

Edition 3

THE Daffodil

CANCER COUNCIL QUEENSLAND

RESEARCH YOU FUND

Meet research grant
recipient Professor
Mark Smyth

BOWEL CANCER

A simple test could
save your life

TRANSPORT SERVICES

Changing lives, one
kilometre at a time



**Cancer
Council**
Queensland

CEO MESSAGE



I look forward to sharing with you in each edition of The Daffodil the impact your support is having on Queenslanders affected by cancer. This issue is no different and together we have already achieved so much in the first six months of 2019.

Earlier in the year we announced our 2019 research grant funding, and, in this edition, we hear from grant recipient Professor Mark Smyth about the ground-breaking work he is doing in immunotherapy. This research project will help bring new immunotherapies to the clinical setting and ensure many patients benefit.

As you can see your support really does help find new treatment options and increase survival rates. I cannot thank you enough for your generosity.

Chris McMillan,
Chief Executive Officer,
Cancer Council Queensland

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Thank you from cancer patients and their families

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We'd love to hear from you about the stories you would like included in upcoming issues of The Daffodil.

T: 1300 66 39 36
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MONEY WORRIES AND CANCER

When you're dealing with cancer, the last thing you want to have to worry about is money. But being ill tends to be tough on your finances. If people have to stop working or reduce their hours, they earn less. There are often higher out of pocket costs relating to transport, medications and sometimes childcare.

In fact, data from Cancer Council Queensland's Everyday Health Survey showed 63 per cent of people struggled to meet out-of-pocket costs during cancer treatment, with 26 per cent reporting a severe impact financially.

That's more than 6 in 10 people struggling and close to 3 in 10 in severe crisis. Being worried about money is miserable, especially if you are ill as well.

That's why, every day, Cancer Council Queensland speaks out on behalf of people with cancer and those who love them on the issues that matter to them.

Everyone has the right to equitable health opportunities regardless of their economic situation.

The survey shows that much more needs to be done to reduce the financial burden of a cancer diagnosis for patients and carers.

So with your support we are advocating for reduced out-of-pocket costs for all Queenslanders affected by cancer.

We can only continue to advocate to save lives and to make lives better because of the support you give. Thank you.

If you or someone you love is experiencing financial difficulty due to cancer, call Cancer Council 13 11 20 to find out more about our legal, financial and workplace Pro Bono Program.



THE RESEARCH YOU'RE FUNDING

Meet Professor Mark Smyth from QIMR Berghofer Research Institute

Professor Smyth's work is in cancer immunotherapy. He was amongst the first to show that the immune system interacts with cancer and affects cancer development.

The research grant funding from Cancer Council Queensland will assist in a pre-clinical project, helping bring new cancer immunotherapies to the clinic.

Can you tell us about the Cancer Council Queensland funded project you're working on?

Immunotherapy is emerging as an alternative to standard anti-cancer therapies, but many patients still do not benefit from these immunotherapies. We have early data to show that a stress-induced molecule, CD155, expressed on immune and tumour cells, promotes tumour growth and spread. We hypothesise a related molecule called CD112 does similar and may act in concert with CD155, to hinder contemporary immunotherapy. We wish to further study these pathways in animal models and therapy responder and non-responder patient samples.

What do you hope the outcome of this project will be?

