

the POSNOC study

PARTICIPANT NEWSLETTER - SIXTH EDITION

SEPTEMBER 2021



POSITIVE Sentinel NOde: adjuvant therapy alone versus adjuvant therapy plus Clearance or axillary radiotherapy

Welcome to the sixth, very special, edition of the POSNOC participant newsletter. We would like to keep you updated with POSNOC's incredible progress over the last year. The trial has continued to run despite all the obstacles the pandemic has thrown our way, with the help of dedicated hospital site staff, the trial management team, and most importantly, the support of you, our participants.

A reminder of why we're doing this

Current NHS standard care is to offer armpit treatment to patients where a small amount of disease is found in the 'sentinel' gland. However, drug treatments are far more advanced than they once were and very good at preventing cancer from coming back. Armpit treatment might, therefore, not be needed; if this is the case, it is very important to know. We might be able to spare women unnecessary treatment and the long-term problems it can cause. POSNOC is the largest UK-led international breast cancer surgical trial seeking to answer this question.

RECRUITMENT

1900 participants recruited!

The big bit of news that makes this newsletter so special is that we have hit our recruitment target!! 1900 women across 127 sites, in six countries, and two continents have agreed to take part in the POSNOC trial, and you are one of them! None of this research would be possible without people willing to put themselves forward and we are so grateful to you. The 1900th participant was recruited at the Royal Melbourne Hospital, Australia, and she has shared some thoughts about her decision to take part:

"Taking part in the POSNOC trial has made my situation more manageable, knowing that someone is monitoring and ensuring I am receiving the correct treatment. I feel a lot more comfortable and glad knowing that help is available, it has made the past few months less stressful and I'm very appreciative of everyone's support."

Thank you!



A message from our Health Outcome Representative

We would like to thank everyone for completing their quality of life questionnaires during these difficult times. Participants receive questionnaires for three years after joining POSNOC, so our work will continue until 2024. We currently have more than 8000 sets of

questionnaire data; by 2024, this huge and very important research resource will tell us much more about how the treatment for breast cancer offered within POSNOC affects women's lives.



Kathryn Monson
SHORE-C

A message from our Chief Investigator

It has been an incredible journey! I am immensely grateful to our brave participants who have volunteered to take part and help the trial succeed. Trials like POSNOC – the largest breast cancer surgery trial in the UK, are a real team effort which requires people with a wide variety of expertise to all play their role for them to succeed. The trial teams in the UK, Australia and New Zealand have done a phenomenal job and our collaborators at over 100 sites have delivered amazingly.



Amit Goyal
Chief Investigator

Above all, POSNOC is a trial with a purpose which is to improve breast cancer treatment and reduce the risk of arm problems e.g. lymphoedema for future generations worldwide.



The recruitment period has finished but the trial is far from over! Some of you will have already completed your final, 60-month follow-up, some of you will be part way through (at 6, 12, 24, 26, or 48 months) and others of you only just begun! Due to Covid, these follow-up 'visits' can also take place over the phone. If you have any questions about your follow-up schedule, please contact your local research team.

It is vital to the study that we are able to keep up with these follow-up visits and questionnaires; please inform us if you move house or change your GP.

Our contact details are at the bottom of this newsletter. Because there are so many sites involved in the study, even if you do move to a new area, it is possible that you will be able to remain with the trial! This follow-up period will come to a close when the final participant has reached their 60-month visit; this will be in the summer of 2026. The results, for those of you who have opted to receive these, should be available the following year, in 2027, once all the data has been analysed. It seems so far away now but I'm sure it will pass in a flash!

For any general trial queries, please get in touch with your study coordinating team:



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