

SUPPORT GROUP MEETING UPDATES

Our March meeting, with our guest speaker Dr Addie Wootten, from the Royal Melbourne Hospital, provided an excellent opportunity for the members to learn about the issues that should be considered by those invited to participate in clinical trials. A **clinical trial** is a scientific study, or an organised test of medicines and new treatment options involving voluntary patients. Clinical trials confirm whether medicines are safe and effective to introduce as new treatments for a particular disease or condition.

Dr Wootten informed us that research has shown that there are four reasons why people participate in clinical trials: hope for cure/symptom relief, desire to help others, opportunity for additional medical care and perceived control over illness. Overall, she said that people consistently talked about their trial participation in a positive way, despite coping with the challenges of treatment. Members also shared their experiences of being on a clinical trial, which mirrored some of the research findings.

Our next meetings will be held on Saturday, 2 May 2009 and Saturday, 30 May 2009.

Next meeting
Saturday 2 May
12-3 pm (lunch inclusive)
4-12 Blackwood St,
North Melbourne

JACKIE WISE, Counsellor
Personal Development and
Better Health Outcomes

On 2 May 2009, Jackie Wise, counsellor, will facilitate the Personal development and better health outcomes Workshop. The meeting will be from 12 noon - until 3 pm and will include lunch which will be served prior to the workshop. For catering purposes, please register with Bharati Kalle on 9905 4049 or Bharati.Kalle@med.monash.edu.au.

On 30 May 2009, Margaret Lowden, a nurse from the Mercy Hospital for Women, will speak about Chemotherapy for women with gynaecological cancers. This meeting will be from 1pm-3pm.

On 27 June 2009, Dr Jan Pyman from the Royal Women's Hospital will speak about the pathology of gynaecological cancers.

Jo Wallis, massage therapist will also be at our next meetings.

Also
Saturday 30 May
1-3 pm
4-12 Blackwood St,
North Melbourne
MARGARET LOWDEN,
Chemotherapy for women with
gynaecological cancers

FACTS AND NEWS

Clinical trial fast facts

There are four different types of clinical trials, each one associated with a different phase in the development of a new medicine or treatment:

- ◆ Phase I clinical trials determine the safety of the medicine, how it works and how well it is tolerated.
- ◆ Phase II clinical trials determine effectiveness and safety and are undertaken in a small number of closely supervised patients.
- ◆ Phase III clinical trials involve greater numbers of patients and are undertaken for the purpose of determining whether the medicine gives clinical benefit to the management of the disease/s and determines the nature and likelihood of any side effects.
- ◆ Phase IV clinical trials are those clinical trials undertaken after the medicine has been approved for the treatment of a particular disease. Phase IV clinical trials are undertaken to compare a new medicines to a wider range of existing medicines/therapies.

Prime Minister Wears Ovarian Cancer Australia Teal Ribbon



The Prime Minister joined Karen Livingstone, CEO, Ovarian Cancer Australia by wearing an Ovarian Cancer Australia Teal Ribbon on Wednesday 25th February to mark the inaugural Teal Ribbon Day. Ovarian Cancer Australia Teal Ribbons are available for sale for \$2 nationally through Chemmart Chemists.

For information about our group contact:

Natalie - 0431 825 943 / Bharati - 9903 4049 /
Milica.Markovic@med.monash.edu.au or visit

<http://www.med.monash.edu.au/spppm/research/sshr/gcsg>

The Australian New Zealand Clinical Trials Registry (ANZCTR) is an online register of clinical trials that are being undertaken in Australia and New Zealand.

A broad spectrum of therapeutic areas of pharmaceuticals, surgical procedures, preventive measures, lifestyle, devices, treatment and rehabilitation strategies and complementary therapies are listed in this database. It covers all clinical trials involving Australian or New Zealand researchers or participants.

The website is <http://www.ctc.usyd.edu.au/trials/registry/registry.htm>.

