

FREE

Issue 01 AUTUMN 09

# insight

creating hope for a cancer free future

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**REDUCE YOUR RISK // VOLUNTEER ANGELS  
BABY & YOU // VITAMIN D RESEARCH // BE A HERO  
HOPE BLOOMS // CANCHANGE // BILL GRANGER**

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# inside *insight*

## Did you know //

**Breast cancer is the most commonly diagnosed cancer in women in Australia.** It is also the leading cause of cancer-related death among Australian women. The early detection of breast cancer can lead to increased survival rates and improved quality of life. Learn more at [www.cancerqld.org.au/breastcancer](http://www.cancerqld.org.au/breastcancer)

## Cover story // Michelangelo's *Night* has breast cancer?

### A doctor has diagnosed breast cancer on a 500-year-old statue by Michelangelo.

Art experts had wondered for years why the left breast on his marble work 'Night', which stands in the Medici chapel in the Church of San Lorenzo, in Florence, was misshapen.

The figure has a large bulge alongside a swollen nipple which has caused the skin on the opposite side to retract.

Until now, scholars had believed the features were due to Michelangelo's lack of interest or unfamiliarity with the female form.

Now Dr James Stark, a cancer specialist from Virginia in the US, and art historian Jonathan Nelson, from New York, believe the artist deliberately wanted to portray a woman with cancer.

Writing in the *New England Journal of Medicine*, they say: "we suggest Michelangelo carefully inspected a woman with advanced breast cancer and accurately reproduced physical signs in stone. He could have studied the corpse of a woman - autopsies were legal at the time. ☺"

Dahlgren, A.-L. (2003). *Michelangelo and medicine*. *J R Soc Med* 96: 256-256a

Cancer Council Queensland is Queensland's leading independent organisation in cancer control.

The achievements of Cancer Council Queensland are made possible by the generosity of Queenslanders.



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We respectfully acknowledge the Aboriginal and Torres Strait Islander people of Queensland, the traditional owners of this land.

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# Message from the CEO

Welcome to the first edition of Insight, Cancer Council Queensland's new magazine for supporters and friends.

**In this edition, you'll find a range of articles that profile some of our recent achievements and future activities.**

Among these achievements are ongoing construction at our Townsville Palliative Care Centre and a new Rockhampton Cancer Education, Support and Accommodation Centre. Both facilities have been designed to address the cancer-related needs of these regional communities, and once completed will provide state-of-the-art care and comfort for cancer patients.

The level of support we provide to cancer patients and their loved ones continues to grow each year, with thanks to your help. In 2008, we devoted more than \$10.4 million in funding for research projects that may lead to future breakthroughs. Of equal importance, we dedicated more than \$10 million towards support services for Queenslanders affected by cancer.

With an ageing population and more than 20,000 Queenslanders diagnosed with cancer each year,

our work, and your support, has never been more important.

This year we will make investments in a range of strategies to expand our reach and enhance our services, continuing our focus on research, treatment, patient care, and prevention and early detection.

In May we will celebrate the opening of our 15th UICC Reach to Recovery International Breast Cancer Support Conference, a world-first global conference for women affected by breast cancer (featured on page 10). It will be the first time the conference has been held outside of the Northern Hemisphere, drawing over 600 delegates together in a 'Journey of Hope' that captures the spirit of our work.

I thank you, our supporters, for making our recent achievements and future activities possible, and look forward to reporting on the outcomes of our work in the September 2009 edition of Insight. ☺

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**Jeff Dunn**  
Chief Executive Officer  
Cancer Council Queensland



## Hope blooms

**Daffodil Day  
Friday August 28**

**On Friday, August 28, volunteers across Queensland will support Cancer Council Queensland's Daffodil Day by selling merchandise and fresh daffodils at volunteer stalls.**

Marianne Smith is one of our volunteers.

Marianne has volunteered for Daffodil Day for the past four years and says each year she knows she is making a difference for a cancer free future.

"It is an enjoyable day, a great opportunity to meet others and a

chance to give something back to the community.

"People love to support Daffodil Day and it's uplifting to play a part in such a special and meaningful event."

In 2008 we raised over \$1.7 million on Daffodil Day in Queensland, with thanks to more than 2,700 generous community members who volunteered on the day.