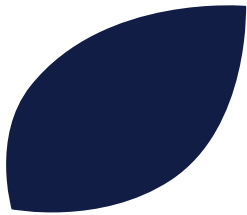
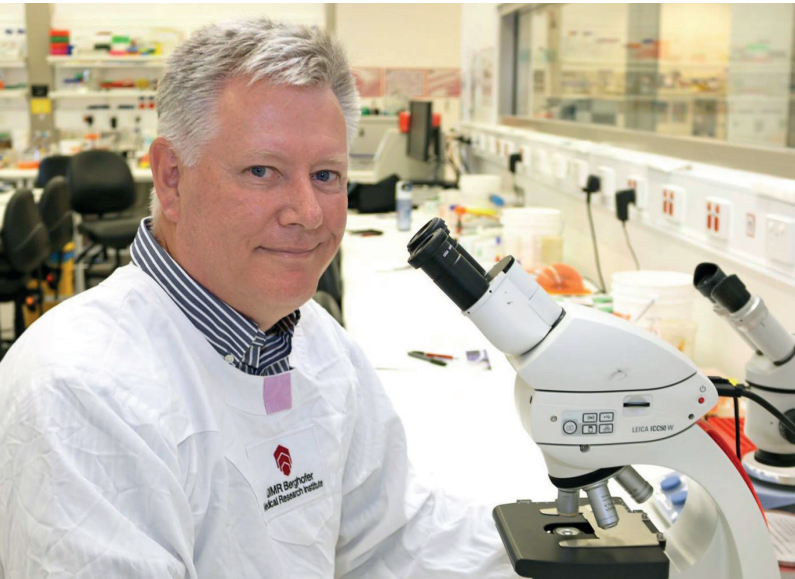
Our hypothesis is that both CD112 and CD155 on host and tumour cells regulates tumour development and tumour immunity; and loss of CD112 and/or CD155 along with

contemporary immune checkpoint blockade therapy will enhance anti-tumour immune responses.

We aim to 1) identify the molecular mechanism of tumour cell intrinsic role of CD155 in controlling tumour development; 2) elucidate the role of host and tumour cell intrinsic CD112 in tumour progression and metastasis; 3) identify the spatial and temporal expression of CD112 and CD155 and their receptors in samples from anti-PD1 treated responder and non-responder patients.

How will this have an impact on cancer patients?

This is pre-clinical project which will guide the development of new targets for future clinical trials of immunotherapy in humans, to improve on existing cancer immunotherapy. We will improve our understanding of an important new immune pathway in cancer.



Why is research so important?

Research is critical to make discoveries and improve human health. Research can find answers to things that are unknown, filling gaps in knowledge and changing the way that healthcare professionals work.

Cancer Council Queensland's support is critical to support young researchers with a two-year position and opportunity to undertake cutting edge translational research that can greatly benefit patients.

My message to anyone who has donated or supports Cancer Council Queensland is thank you. Please maintain and, if possible, increase your support of CCQ and medical research. Queensland needs a stronger medical research sector to contribute to Australia's needs and goals. Cancer research in Queensland is in desperate need for greater funding. Cancer Council Queensland is an integral part of the mechanism to achieve a more vibrant and contributing cancer research sector in Queensland.

Thanks to you, last year Cancer Council Queensland invested \$9.4 million into lifesaving cancer research. This means Queensland researchers receive a reliable source of funds, making long-term research and trials like Professor Smyth's possible. Thank you.

To find out more about the research we fund visit cancerqld.org.au

“Immunotherapy is emerging as an alternative to standard anti-cancer therapies, but many patients still do not benefit from these immunotherapies.”

EVERY FAMILY HAS A CANCER STORY

Garth and Kay Stephens decided they wanted to include gifts in their Wills to Cancer Council Queensland after Garth's father died of cancer.

"That's when we decided, let's put something in. We updated our Wills and decided to formalise the gift," said Kay.

"Everyone is touched by cancer," Kay went on. "Every family has a cancer story."

Garth chimed in. "Mum had cancer, Dad had cancer, Kay's father had cancer and I've had cancer." Garth now acts as a peer support volunteer for people living with cancer and Kay has been behind five Australia's Biggest Morning Teas to raise funds for cancer research and support.

"I see Cancer Council Queensland really trying to get to people with cancer to help them live a good life, even if it's terminal cancer. There are solutions around. And people don't always know what's available to them."



Your beautiful gift to the future

A gift in your Will to Cancer Council Queensland provides you with peace of mind and hope for a cancer free future. Through your Will, you'll help fund life-saving cancer research and vital support services for patients and their families.

To receive your free guide to leaving a gift in your Will or enquire about our free Will writing service please contact our friendly team on **1300 66 39 36** or email **philiphancock@cancerqld.org.au**

CHANGING LIVES, A KILOMETRE AT A TIME

Travelling to and from treatment can be expensive, especially if you are having daily cancer treatment. The costs can quickly add up, but help is available.

