

THE WELL WISHER

THE OLIVIA NEWTON-JOHN CANCER AND WELLNESS CENTRE APPEAL – UPDATE

A Personal Message from Olivia

I am incredibly excited about the year ahead. Our progress continues towards building world-class facilities for patient-centred cancer care and research.

It's thanks to the generosity and belief from you, our supporters, that we have now reached a very exciting stage in the Appeal. Construction of our Cancer and Wellness Centre is about to commence!

Every time I come to Melbourne and visit the Austin Hospital I can see the progress being made. The old cancer building, Heidelberg House has been demolished. Excavation works are taking place right at this very moment!

Speaking with the staff and patients, I know how much this Centre will mean for people who face cancer – as a patient facing treatment, a family member needing information and support, or a clinician or researcher wanting the best care and outcomes for their patients.



Thank you for being part of something so special... for helping to make this vision possible for an integrated Cancer and Wellness Centre that will give people access to the latest medical treatments, research, information and wellness care. A Centre that will help heal the whole person and provide the support patients and their carers need.

To find out more about these exciting developments, see inside this edition of Well Wisher.

Although our fundraising continues, I am thrilled that we have begun building the first stage of our Centre. I look forward to seeing the progress next time I am back in Melbourne in May 2010.

Thank you again for your support and for being part of the team that is making this dream a reality."

Love and light

NEW TECHNOLOGY IMPROVES DETECTION OF LUNG CANCER



Thoracic Surgeon Simon Knight using the latest diagnostic technology.

Lung cancer is the leading cause of cancer-related deaths in Australia. Austin Health now offers more accurate examination of lung cancer, thanks to the latest diagnostic technology.

The endobronchial ultrasound (EBUS) is considered the most exciting development in lung cancer treatment in the past five years. It allows diagnosis and 'staging' – showing how far cancer has spread – in the same procedure.

The choice of treatment depends on a clear diagnosis of a patient's disease and its progression. The EBUS can help clinicians improve lung cancer survival rates as a result of more accurate patient diagnosis.

Director of Thoracic Surgery Mr Simon Knight said in the past it has frequently been necessary to check the progression of lung cancer through an open operation to the neck, to biopsy glands deep in the patient's chest adjacent to the windpipe.

In contrast, the EBUS device is inserted down the patient's airway and a small needle on the end takes a sample of lymph node glands. "This is an advance that allows us to investigate and diagnose lung cancer patients in a less invasive and intrusive way," Mr Knight said.

Austin Health is currently the only public hospital in Victoria to offer EBUS for patients.



GOING, GOING, GONE

As you can see from these pictures – progress continues.

The old cancer building, Heidelberg House was demolished at the end of 2009. “It’s exciting to reach this point,” said the project’s director Megan Gray. “It’s a real visual statement of our progress, clearing the site to make way for our Cancer and Wellness Centre.”

The building was brought down gradually over a two month period, with a demolition technique that carefully folded the building into itself before it was pushed down.

“We had to keep the rest of the hospital going with out interruption and this careful demolition technique helped prevent debris hitting the nearby buildings on the Austin Hospital site,” Ms Gray said.

The demolition team also took precautions not to disturb the main services tunnel that feeds the rest of the hospital with vital services such as oxygen, power and water lines.

Ms Gray explained, “There’s a lot of preparation work taking place now to prepare the site properly for construction. These works include relocation of patient services and excavating the site to accommodate the basement level which will house the new radiation oncology service.”

The Centre is such a large project that it will be built in two stages.



Key facts

- ✧ Demolition of the old cancer building took ten weeks.
- ✧ Hazardous materials were removed first before internal areas were stripped bare.
- ✧ The structural demolition of the building itself took two weeks for it to come down.



Did you know...?

- Austin Health is one of the largest cancer service providers in Australia, with more surgical services than any other hospital in Victoria for patients with cancer
- The Centre will be based on three pillars of excellence:
 - in clinical treatment
 - in cancer research
 - in wellness care
- Austin Health Cancer Services is a global leader in cancer clinical trials, and site of the Ludwig Institute's Cancer Vaccine and Tumour Targeting Programmes which develop more effective and less toxic cancer treatments
- At any one time, Austin Cancer Services is involved in around 50 clinical trials
- Austin Health is currently the only public hospital in Victoria to offer a new lung cancer diagnosis technique called EBUS (Endobronchial Ultrasound)
- Austin has pioneered a new radiation treatment for mesothelioma which is extending life expectancy of our patients

STAGE ONE IS SCHEDULED TO OPEN END OF 2012 AND WILL INCLUDE:

- large treatment centre that will expand the services currently offered in Day Oncology and CATS (for haematology patients)
- Wellness Centre
- Resource Information Centre
- An expansion of the current hospital pharmacy service
- Radiation Oncology bunkers with an additional treatment machine (linear accelerator) and associated services and support spaces that will expand on the current Radiation Oncology services offered for patients.

The Cancer and Wellness Centre is part of Austin Health and will be linked directly into the Austin Hospital buildings and ward areas; with easy access to the hospital's extensive speciality care areas including the Surgical Unit, Intensive Care Unit, Emergency Department, Radiology Department and more.

CANCER SURVIVOR'S VOLUNTEER AND FUNDRAISING WORK AWARDED

Cancer survivor Gordon Chan, Head Radiopharmacist at Austin Health and well-recognised member of Olivia Newton-John's 'Great Walk' team, won the award for Victorian Fundraising Volunteer of the Year from the Fundraising Institute Australia.

Although some of you may remember Mr Chan's fundraising efforts for Olivia's Great Walk to Beijing – and contributed generously – not many know that Mr Chan has continued to work tirelessly for the campaign ever since, raising over \$115,000 for the Olivia Newton-John Cancer and Wellness Centre Appeal.

