



Anti-Cancer Council

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RELAY FOR LIFE



Dappa Dillies on the track

The inaugural Relay for Life event, held on 26 and 27 March attracted 37 teams who raised \$60,000 for cancer research.

Based on the American event which raises more than \$US90 million for cancer research and support programs each year, Relay for Life involves teams of 10 to 15 people taking turns to walk, stroll or jog for 30-minute intervals over 24 hours and be paid by sponsors for their efforts.

The Victorian event was held at the Duncan MacKinnon Athletics track in Murrumbidgee and by the time the starter's pistol fired at 6 pm on Friday night for the survivors' walk, the track resembled a small tent city. Teams vied for the most colourful award, with some campsites resembling a tropicana fest and one featuring a black tie dinner.

The nighttime candlelight ceremony included a prayer led by the Reverend Graham Bradbeer and served as a poignant reminder to everyone that the fight against cancer must continue.

However, it wasn't all serious work. Competitors were entertained by a series of jazz bands, vocal groups and rock

bands over the 24-hour period.

Congratulations to the highest individual money-raiser Simon Lee, from Sheila's Dream Team, who raised \$1,750. Simon has also designed a webpage describing his experiences. Go surfing on <http://toneware.com/relay99.htm> to see more. The highest team money-raisers were the Dappa Dillies with \$5,173. The City of Melbourne walked the most laps (682 laps = 272 km).

If you'd like to find out more about next year's event to be held in February please call our Fundraising hotline on 1300 65 65 85. The aim for 2000 is to raise \$150,000.



One of the many candlelight tributes and memorials

TARGET THE TOBACCO COMPANIES: PROFESSOR URGES



Professor Stanton Glantz, the US tobacco industry's enemy number one, headed to Australia in March as a guest of the law firm, Slater and Gordon, to update Australia on the latest developments in class action for people suffering smoking-related illnesses.

He is a professor of medicine and member of the Institute for Health Policy Studies and the Cardiovascular Research Institute at the University of California, San Francisco.

His research into political connections between the tobacco industry and US politicians, the economic impact of smoking bans on restaurants and bars and passive smoking and heart disease, has caused the industry to try to silence him on several occasions.

In 1983 he helped to defend the San Francisco Workplace Ordinance against a tobacco industry attempt to repeal it by referendum. The San Francisco victory represented the tobacco industry's first electoral defeat and is now viewed as a major turning point in the battle for non-smokers' rights.

Slater and Gordon generously loaned Professor Glantz's services to the Anti-Cancer Council for a staff meeting on 24 March.

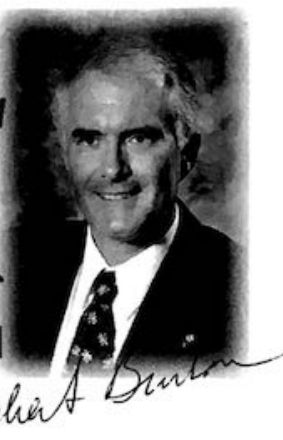
He urged health authorities to start targeting the tobacco industry.

He cited an example in Florida where a \$70 million eight-month campaign, partially devised by teenagers, aimed at teens and highlighting the activities of tobacco companies, stopped 300,000 teens in that State from smoking.

He said the adults didn't think it would work but the teenagers were right.

FROM THE DIRECTOR

PROFESSOR ROBERT BURTON



Epidemiology, cigarette smoking and health

Up until the end of the 19th century, nicotine was largely obtained through smoking tobacco via pipes and cigars, inhaling powdered tobacco (snuff), and chewing tobacco. Then the industry developed the means of mass producing cigarettes, and what had formerly been a habit restricted to the upper classes became available to all.

World War 1 provided a massive stimulus to the mass uptake of cigarette smoking by males because manufactured cigarettes were provided as part of normal rations to troops in the trenches.

It was not until World War 2 that women in Western society took up cigarette smoking en masse, with the exception of the US where cigarettes were heavily marketed to women as part of the liberated female image of the late 1920s and 1930s.

Tobacco was seen as an important part of our society and culture, and was even marketed for its health-enhancing effects prior to World War 2.

By 1950, 70 per cent of adult Australian men were smoking while the first good evidence that cigarette smoking was harmful was simultaneously provided from studies in the US and the UK.

Well, what went wrong?

