

How you can 'Unite in the Fight' in 2010

Register at www.tourdownunder.com.au to ride in the 2010 Mutual Community Challenge Tour on Friday 22 January.

Visit www.uniteinthefight.com.au to set up your own fundraising page, sponsor Peter or another rider participating in the 2010 Mutual Community Challenge Tour, or make a donation.

By fundraising or donating you could be in the running to win a fabulous prize.

Come along to the Cancer Council Helpline Classic, a free community event at Rymill Park, Adelaide on Sunday 17 January – and wear yellow to show your support for cancer awareness.

Peter and Thomas George gear up to 'Unite in the Fight' during the 2010 Tour Down Under

Cyclists 'Unite in the Fight' during the Tour Down Under

Although he considered Lance Armstrong a 'true inspiration', Peter George had nothing much in common with the world champion cyclist until May 2008 when, like Lance, he was diagnosed with testicular cancer. Also like Lance, Peter was "young, fit, active and healthy" when diagnosed.

But the similarities ended there until a newspaper article late last year roused Peter's interest in supporting people affected by cancer, by riding in the 2009 Mutual Community Challenge Tour – the 154 km amateur ride during the Santos Tour Down Under.

"I read about other cancer survivors involved with a group of cyclists called Cancer Voices SA," Peter said. "who were training for the Tour Down Under amateur ride, and I thought I'd love to do that."

With his bike arriving only five weeks before the event, Peter contacted Cancer Voices SA and started training with the group.

"Some of the group were aiming to beat their times down to around five hours," Peter says, "I just wanted to complete the event – and it felt incredible when I finished."

Peter is excited about riding with the Cancer Voices team again in the Tour Down Under in 2010, with a new family member joining his band of supporters: he and his wife, Rachel, welcomed little Thomas to their family in October.

"Thomas will just about fit his baby racing suit in January, which will be special because my friend Paul Garrick – another Cancer Voices cyclist – bought it for him at the Tour De France, back in July."

When asked if he had any advice for others who were thinking about riding in the amateur ride in 2010, Peter instantly replied:

"Don't hesitate! It's not competitive. It's professionally run and a pleasure to take part in. It's open to cyclists of all ages and fitness levels so everyone can 'Unite in the Fight'."

"You'll feel a massive sense of achievement by riding, and if you're also fundraising for Cancer Council SA, you'll know that you're raising funds to help others who have been affected by cancer."

From the Chief Executive

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In 2009 Cancer Council SA took the unprecedented step of creating a charity partnership with the Tour Down Under, to increase awareness of our work in support of South Australians on the cancer journey, and to raise funds for Cancer Council Helpline 13 11 20.



Lance Armstrong's participation in the event and his high profile as a cancer survivor boosted the success of our partnership and awareness campaign.

The 2010 event is now just weeks away and we are delighted that Lance will be returning. Once again, Cancer Council SA has secured naming rights for the opening race of the event, the Cancer Council Helpline Classic, and we encourage all of our supporters to come along to this free community event, wearing yellow in support of cancer awareness.

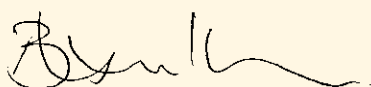
Many cancer survivors will be riding in this event, including Peter George, whose inspiring story features on page one. We sincerely thank Peter and his fellow riders for their fundraising efforts. You can find out more about how you can support Cancer Council SA during the 2010 Santos Tour Down Under on page three.

Warmer weather is upon us and we remind all South Australians to follow our five SunSmart messages – Slip! Slop! Slap! Seek! Slide! Sean Soole's experience in 'My story', on page five, is a typical example of successful early detection and treatment of skin cancer. Preventing cancer is preferable, but finding skin cancer early gives you the best chance of successful treatment and it is important to check all areas of your skin about every three months.

With a state election looming, Cancer Council SA has developed an Election Priorities Submission which urges government to prioritise several cancer control initiatives, including the measures to prevent skin cancer which are outlined on page four.

