

November 2013 eBulletin

Cancer Voices SA

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

Print or view as a PDF document at: www.cancervoicessa.org.au/information/newsletters-documents Feel free to forward this on to others.

Events

Cancer Voices Challenge Ride 2013

About 100 cyclists challenged themselves on the 20km, 35km or 67km route options of the **Cancer Voices SA Challenge Ride** on Sunday 20th October 2013.

Photos of this event are [here](#).

Thank you to all who participated and helped to make this a successful event.

Join us on regular Sunday morning group rides into the Hills from St Peters Girls School carpark at 8am, or for coffee at Taylor Blend café on Hallet Rd, Stonyfell about 10.30am. Find more information about Cancer Voices SA cycling activities at www.cvsacyclingteam.org.au



* 'at least 30 minutes of moderate-intensity physical activity on most, preferably all, days' are current [Australian Physical Activity Guidelines](#), for the young and old.

Cancer Voices SA Annual General Meeting
 26th November 2013,
 7.00-8.00pm, Cancer Care Centre
 76 Edmund Avenue Unley

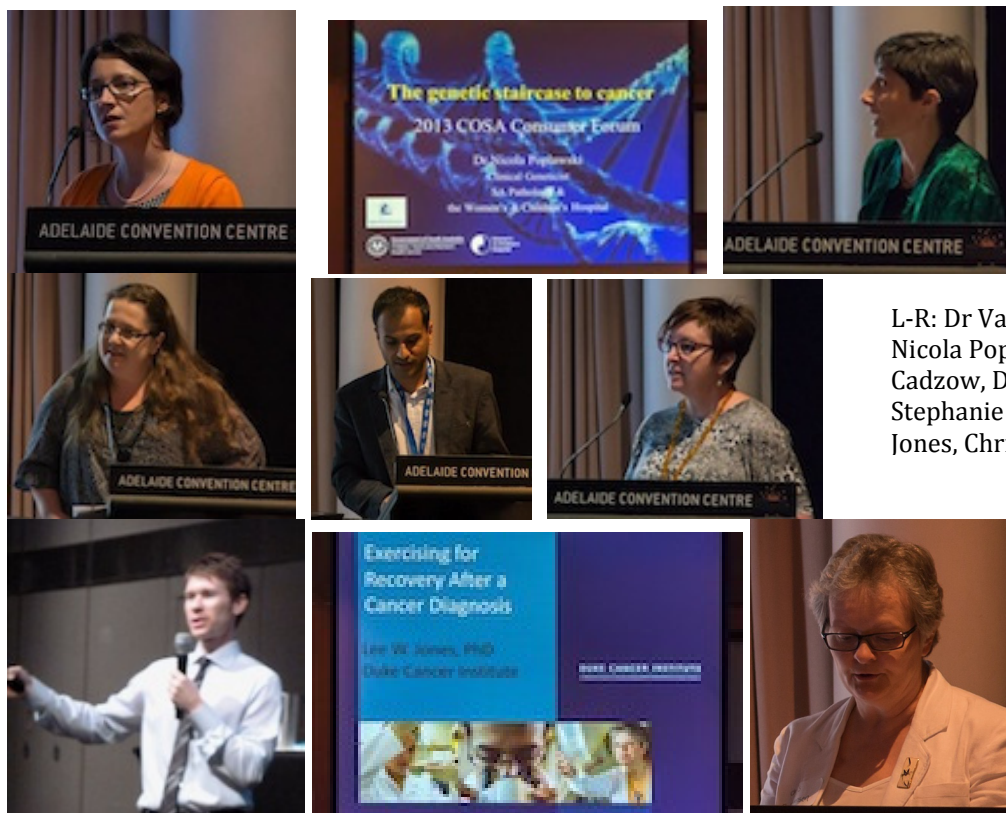


Click here for [AGM Agenda](#), [nomination form](#) to join the 10 member Executive Team, or [proxy voting form](#). RSVP by 25th Nov 2013 to info@cancervoicessa.org.au Let us know if you support the work we do at the [state](#) and [national](#) level, or if you are interested in contributing to one or more Cancer Voices activities or issues. Use your experience to make a difference for people affected by cancer.

