

October 2013 eBulletin

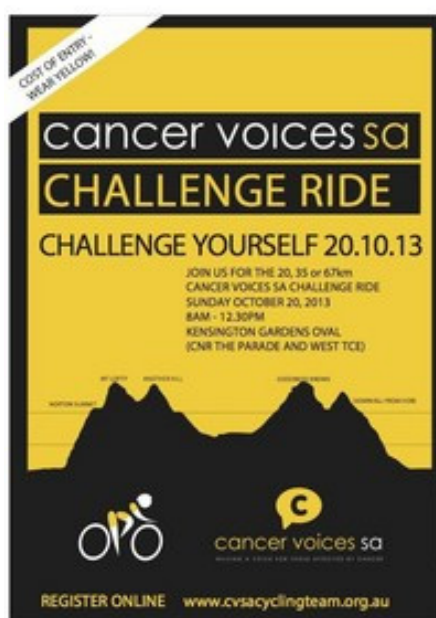
Cancer Voices SA

'Raising a voice' - through Advocacy, Involvement, Awareness & Information.

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.

Print or view as a PDF document: www.cancervoicessa.org.au/information/newsletters-documents.html

Events



Cancer Voices Challenge Ride 2013

Sunday, 20th October 2013 at 8am - 12:30pm

Location: Kensington Gardens Oval (Cnr West Tce and The Parade).

Cancer Voices SA will host a free CHALLENGE RIDE on October 20th. The event will commence at 8:00 am at [Kensington Gardens Oval](http://www.cvsacyclingteam.org.au/item/483996) and comprise your choice of Challenge ride distance (67km, 35km or 20km) that loop into the Adelaide hills and return to the start. Find more details and register online at <http://www.cvsacyclingteam.org.au/item/483996>.

Cancer Voices SA encourage and support participation in regular physical activity to prevent cancer, as well as assist recovery and prevent or delay cancer relapse.

Cancer Forums –information and practical advice

Sunday 10th November, 12.30-6pm, Adelaide Convention Centre. Free event

12.30-4pm: "Cancer Care Coming of Age: What matters more: my genes, my age, my cancer, my choices?"



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Hear from cancer experts and survivors; join in the discussions on topics including **Cancer & your genes, Cancer & the older person, Exercise & Cancer**. Download the program [here](#). **Register by** emailing EG@asnevents.net.au or calling Emily Gangell on (03) 5983 2400. (An initiative of the Clinical Oncology Society of Australia in collaboration with Cancer Voices SA & Cancer Council SA). See more at <http://www.cosa2013.org/consumer-forum/>



**Sunday 10th November, Adelaide Convention Centre
4.00-6.00pm, Engage Community Forum 2013**

Being diagnosed with cancer inevitably leads to many questions. The GI Cancer Institute is proud to launch this Engage Forum, a free information and networking event to help Gastro Intestinal cancer patients, survivors, carers and family members.

The event will offer:

- **Advice and information from clinicians and survivors** who understand the challenges of Gastro Intestinal cancer
- Information about the latest developments in cutting edge research
- Information about the benefits of **clinical trials and how to access them**
- **Practical resources** to help those living with GI Cancer

Register and find more information about the Forum at

<http://qicancer.org.au/blog/event/register-for-gi-info-event/>



A new theory of cancer by Prof Paul Davies, part of the Adelaide Festival of Ideas

Thursday 17th October, 6.30pm Freemasons Hall, North Terrace, Adelaide \$35/\$30 concession ticket

Read more in the Adelaide Review pg 8,

<http://www.adelaidereview.com.au/issues/document/the-adelaide-review-october-2013>

Festival of Ideas: <http://adelaidefestivalofideas.com.au/>

Get involved

[Breast or prostate cancer survivors: Bone Health Survey](#)

You are invited to take part in a survey to examine current practices in regards to management of bone health in breast or prostate cancer survivors. [Read more](#)
The survey will take approximately **10 minutes** to complete.

Breast Cancer Survey: http://www.surveymonkey.com/s/breast_cancer_survivors

Prostate Cancer Survey: http://www.surveymonkey.com/s/prostate_cancer_survivor

[Breast Cancer Online Survey](#)

This project examines beliefs about the causes of breast cancer among women who have been previously diagnosed with breast cancer and unaffected women from the general population.

This research also aims to determine the relationship between explanations for breast cancer and psychological variables such as well-being, coping, optimism and concerns about recurrence among women with breast cancer.

The survey will require no more than 30 minutes of your time. Read more [here](#), or contact JoAnn Dumalaon on ph (08) 72218473

www.register4.org.au Register4 recruits volunteers around Australia, with and without breast cancer, for breast cancer research projects. An initiative of the National Breast Cancer Foundation, Register4 is for anyone over 18 years, women and men, healthy or not.

Cancer survivors **[Physical Activity and Diet study](#)** for those who are not very physically active - a 12 week program which includes online resource.

[Women with gynaecological cancers](#) - survey of issues and needs.

Gay men with prostate cancer - 2 studies, phone interview or online survey
[Prostate cancer in gay and bisexual men & partners - study](#)
[Concerns of gay men living with prostate cancer](#)

Support the [Flinders Charter of Cancer Survivorship](#).

See more opportunities to 'get involved' & 'give back' using your cancer experience at Cancer Voices SA [Community NoticeBoard](#)



Information:

Infection can cause Cancer

Did you know that infection causes more than 1 in 5 cancers (20%!) worldwide?



See the online video of Prof Ian Frazer speaking recently in Adelaide on 'Vaccinating against cancer, where have we got to?' (22 mins) at <http://youtu.be/GKCvxRLVrrk> and article at [Bacteria, Viruses and Cancer](#). Click here for more information about [Human Papilloma Virus \(HPV – wart virus\), cancers and vaccination](#) and

Boys join HPV vaccination program

Boys and girls aged 12-13 years will now receive the Human Papilloma Virus (HPV) vaccine at school (free of charge), following commencement of the worlds first national HPV immunization program for boys on 15 Feb 2013. Boys aged 14-15 will also receive the vaccine until the end of the 2014 school year. New information about HPV and the vaccination program is available at www.hpvvaccine.org.au

Ovarian cancer - managing the side effects of treatment

<http://cancerrehabcanada.blogspot.ca/2013/09/managing-side-effects-of-ovarian-cancer.html>

The rising cost of cancer

Indaily <http://indaily.com.au/flinders-news/2013/09/20/the-rising-cost-of-cancer/>

Osteoporosis

[Top 5 things cancer survivors need to know about osteoporosis](#)

[Osteoporosis - information for cancer survivors](#)

[Osteoporosis: Cancer survivors are at increased risk for osteoporosis](#)

Find more about Cancer Voices South Australia at www.cancervoicessa.org.au

Visit the Cancer Voices SA website at www.cancervoicessa.org.au, follow us on [FaceBook](#) (you don't need a FaceBook account to view our posts), follow us on [Twitter](#) or email us - info@cancervoicessa.org.au

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

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