



SWEET

NEWSLETTER

June 2026, Issue 1



Thank you for your ongoing participation and support of the SWEET research study. Your involvement is so important to us and we really appreciate your continued engagement. We would like to share some updates with you about how the SWEET study is going.

What is the purpose of SWEET - Supporting Women with adherence to hormone Therapy following breast cancer?

As you know, we have developed a support package (called HT&Me) which aims to support women to take their hormone therapy as prescribed, with the aim of reducing the risk of breast cancer returning, as well as help improve quality of life.

The screenshot shows the HT&Me website interface. On the left, there is a purple sidebar with the text 'Login' and 'Use this page to login to HT&Me or register for access.' The main content area is white and titled 'HT & Me'. It contains two columns of forms: 'Log in' and 'Register'. The 'Log in' form has fields for 'Email Address' and 'Password', a 'Login' button, and a link for 'Forgotten your password? Click here to reset.' The 'Register' form has a 'Registration Code' field (noted as 'provided by the HT&Me team'), and fields for 'First Name', 'Last Name', 'Email Address', and 'Mobile Phone Number'.

What are we looking for?

Half of you in the study will have received the HT&Me support package and half will have received standard NHS follow-up care only. We want to see whether women who receive the HT&Me support package are more likely to take their hormone therapy as prescribed and have better quality-of-life compared to women who are just receiving the standard NHS follow-up care.

How is SWEET going so far?

We are very pleased to say there has been a lot of interest in the SWEET study and a total of **1676 women** from **66 hospitals** around the UK are taking part. This means we have now exceeded our original target and the study has stopped recruitment. No-one else will be invited to take part.

Location of trusts/hospitals involved in the SWEET study.



What next in the study?

The focus now is on following up those of you in the study. As you might remember we are doing this by asking you to complete questionnaires at 6 months, 12 months and then finally at 18 months.



Please help us by.....

It is really important that all women in the study complete the questionnaires. Whether you take your hormone therapy every day, have missed a few doses, have stopped taking your hormone therapy entirely, or have experienced a recurrence of breast cancer – we ask that you still complete the questionnaires as fully as you can. **Without your questionnaires we will not be able to tell whether HT&Me makes a difference. Your response really matters!!**

For more information, please take a look at our website: www.sweetstudy.co.uk

You can also find information on our website about two further related projects.



SWEET-PLUS: Supporting adherence to adjuvant CDK4/6 inhibitors in women with early breast cancer.



QUIETER+ Inequalities in adherence to endocrine therapy in women with ER+ve breast cancer: can these explain disparities in survival?

If you have any questions about the study, please contact HTandMesupport@warwick.ac.uk

If you have any questions or concerns about your hormone therapy or breast health, please contact your local breast care team or your GP.

Thank you for reading this newsletter and for taking part in the SWEET research study.