

Autumn 2010  
Issue 04

# insight

**New Indigenous cancer resource** // New bus benefits Gold Coast cancer patients // **Jacob's Story** // 2nd National Conference for Young Women Affected by Breast Cancer

creating hope for a cancer free future



Cancer  
Council  
Queensland

# Volunteer Profile: Joan's story

Cover image: Joan and her granddaughter, Libby.

Like so many of our volunteers, Joan's family has been touched by cancer. Her experience motivated her to get directly involved in our mission.

In 1999, Joan's three year old grandson, Edward, was diagnosed with neuroblastoma, a cancer of the nerve cells and one of the most common cancers diagnosed in infants in Australia.

Joan and her family did their best to comfort Edward during his exhausting treatment:

"After 96 hours of chemotherapy Edward went

green from all the toxins in his small body. He was admitted to the isolation unit because he had no immune system left to fight other infections.

"He went into remission for five months. Then it all came back.

"They found a tumour the size of a grapefruit near his pelvis. That was it... they couldn't do anything else for him."

Edward passed away 2½ years later, on April 30, 2002, just before his 6th birthday.

After her loss, Joan was inspired to make a difference, and became involved in our work:

"I sometimes wish I was a doctor or a scientist, so that I could find

a cure. But I'm not. I do what I can. I think eventually there will be a cure for cancer. I have a reason to fight – for all of my family members who fought hard and had their lives cut short. I'm the one who can stand up and do something about it."

Joan knows, like we do, that support from volunteers is critical. It underpins cancer research and allows us to deliver a range of cancer support services, from counselling and practical assistance, to accommodation for regional patients and their families.

To find out more about volunteering, call our Volunteer Services Coordinator, Marie Yamamoto, on 3634 5244.

## New book benefits Indigenous Queenslanders with cancer from new book

Cancer Council Queensland has produced its first cancer resource written in an Indigenous language, to improve cancer support for Aboriginal and Torres Strait Islanders.

The booklet, Wanem Morphine, has been published in Creole and helps Indigenous Queenslanders understand the use of morphine for pain relief in cancer treatment.

Cancer Council Queensland Senior Research Fellow, Associate Professor Anna Hawkes, says the new booklet is a great benefit to Indigenous Queenslanders affected by cancer.

"Often Indigenous people who are facing cancer are fearful about taking morphine for pain relief," she said.

"Wanem Morphine helps to answer any questions that might arise when morphine is prescribed, and helps to dispel myths about morphine.

"Importantly, the booklet will ensure that Indigenous people with cancer receive the treatment they need, enabling patients to accept essential medication for pain relief and maintain a better quality of life through their illness," she said.

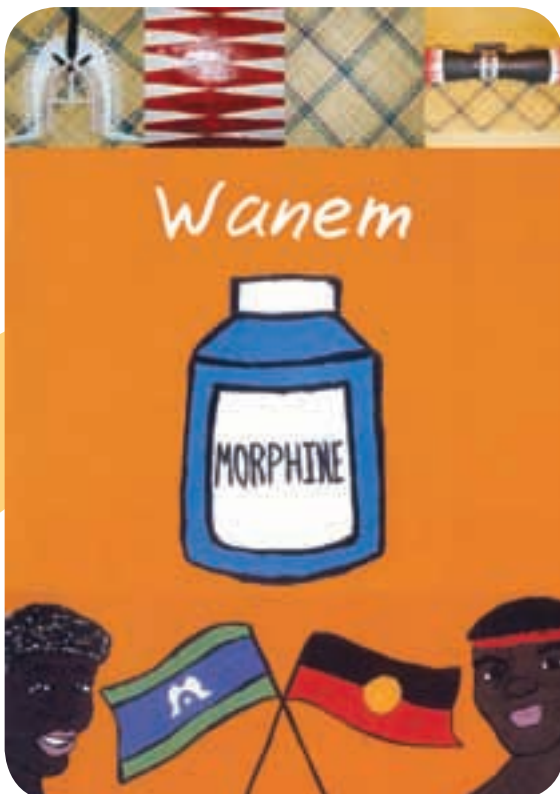
Cancer Council Queensland is committed to reducing the impact of cancer on Aboriginal and Torres Islander communities in Queensland.

"Aboriginal and Torres Strait Islanders face specific cultural challenges when coping with cancer, and require a much greater level of tailored support to improve diagnostic and treatment outcomes."