Tobacco smoke contains thousands of chemicals, of which nicotine is only one. It contains between 20 and 40 cancer-causing chemicals (carcinogens), the most potent of which are the nitrosamines and benzo[a]pyrene and related compounds, which cause lung cancer by damaging genes in the cells lining the air passages.

Genetic damage is also found in the

genes of these cells in smokers without cancer and, in respect of benzo[a]pyrene, one of the genes damaged (p53) and the kind of damage it causes has been worked out in exquisite detail.

Following the studies done in 1950, it took about another 15 years and many more studies to accurately define the extent to which cigarette smoking caused lung cancer, and to begin alerting public health officials, governments and populations around the world.

**... as we look harder
we find more and
more deleterious
effects of both active
and passive smoking**

It was clear that the risk of cancer was related to how many cigarettes were smoked, and this alerted researchers to the potential for smoking environments to cause lung cancer in non-smokers (passive smoking). Passive smoking has now come to include exposure of the growing baby during pregnancy to the chemicals from cigarettes smoked by the mother.

Because exposure to the carcinogens is much lower than from direct smoking, the risks are much lower but are still very real.

Non-smokers should not expect to have those risks foisted on them by smokers!

Of course the risks from active and passive smoking go well beyond cancer

and involve diseases of the lungs and upper air passages, as one might expect, and also a number of other diseases from the chemicals absorbed into the blood stream through the lungs from the tobacco smoked. The lungs are very vulnerable to tobacco smoke, much more so than the mouth and nose.

All in all, about half of all lifelong active cigarette smokers can expect to die of a tobacco-related disease, and give up about 10 years of life on average.

For passive smokers there is also the potential to lose years of life and because research in this area only began in the 1980s the full consequences of passive smoking have yet to be exposed.

There have been three recent reports which have shown that children who are born of fathers who were smoking at the time of conception have an increased risk of childhood cancers; that girls exposed to passive smoke around the time of puberty when the breast is undergoing its major development have a 4.5-fold increased risk of breast cancer; and that men whose mothers smoked more than 20 cigarettes a day during the last third of pregnancy were almost twice as likely to be arrested for a violent or non-violent crime or to become a lifelong persistent offender as men whose mothers were non-smokers during pregnancy.

Unfortunately, as we look harder we find more and more deleterious effects of both active and passive smoking.

I am sure that our grandchildren will look back at the end of the 21st century and just shake their heads at our efforts in tobacco control between 1950 and 2000.

It will seem inexplicable that the proven dangers of cigarette smoking to smokers, and the dangers of passive smoking to unborn children and to individuals and populations of non-smokers, did not result in international effective tobacco control in the 20th century.

Our new contact details are:

Anti-Cancer Council of Victoria
1 Rathdowne Street Carlton Vic 3053
Tel: (03) 9635 5000 Fax: (03) 9635 5270

Cancer Control Research Institute
100 Drummond Street Carlton Vic 3053
Tel: (03) 9635 5000 Fax: (03) 9635 5440

HUNDREDS TURN OUT FOR INSTITUTE OPENING

Hundreds of Melbourne's scientific and research community turned out for the opening of the Cancer Control Research Institute in February.

The main speakers, including Professor Emeritus Sir Gustav Nossal; Tattersall's Chairman of Trustees, Mr Ray Hornsby; the Director of the Centre for

Behavioural Research in Cancer, Dr David Hill; and the Victorian Health Minister, the Honourable Rob Knowles, spoke enthusiastically of the new facility and its unique role in cancer prevention in Victoria and nationally.

The Institute is the new home of the Anti-Cancer Council's cancer research and education

programs including those tackling tobacco-related illness, breast cancer, prostate cancer, skin cancer and bowel cancer.



At the opening: Dr David Hill, Professor Robert Burton, Mr Ray Hornsby, Hon Rob Knowles and Professor Emeritus Sir Gustav Nossal



The Minister unveiling the plaque

AUSTRALIA'S BIGGEST MORNING TEA

Australia's Biggest Morning Tea will be held on Thursday 27 May, and already hundreds of Victorians have registered to host a gathering and help raise funds for cancer research over a social cup of tea! We hope to have 4,000 gatherings across Victoria, and your participation can help make it possible.

It's so easy to take part, we just ask you to host a gathering almost anywhere—at home, work, your local community centre, at a café. Invite your friends, family, neighbours or colleagues and ask them to make a donation for their morning tea.

