

THE WELL WISHER

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

A Personal Message from Olivia

*I*t's been such an incredibly busy and amazing time and we are only half way through the year!

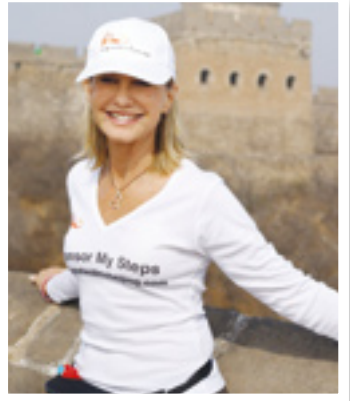
Many of you would have followed our journey in April – the Great Walk to Beijing – a 23-day walk across 228 kilometres of the Great Wall of China to raise money for the Appeal. We challenged every muscle and every brain cell!

I am thrilled that so many wonderful friends – old and new – could take time out of their busy lives to join me on the Great Walk - to help not just build a cancer and wellness centre, but create the idea of a new model for future cancer treatment.

Before our daily walks, the team sang a song from my new album "A Celebration in Song", with the lyrics "Don't Give Up" that inspired us many times to keep going during our long journey. I believe that together we can reach our goals because we "Don't Give Up".

This Appeal is an ongoing adventure. I know that with all of your support we will get the Cancer and Wellness Centre built. I just want to again say how appreciative I am of your interest and support to make this happen.

The Cancer and Wellness Centre may carry my name, but I am just the messenger. You are all a part of it, along with me in every way, to help change the way this global disease is treated.



love and light
Olivia xx

PS: You can still read up on the walkers' journey and our upcoming events for the Appeal, by visiting www.greatwalktobeijing.com

This issue - Focus on Radiotherapy

AN HOLISTIC BOOST FOR CANCER PATIENTS

Cancer patients can look forward to an holistic approach to treatment and research advances, with the pledged \$15 million funding to the Olivia Newton-John Cancer and Wellness Centre confirmed in the Federal Budget. Further to this, the Centre will benefit from a State Government grant of \$25 million.

Funding has also been received from the Victorian Cancer Agency to finance research. This includes work being done in Renal Cell Carcinoma and urological cancers by Associate Professor Ian Davis of the Austin Ludwig Oncology Unit. Also funding will be allocated to Associate Professor Paul Mitchell for advancements in the diagnosis and treatment of lung cancer, as well as to Associate Professor Jeanette Milgrom for psychological intervention

to reduce depression and anxiety in cancer patients undergoing chemotherapy.

Speaking on World Cancer Day, Premier Brumby acknowledged that cancer is the leading cause of death in Victoria, with one in three affected by the disease. Thankfully, patient survival rates are increasing and with this funding of the Olivia Newton-John Cancer and Wellness Centre at the Austin hospital, Victoria can remain in the forefront of cancer research and services.



“I’LL TAKE THE VIRUS, THANK YOU VERY MUCH”

When Greg Bayliss, a TAFE Lecturer in motor mechanics, visited his local GP about the swollen glands in his neck, he had no idea of the journey he’d begun. Greg’s story shows why your support of the Olivia Newton-John Cancer and Wellness Centre is so important...

☺ My dad had passed away from cancer 12 months earlier, so when I got swollen glands in my neck and they stayed swollen, I thought I better get myself checked out with the doc. They gave me an ultrasound, then I had to go back a couple of days later.

The surgeon, Mr Malcolm Douglas, said there were three possibilities - a virus, lymphoma or cancer. I told him I’d take the virus, thank you very much.

Later they did a thin needle biopsy, and when it was over Malcolm looked at me and said, ‘It’s not the virus.’

Bea, my wife, was there alongside me when Malcolm told us it was cancer. She dropped her bundle big time. It wasn’t as hard on me I don’t think. The thing that was hardest was telling the family. It cut me, telling them.

When I was diagnosed my attitude was ‘What can we do to fix it?’ This was my way of dealing with it.

I had radiotherapy treatment every day for seven weeks, and I also had chemo in weeks 1, 4 and 7. For the radiotherapy treatment, it’s essential they zap the cancer in exactly the same place each time, so they made a ‘mask’ that fitted down over my shoulders, then bolted me down onto the treatment couch. I’d get seven shots of radiation each treatment.

Through it all I’d listen to my music - Thelonus Monk, Miles Davis, AC/DC, Santana, Beatles, and I could tell from where the CD was up to how far I was through the treatment.

A hard part of the treatment is you get a kind of sunburn on the inside of the throat. It makes it really hard to swallow, and I had to ‘eat’ via a PEG tube in my stomach

which contained high protein food. I remember Bea cooking up a lovely roast dinner, and all I could do was smell it while squeezing this tube of ‘food’ into my belly!

I’ve got to know the people here almost like family. They’ve been terrific. Everyone always explained

everything to me, and that’s what I needed to get through.

Maureen, the Radiation Therapist, was like a sister to me. And Mori (Dr Mori Wada - Senior Radiation Oncologist for Greg) - we were on first name terms from day one.

