

March 2026



Dear friend,

**We can't change a diagnosis—but as a community, we can change what happens next.**

When you reach a certain age as a woman, you go to the hospital every two years for a routine mammogram. I was no exception. You might grumble about how uncomfortable it is, but you don't think much of it. It's just routine screening.

All of that changed in 2017.

The day after my mammogram, the hospital called to say they saw something concerning. I was booked for an ultrasound the very next day. On my birthday that year, I received the news no one ever wants to hear: **I had breast cancer.**

I was completely shocked. I didn't have any symptoms. I felt healthy. **If it hadn't been for routine screening, my cancer might not have been found when it was. That mammogram may have saved my life.**

My first thoughts weren't about myself. They were about my family and friends. How would this affect them? I didn't want anyone to feel sorry for me. I didn't want pity. What I wanted was **hope, clarity, and the strength to focus on getting well.**


Cancer can feel incredibly isolating. Even when you are surrounded by people who care about you, the fear and uncertainty can be overwhelming. What helped me most was knowing I wasn't facing this alone.

The care I received at Quinte Health Belleville General Hospital reminded me that early detection saves lives. It gave me reassurance when I needed it most and helped me move forward.

But I know not every woman in our community has access to that same reassurance.

**Our current mammography machine is past its end of life.** At the same time, routine breast screening is now available starting at age 40, and demand has increased by more than 30%. Without a new machine, women may face delays in diagnosis—and delays can have serious consequences.

(Please turn over)





**That's why we are raising funds to bring a tomosynthesis mammography machine, a new 3D imaging system, to Belleville General Hospital.** This technology provides clearer, more detailed images, helps detect cancer earlier, and reduces unnecessary tests and biopsies.

It also allows patients to receive answers faster. In many cases, follow-up care can happen during a single visit. For younger women with dense breast tissue, this technology can make the difference between catching cancer early and missing it.

For me, early detection made all the difference. It gave me peace of mind and allowed me to focus on healing instead of waiting and worrying. That's the gift I want to help provide for every woman in the Quinte region.

I hope my story helps show why this moment matters so much. **A gift of \$50, \$75 or even \$100 will help bring earlier detection and faster answers to women in our community.**

**Every donation helps ensure women receive fast, accurate results when every day counts.** Whether your gift is made in honour of a loved one or inspired by personal experience, it will provide care, clarity, and comfort to thousands of patients. Together, we can change what happens next.

Breast cancer caught at stage 1 has a 5-year survival rate of 99.8%. **Early detection matters.** Speed matters. Your generosity helps ensure women in our community get answers sooner and with less anxiety.

Please help us bring this vital equipment to BGH and give clarity where there is worry, comfort where there is fear, and hope where it's needed most.

Sincerely,

**Cheryl Hosking**  
 BGHF Team Member  
 BGH Auxiliary Volunteer  
 Cancer Survivor

**P.S.** A routine mammogram saved my life. **Your gift today will help ensure more women receive early detection, faster answers, and peace of mind when it matters most.** We can't change a diagnosis—but together, we can change what happens next.



**Belleville General Hospital Foundation**

*In support of Quinte's Regional Hospital*

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