On behalf of the Board and staff of Cancer Council SA, I would like to thank you – our donors, supporters and volunteers – for your ongoing help to support Cancer Council SA. Your commitment is crucial as we work towards ensuring South Australians are reducing their cancer risk and receiving the best cancer care.

I would like to take this opportunity to wish you and your families a safe and happy festive season and New Year.



Professor Brenda Wilson
Chief Executive

A close-up photograph of Lance Armstrong in a blue and yellow cycling jersey, wearing a helmet and sunglasses, riding a bicycle. The background is slightly blurred, showing spectators and a banner with the number 131120.

Racing towards another exciting Tour Down Under partnership

Lance Armstrong competing in the 2009 Tour Down Under

Cancer Council SA is extremely pleased to be named the official charity partner of the Santos Tour Down Under, and have naming rights to the 'Down Under Classic', which will be known as the Cancer Council Helpline Classic for the January 2010 event.

"Our involvement in the 2009 event raised the profile of Cancer Council, and enabled us to communicate information to the community about cancer awareness, and we are absolutely thrilled to be continuing our highly successful partnership with the Santos Tour Down Under in 2010," said Cancer Council SA Chief Executive, Professor Brenda Wilson.

The 2009 event helped to raise almost \$800,000 for Cancer Council SA and generated unprecedented media exposure that directly translated to an increased number of people contacting Cancer Council Helpline 13 11 20 during, and immediately after, the Tour.

"We reached more than 35.5 million people worldwide in terms of media coverage, with 140,000 people attending the Cancer Council Classic," Professor Wilson said. "In addition, Cancer Council Helpline 13 11 20 recorded a 30 per cent

increase in calls in January 2009 and our website had a 20 per cent increase in visits."

The renewed partnership allows Cancer Council SA to communicate cancer prevention and awareness messages to a wide audience, uniting the community to take action against cancer.

"Next year, there will be an even greater focus on Cancer Council Helpline 13 11 20 and raising money for this vital program, which supports thousands of cancer patients each year. We'll also be promoting health messages such as being SunSmart, leading a healthy lifestyle and quitting smoking to reduce the impact of cancer in South Australia," said Professor Wilson.

"We urge everyone with an interest in cycling to 'Unite in the Fight' and register to fundraise for Cancer Council SA through the Tour Down Under."

Register online at www.uniteinthefight.com.au or call **1300 65 65 85**.

The Santos Tour Down Under runs from 17-24 January 2010.

For more information visit www.tourdownunder.com.au





It's time to make SA SunSmart

Sid Seagull

During the term of the next South Australian government, over 36,000 South Australians will be diagnosed with cancer, at a cost to the community of nearly \$1.5 billion.

Cancer Council SA has recently launched its 2010 Election Priorities submission calling for a raft of policy and funding initiatives to reduce the impact of cancer in our state. (Find out more at www.cancersa.org.au/electionpriorities).

Skin cancer is one of the most common and costly cancers and yet it is almost totally preventable. Three measures to prevent skin cancer are included within the submission.



Make all schools SunSmart

While many South Australian primary schools have policies and practices in place, it is crucial that more schools – particularly secondary schools – take action to protect their students.

“We know that overexposure to the sun in childhood and adolescence significantly increases the risk of developing skin cancer later in life,” says Cancer Council SA SunSmart Coordinator, Joanne Rayner.

“With children and young people spending five days a week, 40 weeks a year at school during peak UV radiation times, schools can play an enormous part in protecting children and lowering their risk of skin cancer. However, evidence suggests that some 16 per cent of primary schools and over 50 per cent of secondary schools don't have written sun protection policies,” she said.

Invest in skin cancer prevention campaigns

Recent research conducted by Melbourne's Deakin University demonstrates that, for every dollar the government invests in skin cancer prevention campaigns, it saves \$2.32 in reduced health costs – with net gains to the general economy of \$90m.

SunSmart tips

Don't rely on just one form of sun protection. When the UV index reaches 3 and above, protect your skin in five ways – Slip! Slop! Slap! Seek! Slide!

