

THE Daffodil

STORIES OF YOUR SUPPORT

Thank you for saving Jess's life.

For mum of two Jess, there has never been a doubt that research saved her life.

We shared Jess's story with you recently. A story that, thanks to advances in cancer research that you help fund, had a positive outcome.

Jess's greatest fear was leaving her kids without a mother. Thankfully, she never had to face that fear because cancer research helped her survive and be there to watch her young children grow up.

Research that is only possible because of the generous support of South Australians like you.

Read more on page 2.

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Thanks to your generosity, we are so pleased to report that Jess's Appeal raised an incredible \$117,229!

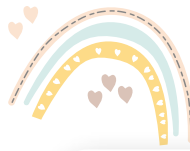
Every dollar raised will help support more women, more mothers, more families and more people to access new and better treatments, live beyond cancer and make the most of every day. Just like Jess:

"I don't look at cancer as a bad thing. It has made me fitter and healthier than before and stronger than I was—I can take on anything thrown at me. Mostly, I feel relief. Relief that I don't have to put the kids through losing a parent young. More than anything it's a relief that I've come through it all to be there for them and hopefully won't have to go through it again. I thank my life for research, research that gives women like me a chance to fight and live longer." - Jess

The generosity you show through every gift you give is truly making a difference by saving and changing lives of real people just like Jess by funding the research needed to keep making new discoveries that will lead to better outcomes.



Jess and her family, just before she discovered she had breast cancer.



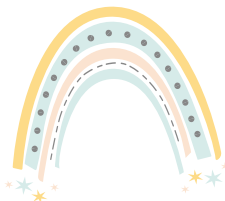
Jess in hospital for treatment with Molly and Hendrix.



Jess undergoing chemotherapy with her husband Phil by her side.



If you or someone you know has been impacted by cancer and is looking for information and support, call **Cancer Council 13 11 20** to speak to an experienced cancer nurse. **Cancer Council 13 11 20 is open Monday to Friday, 9.00 am – 5.00 pm.**



OUR Daffodil COMMUNITY

When it comes to supporting South Australians affected by cancer you, our wonderful community, comes together in many ways. From hair shaving, delicious morning teas and regional community groups, here is a snapshot of the ways you have made a difference in 2021.



The incredible and brave Seacliff Sevens.

Seacliff Sevens Shave

In June, a number of year seven students at Seacliff Primary School made a hairy sacrifice for cancer. The students committed to shaving their heads or chopping off their ponytails to show their support for staff member Cathy, who lost her grandson Charlie to leukaemia earlier this year, days after his third birthday. The team of teachers, boys and girls raised an incredible \$32,084, exceeding their goal of \$10,000. For Cathy, the schools support means a lot: ***“I think it is amazing that so many students and teachers are prepared to put themselves out to raise money for cancer research. There is not enough money for research, especially in childhood cancers.”***

Four decades of support

After an incredible 41 years supporting people affected by cancer in their local community and Cancer Council SA’s Lodges, Sunraysia Cancer Support Group has come to an end, not before giving one last generous gift to those travelling to and staying in Adelaide for cancer treatment.

The closure of the group comes after the sudden and unexpected loss of group Secretary/Treasurer Jan Innes to cancer.

Over the years, the group has donated an astounding \$39,116.55 to Cancer Council SA’s Lodges, and we are so grateful to receive one final donation from the group as they close.

“In winding up, we have the pleasure in presenting a cheque for \$3,000 which will be our last donation to your wonderful facility. You have helped and supported many people from our area over the years and we wish you well in the future.” - Jenny Gledhill

Thank you to all the members and supporters of the Sunraysia Cancer Support Group for your incredible generosity .



Sahra and her dad.

Sahra’s cuppa for a cause

In May, 24-year-old Sahra Felice hosted her first Australia’s Biggest Morning Tea in honour of her dad. Sahra’s dad lost his life in January to Mesothelioma—a rare and deadly cancer caused by asbestos exposure. Her event was held at her workplace on 31 May, with the whole office taking part by baking something to bring in and donating to help Sahra ***“raise as much as possible to contribute and help others who are suffering.”*** All up, Sahra’s morning tea raised \$2,398 for a future free from cancer.

Well done Sahra!

There are so many ways you can get involved and show your support for South Australians affected by cancer. Visit: cancersa.org.au/get-involved

Thank you for helping women like Bianca survive aggressive breast cancer.

Being diagnosed with breast cancer comes as a shock for many, but especially for Bianca. She was young—just 20 years old—when she was told she had aggressive and rapidly spreading triple negative breast cancer. With “no time to waste”, Bianca started chemotherapy. Thanks to advances in cancer research, funded by South Australians like you, Bianca was lucky.

