

November 2012 eBulletin

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: click [here](http://www.cancervoicessa.org.au/information/newsletters-documents.html) for Cancer Voices SA eBulletins (www.cancervoicessa.org.au/information/newsletters-documents.html).

Upcoming Events:

Survivorship Conference, 1-3 Feb 2013 at Stamford Grand Hotel, Glenelg



FLINDERS CENTRE
for INNOVATION
in CANCER

Survivorship Conference • 1st to 3rd February, 2013

The Flinders Centre for Innovation in Cancer (FCIC) Survivorship Conference will bring together cancer clinicians, researchers, policy advisors and survivors to listen and share insights into the most exciting developments in the field of cancer survivorship.

Find the Conference flyer, program, registration and other details at: <http://www.fcic.org.au/survivorship2013/default.aspx>

Hurry and register by **7th Dec for the EarlyBird rate**, \$100 for consumer/ community member attendance: **public lecture Friday evening, conference on Saturday & Sunday.**

Cancer survivors – please do the 2012 Cancer Survivor Survey ‘Finding the holes in Cancer Survivor Care’ at <http://www.livestrong.org/cancersurvey/> Preliminary Australian results may be presented by **LIVESTRONG** at the [Cancer Survivorship Conference in Adelaide](http://www.livestrong.org/cancersurvey/) in February, if enough responses are obtained. **Help get as many cancer survivors as possible to take the survey.**



‘Raising a voice’:

Cancer Voices SA (CVSA) activities



Meeting Prince Charles

HRH Charles The Prince of Wales spoke with Ashleigh Moore OAM (Chair of CVSA Executive Team) about the important advocacy and survivorship work of Cancer Voices, at a Diamond Jubilee Reception at Government House, Adelaide, on 8th November.

The Governor, Kevin Scarce, is a keen cyclist and also mentioned the Cancer Voices SA cycling initiative to Prince Charles.

SA-NT Data Linkage Community Conversation

The SA Health Consumers Alliance hosted a meeting for more than 50 consumers and researchers to learn about and discuss the use of health information through data linkage. CVSA members Stephanie Newell, Julie Marker & Dr Eric Browne (Left to Right) participated and support this enhanced use of our health records. Prof David Roder presented data from the SA Colorectal Cancer Data Linkage Study, which demonstrated why linked data should be routinely used for monitoring the health system. 22nd Nov.



Clinical Oncology Society Australian (COSA) Conference

Julie Marker (CVSA Deputy Chair) attended the Consumer Forum and COSA conference in Brisbane from 12-15 Nov. This was a joint meeting with the International Psycho-Oncology Society. Julie is a member of the Joint Community Advisory Group for the Psycho-Oncology & Primary Care Collaborative Cancer Clinical Trials Group ([PoCoG/PC4 JCAG](#) for short!), so this conference was very relevant to attend. Photo, left to right: Julie Marker, Prof Ian Olver, CEO Cancer Council Australia and Kathy Smith representing Cancer Voices Australia at the conference. See News highlights from the conference at <http://www.cosa.org.au/media-releases.html>



Advocacy Training

The SA Health Consumers Alliance Advocacy Training day on 11th Oct invited Julie Marker (CVSA Deputy Chair) to speak about her experience as a consumer representative. She described the importance of the team-work with her Cancer Voices Executive Team colleagues, and different skills and talents each contributed, not just as consumer reps on committees. Advocacy Training courses will be held again in the new year. Please contact us at info@cancervoicessa.org.au if you are interested to attend a tailored Cancer Advocacy course to build on the HCA Introduction to Advocacy training.

LIVESTRONG Day Ride

Thank You to nearly 200 cyclists who participated in this event on 7 Oct. The weather was perfect and feedback glowing about the beautiful route, despite it being quite challenging for some riders. **Special Thanks** to Jim Vlahakis for organizing the ride, to volunteers who helped before/during/after the event, and to Lyn Long and Eric Browne for photographs which are available at <http://www.flickr.com/photos/cancervoicessa/>



Cancer Voices SA ** Annual General Meeting ******

Monday 17th December 2012, 7-8pm, Cancer Care Centre, 76 Edmund St, Unley.

Find the [Agenda](#), [Nomination Form](#) for election to the Executive Team and [Proxy Voting Form](#). Please RSVP to info@cancervoicessa.org.au by Friday 14 Dec if you are attending.

Information

Inequalities in cancer care in Australia

Check out the slides from this interesting presentation given at the Clinical Oncology Society Australia Conference on 15 Nov 2012: HOW SOCIAL DETERMINANTS IMPACT ON ACCESS TO CANCER CARE IN AUSTRALIA (<http://carrielethborg.com/>). Carrie Lethborg pointed out the extend of inequalities in cancer outcomes if you are older than 65yrs, aged 15-29yrs, unable to speak English, an Aboriginal or Torres Strait Islander, live in a rural area, a single parent or on a low income.