- Slip on sun protective clothing
- Slop on SPF 30+ broad spectrum sunscreen
- Slap on a shady hat
- Seek shade
- Slide on some sunglasses.

Don't use the temperature as a guide to UV levels – they are not connected. UV levels can still be very high on cool days.

Visit the SunSmart page in the 'Prevention and early detection' section at

www.cancersa.org.au

to check the daily SunSmart UV Alert and determine what time of the day sun protection is needed – particularly between September and April, when UV levels are at their highest and, therefore, most harmful.

Other states invest in SunSmart campaigns – the SA government does not. Cancer Council SA will be calling on the next state government to work to ensure that the community is aware of the seriousness of skin cancer and knows how to prevent it.

Monitor and enforce South Australian solarium regulations

The World Health Organization (WHO) recently classified solarium in the highest category for cancer risk, along with tobacco and asbestos. While South Australia has shown leadership by regulating the solarium industry, these regulations must now be monitored and enforced.

“A study conducted in SA before regulation showed poor compliance to the solarium operators' code of practice. We need this to change. Regular monitoring of solarium operators is needed to ensure that compliance with the regulations is occurring,” said Joanne.

My story



“I’ve learned that prevention against skin cancer needs to start early – with our kids.”

Sean Soole’s skin cancer didn’t want to be found. The small spot was hiding under his jawline, just below his ear, where no-one noticed. Fortunately, Sean discovered it one morning as he was shaving.

“I nicked the spot with my razor and it bled for ages,” Sean says. “It stung when touched – like when you have grazed a knuckle and the nerve endings are tender. My wife, Teresa, said it looked nasty and I should get it looked at.”

Four months later, he discovered that the spot had grown.

“It was a good one centimetre in diameter. I realised I needed to take it seriously, then. I went straight to my doctor,” he said.

Sean’s doctor took a sample and delivered the results a week later.

“He said he had good news and bad news,” Sean says. “The bad news was that the spot was cancerous. The good news was that it was a basal cell carcinoma – a BCC – one of the easiest to treat.”

Two weeks later, Sean saw a dermatologist who biopsied the BCC and examined his skin.

“I stripped down and he checked every inch of me,” Sean says, “even the bottom of my feet!”

The dermatologist pointed out some sun spots on Sean’s right hand and forearm: spots of “a reddish colour with a flaky appearance”.

“He gave me some options, but I asked him to burn them off right then, at my first appointment.”

Despite habitually wearing sunscreen (“Mum forced it on me”) and a hat, Sean says that, with his red hair and freckles, he’s always been susceptible to sunburn.

“It could be a mild 26-degree day and I’d be turning red after just ten minutes in the sun,” he says.

And Sean’s risk of skin cancer has been increased by his regular exposure to the sun: as a teenager he played a lot of sport – including cricket, where he’d “often be out

in the 40-degree heat for hours at a time”. His work as a sales manager also sees him out on the road for most of the day, which, he feels, may account for the sunspots on his right (driver’s side) arm.

While Sean knows that he was relatively lucky, the experience was still unpleasant, and has left him with a significant scar.

“The dermatologist cut a shape like an eye right around the spot,” he explains. “It was almost six centimetres in length and about three centimetres at the widest part. It looked awful and it’s still tender and itchy after eight weeks.”

Sean thinks that, while younger children are happy to wear their hats and sunscreen, fashion-conscious teenagers are at significant risk.

“I guess it’s a real lesson to my kids – that they need to take sun protection seriously now and throughout their teens, not wait until they’re my age, because, by then, the damage is largely done.”

Girls Night In: Serious fun

Over 120 women enjoyed a great night of pampering, healthy food, fashion and fabulous mocktails at the Sebel Playford on 24 September for the VIP launch of Cancer Council SA's sixth annual Girls Night In, hosted by radio personalities Amber Petty from SAFM and Hans from Nova.

