



Cookbook Update

A big thank you to all those concerned who have sent in their delicious recipes after our call out in the last issue of the QCGC Newsletter. However due to funding and timing we have had to hold off on this project until next year. We are hoping to have our fabulous Cookbook finalised and ready for sale for Mother's Day! What a bonus...still lots of time to keep those scrumptious recipes rolling in!



Please send your recipes to:
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Women's Hospital QLD 4029

or email:
d.mills@uq.edu.au

Message from the Director of Research

We live in exciting times!!! One of our research papers from the LACE trial was published recently, examining the value of the ovarian cancer tumour marker CA125 in patients with uterine cancer. In brief, CA125 was found to be the single most reliable factor in indicating whether a tumour is confined to the uterine body or has spread elsewhere. Readers may be interested in the recent publication of this paper in the International Journal of Cancer. For more information, contact QCGC for a copy (contact@gyncan.org). Further research on uterine cancer was presented at the meeting of the European Society of Gynaecological Oncology in September in Milan.

Sports Fundraiser

Two legendary Queensland teams, The St George Queensland Reds and the Queensland Mission Firebirds will compete in a game of beach volleyball to raise money for ovarian and other gynaecological cancer research. Olympic Champion Natalie Cooke will host this event at Sandstorm arena at Nathan in Brisbane on 29th January 2012 from 8 am. Join in the fun! Queenslanders are being given the opportunity to play with their sporting heroes by participating in a friendly **Beach Volleyball Tournament** to support the **Exhibition Match**.

All proceeds from the day will assist research into the causes, as well as advances in treatment, of ovarian and other gynaecological cancers. We would love as many teams as possible to register. Please go to our website: www.battleagainstovariancancer.com or support the event by cheering on the sidelines, collecting donations from family and friends, or in any other way you can think of to ensure our Beach Volleyball Tournament is a huge success and a whole lot of fun!

If you wish to receive this Newsletter and up to date information on Gynaecological Cancer, as well as Special Events hosted by QCGC research, please complete the form on the back and send it back to us. For privacy reasons, we are only allowed to send this Newsletter to patients who participated in one of our trials or people who request a copy. Please return the slip if you wish to be added to our mailing list. **Finally, I would like to wish you a very happy festive season and a healthy and prosperous new year for 2012.**

With kind regards

Professor Andreas Obermair

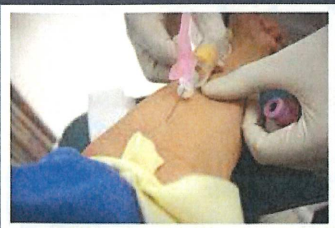
**Reds v
Firebirds**
BATTLE AGAINST OVARIAN CANCER

QCGC
research

Borderline Ovarian cancer study

Borderline ovarian tumours, or ovarian tumours of low malignant potential (LMP), account for 10% to 15% of all epithelial ovarian cancers. These tumours affect younger women who often still want to have children. While a tumour marker named CA125 has an established role in the follow up of women after epithelial ovarian cancer, the importance of CA125 is not yet known in borderline ovarian tumours. One of the reasons for this is that borderline tumours are quite rare. QCGC have therefore banded together with researchers worldwide to evaluate the usefulness of CA125 in determining clinical outcomes for patients with borderline tumours.

This study has concluded that preoperative serum CA125 represents a new biomarker that is strongly associated with clinical outcomes. Levels of CA125 could be used to inform surgical and postoperative management to optimise the treatment for patients with these tumours.



HELP US GIRLS SURVIVE

The aim of the Queensland Centre for Gynaecological Cancer (QCGC) Research is to stop the loss of women to gynaecological cancer. QCGC research has recently launched a program to involve volunteers in its work to help increase awareness of gynaecological cancer and help raise the profile of QCGC-research.

Networking: We aim to develop a network throughout Queensland for gynae cancer survivors, where people can meet and talk. By joining one of these groups you may choose to assist us with special events as well as help us raise awareness in the community about gynaecological cancer. Bringing people together has many benefits for all and we look forward to keeping readers informed about such groups through our newsletters.

Volunteering: Volunteering is a generous gift of your time and expertise and will help us make the most of our resources in order to benefit those we serve. If survivors become involved in some form of volunteer work, this leads to improved treatment and support for other women experiencing gynaecological cancer. Consequently, the community in general benefits from such valuable contributions, no matter how large or small. Volunteers will be able to increase their knowledge of gynae cancer when they attend QCGC research seminars and events.

