



# Anti-Cancer Council

NUMBER 170 SPRING 1999

## SUNSCREEN ONLY PART OF CANCER PREVENTION

Sunscreen has an important role in sun protection, but should not be the only method used to prevent skin damage and cancer, the Australian Cancer Society (ACS) has warned in the lead up to summer.

The ACS said results of a new trial reinforced the importance of using other forms of protection such as shade, hats and long-sleeved shirts, as well as sunscreen.

The results of a Queensland skin cancer prevention trial, published in the 28 August edition of *The Lancet*, found that use of sunscreen may cause a reduction in squamous cell carcinoma (SCC), the more dangerous of the two non-melanoma skin cancers. Sunscreen use does not seem to reduce the more common basal cell carcinoma (BCC).

The researchers who conducted the trial acknowledged that the trial may not have been long enough, and/or sunscreen may not have been given to people early enough in life, to show any effect on BCC.

Professor Alan Coates, Chief Executive Officer of the Australian Cancer Society, said other research indicates that childhood sun exposure is an important contributing factor to the development of melanoma, the most serious type of skin cancer, in later life. There is also evidence that BCC may be the result of cumulative sun exposure over a lifetime.

'Sunscreen prevents sunburn, which evidence suggests is a culprit in melanoma, the most serious skin cancer, which kills about 900 Australians each year.

**Research indicates that  
childhood sun exposure  
is an important  
contributing factor to  
the development of  
melanoma.**



'The results reinforce our view that sunscreen should not be considered a shield of armour in the sun, but part of the "slip, slop, slap" routine.'

PER <sup>TOP</sup> REF 614-5905  
LIVING BEQUEST: V66

SEE YOUR MONEY AT WORK



Miss Lois Coles

When Miss Lois Coles was revising her Will this year, she decided to make a living bequest to the Anti-Cancer Council of Victoria.

Miss Coles has spent her life farming and breeding race horses in the Red Hill district.

She first came into contact with the Anti-Cancer Council of Victoria via a newsletter in the early 1980s and began a regular program of giving which culminated in the Lois Coles Research Award. This has supported the research of many scientists and is this year funding Dr Mark Smyth's work at the Austin Research Institute. Dr Smyth and his colleagues, Dr Joseph Trapani and Dr Phillip Darcy, are investigating lymphocytes with anti-tumour antibodies to see if these lymphocytes can target and destroy growing tumours.

'I chose to donate to the Anti-Cancer Council because it is doing a good job. I haven't had much experience with cancer, luckily, but I want to donate to something worthwhile,' Miss Coles said.

A living bequest to the Anti-Cancer Council of Victoria within your lifetime is tax deductible.

# FROM THE DIRECTOR

**Professor Robert Burton**



*Robert Burton*

## **RELAY FOR LIFE 2000 MEMORIES AND PROCLAMATIONS**

The launch of Relay for Life 2000, titled 'Memories and Proclamations', was held on 9 September at our Cancer Control Research Institute, and many teams were recruited for the event.

Relay for Life is a cancer awareness and fundraising event. The first Relay for Life in Australia was held this year.

At the Relay for Life 2000 launch, enthusiastic participants from the 1999 Relay for Life relived the challenge and the highlights of what is set to become the most inspirational event on the Anti-Cancer Council's calendar.

I have written before (in *Canlink*, our cancer support newsletter) about my personal impressions of Relay for Life as Team Captain of 'Les Chefs'. I experienced such a range of feelings. The noise, colour and palpable excitement at the track around this Australian first; good-humoured chatter and laughter as tents are erected; amusement at team costumes and themes; crazy spot prizes and wonderful massages; all-night cappuccinos!

There were also poignant and reflective moments with the a cappella group singing 'Walk with Me' during the Candlelight Ceremony while people lit their personal tribute candles and placed these around the inside of the track. The candles continued to burn throughout the night as if lighting the way to a cure.

During my overnight relay walk, I appreciated the silence and time to reflect about the big picture and the work of the Anti-Cancer Council. These were very moving personal experiences.

There were of course the celebratory moments. They included the Opening Ceremony and the cheering and clapping as survivors led the first lap,

and the final half hour, when virtually everyone joined in until the gun signalled the end and champagne corks popped!

**It's about  
passion and  
comradeship,  
team building  
and rallying a  
community  
that takes up  
the fight.**

In February–March 2000, at least five Relay for Life events will be held in Victoria, run by volunteer committees with support from the Anti-Cancer Council. Last year's event raised \$73,000 with just 34 teams participating (at short notice!). Next year's target is to raise \$450,000. Relay for Life events will be held at Bendigo, Epping, Essendon, Geelong, Murrumbena, Ringwood and The University of Melbourne.