The launch reflected the fun and light-hearted theme of Girls Night In events held around the country – where women get together with their girlfriends to have a night (or day) of 'serious fun', donating the equivalent of the amount they would have spent on a night out. Girls Night In hosts and participants know that their fun events are working for a serious cause: the funds raised help Cancer Council support women with breast and gynaecological cancers and fund vital research into these cancers.

Piloted in South Australia in 2004, Girls Night In has steadily grown to become a highly successful national fundraising event, and Cancer Council SA is urging South Australian women to build on this success. In 2008,

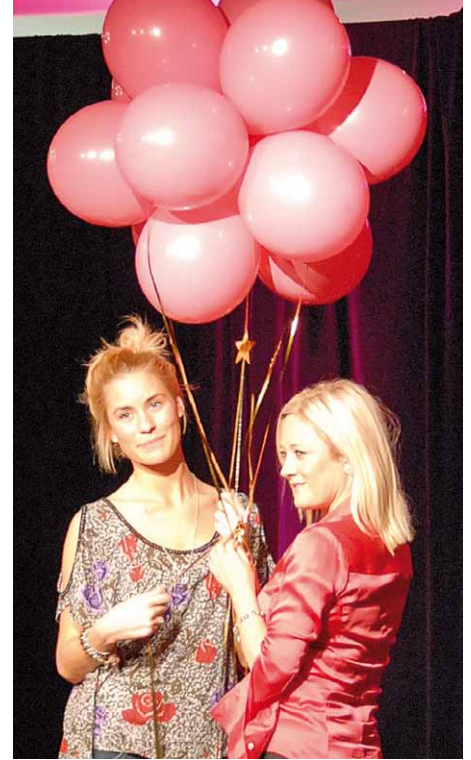


Ever the Diva: Hans struts his stuff down the catwalk in the finale

Girls Night In events in this state raised \$308,000 for Cancer Council SA and, this year, the target was set at \$415,000.

And it's not too late to help us reach this target.

While many women chose to hold their Girls' Night In during October



Model Jamie Lee poses with SAFM's Amber Petty

(Breast Cancer Awareness Month) and November, you can register as a host at any time of the year.

To register to hold a Girls Night In next year, contact the Cancer Council SA fundraising team on 1300 65 65 85.

Where there's a will...

Dr Nicole Moore has just returned from Baylor College of Medicine in the USA to take up a Research Fellowship position at the University of Adelaide's Dame Roma Mitchell Cancer Research Laboratories.

"Through my research, I will be examining links between female hormones and breast cancer and, in particular, various forms of synthetic progestins commonly used in hormone replacement therapy (HRT)," Nicole said.

"With over 11,000 Australian women being diagnosed with breast cancer every year, it's vital that we increase our understanding of the risk factors and causes through research –

and that's only possible with ongoing funding."

Nicole's research position is one of many funded by Cancer Council SA.

We need over \$3 million every year to support the important work of researchers like Nicole. Because we receive little government assistance, bequests, large and small, are a primary source of funding research and cancer support programs in South Australia. While Cancer Council SA has many wonderful supporters in the community, people who remember us in their wills give a gift that will continue to help people affected by cancer.

If you would like to find out more about supporting Cancer Council SA through a bequest, please call Julie Quimby on 08 8291 4111.



Community Ambassador: Barb Daw

A blooming success for Barb!

When Barb Daw opened the doors of The Flower House in Highgate three years ago, she immediately made plans to make one day each year very special.

“Like most of us, my life has been touched by cancer. I’ve lost two very close friends to the disease – and I wanted to do something about it,” she said.

“I think we all have the capacity to help in some way, no matter what walk of life we’re in. I decided that, being a florist, I could easily sell daffodils on Daffodil Day and donate all the profits to Cancer Council.”

Barb’s first efforts, in 2007, resulted in a donation of \$220. She more than doubled that in 2008 with a donation of \$525. But a challenge thrown out to her at a supporters’ event saw her increase her efforts this year, with tremendous results: a donation of \$1,340!

“I contacted friends, family, local businesses and schools prior to the day,” she said. “People responded so well. I purchased 700 bunches from my wonderful suppliers, and sold 670 of them!”

