

THE Daffodil

STORIES OF YOUR SUPPORT

Bianca's whole life is ahead of her, now that cancer is behind her.

Full of youth and big dreams, Bianca was looking forward to her future, of completing her university degree, travelling the world and building a life of her own. But, in an instant, she found herself questioning whether she would even have a life at all.

Because, at just 20 years of age, Bianca was told she had an aggressive and rapidly spreading form of breast cancer—triple positive.

Thanks to your support—which keeps cancer research moving ahead—Bianca is just one of the many Australians who have been able to put cancer behind them and look to the future.

Read more on page 2.

Thank you for your ongoing support during these uncertain times!

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Following her diagnosis, Bianca started treatment immediately. And it was tough. She had an allergic reaction to chemotherapy and endured 30 rounds of “horrendous” radiation treatment in 30 days.

But today, Bianca, now 24, is alive and ready to put cancer behind her.

“I’m ready to move away from being ‘Bianca who had cancer.’ I’m ready to make a new identity for myself, which is very exciting.”

Your compassion is giving hope to thousands of Australians just like Bianca who rely on new research to help them have a future and put cancer behind them. Thanks to your support, cancer researchers like Associate Professor Jeff Holst continue to move ahead with their research, finding new and better ways to treat even the most aggressive or rapidly spreading cancers every day.

Your donation to the Daffodil Day Appeal this year is more important than ever.

Daffodil Day itself will look very different this year, with social distancing reducing our street presence.

But cancer research cannot slow down. It has never been more important that we continue to raise funds for life-saving cancer research, which is why your donation to the Daffodil Day Appeal, in lieu of a bunch of Daffodils, will be so important.

You can help deliver research breakthroughs sooner by donating to the Daffodil Day Appeal by 28 August.



“Throughout my cancer treatment, the daffodil was a symbol of hope to me and my family. Hope that advancements in research would help me survive my breast cancer.” - Bianca

Researcher profile.

Starving cancer cells in aggressive breast cancers

ASSOCIATE PROFESSOR JEFF HOLST

Breast cancer is the most common cancer diagnosis in Australian women, with one in seven women developing breast cancer by their 85th birthday.

Over the years and thanks to your support, cancer research has delivered incredible breakthroughs for breast cancer treatment. But, for people with the most aggressive breast cancer types, traditional treatments don't always work.

Excitingly, a new discovery made by Associate Professor Jeff Holst and his team which is offering real hope.

A/Prof Holst and his team believe that even in the most aggressive types of cancer, it may be possible to starve cancer cells of the nutrients they need to survive and multiply.

Together, they have discovered that cancer cells have pumps that enable them to metabolise nutrients. And A/Prof Holst believes these pumps are the key to cancer's spread.

"The premise of what we're trying to do is to starve cancer cells.

"What we've been doing is looking at what's happening inside the cell—their ability to metabolise nutrients. To grow, a cancer cell needs to be able to metabolise nutrients.

"These pumps are kind of like having more mouths. For a cancer cell to divide, they have to take in their bodyweight in nutrients in order to double and make two cells.

"But, if the pumps could be blocked, not only would it stop their growth and spread, it would destroy them."

Early studies have revealed promising results, showing the team's methods have been quite effective at slowing and stopping the growth of specific cancer cells.

This discovery could be a game-changer for the most aggressive breast cancer types—like Bianca's. This is because unlike other breast cancers, there is no targeted therapy for this aggressive type of cancer.

Every breakthrough discovery is so important, as is your support.

From the moment of diagnosis, a race against time begins. Talented researchers like A/Prof Holst can deliver more effective treatments sooner, but to do that, cancer research needs urgent support.

Your support has been, and continues to be, vital in keeping cancer research projects like this moving forward so that we can keep delivering better treatments and saving more lives.