By raising money we are able to continue the excellent research,

education and prevention programs for which the Anti-Cancer Council is world-renowned. We are all working towards finding a cure for cancer. The positive side is that in the last 20 years huge inroads have been made, thanks to research, and at least 53 per cent of people diagnosed today survive cancer. At the turn of the century, few Victorians survived a diagnosis of cancer.

But Relay for Life is not just about fundraising. It's about passion and comradeship, team building and rallying a community that takes up the fight. It's about supporting friends and colleagues undergoing their own cancer challenge and a way for those people to acknowledge their carers' love and support. It's also a very cathartic way to remember loved ones lost to cancer.

Most importantly, it's a celebration of life and survival; a really positive way to make a difference in the fight against cancer.

Patron and former Olympian John Landy's reading of the Relay Oath on behalf of all participants reminds us what Relay for Life is really about.

'In the name of all Relay for Life participants I confirm that we are here to celebrate the lives of cancer survivors, to support those fighting cancer and to honor those we have lost.

Our commitment will be symbolised in every step we take, each and every one moving us nearer to our goal: the goal of a cancer-free world for future generations.'

I urge you to be part of Relay for Life 2000—as a Team Captain (and recruit 10 or more of your friends), to sponsor an event or donate goods or services, as a member of an organising committee or to volunteer to help at an event. For further information about dates and locations telephone the Relay for Life office on (03) 9635 5378.

### **SUMMER CATALOGUE OUT**

**In this issue you will find the new summer merchandise catalogue. Telephone (03) 9635 5112 to place your order, or fill in the order form and mail it back to us. If you would also like a free copy of our Christmas Card/Gift catalogue, please telephone (03) 9635 5112.**

# NEW DIRECTOR FOR QUIT



Todd Harper

**T**odd Harper has been appointed Executive Director of the Quit Campaign.

Todd was recruited from the Tasmanian Council on AIDS and Related Diseases (TasCARD), where he served as Executive Director for four years. During this time, TasCARD became the first AIDS council in Australia and the first community organisation in Tasmania to be accredited by the Quality Improvement Council as a provider of community services. It received the highest level of accreditation.

Todd has a background in public relations and the media, including three years

as an award-winning political and industrial relations journalist. He has also worked for the Tasmanian Department of Health and Human Services in various positions, including coordinating the State's community housing program and as a primary health care coordinator specialising in health promotion and quality improvement.

Todd holds a degree in economics from the University of Tasmania and a postgraduate diploma in health promotion from Curtin University (WA).

# NEW LOOK FOR TOBACCO CONTROL



**Dr Ron Borland, the Director of the VicHealth Centre for Tobacco Control**

**A**n Anti-Cancer Council-led consortium, coordinated by Dr Ron Borland and including Melbourne and Monash universities, has won a tender to set up the VicHealth Centre for Tobacco Control.

The new centre will be located at the Cancer Control Research Institute and Dr Ron Borland will be the Director.

VicHealth has committed \$500,000 per year for five years to support the Centre. With grant income and support from the consortium partners, we expect the total budget to be more than twice that, once the Centre is up and running.

The Centre will have three part-time Associate Directors: Associate Professor Simon Chapman (Department of Public Health, University of Sydney), Associate Professor Bruce Headey (Centre for Public Policy, The University of Melbourne) and Associate Professor Rob Carter (Health

Economics Unit, Department of Economics and Politics and Institute of Public Health and Health Services Research, Monash University).

The Centre will work closely with the Victorian Quit Campaign and with the Centre for Behavioural Research in Cancer, which will continue to have a strong interest in tobacco control.

The charter of the Centre is to conduct research into legal, economic and social aspects of tobacco control. It will aim to become a focus for research collaboration and establish links with local and international tobacco control research groups and advocacy groups.

## TRANSPORT NEEDS INVESTIGATED

The Patient Services Development Unit at the Anti-Cancer Council is currently investigating the need for a transport service for patients. We would like to hear from anyone who has experienced difficulties in getting themselves, or another person, to and from their cancer treatment centre.

Study participants will only need to give their first name and home postcode. Interviews will be by telephone and will take no more than 15 minutes. Special arrangements can be made for country-based callers.

To participate, please contact Jo-Anne Tamlyn on (03) 9635 5441.

## EAT! ENJOY!

A great gift idea for Christmas is the new Lifetrack cookbook. To be launched in October, *Eat! Enjoy!* is packed with 130 delicious recipes and 40 full-colour photographs to nourish the senses and the body.