Home to Treatment is an innovative Cancer Council Queensland service providing vital support to people affected by cancer who are struggling to get around.

It's fuelled entirely by volunteer drivers like Cathy. We asked why she got involved.

"I've been fundraising for Cancer Council Queensland for around 15 years after losing close family members to cancer. But now I have some extra time I thought why not do something else to help?

"I volunteer every Friday morning, driving patients to and from treatment. I love it, I honestly get so much out of it, more than the patients probably. I see first-hand where the money raised goes to work and the difference it makes to people.

"Last year I drove a lady to treatment who had been paying \$106 for taxis each day to her treatment, so being able to take some of that burden away was amazing. She said to me 'you guys are a gift from heaven,' you just don't realise the impact you have at the time."

As Cathy says 'everyone has a story' and for many of our volunteers a big part of their role is to listen or provide a friendly face during a challenging time. They make a real difference in the lives of Queenslanders affected by cancer.

To find out more about volunteering for cancer Council Queensland visit cancerqld.org.au/volunteeroportunities

Home to Treatment is part of Cancer Council Queensland's comprehensive range of cancer support and information services, which includes peer support programs, practical services, and a free wig and turban service.

The service transports eligible cancer patients and carers from their homes to and from their treatment facility at no cost. Currently available in Brisbane and Cairns, the service will expand to Townsville in 2019.

With your help, we can be there for all Queenslanders affected by cancer every minute, every hour, every day.

If you or a loved one, need support and information after a cancer diagnosis, call Cancer Council 13 11 20, or visit cancerqld.org.au

In 2018, Home to Treatment in Brisbane and Cairns provided 112 clients with 2967 trips to and from their cancer treatment, travelling more than 28,291 km.



THE DAFFODIL GIVES US HOPE. RESEARCH IS SAVING LIVES.

GIVE MORE THAN HOPE THIS DAFFODIL DAY APPEAL.

The iconic daffodil is our proudly worn logo, our flagship fundraising campaign and the name of this very magazine. To us and those affected by cancer it represents hope and is chosen because in the northern hemisphere the daffodil appears in early spring when buds are opening and signifies the renewal of life.

At Cancer Council Queensland our hope is for a cancer free future. But it's the actions we take every day that will turn our hope into a reality. Which is why funds raised from the Daffodil Day Appeal are invested into world-class cancer research.

Thanks in part to research into cancer prevention, treatment and management, approximately **21,400 cancer deaths were avoided in Queensland between 1996 and 2015.** Your support is saving lives.

In 2018 we invested \$9.4 million into vital cancer research in Queensland. We know that research will unlock the answers to bring forward the day when every Queenslanders survives.

With your support this August we will be one step further to a cancer free future.



Donate online

Show your support for people affected by cancer and donate towards vital cancer research.

Volunteer

Sell daffodil Day merchandise at a local site near you on Friday, August 23. A couple of hours of your time could save the life of someone you love. Visit daffodilday.com.au to find your nearest site.

Visit daffodilday.com.au or call 1300 65 65 85 to get involved.

\$50 helps with the collection and processing of a research participant's blood sample to understand their cancer risk.

\$100 can fund one hour of cancer research towards discovering the next breakthrough.

\$200 pays for the collection and processing of tissue and blood samples to understand genetic and lifestyle related cancer risk.

HEALTHY AND DELICIOUS MINESTRONE SOUP

Most of us love comfort food in winter and nothing hits the spot like a hearty bowl of soup. Try our minestrone soup recipe below to warm you up in the colder months.

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

Every 10g of dietary fibre can reduce the risk of bowel cancer by 10 per cent. So with 6g of your recommended daily intake covered this will give you a great start.