Associate Professor Jeff Holst



OUR Daffodil COMMUNITY

Nothing can stop our wonderful community and their commitment to supporting South Australians impacted by cancer! From Mount Gambier to Port Lincoln, here is a snapshot of some of the incredibly inspiring ways our community spirit has remained strong during challenging times:

Having both been impacted by cancer, Kelly and her sister-in-law Joan decided to do something and **Do It For Cancer!** Together, they set themselves the challenge to run 100km in May. Through good and bad weather, the duo ran 118km around Port Lincoln and its surrounds—seeing a number of sights and improving their fitness along the way. All while raising over \$1,000 to “overcome a disease that touches so many”.



On 20 June, **Elsie Chapman** from Nuriootpa turned 10 and to celebrate, she chopped all her hair off at the local shopping centre! Her motivation? A number of family, friends and people in her community who lost their hair during cancer treatment. Initially, Elsie’s goal was \$500 but in a true show of community spirit, she was able to raise her goal to \$2,000 and exceed it, fundraising over \$3,500.

This year, despite social distance, Cancer Council SA’s **Jamestown Branch** of supporters kept the **Australia’s Biggest Morning Tea** spirit alive by introducing home delivery... and it was a huge success! The community opened their hearts and wallets, ordering 230 plates of morning tea which raised an inspiring \$2,600 for Cancer Council SA. The home delivery option was so successful, Jamestown and Districts Cancer Council SA Branch says deliveries may be the way of the future.



The passionate women behind the **Macclesfield Young at Hearts Club** have been hosting **Australia’s Biggest Morning Tea** Events since 2008, raising in excess of \$57,000 within their local community. While these lovely ladies had to cancel their community event due to Coronavirus, they were not deterred in showing their support to South Australians impacted by cancer. Instead, they had their weekly fundraising exercise class in support of Cancer Council SA via Zoom—during which Cancer Council SA Ambassador, Keith Conlon surprised them as a special guest. In total, the group raised over \$12,000 from this year’s event—a huge effort from a small town in the Adelaide Hills.



The 2020 **Mount Gambier Relay For Life** event on 13-14 March snuck in just before restrictions for Coronavirus were enforced. Although it was a bit stressful, the event came together—and it was a magical 19 hours. Thank you to the 19 teams, 230 participants and the dedicated Committee. In a true show of generosity and community spirit, the Mount Gambier Relay For Life raised an amazing \$86,112.

Stories of your support: an update on Sam.

With your help, our **Cancer Council 13 11 20** nurses have been there for Sam—whose story you might recall—from the moment she was told she had terminal cancer and would only have a year to live.

Over the last two years since her initial diagnosis on 1 June 2018, Sam has gone through multiple rounds of chemotherapy and radiotherapy. Initially, treatment saw her cancer disappear, but sadly, it returned once again in August last year, and Sam started a new immunotherapy treatment trial in November.

Following on from Sam bravely sharing her incredible story with us as part of our Christmas and recent May Appeal, your generous support has helped raise over \$200,000. This has, and continues to, help give Sam more time with the ones she loves, while supporting **Cancer Council 13 11 20** nurses for the months ahead so that South Australians like Sam won't go through cancer alone.

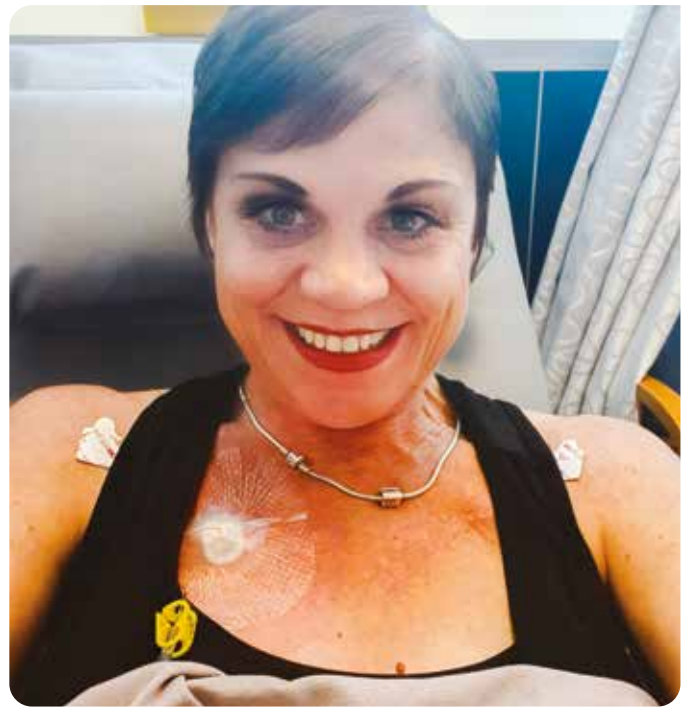
Which is more important now than ever for Sam, as she faces yet another challenge this year.