Volunteer Coordinator: Merran Williams, an ovarian cancer survivor and registered nurse, will coordinate QCGC's Volunteer Support program. She is based on the Sunshine Coast but travels frequently to Brisbane.

If you would like more information, please email merran.williams@uq.edu.au



Photo: Merran & her Westies, Gemma & Edie

Charity Beach Volleyball Match

Two legendary Queensland teams competing in the Battle Against Ovarian Cancer... wow, this is one game we wouldn't want to miss!!



On Sunday 29 January 2012 Australia's premiership winning teams, the Queensland Reds and the Queensland Firebirds, will compete in a game of beach volleyball to raise money for gynaecological cancer research.

Queenslanders are also being given the opportunity to play with/against their sporting heroes by participating in a friendly Beach Volleyball Tournament that will support the Exhibition Match. All proceeds from the day will be directed to QCGC Research and used to support research into the causes of and better treatments for gynaecological cancer.

Sponsorship packages are currently available and team nominations will open soon.

Please tell your friends, family and colleagues about the Battle and encourage them to participate by creating or sponsoring a team, sponsoring the event or coming along to watch all the fun on the day. It will be our largest community fundraising event ever!

When: Sunday 29 January 2012 commencing at 8am

Where: Sandstorm Beach Club
Queensland Sport and Athletics Centre (QSAC)
590 Mains Road, Nathan

Why: Raise money to support gynaecological cancer research and raise community awareness about the disease

For more information about the Battle Against Ovarian Cancer, please visit the website: www.battleagainstovariancancer.com or email suport@battleagainstovariancancer.com



Gynaecological Cancer & Genetics

At the last QCGC information evening many people wanted to know more about genetics and if their genes were the cause of their cancer.

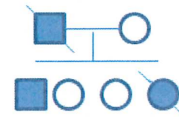
Is my cancer familial?

Only a very small number of gynaecological cancers are caused by genetic syndromes. Most gynaecological cancers have not been related to certain genes, therefore your siblings or children have the same likelihood as the general population to develop cancer.

However, you should consider genetic counselling, if one or more of the following points are true for you:

- ⇒ You or your parents or siblings developed cancer at a much earlier age than is commonly the case i.e. before the age of 50 years
- ⇒ More than one of your first-degree relatives have developed cancer
- ⇒ One of your family members has developed multiple cancers e.g. breast, ovarian, colorectal, endometrial cancers

Family tree



How can genetic counselling help me?

Genetic counselling will allow you to discuss your family history with a trained health professional, to determine based on your family history, what the best steps are for you and your family.

The genetic counsellor will commonly discuss with you:

- ◆ the most up-to-date information about familial cancer
- ◆ establish your family history and whether it is likely that you have a familial cancer
- ◆ whether genetic testing is appropriate
- ◆ what the genetic test results mean for you and your family
- ◆ how to talk to your family about genetic risk
- ◆ how to reduce the risk of developing cancer in both yourself and other family members
- ◆ where to seek support and psychological counselling for you and your family.

Patient Profile—Robyn Woodrow

I was fortunate to be diagnosed with ovarian cancer at age 45 – fortunate that it was detected very early through serendipitous circumstances. While doctors cleaned up a horrid appendix, they saw an ovarian cyst which I then had monitored, removed and biopsied. With a strong family history of female cancer, I had been preparing (and was prepared) for this challenge for a while.

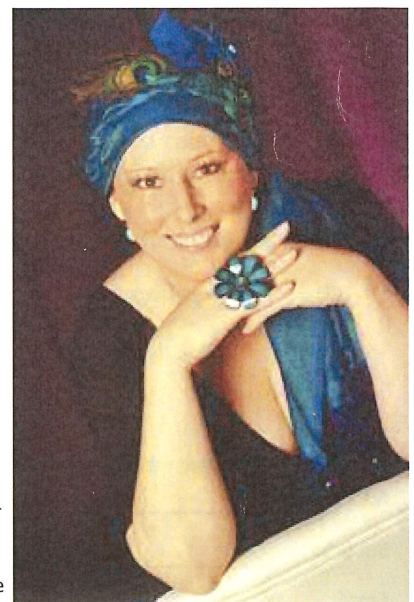
My diagnosis was Stage 1 Grade 3 epithelial cancer in both ovaries. I underwent a pelvic clearance and six sessions of chemo. I approached my treatment as a task to complete, and eighteen months on, the cancer 'task' is complete and I am trying to move on with my life. Prior to diagnosis, I ran a Consulting and Creative Industries company. The twelve months post-surgery was inconvenient, however I have found the last six months the most challenging as I struggle to re-define myself.