Barb says she was proud to pin up her ‘thank you certificate’ for her customers and supporters to see.

“They can all see how their contribution helped,” she said. “It’s such a dreaded disease... and every dollar counts.”



Could you be our next Ambassador?

Stories like Barb’s have inspired our soon-to-be-launched Ambassador Project. We hope to create a network of 1,000 people – people like Barb – who will use their skills, experience and passion to partner with us in our mission to beat cancer in SA.

Ambassadors will be ordinary people who want to make an extraordinary difference in the fight to beat cancer. You’ll hear lots more about the Ambassador Project in the coming months, but, in the meantime, please contact **Matt Sarre** on **08 8291 4118** for more information.

General Manager, Business Development Unit, Troy Flower with Barb Daw

A wonderful legacy

Mrs Irene Van Amsterdam lost her very much loved daughter suddenly to cancer last year, only shortly after a pessimistic diagnosis.

Her daughter, Shirley Pink, expressed the wish to make a difference by supporting cancer research here in South Australia so that other people may not be faced with the same tragic diagnosis. In following these incredibly thoughtful wishes, Mrs Van Amsterdam has very generously donated the money from the sale of

her daughter’s beach-front property to support the work of Cancer Council SA.

Major gifts such as this help us to fund vital but extremely costly research projects.

Upon meeting Mrs Van Amsterdam, Cancer Council SA Chief Executive Professor Brenda Wilson assured her that this donation in memory of her daughter is surely a wonderful legacy which will assist many South Australians in the future.



Mrs Irene Van Amsterdam’s daughter, Shirley Pink

Get up to date with simple screening tests

New Year's resolutions? Now is the ideal time to put some potentially life-saving dates in your diary.

Pap smear: women aged 18–70

The number of deaths from cervical cancer has halved in Australia in the past 15 years. For women aged 18–70 years (including those who've had the new HPV vaccine), a Pap smear every two years can prevent the most common form of cervical cancer in up to 90 per cent of cases. If you're due, call your doctor for an appointment.

Breast awareness and screening: all women

It is important for women to be aware of the look and feel of their breasts. If you notice a symptom, such as a lump or nipple discharge, or any other change in your breasts, you should contact your doctor promptly to arrange further investigation.

It is recommended that women between the ages of 50 and 69 have a screening mammogram every two years. To book a mammogram call BreastScreen SA on 13 20 50. Women with a family history of breast cancer should speak to their GP. Early detection of breast cancer leads to simpler and more successful treatment.

For more information on breast cancer call **Cancer Council Helpline 13 11 20**.

Bowel screening: everyone over 50

Bowel cancer claims 4,500 Australian lives each year. Early diagnosis is crucial to successful treatment and Cancer Council SA recommends screening every two years for everyone 50 years and over.

Simple and easy-to-use bowel cancer screening kits are available at a subsidised price from Cancer Council SA at \$25 or \$15 for pensioners and health concession card holders.

Order your potentially life-saving bowel screening kit by calling **Cancer Council Helpline 13 11 20** or via **www.cancersa.org.au**

Events Diary

January

17 Cancer Council Helpline Classic, Adelaide (Rymill Park)
17-24 Santos Tour Down Under

March

13-14 Relay For Life, Mt Gambier
13-14 Relay For Life, Victor Harbor
27-28 Relay For Life, Adelaide

April

10-11 Relay For Life, Gawler
17-18 Relay For Life, Ceduna

May

27 Australia's Biggest Morning Tea

To register or for more information,
phone **1300 65 65 85** or visit
www.cancersa.org.au



Father's Day Classic volunteers, Melissa Pope, Julie McConell, Helen Barakillis and Joyce Osborne, promote our Get Behind Bowel Screening campaign