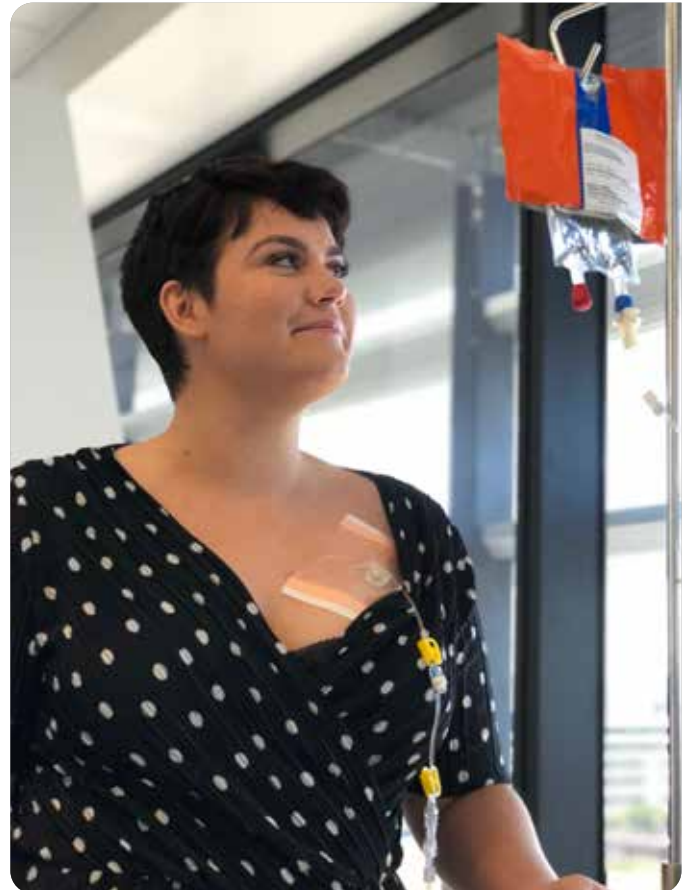
But this isn't the case for many women who are diagnosed with aggressive breast cancer like Bianca's, which is why your help to power future research breakthroughs is so important.

In the most aggressive forms of breast cancer like Bianca's, traditional targeted treatments have not been effective.

Bianca's treatment was successful but it was tough. She had an allergic reaction to chemotherapy and endured 30 rounds of “horrendous” radiation treatment in 30 days.

With lives like Bianca's dependent on new discoveries in treatment—like those being made by Associate Professor Alexander Swarbrick—there's never a moment to waste. Having support like yours isn't just something we're grateful for, it's the key to progressing cancer research and saving more lives.

“Your kindness means more than you could really know for those who have gone through cancer. It's continuing to support others who are going to go through this, and it's hopefully going to allow us to have a cancer free world one day.” - Bianca



Bianca looking to the future now that cancer is behind her.

Your incredible kindness has already helped deliver countless research breakthroughs, helping more South Australians survive a cancer diagnosis. You are ensuring that today, tomorrow, and every day, we are working towards a cancer free future.

By making a donation to Bianca's Daffodil Day Appeal by 27 August, you can ensure cancer research does not slow down.

We can't do it without you.



How you're powering cancer research breakthroughs.

Developing new immunotherapy strategies for metastatic breast cancer

ASSOCIATE PROFESSOR ALEXANDER SWARBRICK

Thanks to support like yours, cancer research has delivered incredible breakthroughs for breast cancer treatment with five-year survival rates now reaching 91 per cent. But, tragically, advanced breast cancer—which is breast cancer that has spread—still poses a huge challenge for doctors and patients with more than 3,000 Australian women losing their life every year.

But Associate Professor Alexander Swarbrick and his team believe their research could provide a breakthrough.

Immunotherapy is revolutionising cancer treatment, particularly for diseases such as melanoma, however, it is yet to make a substantial impact on the management of other deadly cancers such as advanced breast cancer.

It's something A/Prof Swarbrick and his team hope to change, with early studies showing some promising insights.

“Our study aims to develop new immunotherapy strategies for metastatic breast cancer, thereby reducing the mortality of this disease.

“We've analysed individual cells in patient tumour samples to gain unprecedented insights into what makes up a tumour, allowing us to identify subtypes of cells and investigate their role in disease.

“This is significant because immunotherapy—which is designed to activate the patient's immune system against a tumour—has limited response in many patients with triple negative breast cancer.

“If the cancer is suppressing the immune response in triple negative breast cancer, and we can stop this, the immune system is more likely to attack the cancer.

“This research is showing us that what we once thought of as one cell type is in reality a diversity of cell types, which will have a significant impact on how we tailor treatments in future.”

This discovery could be a game-changer for the most aggressive breast cancer types, like Bianca's, where survival rates are lower.

From the moment of diagnosis, every person with cancer faces a race against time. So too do the talented researchers who are working hard to deliver more effective treatments.

But with your support, better treatments can be discovered sooner.

Your incredible kindness has helped to deliver many research breakthroughs. Women like Bianca are still alive today thanks to the research that you have made possible.



Associate Professor
Alexander Swarbrick

You are helping create a home for every South Australian.

It's an exciting time for our new, integrated cancer building at 202 Greenhill Road, Eastwood with work now well underway! Here's the latest update on what your support is making possible.

