

## July 2012 eBulletin

**Dear Cancer Voices South Australia (CVSA) members**

In this eBulletin we alert you to a variety of activities, articles and publications that may be of interest to you or people affected by cancer. Feel free to forward this on to others.

To print or view this as a PDF document, go to [July 2012 eBulletin](#) or click [here](#) to see previous Cancer Voices SA eBulletins and Updates.

**Event: Radiotherapy – facts and future, Wed 25<sup>th</sup> July, 7pm-8.30pm at Burnside Community Cntr.**

Cancer Voices SA invite you to attend our **free information forum** :

### [Radiotherapy – facts and future.](#)

Dr Eva Bezak, Chief Medical Physicist at the Royal Adelaide Hospital, will explain how radiotherapy works, describe the different types of radiotherapies available now as well as new options for the future.

Download the [flyer](#) with details of the event and maps for The Lounge Room within Burnside Community Centre, cnr Greenhill Rd/Portrush Rd, Tasmore. **Wed 25<sup>th</sup> July, 7.00-8.30pm. Free, All Welcome.**

RSVP via email: [info@cancervoicessa.org.au](mailto:info@cancervoicessa.org.au), phone Julie on 8332 5527, or register online [here](#).

Ample free parking and easy access. Gold coin donation for light refreshments.

### **'Raising a voice'**

Cancer Voices SA reps have been using their 'cancer experience' to participate, give presentations and feedback. Anyone interested to be involved please contact [info@cancervoicessa.org.au](mailto:info@cancervoicessa.org.au) or ph 83325527.

### **Medical student education sessions.**

Cancer Voices speakers told of their experiences in a series of 11 small group tutorials with Medical Students at Adelaide University. Great feedback on the impact of these sessions means we are likely to be expanding on this next year. **Thank You** very much to all our speakers and support persons.

### **Cancer Survivorship Conference 2013**

A consumer planning committee is helping to shape the programme and topics in the inaugural Cancer Survivorship Conference being organized by the Flinders Centre for Innovation in Cancer. Let us know if you wish to be involved in this committee.

### **Rural Cancer Services discussed on ABC regional radio**

A panel discussed SA rural Cancer services in the Late Afternoons program with Annabelle Homer on ABC Radio Regional SA, 28<sup>th</sup> June 2012. Blog articles relating to this program are at [http://www.abc.net.au/northandwest/programs/north\\_and\\_west\\_sa\\_late\\_afternoons/](http://www.abc.net.au/northandwest/programs/north_and_west_sa_late_afternoons/)



From left to right: Dr Jacqui Adams (Head of Oncology Lyell McEwin Health Service - representing Country Health SA), Michelle Miguel (Non Hodgkins cancer survivor), Kate Cameron (CCSA HelpLine), Julie Marker (Cancer Voices SA), Jacqui Bowden (CCSA), Annabelle Homer (ABC radio presenter), Louise Bond (Bowel Cancer Survivor).

Cancer Voices SA is an independent, incorporated organisation of volunteers representing South Australians affected by cancer.

PO Box 588, Kensington Park SA 5068 ph: 0403 925 599 email [info@cancervoicessa.org.au](mailto:info@cancervoicessa.org.au) web [www.cancervoicessa.org.au](http://www.cancervoicessa.org.au)

## Consumer Engagement Toolkit

Dr Agnes Vitry is involved in the Cancer Australia's project developing a Consumer Engagement Toolkit to support implementation of the [National Framework for Consumer Engagement in Cancer Control](#).

## Senate Inquiry into Palliative Care in Australia

[Cancer Voices SA submission](#) (#56 PDF) contributed to the [Senate Inquiry into Palliative Care in Australia](#), and we appeared before the Senate Committee on 5<sup>th</sup> July 2012. Your comments or feedback are welcomed.

From left to right: Senators Claire Moore, Concetta Fierravanti-Wells, Dr Ian Holland, Sue Boyce, Rachel Siewert with Julie Marker (CVSA).



Follow more activities by regularly checking our [FaceBook](#) posts. This is publicly accessible to view like any other website, without need to sign on to FaceBook.

## Information

New! **Country SA Cancer Support** website. [www.countrycancersupport.com.au](http://www.countrycancersupport.com.au)

New! **Cancer Directory** is a new website that provides the community and health professionals with a useful, comprehensive online directory of trusted Australian cancer resources.

