

THE Daffodil

STORIES OF YOUR SUPPORT

Hayley's update.

Six months on from our Christmas Appeal, Andrew's Warrior Princess is back to full health and says "thank you".

You may recall six-year-old Hayley, whose inspiring story was featured in our last Christmas Appeal. Hayley went through what no child should—toxic chemotherapy and radiation treatment to attack the cancer growing in her nasal cavity.

Her father, Andrew, called her his Warrior Princess.

Thankfully, Hayley is now doing much better. Last Christmas, the family celebrated a year of Hayley being cancer free. As her dad put it, "Cheekiness and smiles are back to full strength".

No child should have to endure painful cancer treatment. And thanks to your funding for new immunotherapy research investigating more targeted, effective cancer treatments, they may not have to in the near future.

Thank you for helping to raise an amazing \$115,000 through Cancer Council's Christmas Appeal, money which has helped researchers like Associate Professor Darcy continue their important immunotherapy research work, finding kinder ways to treat cancers like Hayley's.

With your help, we're closer to a cancer free future.

Every day, 27 South Australians hear the words, "You have cancer". And every day at Cancer Council SA, thanks to you, we're here to help.

Enabled by your donations, we unite the community, provide support, invest in research, and save lives. Our trained cancer nurses are there to connect you to our range of support services through **13 11 20**, or just to listen.

Our community education teams travel around the country to spread important cancer prevention and early detection messages.

And our world-class researchers are working hard to discover new ways to better detect, treat, and live beyond cancer.

Every minute, every hour, every day, we're working towards a cancer free future.

Thanks to your support, together, we'll make that future a reality.

26 years young, how your 'cuppa for a cause' saves lives.

Thank you to over 2,800 amazing hosts who raised their cup in South Australia to take part in the 26th annual Australia's Biggest Morning Tea. You've helped raise over \$1 million in our state alone for cancer research, prevention and support services!

For 5AA's Jane Reilly OAM, Australia's Biggest Morning Tea is a chance to support an organisation close to her heart.

"To everyone who's hosted a Biggest Morning Tea for Cancer Council, I just want to say a personal thank you. As many of you know, my late husband had a cancer that he didn't survive, and it's good to know that because of the work that Cancer Council is doing, more people will survive in the future. That's what I hope for."

With supporters hosting events of all sizes in homes, workplaces and communities across the state, every single morning tea has helped to make a difference to South Australians currently living with cancer.



A cancer free future is everyone's cup of tea—thank you!

Researcher profile.

DR TESSA GARGETT, UNIVERSITY OF SOUTH AUSTRALIA

Dr Tessa Gargett's research is investigating how the body's immune system can be enhanced to attack and kill cancer cells more effectively.

You may have seen our recent Tax Appeal letter in your mailbox which tells the incredible story of Fanny McKenzie, who was diagnosed with a rare soft-tissue sarcoma behind her knee when she was seven months pregnant.

Incredibly, Fanny was able to undergo aggressive chemotherapy treatment and safely give birth to her baby girl, who was untouched by the chemo.

Fanny got to meet her little girl, but she still suffered debilitating and exhausting side effects of her treatment.

Your recent gifts to our Tax Appeal are already



Hear Dr Tessa Gargett speak more about her work at our upcoming Cancer Council SA Researcher Showcase event in August. See page 10 for more details.

at work, helping to fund Cancer Council SA researchers like Dr Gargett to explore new and highly effective ways to treat cancer.

"We have one clinical trial currently running at the Royal Adelaide Hospital which tests a personalised cell therapy in patients with melanoma, and will soon commence two new cell therapy clinical trials in patients with brain cancer.

Current work shows that around 40 per cent of patients respond to immunotherapy. For some, their tumours disappear completely. But while these results are exciting, the majority of patients don't respond, and we don't yet know why this is.

My team wants to further investigate this problem, and test new kinds of immunotherapy with the potential to work across all cancer types.

As a researcher and as a mother myself, I find stories like Fanny's incredibly moving. They make me even more determined to do what I can to improve treatment options. Immunotherapy is a hugely exciting new era of cancer treatment and we want every patient to have the chance to benefit from these breakthroughs."

Thank you again for your generous support which will help to fund South Australia's brightest research minds like Dr Gargett.



Are you getting enough fibre?

HEALTHY LIVING WITH NATALIE VON BERTOUCHE

Did you know that a fibre-rich diet is one of the best ways to reduce your bowel cancer risk?

Bowel cancer is the second-leading cause of cancer death in the country, and in 2015, it caused 442 deaths in South Australia alone. But almost 20 per cent of cases could be prevented if Australians met their recommended dietary fibre intake.