*Eat! Enjoy!* is a collection of fast and fabulous recipes from passionate food lovers who delight in creating light, healthy dishes that burst with colour and flavour. Contributors include celebrities Allan Campion, Michele Curtis, Dure Dara, Gabriel Gate, Karen Inge, Geoff Jansz, Tony Khan, Ian Parmenter, Catherine Saxelby and Rosemary Stanton.

Now 18 months old, the Lifetrack program has enrolled 13,000 Australians into a dietary program that aims to reduce their risk of cancer and other serious disease.

*Eat! Enjoy!* is priced at \$19.95 and is available now as a special offer to our readers by calling 13 33 10.



# FUNDRAISING NEWS

## MAZDA RAFFLE 1999 RESULTS

The 1999 Mazda Raffle broke its record, raising over \$246,000. The first prize of a Mazda 626 Luxury Sedan went to June Langland, of Benalla. June bought her single ticket from her friend, Beryl Griffiths, at their line dancing club in Benalla. On that day, she was down to her last \$2 and thought she really should buy some milk, but felt she couldn't let Beryl down.

The second prize of a \$5,000 shopping spree at David Jones went to Sylvia Davis, of Heidelberg.

Peter McMahon, of Swan Hill, won the third prize, a seven-night holiday for two to Port Douglas.

The winner of the fourth prize, a \$1,000 Sportsmart gift voucher, was Florence Hoffrichter, of Merbein.

*Mazda State Manager, John Read, handing the keys to raffle winner, June Langland*



## AUSTRALIA'S BIGGEST MORNING TEA

Thank you and congratulations to everyone who participated in Australia's Biggest Morning Tea on Thursday 27 May.

We were delighted with this year's response to the event, with over 4,500 Victorians registering to host a gathering to raise funds over a social cup of tea!

Through your generous support we have raised over \$500,000 towards cancer research—a tremendous increase on last year's total of \$340,000.

Thank you again! We look forward to your continued support next year.



*Students from Eltham East Primary School enjoy morning tea*

## Coming Events

### Saturday 18 September

Think Pink Party: the official charity function for Spring Fashion Week, raising funds for breast cancer research.

### 2 & 3 October

Van der Haar's Open Garden: the van der Haars open their spectacular private garden in Warrandyte.

### 22 October

Sun Day: a schools' fundraising event, selling UV-responsive beads.

### Monday 25 October

Australia's Breast Cancer Day: sell pink ribbons to raise funds for breast cancer.

### 2 November

Cup Day Cancer Appeal: volunteer your time to shake a tin at the local TAB.

### 15 November

Launch of Ferrari Superlottery 1999-2000.

### 26 November

Dress Down Day: dress up or down and make a \$2 donation.

## SPECIAL OFFER

Lifetrack has a special offer for people wanting to include 'seed' beans, such as chick peas and lima beans, in their diet.

Lifetrack sponsor, Edgell, has produced a 32-page cookbook titled *The Healthy Bean Book*, showing how to prepare fabulous dishes using canned seed beans. Paul Davey, manager of the Lifetrack program, says seed beans should be a regular part of everyone's diet. 'They have a unique combination of carbohydrates, protein, fibre and essential vitamins and minerals.'

For a free copy, send a stamped, self-addressed business size envelope to: Lifetrack-Edgell Seed Bean Offer, 1 Rathdowne Street, Carlton Vic 3053. There are limited copies, so be quick!



# CUP DAY CANCER APPEAL

**1999** is the 21st year of this event and we would like to mark the occasion by breaking all records!

**Volunteers are urgently needed.** If you can spare just two hours on Melbourne Cup Day or Cup Eve, please fill in the coupon below or telephone Special Events on 1300 65 65 85.

Volunteers collect donations outside TABs. Most volunteers complete a two-hour shift. Many people around the State form a team for the whole day.

If you can shake a tin for us, let us know soon.

**Yes, I can shake a tin for the Anti-Cancer Council of Victoria outside a convenient TAB on Melbourne Cup Day, Tuesday 2 November or Cup Eve, Monday 1 November 1999.**

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

P/code \_\_\_\_\_

Telephone (home) \_\_\_\_\_

Telephone (business) \_\_\_\_\_

Name of town/suburb where I wish to collect \_\_\_\_\_  
\_\_\_\_\_

I am mobile and can go where I am most needed:  
Yes  No

The time that would suit me best is  
9-11am  11am-1pm  1-3pm  3-5pm

I can collect on **Cup Eve**  and/or **Cup Day**

Return to: Special Events  
Anti-Cancer Council  
1 Rathdowne Street  
Carlton Vic 3053



# ARTS AWARDS

## AT THE CROSSROADS



The exhibition of award-winning entries in the Daffodil Day Arts Awards was officially opened on 4 August by Mrs Lorraine Elliott, MLA, Parliamentary Secretary to the Premier for the Arts. The Daffodil Day Arts Awards is presented by the Anti-Cancer Council of Victoria in association with Eastern Energy and the visual art sponsor Creative Visuals.