Wanem Morphine was written by Cancer Council Queensland in collaboration with Indigenous health workers, Elders and Torres Strait Islanders.

"The development of culturally and linguistically diverse resources for Indigenous Queenslanders is one of the key areas of our strategy to improve cancer control for Indigenous Queenslanders," A/Prof Hawkes says.

For a copy of Wanem Morphine, please contact the Cancer Council Helpline on 13 11 20, Monday to Friday, 8am – 8pm.



# Message from the CEO

Welcome to our first edition of Insight for 2010. This year promises to be a year of significant progress in pursuit of our mission.

As you know, our efforts on cancer control over the past five years have been significant, inspired by the knowledge that our work makes a difference to Queenslanders affected by cancer.

This year, we have more work to do, with plans already underway to grow our reach and continue our advancements in cancer research.

Your support is critical. As you may know, we are currently progressing plans for two new patient accommodation facilities in Cairns and

Toowoomba (page 8), to improve the services available to many thousands of cancer patients who need our help each year.

This includes patients like 22 year old Jacob, who was diagnosed with a life-threatening brain tumour just a few days after his 21<sup>st</sup> birthday. You can read Jacob's story on page 4.

Our accommodation facilities are just one aspect of our comprehensive framework for improving cancer control, complementing our substantial investments in research, community education, and vital support services such as the Cancer Council Helpline.

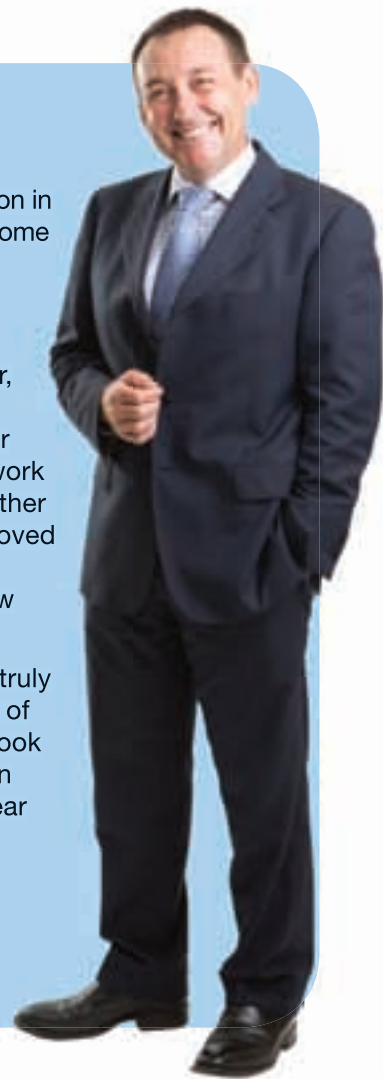
From humble beginnings, we have grown to become Queensland's leading

independent organisation in cancer control, an outcome you can be proud of.

For all those who will reach out to support us in any way this year, thank you for your kindness. Our hope for the future is that our work will reach out even further to help you and your loved ones, connecting with your community in new ways.

2010 will be a year to truly celebrate the strength of our community and I look forward to reporting on our progress as the year unfolds.

**Prof Jeff Dunn**  
Chief Executive Officer



## Cancer patients safe on board with new bus

The new bus will be staffed by qualified drivers and will transport patients who need to travel from the Gold Coast to Brisbane for treatment.

Over the past 20 years, Cancer Council Queensland has been helping Gold Coast cancer patients to attend treatment in Brisbane, providing a free bus service that has transported almost 70,000 cancer patients.

Now, with thanks to Conrad Jupiters and Sci-Fleet Albion, we are the proud owners of a new bus that will continue our heritage of service.

Cancer Council Queensland's Administration and Procurement Manager, Glenys Dillner, says the new bus will provide an important service for cancer patients.

"Often patients are unfamiliar with Brisbane roads and locations and are not well enough to drive to and from treatment on their own.

"As treatment progresses, patients can become

increasingly fatigued, and therefore a transport service is critical in protecting their health and wellbeing.

"Patients who use our bus service are very appreciative of our efforts to support them during their time of need," she said.

Ms Dillner thanked Jupiters and Sci-Fleet for their generosity.

"We are grateful to have the support of Conrad Jupiters and Sci-Fleet at Albion. We appreciate their tremendous generosity and concern for cancer patients. With thanks to Jupiters and Sci-Fleet, we will continue to transport cancer patients in comfort and safety for many years to come."

