



Cancer Care Associates

Incorporating



Northern Cancer Institute
Southside Cancer Care Centre
Riverina Cancer Care Centre

From the Chairman's desk ...

Hello everyone

In this Issue of our newsletter, we look back at some of the milestone achievements of 2015, share some of our vision for 2016 and introduce two of our exceptional and well respected Oncologists, Drs Phadke and Chaudhuri.



August 2015 saw the successful joint accreditation of our three Sydney-based centres; In September 2015 we became the first Centre in the world to trial a breast cancer study vaccine; and by December 2015, we had the honour and distinction of becoming the highest recruiting Centre for clinical trials in this study.

During 2016, the Riverina Cancer Care Centre will introduce a state-of-the-art superficial orthovoltage machine to treat skin cancer; The Southside Cancer Care Centre redevelopment will be completed soon and officially opened shortly thereafter; And our new Northern Beaches comprehensive cancer care Centre offering radiation oncology, in addition to our existing medical oncology service, is expected to be completed and actively treating patients.

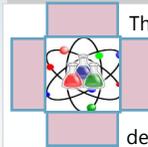
We plan to continue working with our local GPs and specialists to facilitate education, networking and information about the latest developments in cancer treatments and world-best practice protocols.

As always, thank you all for your support and continuing dedication to excellence. And a special thank you to our team of volunteers, without whom the cancer patient's journey would be all the more challenging.

Wishing you all the very best for the year ahead; and I look forward to our time together at the staff mid-year function on 23 July 2016.

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Clinical Trials



The last few months have seen our Innovations and clinical research team at Northern Cancer Institute, extremely busy with new and exiting clinical trials and protocol development.

These innovative studies, combined with new drugs accessible through our clinical trials, have seen an increase in referrals so much so that patients from all over Australia, New Zealand and internationally are coming to our centres for treatment. Although it is very sad to see patients with cancer, especially those with advanced disease, it is rewarding for our team to be able to offer treatment, which would otherwise not have been possible for the patient.

Our research and clinical trials program is attaining great success. For example, a patient was given a vaccine made from her tumour, is only one of three patients in the world to have received such a vaccine. For the breast study, NCI is most privileged to be the highest recruiting centre in Australia over the last six months. Presently there are seven patients participating in this study.

The Centre's outstanding reputation has resulted in NCI hosting two senior global research teams in recent weeks. There are exciting studies starting up, which will enable our centres to offer new treatment options, not otherwise available to patients.

GP Education

As part of our CME program, accredited by the Royal Australian College of General Practitioners, an Education Evening was held in late November 2015 at Frenchs Forest. Topics included, Leukaemia, Lymphoma, Diet & Exercise. Our specialist team of presenters were, Drs Naomi McKinlay, Chris Arthur and Lina Pugliano. The session was well attended with GP participants expressing high levels of satisfaction with presenters, topics and quality of information.

For details about 2016 sessions, visit our website: www.cancercare.com.au

Innovations / Dr Anupam Chaudhuri



The longstanding objective to offer patients faced with aggressive skin cancers, radiotherapy treatment using specialised radiotherapy equipment, will become a reality by early June 2016 at the Riverina Cancer Care Centre.

A first of its kind in Wagga Wagga, there is a well established benefit in using this technology, thanks to the outstanding clinical accuracy, and provision of a non-surgical alternative for treating primary Squamous Cell Carcinoma (SCC) and Basal Cell Carcinoma (BCC) skin lesions, and for sensitive areas of the head and neck. In addition to non-melanoma skin cancers of BCC's and SCC's, the clinical benefit also extends to Keloid scars, dermatological conditions and mycosis fungicides, complementing the excellent services rendered by the local GPs and skin cancer specialists at the Centre.

