

Lynette Bolton

Breast cancer survivor, media personality, TV host, wife of former Sydney AFL champion & mother-of-two, **SYDNEY**

Lynette Bolton, 46, Sydney, wife of former AFL Sydney Swans champion Jude Bolton, media personality, Travel Oz show host, and a mother-of-two is a breast cancer survivor. For the past seven months, Lynette has been sharing updates on her battle with breast cancer across her social media channels and advocating for the importance of being proactive about breast cancer checks and screening. Her raw and honest recounts of her lived experience have supported many others going through a similar ordeal.

Last year, in the lead-up to Christmas, when most people are planning holiday and family festivities, mapping out school holidays, attending work Christmas functions, and buying and wrapping presents, Lynette was diagnosed with breast cancer.

In late November, she noticed a lump in her breast and acted on it promptly. A mere 10 days later (December 4, 2025), after countless appointments, ultrasounds, mammograms and biopsies, she was diagnosed with a fast-growing, highly aggressive, triple-negative breast cancer. Together with her husband Jude, they made the heartbreaking decision to tell their daughters, Siarra, 14 and Piper, 11, of her diagnosis. Six days before Christmas, Lynette commenced chemotherapy.



In the six months post- diagnosis, Lynette had a port-a-cath inserted under her collar bone, underwent 16 rounds of chemotherapy combined with 17 rounds of immunotherapy, and had surgery to remove a tumour in the breast and the affected lymph nodes.

On June 13, 2026, Lynette shared the extraordinary news that she was in the 'all clear ' and confirmed a complete pathological response, with no cancer cells found following surgery.

Lynette chose to closely document her journey, sharing moments of vulnerability, triumph, fear and gratitude across the many battles and hurdles she has recently faced and overcome. She has remained positive and cautiously optimistic, serving as a beacon of hope and a source of comfort for others undergoing this devastating and often lonely journey.

Throughout her seven-month journey with breast cancer, she has been a staunch advocate for prioritising early detection and has used her platform to normalise and educate others about the processes and hurdles involved.

Lynette has consistently expressed her gratitude for the overwhelming support, kindness and love she has received from her family, friends, and loved ones, as well as strangers with whom she has bonded with by bravely documenting her journey throughout this difficult time.

This is Lynette's story.

"Throughout my rollercoaster journey with breast cancer, I've had good days, days when I have been completely overwhelmed, and days when I have been filled with so much gratitude from the support I have received from the Australian breast cancer community," said Lynette.



"From early on, I was determined not to be defined by breast cancer. Instead, I chose to share my experience constructively, to stay positive for myself, Jude and our girls, and to help others feel informed, supported and less alone.

"I ultimately decided to document and share my personal journey because I knew that if sharing my story meant even one person felt a fraction less alone and overwhelmed, then that would be rewarding enough," Lynette said.

"In return, I have been humbled to witness the extraordinary resilience and bravery of other survivors, whose stories both comforted and inspired me.

"Before I was faced with this life-altering experience, I had

no idea what it meant to live with breast cancer, what was involved with the treatment, the sheer volume of appointments I had to endure, and the fact that your treatment journey does not finish once you are free from any cancer cells," said Lynette.

"There are many different forms of breast cancer, and depending on how early or late you are diagnosed, it will impact what types of treatment you need to undergo.

"I found a lump and acted immediately. That speed gave me options. Early detection won't be every woman's story, but acting quickly when something feels wrong can significantly improve your chances of a better outcome," Lynette said.

"If you're putting off a check, scan or appointment, this is your sign. Book it. I cannot emphasise enough the importance of being proactive, conducting regular self-checks, and not delaying routine screenings."

"We are extremely fortunate in Australia. Thanks to medical innovations, our nation has seen earlier detection, improved treatments, and higher survival rates for breast cancer patients over the past decade."



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