

From our QCGC Research Director
Prof Andreas Obermair



Recently, I was back in my old hometown, Vienna, to present QCGC Research results from my adopted hometown, Brisbane. Research makes the world a smaller (and better) place! This research busted an old 'myth' about hysterectomy and its impact on pelvic floor function - read more below. It also builds on earlier research from LACE, another groundbreaking trial.

It's the sort of research we share during our Patient Symposium (read more below) to show patients that people are working hard to find kinder treatments and that, by participating in clinical trials, women have better health outcomes. A particular thank you to AstraZeneca for their sponsorship this year.



Although it's a small world, as we approach Christmas, let's dream big. First on my wish list for Santa would be a cure for gynaecological cancer. But, knowing that's unlikely this Christmas (we tried!) my wish is for us all to make Christmas brighter for women with cancer. You'll find some suggestions about how to do this in our newsletter – such as signing up for The Battle 2018 at www.thebattle.org.au. Go on, I'll be there!

Wishing you joy and peace this festive season.

Our Patient Symposium informs and inspires



On 26 August, we welcomed close to 100 patients, family and friends to our 2017 Patient Symposium, which had two themes – lymphoedema and genetic testing. Many thanks to our informative and inspirational speakers:

- Prof Monika Janda spoke on the prevalence, incidence and risk factors of lymphoedema
- Dr Robyn Box spoke about preventing and treating lymphoedema
- Dr Shaun McGrath gave an update on genetic testing
- Dr Jeffrey Goh explained how chemotherapy works
- Dr Celia Webby launched Cherish's CA-125 app (read more over the page)
- Prof Andreas Obermair gave an update on gynaecological cancer research
- ABC journalist Elise Worthington shared her personal story about testing positive to the BRCA1 gene after her mother was diagnosed with ovarian cancer (read more, right).

Cherish \$160,000 grant to help more women retain their fertility

We gratefully received a \$160,000 grant from the Cherish Women's Cancer Foundation (Cherish) recently to support the feMMe trial.

With the funding, we can continue to recruit patients in Australia and New Zealand to complete this important trial. feMMe aims to treat obese women with early-stage endometrial cancer less-invasively with the use of the Mirena combined with a weight-loss program and a diabetes drug. If feMMe is successful, the benefits will include less hospital bed days, less radical surgery, fewer complications and lower costs. Importantly, it will also allow more women to retain their fertility.

Emeritus Professor Sylvia Rodger

On 28 April 2017, Emeritus Professor Sylvia Rodger passed away from ovarian cancer. A passionate clinician, UQ academic and researcher, Sylvia was internationally recognised and much loved for her dedication to improving education, particularly for children with autism.



Sylvia's daughter, Elise Worthington, spoke recently at our Patient Symposium. Sylvia nominated QCGC Research as one of her in-memoriam beneficiaries.

Our weighty contribution to the OCTOPUS Project

We are contributing data from the LACE trial, which involved 760 women with endometrial cancer, to an international study called the OCTOPUS Project. University of Manchester researchers are testing the impact of obesity on survival after cancer treatment. To find out more visit the project website at https://www.herc.ac.uk/research_project/octopus/.



Busting a pelvic floor myth

We recently evaluated pelvic floor function in 381 women who have had surgical treatment for early-stage endometrial cancer as part of the LACE trial (visit our website for more information about LACE www.gyncan.org). LACE compared outcomes for patients who had abdominal surgery versus a laparoscopic hysterectomy. Our findings suggest pelvic floor function is unlikely to deteriorate following a hysterectomy, which busts an old myth and reassures women undergoing treatment for early-stage endometrial cancer.

Make a date with The Battle on 16 March 2018

2018 is only days away! If you haven't done so already, please add the Cherish's annual fundraising event, The Battle, to your 2018 calendar. We're delighted to be named research partner once again and we encourage you to register today for this fun, beach volleyball competition at www.thebattle.org.au.

Sincere thanks to major event partners & sponsors of The Battle 2018.

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LACE - completed questionnaires needed!

Professor Obermair urges all LACE patients to complete and send back their long-term follow-up questionnaires to continue to contribute to this important study. To request another copy, please contact Trudi Cattley by phone (07) 3646 0447 or email trudi.cattley@health.qld.gov.au. Sincere thanks to all the patients who have completed their questionnaires.



There's a CA-125 app for that!

A new Smartphone app, called CA-125, is helping women to self-monitor their ovarian cancer results and treatment. Professor Obermair, in consultation with cancer surgeons, oncologists and IT professionals, developed the app and named it after the CA-125 protein, which is produced by ovarian cancer cells and which doctors use to track cancer progress. Funding from Cherish and the Gambling Community Benefit Fund made the app possible. You can download CA-125 app now from the App Store or Google Play for A\$9.99. All proceeds go to further gynaecological cancer research.

Slip a Christmas donation into your stocking in lieu of a present

Please consider giving – or requesting – a donation to QCGC Research this Christmas. You'll help us continue ground-breaking research work and give hope to thousands of women and girls diagnosed with gynaecological cancer. You can donate online at www.gyncan.org/how-you-can-help or call UQ's fundraising team on 07 3346 3900 during business hours.

Our office will be closed from Thursday 21 December. We will re-open Monday 8th January. Have a safe and Merry Christmas with your loved ones.



Keep in touch with us!

Twitter | @QCGC Research

For info on our trials, please visit our website

www.gyncan.org

and click on 'Current Trials' under 'Our Research' tab.



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