



SUPPORT GROUP MEETING UPDATES

At our May meeting, Margaret Lowden, a nurse from the Mercy Hospital for Women, spoke with members about chemotherapy for women with gynaecological cancers. Prior to the guest speaker, members had the opportunity to catch up on each others' news.



Our next meeting will be held on Saturday, 27 June 2009. Dr Jan Pyman, Director of Anatomical Pathology at the Royal Women's Hospital will speak about the pathology of gynaecological cancers.

On Saturday, 25 July 2009, Soula Panagiotou will talk about her book "The Detox Answer" which she wrote after she was diagnosed with advanced ovarian cancer.

Dr Deborah Neesham, a Gynaecologic Oncologist from the Royal Women's Hospital will speak about medical aspects of gynaecological cancer, on Saturday, 29 August 2009.

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

FACTS AND NEWS

Cancer Australian News

Cancer is Australia's largest burden of disease, and more than 100,000 people are diagnosed with it every year.

A new solution concentrate for an in vitro infusion of gemcitabine hydrochloride (Gemcitabine Ebewe®) has been added to the PBS to treat a variety of cancer conditions, including breast cancer, epithelial ovarian cancer, non-small cell lung cancer and bladder cancer. There are no expected cost implications for the PBS as this medication will substitute for different forms of the same strengths of the same medication.

Better Health Channel

Congratulations to the Better Health Channel, which recently won two Hitwise Online Performance awards. The Better Health Channel, which is managed by DHS staff, won the award for the most visited Victorian Government website. It also outshone several major commercial health websites to win the award for the most visited health and medical information website, in Australia.

See for yourself at <http://www.betterhealth.vic.gov.au/>

New resources

The Cancer Council Victoria has produced a fact sheet titled "*Complementary and alternate cancer therapies*", in order to help patients and their families make decisions about therapies and another fact sheet for medical professionals with tips on how to help patients avoid unethical, fraudulent and potentially dangerous treatment practices. The booklet and fact sheets are available free, through the Cancer Council Helpline, 13 11 20, and are also available online.

IN AND AROUND MELBOURNE...

CANCER COUNCIL EVENTS - REGIONAL VICTORIA

Members living in regional Victoria may be interested in a few workshops being conducted by the Cancer Council Victoria.

The first workshop "Cancer survivors" will be held in Hamilton on Wednesday 10 June 2009.

The second workshop "When cancer won't go away" will be held in Warrnambool on Friday, 12 June 2009.

If you live in Sale, there will be two workshops held on Wednesday, 17 June 2009 which will focus on talking about sexuality & intimacy after cancer and body image, self-esteem and sexuality. Please call 13 11 20 to register.

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

Information from BMDI House

Eric Wright, Managing Director of BMDI and Fight Cancer Foundation wrote to us this week regarding H1N1 Human Swine Influenza. Because many guests at BMDI House are in poor health and immune suppressed, to avoid introducing the virus to guests, he has asked that if you feel as if you are coming down with any of the symptoms of flu, please do not attend the support group meeting at BMDI House.

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:

Wordplay

Thursday 25 June 2009, 11am - 2pm

Ever wanted to write a journal, delve into prose or tell your story for prosperity? Josie Scott, who is a former BreaCan staff member, and also a Creative Arts Therapist and Counsellor will be returning to conduct this workshop. It will provide opportunities to try different creative writing exercises and ideas to get your pen flowing across the page! Come prepared to write and maybe read aloud — no previous experience necessary. Lunch will be provided.

Limited numbers so please book in early.

Bringing Death to Life

Monday 29 June 2009, 12pm–2pm

“From the hour you're born you begin to die. But between birth and death there is life” — Simone de Beauvoir

Following a 'What's On' session last year about the Human Side of Cancer, women identified that they would like the opportunity to have an open discussion about issues surrounding death and dying. As a society, we can find it difficult or uncomfortable to talk about death.

A new publication entitled *Dying to Know: Bringing Death to Life* is a beautifully presented book which gives us a platform to start a conversation about our thoughts, beliefs and aspirations about the end of life. This workshop will be facilitated by Josie Scott, a former BreaCan staff member. Limited numbers so please book in early.

“Feel Good” gentle exercise program for women Wednesday 3 & 17 June 2009, 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 or email brecan@brecan.org.au

Introductory Hand & Foot Reflexology Sessions

Wednesday 10 & 24 June 2009, 8 & 22 July

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



OTHER GYNAECOLOGICAL CANCER SUPPORT GROUPS

Malvern - Ovarian Cancer Australia Drop-In

Ovarian Cancer Australia invites all ovarian cancer patients and survivors to drop in for a cuppa and chat.

When: Last Tuesday of each month 10.30am – 12.00pm

Where: Ovarian Cancer Australia, 154 Waverley Road, East Malvern

Richmond - Ovarian Cancer Australia Support Meeting Group

When: 2nd Thursday of the month 10.30am - 12.00pm

Where: Nursing Australia Offices. Level 1, 580 Church St, Richmond (5 min walk for East Richmond Station or 2hour metered parking available on Church St)

For the Malvern and Richmond Support Groups Contact: Rebecca on Rebecca.Steele@ovariancancer.net.au or 1300 660 334

Ringwood - Ovarian Cancer Support Meeting

Ringwood Private Hospital invites all ovarian cancer patients and survivors to drop in for a cuppa and chat; morning tea provided.

When: Last Friday of each Month @ 10:00am

Where: Ringwood Private Hospital (In the Hospital boardroom), 36 Mt Dandenong Rd Ringwood East

Contact: Tracey Moroney (03) 8804 4108

Email TraceyMoroney@healthscope.com.au

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>