

June 2011 eBulletin

Dear Members

Cancer Voices SA aims to **'raise a voice for those affected by cancer'** through advocacy, involvement, awareness and information. We are a 100% volunteer organisation, wanting to share information, knowledge, experiences and 'make a difference'. Here are links to recent information we hope will be of interest to you.

Life Support – an everyday guide to living with cancer

Watch out for a new magazine called **'Life Support – an everyday guide to living with cancer'**, in newsagents from 27th June. See a sample of the stories [here](#).



Proceeds (\$7.95 rrp) go to the Chris O'Brien LifeHouse at Royal Prince Alfred Hospital in Sydney, a cancer centre model to integrate clinical care, research, education, provide compassionate holistic care and better outcomes for patients.

Cancer Voices SA thank our members who participated, and shared their experiences: Ashleigh and Justine Moore, Jon Degner, Vince Riviere, Kathryn Crisell and Letchemi Pillai.

Listen to [radio interviews](#) on Monday 27th June or replay audio clips eg.

3pm 5AA Radio Adelaide Amanda Blair speaks to Justine Chilman-Moore featured on the cover and page 75 in *LifeSupport* Magazine.

1-4pm 891 ABC Adelaide Carole Whitlock talks about the latest developments in cancer care with Professor Michael Boyer and John Degner (page 52 *LifeSupport*).

TIME Magazine feature on Cancer

(21 Jun 11) Interesting articles eg. [Scanxiety](#) - the reassurance vs fear of post-cancer scan results, a graphic scorecard of [survival rates](#) for the three most common cancers in America, [impact of screening](#) on cancer deaths, [What I Learned from My Cancer Scare](#), [Check Your Charity!](#), [The Screening Dilemma](#)....

Erbix and Other New Medicines Listed on the PBS

(21 Jun 11). Health Minister Nicola Roxon has approved 13 new drugs for listing on the Pharmaceutical Benefits Scheme (PBS). One of these drugs, Erbitux (*cetuximab*), is a treatment for metastatic colorectal cancer. All 13 new drugs had been 'in limbo' after recommendation by the Pharmaceutical Benefits Advisory Committee (PBAC) but the funding was not authorised by the Federal Cabinet. Nicola Roxon's [media release](#) provides more details. Considerable lobbying was required to achieve this. Cancer Voices SA supported the [Consumer Health Forum \(CHF\)](#) in this action.

Senate PBS Inquiry A Win for Transparency

(23 Jun11) A Senate Inquiry into the process of listing medicines on the Pharmaceutical Benefits Scheme (PBS) will be referred to the Finance and Public Administration References Committee for report by 18th August, 2011.

Oncology Update Newsletter - check this fortnightly newsletter for latest Australian cancer news.

Diet, exercise keys to surviving cancer

(22 Jun 2011) "We know that lifestyle - things like being overweight, having a poor diet, being inactive - are risk factors for why people get cancer". Now there's growing evidence that lifestyle can also play an important role in terms of your overall survival.

Most of the research has been in breast cancer where large randomised trials have shown that women who put on weight after their breast cancer diagnosis tend to do poorly compared with those who stay a healthy weight. Other cancers are not as well studied but experts believe similar relationships between diet, exercise, weight and cancer recurrence could exist.

There are no magic foods that cancer survivors should be eating to prevent recurrence, rather they should aim for a healthy, balanced diet.

Bowel cancer rising in young Australians

(3 Jun 11) Australian figures show a 64% increase in bowel cancer incidence among young people (aged 20-34) over the decade to 2006, according to a new analysis by Bowel...[more](#)

New LIVESTRONG Survey Report

(Jun 2011): "[I Learned To Live with it](#)" is not good enough: Challenges faced by Post-Treatment Cancer Survivors. is a new survey report of a survey from LIVESTRONG.

Inspiring videos

Two short, inspiring videos: [LIVESTRONG Manifesto](#) 6 min – (May 2010) and [Building a world without cancer](#) - LIVESTRONG and the American Cancer Society (Aug 2010)

Cancer Voices SA activities:

Facebook & Twitter

Visit our FaceBook [Cancer Voices SA](#) or Twitter [@CancerVoicesSA](#) for regular updates of Cancer Voices activities. You can view these pages like a website. Join to add comments.

Survivorship

Visit the Cancer Voices [Survivorship](#) webpage for tips on navigating all the way through a cancer journey by finding information, keeping track of appointments and results, connecting with others etc.

Cycling



More than 300 Cancer Voices members have joined our [cycling team](#). Group rides are held every Sunday morning at 8am. Check the [Rides Calendar](#), updates on [Adelaide Cyclists Cancer Voices SA Discussion Forum](#) or contact Jim Vlahakis on info@cancervoicessa.org.au for more information.

We welcome hearing from you. Email: info@cancervoicessa.org.au, ph:0403 925 599.

Best wishes to all our members and especially to those currently undergoing cancer treatment.

Ashleigh Moore, on behalf of the Cancer Voices SA [Executive Team](#),
Raising a voice for those affected by cancer www.cancervoicessa.org.au