

The Well Wisher

Autumn 2011



CONTENTS

01 A personal message from Olivia
Our new logo!

02 Cancer and Wellness Centre Project Update

03 Breast Clinic: Transition Series
Ovarian Cancer Vaccine

04 Upcoming Events:
Xanadu Magic 2011
Thank yous

A Personal Message from Olivia

It's wonderful to think that this time last year, we had only just begun the excavation works for our Centre and now – 12 months on – structural construction of Level 5 is complete!

I was thrilled when I visited the Centre in late November to see for myself just how much progress had been made. It's fantastic to see how far we've come and to know just how much of a difference this Centre will make for patients and their families.

A lot of has been going on behind the scenes as well. You will have noticed

our 'new look' newsletter. This has come about because with the Centre now being built we are moving away from the fundraising Appeal logo, to a new branding logo for the Centre. A logo designed to reflect visually the visions of the Centre – healing, inspiration and complete care. I hope you like it!

I am so touched by the energy and enthusiasm you have all shown and thank everyone for their incredible support. It's going to be an exciting year as we run to the finish line in

raising the rest of the funds needed for the Centre and I'm looking forward to sharing its successes with you.

Thank you again for your kindness and support.

Love and light,



Olivia Newton-John
Cancer & Wellness Centre

New Year, New Look!

As you can see, this edition of *The Well Wisher* welcomes a vibrant new look, inspired by the new Olivia Newton-John Cancer and Wellness Centre logo. We hope you like it. Developed to more accurately portray the philosophies of the Cancer and Wellness Centre visually, the logo has been designed to encapsulate hope, truth, completeness and balance, with a focus on strong emotional drivers. This is what, we believe, the Olivia Newton-John Cancer and Wellness Centre is all about.

Rays of Light

In the new logo you see rays of light, which are highly emotive and inspiring, and symbolise hope and optimism. It captures the quality of the first light of a new day, as seen through a canopy of trees, and conveys that it's a tranquil and inspirational place.

A Complete Circle

Symbolically, the circle represents a holistic and connected offer of cancer treatment, wellness and research, all under the one roof. It also symbolises precision, strength and efficiency.

The Tree Canopy Background

Emotive and optimistic, the tree canopy background addresses the balance between medical precision and holistic healing, while the green colouring equals freshness, growth and new life.

Cancer and Wellness Centre – Progress Update



Level 4 South is almost complete



Level 5 North is now complete



Level 6 North is currently under construction

Since we last updated you, construction has been steadily moving along – except for a few days lost to rainy Melbourne weather! The building's structure is now complete up to Level 5 North, with Level 6 North currently being formed and Level 4 South almost complete. Excitingly, the fitout of the lower levels begins in the first quarter of the year with services to be added, then the walls, before the façade is applied to waterproof the building.

Moving inside, we are thrilled with the plans for the Day Oncology facility. At 1,055m², it will be almost twice as large as the current facility, and will provide a calm and relaxing environment for patients and their visitors, without compromising clinical care.

The aim of the design was to enhance the patient experience in line with patient and staff feedback. In the new Day Oncology facility the capacity to treat more patients will be increased significantly. The number of chairs and beds will increase from 16 (currently 12 chairs and 4 beds) to 31 (25 chairs and 6 beds) - so that's more than double! Crucially, this increase will mean that there are reduced waiting times. Patients will have greater space and privacy in the new treatment pods, with adjustable 950mm divisions for optional privacy, and room to better accommodate patient visitors.

Each patient pod will be fitted with the appropriate technological equipment for medical needs on one side, while the other will have plugs and power supply so patients can listen to their own music, bring their laptop to watch a movie or do some work. The treatment chairs are also being upgraded for greater comfort and safety, and to adjust to

patient needs. The chairs are powered, allowing for different positions (up, down etc), so patients can stay in their chair from the beginning until the end of treatment. Right now, patients must move at different stages of the treatment. And, in the case of an emergency, the new chairs can lie flat, mimicking a bed without moving the patient and causing discomfort.

