

YOUR FOUNDATION

FLINDERS FOUNDATION NEWSLETTER

AUTUMN 2020

Thank you
for helping cancer
patients and their
families recover
and thrive

**Flinders Cancer
Wellness Centre
NOW OPEN**

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EDITION...**

You're funding
world-leading research
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Your help is keeping
Allan's heart beating!
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Thank you!

Your support has opened the doors to the Cancer Wellness Centre



Patients and their families affected by cancer will now receive additional support thanks to the opening of the new Flinders Cancer Wellness Centre.

The new centre, located in the Flinders Centre for Innovation in Cancer, is the focal point of a new cancer wellness program. The program will help ease the burden of cancer and address many of the unmet needs of patients and their families during and after cancer treatment – many of which can be lifelong.

This extra support focuses on a range of physical, educational, emotional and practical impacts which cancer can often have, including fatigue, anxiety, dietary, financial and employment concerns, among others. The centre will also be a valuable conduit in connecting patients and carers with support groups and other services in the community.

It's thanks to your generosity – and support from organisations and fundraisers in the community including Mix102.3, Dry July Foundation and His and Her Adventure Time Travel – that this was made possible. Thank you!

More than 2,500 people are diagnosed with cancer at Flinders each year, and 30,000 patients and their families visit the centre for treatment and appointments.

Clinical Director for Cancer Services Professor Chris Karapetis, said the centre will provide greater support for the wide ranging effects of cancer.

"Cancer patients living in Southern Adelaide receive the very best treatment at Flinders, but we know there are many other factors which can impact on their health and wellbeing when they transition to life with cancer, and life after cancer," Prof Karapetis said.

"For many, being diagnosed with cancer is the most traumatic life event they will experience. They can be

It's nice to know there's a place to turn to that will support my overall wellbeing following my cancer diagnosis. The Wellness Centre complements my medical treatment. It's a place where my practical, emotional and social needs can be met to support me and my quality of life.

Flinders cancer patient Chris Christensen (pictured) who is co-designing the wellness program.

overwhelmed with information, and at the same time often don't know where to turn to for help in addressing the 'knock-on' effects of cancer.

"In having a new and unique space like the Wellness Centre, we'll be able to extend support beyond treating just the cancer itself, and provide patients and their families with holistic support that encompasses all aspects that contribute to a healthier life so they can really thrive, during and after cancer."

Thank you so much for supporting people in your community, like Chris (above).



A range of services will be offered to people affected by cancer to address many unmet needs. These services will continue to grow, and include:

- ✓ Public seminars and information sessions from health professionals
- ✓ Exercise and physical activity services
- ✓ Arts in Health services including art and music therapies
- ✓ Pet Therapy
- ✓ Support from the FMC Volunteer Service and Cancer Council SA volunteers
- ✓ Large meeting spaces for a range of cancer support groups
- ✓ Spiritual care support
- ✓ Other therapeutic activities that promote wellness including meditation
- ✓ Health information library and books
- ✓ Access to a Cancer Council SA Outreach Nurse and a range of Cancer Council services
- ✓ Online programs to improve physical and mental wellbeing

The centre also features quiet spaces, comfortable seating, complimentary tea and coffee, computers and charging stations, board games and puzzles.

To view the monthly cancer wellness program timetable of activities and events visit www.sahealth.sa.gov.au/fmc
(search Flinders cancer wellness program)

TAKE A TOUR

Would you like a tour of the Flinders Centre for Innovation in Cancer and Cancer Wellness Centre? Contact our team to book on (08) 8204 5216

SUPPORT CANCER PATIENTS

Help support programs and activities in the centre by making a donation to Flinders Foundation flindersfoundation.org.au/donate



A Flinders Medical Centre volunteer demonstrates hand massage.

Our new cafe is even bigger.



We look forward to welcoming you, ground floor, Flinders Centre for Innovation in Cancer. W: taylorandholmes.com.au - Office: 08 8354 1716



You're helping lead us to a cure!

Brain cancer is a cruel disease for which there is no cure. Yet.

But two years ago, your support helped fund two Health Seed Grants for Flinders University's Associate Professor Simon Conn and Dr Cedric Bardy - two dynamic cancer researchers.

A/Prof Conn set out to detect brain cancer earlier while Dr Bardy developed a human mini-brain model to study the mechanisms of brain cancer.

Now, again thanks to you, they're joining forces to achieve the ultimate goal... find cancer, treat it, and get rid of it.

A/Prof Conn and Dr Bardy now want to take this one step further. They want to help people like Mick Koerner, who you might remember from the recent Christmas appeal.

Mick was only 43 years old when he was diagnosed with an inoperable brain tumour. And despite a

tremendous fight, Mick sadly lost his battle only 14 months after diagnosis.

Together with funds raised at the 2019 Pink Yellow Blue Ball, from SAPOL's Ride Like Crazy event and a generous donation from Sarah Constructions, your support will fund a new three-year Brain Cancer Research Fellowship, shared between A/Prof Conn and Dr Bardy.