For more information about the daily bus service, please call our Gold Coast office on 5503 3700, or phone our Cancer Council Helpline on 13 11 20.



# Jacob's Story

"My husband rang me at work and said 'you have to come home, we need to get Jacob to Brisbane, he has a brain tumour and they have to operate straight away or he'll die'..."

I went into shock, and I started to shake and cry."

*Donna, Jacob's mum*

Just over a year ago, shortly after his 21st birthday, Jacob was given a diagnosis that changed his life forever and left him fighting for survival against a massive brain tumour.

Jacob's ordeal began in April last year, when a horrific migraine knocked him off his feet for four days, causing vomiting and dizziness whenever he raised his head from the pillow.

He visited the local GP in his small Queensland town, who arranged for Jacob to have a brain scan in the nearest hospital.

Neville, Jacob's father, knew there was something terribly wrong when the GP told him he needed to see them straight away. When he recalls the GP's words, Neville still clutches his hands with anxiety:

"The GP said 'Jacob has a brain tumour the size of an apple. He needs to go to Brisbane for surgery'.

"I remember just looking at him, shocked, and then he said softly, 'This is life-threatening, so you need to go today'.

"He told us there was a chance that the surgery would leave Jacob unable to walk or talk, or worse, that if it went badly, he could die.

Two days later, surgeons operated on Jacob to remove the brain tumour.

For most people, a cancer diagnosis is the start of a distressing and scary experience that continues throughout treatment. For Jacob, his fight took him away from his home and friends for nine long and lonely months of chemotherapy and radiation.

Having support – from family and from the community – is essential. Without support, the burden and fears of cancer can become overwhelming, worsening quality of life and prospects of recovery.

After staying at a friend's unit, a long distance from the hospital, Jacob and his parents moved to our Charles Wanstall Apex Lodge in Brisbane. For Jacob, having our help made the world of difference.

His mum, Donna, says that having a 'home away from home' made Jacob's treatment less distressing:

"We arrived at the Cancer Council's Lodge on August 12, and stayed there throughout his treatment, which finished in November. It made a big difference that the Lodge was near the hospital, because Jacob's immune system was suppressed we needed to be close to hospital in case he developed a temperature or other life-threatening infection.

"Some days we had to go up and back to the hospital a few times a day, but staying at the Lodge meant we could go 'home' during the breaks to rest, instead of sitting in the hospital waiting room. The extra support we received at the Lodge made a world of difference. They really went the extra mile. We couldn't have asked for better support."

Jacob's story shows how important our services are to cancer patients who have to relocate for long periods, away from loved ones and friends. The cost of cancer can cripple families who can't work but still pay for treatment, accommodation, food and transport.



Jacob with his parents outside the Charles Wanstall Apex Lodge in Brisbane

At the moment, due to the great demand for accommodation, many patients have to stay in sub-standard facilities that are a long way from hospital and poorly equipped to meet a patient's needs. That's why we are making plans for two new accommodation facilities, just like the Lodge, so that more patients can receive the support they need during treatment.

Today, Jacob has returned to his home town, and is gradually recovering from the surgery and side effects of receiving chemotherapy and radiation.

Earlier this year, his workmates welcomed him back to work part-time as an apprentice diesel fitter in regional Queensland:

"I finished my treatment in November and I still get pretty fatigued, so I'm back at work every day for a few hours at a time. It's great being able to work again.

With thanks to the generosity of many thousands of supporters, we were successful in raising funds to help cancer patients like Jacob. Thank you.

shortly after his 21st birthday, Jacob was given a diagnosis that changed his life forever

## New security for patients at Charles Wanstall Apex Lodge

Cancer patients staying at our Charles Wanstall Apex Lodge will sleep easy with thanks to 61 new security screen doors on each of the Lodge's 35 accommodation units.

Facilities Manager, Hartley Press, says the new doors will provide a high level of security.

"The safety, security, and privacy of our residents and guests is one of our foremost priorities. The new security doors are one

of the many improvements that we have made to the Lodge, to ensure that our support is of the highest standard."

We purchased the Lodge over 20 years ago to provide regional patients with a place to stay during treatment in Brisbane.

"We host around 450 cancer patients and their families at the Lodge each year, with patients travelling from every corner of Queensland."