The new Day Oncology facilities will also provide consultation rooms, allowing patients to meet with medical staff in privacy about any matters that are of a delicate nature. Currently, these conversations take place in the treatment areas where the next patient is only a few feet away. To ease nerves, before their first treatment, patients will also meet staff privately in these rooms to find out what to expect from treatment, the potential side effects, and to discuss any personal or sensitive matters.

Conveniently, the bathrooms will be positioned closer to the treatment area so that patients don't have to walk as far with their IV poles. The toilets will also be larger to accommodate these poles as the bathrooms are currently awkward to navigate. Smaller nursing workstations will be positioned in the treatment areas to be closer to patients, while still allowing privacy to patients and staff. Thanks to the considered design, patients will be able to enjoy panoramic views across to the Dandenongs through the floor to ceiling windows.

We're extremely pleased with our progress and look forward to providing you with further updates in the next edition of the Well Wisher.

Breast Clinic: Transition Series

As a Breast Care Nurse at Austin Health, Elizabeth helps women and families with information, emotional support, links to support services, breast prostheses and much more. Elizabeth talks about a program she developed called the Transition Series.

In 2003, I recognised many women were struggling after completing their hospital treatment. Patients expressed similar feelings – uncertainty about the future, anger and difficulty adjusting back to every day life.

To address their needs, I developed a four-week program called The 'Transition Series'. It reflects the process of change from treatment – where life revolves around appointments, therapies and tests – to treatment's end and integrating the cancer experience into everyday life.

Week One – Life after Cancer: Living with Uncertainty

In this session, senior psychologist, Jo Dubuisson, and a psychology registrar use drawing as a method to initiate discussion about what uncertainty is. Patients at the end of treatment have questions about their prognosis, the

long-term effects on family and work, and uncertainty around core issues, like their sense of self and mortality.

"My life used to be filled with all these things – friends, work, children, family, religion, art – which were contained and I had some control. Now they are not contained... it's scary."

Participant, Transition Series.

Week Two – Coping with the Reactions of Children, Family and Others

A common perception among loved ones is that the worry and side effects stop once treatment is complete.

During this session, participants are encouraged to share their personal experience about relationships with family, friends or children. Women are encouraged to write a letter expressing their thoughts and emotions to someone in their lives.

Week Three – Sexuality and Intimacy

Often pushed to the side, breast cancer treatment has a negative impact on body image and sexual function. This session creates mixed interest – some women are keen to hear the information, while others don't see it as important. Essential in this topic is

intimacy, learning to enjoy the body, and feeling comfortable with how participants look and feel. Experienced sexual health nurses provide information and demonstrate relevant materials.

Week Four – Creating the Life I Want after Breast Cancer

Facilitating this final session are our breast care nurses and psychology registrar. Here we aim to stimulate the women to identify what's important in their lives and what they want from the future. And, importantly, what makes them happy?

If you would like more information about the Transition Series, please contact Liz Foster or Irene Aardoom on (03) 9496 3715.



Elizabeth Foster (back row, far right) pictured with some members of a Transition group

Austin Hospital Ovarian Cancer Vaccine Goes International

A previous trial of CVac, led by Associate Professor Paul Mitchell, provided convincing evidence that the vaccine could induce a remission or stop ovarian cancer growing. The CVac vaccine has been shown to stimulate T-lymphocytes, which can attack the cancer.

Associate Professor Mitchell explains the vaccine stabilised or reduced the cancer markers in around 20 per cent of women – some for over a year – in those with actively growing ovarian cancer. Another good sign is that there were no significant side effects of the treatment.

So how does it work? Immature forms of dendritic cells (a highly specialised white blood cell found in the skin, mucosa, and lymphoid tissues that initiates a primary immune response)

are collected from the patient's own blood, which are then matured in the laboratory. The vaccine is then added to the culture, where it's taken up by the dendritic cells. The cells, armed with the vaccine, are then injected back into the same patient to help stimulate their immune system to recognise and stop the cancer.

Following this groundbreaking research, Austin Health has been joined by several United States and local hospitals in a larger trial for the ovarian cancer study.

The first two patients in the international trial have been recruited at the Austin Hospital. The vaccine will be given to women who are in remission, post chemotherapy, with the aim of delaying or preventing relapse of the cancer.