The National Centre for Gynaecological Cancers News

The Centre is committed to improving the health outcomes of women affected by various gynaecological cancers. Some of the current projects include:

- development of minimum clinical datasets for cervical, endometrial and ovarian cancers;
- development of an accredited online learning activity for general practitioners;
- development of National Centre for Gynaecological Cancers web pages within the Cancer Australia website;
- a review and quality assessment of existing resources for consumers and health professionals;
- a consultation process to identify priority areas for the development of clinical practice guidelines;
- research into patterns of care for gynaecological cancers;
- a review of the gynaecological cancers workforce, including analysis of existing workforce data, identification of gaps in existing data.

More information can be found at:-

<http://www.gynaecancercentre.gov.au>.

IN AND AROUND MELBOURNE..

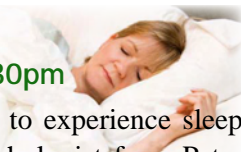
BreaCan Events

BreaCan Events are held at BreaCan, Ground Floor, Queen Victoria Women's Centre, 210 Lonsdale St, Melbourne. If you would like to know more about activities for women with advanced gynaecological cancers, please call Wendy Pullan, Information and Support Officer, on 1300 781 500 as well as for information or booking for any of the following:

Sleeping Soundly

Thursday 16th April, 12.00pm to 1.30pm

It is not unusual for people with cancer to experience sleep problems. Justine Diggins, Clinical Psychologist from Peter Mac, will talk about the reasons for this, what happens when we are sleep deprived, and most importantly teach participants some strategies to get that good night's sleep!



We gratefully acknowledge the contribution of the Department of Human Services and Cancer Australia for funding the Program of our support group



Coffees, cupcakes and connections **Thursday 23rd April, 10.30 am - 12.00 pm**

Come and share morning tea at BreaCan — say hello to old friends and make some new ones. A great opportunity to share your experiences and connect with other women living with advanced disease. Please RSVP by Tuesday 21st April for catering purposes.

Tai Chi

Thursday 30 April, 12pm - 1.30pm

Konrad Dorn, Chief Instructor of The Art of Harmony Tai Chi and Qigong Centre, will provide an opportunity to learn more about and experience the many health benefits of Tai Chi. Limited numbers so please RSVP.

'Here and Now' program for women with advanced cancer

'Here and Now' is an 8-week program co-facilitated by two experienced professional group leaders. The weekly sessions are conducted either face-to-face or via phone and offer an opportunity to discuss issues such as grief and loss, intimacy and talking with friends.

"Feel Good" gentle exercise program for women **Wednesday 15th & 29th April, 10.30am - 11.30am.**

The gentle exercise program helps maintain upper body mobility, flexibility and a smile. It is conducted by a qualified instructor.



Women need to register and complete enrolment forms prior to attending so contact BreaCan for details by phone on or email brecan@brecan.org.au

Introductory Hand & Foot Reflexology Sessions

Reflexology is a system of health care, incorporating mind, body and spirit and may help those living with cancer. Please contact BreaCan that can explain how you can access an appointment with Jennifer Rigby, reflexologist and registered nurse.

OvCa events

Circuit Breakers: Arts-Based Workshops for Women with Ovarian Cancer

29 April, 2009, 10.30am–12.30pm

To confirm your place and to make payment (\$25) by 22nd April, please contact Ovarian Cancer Australia on 1300 660 334 from (Mon-Thurs between 8.30am-4pm).

The Melbourne Gynaecological Cancer Support Group will provide partial reimbursement to its members. Please contact Bharati Kalle on 9905 4049 or Bharati.Kalle@med.monash.edu.au.

Through these arts-based workshops, women with ovarian cancer will have the opportunity to:

- Connect with other women who have ovarian cancer
- Share experiences of living with ovarian cancer
- Engage in arts-based experiences for relaxation and fun
- Develop new coping strategies