For more information about our accommodation, call the Cancer Council Helpline on 13 11 20

## 2nd National Conference for Young Women Affected by Breast Cancer

Cancer Council Queensland has announced it will host Australia's 2nd National Conference for Young Women Affected by Breast Cancer in September this year on the Gold Coast.

Conference organiser for Cancer Council Queensland, Megan Dwyer, says young women affected by breast cancer will benefit from the attending the conference.

"Our aim is to help young women affected by breast cancer to form meaningful support networks, so that they don't have to go through breast cancer alone," she said.

"A diagnosis of breast cancer can be particularly distressing for younger women, who never expect to face the confronting reality of cancer at a young age.

"This conference will be an opportunity for young women to learn, network, share, raise awareness and further advance the needs and issues of young women diagnosed with breast cancer in Australia and internationally.

"The conference program will be educational and inspiring, focusing on every phase of a young woman's breast cancer journey, from diagnosis, treatment and living with

advanced breast cancer, to post-treatment, and years beyond."

Conference speakers will include leading breast cancer specialists, researchers and health professionals.

"Our goal is to ensure young women affected by breast cancer have access to all the latest information on breast cancer research and clinical care, so that they can empower themselves to make informed choices about their treatment and well-being," Ms Dwyer says.

250 delegates are expected to attend, including young women affected by breast cancer, their family, friends and carers, as well as health professionals and support group leaders.

The conference will be held at the Radisson Gold Coast Resort, in Queensland, from September 10-12.

For more information and to register for email updates about the Conference program, travel grants, registration and other special activities, just go to [www.ywcaustralia.org.au](http://www.ywcaustralia.org.au).



September 2010  
GOLD COAST, AUSTRALIA

REGISTRATION OPENS  
FEBRUARY 10, 2010

The 2nd National Conference for Young Women Affected by Breast Cancer

For more information and to sign up for regular email updates visit  
[www.ywcaustralia.org.au](http://www.ywcaustralia.org.au)

# Do you need a new Challenge?

Then why not join our new CancerFREE Challenge, to raise awareness of our mission and vital funding for research and support services!

The CancerFREE Challenge replaces our Challenge for Cancer campaign, and has

been given a colourful new look to match the new name, with a rainbow logo, to symbolise the many ways individuals and teams can work together in the fight against cancer.

The new Challenge will run between March and November

and will focus on an area of cancer control each month, tied to one of the colours of the CancerFREE rainbow.

To get involved in the CancerFREE Challenge, go to [www.cancerfreechallenge.org.au](http://www.cancerfreechallenge.org.au) or phone us today on 1300 65 65 85.



## Feeling like you need to take some time out?

Why not host a morning tea for Australia's Biggest Morning Tea in May, and go in the draw to win some fantastic holiday prizes!

Kettles will boil across Queensland to raise vital funds for cancer research and support services.

Hosting a morning tea is easy. Just register on the website, [biggestmorningtea.com.au](http://biggestmorningtea.com.au), or by phoning 1300 65 65 85, and then hold your morning tea any time during May.

Why not get creative, and find a way to make your morning tea unique. Whether your morning tea is for two or two thousand,

you'll be raising important funds for our work, helping us to continue our efforts to support Queenslanders who are affected by cancer.

Last year, hosts and their guests across Australia banded together to raise an incredible \$10.6 million. We're sure we can raise the bar even higher in Queensland this year, by reaching \$1.9 million!

So go on, 'tea up' your friends, workmates and family and join in the fun. Not only will you feel good for helping a great cause, you'll also go in the draw to win some fantastic holiday prizes!

Register for your free host kit at, [www.biggestmorningtea.com.au](http://www.biggestmorningtea.com.au) or call our fundraising team on 1300 65 65 85.



## Fast Ed's Prune and Walnut Cake

### Ingredients

1 cup pitted prunes  
600ml milk  
1 tsp ground nutmeg  
2 tsp bicarbonate of soda  
½ cup rice bran oil  
½ dark brown sugar  
2 eggs  
2 pears, grated  
2 ¼ cups wholemeal self-raising flour  
1 cup walnuts, toasted and chopped

### Method

Preheat oven to 170°C. Place the prunes and milk in a saucepan, bring to a simmer and cook for 15 minutes, then set aside to cool. Once cooled, puree in a blender until smooth.

Fold in the nutmeg and bicarbonate of soda, mix well, then set aside for 10 minutes.