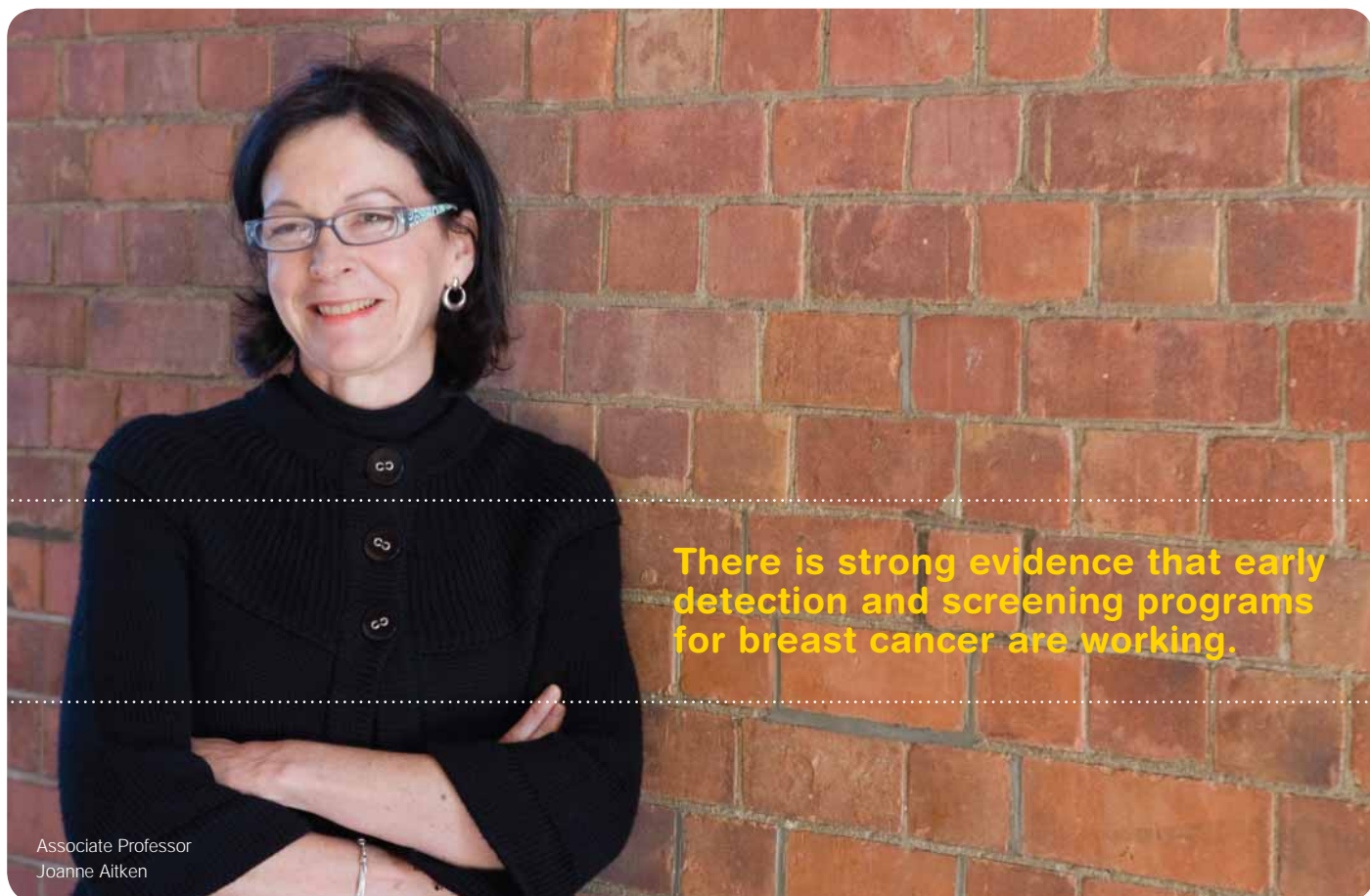
Together, our supporters sold 800,000 fresh daffodils and merchandise from 5,700 boxes of pins, pens, and keyrings.

We're currently recruiting Queensland volunteers for Daffodil Day in 2009. If you can spare a few hours of your time to sell daffodils in your local community, please give us a call today! ☺

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For more information about Daffodil Day visit [www.cancerqld.org.au](http://www.cancerqld.org.au) or call 1300 65 65 85.



# Breast cancer deaths decrease in Queensland



There is strong evidence that early detection and screening programs for breast cancer are working.

Associate Professor  
Joanne Aitken

## Queensland women celebrated World Cancer Day in February with fresh hope, following the release of Cancer Council statistics showing that deaths from breast cancer are decreasing.

According to the Queensland Cancer Registry's latest report, *Cancer in Queensland Incidence and Mortality 1982-2006*, 432 women died of breast cancer in 2006, a decrease from 471 in 2005 – 39 fewer deaths.

Director of Cancer Registries and Scientific Consultant in Epidemiology for Cancer Council Queensland, Associate Professor Joanne Aitken, says the statistics are reassuring.

