

PANORAMA

AUTUMN/WINTER 2018



A Day at the Races,
(previously the Festival of Fashion),
is back for its third year at Caulfield
Racecourse. We are also delighted to
welcome back Michael and
Jacqueline Felgate as
MC's with host, Georgia Love,
National Ambassador for Pancare.

A DAY
AT THE RACES

When: Saturday 12th May 11.30am - 5.00pm

Where: Caulfield Racecourse Committee Room

Your ticket includes: entry to Caulfield Racecourse and the exclusive Committee Room with viewing area of the final straight, drinks and canapes on arrival, 3 course sit down gourmet luncheon, 5 hour premium beverage package, complimentary parking, 9 horse races on the day, Punters Club, charity auction, plus much more.

Cost: Tables of 10 for \$3,500, individual tickets for \$350

To book your table please call Tami or Sarah on 1300 881 698
or email events@pancare.org.au

SENATE SELECT COMMITTEE REPORT RELEASED

Over the past 12 months we have been keeping you up to date on the progress of the Select Committee into Funding for Research into Cancers with Low Survival Rates.

We have actively participated in the inquiry, presenting a very strong case for increased funding for pancreatic cancer research.

In late November 2017, 25 key recommendations were published calling for the Federal Government to prioritise research into cancers with low survival rates. The inquiry recognised pancreatic cancer as one of the low survival cancers.

There were also calls for a comprehensive Australia-wide strategy to increase five-year survival rates for low survival rate cancers to above 50% by 2027. We will work on your behalf as a member of the Australian Pancreatic Alliance to lobby the government to take on the recommendations made by the Senate Select Committee.

Continued page 2





FROM THE CEO

I hope you enjoy this edition of Panorama and find it both informative and inspiring.

We were excited to hear that the Federal Government has approved \$26 million in funding for clinical trials in an effort to improve survival rates for rare cancers including pancreatic, liver, biliary and oesophageal cancer.

We look forward to a future where by 2027, 5 year survival rates for low survival cancers have risen to above 50%.

We are positive that through research into novel therapies and further advances in early detection screening (page 8) that patients can live longer and with quality of life.

It's because of you and your ongoing generosity and support that we are able to help fund such programs and continue with our community care initiatives like those detailed on page 4.

For inspiration look no further than our 2018 fundraising events such as our 'Walk for Hope' and 'A Day at the Races', both in May. Also with the recent launch of the 'China Trek' we are breaking new ground both literally and figuratively!

We hope you will take part in one of these activities or if we have inspired you to hold a fundraising event of your own please get in touch with our team for any guidance and support you might need.

We look forward to continuing to advocate on the behalf of all patients and carers, support change and increase survival.

Warm regards,

Barry Westhorpe
CEO, Pancare



Senate Select Committee Report continued:

Here's a snapshot of some of the key report recommendations.

Data:

Recommendations included establishing a national biobank of tumour samples for low survival cancers, addressing barriers to data collection and expanding the Australian Cancer Database to include all cancers.

Drugs and treatment:

It was recommended that the Australian Government ensure funding is available to researchers investigating whether existing drugs may be suitable for treating low survival rate cancers and that patients with low survival cancers who have no further treatment options have access to off-label drugs on compassionate grounds.

Clinical trials:

The committee recommends that the Australian Government improve access to international clinical trials for people with low survival cancers,

by reducing financial barriers and developing existing research capacity for international collaboration on trials.

It was also recommended that access to specialist cancer care coordinators or nurses for patients with low survival rate cancers be improved in every state and territory, allowing for more consistent treatment.

Communications:

The committee recommends that the Australian Government undertakes activities targeted at increasing public awareness, with the objective of reducing the amount of time taken to detect and diagnose low survival rate cancers.

It is clear from this report that low survival cancers are being highlighted as a key area of focus, recommendations very much welcomed by the Pancare Foundation and ones in which we will actively be involved.



Hope is
passion
for what
is possible

PANCARE FOUNDATION WALK for HOPE



We are delighted to announce our inaugural Walk for Hope – women's 5km walk/run. You can take part as an individual or as a team. On the day, Georgia Love, National Ambassador for Pancare will start the event so get together with your family and friends and take part.

There will be entertainment and refreshments at the finish line for friends and family to celebrate your walk/run with you.