Mix in the oil, sugar, eggs and pears, stir well, then fold in the flour and walnuts. Pour into a greased 2 litre loaf pan and bake for 45 minutes, until a skewer can be removed cleanly from the centre of the cake. Cool on a wire rack before slicing and serving.

# Cut your cancer risk

Did you know that approximately 25 per cent of cancers can be attributed to four major lifestyle risk factors - poor nutrition, physical inactivity, alcohol and being overweight?

By making positive changes to your lifestyle, you can reduce your risk of developing cancer, and reduce your risk of developing other serious diseases like heart disease and diabetes.

The amount of evidence linking poor nutrition to increased cancer risk is continually increasing. You can greatly reduce your risk by simply enjoying a healthy diet.

## How? It's easy, just follow these dietary guidelines:

- Aim to have two serves of fruit and five serves of vegetables every day.
- Enjoy a variety of wholegrain cereals, breads and pastas.
- Limit your intake of red meat to no more than three to four serves (65 -100g) per week. Choose fish, poultry or vegetarian options instead of red meat for some meals.
- Avoid eating processed meats like sausages, bacon and ham; these are high in fat and salt.
- Choose foods low in salt.
- Always select foods that are low in fat, particularly avoiding saturated fat.
- Avoid energy dense foods such as fast food and sugary drinks.
- While it's important to eat healthily, physical activity is just as important in improving overall health and reducing your cancer risk.

## So, how much physical activity do you need?

The National Physical Activity Guidelines recommend that adults should get at least 30 minutes of moderate-intensity exercise every day. Your 30 minutes of daily exercise can even be achieved in three 10 minute blocks. To further reduce your risk of cancer, the more physically active you are, the better.

## What about alcohol?

Alcohol is a major risk factor for developing cancer, so we recommend that you avoid it. If you do choose to drink alcohol, then stick to the National Health and Medical Research Council alcohol consumption guidelines, which recommend drinking no more than two standard alcoholic drinks on any day and to have as many alcohol-free days as possible.

## How do I know if my weight is healthy?

It is not always easy to know if you are overweight. Your Body Mass Index (BMI) is a measure of your weight for height. To find out if you are overweight or obese, use the BMI calculator on our website at [www.cancerqld.org.au/page/prevention/body\\_weight/](http://www.cancerqld.org.au/page/prevention/body_weight/).

You can also measure your waist circumference as a guide to your health. The following table provides an estimation of health risk based on your waist size:

Level of risk	Male	Female
Not at risk	Less than 94cm	Less than 80cm
Increased risk	94cm or higher	80cm or higher
Substantially increased risk	102cm or higher	88cm or higher

Fat carried around the abdomen and waist is a greater health risk than fat carried on the hip and thighs for type 2 diabetes, cardiovascular disease and postmenopausal breast cancer.

Put simply, the best way to reduce your cancer risk is to eat a healthy diet, be physically active and avoid alcohol consumption.

For more information and a free presentation about cancer risk, call our Cancer Council Helpline on 13 11 20.



# New facilities planned for regional cancer patients

Regional cancer patients have welcomed the announcement that we are developing plans for two new accommodation centres for regional cancer patients in Cairns and Toowoomba

CEO, Professor Jeff Dunn, says the facilities will provide support for many hundreds of cancer patients and their loved ones.

“There is an urgent need for accommodation in Cairns and Toowoomba to ease the strain on patients from regional areas who have to travel for cancer

treatment and diagnostic services.”

We own and operates the Charles Wanstall Apex Lodge in Brisbane, the Gluyas Rotary Lodge in Townsville, and the Central Queensland Cancer Support Centre in Rockhampton.

In 2009, these facilities provided over 15,000 nights of accommodation for over 1,100 cancer patients and their carers.

If you would like to support these projects, simply fill out the donation slip below or call our donor hotline on 1300 66 39 36



# Make a breakthrough for cancer

Do you want to make a difference in the fight against cancer?

Every month, over 1,500 Queenslanders are diagnosed with cancer. By joining our Breakthrough program, you can make a monthly pledge that will help us to make breakthroughs in our fight against cancer.

Turning cancer research into breakthroughs requires a heartfelt commitment from people just like you, to create hope for a cancer free future.

Even a small amount every month can help save a life. And because it reduces our administration costs, this means even more of your tax deductible donation will go directly toward our work in cancer control.

Join our fight for a cancer free future, and become a Breakthrough Partner today. Just call 1300 66 39 36 or go to [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.