"The report confirms that there has been a consistent fall in breast cancer death rates since the mid-1990s.

"These statistics provide strong evidence that early detection and screening programs are working.

"The report shows that although incidence of breast cancer increased in 2006, due in part to an ageing and increasing population, fewer women are dying of the disease."

According to the report, 2,514 cases of female breast cancer were diagnosed in 2006, compared to 2,431 in 2005.

"Our researchers are currently investigating the longer-term trends for breast cancer in Queensland women and expect to publish a detailed report in April.

"Their findings will be pivotal in understanding patterns of breast cancer incidence and mortality so that we can continue with efforts to prevent the disease and detect it as early as possible."

The Cancer Council will release its report, titled *Current status of female breast cancer in Queensland 1982 -2006*, in April 2009. The report will examine Queensland trends in female breast cancer incidence, survival, mortality and prevalence. ☺

To read the Queensland Cancer Registry's new incident and mortality report, go to: [http://www.cancerqld.org.au/research/qcr/qld\\_cancerReg.asp](http://www.cancerqld.org.au/research/qcr/qld_cancerReg.asp)  
You can also view the latest cancer statistics via Queensland Cancer Statistics Online: [www.cancerqld.org.au/research/QCSOL.asp](http://www.cancerqld.org.au/research/QCSOL.asp)



## CANCER FACT:

Breast cancer can also develop in men, although it is much less common. Male breast cancer accounts for about 1% of all breast cancer incidences.

# Volunteer angels



Volunteer and breast cancer survivor, Robyn Carroll

**In 1998, Robyn Carroll's husband, Howard, was diagnosed with prostate and colon cancer. During his treatment, Robyn and Howard travelled from their hometown, Toowoomba, and stayed at our Charles Wanstall Apex Lodge in Brisbane.**

Then, in 2004, Robyn was diagnosed with breast cancer. During Robyn's treatment, one of the Cancer Council's breast cancer support volunteers visited her at home and in hospital, and she attended a 'Look Good, Feel Better' workshop.

Following her illness, Robyn engaged the support of her sister Linda to make safety-pin angels to raise money for Pink Ribbon Day, on behalf of the Toowoomba volunteer branch. Linda lost her husband Ron to cancer and, like Robyn, wanted to make a difference to help others affected by cancer.

Since 2005, their safety-pin angels have raised over \$5,000, providing vital funds for research into breast cancer treatment and prevention. ☺

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**To become a volunteer for Cancer Council Queensland, please contact Marie Yamamoto on 3258 2244, or email [marieyamamoto@cancerqld.org.au](mailto:marieyamamoto@cancerqld.org.au).**

# Research report: Queenslanders compromise sun safety

**A research study by Cancer Council Queensland and the Queensland University of Technology has found an alarmingly high number of Queenslanders have reduced their sun protection practices due to unwarranted fears of vitamin D deficiency.**

The survey of 2,000 people found more than 20 per cent reduced their sun protection behaviours and 14 per cent reduced their children's sun protection out of concern about vitamin D deficiency.

Executive Manager of Research for Cancer Council Queensland, Pip Youl, says about one-third of those interviewed falsely believed fair-skinned adults and children needed at least 30 minutes a day in the summer sun to maintain adequate vitamin D levels.

"The result is concerning and certainly reflects that the public is confused about how much sun exposure is required to maintain healthy levels of vitamin D."

According to the Cancer Council report, media coverage related to vitamin D was one of the main factors causing Queenslanders to reduce their protection practices.

"A recent study in Australia examined trends in media coverage about skin cancer prevention, and found a significant increase in coverage of issues surrounding vitamin D," Ms Youl said.

"This research highlighted that the number of articles mentioning vitamin D and questioning current sun protection recommendations was on the increase."

It has been estimated that the sun exposure Queenslanders require to maintain a healthy level of vitamin D is only two to six



minutes either side of the peak UV times, and four to 17 minutes in winter – much less than the half-hour exposure period that many Queenslanders in this study believe is necessary.

"Most Queenslanders will be able to achieve adequate levels of vitamin D simply by going about their daily activities such as walking to the car or hanging out the washing.

"The results of this survey are certainly of great concern, because Queensland has the highest rates of skin cancer in the world, with high levels of UV radiation through all seasons.

"There is an urgent need for Queenslanders to continue sun protection practices. If not, we will risk increasing our rates of skin cancer in the future," Ms Youl said. ☺

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**For more information about skin cancer visit [www.cancerqld.org.au](http://www.cancerqld.org.au) or call **Cancer Council Helpline 13 11 20**.**




## CANCER FACT:

**Did you know Queensland has the highest rate of skin cancer in the world?**

**Almost seven people in Queensland are diagnosed with melanoma every day and around 133,000 non-melanoma skin cancer cases are diagnosed in Queensland each year.**

# Women urged to QUIT before pregnancy



Approximately 20 per cent of pregnant women in Queensland smoke.