The pair will use the fellowship to focus on developing biomarkers for the earliest possible detection of brain cancer.

They'll also take big steps towards creating personalised treatments for those diagnosed with brain cancer to give them more time with their loved ones and, hopefully one day, the chance to beat it.

"This research gives me great hope that we will be able to screen out new drugs that specifically target the remaining cancer cells and ultimately save the life of people like Mick," Dr Bardy says.

"We're going to be using the best skills from both our labs to try and discover this disease before it's too late, and long term we want patients to have personalised treatment for brain cancer like they have for other cancers."

"Thank you so very much because without this funding we couldn't take this giant step towards making a difference for these patients," A/Prof Conn says.

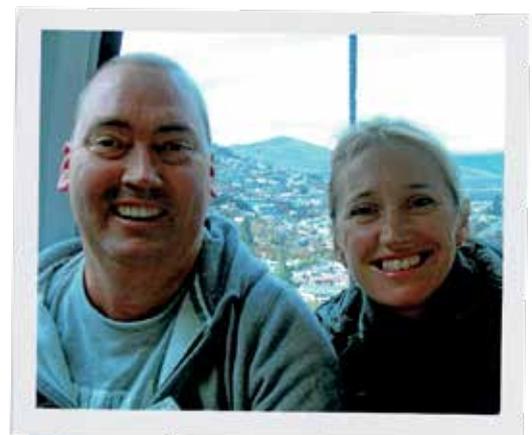
Everything we're doing is aimed at making life better for someone with brain cancer, to give them a better chance, a better outcome and more time with their loved ones.

A/Prof Simon Conn

Mick's wife Jody says Mick was an eternal optimist – the 'never say never' guy.

"He would never have wanted us to give up fighting to find a cure, to find better treatments for brain cancer," Jody says.

Thank you for playing your part in creating a brighter future for people diagnosed with brain cancer.



This research won't bring Mick back to us but it might just give another family hope, and more precious time.

Jody Koerner

Thank you

for funding world-leading research at Flinders

Thanks to you, the next discovery is a step closer. Thirty three exciting new research projects have received funding in Flinders Foundation's annual Health Seed Grant Round.

Because of your generous support – and a partnership with Flinders University – researchers will receive up to \$25,000 each to help kickstart discoveries across a variety of illnesses, diseases and social issues.

Here's a snapshot of what you've made possible:



Endometriosis

You're helping Dr Joel Castro Kraftchenko in his mission to end chronic pelvic pain for sufferers of endometriosis – a painful and debilitating condition which affects about 10 per cent of women. Through his study, Dr Kraftchenko hopes to uncover new therapies and treatments to reduce pain and improve endometriosis patients' quality of life.



Glaucoma

Can a machine predict who will lose vision from glaucoma before a specialist can? Dr Owen Siggs would like to think so! **Your support** will help him develop a collection of thousands of retinal images, captured before and after glaucoma diagnosis to help develop and test a model to predict who is at greatest risk of developing the condition, and prevent irreversible blindness.

Osteoarthritis

Thanks to you Professor Michael Shanahan will trial a simple nerve block injection near the knee in the hope of better managing the pain of patients with knee osteoarthritis. If this treatment is found to be safe and effective, it may provide a better treatment option than those currently available and may be particularly helpful for those waiting for, or not fit for, knee replacement surgery.

Breast and Prostate Cancers

Your generosity has given Flinders cancer researcher Associate Professor Robyn Meech a boost in her efforts to develop new biomarkers to identify aggressive breast and prostate cancers and find new drug targets to treat them.



Thank you

for keeping Allan's heart beating!

Thanks to you, Allan is at home in Adelaide and close to his friends while he waits for a heart transplant.

Following a heart attack in July 2016, Allan, 60, was diagnosed with heart failure and underwent stent and pacemaker operations in the hope of improving his health.

He'd always led an active life, enjoying being among nature, bushwalking and kayaking. But heart failure left him constantly breathless and unable to walk more than 40 metres without stopping.

Last June, three years after his heart attack, he travelled to a specialist heart centre, The Alfred Hospital in Melbourne, for further tests. That visit turned into a nearly three-month stay following two open heart surgeries to implant two Mechanical Circulatory Support (MCS) pumps that pump blood from the lower ventricle chambers of his heart.

Each pump has external batteries and a controller which Allan carries in two shoulder bags, working continuously to keep his heart functioning while he waits to be considered for a heart transplant.

But thanks to your generous support, a new HeartMate 3 system monitor has been purchased for Flinders Medical Centre's Heart Transplant Service

Keeping healthy

While our healthcare workers support our community during the Covid-19 outbreak, here's how you can protect yourself and stay healthy.

Wash your hands frequently with soap and water or clean with an alcohol-based hand rub.

Practice social distancing

by maintaining at least 1 metre (3 feet) distance between yourself and anyone who is coughing and sneezing.