Mr Chan said that he was excited and surprised to have won the award.

"It's fantastic to have won and I'd like to thank all those who helped me reach this target, especially to people who sponsored my steps on the Great Walk, and the friends at Rotary who have contributed so much to my fundraising since." said Mr Chan.



Gordon Chan on the 'Great Walk' with Olivia Newton-John

MELBOURNE CUP CARNIVAL – A GREAT SUCCESS

Now that the Melbourne Cup Carnival's 2009 'Pin and Win' fundraising event has finished, we are pleased to report that this major fundraising event raised over \$300,000 for the Appeal.

Our thanks go to all the incredible volunteers who took part in selling pins to the public, to Olivia Newton-John for her passion and leadership to help the Appeal, and to the many people who purchased a lapel pin.

Special thanks also to Lexus Australia for donating a convertible sports car as the main 'pin and win' prize and to pin retail partners: TAB; The Coffee Club; Henry Bucks; Austin Health food outlets.

A BIG Thank you

It is thanks to the shared passion and ongoing commitment of many that drives us closer to our vision – to improve cancer treatment and save lives.

There are many ways people can help make a difference through the Olivia Appeal: by making a donation, joining Olivia's Circle as a regular donor, leaving a bequest or holding a fundraising event. Some recent fundraising initiatives include:

- The **Sydney Vocal Arts Centre's** outdoor theatre production of the hit movie Grease which raised \$16,000 for the Appeal; with former Hi Five member Charli Delaney in the role of Olivia's 'Sandy'.
- **Arnulf Pohl** held his annual private event, the "Pink Party" where guests made a donation in lieu of a gift. An annual event held since 2007, in October 2009 this event raised \$1,150 in support of the Appeal.
- Our thanks to **The Rotary Club of Brighton** which raised \$20,000 for the Appeal through their fundraising luncheon in October 2009.

Thank you to our wonderful supporters whose commitment and generosity is bringing us closer to the construction of the Olivia Newton-John Cancer and Wellness Centre.

If you have a fundraising project idea or would like to hold an event to help raise money for the Centre, please contact Austin Health Fundraising on 03 9496 5753 or visit www.Olivia.Appeal.com for more information.

Hear about Cancer Research developments at Austin Health



Want to know more about research developments for cancer? You can listen to Professor Jonathan Cebon's podcast to learn about significant research at Austin Health online at www.austin.org.au/podcasts



AUSTIN: PRE-EMINENT SITE FOR TREATING MESOTHELIOMA



*Dr Malcolm Feigen is pictured with
a linear accelerator (treatment machine)*

There are numerous forms of lung cancer, one of them is mesothelioma, an aggressive cancer that affects around 700 Australians every year. It's caused mostly by exposure to asbestos. On average sufferers are given just one year to live after diagnosis.

New hope is being offered by Austin Health specialists who have developed a new radiation technique which can improve patients' life expectancy. Dr Malcolm Feigen, a Radiation Oncologist at Austin Health, has been trialling the new technique over the last seven years that involves high doses of radiotherapy.

"Gradually with new technologies and better equipment we've been able to increase our doses and look at the results by doing PET* scans before patients start radiotherapy, and again after they've finished to see what difference we've made," he said.

"We've been very impressed that in most cases there's a considerable reduction in the activity of the tumour masses that we've given high doses of radiotherapy," Dr Feigen said. "Most patients have got through the course of treatment with no major side effects and some have had long-term benefits."

Fourteen patients were involved in the pilot research program. Most had incomplete surgery and no chemotherapy prior to radiotherapy. "Some patients go on to have a number of good years, before the tumour comes back in areas that we haven't been able to give radiotherapy to," he said.

Dr Feigen is hoping to encourage other leading cancer centres to take part in further research using these techniques both within Australia and overseas.

The Olivia Newton-John Cancer and Wellness Centre will include radiation oncology services and research that will expand on the Austin's current services offered at the Heidelberg Repatriation Hospital.

*PET stands for Positron Emission Tomography and is a high-quality imaging technique to help in the diagnosis of disease. The Department of Nuclear Medicine and Centre for PET at Austin Health is one of the largest and most comprehensive Nuclear Medicine clinical and research programs in Australia and performed the first PET scan in Australia. The centre has a formal collaboration with the Ludwig Institute Tumour Targeting Program, with integration of basic research and clinical studies in cancer patients.

HELP ACHIEVE THE DREAM

Dr/Mr/Mrs/Miss/Ms: _____

Address: _____

Postcode: _____

Ph H: () _____ W: () _____

Email Address: _____

My supporter number is: _____

Enclosed is my **cheque/money order** made payable to Austin Health for the amount I have ticked:

\$100 \$50 \$25 \$500 \$2,500

my choice \$

OR Please debit the amount I have indicated from my:

VISA MASTERCARD

Signature _____ Expiry Date ____/____

FOR REGULAR MONTHLY DONATIONS

Many supporters choose to support the Olivia Newton-John Cancer and Wellness Centre Appeal by making regular monthly donations. It is one of the best ways you can make a difference, and support the vision to build a dedicated Cancer and Wellness Centre. Please consider becoming a monthly pledge supporter by joining Olivia's Circle.

I authorise Austin Health on behalf of the Olivia Newton-John Cancer and Wellness Centre Appeal to make automatic monthly deductions from my credit card (details as above) until further notice.

Monthly amount is: \$

Automatic deduction on the following date:

17th commencing (month) _____, 2010

Signature _____

Please send me information about:

- Joining Olivia's Circle (our monthly giving program)
 Making a bequest to the Olivia Newton-John Cancer and Wellness Centre Appeal in my Will

All donations of \$2 and over are tax deductible

If you do not wish to receive any further fundraising communications from us, please write to us or phone

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