**Cancer Council Queensland has launched a support guide to help pregnant women quit smoking, with new research revealing children are five times more likely to develop childhood cancer if their mothers smoke during pregnancy.**

Tobacco Programs Team Leader at Cancer Council Queensland, Emma Dalglish, says the support guide will help women to permanently quit smoking.

"*Baby and You* is an evidence-based guide to support women and their partners in quitting smoking during pregnancy.

"It is the only resource of its kind specifically for pregnant smokers in Queensland."

Cancer Council Queensland consulted widely with health experts in the development of the resource, which also provides advice for partners of pregnant women.

"Partners can have a major influence on a woman's decision to quit smoking. *Baby and You* also includes an accompanying booklet especially for partners, to encourage and support them to quit smoking.

"*Baby and You* will provide an important source of support to pregnant women who want to quit smoking and will hopefully decrease the incidence of childhood cancers.

"Roughly one in five younger women smoke during pregnancy, and many want to quit, so *Baby and You* is a vital guide.

"Unfortunately 70 per cent of women return to smoking within 12 months of the baby's delivery, so *Baby and You* also aims to prevent mothers from restarting the habit.

"*Baby and You* aims to assist pregnant women with quitting smoking for good."

The booklet has information on healthy nutrition, physical activity and stress management during pregnancy and provides a guide to enhancing a newborn's post-natal health through breastfeeding and safe sleeping.

*Baby and You* is available from hospitals, maternity care centres, general practitioners and other community-based maternal and child health services. If you'd like to receive a copy, please contact our Cancer Council Helpline on 13 11 20. ☎

For more information about *Baby and You* visit [www.cancerqld.org.au](http://www.cancerqld.org.au) or call **Cancer Council Helpline 13 11 20**.



## CANCER FACT:

**Babies born to mothers who smoke while pregnant are three times more likely to die from SIDS and develop asthma and other respiratory illnesses such as croup, bronchitis and pneumonia.**

# Surviving and thriving after cancer

## Cancer Council Queensland is trialling a new program to help colorectal (bowel) cancer survivors improve their chances of surviving and thriving after cancer.

In 2003, Ken Eyre was diagnosed with bowel cancer at age 71, after visiting his doctor for an annual medical check-up and a bowel cancer screen test.

Nearly six years on, Ken is healthier than ever, thanks in part to making some changes to his lifestyle.

Cancer Council Queensland is currently researching an innovative new program, known as CanChange, which aims to support bowel cancer survivors with making important improvements to their lifestyle, including dietary habits, exercise or physical activity, alcohol intake, smoking habits and weight management.

Ken says the program will help bowel cancer survivors like him to improve their overall quality of life.

"My cancer surgery and treatment was very complex and left me emotionally and physically worn out.

"There were times when I thought I would never feel better again. CanChange would have been extremely helpful during these difficult times."

According to Cancer Council Queensland's lead investigator for CanChange, Associate Professor Anna Hawkes, many bowel cancer survivors have poor lifestyle behaviours which can increase their risk of the cancer returning, put them at greater risk of other serious diseases such as heart disease and diabetes, and may in fact reduce their chance of survival.

"Over 60 per cent of bowel cancer survivors are overweight or obese, 60 per cent are insufficiently active, and over 20 per cent are categorised as high risk drinkers.

"CanChange is a unique program delivered over the telephone by specialist health coaches who provide a tailored program to help survivors like Ken improve symptom management and wellbeing by making lifestyle changes."

A/Prof Hawkes says although healthy lifestyle changes cannot guarantee that an individual won't develop another cancer, a person's risk can be reduced by following these simple guidelines:

- [Do regular physical activity or exercise.](#)
- [Maintain a healthy body weight.](#)
- [Maintain a healthy balanced diet.](#)
- [Limit your alcohol intake.](#)
- [Stop smoking.](#)

A person's risk of being diagnosed with bowel cancer increases sharply from the age of 45. Thankfully, if it's detected early, the chance of surviving for at least five years after diagnosis is 90 per cent.

The Australian Government's National Bowel Cancer Screening Program provides a free FOBT for those turning 50, 55 or 65 before December 31, 2010. Those over 50 who are not eligible for the free test can request an FOBT from their doctor. ☺

For more information, please call the **Cancer Council Helpline on 13 11 20** or visit [www.cancerqld.org.au](http://www.cancerqld.org.au).