Cancer Council SA

202 Greenhill Road
Eastwood SA 5063

t 08 8291 4111
f 08 8291 4122
Freecall 1800 188 070
cc@cancersa.org.au

ABN 31 469 615 538

Greenhill Lodge

204 Greenhill Road
Eastwood SA 5063
t 08 8291 4200

Flinders Lodge

27 Dequetteville Terrace
Kent Town SA 5067
t 08 8291 4400

Cancer Council Shop

11 Regent Arcade
Adelaide SA 5000
t 08 8232 4832

Retail Outlet

202 Greenhill Road
Eastwood SA 5063
t 08 8291 4111

Cancer Council Helpline 13 11 20

www.cancersa.org.au

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recycled paper

Healthy living: Dive into swimming

Summer is well and truly here, bringing warmer, lighter mornings and longer hours of daylight in the evenings, so there's no better time to find ways to be active everyday.

A brisk walk on the beach with a friend, a bike ride with the family, a walk to the park to throw a frisbee – they all seem easier to build into the day in summer – and they can all reduce the risk of a cancer diagnosis.

Along with healthy eating, not smoking, and being SunSmart, Cancer Council SA recommends 30 minutes a day of exercise that makes you 'huff and puff', or an hour a day of something more gentle to reduce your risk of cancer.

With our increasingly hot, dry summers, swimming remains one of this country's most popular ways to get fit and stay healthy while cooling off in the summer heat (just remember to check the UV Alert and protect your skin while in and around the water).

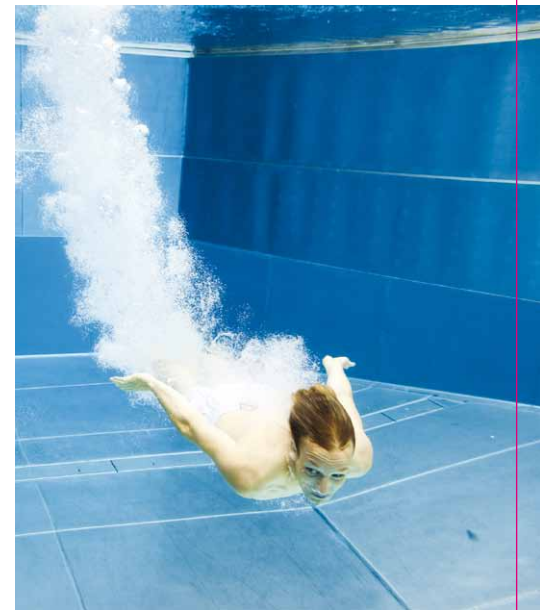
Swimming is a great recreational activity for people of all ages, offering a low-impact, whole body workout and a great way to relax and feel good. It provides an excellent workout because you need to move your whole body against the resistance of the water. It keeps your heart rate up but takes some of the impact stress off your body. Regular swimming builds endurance, muscle strength and cardiovascular fitness, helps

maintain a healthy weight, heart and lungs, tones muscles, and builds strength. It can also improve your coordination, balance, posture and flexibility.

People with some injuries and health conditions who find it difficult to participate in other sports and activities can often enjoy swimming as a good low-impact therapy.

Once you've learnt the basic skills and developed confidence in the water, swimming is a relatively cheap, healthy activity that you can continue for a lifetime. But before you dive in, remember to follow these tips to stay safe when you swim:

- check the SunSmart UV Alert and swim earlier in the morning and later in the afternoon when UV levels are lower
- protect your skin from UV damage by wearing a rash top and plenty of SPF 30+ broad spectrum sunscreen (making sure that it's water resistant). Reapply your sunscreen regularly to dry skin to ensure adequate protection
- use shade as much as possible when you're out of the water and cover up with sun protective clothing
- make sure you know how to swim: many aquatic centres offer swimming lessons for people of all ages, as well as training and exercise groups



- choose a safe environment
- warm up and stretch your muscles and joints before entering the water
- have plenty of fluids on hand and drink regularly
- don't overdo it if you're just starting out
- see your doctor if you haven't exercised for a long time.

For more ideas on being active, visit www.beactive.com.au

Swimming information provided by: www.betterhealth.vic.gov.au

Summer SunSmart special!

Stay SunSmart this summer at the Cancer Council Shop.