Registrations are now open, and the first 400 people to register will receive a Forever New Walk for Hope t-shirt valued at \$29.95.

Walk for Hope will be a day that unites survivors, patients and supporters – to celebrate, support and inspire. So why not pull on your trainers and join the fight against pancreatic cancer.

Venue: Princes Park, Carlton North

Date: Sunday 27th May

Registration Open: 7.30am

Start: 9.00am

REGISTER NOW
walkforhope.gofundraise.com.au

Proudly Sponsored By
FOREVER NEW



SPLASH OF PURPLE LADIES LUNCH

4Women4Pancare – Kerri, Patsy, Janet and Helen – care deeply about patients and carers. Last year's Splash of Purple Ladies Lunch was sold out. 4Women4Pancare invite you to save the date for this year:

Saturday 15th September
at the Abbotsford Convent.
12.00pm – 4.00pm

Featuring a delicious 3 course lunch, inspirational speeches, and a glass or two of fine wine, so get together with your friends for a wonderful day out.

Ticket bookings will open in July but please email events@pancare.org.au to register your interest and receive advance ticket information.



Pancare's
Great Wall
TREK 2019

Take on an epic adventure and trek the Great Wall of China in 2019.

We are excited to announce our inaugural overseas trek. A fundraising experience such as this is a fantastic way to challenge yourself and help raise vital funds for research.

As part of this adventure you'll explore the many facets of the Great Wall, and travel through history to the very heart of China's ancient culture. You'll trek between mist-covered mountains, into local villages, across rolling farmlands and through dense forest. You'll make new friends and memories that will last a lifetime. For more information or to register your interest now – visit

www.inspiredadventures.com.au/events/Pancare-China-2019



"As we get older more things can start to happen and get thrown at you so it's important to be supported during this and to be a support for others"

Thelma,
Support Group
attendee

Support FOR THOSE WHO NEED IT MOST

Did you know that we offer support for patients and their families from the point of diagnosis through to recovery and bereavement? As part of this we can connect patients and carers with telephone cancer support groups, no matter where they live in Australia.

We also have patient support groups that meet in Melbourne & Adelaide each month. These groups often have a guest speaker and provide an opportunity for patients and carers to come together with others and share their experiences and get practical advice.

Both groups meet in the 3rd week of the month. For more information please call 1300 881 698, email support@pancare.org.au or visit pancare.org.au.



YOUR CARE IN ACTION

When you support Pancare you support patients, carers and families who have been affected by the diagnosis of pancreatic or an upper gastrointestinal cancer. As part of our Community Care Program your support also helps us provide assistance to those experiencing financial difficulties. A reimbursement or allocation of funds can be provided to approved patients and carers to assist with the cost of travel and accommodation, medical needs or household expenses. This support lets a family know they are not alone in their fight.

Sonia Mursec, our Patient Services Coordinator, manages this assistance and finds this part of her role very rewarding. She explains:

"In the past 12 months we have provided patients with assistance for hospital bills and diagnostic scans, to help them afford to continue with their treatment. It's tremendously rewarding to help in such a way, and this program is only possible thanks to the generous donations from supporters".

Funds are awarded on a case by case basis. Please contact Sonia for a confidential discussion on 1300 881 698 or email support@pancare.org.au.

HOW IMPORTANT IS Diet?

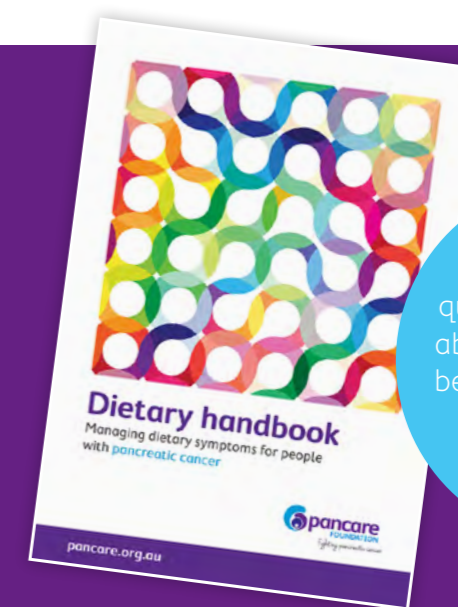
People with pancreatic cancer can often struggle to maintain their weight or lose weight when they don't want to. The treatments and their side effects can also make it hard to get enough nutrition. Maintaining a healthy weight, and a complete, nutritionally balanced diet are important for everyone.