Associate Professor Mitchell has worked on the vaccine for over 10 years with Associate Professor Bruce Loveland from the Burnet Institute, along with PrimaBiomed, a Melbourne-based biotech company. PrimaBiomed is planning to take the vaccine through to a randomised phase III trial in women with ovarian cancer, as well as women with breast cancer.

The Olivia Newton-John Cancer and Wellness Centre is committed to finding better ways to treat people with cancer and promoting greater collaboration of doctors, researchers and patients involved in clinical research programs.

Thank You for Being a Friend

It's time to say a heartfelt thank you to those in the community who continue to support the Cancer and Wellness Centre. Recent fundraising events include:

"Pink and Blue for Two" (PB42)



Organiser Emerson Newton-John with John Easterling and Olivia Newton-John

In October, the "Pink and Blue for Two" event held at Busch Gardens Theme Park in Florida, USA was a wonderful success. Guests were treated to an amazing night of sights, sounds and tastes but – most importantly – awareness of the similarities between breast and prostate cancers were addressed by the event hosts, Olivia Newton-John and H. Lee Moffit, the founder of the Moffitt Cancer Centre. Our special thanks go to Emerson

Newton-John and his team for their tireless efforts spent organising the event, which raised \$7,795 AUD for the Olivia Newton-John Cancer and Wellness Centre.

The Rotary Club of Brighton held a lunch at the Brighton International in support of the Centre on 22 October 2010. Appeal Ambassador, Deborah Hutton, hosted the event and guests enjoyed a sumptuous lunch while being entertained by James Reyne. Special guests included Jane Flemming and cancer patient, Sally White, who shared her personal and inspiring cancer story. The event raised \$25,000 towards the Centre.

KW Doggett Fine Paper held a Golf Day at Kew raising \$1,270 for the Appeal.

In2quilting Thanks to the Kilmore community who raised \$700 through their day of raffles at the community hall.

Pink Party is a regular supporter and this year raised \$960 by hosting their annual Pink Party. It brings their total giving to \$3,730.

Evelyne's Sober September Evelyne decided to 'go dry' for a month and asked family, colleagues and friends

to support her cause, raising \$393 for the Centre.

Len Chung donated \$217 by raising money from the work footy competition.

Gifts in Celebration

If you're celebrating a special occasion but don't want presents, have you considered asking friends and family to make a donation to the Olivia Newton-John Cancer and Wellness Centre instead? It's a wonderful way to celebrate and make a difference at the same time. We'd like to thank the following people for doing just that.

Johanna's 60th birthday raised \$730.

Sharon's 60th Birthday raised \$385.

Carol's 60th Birthday raised \$680.

If you would like to run a community event or celebrate your special occasion in charitable style, please contact our fundraising department on (03) 9496 5753 and ask for Melissa.



MAGIC 2011

After the success of their inaugural gala event in 2009, We're Australian Creative Collective Inc (WACCI) is proud to announce MAGIC 2011, a Gala Dinner and Fashion Parade.

Hosted by George Donikian and Elise Mooney, MAGIC 2011 guests will be treated to a cavalcade of live music and internationally renowned performers including acclaimed singer/songwriter Chelsea Gibb, Melbourne's own electronic group Parralox, and cabaret favourites Dolly Diamond and Luke Gallagher.

When: Saturday 19 March 2011

Price: Tickets begin at \$175.00

Venue: Grand Ballroom, Hilton on the Park

Bookings: To reserve your seat or book a table, go to www.wacci.com.au or call (03) 9510 4448.

For a magical night of entertainment and fashion, all profits from the evening will support the Olivia Newton-John Cancer and Wellness Centre.

What's on!

There's always something happening on the Centre calendar:

Xanadu The Musical

A great family night out, experience one of Olivia's famous songs in all its theatrical glory.

- Melbourne – Wednesday 2 March 2011 (see promotion overleaf)
- Sydney – Tuesday 17 May 2011

Magic Gala 2011

Fashion lovers won't want to miss this magical event...

- Saturday 19 March 2011 – Hilton on the Park, Melbourne (see promotion)

Charity AFL Day

And the footy lovers won't miss out thanks to Charity AFL Day.

- Friday 27 May 2011
- Melbourne v Carlton at the MCG