The exhibition, held at St Paul's Cathedral, Melbourne, was judged by Mark Seymour, Sian Prior, Shane Maloney, Mark Pollard and Graeme Base and the winners were presented with generous cash prizes from Eastern Energy, gifts from Bic Australia, Nintendo and Hotel Sofitel Melbourne.

The award ceremony was completed with a recital of the winning classical composition by David Morgan, followed by sushi



left: Christina Cemy, *Waiting*, above: Cheryl Adam, *Blue Jacket*

and champagne, sponsored by Eastern Energy.

The exhibition is a moving and powerful tribute to the courage within the human spirit to triumph over adversity.

Here is a sample of some of the winning works.



left: Greer Honeywill, *Fitting In*, above: Chris Rowe, *Restless Repose 98*

## Dear Doreen



**Doreen Akkerman, Director, Cancer Information and Support Service, answers your questions.**

**My husband, who is a farmer, absolutely refuses to use sunscreen. He says that at 60 years of age it does not matter any more. Is this true?**

Australia has the highest skin cancer rates in the world, especially melanoma. It is never too late to protect one's skin. Skin cancer is one of the few almost totally-preventable cancers.

You should never rely on sunscreen as your only form of protection. A broad-brimmed hat, long-sleeved shirt and long trousers are a good form of

protection and sunscreen should be used on any area of the skin left exposed. Mortality rates for skin cancer peak at around 75 years of age. Outdoor workers have more skin cancers than indoor workers and men have more skin cancers than women, so there are lots of reasons why your husband should continue to protect his skin and look out for suspicious changes.

**I do a lot of driving in the daytime and I'm aware that I'm often sitting in the sunshine for hours this way. Does ultraviolet radiation come through glass?**

Ordinary car window glass is approximately equivalent to wearing a maximum protection sunscreen, which means that if you are sitting in the sun during a long trip, you could still get burnt from the small amount of radiation coming through the glass. A long-sleeved shirt offers good protection under these circumstances.

**How often should I check my skin for skin cancers?**

A good rule to follow is to check your skin for any new and unusual freckles, moles, sores or sunspots twice a year when you put your clocks forward and back for daylight saving. You should see your doctor as soon as you notice anything new or unusual. Early detection leads to a cure in 95 per cent of cases. It may help to have a friend or partner check your back for unusual spots.

**From January-June 1999, the Cancer Helpline responded to 18,033 contacts and distributed 129,040 pieces of free literature. The top five cancers discussed were female breast cancer, non-melanocytic skin cancer, bowel cancer, cervical cancer and prostate cancer.**

**Doreen Akkerman is the Helen M Schutt Trust Fellow.**

**If you have any questions call the Cancer Helpline on 13 11 20.**

**Cancer:  
a big  
problem  
where every  
little bit  
helps**

As a valued supporter you are already aware of the importance and magnitude of our task and know our achievements have only been possible because of the kindness of supporters like you.

By giving so generously, you have shown great trust in us and we have repaid that trust by spending your money wisely, not least by keeping our costs to a minimum by only sending you one donation request a year.

Unfortunately we get far more requests

for help than we make ourselves. Our support services are called on 365 days a year, demand for our education resources is constant and there are always more research projects to fund than we can afford.

If you choose to make an extra donation using this coupon you will enable us to allocate more money to these vital programs while keeping our administration and mailing costs to the bare minimum. Thank you in advance for this extra kindness.

### Yes I would like to make an extra gift in the fight against cancer

Please find enclosed my donation of \$  to help the Anti-Cancer Council continue its vital work.

Name: .....

Address: .....

P'Code: .....

Please send me more information on how to include the Anti-Cancer Council in my Will.

My cheque made payable to the Anti-Cancer Council of Victoria is enclosed or

please debit my credit card for \$

Bankcard  Mastercard  VISA  American Express  Diners

Credit Card No: \_ \_ \_ \_ | \_ \_ \_ \_ | \_ \_ \_ \_ | \_ \_ \_ \_

Signature: ..... Exp Date: \_ \_ / \_ \_

**Post this coupon with your donation to:**  
Anti-Cancer Council of Victoria, 1 Rathdowne Street, Carlton Vic 3053

*\* Donations of \$2.00 and over are tax deductible*