

Newsletter

Volume 12 – October 2013

www.stgeorgescancerinstitute.co.nz



ST GEORGE'S
CANCER INSTITUTE

Greetings

It is very exciting that we have approval to purchase the body stereotactic, and then once we move in to the new bunkers we will introduce the cranial stereotactic. Both of these will put us ahead in the treatments of certain types of tumours.



We have had a steady stream of groups being shown through the Cancer Care Centre on Thursday nights. This has become very popular - I think the superb finger food coming from the St George's

Hospital Food Services team helps to highlight the tour!!

The Cancer Institute continues to support patients, by assisting with the treatment costs, dietary advice and psychosocial assistance for the patient and their families. This does make a huge difference to the patient by relieving some of the stress of what is happening to them.

Our two Radiation Oncologists and two Directors of the St George's Cancer Institute are travelling to Greymouth on Thursday 07 November to showcase the Cancer Care Centre, the facilities and treatments on offer.

We are continuing to fundraise so that we can keep purchasing the most up to date equipment and software, to give the patients the best outcome possible.

As this is the last newsletter for the year, I thank you for your support and wish you a Merry Christmas and a healthy 2014.

Cilla Glasson
Chair, Cancer Institute Trustees Limited and
Fundraising Committee

Update on Stereotactic

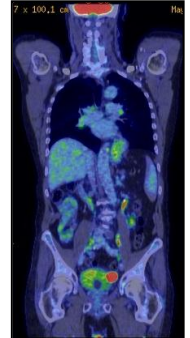
The introduction of stereotactic treatments at St George's Cancer Centre will happen in stages over the next 2 years. There are 2 types, body stereotactic and cranial stereotactic. We will be introducing body stereotactic first.

A group has been set up within the Centre to work through the implementation of these techniques. The first phase will be the purchase of equipment (BODYFIX) and introduction of body stereotactic which can be used for lesions in the lung, abdomen (including liver and pancreas) and around the spine. We will be ready to treat any suitable patients for body stereotactic by the end of the year.



PET CT for Cancer Staging

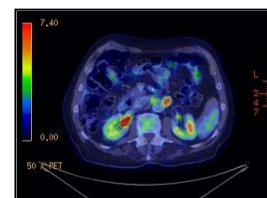
Positron emission tomography, or PET scanning, is a type of nuclear medicine imaging, where a small amount of radioactive material is injected. The most common agent used is Fluorodeoxyglucose or FDG which behaves like glucose in the body, preferentially taken up by cancer cells. PET CT using sodium fluoride provides very sensitive high resolution bone scanning, and other tumour specific agents are being developed.



Combining the cancer cell detection of PET with the detailed anatomical information of computerised tomography (PET CT) provides the best imaging available for assessing the extent of many types of cancer.

Having a PET CT study involves an injection of the radioactive material followed by an uptake period of about an hour. The actual scan is similar to having an ordinary CT scan, but takes longer, usually around 40 minutes. Accurate cancer staging allows optimisation of treatment strategies.

PET CT scanning is available in Christchurch at Southern Cross Radiology, and is increasingly frequently being used for cancer treatment planning.



Where appropriate, PET CT is being used by the oncologists at the Cancer Care Centre to provide the best outcomes for their clients. PET CT is also useful for monitoring the effects of treatment in some tumour

types, particularly lymphoma.

More information is available at the Christchurch Radiology website www.christchurchradiology.co.nz.

Andrew Laing
Radiologist, Christchurch Radiology Group
Director, Cancer Institute Trustees Limited

Thank you from the Woodend Combined Probus Club

As mentioned in our last newsletter, a number of Probus groups have visited the Cancer Care Centre.

The Woodend Combined Probus visited the Centre in early August and below is an extract from a letter received following their visit.

"The Committee wish to say a very big thank you to you all for the wonderful hospitality you showed us last Thursday evening.

Absolutely everyone from Woodend Combined Probus really appreciated the very informative information given to us by the two Chris's about the latest up to date treatment for cancer. It is definitely something that affects most families at some time or another.

We are so lucky to live in a city whose hospitals really care about the well being and treatment of our patients that come through their doors.

We have enclosed a donation to help the fundraising endeavours of you all, with our gratitude."

**Secretary
Woodend Combined Probud Club**

Staff Profile: Terry Bates, IT Infrastructure Engineer

With 10 years experience in the IT industry, I have a passion for quality and attention to detail. My goal is to drive efficiency for everyone within the Cancer Care Centre, with a motto of "Always trying to work myself out of a job." I like to keep up with the times, solving difficult problems, and taking on new challenges, the harder the better! Working in the Cancer Care Centre, and for St George's Hospital as a whole, provides me these things.



An avid music lover, I like to get out in the sun in my spare time, I also enjoy socialising with friends, and getting stuck into personal technology projects and DIY work around my house.

St George's Cancer Care Centre on the World Stage

Kathryn Neilson, Resource Radiation Therapist was recently invited to speak at the Elekta User meeting in Rhodes Island, Greece. We have been testing a new piece of software for Elekta called EVALUATE which allows us an easier way to assess the best plan for radiation treatment. We are one of only a handful of centres around the world testing this for Elekta. Kathryn presented our findings. This was a fantastic opportunity for Kathryn and a great way to highlight our Centre.

Ramesh Boggula, Physicist has also just returned from being invited to speak on a Sun nuclear physics clinical product that we have been helping with the development of. He attended ASTRO (a very large radiation oncology conference) in Atlanta, Georgia, again a fantastic opportunity for Ramesh and for the Cancer Care Centre.

DONATION CARD

To support the St George's Cancer Institute, please fill out the form, including your cheque or credit card details, and post to: **St George's Cancer Institute, Private Bag 4737, Christchurch 8140.**

I will be paying by (tick appropriate)

Visa MasterCard Cheque Internet Banking

Card no _____ Expiry Date _____

Amount NZ\$ _____ Signature _____

Internet banking to St George's Cancer Institute, Account no 06-0801-0643073-00

First Name: _____ Mr/Mrs/Miss/other Surname: _____

Address: _____

Phone: _____ e-mail: _____

A receipt quoting the St George's Cancer Institute number CC26864 will be posted to the above address.

The Trust is registered under the Charities Act 2005 No CC26864

Thank you

Invercargill Video Consultations

On Monday 14 October 2013 we will officially launch our new video consult service that is located at the Southern Cross Hospital in Invercargill.

This will provide access to Oncologist consultations in a timely fashion for patients from the Southern region. Often patients need to wait weeks to be seen by visiting clinicians but now a consultation can happen within a day or so for them.

St George's Cancer Institute Newsletters

We trust you find the regular updates on the St George's Cancer Care Centre and the fundraising activities of the St George's Cancer Institute interesting.

As previously advised, in an effort to reduce printing costs and improve distribution, you can receive future newsletters via email. **We may already have your email address in our database, however until you give us permission to send newsletters via email, we are legally unable to do so. We encourage you to add your name to our email distribution list - please advise details:**

EMAIL: _____

NAME: _____

Thank you for your interest in the St George's Cancer Care Centre and your support of the St George's Cancer Institute.

If you no longer wish to receive future newsletters, please tick (✓) the box and advise your name.

NAME: _____

Please complete and return in the enclosed self addressed envelope or email dawn.hinton@stgeorges.org.nz advising you wish to be removed from the database. Thank you.