However, three things are particularly important:

- Energy to provide fuel for the body, and help you to gain weight and be healthy
- Proteins to build and repair the cells in your body
- Vitamins and minerals for the body to use with other nutrients so your body can function at its best.

To help patients manage their nutrition during their cancer journey we have recently released a dietary handbook thanks to funding from Boston Scientific and Medtronic.

Contact us for your own copy at info@pancare.org.au or 1300 881 698. You can also download a copy from our website at pancare.org.au.



Symptoms, questions or concerns about diet should also be discussed with your Dietitian as soon as possible.



EXERCISE DURING CANCER TREATMENT

We all know how good exercise is for us, and Accredited Exercise Physiologist Dale Ishia recently presented at our Patient Support Group on how exercise can help during pancreatic cancer treatment.

"Exercise can stop, or even reverse the decline of function and energy that commonly occurs with cancer and its treatment. Improving strength, cardiovascular fitness, balance and mobility are imperative to a full quality of life. Cancer related fatigue is one of the most debilitating side effects of cancer treatment. The most effective treatment of cancer related fatigue is exercise. Exercise also helps improve tolerance to treatment and the effectiveness of treatment."

Notes from Dale's presentation, including where to start, how to progress, when to stop, how much to do are available on our website pancare.org.au/support/support-groups or email info@pancare.org.au and we can send you a copy.



FESTIVAL OF SPORTS

On Friday 24th November 2017, we held our 3rd annual Festival of Sports in the Olympic Room at the iconic MCG. Hosted by Sandy Roberts, the event saw 340 guests join together to enjoy an afternoon of sports panels, fine dining and great company.

Guests were treated to a rare insight into the world of AFL, with Premiership player Bachar Houli joining coach Rodney Eade to speak candidly about their experiences on and off the playing field. Renowned trainer Darren Weir then took to the stage with champion jockey Stephen Baster to discuss the latest in racing. International cycling commentator Matthew Keenan then took to the stage and enlightened the room with his engaging and often amusing anecdotes from his time spent on the cycling circuit.

We are also grateful to Damien Woodruff, supported by wife Kerri, for sharing their journey with pancreatic cancer.

Their inspiring words conveyed a message of hope, of living each day to the fullest and never giving up.

Thank you to everyone who attended or purchased a raffle ticket or auction item helping raise \$250,000!

We are excited to announce that this year's Festival of Sports will be held on **Friday 23rd Nov 2018.** So mark your diary today!

Our Ambassadors, Georgia Love and Henry Nicholson also took to the stage to share their individual experiences, having both lost their mothers recently to pancreatic cancer.

We also wish to thank our two wonderful auctioneers, James Tierney and Jonathon Spence from the RMA Network, who entertained guests with a fast paced and successful auction.

Congratulations also to our lucky winner of the 'Win a Jayco' Camper Trailer raffle, Rod Harvey. We wish to thank our Major Sponsors, Budget and Recycal, along with Auction Sponsors Treasury Wine Estates, Rosemont Stud, Vinery Stud, Ian Curley from French Saloon, Saffire Freycinet and MRC Foundation for their generous support. Special thanks also to Doug Rowe and David Trussler, Pancare Board Members, whose tireless efforts ensured the day was a success.



WORLD PANCREATIC CANCER DAY

Thank you to everyone for participating in World Pancreatic Cancer Day 2017. You helped light up Australia purple and created awareness for the world's toughest cancer.

Pancare is a member of the World Pancreatic Cancer Coalition and we came together with other like-minded organisations to create a strong, united voice. From buildings lighting up purple around the globe, to patients sharing their stories and research news in the media, pancreatic cancer was very much in the spotlight. We came together to

DEMAND BETTER. FOR PATIENTS. FOR SURVIVAL.

For others in our community it was a time to colour your hair purple, bake purple cupcakes or sell merchandise to support Pancare. Thank you to everyone who got involved to help spread the message and raise funds.

Don't miss your opportunity to get involved this year -

Thursday 15th November 2018 is World Pancreatic Cancer Day.

THE IMPACT OF OUR RESEARCH – Thanks to your support!