[www.cancerdirectory.com.au](http://www.cancerdirectory.com.au)

New! **Australia's health 2012** produced by the Australian Institute of Health and Welfare. Includes chapters on Cancer and Cancer Screening.

New! **Cancer Treatment & Survivorship Facts & Figures 2012-2013** from the American Cancer Society. Very interesting, with brief summary on many cancer types.

New! **'Finding meaning' from a cancer diagnosis** – a video presentation from the Memorial Sloan Kettering Cancer Centre. Some thoughtful tips, despite being a bit academic. "It's not about turning lemons into lemonade."

SA Health [Cancer Care Pathways](#) for [Upper GastroIntestinal Cancers](#), [Lymphoma](#), [Adolescent and Young Adults cancer care](#).

## Get Active!

Cancer Voices SA cycles up into the Hills for about 2hrs every Sunday morning, meeting at 8am at St Peters Girls School carpark off Hallett Rd, Stonyfell. For more information visit our cycling team webpages at <http://cvsacyclingteam.org.au/> or <http://www.cancervoicessa.org.au/involvement/cycling.html>



Just 30mins of 'huff and puff' exercise (eg. walking, jogging, cycling) on 5 days/week can have significant health benefits. (see [Macmillan Cancer Research review](#) and [Physical activity during and after cancer](#) ).

## Get Involved

Check out our [Community NoticeBoard](#) to find out what's new or what's going on at <http://www.cancervoicessa.org.au/awareness/news-alerts.html>. The Community NoticeBoard lists lots of events and **opportunities for cancer survivors to 'give back' and use their cancer experience** to help others. We encourage you to participate, in surveys, focus groups, forums etc.

**CanCOPE Cancer Support: Have you or a loved one recently been diagnosed with cancer?**

[CanCOPE](#) is an online self-help coping program for people CURRENTLY going through treatment for cancer.

**Consumer Reviewers- Cancer Australia Research Grants:** Cancer Australia's national call seeking Expressions-of-Interest from consumers interested in participating in the review of applications to the

2012 round of Cancer Australia's Priority-driven Collaborative Cancer Research Scheme.

**Prostate Cancer Survey: Do You Have Prostate Cancer? Are You The Wife Or Partner Of Someone With Prostate Cancer?** [Read more...](#)

**Breast Cancer Survey: "Perceived Supportive Care Needs Of Women With Early Stage Breast Cancer And Their Key Support People."** [Read more...](#)

**Phone Interview - Women With Breast Cancer** [Read more...](#)

**Survey - Investigating Patient Preferences For Breast Cancer Follow-Up:** [Read more...](#)

**Survey - Assessing The Needs Of Women With Gynaecological Cancers:** [Read more...](#)

[Usability Test a new NHMRC Clinical Trials Website](#) [Read more ....](#)

**Getting Consumers Participating In Research** -"The challenges and strategies of successful recruitment for psycho-oncology research". Friday July 13<sup>th</sup> 2012, from 10am-12noon, in the Uni of Adelaide Level 7 Seminar Room, 178 North Terrace. Click [here](#) for more details.

### Upcoming Events

[Radiotherapy – facts and future](#). Free information forum.

Wed 25<sup>th</sup> July, 7.00- 8.30pm in the Lounge Room at **Burnside Community Centre**, cnr Portrush & Greenhill Rd, Tasmore.

[Building Together Forum 2012](#), 19<sup>th</sup> July 12-3pm at Christie Downs. Free. Cancer Information forum and DVD launch. [Fleurieu Cancer Network](#).

[Lung cancer Forum](#) Lung cancer or mesothelioma patients and carers forum.

Wednesday 22nd August 2012, Adelaide Convention Centre 10-12pm. Australian Lung Foundation, free event.



### Cancer News

Keep abreast of the [latest cancer news from Cancer Research UK](#) on the [Cancer Voices SA homepage](#)

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

We welcome your involvement, feedback, any news or items of interest you wish to share.

Contact us at [info@cancervoicessa.org.au](mailto:info@cancervoicessa.org.au)

Follow our activities via  [Facebook](#)  [Twitter](#)  [Youtube](#)  [Flickr](#)

Best wishes from



Ashleigh Moore (Executive) and the [Cancer Voices SA Executive Team](#)