A champion of this technology is Riverina radiation oncologist, Dr Anupam Chaudhuri, who joined the Centre in 2013. Having completed his Specialist Radiation Oncology training in New Zealand, he then moved to St Vincent Hospital, Sydney and Cairns Base Hospital, before relocating to Wagga Wagga. He has a unique insight and understanding of Oncology, which benefits the patients at the Centre. He provides consultation outreach to Young Oncology on a monthly basis.

Save the Date



Event: CCA Family Mid-year Celebrations

Invited: Staff
Accredited doctors
Volunteers

Date: 23 July 2016

Time: 12:00pm

Place: Sydney

Note: Transport will be provided for all non-Sydney-based attendees.

Cancer Council NSW Events March – May

Sydney Morning Herald
Half Marathon Training ~ Until 15 May

Pink Ribbon Yoga ~ 1 March to 31 May

Relay for Life ~ April
Southern Highlands,
Orange, Shoalhaven Nowra,
Penrith, Lismore, Wee Waa,
& Eurobodalla

Cancer Doctor From History
MRI Pioneer Dr Richard Robert Ernst



Oncology would be working "blind" if it were not for diagnostic tools such as MRI scans, PET scans and CAT scans which locate and monitor tumors during the various therapies used to fight cancer. The next three Newsletter section of 'Cancer Doctor from history' stories will be devoted to the men who discovered and developed these remarkable adjuncts to cancer treatment. Firstly, it is the story of the MRI scan and its inventor Dr. Richard Ernst.

Dr Ernst was born in Winterthur, Switzerland on 14 August 1933, during the Great Depression. Winterthur was a famous musical town and young Ernst played the violoncello and tried his hand at composing whilst in high school. But it was the influence of his late uncle, who was a metallurgical engineer interested in chemistry, that eventually won the day and Ernst turned his mind full time to chemistry. To this end, he studied chemistry at the famous Swiss Federal Institute of Technology in Zurich gaining his Diploma in Chemistry in 1957 and his PhD in 1962. From 1963 to 1968 he worked in Palo Alto California as a research chemist. It was whilst working there in 1966 that he made the first of his two great discoveries namely, that the sensitivity of NMR spectroscopy could be dramatically improved by using short intense pulses instead of the usual slower radio wave frequencies. His second major contribution to the field of NMR spectroscopy was developing a technique whereby a high-resolution, "two-dimensional" study of much larger molecules was possible. The improvements in NMR spectroscopy enabled scientists and doctors to determine the three dimensional structure of organic and inorganic compounds such as seen with MRI imaging. For his work, he was awarded the Nobel Prize in chemistry in 1991 and also the Louisa Gross Horwitz Prize. The Bel Air Film Festival in 2009 featured the world premiere of a documentary on Dr Ernst entitled "Science Plus Dharma Equals Social Responsibility".

Dr Ernst is extremely interested and knowledgeable about Tibetan Buddhist Art, and has studied non-destructive methods of learning chemistry of the pigments that were used in their paintings. Presently, he is a Foreign Fellow of the Bangladesh Academy of Sciences. He was also elected Foreign Member of the Royal Society (ForMemRS) in 1993.

~Thank you Dr Phillip Norrie MBBS,MA,MSc,MSocSc [hons],PhD,MD for your contribution to this article.

Featured Doctor



Dr Kiran Phadke is a Medical Oncologist / Haematologist at the Southside Cancer Care Centre (SCCC). As a dedicated senior member of the team, he is focussed on developing and expanding the range of services on offer to our patients as well working to improve access to Shire in need of cancer care by calling on our staff who have a wealth of experience that includes theatre, ambulatory care, surgical and medical ward, psycho-social wellbeing, diet and complementary medicine as well as community service, which are put to good use for the benefit of patients and their families.