Dr Mehrdad Nikfarjam, Surgeon, Associate Professor and Founder of Pancare is involved in novel therapy pancreatic cancer research study in conjunction with other researchers from the University of Melbourne and the Austin Health Department of Surgery.

The team have been investigating therapies for the most common and most deadly form of pancreatic cancer, pancreatic ductal adenocarcinoma - known as PDA. Pancreatic cancers are divided into two main groups, exocrine and endocrine/ neuroendocrine. Exocrine tumours start in pancreas exocrine cells, where enzymes which help digest food are made. About 95% of pancreatic cancers, including PDA, are exocrine tumours.

Immunotherapy appears to be ineffective on PDA due to its unique immune-suppressive features. It is usually treated with gemcitabine-based chemotherapy, which has slightly increased survival rates.

The Melbourne study, published in the International Journal of Oncology found that this could be further improved by manipulating the body's immune systems to enhance its response to chemotherapy.

"We showed that these inhibitors improve the effectiveness of chemotherapy, and part of the improvement may be through stimulating the patient's own immune system to fight the cancer."

Mehrdad hopes the latest findings will lead to more effective pancreatic cancer treatment and possibly benefit patients who have other solid tumors with certain mutation types, such as colorectal cancers. He says more research is urgently needed to build on the results. "Improvements in treatments are needed," he says. "The use of PAK inhibitors appears in animal models to improve the response of chemotherapy through multiple mechanisms of action. We now need to further investigate this potential."

Thank you to Peter Arvanitis (Arvanitis Philanthropy) and his family for their generous three-year commitment to our research program.

If you would like to donate to support our research program please contact Tami McMahon, Director, Fundraising & Development on 1300 881 698 or email tami.mcmahon@pancare.org.au.

* Thank you to Cheryl Critchley and Melbourne University publication "Pursuit" for allowing us to use parts of their article.

Early DETECTION IS KEY

Patients with a strong family history of pancreatic cancer (2 or more close relatives) or with specific genetic conditions associated with an increased risk of cancer are eligible to screening as part of a research study. The Austin Hospital in Victoria and St Vincent's Hospital in NSW are the only centres in Australia with a formal ethically approved pancreatic cancer screening program, that is supported by Pancare Foundation.

The screening involves blood tests and annual endoscopic ultrasound examinations. In Victoria we are currently screening approximately 90 individuals, using this method, with another 18 patients waiting to begin.

An early tumour was detected in one of these patients who had been followed-up for more than 12 months. Ideally, our aim is to develop methods to identify patients at highest risk of developing pancreatic cancer (those with high-risk pre-cancerous changes in the pancreas) or identify very early cancers at a time when surgery has a much better chance.



Dr Mehrdad Nikfarjam performing surgery on first pancreatic cancer screening patient in Victoria

The screening program lasts 5 years for each participant with an annual follow up. The first patients enrolled in 2013 will be completing follow up later this year.

In New South Wales 108 people are currently involved in the screening. Carmel, who joined the trial site lost her father, grandmother and great-aunt to pancreatic cancer. With two children of her own, Carmel was found to have a cyst on her pancreas which is being closely monitored.

"It doesn't worry me anymore because I know that I'm in a good position and if I was to develop it they would catch it very, very early, so I consider myself very lucky", says Carmel.

Thanks to a generous benefactor for donating half of the funds needed for the Victorian Screening program. With this gift and through the wonderful fundraising efforts of supporters we can continue to fund the Familial Screening programs in 2018.

Thank you!

If you are interested to know more information about the screening program please contact us at: support@pancare.org.au or visit <https://www.pancare.org.au/research/research-we-support/>

A legacy that lives on.

A gift in your will is a wonderful way to ensure that your generosity continues to make a significant difference beyond your lifetime. Your gift will provide funding for research to find a cure and to support patients and their families affected by pancreatic and upper GI cancers.

For more information on making a bequest, contact Tami McMahon, Director, Fundraising & Development on 1300 881 698 or email tami.mcmahon@pancare.org.au

REMEMBERING PANCREATIC
IN YOUR WILL

Share your story with us

We are seeking stories for the Pancare website about people who have been or are currently affected by pancreatic or upper gastrointestinal cancers. Do you have a method for battling pain associated with chemotherapy? Do you have any tips for staying mentally healthy during your treatment? If so, we'd love to hear from you!