# Regular giving makes a Breakthrough

## Hundreds of loyal Cancer Council Queensland supporters have signed up to our Breakthrough program for regular giving, with many increasing their donations to the program.

Our Breakthrough program encourages monthly direct debit or credit card donations, which allows Cancer Council Queensland to commit to long-term funding for researchers such as Professor Ian Frazer. Professor Frazer's cervical cancer vaccine was the result of 15 years' hard work, alongside his friend and colleague Dr Jian Zhou.

"Regular gifts to Cancer Council Queensland will ensure that cancer research projects can be undertaken at the greatest possible speed, using cutting edge technologies and with the certainty of ongoing funding.

"New technologies enable us to better understand the causes and nature of cancer and these will give us the breakthroughs that will make a big difference to patients," Professor Frazer says.

Over 280 wonderful supporters have joined Breakthrough this year, increasing our total number of members to over 1,850 people. More than 200 existing Breakthrough members have also increased their monthly gifts to support our work for a cancer free future.

Donating monthly from your credit card or bank account is simple, safe and secure. You can even direct your donations towards prostate or breast cancer, or to wherever the need is greatest. Also, since many of our supporters have been affected by cancer, donations can be made in honour of a loved one.

Thank you to all our Breakthrough supporters for your ongoing commitment. ☺

Join our Breakthrough program today by contacting our **Donor Hotline on 1300 663 936** or go to [www.cancerqld.org.au](http://www.cancerqld.org.au) for more information.

# Gifts in Memory

## Has your life been touched by cancer in some way? For many Queenslanders, our special Gifts in Memory program provides an opportunity to honour the memory of a loved one.

By donating via our Gifts in Memory program, you will make a lasting tribute that provides hope to other Queenslanders affected by cancer.

In 2008, Cancer Council Queensland's Gifts in Memory program raised over \$370,000 towards funding these vital programs.

Cancer Council Queensland volunteer, Joan Hunt, made a donation in memory of her long-time friend Glenys, who died from cancer in 2008.

"It was one of Glenys' requests that donations to Cancer Council Queensland be made in lieu of flowers at the funeral," she says.

"It is such a sad thing, to lose an old friend, but, so much good can come out of donating.

"It doesn't matter what amount, it's about contributing to the big picture."

By making a tribute Gift in Memory of a loved one, you will help fund life-saving cancer research, education and patient support programs. ☺

**To make a donation**  
A Gift in Memory of a loved one can be made by phone, post or online.  
**Phone: 1300 663 936** Post: PO Box 201, Spring Hill 4004 QLD. Go to 'donations' online at [www.cancerqld.org.au](http://www.cancerqld.org.au).

If you would like to request Gift in Memory donation envelopes for a funeral please **phone 1300 663 936**, email [donorrelations@cancerqld.org.au](mailto:donorrelations@cancerqld.org.au), or visit your nearest Cancer Council Queensland office.

# Be a hero for cancer

## Rockhampton Cancer Education, Support and Accommodation Centre



### Cancer Council Queensland's Rockhampton Cancer Education, Support and Accommodation Centre is continuing on track, with foundations laid for the education centre in late February.

The new centre will strengthen health services in the Central Queensland region by improving cancer patients' access to diagnostic, treatment and support services.

Rockhampton Capital Appeal Co-ordinator for Cancer Council Queensland, Helen Williams, says the Centre is a critical project for Central Queensland.

"The facility will provide unique short term accommodation, and encourage the use of cancer screening, detection and treatment services by Central Queensland people.

"Over the past decade, the combined pressures of population growth and an ageing population have significantly increased the demand for cancer-related services in Rockhampton.

"As a result, the existing accommodation facility is being expanded in order to improve access to health services for Central Queenslanders."

The new centre will have six accommodation units for cancer patients and their families and carers, as well as an education and support building.

"The new centre will ease the burden of travel and accommodation for cancer patients from regional areas who have to stay overnight in Rockhampton for treatment and diagnostic services," Ms Williams says.

Community support for our work is vital. We will continue our campaign until we meet our \$2.2 million goal and will open the centre as soon as possible.

The centre is due for completion in mid 2009 and will be located next to Cancer Council Queensland's Rockhampton office. ☺

Queenslanders are being urged to become an Everyday Hero and donate to the building fund.

If you'd like to donate to our appeal, go to [www.everydayhero.com.au/event/rockhampton](http://www.everydayhero.com.au/event/rockhampton).

Donations can also be made in person at **Cancer Council Queensland's office at Upper Dawson Road, Rockhampton** or by calling **(07) 4927 7088**.

# Support our May appeal: Early detection the key

## Many Queenslanders are unaware that bowel cancer (or colorectal cancer) is the third highest cause of cancer mortality in Queensland men and women.