Kiran is a much loved and respected member of the professional team at SCCC. About his dedicated service to patients and the Centre, Nursing Unit Manager, Angela Whittingham says: "Kiran is an outstanding haematologist, renowned both nationally and internationally. He brings with him a wealth of knowledge and experience in cancer care. With his unique sense of empathetic care, he fosters instant connectivity with both patients and their families, through an instant understanding of their specific treatment needs and being responsive to their concerns, so much so that patients often travel past other Centres to have him attend to their care. He empowers the staff at the Centre, facilitates in-house training in haematology, in-service training in multiple myeloma and ongoing innovations in cancer care. In the public system he has raised much needed funds for Cancer treatment and research. He is truly an inspiration to all."

His hobbies include badminton, cricket and squash, and has represented his University in all three sports. Passionate about art and heritage, he is a member of the National Trust. For more information about Dr Phadke and his clinical achievements, please visit our website or follow the link herein <http://www.southsidecancercare.com.au/index.php/doctors-2/>

Featured Team members



Dr Bee Lim is the clinical psychologist at SCCC. She provides evidence-based individual and couples therapy for patients and their family members. Bee trained in New Zealand, and has worked across various clinical settings. She was involved with the Cancer Control and

Screening Research Group at the University of Otago-Wellington, examining the effect of comorbidity on care and cancer survival inequalities. Personal tragedy drew her into this field, when her grandfather passed away from metastatic lung cancer. She was only twelve years old, yet the unfortunate lack of cancer literacy, cultural beliefs surrounding cancer, and the impact of his cancer experience on her family inspired her to want to make a difference in the psychosocial care of patients and families affected by cancer. Originally from Malaysia, she speaks fluent Mandarin and a number of Chinese dialects. At the end of a working day she loves reading, relaxing, taking deep breaths, planning her next getaway, and cooking excruciatingly long and complicated meals.



Lauren Gladman is the dietician at SCCC. As an Accredited Practising Dietician, she provides individualised nutrition advice to patients about maintaining a stable weight to optimise treatment and control of symptoms such as nausea and dry, sore mouth. She graduated from UOW with a bachelor of nutrition and dietetics. Initially working at Sydney Children's Hospital, and then at St George Public Hospital, Lauren travelled through Europe and worked as an intensive care and adolescent oncology dietician at University College London Hospital. As Clinical dietician for ten years, she has worked in most areas of medicine and undertaken research and supervision. Her most memorable patient has been Sophie Delezio, and she wrote a chapter in a book which was published in Sophie's honour. The most challenging patients were premature Siamese twins. She likes photography, cooking and to cook with Jamie Oliver one day. She says "My children (Isla, 3 & Finn, 1) are my joy and help me relax at the end of the work day, both love eating, drawing and painting, so I am often wielding a washer hoping to prevent total chaos".



Natalie Breasley is the new CCA team Quality Assurance Coordinator. She joins us with over six years of experience in quality management, continuous improvement and Work Health and Safety. She says: "QUALITY begins with the letter Q, but it must be followed by U!" As part of continuous improvement at CCA, Natalie has been instrumental in introducing interactive and easy to complete Forms which will minimise paper consumption. About her passion for the role, she highlights her attributes of bare boning a problem and then resetting to a best fit solution. She says "These traits are fundamental in the quality field." Of mixed heritage, her father is from Sri Lanka and her mother from Holland. Her personal life is devoted to Quality time with her husband and family, and rescued "furdids", her staffie Deedee and horse Lightening.

Community Spirit



As well as our valued regular volunteers at Frenchs Forest, who look after the patients so well, offering a cuppa, blanket and listening ear, NCI has established links with local high school, Saint Augustine's College. Over the last year we have supported the College's Community Service Programme for senior boys. The patients have enjoyed having these young people in the unit from time to time, working alongside our regular volunteers and the boys have found their time here to be a valuable experience. The boys, have helped in other ways, including decorating the unit with Christmas cheer during the lead up to the festive season. Also they had a fundraiser at their school for the Northern Cancer Institute patients and recently presented us with \$500 which will go towards items to enhance patient comfort. Wheat packs will be replaced and a new digital tablet for patient education will be purchased. We are truly grateful for their ongoing dedication and service.