Save 30% on our 1 litre 'Everyday' SPF 30+ Sunscreen pump pack (until 31 Jan 2010).

Available at:

11 Regent Arcade,
Adelaide SA 5000
Ph: 08 8232 4832

202 Greenhill Road,
Eastwood SA 5063
Ph: 08 8291 4102

Or shop online at:

www.cancercouncilshop.org.au



**Was \$29.95
Now \$20.95
SAVE 30%**

I would like to help!

Yes! I'd like to help

Title First name

Last name

Address

Postcode

Phone Fax

Email

Please send me more information on:

Please send me information about volunteering

Please tell me more about making a bequest in my will

I would like to make a tax deductible donation:

By regular direct debit of \$5 or more (please complete your details above, and we will contact you with more information)

OR A gift of:

\$25 \$50

\$100 My choice \$

Method of single payment:

My cheque, made payable to Cancer Council SA, is enclosed.

OR debit my MasterCard Visa

Card number

Cardholder's name

Expiry date /

Signed

I do not wish to be contacted to give feedback

Please detach and return this completed coupon in the enclosed reply paid envelope or send to:

Reply Paid
Unley BC
South Australia 5061

If you have your own story to share about a cancer journey, we would love to hear from you. Please contact **Richard Astbury** on **08 8291 4111** or **rastbury@cancersa.org.au**

I would like to help in other ways.

Please charge \$ _____ monthly to my credit card until I advise otherwise.

I would like to know more about making a bequest in my will.

I would like to fundraise for Cancer Council SA in the Tour Down Under to Unite in the Fight.

I would like more information about Relay For Life.

I would like to register for Australia's Biggest Morning Tea.

I would like more information about holding a fundraising event.

Progress is a quarterly publication produced by the Business Development Unit of Cancer Council SA.

Comments and suggestions are welcome. Please contact Richard Astbury, Manager—Corporate Communications by phoning 08 8291 4111 or email rastbury@cancersa.org.au

I no longer wish to receive *Progress against cancer*. (Please fill out your details above left).

I would like to receive *Progress against cancer* via email. (Please fill out your details above left).

Do you know someone who would like to receive *Progress against cancer*? (Please fill out their details above left).

Cancer Council SA Service Directory

Cancer Council Helpline 13 11 20 and Counselling Service

Expertly trained nurses and health counsellors provide confidential information and support for health professionals, people with cancer, their families and friends.

Our free counselling service, either face to face or by telephone, is available to people with cancer, their family and friends, to provide support during their individual cancer journey.

Other support services include **Cancer Connect**, a telephone peer support program that connects newly diagnosed people with trained volunteers who have had a similar experience and **Staying Healthy After Cancer**, a six-week program to help manage body changes, reduce feelings of anxiety and fear, work more effectively with health care professionals and reconnect with life.

Call **13 11 20**, Monday to Friday 8.30 am to 8 pm. Callers to the **Helpline** can also use the services of an interpreter.

Speakers Bureau

Our trained speakers visit workplaces and community groups all year round to talk about cancer, anywhere in South Australia. Call **08 8291 4111**.

Accommodation

We provide accommodation services at Flinders Lodge, Greenhill Lodge and Seaview Lodge for country people undergoing treatment in Adelaide, and their carers. Our range of support services includes a guest kitchen and laundry facilities, volunteer transport service to treatment centres, local shopping centres and weekend day trips. Call Flinders Lodge **08 8291 4400**, Greenhill and Seaview Lodges **08 8291 4200** or Cancer Council SA **08 8291 4111**.

Cancer Council Shop

Every purchase you make supports the vital work of Cancer Council SA.

Shop 11, Regent Arcade, Adelaide **08 8232 4832**

202 Greenhill Road, Eastwood **08 8291 4102**

Shop online at www.cancersa.org.au

Resources and Information

Cancer Council Helpline **13 11 20**, Monday to Friday 8.30 am to 8 pm or visit our website www.cancersa.org.au Information and support is also available in languages other than English.