Ingredients

- 1 medium brown onion, chopped
- 1 clove garlic, crushed
- 2 x 400g tins crushed tomatoes
- 2 carrots, diced
- 2 sticks celery, sliced
- 1 large zucchini, diced
- 1 large potato, diced
- 1 tbsp tomato paste
- 1 bay leaf
- 4 cups reduced-salt beef stock
- 2 cups water
- ½ cup wholemeal pasta (penne, spirals, elbows, shells)
- 1 cup sliced cabbage
- 400g tin four bean mix, rinsed and drained

Method

1. Cook onion and garlic in a large pot with 2 tbsp water until onion is translucent.
2. Add tomato, carrot, celery, zucchini, potato, tomato paste, bay leaf, beef stock and water.
3. Bring to the boil, add the pasta and simmer for 15 minutes or until tender.
4. Add cabbage and beans.
5. Cook for a further 5 minutes or until cabbage is soft.
6. Serve by itself or with a small wholemeal bread roll.

BOWEL CANCER

– A SIMPLE HOME TEST COULD SAVE YOUR LIFE

To understand the enormous impact of bowel cancer on our community, consider this – bowel cancer takes more Australian lives than breast, prostate or skin cancer.

It's devastating, but the great tragedy is that these lives could so easily have been saved, because if found early, 90% of bowel cancers can be successfully treated.

Do the at-home test

If you receive the screening test in the mail, please do it. It's a very effective at-home test that can help detect bowel cancer in its early stages, when there are no symptoms or warning signs.

The screening test is sent to our homes free when we're an eligible age (50-74), as part of the National Bowel Cancer Screening Program. However, at the moment, only around 41 per cent of all Australians take the test.

At Cancer Council, we're determined to change this. If we can get the participation rate up to 60 per cent by 2020, and sustain this, we could prevent close to 84,000 deaths over the next 20 years.

If you have a bowel screening test at home, please do it now. Or if you threw it out, can't find it, or want to check your eligibility, contact the National Bowel Cancer Screening Program on 1800 118 868.

Alternatively, if you'd like to speak to Cancer Council please call 13 11 20.



MORE WAYS YOU CAN HELP



Regular giving

Making a regular monthly donation is one of the easiest ways to support what you're passionate about.

By signing up to become a regular monthly donor, you help Cancer Council support Queensland families when they need it most, speak out on behalf of the community on cancer issues, empower people to reduce their cancer risk, and find new ways to better detect and treat cancer.

1300 66 39 36
cancerqld.org.au/go/monthly

Play for purpose

We've partnered with Play for Purpose charity raffle; a world-first fundraising concept that gives you the chance to win great prizes, while helping make the work that Cancer Council Queensland does possible!

It's simple – buy your ticket today and go in the draw to win some incredible prizes. Tickets are \$10 with \$5 from every ticket coming to Cancer Council Queensland.

playforpurpose.com.au/
cancer-council-qld

THANK YOU FROM CANCER PATIENTS AND THEIR FAMILIES

Your generosity helps us provide support to Queenslanders when they need it most.

*Thank you so much to
CCQ staff and supporters.
Without the Cancer Council
Queensland lodge, I don't
know what we would have
done, our situation would
be much different.*

*Thank you! The CCQ mindfulness
course has been such a gift to
me! I have learned a lot about
myself.... I feel now enriched as
well as encouraged. Mindfulness
has given me the tools to cope
with the challenge of cancer and
all that comes with it. After 16
weeks of chemo I am coping well
and I still have 4 weeks ahead
of me.*

*Dear Cancer Council,
I wanted write and say thank you for
the beautiful wig I've just had fitted.
I feel like it has given me back some
confidence after losing my hair, and
at the moment, with so many things
happening it's one less thing to worry
about. People say not to worry about
your looks and to concentrate on
getting better but this has made me
feel better and that goes a long way.
Thank you.*

“ *The impact that a cancer diagnosis has on
an individual and a family is very traumatic
and everyone and every family deals with it
differently. The support I've had from CCQ has
been so helpful as there is no chemo, radiation
or medication that can help you deal with your
emotions. Thank you.* **”**

BRISBANE

BUNDABERG

CAIRNS

GOLD COAST

MACKAY

ROCKHAMPTON

SUNSHINE COAST

TOOWOOMBA

TOWNSVILLE



13 11 20

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