What is dietary fibre?

Dietary fibre is the part of plant foods that can't be digested by the stomach or small intestine. Instead, it passes relatively unchanged to the large intestine. Here, it's fermented by friendly gut bacteria, and this is the process that boosts your gut health and reduces your cancer risk. Fibre supplements don't seem to have the same beneficial effects, but they are useful in some circumstances—check with your doctor.

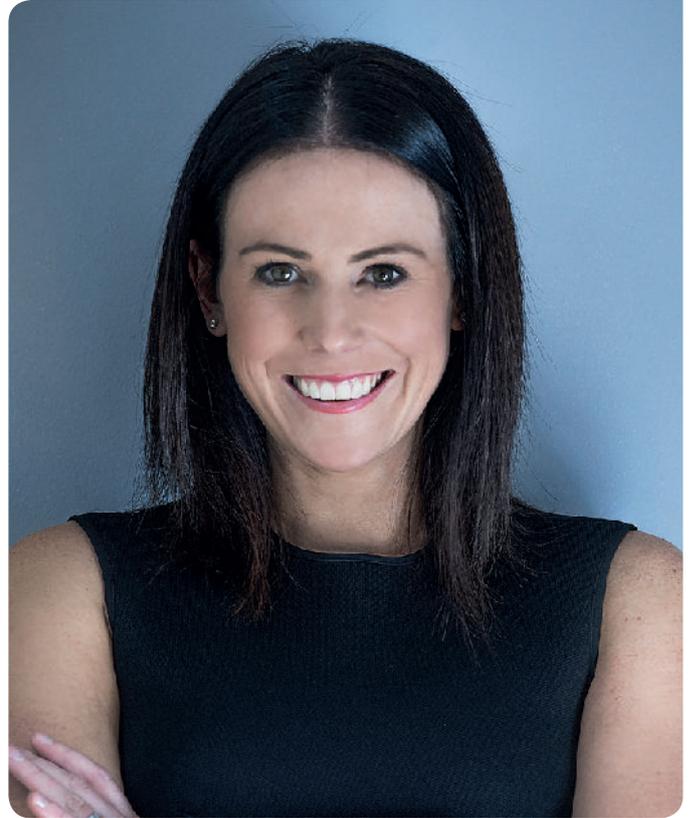
Good sources of dietary fibre include:

- vegetables and fruits (particularly the skins)
- nuts and seeds
- wholemeal or wholegrain bread and pasta
- couscous, quinoa and brown rice
- high-fibre cereals, muesli and oats

How dietary fibre cuts your cancer risk

1. Fibre binds cancer-causing agents to the stool, expelling them from the body.
2. When fibre passes through the colon, it encounters good bacteria which convert it into short-chain fatty acids. These short-chain fatty acids make it harder for cells in the intestine to become cancerous.
3. Fibre helps us feel fuller for longer. That means it plays a key role in helping us to maintain a healthy weight, which we know is a great way to prevent cancer in the future.
4. And finally, fibre helps reduce the absorption of carbohydrates into the blood, which in turn reduces insulin resistance—meaning lower risk of diabetes and some cancers.

So there's plenty to gain from introducing more fibre into your diet, and it doesn't have to be hard.



Natalie von Bertouche is a dietitian and Community Education Project Officer at Cancer Council SA.

How you can boost your dietary fibre intake

Every day, men should be eating 30 g of fibre, and women should be eating 25 g.

There are plenty of ways you can up your dietary fibre intake, without drastically changing your meals.

- Make some easy swaps to your favourite meals, like switching out white bread for wholegrain.
- Start the day off right by sprinkling seeds and chopped fruit onto your brekky.
- Eat whole fruits and veggies (rather than juiced), with the skin on.
- Keep some high-fibre snacks at your desk, like carrot sticks with hummus, grainy crackers and peanut butter, or dried or fresh fruit.

BEETROOT, PEAR AND LENTIL SALAD

Serves: 2

Dietary fibre per serve: 18g

Preparation time: 10 minutes

Ingredients

- 1 tin (400g) brown lentils, drained and rinsed
- 1 tin (400g) baby beetroots, drained and quartered
- 1 medium pear, diced
- 1 cup of spinach or rocket leaves
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- ¼ tsp mustard powder
- 1 clove garlic, crushed
- Pepper to taste

Method

1. Place lentils, baby beets and spinach or rocket leaves in a large bowl.
2. In a screw-top jar, add olive oil, vinegar, mustard and garlic and shake to combine to make dressing.
3. Drizzle dressing over salad vegetables. Toss to combine. Season with pepper and serve.