Send your stories to us by emailing info@pancare.org.au



Ron's Journey

On the 17th December 2011 Ararat resident Ron Gibson knew something wasn't right. He had been experiencing abdominal pain so severe, that he decided to sleep in the spare room so his wife Jan could get a good night's sleep. When the pain didn't improve, further investigation revealed a 5cm neuroendocrine tumor in his pancreas.

The local doctor referred Ron to a surgeon in Ballarat who then referred Ron to a specialist in Melbourne. 'He told me it wasn't looking good and there was nothing they could do for me' Ron said, 'the doctor said I may have only six to twelve months left of life'. However, the next day Ron received a call from the surgeon, 'he said he had a meeting with his team and they were going to operate, we couldn't believe it'.

Family life was suddenly turned upside down, with constant trips to Melbourne so Ron could receive the best possible treatment while trying to maintain work and family life balance.

However, it has all been worth it, with Ron now one of the 7% of pancreatic cancer patients who survive past 5 years. Cheerful and easygoing Ron is keeping well and is always keen to help raise awareness.



SURVIVORS & CARERS NETWORK

We are establishing a national Survivors & Carers Network and if you would like to be a part of the network or to know more please contact support@pancare.org.au or call 1300 881 698. We welcome the input from Survivors and Carers into what you want from the network and how we can further support you.



BECOME A PANCREATIC PARTNER

Research is the only way to find the breakthroughs that will transform the future for people with pancreatic cancer and you can help increase the number of those who survive past 5 years by donating today or by setting up a monthly donation of just \$10 a month.

To donate go to pancare.org.au or call 1300 881 698.

SPOTLIGHT ON SOME OF OUR Community Champions

ROMAE MUGGLETON - In Memory of Michelle

Dedicated and passionate doesn't do Romae justice in her mission to raise funds for research. Over the past two years Romae and her team have raised an incredible \$27,000. Heartfelt thanks go to the community of Manning Valley, Three Macmille Pastoral company, and Kevin Bakewell for supporting Romae.



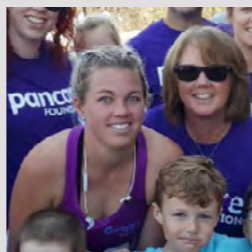
BODY VISION - Night Market

As part of Body Vision Gym's 3rd birthday celebrations, they hosted a Market Night. The event featured market stalls, guest speakers, dance performances, fashion parade, raffle and a silent auction. Thank you to the organising committee led by Michelle Noisette and to Gym owner Michelle Agostini for putting your heart and soul into creating such a memorable evening, which raised a staggering \$16,645.



STACEE STALEY - Melbourne Marathon 2017

Stacee was determined from the outset to raise vital funds to support research, upon her father-in-law's diagnosis with pancreatic cancer. Stacee completed the Melbourne Half Marathon in October 2017 having actively fundraised in her local community and with their tremendous support raised \$15,386. Showing that location doesn't get in the way of dedication, Stacee lives on the family dairy farm with three young boys – an amazing and dedicated woman.



NICK LUCE - Tasmanian Trail Bike Ride

Nick set himself a challenge – to ride his bike from Donvale, Victoria to Hobart, Tasmania following the Tasmanian Trail in December 2017, raising funds to support research. After months of fundraising, Nick's journey began, taking in the stunning sights of the rugged Tasmanian countryside, meeting some characters along the way and raising \$4,405! Thanks Nick for your passion and enthusiasm.

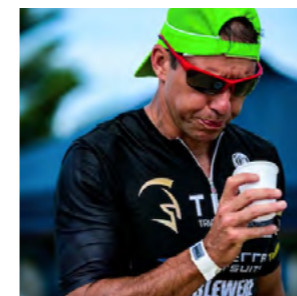


CAM ONG - Pancakes for Pancare

Cam Ong and her extended family, hosted a Pancakes for Pancare event at the Blackburn Scout Hall in November 2017 which raised a fantastic \$9,603. It was a morning of delicious pancakes, coffee, music, dance and children's activities. The event was held in honour of Cam's father who passed away 28 days after diagnosis.