Kate was a wonderful dietician, and the Speech Pathologist was amazing when my throat got so sore I lost my voice. Bea is no good at charades, so to talk to her I had to write everything down on pieces of paper.

People ask me how I feel that I got cancer. Basically it’s bad luck. I just accept that it

happened. When I was first diagnosed they gave me a 60% chance of cure, things have gone so well with the treatment that it’s up to 90%.

What’s great with the new Cancer and Wellness Centre is everything will be altogether in one place, and you won’t have to move around so much.

*The thing that was hardest
was telling the family.
It cut me, telling them.*

I reckon everyone should get behind it because with cancer you never know if it’s going to happen to you. When you help build the new Cancer and Wellness Centre, with its specialist research, then chances are you’re going to be helping yourself or someone you know.”



Pictured here is Greg Bayliss and Dr Mori Wada

LEADING THE WAY IN RADIOTHERAPY



Austin Health welcomes Professor Chris Hamilton as Director of Radiation Oncology.

Professor Hamilton has contributed significantly to the Australian radiotherapy scene. He holds a Doctor of Medicine Degree

and is a founding member of the TROG (Trans-Tasman Radiation Oncology Group) co-operative research group. In this position he played a lead role in radiation quality assurance and improvement.

Radiotherapy delivers high-energy X-rays that specifically target tumour cells, while limiting harm to surrounding healthy tissue. It attacks the genetic material, or DNA, within tumour cells making it impossible for them to grow and create more cancer cells. Radiotherapy may be used

as a primary treatment instead of surgery, before surgery to shrink the tumour, after surgery to destroy any cancer cells that remain, or to treat cancer that has spread to other organs.

Professor Hamilton told Well Wisher: “I am very pleased to be working here and to contribute to the planning process for the Olivia Newton-John Cancer and Wellness Centre”.

One of the benefits of the new dedicated Cancer and Wellness Centre will be that it offers a comprehensive range of services enabling better interaction between Radiation Oncology, Medical Oncology, Haematology and Palliative Care. For Professor Hamilton, making it easy and stress-free for patients and staff to link these “separate” treatment areas is a top priority. Professor Hamilton joins the Austin after working for the last three and a half years at the Department of Oncology, Princess Royal Hospital, United Kingdom.

THE LATEST ADVANCES

Austin Radiation Oncology started using the new Linear Accelerators (LINAC) in December 2006. This technology has not only enabled more accurate treatment, it has effectively reduced side effects for patients.

LINAC is used for both research and clinical purposes. This technology enables CT scans that provide three-dimensional (3-D) information about the patient, including the tumour’s exact position and the effects of treatment on its size. In addition, the LINAC facilitates the use of Cone Beam Computer Tomography (CBCT). Using the 3-D image as a guide, the CBCT can assist with ensuring accuracy of treatment delivery and adjustment of the radiotherapy to the shape and size of the tumour, reducing radiation damage to surrounding healthy tissue.

This accuracy of LINAC may also work in conjunction with intense local therapy, or brachytherapy, in some cases. This is where radioactive seeds are delivered directly into the site of the cancer through a thin plastic tube. This helps eliminate any residual tumour not removed with surgery, particularly when these cancer cells are in body cavities.

LINAC is a very complex, state-of-the-art equipment requiring staff with extensive training to operate it. It is well worth the time and effort as this internationally acknowledged technology in combination with other treatments, such as surgery and chemotherapy delivers the best possible outcomes for patients.

TEAMWORK AT ITS BEST

It can be daunting for patients when they first come to Radiation Oncology but the dedicated team is there to answer their questions and put them at ease.

Patients have at least two Radiation Therapists with them in the planning (simulation) room as the exact site for their radiotherapy is mapped out. This simulation occurs using a CT scanner dedicated to planning radiotherapy. Simulation generally only happens once. Once the planning process is completed, patients will commence their treatment on the LINAC.

As Radiation Therapist, Monica Handley elaborated: “We explain the process as we go along so no one feels too overwhelmed with information, especially on the first day of treatment. Our shifts rotate between simulation and treatment. But if a patient is especially nervous during the simulation process, we support and ensure all their needs are fulfilled when they return for treatment.

Monica’s philosophy is “We aim to give the best support we can to all our patients during their treatment journey!” In no time they get to know the routine, the staff and also the other patients who come in regularly.”



Radiation Therapist Monica Handley pictured in the simulation room believes the ‘wellness’ aspect of the new Olivia Newton-John Cancer and Wellness Centre will help take the patients’ mind off their treatments.

THE ONE AND ONLY TREATMENT OF ITS KIND IN AUSTRALIA

Mesotheliomas are cancers that develop in the pleura, the lining that encases the lungs, caused by exposure to asbestos usually some 30 to 40 years earlier. The cure rate is the lowest of all cancers and this had not improved over the past 20 years. Now, however, the Austin is hoping to change that.

The Austin has been developing a new treatment program for Mesotheliomas, based on practices that have shown to be effective in the USA and Europe. It involves IMRT, a form of radiotherapy that delivers a more precise irradiation.

Mesothelioma is a radiosensitive tumour and radiotherapy is essential if local recurrences are to be prevented following surgery.