Aerobic exercise treatment for cancer-related fatigue

Evidence continues to accumulate that aerobic exercise can reduce cancer-related fatigue. Resistance training (or strength training) and other types of exercise such as tai chi and yoga did not reduce cancer-related fatigue, but any exercise may also have additional benefits in reducing anxiety and improving overall mood and outlook. As little as a short brisk walk or a bike ride can help. This 'fatigue' benefit of exercise was seen for breast and prostate cancer patients, but not for the 114 patients analyzed from four hematological cancer studies. Read more at: [Meta-Analysis: Aerobic Exercise Can Help Cancer Patients Overcome Fatigue](#)

Meditation for health and wellbeing

A '[Meditation Toolkit](#)' is now available at the ABC Radio National website. **Meditation: the healing force of a quiet mind** quotes Dr Craig Hassad, a speaker at the [Survivorship Conf.](#)

New! [Cancer Australia](#) reports on [Breast Cancer](#) and [Gynaecological Cancers](#), produced by the Australian Institute of Health and Welfare (www.aihw.gov.au).

Senate Inquiry into Palliative Care Report

The [Senate Inquiry Report into Palliative care in Australia](#) has been released with 38 recommendations including: better incorporate palliative care services into the broader health system, a national conversation on palliative care, and more consistent streams of federal and state funding. It was clear that people need access to more information, the need for case management so people know where to go to and how to arrange appropriate care; need for training, equipment and funding for community care, along with better data and analysis to inform practice and policy.

Get Involved

Check out the Cancer Voices [Community NoticeBoard](#) to find out what's new or what's going on at <http://www.cancervoicessa.org.au/awareness/community-noticeboard.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.

Cycling

Get fit and stay fit. Come along for a ride into the Hills with Cancer Voices SA cycling team. For information visit www.cvsacyclingteam.org.au. We start at 8am, Sunday mornings from St Peters Girls College Car Park off Hallet Rd, Stonyfell, or join us for coffee and a chat afterwards at nearby Taylor Blend coffee shop around 10.30am.

Phone Interview-Improving Psychosocial Support For People Affected By Cancer

Participate in a 30-45 minute telephone interview about your experiences regarding your need for and use of psychosocial support services in relation to cancer. Can the Cancer Council SA better meet the needs of people affected by cancer? Have your say! [Read more](#)

Cancer News

[Churchill Fellowship overseas travel project grants](#) are now open until 20 Feb 2013. The [Jeannie Ferris, Cancer Australia Churchill Fellowship](#) is available for a consumer, health professional or researcher for a project that will contribute to reducing the impact of gynaecological cancers on those affected.

At the National level Cancer Voices Australia (CVA)



Recent opportunities for consumer input at the national level have included:

Price Disclosure Campaign and chemotherapy drug Docetaxel.

There are claims that cancer patients will miss out on chemotherapy treatment as a result of the planned price reduction for Docetaxel when it goes off patent on 1st December. Docetaxel is a drug often used to treat breast, ovarian, prostate and lung cancer. For many years, pharmacists have been able to charge Government 20 to 75 per cent above the market rates. CVA rep Sally Crossing met with Health Minister Tanya Plibersek on 21 Nov. The Minister reiterated that cancer patients in private settings will continue to pay no more than the standard PBS co-payment (\$35.40 or \$5.80). The price cut for Docetaxel will bring the price paid by Government into line with the market price, and enable newer cancer-related and chemotherapy drugs to be listed on the PBS. **CVA recommends that the Government bring together all genuine parties to seek a workable, accountable and transparent solution, creating a clean slate process regarding subsidies to the pharmacy industry.** Some media regarding this complex issue is [here](#) and [here](#).

Consumer Submissions to the Medical Services Advisory Committee (MSAC)

Responses were provided regarding a number of items for the MSAC November review meeting. Find details about the items under review [here](#) (www.msac.gov.au). MSAC's role is to advise the Australian Minister for Health and Ageing on evidence relating to the safety, effectiveness and cost-effectiveness of new medical technologies and procedures. This is an integral part of the process for the listing of new medical technologies and services on the Medicare Benefits Schedule (MBS).

See www.cancervoicesaustralia.org, and follow on  [Facebook](#),  [Twitter](#)

Informed consumer advocates – we need you!

We urge CVSA members to contact us at info@cancervoicessa.org.au if you wish to go on our 'Issues Notification Register' to hear about issues and take the opportunity to contribute towards Cancer Voices submissions. We recognize that it's not everyone's 'cup of tea' or expertise to be abreast of some of these complex issues, but we would welcome hearing from you if you are interested in using your knowledge and experience to help in this way.

Find more about Cancer Voices South Australia at 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

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

Best wishes from

A handwritten signature in black ink, appearing to read 'Ashleigh Moore'.

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