

October 2011 eBulletin

Dear Cancer Voices South Australia members

In this eBulletin we draw your attention 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 [October 2011 eBulletin](#) or click [here](#) to see previous Cancer Voices SA eBulletins and Updates.

'Raising a voice'

Cancer Voices SA reps have been using their 'cancer experience' to participate, give presentations or feedback:

- for development of the South Australian [Cancer Clinical Network :: SA Health](#) cancer pathways
- designing aspects of the new [Flinders Centre for Innovation in Cancer](#) in collaboration with the [Flinders Medical Centre Foundation](#)
- presenting 'consumers viewpoints' to oncology nursing groups, radiotherapy students, the [SA psycho-oncology research group](#)
- being active participants of:
 - - [Cancer Australia national Lung Cancer program](#) advisory group
 - - [Australian Institute of Health and Welfare Cancer Data Monitoring](#) Committee
 - - SA Cancer Research Collaborative
 - - [CareSearch](#) Palliative Care Knowledge Network Advisory Group
 - and many other Committees, ad-hoc meetings and community events

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

On our [FaceBook](#) we also post links to items you might find interesting or inspiring, eg

- 'Ed's story: *It Ain't Over*'.

- Cancer Survival Toolbox® - a free, self-learning audio program to address scenarios for many topics and issues cancer patients/survivors face during their cancer journey. The conversations touch on issues from how to communicate with your doctor, family and loved ones, to understanding complicated financial issues. Each scenario is inspired by true stories of real cancer patients/survivors.



[Cancer Survival Toolbox](#)

[Cancer Voices SA](#) (FaceBook)

members of Cancer Voices Executive met architects, clinicians, nurses, etc and provided input into the final designs for the new Haematology Oncology Day Unit at the LIVESTRONG Centre for Innovation in Cancer Research... currently under construction at Flinders Medical Centre



Get Active!

"The advice that people with cancer should rest and take it easy is outdated and health professionals have an obligation to promote evidence of the clinical benefits of exercise." [Exercise - the new wonder drug for cancer](#) (Cancer Institute New South Wales newsletter: Incite)

Cancer Voices SA cycling team

On 2nd October 2011 about **300** cyclists participated in a ride organised by Cancer Voices SA around cancer awareness and to be part of the international LIVESTRONG Day. Riders chose their personal challenge with a route of 67km, 35km or 20km in the Hills.

See more about these rides and cycling with Cancer Voices at <http://www.cvsacyclingteam.org.au>

View a brief [video](#) or photos from the LIVESTRONG Day Ride event:



[LIVESTRONG Day Ride...](#)



[LIVESTRONG Day Ride Part1...](#)



[LIVESTRONG Day, part2 2oct11](#)



[LIVESTRONG Day Ride, Part3...](#)

Cancer Voices SA Activities

'Cycling for Cancer Awareness' is one of 4 '**commitments to action**' made by Cancer Voices SA to the international **Global Cancer Campaign** in 2009.

Our four commitments, all currently ongoing, are:

- Cycling for Cancer Awareness
- Holding 'Cancer Conversations' in Aboriginal Communities
- Developing an 'Online 2 way mechanism for cancer advocacy and communication' (watch for the launch of our new interactive website, coming soon)
- Establishing an Australian 'Cancer patients Charter' in collaboration with Cancer Voices Australia.

Read more about Cancer Voices and the [Global Cancer Campaign](#)

Get Involved and Give Feedback.

A Pilot Study - What test is best for you?

This is a bowel cancer family history risk website for patients and their GPs.

Researchers at the University of Sydney have developed a website questionnaire to help identify your risk of bowel cancer related to family history.

You are encouraged to give feedback on this new Bowel Cancer Family History website. Test out this site and provide feedback to help make this 'as useful as possible'.

Anyone can participate in this, and preferably if you yourself have not had bowel cancer.

Hurry – LAST WEEK to register to test this. To participate (or find out more) email the researchers at fhbc@med.usyd.edu.au

At the National and International level

[National Framework for Consumer Involvement in Cancer Control](#)

This was recently published by Cancer Australia and is available online.

Dr Agnes Vitry and Ashleigh Moore were Cancer Voices SA reps involved in this.

[International Charter of Rights for Young People with Cancer](#)

Young adults have unique needs for services, information and support, and say that: “Doctors are under-informed on our biology and best practices for treatment. We barely show up on the clinical trial landscape. Hospitals and care centers are ill-equipped to support young adults' concerns about fertility, peer connections, dating, workplace discrimination and other issues unique to this age and stage of life.”

[Sign](#) up to indicate your support for this, and also visit the CanTeen [Charter webpage](#).

Cancer - Non-communicable diseases summit : Raising the priority of cancer at the global level.

In September 2011 the United Nations/ World Health Organisation held a meeting to address the epidemic of non-communicable diseases (NCDs) including cancer, heart disease, diabetes and chronic lung disease. It is estimated that 63% of all deaths worldwide are due to NCDs.

The Union for International Cancer Control (UICC) reported outcomes of the meeting: [UN Summit on NCDs - Political Declaration | Union for International ... www.uicc.org/node/9103](#) and the UICC Cancer Outcomes Statement at <http://www.uicc.org/advocacy/cancer-outcomes-statement-un-summit-ncds>

Advance notice –

November is Lung Cancer Awareness month.

Lung cancer is the 5th most commonly diagnosed cancer in Australia (almost 10,000 people diagnosed/ yr) and **the most common cause of cancer deaths** (more than 7,600 lung cancer deaths/ yr). This is a shocking statistic, and the survival rates have changed little over the past 20 years. Non-smokers get lung cancer too.

We welcome your feedback, any news or items of interest you wish to bring to our attention, and we value the diversity, creativity, ideas, imagination and life skills of our members. If **you** wish to 'make a difference' so others who follow may have a better experience, we would love to hear from you!

Contact us at info@cancervoicessa.org.au or leave a message a 08 8291 4343

Best wishes from



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