Can you spare 10 minutes? It could save your life.

If you're aged 50–74, then chances are you're eligible to take part in the National Bowel Cancer Screening Program.

This Federal Government initiative sends out a free, at-home test kit to you every two years, around the time of your birthday. You complete it in 10 minutes, in the privacy of your own home, and send it back via post.

This is remarkable progress in cancer prevention—but to get the benefit, you have to do the test, and participation is a serious problem.

At the moment, only 4 in 10 eligible Australians complete the test. Those who don't are missing out on an opportunity to catch cancer early, when 90 per cent of cases are treatable.

Judy, a bowel cancer survivor, knows just how valuable the test can be.

"The surgeon told me that eventually I would have developed symptoms, but by then they wouldn't have been able to help me. It would have been palliative care only. With bowel cancer there are

not necessarily any symptoms. If you get sent the test, do it. That's the only way you'll find out. If you catch it nice and early, it's entirely curable."

Have you received your test in the mail?

Did you know that upping participation rates by just 10 per cent will save an additional 16,800 lives?

"Around 90 per cent of bowel cancers are curable if found and treated early. That's why it's so important to do this test—it takes 10 minutes and could save your life."



Don't go through cancer alone.

Prostate cancer survivor, Mike, wants more men to talk about their health. He knows first-hand that a little support can go a long way.

Just before Christmas six years ago, Mike received his prostate cancer diagnosis. To add to the distress, he was told that there were a number of treatment pathways he could choose from. It was overwhelming, and he went home to digest the news.

That's when the phone rang. An old friend of his, Brian, wanted to catch up for a coffee. *"I told him it wasn't the best time, explaining about my diagnosis. His response? 'I was calling to tell you that I had prostate cancer nine months ago. I've been through treatment and come out the other side.' He was a fantastic support, helping me to understand what was ahead and discuss options. Having him to talk to made a huge difference."*



Mike participated in Ride for a Reason in 2018 to celebrate his milestone of five years cancer free.

Life after cancer.

The cancer journey doesn't necessarily end when treatment does.

You're not alone if you're finding it challenging to adjust to life after cancer. Perhaps it's the first time you've had the space to step back and reflect on what has happened. Maybe you're concerned that the cancer might come back, or you're worried about rebuilding your finances after treatment expenses have hit home. As time passes, most people find that these concerns and frustrations ease.

In the meantime, you can try the following:

- **Take your time.** Recovery is another part of the cancer experience, and it can take longer than you expect sometimes. Remember, it's normal to feel frustration, sadness and fear from time to time.
- **Recognise your stressors.** Are you sleeping poorly, feeling tense or finding it difficult to manage your emotions? When you can recognise your own signs, you can start managing stress sooner.
- **Do things you enjoy.** During treatment, the things you enjoy are often put on hold. Take time to reconnect with what makes you happy. Make a list of activities you enjoy and plan to do one each day.
- **Focus on your goals.** You may want to ask yourself, what is important to me? Cancer may cause you to re-examine your life choices and may motivate you to travel, taking up new activities or make lifestyle changes (e.g. starting exercise or quitting smoking).

TALK TO SOMEONE WHO UNDERSTANDS

When you call 13 11 20, an experienced cancer nurse like Polly will answer. You can talk through what you're feeling and discuss practical ways to work through challenges. Connecting with other cancer survivors may help you cope and feel more positive about the future.



Considering volunteering?

Volunteering plays a valuable role in sustaining healthy, resilient communities and contributes significantly to the quality and vibrancy of our society. On a more individual level, it's also a way for you to learn new skills, discover new friendships, and work alongside people committed to a cause that matters to you.

Six benefits of volunteering

1. Be the start of a positive chain reaction

Volunteering has the potential to touch so many lives. Whether you're handing out sunscreen at a community event, sharing your personal experience on our blog or on the phone thanking our fundraisers for their support, your contribution is much bigger than the task at hand.

2. Gain insight into other perspectives

Whether you're out on the street or at a Cancer Council SA facility, you'll hear from a number of people with personal cancer experiences—some of whom may be going through a difficult time. As a volunteer, you're making a difference today and helping to improve the future.

3. Finding a more purposeful work-life balance

Cancer impacts all of our lives in some way or another. One in two of us are diagnosed within our lifetimes, and so whether we're there for a close friend, or coming to terms with our own diagnosis, everyone has a reason to give back.

4. Develop new relationships

If a common interest is the foundation for friendship, then there is no better opportunity to meet equally passionate, driven, and like-minded individuals than by volunteering.

5. Kick-start a new career

From fresh graduates to senior professionals, volunteering can offer the opportunity to learn new skills, refine existing ones, and even develop a new passion.