The Austin has already commenced treating Mesothelioma cancer patients with IMRT, which is a first for Australia.

Some experts fear that deaths from Mesothelioma in Australia are under reported and that cases of cancer caused from asbestos exposure could reach tens of thousands. The Austin's work in this area will hopefully go a long way in successfully treating these sufferers.

RELAX WITH OCCUPATIONAL THERAPY

As patients diagnosed with cancer often experience increased stress and anxiety, Austin Health Occupational Therapy has developed a program that promotes relaxation and feelings of wellbeing.

Occupational Therapist, Louise Meikle said this relaxation and stress management program provides patients with **education** (understanding what stress is and its triggers), **relaxation techniques** (involving muscle relaxation and mental imagery), as well as **self-management strategies**. Occupational Therapists are trained to provide education and training on relaxation skills.

Currently the program is available to patients in Radiation Oncology. Sessions last up to an hour and have no more than five patients, enabling individualised attention. Patients can also bring along a family member or friend.

Stress and anxiety are known to exacerbate health problems which make relaxation crucial to a patient's treatment. Eventually this relaxation program will expand to form part of the Olivia Newton-John Cancer and Wellness Centre's holistic approach, ensuring that all cancer patients can benefit from being relaxed in body and mind.

Thank you TO OUR CARING COMMUNITY

We are fortunate to receive help from many great community initiatives that help spread the word and raise funds for our Appeal.

The Furlan Club generously donated \$1,772 in November 2007.

The Northern Football League kindly selected the Appeal as their charity of choice for a recent Mother's Day Round community football match. The league also pledged to raise more funds during their Grand Final weekend.

A recent patient generously requested that their 70th birthday presents be "Celebration Gifts" - with family and friends making direct donations to the Appeal - a great way of giving!

The recent Mergers & Acquisitions Charity Dinner raised \$40,000. This is their second year running, having now raised almost \$95,000. A huge thank you to PricewaterhouseCoopers, Capital Connect, Small Luxury hotels of The World TM, Gaia Retreat and Spa and Catherine Manuell Designs for donating auction items... and a big thank you to all who bought tables!

If you would like to run a community event or arrange for "Celebration Gifts", please contact the fundraising department on 03 9496 5753.



YES! I WISH TO HELP ACHIEVE THE DREAM

A CELEBRATION IN SONG

That is the title of a new album by Olivia Newton-John and friends. The album features duets with Delta Goodrem, Sir Cliff Richard, Keith Urban, Barry Gibb and Jimmy Barnes, among others. There is also a song by Belinda Emmet who lost her battle with cancer in 2006. The album, distributed through Warner Music, is available at all music stores in Australia, with proceeds from its sale going to the Olivia Newton-John Cancer and Wellness Centre.



SMELLING THE ROSES

A new rose variety, named in honour of Olivia Newton-John is being sold through Mitre 10, Bunnings and leading garden retailers. This Floribunda rose with delicate apricot buds, transforming to a musky pink on the margins, exudes a delicate tea fragrance with a hint of spice. The "Olivia Rose" was created by Peter Nosow from Lansdale



Austin Health CEO Dr Brendan Murphy joins Olivia Newton-John in admiring the rose named in her honour.

Rose Gardens. A portion of the proceeds will be donated to the Olivia Newton-John Cancer and Wellness Centre Appeal and the blooms will also feature in the centre's garden for everyone to enjoy.

HEARTFELT THANKS TO CHARINDAA

Charities through Indian Arts in Australia (CHARINDAA) have most kindly donated a cheque for \$60,000 to the Olivia Newton-John Cancer and Wellness Centre Appeal. The money was raised from the group's "Sensational Sonu Nigaam Concert Tour" with acclaimed artists from India.

Olivia Newton-John said, "I am so honoured that CHARINDAA has chosen our Appeal as the benefactor of such a generous donation. Cancer has no boundaries and these funds will surely aid in getting the centre one step closer to becoming a reality and helping find new ways to treat cancer globally."

Dr/Mr/Mrs/Miss/Ms: _____

Address: _____

Postcode: _____

Ph H: () _____ Ph W: () _____

Mobile number: _____

Email Address: _____

I am already an Olivia Newton-John Cancer Centre Appeal OR Austin Health Supporter.

My supporter number is _____

Enclosed is my cheque/money order for the amount I have ticked:

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

\$ _____ my choice

Please debit the amount I have indicated from my:

VISA MASTERCARD AMEX

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Signature _____ Expiry Date ____/____

FOR REGULAR MONTHLY DONATIONS

I authorise the Olivia Newton-John Cancer and Wellness Centre Appeal to make automatic monthly deductions from my credit card until further notice.

Monthly amount is: \$

Automatic deduction on the following date:

17th commencing (month) _____

Please send me information about:

- Joining Olivia's Circle
- Making a bequest to the Olivia Newton-John Cancer and Wellness Centre Appeal in my Will

All donations over \$2 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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OLIVIA NEWTON-JOHN

CANCER CENTRE APPEAL

Embracing Medical Care and Wellness