Last year we raised over \$340,000 from gatherings across Victoria, and this year we hope to raise \$400,000. But we can't do it without your help!

Our generous sponsor, Lipton, is once again covering our costs and providing tea samples, so the funds you raise will go straight to where you want

them—towards fighting cancer. As an added incentive, Lipton is also offering every Victorian who returns money the chance to win a trip for two people to Hamilton Island—including airfares, five nights' accommodation and transfers.

To register for a host kit or to find out more, just call the Special Events Department on 1300 65 65 85, or fax us a note of your details on (03) 9635 5240 or email us at morningtea@accv.org.au



An everlasting gift to future generations

Funding quality cancer research depends to a very great extent on the money people leave us in their Wills.



Have you considered that by including the Anti-Cancer Council in your Will, you can give future generations a world where people diagnosed with cancer do not have to die? You can give them health and life.

Please consider us when you write or update your Will.

FUNDRAISING NEWS

WHAT A WINNER



Bob Oates, (pictured right), a therapist from Adelaide, is the new owner of a fabulous Ferrari after his winning ticket was pulled from the barrel on 5 March by Network Ten's Steve Quartermain.

Bob Oates has been buying Ferrari tickets for the past 11 years and said he could not remember being as excited about anything.

The Ferrari SuperLottery is a joint project between the Anti-Cancer Foundation of South Australia and the Anti-Cancer Council of Victoria. Our South Australian counterparts are obviously thrilled about this year's result, the last two winners having come from Victoria. The net proceeds of this year's event totalled \$147,000 which will be divided equally between SA and Victoria.

COMING EVENTS

19-23 May

World Conference for Cancer Organisations, Atlanta Georgia

27 May

Australia's Biggest Morning Tea

31 May

World No Tobacco Day

9 July

Mazda Raffle drawn

20 August

Daffodil Day

GIFTS OF PROPERTY AS A BEQUEST TO CHARITY

We often receive inquiries from people who wish to bequeath us property such as shares, land or a house. In the past these bequests could have attracted capital gains tax.

However on 26 March 1999, the Prime Minister announced a taxation measure to encourage greater personal philanthropy in Australia. The new arrangements will take effect from 1 July 1999.

Any gifts of property made in a Will to an organisation eligible to receive tax deductible donations will be exempt from capital gains tax. The Anti-Cancer Council falls into this category.

In the past the legislation covering the bequeathing of property to a charity has always appeared confusing but we welcome this amendment to the income tax law as it will make the administering of an Estate containing bequests of specific items of property a lot simpler.

Anyone considering bequeathing us property should not be concerned about any possible complexities and would be advised to call the Estates Manager at the Anti-Cancer Council for assistance on (03) 9635 5242, or speak to their legal advisor. All bequests are of enormous benefit to our programs of research, education and support.

DAFFODIL DAY

On Friday 20 August, we will celebrate the sixth annual Daffodil Day. We have a wonderful new range of merchandise, and some great special events. Join in and help us reach our target of \$2 million. You can help by taking a box of sale-or-return merchandise to sell at work or among family and friends, or you could volunteer your time at one of our hundreds of volunteer sites across Victoria.

For further information, call the Special Events Department on 1300 65 65 85, or fax us a note of your details on (03) 9635 5240



CHANGING FACES

After three and a half years at the helm of the Quit Campaign, Ms Judith Watt left in February to return to the UK to spend time with her mother, who is ill.

She leaves having refocused the campaign in the light of the stagnation of smoking rates in the early to mid-1990s. She was a driving force behind the development of the National Tobacco Campaign which resulted in hard-hitting television commercials and an improved Quitline service for smokers.

'The campaign has helped many thousands of smokers to quit and the message is effective with young people as well as older smokers,' Ms Watt said.

Director of Cancer Education, Ms Dorothy Reading, is acting Quit Director and the position has been advertised.

Heather Le Roy, the driving force behind Daffodil Day and Australia's Biggest Morning Tea, has been appointed to the position of Director of Fundraising. Heather, previously the Community Fundraising Manager, has been with the Anti-Cancer Council since 1994 and replaces Paul Davey. Paul, previously the Director of Fundraising and Administration, will now focus on developing new income streams and on promoting the Anti-Cancer Council to the corporate sector and community groups.