In Queensland alone, around 2,700 people each year are diagnosed with bowel cancer, and yet many people are still reluctant to talk about it. That's partly due to its sensitive nature and the area of the body it affects, but it's also because of something much more basic: fear. However, 90 per cent of bowel cancers, when detected at their earliest stage, are curable.

Mother of three, Donna Streater, was just 37 years old when she was diagnosed with bowel cancer. Donna was told she only had a minimal chance of survival. Following numerous surgeries and chemotherapy, she now wants to share her story to ensure that people are more aware of bowel cancer. In May, the Cancer Council will launch an appeal in the hope of raising over \$800,000 to help fund vital research and support services related to bowel cancer.

In addition to our prevention, detection and support services, our work on bowel cancer includes research by the Viertel Centre for Research in Cancer Control (VCRCC) into 'Modes of

presentation and pathways to diagnosis of colorectal cancer in Queensland'. This study by our VCRCC was published in the Medical Journal of Australia, and highlighted that the time between seeing a doctor and making a colorectal cancer diagnosis was longer for female patients. This could possibly be because a greater number of conditions are investigated (for example, gynaecological disorders) when female patients present with abdominal symptoms. The findings of the VCRCC's ongoing research into bowel cancer will be pivotal in the development of cancer control policies and prevention strategies.

Cancer Council Queensland is also funding external research projects into bowel cancer. Right now, we're funding a visionary project that aims to better understand why bowel cancer develops in the first place. The project is being led by Professor Michael McGuckin at the Mater Medical Research Institute in Brisbane. You can read more about his work in our May appeal, along with information regarding the National Bowel Cancer Screening Program. ☺

For more information about bowel cancer, please phone our **Cancer Council Helpline on 13 11 20** or go to [www.cancerqld.org.au](http://www.cancerqld.org.au).

# Prostate surgery, robots and research

## Cancer Council Queensland continues to lead three of the world's largest international trials into cancer survivorship, to help improve quality of life for people affected by prostate and colorectal cancer.

In 2008, we also launched an innovative \$1.25 million five year research grant for clinical research into cancer, known as the Strategic Research Partnership Grant, or STREP.

The grant was awarded to a collaborative research team from the University of Queensland and the Royal Brisbane and Women's Hospital.

Their study will examine a number of unresolved issues in relation to radical prostatectomy for prostate cancer. The project will include robotic approaches that will evaluate quality of life effects and seek to measure the aggressiveness of tumours.

The STREP Grant will accelerate the progress of cancer research in Queensland by identifying future priorities for cancer research, policy, clinical care and support. ☺

# Staff profile: Anna Hawkes



Associate Professor  
Anna Hawkes

**Role:**  
Senior Research Fellow,  
Viertel Centre for Research  
in Cancer Control

**Research interests:**  
I have a background in public health, and have been researching and working in chronic disease prevention and management for many years for non-government, government and academic organisations. I currently lead the Lifestyle and Cancer Research Program at the Viertel Centre for Research in Cancer Control at Cancer Council Queensland. I collaborate on a number of research projects within the Cancer Council and with external international research organisations. I'm interested in translational research for disadvantaged groups, including those disadvantaged by distance or place of residence.

**Current research projects:**  
I am particularly interested in developing innovative models of service delivery, including telephone and internet-based programs to support those affected by cancer. I am currently trialling a novel telephone-delivered lifestyle support program for colorectal or bowel cancer survivors, called 'CanChange' in collaboration with an expert team of Cancer Council Queensland and national and international investigators. CanChange supports bowel cancer survivors to improve their lifestyle behaviours. Importantly,

CanChange has the potential to improve the management of treatment side-effects, improve quality of life and physical and emotional wellbeing, reduce the risk of the cancer recurring or other serious diseases, and potentially improve survival for those diagnosed with bowel cancer.

I'm also collaborating on several other projects including work to improve supportive care for Indigenous cancer patients, and for those affected by brain tumours, as well as a program to improve the sun safety behaviour of young Queenslanders.

**Future work:**  
We know that a healthy lifestyle can prevent over one third of the most common cancers, and can improve quality of life and potentially extend survival for cancer survivors. For this reason, I am committed to expanding Cancer Council Queensland's Lifestyle and Cancer Research Program to improve our understanding of the association between lifestyle behaviours and cancer. I am also very privileged to work for an organisation that includes expert community services staff to inform the future direction of our research, and ensure that our research meets the needs of the Queensland community. I am also very grateful for the generous input and guidance from Cancer Council volunteers and the Brisbane Bowel Cancer Support Group. ☺

Cancer Council Queensland has been recognised by the Federal Government's Equal Opportunity for Women in the Workplace Agency (EOWA) as an Employer of Choice for Women.