6. Share your skills and expertise

After many years in the workforce, you can choose to give back by sharing your skills and expertise with others.

The impact of giving back

Over the past year, Cancer Council SA volunteers and Ambassadors have contributed an incredible 22,000 hours of service through administrative support, spending time at community events, and helping at our Lodges and Cancer Information Centres.



Tamarah Fox, one of our volunteers, finds making thank you phone calls to our donors a meaningful and rewarding experience. *"I feel humbled to be able to help the donors know they are making a difference in a cause that has such a huge impact on the community. I really enjoy the opportunity to be able to give back and to contribute my time to make a difference myself."*

More than 250 blonde bombshells gather at Brighton.

In February this year, over 250 Marilyn Monroe lookalikes paraded down Jetty Road, Brighton and gathered on the shoreline.

From there, many of them continued into the water to swim 400 m around Brighton Jetty as part of the quirkiest leg of the Channel 7 Brighton Jetty Classic: **The Marilyn Jetty Swim.**

Founding Marilyn, Sarah Tinney, says it's about being bold, supporting one another, and looking fabulous—all while raising funds for cancer research.

"When my mum was first diagnosed, I was shattered. I didn't know what to do. But through fundraising, I discovered that I could make a positive impact for other people, and change the future of cancer research all around the world—maybe even for my mum. That's how the Marylins were born—sharing my discovery that turning grief into action was a really powerful thing."

In its sixth consecutive year, the sisterhood raised an outstanding \$87,000 from the 2019 Swim, and just last month, the Marylins team held yet another fabulous fundraising night in Brighton to tip the tally over \$100K for the year!

A sisterhood of support

United by shared cancer experience, the Marylins are determined to raise the funds that will change the future of cancer.

"It's not every Sunday morning I get up and dress myself in white bathers and a blonde wig preparing to swim around Brighton Beach Jetty, but what a day it was! I didn't realise how emotional it was going to be until I was gathered with all the other Marylins. Each and every one of us has lost loved ones or battled cancer, while some of us are still trying to beat it. I felt I belonged. As I swam, I noted my family and friends on the jetty. To have them there was like icing on top of the cake. When my feet could finally touch the sandy bottom of the sea, I felt a lady grab my hand and together we all walked out of the water with pride ... Sisterhood at its best!"—Sam Smithson, 2019 first-time Marilyn.

**Want to be part of the Marilyn movement?
Visit themarylins.org to register for 2020.**



Congratulations on hitting the century, Marylins!



Celebrate. Remember. Fight back.

Have you heard about Cancer Council's Relay For Life? This weekend-long event is held in communities across the state, symbolising that if cancer never rests, then neither will we.

It's an opportunity for everyone to get together and have some fun, while also supporting each other through experiences of cancer.

Port Lincoln Team Captain, Graham Mantle, took part in his first ever Relay For Life late last year at age 85.

"I came to realise that the baton represents the cancer which, as a victim or as a carer, you can neither put aside nor ignore. It demands your attention relentlessly and without mercy. And meanwhile, normal life goes on all around you.

But there was always someone to take the baton when the going got too much. By the end of the

19 hours, we knew a little about tiredness, resolve and exhaustion. We knew the value of team support. We knew something of the blessing of relief for a while.

And as I walked, I thought about my own son who fought a losing battle with cancer and whether I could have provided any kind of brief relief for him. And I thought about his incredible wife and the days and weeks and months of caring that she undertook and I wondered whether I could have taken her baton for an hour or a day.

Such was the meaning of the Relay For Life for me."

JOIN THE PURPLE ARMY

You don't have to be part of a team to check out your local Relay For Life. If you've survived cancer yourself or cared for a loved one, then join us as a guest of honour at our Opening Ceremony. If you've lost someone to cancer, you may like to decorate and place a tribute in their honour at the Candlelight Ceremony. Check out the next Relay For Life happening near you on our fundraising calendar, page 12, or go to relayforlife.org.au



YOUR SPECIAL INVITATION

Cancer Council SA Researcher Showcase event.



Beat Cancer Project

This year, you'll have the opportunity to meet some of SA's brightest research minds at our Cancer Council SA Researcher Showcase event to be held at: Piper Pavilion, Prince Alfred College, 23 Dequetteville Terrace, Adelaide SA (entrance and parking off Capper Street) on Monday 19 August. 6.00 pm for a 6.30 pm start. Tea and coffee will be provided.

Join us to hear from a panel of researchers currently funded through Cancer Council's Beat Cancer Project. It's your chance to hear all about the life-saving research you're funding every time you support Cancer Council SA.

