## **Newsletter** Volume 19 – November 2017

www.stgeorgescancerinstitute.co.nz

#### Greetings

As we speed towards Christmas I am pleased to say that we have a lovely new setting for our chemotherapy patients to look out on.



The garden area has been revamped by Michael De Wit and he and his wife Amy have kindly donated patio furniture and table and chairs for under the pergola so that all patients of the Cancer Centre and their families can enjoy. This was a very generous donation.

On Sunday 8 October at the Transitional Cathedral a concert was organised by John Gardner and proceeds totalling \$1,782 were donated to the Cancer Institute.



Top brass from Australia

and New Zealand, a hip hop group who are going to the World championships, an opera singer and an organ recital were amongst the items performed over an hour and a half. Once again a generous thought to help the Institute continue achieving its support of patients.

If any of you belong to a group that would like to hear more about St George's Cancer Care, we are happy to host you at the Centre or travel to your region and provide an overview of the comprehensive services provided. Please contact me on 021 662 195 or Dawn on 0-3-375 6013 or 027 432 3371.

Wishing you a Happy Christmas and a healthy 2018. May it go a little slower than 2017!

#### Cilla Glasson Chair, Cancer Institute Trustees Limited and Fundraising Committee

### **Research on Breast Cancer medications**

Twenty Christchurch women are assisting St George's Cancer Care Oncologist Dr Chris Wynne to develop a new way of delivering the breast cancer medicines Herceptin and Pertuzumab. Currently these medicines need to be given as an intravenous infusion which may take up to three hours every three weeks for 12 months. By giving the medicines as a subcutaneous injection (under the skin) the treatment time can be reduced to five minutes every three weeks.

When the project is completed it is anticipated that Roche, the manufacturer of these medicines, will market the subcutaneous formulation globally resulting in a

considerable saving of time for women with breast cancer and improved efficiencies for hospitals.

Clinical trial participants

and Kathy Jones with Dr

Chris Wynne

Kate Clode, Jane Andrews





The project is run at the clinical trials unit, Christchurch Clinical Studies Trust.

Jane Andrews, who received her breast cancer treatment over 10 years ago, is participating in the study. She will receive a single dose of these medicines to be followed by blood tests to check on levels of the medicines in the blood. Jane says "I know that the development of this new medicine will not help me personally but I am pleased to be able to make a contribution of my time for a project that may help hundreds of thousands of breast cancer patients. Other women did it for me".

> Chris Wynne Radiation Oncologist and Clinical Director St George's Cancer Care

## **Treatment Support Grants**

The Trust started providing financial assistance to qualifying patients in July 2011 and up to September 2017 has assisted 203 patients with financial support totalling \$617,261.

The Institute continues to be grateful for the generous donations received from a patient who was so impressed with the care she received from Mary Thomson, Lymphoedema Physiotherapist, that she wanted other patients, who could not afford this service, to receive the benefit of the specialised treatment. The Institute also received a donation from another donor, specifically tagged for this treatment.

Since the physiotherapy grant commenced in May 2014, support has been provided to 118 patients to the value of \$31,970.

### New Radiation Oncologist, Dr Gill Campbell

I originally completed my medical degree in Dundee, Scotland in 1991. I moved to New Zealand in 1992 and

worked at Christchurch Hospital and started my specialist Radiation Oncology training. In 1997 I moved to Sydney, Australia to complete my Radiation Oncology training in 1999 and then enjoyed a Fellowship at the British Columbia Cancer Agency in Vancouver.

After completing my fellowship I remained as a Consultant in Vancouver before returning to New Zealand in 2004. I have been



working at Auckland Hospital until May 2017 when I chose to relocate back to Christchurch. I am now working at Christchurch Hospital and at St George's Cancer Care. My areas of specialist interest are breast cancer, CNS (central nervous system) / neuro oncology and lymphoma.

I am lucky to have a delightful and supportive family with my husband and 2 boys. I returned to Christchurch to work with many of my colleagues who have remained friends over the years and to enjoy the wonderful, outdoor South Island lifestyle.

A secret not many people know about me is my wish to bring some humour into medicine. I attended a 7 day residential course with "Patch Adams" (the original clown doctor from the movie starring Robin Williams) in West Virginia, USA regarding the 'Art of Caring'. On my return I arranged funding for the Clown Doctors New Zealand (a Charitable Trust) to make regular visits to the Oncology Ward and Out Patient Department at Auckland Hospital – this has been very popular with patients and staff.

# Mindfulness is coming to St George's Cancer Care – The Glasson Centre

Planning is underway to hold mindfulness sessions at St George's Cancer Care. These will initially be held as part of a pilot Randomised Controlled Trial (RCT). The RCT will be comparing the effectiveness of mindfulness and exercise in improving physical symptoms and psychosocial factors in patients during or after their treatment for cancer.

Protocol, ethics applications and programme planning are underway.

Mindfulness is the ability to have "awareness of present moment experiences with a compassionate, nonjudgemental stance". Research has clearly demonstrated the efficacy of mindfulness with patients following treatment for cancer. Few studies have explored the benefits of mindfulness whilst having treatment. Numerous studies have demonstrated positive changes in levels of distress, anxiety and depression, fear of cancer recurrence, symptom burden, fatigue, coping and quality of life. These positive effects have been shown to be sustained over time after the mindfulness course has been completed. Studies are now also researching and identifying effects at a biological level looking at changes in immune functions, autonomic nervous system activity and telomere lengths.

Our study hopes to identify what amount of practice is required to still experience the benefits of mindfulness and its effectiveness with people both during and after their treatment for cancer.



"You can't stop the waves but you can learn to surf" Jon Kabat-Zinn

Once the study is complete, and time and space allowing, the hope it to continue to run mindfulness courses and drop-in sessions routinely as part of our ongoing support for our patients.

> Ginny Eggleston Clinical Psychologist

#### St George's Cancer Institute Newsletters

We trust you find the updates on St George's Cancer Care – The Glasson 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 St George's Cancer Care – The Glasson Centre and your support of the St George's Cancer Institute.

If you no longer wish to receive future newsletters, please tick ( $\checkmark$ ) 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.

#### **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:

Fundraising Coordinator, St George's Cancer Institute, Private Bag 4737, Christchurch 8140.

I will be paying by (tick appropriate)

Visa MasterCard Cheque Internet Banking	
Card no I I I I I I I Expiry Date I I Cvv	
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.	<b>-</b>
	Thank you
St George's Cancer Institute, St George's Hospital Inc., Private Bag 4737, Christchurch 8140, New Zealand DIRECTORS: Cilla Glasson (021 662 195), Rob Black (021 505 816), Chris Weir (021 832 988), Dr Andrew Laing (021 905 071); Dr Chris Atkinson (027 522 8447), Dr Chris Wynne (027 244 3963)	

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