OUR AMAZING FUNDRAISERS



Andrew Gill
The Ride 2K17



Carmine Vescio
Northern Beaches Muscle Car Show



Demi Snowden
RMIT Nursing Ball



Ebony Centazzo
Santa Cat Photo Fundraiser



Hannah Stanford & Bailey
Online Campaign



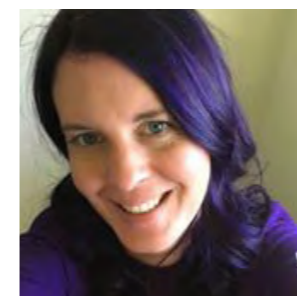
Jacob Doyle
Head Shave



Kelly Stevenson
Busselton Ironman



Kylie Crookall
Fundraising Dinner



Phoebe Waldron
Coloured Hair Purple



Sarah Matthews & Luke Alcock
Cole Classic 2018



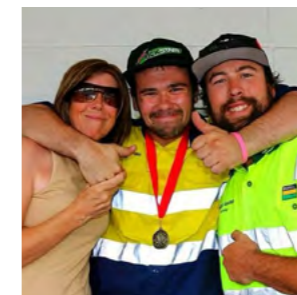
Seaforth Football
Tribute Football Game



Ted Cross
Raid Arnhem 2017



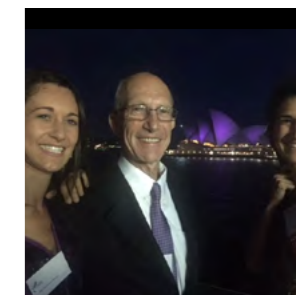
Toneya Bennett
Futsal Gala Day



Vicky Brown and sons
Slideways GoKarting Day



Neville Spielvogel
Paint n' Powder Christmas Campaign



Katherine and Stephanie with their father Joseph
Opera House light up

FUNDRAISE FOR US

By raising funds you will help us invest in world-leading research and provide support for patients and carers. From a sausage sizzle at your local footy club, to a movie night in with your friends, a head shave or a fun run – the ideas are endless. We only request that you have fun!

To fundraise for us call Sarah Collings, Community Fundraising Manager on 1300 881 698 or email sarah.collings@pancare.org.au

THANK YOU!

We are honored to have so many dedicated and passionate fundraisers go above and beyond for us. We wish to thank everyone for their tremendous support, you play such a crucial role in helping us continue to assist those affected by pancreatic and upper gastrointestinal cancers. Last year you helped us raise \$190,000 and this year your efforts will raise over \$250,000.

CORPORATE SUPPORT



KMS FINANCIAL SOLUTIONS AND THE COUNT CHARITABLE FOUNDATION

In the spirit of giving back, the team at KMS Financial Solutions chose to support a cause very close to their hearts. They hosted a Purple Picnic in the Park on Thursday 30th November and it proved a great opportunity for staff and clients to come together for a purple themed picnic. Their charitable arm, The Count Charitable Foundation then matched the amount raised taking the total to over \$12,000! Thank you to KMS Financial Solutions and to everyone who donated.



TRAVELEAGUE

TravelLeague Christmas Luncheon was held at Crown Palladium for 850 guests from the travel industry, and Pancare were delighted to be chosen as their Charity of Choice.

We'd like to thank Robyn Woodruff for nominating us, Natalie Dunne for sharing her cancer journey and sincere appreciation to Matthew Fleming and Craig Hunt the event organisers.

MAKE PANCARE YOUR CHARITY OF CHOICE

Want to make even more of a difference? It's easy for your company to support Pancare by holding a fundraising event or activity. Go purple, hold a casual dress day or bake sale and encourage staff to participate - a simple way to make a huge difference to the lives of people living with cancer.

Remember there are lots of other ways your company can get involved. Some easy ways to partner with us include:

- Corporate partnerships – both financial and in-kind
- Event engagement/participation/sponsorship
- Workplace giving and matched giving
- Cause related marketing.

Our team is here to help you every step of the way, so please don't hesitate to get in touch with us.
Contact us on 1300 881 698 or at fundraising@pancare.org.au

Join the mailing list

Would you like to hear the latest news about research, upcoming community events and inspirational patient and carer stories? Simply subscribe to our email list.

To subscribe visit pancare.org.au

48 Bell St, Heidelberg Heights VIC 3081 info@pancare.org.au 1300 881 698.


taking up the challenge