A SMOKEFREE PARTNERSHIP

Quit's SmokeFree campaign has been announced as joint major sponsor of the North Melbourne Football Club along with Mazda Australia.

The Acting Director of Quit, Ms Dorothy Reading, said the Quit Campaign was looking forward to furthering Quit's relationship with the Kangaroos to help tackle the issue of smoking in sport and reinforce the benefits of a smokefree lifestyle to aspiring football players and other young athletes.

Corey McKernan was named the Kangaroos' Quit Ambassador for the third year and he will be supported by John Longmire, Shannon Grant and Winston Abraham.

Meanwhile the MCG announced its grounds will be 100 per cent smokefree from the first bounce of the season. A survey of MCG patrons by the Centre for Behavioural Research in Cancer revealed that 76 per cent of non-smoking patrons indicated a strong preference to sit in a non-smoking area and 56 per cent reported being bothered some of the time by smoking at the MCG.



North Melbourne, Mazda Australia and Smokefree: a winning partnership for 1999

INAUGURAL NATIONAL BREAST CARE NURSE CONFERENCE

The role of the Breast Care Nurse is to provide a woman with breast cancer, her family and carers with adequate support and information within a multidisciplinary framework throughout her breast cancer journey.'

Breast Care Nurses from Australia and New Zealand united to explore their emerging role at the first National Breast Care Nurse Conference in Melbourne in February.

The conference was auspiced by the Anti-Cancer Council of Victoria, The University of Melbourne Department of Surgery, St Vincent's Hospital and the Peter MacCallum Cancer Institute and was part of the Breast Cancer Update 1999.

Participants benefited from an inspirational array of national and international speakers.

A multidisciplinary panel discussed the challenges of integrating the role of the Breast Care Nurse into the multidisciplinary team. Ways of overcoming barriers to recognising and utilising this vital role within the breast care team were explored. A formal Breast Care Nurse network will be developed at a national level.

Advances in treatment and management of breast cancer were presented, together with reconstruction, lymphoedema assessment and management, issues for rural women and the importance of addressing the impact of treatment on self image and sexuality.



An inspirational array of speakers at the inaugural Breast Care Nurse Conference

90 cents of every dollar raised from the public goes to cancer control

Dear Doreen



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

My husband has been ill with several bouts of cancer for over three years now and although I love him dearly the stress of coping with his illness is almost more than I can bear. I still manage to keep going to my full-time job, but now that he is getting weaker and is unable to care for himself, I find myself resenting having to give up social outings in order to look after him. I also feel guilty about feeling like this. What can I do?

Cancer takes its toll on all members of the family, especially the carer. It is quite normal to have mixed feelings, especially some negative ones, when one is forced by ongoing illness into a position over which one has very little control. Please talk things over with your husband and

the rest of the family. If you have family members or friends who will set up a roster and spend an evening with your husband to give you a break, arrange for them to do so.

It is important that you have some respite and social enjoyment so that you can renew your energy and your mental wellbeing. Discuss your situation with the Oncology Social Worker at your husband's treating hospital to see if referral into a hospice or respite care program is possible. If you call the Cancer Helpline, we can link you in with the Carers Association. Some local Council/Shires have respite care programs which offer support. You may also wish to attend a support group near to you as talking things over with others who are in the same position may be helpful.

My wife was recently diagnosed with bowel cancer and is now recovering from surgery. We are being overwhelmed by telephone calls and visitors who seem to be here all the time. Her mother moved in and has been a great help looking after my wife and children and, although I get on well with my mother-in-law, I am concerned

because she is making no attempt to go back home. Although we appreciate the concern, how can we get our life back to some sort of normality?

I am glad to hear that your wife is recovering well from surgery. For the next few weeks, you may wish to put a daily message on your answering machine for callers so that they can be updated on how your wife is doing. You may also wish to set aside two days per week for family only with no visitors or interruptions. You can use this time for family outings or concentrate on quality family time at home with the children.

Talk with your wife about her need for help with activities of daily living and the children and find out how long she would like her mother to stay and help. As you may realise, when someone is diagnosed with cancer their life is never the same again and their whole extended family is affected by the diagnosis. You obviously have very caring family and friends and as your wife regains her strength you will both feel better able to cope and make joint decisions regarding practical help.

Doreen Akkerman is the Helen M Schutt Trust Fellow.

If you have any questions about clinical trials or cancer treatment 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