“On 19 May, I received the news, with tears, that my cancer has decided to grow again. Like a weed. After, my oncologist asked if I wanted to hear about my future and I said, ‘no thank you.’ I don’t ever want to hear the words ‘you have a year to live’ ever again. Instead, I can’t wait to let my oncologist know on 1 June 2021 that I am still here and give her a big hug.”

After meeting with my new oncologist, I have learnt that my new journey is to resume chemotherapy.

My determination for my children is to live, but my determination is also to help them live if I don’t... this is the scariest time of my life, but the time I need to live to my fullest and that is what I am going to do for my beautiful boys.

*Right now, I am so grateful to know that I don’t have to go through this alone. I have my boys, my family, friends and, of course the incredible **13 11 20** nurses who continue to support people like me through cancer, every day.”*



Sam Smithson, and with boys Jye and Levi below



Thanks to people like you, Sam—and thousands of others—won’t go through cancer alone. Your support has changed lives by ensuring Cancer Council SA can continue to invest long term in critical research projects, prevention programs and support services for people impacted by cancer.

If you or someone you know has been impacted by cancer and is looking for information and support, call to speak to an experienced cancer nurse.

Cancer Council 13 11 20 is open Monday to Friday, 9.00 am – 5.00 pm.



A big **thank you** from our **Cancer Council 13 11 20** nurses.

So far, this year has seen many within our community and beyond face difficulties and uncertainty, but, thanks to the continued and unwavering support of people like you, the **Cancer Council 13 11 20** phone lines—the gateway to our support services—have been able to remain open.

Generous support like yours over the last six months has meant Amanda and her team of experienced cancer nurses can be there for all South Australians facing a life-changing diagnosis, ensuring that no one will go through cancer alone.

Our last two appeals have raised more than \$190,000, which will be instrumental in keeping the **Cancer Council 13 11 20** information and support service available for South Australians during times of need.

Thanks to our kind-hearted supporters, Amanda and her team will continue to be a listening ear for those in need, and to be there for the thousands of South Australian callers seeking information, support, advice and connection to additional services.

Whether it's someone who has personally experienced cancer, or a family member, friend or carer in need of support, your support means so much to so many.

Without your support, we simply couldn't do any of this.

"On behalf of my team of nurses, and all South Australians impacted by cancer... thank you!" - Amanda, Support Services Coordinator.

A home away from home

Last year, your support helped Cancer Council's Lodges provide more than 32,800 nights of accommodation to regional South Australians. Thank you!

In January this year, 77-year-old Norma Faulkner from Angas Valley was diagnosed with non-Hodgkin's lymphoma. For three weeks, she stayed at Cancer Council's Flinders Lodge on Dequetteville Terrace so she could access the Royal Adelaide Hospital for chemotherapy and radiotherapy treatment.

For Norma who had no idea what to expect from her cancer diagnosis, the course of treatment or the trip to Adelaide, the Lodges offered her a safe and supportive space while she was away from home.

"I underwent three rounds of chemotherapy treatment and spent the last three weeks of my treatment at Flinders Lodge.

"Even though there were some changes at Flinders Lodge due to the Coronavirus, such as the kitchen and recreation room closing and personal contact being limited, never once did I feel like I was shut in. The staff at the lodges are just wonderful. From the friendly bloke at reception and the volunteers who do the driving, to the social workers Jo and Michelle—each one made me feel so supported.