Notwithstanding, I have been provided the opportunity to meet some wonderful women who I would not otherwise have met. I have been presented fantastic opportunities to use my existing talents to spread the message of vigilance and support. I am particularly passionate about helping to establish processes to ensure that all women with cancer, regardless of location and hospital, are provided appropriate and relevant information at crucial times (which isn't when they are leaving hospital!).

I have also been involved in the LEGS trial (research into post-surgical lymphedema) which is a tremendous comfort, and hopefully will assist others. I am confirmed BRCA1 positive, and therefore also volunteering for any research that is around. I figure that I have been dealt this hand for a reason, so using my voice and experience may be part of that.

My experience has also guided me towards establishing a business assisting others facing the cancer challenge through the creation of stylish full coverage headwear and semi-permanent eyebrow and areola solutions... www.BeautifullyBald.com.au

You can't choose your fate, but you can choose how you respond to it.



Up Close with Dr Alex Crandon

Dr Alex Crandon is a Surgical Oncologist specialising in the management of women with genital tract cancer, i.e. cancers of the ovary, uterus, tube, cervix, vaginal and vulva, as well as Gestational Trophoblastic disease. He is the Director of the Queensland Centre for Gynaecological Cancer (QCGC), which he established in 1994. He practices at the Mater Adults Hospital and Brisbane Private Hospital.

Where were you born?
Sydney, Australia

What do you like to do in your spare time?
Hobbies are reading, particularly things of a maritime history basis. I also keep bees and bottle their honey some of which is sold commercially. I love good food and wine, the former a bit too much! and I enjoy cooking, particularly deserts, puddings, pastries and cakes - I have always baked the Christmas cakes and puddings for our family. I also love boating and have done that for as long as I can remember - sold my boat (a 40 foot bay cruiser) about 18 months ago as I didn't have the time to spend on the water and maintain the boat.

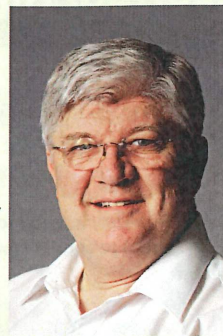
Where is your favourite holiday destination?
This is a very hard one. Domestically probably the southern highlands south of Sydney. Internationally it would be a tossup but probably Yorkshire Dales in UK or northern Italy around Lake Garda or Lake Como.

What is your favourite movie?
There are many I love but a favourite, that's hard. Probably "Hunt for Red October".

If you could spend one hour with anyone in the world who would it be any why?
Anyone in the world presumably means someone who is currently alive. That limits it a bit but I suppose it would be Professor Stephen Hawking from Cambridge University. If it includes people from the past then unquestionably it would be Jesus Christ.

What's one thing about you few people know?

I dislike heights with a passion - even feel uncomfortable on a step ladder. I passionately dislike dishonesty especially in dealing with others. I believe in doing the right thing. I very much believe something my mother taught me: "You can trust a thief because you can put things out of their reach - but you can NEVER trust a liar!" I very much believe in giving people a fair go and I draw my own conclusions about people rather than being influenced by others. The most important people in my life would be my wife and three sons all of whom I am very proud of their achievements.



Next Gynaecological Cancer Information Session Saturday 11th February

Our very first Gynaecological Information Session was held at the Royal Brisbane and Women's Hospital in February. It was wonderful to have over 100 interested people attend this inaugural informative evening. During the session QCGC presented results of our research. Our guest presenter Fiona Hannan (former dual Olympian/Senior Executive/Journalist) inspired us to focus our energy on those aspects of our lives that we can control, to, take one day at a time, and never give up searching for a better outcome.

Thank you to everyone who attended in February and we hope to see you at our next session to be held on **Saturday, 18th February 10am – 12pm at the Royal Brisbane and Women's Hospital Education Centre**. At this session we will be providing information on our latest research findings and show you the highlights of our volleyball event. Hope you can join us for both events. To RSVP please contact Trudi Cattley on 07 3636 0447 or contact@gyncan.org

If you would like to on our mailing list to receive newsletters, information regarding gynaecological cancer & special events from QCGC Research, please tear off this slip and send to address below or alternatively email Danielle Mills at d.mills@uq.edu.au

Yes I would like to receive information from QCGC Research

No I would like to be taken off the mailing list

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