take part in the study can call 01206 744734 to find out if they are eligible.

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