# New views from the Townsville Palliative Care Centre

**A unique viewing pavilion will be added to the multi-million dollar Cancer Council Queensland Palliative Care Centre in Townsville, thanks to a generous donation arranged by construction firm for the project, Matrix North Queensland.**

Project Manager for Matrix North Queensland, Bill Brookes, says the pavilion will enhance the comfort and care of patients

"The pavilion area was originally factored out of the construction tender due to cost.

"However, Matrix believes it will enhance patients' experience and, along with a number of subcontractors and suppliers, we wanted to make a contribution to an important project."

Executive Director for Matrix North Queensland, Peter Burt, formally announced the donation at a site inspection in late March.

"We have value-managed the viewing platform detail to complement the centre's layout, limiting the overall cost and maintaining the space and amenity available for patients, families and carers," Mr Burt said.

The viewing platform will be fully certified by STP Structural Engineers who also donated their services.

When completed, the centre will provide 20 new palliative care

beds for the North Queensland community, and is the largest building project ever undertaken by Cancer Council Queensland.

The state-of-the-art facility is located on the grounds of the Townsville Hospital and run by Queensland Health, providing support for terminally ill patients and their families.

Major Gifts and Corporate Partnerships Manager at the Cancer Council, Christine O'Flynn, thanked the North Queensland community for its support.

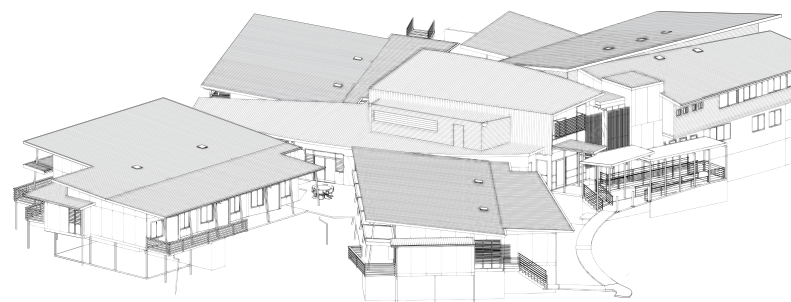
"The people of North Queensland have incredibly raised almost \$6.9 million towards the cost of construction," she said.

"North Queenslanders can be really proud of their fundraising efforts for cancer patients in this region.

"The centre is expected to be completed in mid 2009 and will service all North Queenslanders, from south to Mackay, west to Mt Isa and north to Cape York.

"We look forward to celebrating the official opening with the North Queensland community." ☺

To support the Cancer Council Queensland Palliative Care Centre by making a donation, contact Christine O'Flynn at Cancer Council Queensland on (07) 4721 1644.



An architectural drawing of the new centre.

# Join in our Journey of Hope for breast cancer!



Over 200 women celebrated the arrival of the Message Stick in Portugal.

## In preparation for the 15th UICC Reach to Recovery International Breast Cancer Support Conference in Brisbane this May, Cancer Council Queensland has launched the world's first online relay for women affected by breast cancer.

The unique Message Stick Relay will travel around the world, bringing women together online on their way to the conference. The relay began in Brisbane on March 12 and will arrive back in Brisbane for the conference opening on May 13.

Conference Organiser for Cancer Council Queensland, Megan Dwyer, says the Message Stick Relay will connect breast cancer patients and survivors in a journey of hope.

"The Message Stick Relay will travel to 30 destinations around the world.

"Along the way, women from around the world will log on to the website and upload photos and stories from their countries and local communities, growing our awareness of the diverse international responses to breast cancer."

The message stick is named Kayi Ngunta which means 'the pathway to knowledge' in Muruwari, an Indigenous Australian language from far northwest New South Wales.

Ms Dwyer, a breast cancer survivor, says the relay will play an important role in building capacity and support networks for women affected by breast cancer in developing countries.

"By connecting women from around the world, and drawing us together for the conference in May, we hope to strengthen emotional support and build active peer support networks, particularly in countries and places that might not have easy access to health services," she says.

"These may be women in regional and remote locations in our own country, or women in developing nations, who face the additional challenges of inadequate diagnostic, treatment and support services.

"The aim of the relay, and the conference, is to support international efforts to stop suffering, improve treatment,

and strengthen emotional support for women with breast cancer."

Ms Dwyer says a real version of the message stick, created by Indigenous artist Michael Connolly, would feature in the conference opening, symbolising the stories shared over the course of the online journey.