"Jo was my main contact, she's such a bubbly lady and explained things in a way that was really helpful to me. She also organised support from organisations to help us pay a couple of our bills, which was just fantastic. Being away from home and having treatment, especially during something like Coronavirus, is a scary thing, and the support I got from every single person at Flinders Lodge made a huge difference."

In April, Norma finished her treatment and received the wonderful news that the chemotherapy had worked—her cancer could no longer be detected. She returned home after 25 days at Flinders Lodge.

"I'm incredibly grateful to be home, but also incredibly grateful to Cancer Council SA for their support this year, and particularly during the last month. I can't fault it. In my eyes, it's the best thing since sliced bread."

Cancer Council Lodges offer more than just a place to stay. Thanks to your support, guests from regional South Australia are able to access:

- Subsidised accommodation
- Free transport to treatment
- Social worker support
- Help with bills

To find out more about Cancer Council Lodges, call **Cancer Council 13 11 20**.





Fanny, Alex and Léna in early 2020

An update from Fanny.

In 2019 we introduced you to Fanny, who, at seven months pregnant, was told the news that she had a Stage 2 soft-tissue sarcoma growing in her leg. She would have to choose between undergoing an intense course of chemotherapy that she thought might harm her baby, or risk not living long enough to meet her.

After her diagnosis, Fanny was advised to start immediate aggressive chemotherapy to help shrink the tumour enough for surgeons to remove it, as well as preventing it from moving to her lungs.

With her husband Alex by her side, Fanny had two days to pack and travel to Adelaide for treatment, staying at Cancer Council SA Lodges for over four months while undergoing the intense treatment that led to the early and emergency arrival of Léna Coco McKenzie.

Fanny went through four rounds of chemotherapy and two surgeries in one week to remove the tumour from her knee, knowing that one of the best parts of coming out of surgery was that she would get to go home to Darwin to spend more time with her beautiful baby girl and wonderful husband.

Almost two years on from her initial diagnosis, Fanny has since been declared cancer free and is making the most of every minute with her family, thanks to you.

“When I look at my amazing little girl, I’m filled with pride and love. Thanks to advances in research, I didn’t have to choose between my life and my baby’s life, I was able to access treatment that saved us both.”
– Fanny McKenzie



Fanny and Alex in 2018 after the arrival of baby Léna

In loving memory.

In acknowledgement to those he loved, Bill chose to remember a cause close to his heart by leaving a gift in his Will to Cancer Council SA in memory of his loving wife, Winifred.

Bill met the love of his life, Winifred, and the two spent 30 wonderful years together as husband and wife, enjoying several trips across the globe following their shared passion for photography.

Travelling around Australia and across the seas to England and Europe, the happy couple captured 12,000 slides of precious memories.

Sadly, in 1996 Winifred was diagnosed with and passed away from cancer.

17 years later, Bill moved into a nursing home, where for six years he was cared for by his younger sister and loved by all the staff for his willingness to have a chat and a laugh, before he too passed away at the age of 91.

In loving memory of Winifred, Bill left a gift in his Will to Cancer Council SA, with the hope it would help other people impacted by cancer, through research, support and advocacy services.



Bill Green in his later years



Bill and his beloved wife Winifred

“We were so very privileged to meet with Bill’s sister, who very proudly shared Bill’s life story with us. It is inspiring that after people have remembered those they love, that in memory, they can remember a cause close to their hearts.”

*- Helen, Philanthropy,
Cancer Council SA*

Leaving a gift in your Will to Cancer Council SA is a meaningful way to remember someone you love, or a cause close to your heart while supporting a future free from cancer.

Did you know you too can leave more than a gift of hope?

Call Helen on (08) 8291 4305 or email philanthropy@cancersa.org.au to find out more.

Get healthy to cut your cancer risk.

HEALTHY LIVING WITH NATALIE VON BERTOUCHE

If you struggled to balance wellbeing and healthy habits during isolation, you're not alone.