Avoid touching your face

as the virus can enter your body through your eyes, nose and mouth.

Practice respiratory hygiene

by covering your mouth and nose with your bent elbow or a tissue when

you cough or sneeze.

If you feel unwell

and are displaying symptoms of fever, cough or difficulty breathing, seek medical care.

For more information, check out the World Health Organization website www.who.int

Source: World Health Organization, Coronavirus disease (COVID-19) advice for the public.



New equipment purchased for Flinders Medical Centre's Heart Transplant Service is helping patients like Allan, pictured.

so Allan, and patients like him, can return from Melbourne sooner and be cared for locally in Adelaide.

Previously patients had to spend about three months in Melbourne to be cared for by staff at The Alfred. But this system means they can return to Adelaide within a month of the pump implant.

Allan is very grateful to be receiving treatment from his medical team closer to home.

"Getting back to Adelaide was important to me as my supportive friends are here," Allan said.

"The purchase of the additional monitor by Flinders Foundation enabled me to return to Adelaide and allowed for much emotional and physical healing in a familiar, personally supportive environment."

And while Allan waits to be considered for a heart transplant, he's enjoying new-found strength and energy following his implant.

"A friend and I recently did a three kilometre beach walk without having to stop to catch my breath, compared to before the implant, when I would have to stop every 40 metres or so."

Thank you so much for your support which is life-changing for people like Allan.

You're granting wishes at Flinders

In the last edition of **Your Foundation**, we shared wishes that have been granted thanks to your generous support.

Here's three more ticked off the wish list

Educating cancer patients and providing peace of mind

Starting cancer treatment is overwhelming on many levels, with lots of new information to take in. But now cancer patients can access educational videos via new tablet computers purchased thanks to your generous support.

Patients like Pauline Jolly (pictured), who was diagnosed with leukaemia, can use the tablets during their treatment sessions to learn more about a range of cancer topics at their own pace – including information about chemotherapy and immunotherapy, how to best look after themselves, and even tutorials on how to administer injections at home.



New bladder scanner

Cancer patients at Flinders are receiving faster care at their bedside thanks to new ultrasound equipment.

Funded by a generous, long-time supporter of Flinders Foundation, the bladder scanner allows nurses to quickly examine the bladder for signs of discomfort, avoiding the need for the patient to be sent to radiology.

Pictured: Anne White, who was diagnosed with double-hit lymphoma last year, was among the first to take a look at the new equipment.



Christmas smiles

Do you remember the Christmas card you received? This was drawn by young paediatric ward patient Charlotte (pictured right), who was very excited to receive some arts and craft goodies for winning our drawing competition.

Thank you to all the generous people who donated Christmas gifts for kids at Flinders Medical Centre and Noarlunga Hospital – you certainly brought some Christmas magic to sick kids including Diyon (pictured top).





Bailey's Shave for 'Pa'

It was such a pleasure to have 18-year-old Bailey pop into the office recently to present us with a cheque for over \$1,800 to support cancer research at Flinders.

While carrying out her year 12 studies, Bailey accompanied her Grandfather Len to many of his appointments and treatments following his diagnosis of metastatic bowel cancer.

Inspired by her 'Pa' and the many

other patients she met at Flinders, Bailey shaved off her long locks to raise funds for Flinders Foundation.

"When we were at Flinders we loved seeing people ring the bell (to mark the end of their treatment) and we would all clap. By funding cancer research, I hope more people get the chance to ring that bell in future," Bailey said.

We look forward to bringing you more news about how this will impact patients.

Thanks Bailey!

Oh What a Feeling!

Congratulations to Tricia, winner of the Flinders Foundation car lottery.

Tricia is the proud owner of a brand-new Toyota Corolla **thanks to CMI Toyota**, plus she can fill up with fuel with \$3,000 in **OTR vouchers**.

Thanks to everyone who purchased a ticket in the car lottery, and showed support for cancer research, prevention and care at Flinders.

MEET NICOLE Community Engagement Specialist

Is there a specific area of research you're passionate about? A group of patients you really want to help. Or would you like to find a way to give back for the care you received at Flinders?

Then meet Nicole - she can help!

Even if you're impacted by the recent health alert and are staying indoors, there are still many ways you can make a real difference for those you care about.

Nicole is full of ideas, here's just a taste:

- 👉 Organise an online quiz night with your mates.
- 👉 'Go without' for Dry July. Give up alcohol (or chocolate or coffee or...) for the month to support cancer patients and their families.
- 👉 Set a virtual challenge with friends and families to get fit or host a virtual dinner party.

Nicole would love to hear from you!

If you have an idea for your own fundraiser, Nicole would love to speak to you. Call (08) 8204 5216 or email ncarey@flindersfoundation.org.au

RESEARCH FORUM

We know how much you love hearing from Flinders' researchers and clinicians, and we love to see you at Research Forum!

However, to ensure your health and wellbeing, we have made the decision to postpone all Forums until further notice. We'll keep you updated and look forward to welcoming you back to Flinders soon.