Secure your spot today by emailing rsvp@cancersa.org.au or calling Alice Clark on (08) 8291 4121. Places are limited.



Make a difference this Daffodil Day.

Dedicate your own personal daffodil tribute in the Field of Hope this August.

Daffodil Day on Friday 23 August is Cancer Council's most iconic and much-loved fundraiser. Thousands of Australians know that Daffodil Day is the day to donate to cancer research.



Whether you choose to buy a bunch of flowers, make a donation, get your workplace involved or donate your time as a volunteer—every contribution is a powerful gift.

Pay tribute at the Field of Hope

Visit Daffodil Day's Field of Hope along North Terrace, between King William Street and the War Memorial, to plant your own Daffodil tribute on Daffodil Day, Friday 23 August.

Become a Daffodil Day volunteer

Just a few hours of your time can help raise much-needed funds for cancer research, finding new ways to better detect, treat and live beyond cancer. Get in touch with Jodie Kelley on (08) 8291 4324 if you'd like to get involved at any of 200 sites across the state.

Margaret's gift for generations to come.

Margaret watched breast cancer impact three generations—her great grandmother, her grandmother, and her mum. So when her best friend was diagnosed, she turned to Cancer Council 13 11 20.

"Janice was like my sister. The first time I was alone after she told me the news, I cried for what felt like hours.

We went through it together. I sat with her through every chemo session, and I shaved my head so she didn't have to do it alone. But there were some questions I couldn't answer, so I put her in touch with Cancer Council SA.

I called 13 11 20 as well and I found it so helpful to chat through my concerns with the nurse. It eased my mind and helped me to better support Janice, too.

She is now in remission. I couldn't be more grateful to have my beautiful friend by my side."

As a way of thanking the people that supported her, Margaret has chosen to leave a gift in her Will to Cancer Council SA.



"Hopefully they'll have to wait a while, but my little contribution (whenever it happens) will be a gift to help Cancer Council SA continue their important work. It is such a rewarding feeling to be able to help others. It gives you a warm feeling in your heart."

Did you know?

Gifts in Wills play a fundamental role in Cancer Council's long-term investment planning, helping to fund world-class research, prevention programs and support services, and ultimately helping more people survive beyond cancer.

If you would like more information, please email bequests@cancersa.org.au, visit our website cancersa.org.au/bequests or call our Philanthropy Officer, Bonnie Allmond, on (08) 8291 4305.

The image shows a promotional graphic for Guardian Insurance Group. At the top, there is a red five-pointed star above the word "GUARDIAN" in large, bold, white capital letters. Below "GUARDIAN" is the text "INSURANCE GROUP" in smaller, red capital letters. The background of the graphic is dark and features several umbrellas, with one red umbrella in the foreground. The text below the logo reads: "This edition of **The Daffodil** has been made possible by the Guardian Insurance Group Pty Ltd, proud community supporters of Cancer Council SA." followed by "Guardian Insurance Group Pty Ltd are proud to donate \$50 to Cancer Council SA for every new General Insurance policy taken and paid for prior to 31 December 2019. Please quote special code GIB/DAF2019." At the bottom, it says "protect the future" in a white script font, followed by "guardian.net.au" in white lowercase letters. At the very bottom, in small white text, it reads: "Guardian Insurance Group Pty Ltd ABN 49 112 066 261 comprising Guardian Insurance Brokers Pty Ltd ABN 16 070 398 195 AFSL 239120".

Get involved!

23 AUGUST



OCTOBER



19-20 OCTOBER



Southern Regions

26-27 OCTOBER



Riverland

2-3 NOVEMBER



Belair

2-3 NOVEMBER



Adelaide Hills

16-17 NOVEMBER



Mid North

23-24 NOVEMBER



Bordertown

**DECEMBER-
JANUARY**



JANUARY



2 FEBRUARY



**29 FEBRUARY-
1 MARCH**



Adelaide Central

MARCH



13-14 MARCH



Limestone Coast

28-29 MARCH



Gawler

4-5 APRIL



Ceduna

MAY-JUNE



Hold your own fundraiser any time—**DO IT FOR CANCER** and make a difference your way! Whether you're inspired to shave your head, host a barbie or walk across Australia, **DO IT FOR CANCER** makes it easy for you to create your own fundraiser and make a difference. To find out more, head to doitforcancer.com.au



Thank you for supporting the work of Cancer Council here in South Australia. If you would like to make a donation, please visit cancersa.org.au or call us on 1300 65 65 85.

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13 11 20

Every minute. Every hour. Every day.

cancersa.org.au



**Cancer
Council**

SA