According to research, the impact of Coronavirus has resulted in increased stress and anxiety for many South Australians, as well as a reduction in exercise and rise in unhealthy behaviours—such as eating more snack foods and drinking more alcohol, which can increase your risk of cancer.

But, with the slow and steady easing of restrictions, it's important to bring that balance back, and we're here to help with our healthy living tips:

1. Be physically active

Regular physical activity can reduce the risk of some common cancers such as bowel cancer and breast cancer. Aim for one hour of moderate intensity activity or 30 minutes of vigorous intensity activity most days of the week.

2. Eat a healthy diet high in dietary fibre

A diet that includes a wide variety of plant-based foods, and is high in dietary fibre, will not only help to boost your happiness levels but will also help you maintain a healthy weight, boost immunity and reduce your risk of cancer.

3. Limit lean red and processed meat intake

When it comes to cancer risk, studies have shown that high red meat and processed meat consumption is linked to an increased risk of cancer, specifically bowel cancer. So, if you're eating more than 455g of red meat per week (cooked weight), consider cutting back.

4. Avoid or limit alcohol

Drinking alcohol increases the risk of developing cancer of the bowel, breast, mouth, pharynx, larynx, oesophagus, and liver. The more you drink the higher the risk. Even drinking moderate amounts of alcohol can increase your risk of cancer.



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

5. Maintain a healthy weight

Carrying excess body weight increases the risk of 13 different types of cancer. Aim to prevent weight gain by staying active and limiting foods and drinks that are high in fat and sugar, such as junk foods, and sugary drinks.

6. Be smoke-free

It is never too late to quit smoking, and the sooner you quit, the more you cut your cancer risk.

Use our high fibre meal plan on the next page to help you get on the right track, get healthy after Coronavirus and reduce your cancer risk.

High fibre meal plan

A guide for breakfast, lunch, dinner and snacks.



Dietary fibre is the part of plant foods such as vegetables, fruits, wholegrains, legumes, nuts and seeds that cannot be digested in the stomach or small intestine. Instead, it passes relatively unchanged into the large intestine where it is fermented by friendly bacteria.

Dietary fibre is not only great for our digestive health, but it also assists in the prevention of diseases such as diabetes, heart disease and bowel cancer.

Men should aim to consume 30 g of dietary fibre per day and women should aim for 25 g per day.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					
BREAKFAST	Overnight oats.	Muesli and milk, topped with fruit.	Avocado, eggs, tomato and spinach on grainy toast.	Porridge.	Avocado, beans and spinach on grainy toast.
LUNCH	Zucchini slice with a slice of grainy bread.	Wrap with chicken, cheese and salad. Bowl of yoghurt with fruit.	Tuna salad with grainy crackers and cheese.	Leftover veggie noodle soup with a bread roll.	Sandwich with cheese and salad.
DINNER	Chicken salad (make extra chicken to place in your wrap tomorrow) Bowl of yoghurt topped with berries.	Pasta bake with side salad. Piece of fruit.	Veggie noodle soup. *Make extra for lunch tomorrow Piece of fruit.	Chickpea and roast pumpkin salad—serve with fish. Chopped fruit and yoghurt.	Vegetable curry.
SNACKS	Hummus with veggie sticks and grainy crackers. Piece of fruit.	Small slice leftover Zucchini slice. Hummus with veggie sticks and handful of nuts.	Bowl of chopped strawberries. Corn thins with nut butter eg. Peanut butter.	Corn thins topped with ricotta cheese, cucumber and tomato. Piece of fruit and small handful of nuts.	Fruit and yoghurt. Brekkie smoothie (without oats).

For these recipes and more head to <http://bit.ly/healthy-meal-ideas>



**Support the
Daffodil Day Appeal
and deliver hope to
people impacted by
cancer this August.**

**Daffodil Day
28 August 2020**

Help bring a cancer free future closer by making a donation to Cancer Council SA this Daffodil Day to support progress in cancer research.

cancersa.org.au/get-involved/support