Cancer Forum: "Cancer Care Coming of Age: What matters more: my genes, my age, my cancer, my choices?"

This forum was held on Sunday 10th November 2013 at Adelaide Convention Centre by the Clinical Oncology Society of Australia, in collaboration with Cancer Voices SA and Cancer Council SA. Speakers included international experts Dr Vanessa Blair on a type of hereditary cancer and Dr Lee Jones on 'Exercise for recovery after a cancer diagnosis'. Local genetics expert Dr Nicola Poplawski described the genetic spelling errors or faults that accrue with age like 'genetic rust'. We heard Dr Nimit Singhal on 'Caring for the older person with cancer'; consumer and carer perspectives were provided by Chris Christensen and Melissa Cadzow.

Julie Marker described the important role of consumers in advocating for better cancer treatment and care, and through examples of Cancer Voices SA activities paid tribute to the huge contribution of Ashleigh Moore OAM since the inception of Cancer Voices SA in early 2007. Stephanie Miller from [Health Consumers Alliance SA](#) helped facilitate the Forum.



L-R: Dr Vanessa Blair, Dr Nicola Poplawski, Melissa Cadzow, Dr Nimit Singhal, Stephanie Miller, Dr Lee Jones, Chris Christensen.

‘Student perceptions of a consumer led discussion group format to improve awareness of the patient perspective’.

Results from our ‘patients as teachers’ initiative were presented as a poster at the Clinical Oncology Society of Australia Conference in Adelaide on 12th November 2013. In the photo are co-authors (L-R) Dr Agnes Vitry, Dr Jo Thomas and Julie Marker. An excerpt of 2013 medical students feedback –

“Makes you rethink how you will talk to and listen to patients when you are in the hospital. Opens your eyes to the way patients want to be treated and how much they want from the health system”



Please contact info@cancervoicessa.org.au if you are interested to be involved in these student tutorials in 2014. Simply discussing your experience and observations as cancer survivors and carers can contribute to students’ better understanding our perspectives.

Get involved

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

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 Bone Health 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](#)

Women with and without a history of breast cancer are invited to participate. This research 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

Families, Food And Eating Study

Kate Rhodes is a PhD student at Flinders University and the Cancer Council of SA, interviewing families in their own homes in Adelaide about the role of family members in the transmission of eating behaviours across three generations. More details [here](#) or contact kate.rhodes@flinders.edu.au

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

Sign up to 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](#)



Cancer Voices Australia www.cancervoicesaustralia.org

Current action: [Clinical Practice Standards](#)

Cancer Voices is advocating for the adoption of Clinical Practice Standards for both radiation oncology and medical oncology, at national and state levels and in public and private

sectors. We agree that this would offer both clinicians and patients assurance that treatment offered and provided is best practice.

We support the adoption of [Radiation Oncology Practice Standards \(2011\)](#), presently only mandated in Queensland. We have raised the concept with relevant Ministers, the Medical Oncology Group of Australia and the Australian Commission on Safety and Quality in Health Care.

Information

Prostate cancer in Australia

The first comprehensive national report on prostate cancer in Australia, presenting an overview of the condition and analysis of key summary measures including incidence, mortality and survival has been published by the [Australian Institute of Health and Welfare](#).

NEW! Radiation therapy website

For access to consumer-friendly information about radiation therapy, the **Radiation Oncology: Targeting Cancer** website is now live, and can be accessed at www.targetingcancer.com.au. The Targeting Cancer campaign is an initiative of the Faculty of Radiation Oncology to help increase awareness of radiation oncology and to de-mystify radiation therapy as a treatment option.

Cancer research findings

Media releases from the Clinical Oncology Society of Australia Conference held in Adelaide 12-14 Nov 2013:

[Sexual health a key to gynae patient wellbeing,](#)

[Stigma contributes to distress among lung cancer patients,](#)

[Chemo and fatigue,](#)

[Cancer 'carers' more distressed than patients they care for,](#)

[Prostate cancer patients worry about loss of masculinity.](#)

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)

Best wishes from

[Cancer Voices SA Executive Team](#)