"The message stick depicts the pathway of knowledge with the circles of life, symbolising eternity; rays of sunshine, symbolising hope and courage; and a meeting place, symbolising our connection to one another.

"The message stick also features three female spirit dancers, to symbolise strength, empowerment, and beauty. They dance together and share in the journey of hope."

According to Chief Executive Officer of Cancer Council Queensland, Prof Jeff Dunn, Queensland is leading the relay as a global player in the race to eliminate breast cancer.

"Queensland is playing a significant part in giving women affected by breast cancer the opportunity to build new support networks with women from all corners of the globe, to empower local action that addresses breast cancer.

"Nearly 600 women from around the world have registered to attend the conference, and we expect many more will log on to get involved in the relay." ☺

Log on to the Message Stick Relay at [www.themessagestick.com](http://www.themessagestick.com).

The 15th UICC Reach to Recovery International Breast Cancer Support Conference will be held at the Brisbane Convention and Exhibition Centre from May 13 to 15. For more information, go to [www.reachtorecovery2009.org/](http://www.reachtorecovery2009.org/).

# Make every cup count!

# Bill Granger



**Did you know that one in two Queenslanders will be diagnosed with cancer before the age of 85? You can help support people with cancer and their families by hosting a morning tea to celebrate Australia's Biggest Morning Tea during May.**

Australia's Biggest Morning Tea is a great opportunity to take a break and catch up with your friends, family and work mates for a worthy cause.

Last year Australia's Biggest Morning Tea raised over \$1.6 million in Queensland, selling out of 5,000 event mugs. With your support, this year we're hoping to raise even more – with a target of \$1.8 million!

Why not combine your morning tea with one of your regular catch ups? The official date is Thursday, May 28, however morning teas can be held any time during May or June.

## How do you make your cup count?

Register to receive your host kit by calling 1300 65 65 85 or go to [www.biggestmorningtea.com.au](http://www.biggestmorningtea.com.au).

Prepare your guest list and invite your friends, family and work mates.

Ask your guests to make a donation at your morning tea.

Collect the donations and return them to Cancer Council Queensland.

Please get involved and have a cuppa for cancer! ☺



## Mandarin and almond cake

- 3 mandarins
- 250g (1 cup) caster (superfine) sugar
- 6 eggs
- 230g (2 cups) ground almonds

- To serve**
- 60g (1/4 cup) caster (superfine) sugar
  - Zest of 2 oranges

Put the mandarins in a medium saucepan and cover with water. Bring to the boil and simmer for 2 hours, adding water when necessary to keep the mandarins covered at all times.

Preheat the oven to 160C (315F/ Gas 2-3). Drain the mandarins and cool to room temperature. Once cooled, split them open with your hands and remove any seeds. Puree the mandarins, including the skins, in a food processor.

Whisk the sugar and eggs together in a large bowl until combined. Add the ground almonds and mandarin puree and stir thoroughly.

Pour the mixture into a well-greased 24cm (9 inch) springform cake tin and bake

for 1 hour 10 minutes, or until the cake looks set in the middle, springs back when touched and comes away from the edges. Remove from the oven and allow to cool in the tin.

While the cake is cooling, put the sugar in a saucepan with 60 ml (1/4 cup) of water. Over low heat, stir until the sugar dissolves. Add the orange zest and boil the mixture until it just starts to caramelise. Lift the zest out with a fork and cool it on a plate.

Serve the cake with caramelised citrus zest.

Serves 10 to 12 people. ☺

Recipe from Bill's Food, by Bill Granger (Murdoch Books, RRP \$39.95).

# Creating hope for a cancer free future



[www.cancerqld.org.au](http://www.cancerqld.org.au)

## I am pleased to send my gift to help cancer patients and their families

My gift enclosed for:  \$25  \$50  \$100  Other \$ \_\_\_\_\_

Please make cheques payable to Cancer Council Queensland.

or charge my  Mastercard  Visa Card  Diners Card  Amex

Card number

Expiry date   /   Signature \_\_\_\_\_

Mr / Mrs / Miss / Ms Full Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode

Phone \_\_\_\_\_ Mobile \_\_\_\_\_

## Send me information on

- Leaving a bequest or using our Free Will Service **and/or**
- Making monthly donations

*Don't forget to include your name, address and phone number.*

## Post this form to

Cancer Council Queensland,  
PO Box 201, Spring Hill Qld 4004



## Donations over \$2 are tax deductible.

Cancer Council Queensland depends on supporters like you for its life-saving work and we thank you for your generosity. We do not sell, rent or otherwise make available any information about our supporters. However, if you wish to receive less information about the work of Cancer Council Queensland please tick  and return to us. Alternatively, please telephone the Donor Hotline on 1300 663 936.