Bringing together Cancer Council SA's research, prevention and support programs alongside 120 rooms of supportive accommodation for regional and remote South Australians travelling to Adelaide for cancer treatment, our building will be the home for every South Australian impacted by cancer.

We are excited to share with you the progress of the build, which is expected to be completed by mid 2022.

In March, Cancer Council SA Board Chair The Hon Karlene Maywald and Chief Executive Lincoln Size joined with Premier Steven Marshall to turn

the first sod. This was an exciting milestone for the project and marked the official start of construction for the new building. Work on the building is progressing well, with the piling completed in April and the slab poured in June.

Our existing Lodge sites at Greenhill Road and Dequetteville Terrace have gone up for sale, with the proceeds helping to fund this exciting new project. Once sold, the properties will be leased back by Cancer Council SA for a 14–18-month period, ensuring no disruption to services for regional and remote South Australians travelling to Adelaide for cancer treatment.

“Through your generosity, we are able to make this visionary new project a reality and give every South Australian impacted by cancer every chance.”

- The Hon Karlene Maywald



Cancer Council SA Chief Executive Lincoln Size, Cancer Council SA Board Chair The Hon Karlene Maywald and SA Premier Steven Marshall turning the first sod at the new building.

Remember, you can also stay up to date via the building website at 202greenhill.com.au and cancersa.org.au.



Scott and his mum Dee.

Scott and Dee say thank you.

Both Scott and his mum Dee know first-hand how much Cancer Council SA's supportive accommodation matters to regional South Australians travelling to Adelaide for cancer treatment.

When Scott's life was turned upside down by brain cancer, he was able to count on Cancer Council SA's Lodges, not only as a home away from home, but also as a place to be around people who understood what he was going through.

Scott was rushed from his home in Mount Gambier to Adelaide twice, once for urgent surgery, and a second time for intensive chemotherapy and radiation treatment.

Scott remembers: *"I had some family that I was able to stay with but chose to spend every second week at Cancer Council SA's Greenhill Lodge. I just needed to be around people who understood what it was like."*

For Scott, the Lodge was more than just a bed to sleep in.

"They'd thought of everything—it's amazing what they do there. I knew I could be driven to and from appointments. I could even do some cooking when I felt up to it."

Now three and a half years on from his initial diagnosis, Scott is living every day to the fullest and remains truly grateful for the support he received while staying at Cancer Council SA's Greenhill Lodge.

By supporting this once in a generation project, you will enable us to bring together our accommodation, research, prevention and support services in one location to give every South Australian impacted by cancer every chance.

Read more of Scott and Dee's story at 202greenhill.com.au/your-impact



Unlocking the answers to a future free from cancer.

Research is key to helping us find new ways to better detect, treat and live beyond cancer, and, thanks to your investment in research, amazing advancements have been made over the past 20 years.

Over the past two decades, cancer research has helped create significant improvements in cancer prevention, early detection, screening and treatment, improvements that have only been possible because of you, our supporters, who help us fund our state's leading researchers.

Thanks to you research has led to:



More people surviving cancer.

Between 1986-1990 and 2011-2015, the five-year relative survival for all cancers combined increased by almost 20 per cent.



Reduced smoking rates saving thousands of lives.

In 2018, South Australians smoking prevalence was 12.7 per cent, reflecting a downward trend in the state since 2010 (20.5 per cent).



Screening programs saving lives.

Studies have found improvements in cancers where we have national screening programs, which play a major role in reducing the incidence and mortality rates.



Improved cancer treatments leading to better outcomes.

In Australia, we have seen various improvements in earlier interventions and cancer treatments and the development of tailored and targeted therapies, which have extended survival and saved lives.



Significantly fewer deaths for most cancers.

The number of deaths for most cancer types have declined, including lung cancer (in men) and bowel (colorectal) cancer, Australia's two leading causes of cancer death.



Associate Professor Philip Gregory.

"Without your generous support of Cancer Council, we would honestly not have the capability to make important discoveries to help people suffering with this terrible disease." - Phil Gregory

Thank you!

We're here to help, thanks to people like you.

Cancer can be overwhelming, but finding the right information and support can often make a world of difference. This support can come in many shapes and forms, including in the form of Cancer Council SA's Cancer Information Centres located within three of metropolitan Adelaide's major hospitals.

Through your generosity, we are able to offer Cancer Information Centres at Lyell McEwin Hospital, Flinders Medical Centre and the Royal Adelaide Hospital.

Manned by trained volunteers, the centres are a supportive and informative space for hospital visitors or patients, connecting them with information and offering a listening ear.

Through his volunteer role, Peter is able to offer support and information to those who need it most.



Cancer Information Centre volunteer, Peter Dunn

"Being able to be present at the Cancer Information Centres to let people know what Cancer Council can do to help them—whether it's a little Wallaroo getaway or over the phone counselling—I'm sure it's a huge help to all the people who go to any of the hospitals for treatment.

"A lot of people don't know what is available to them. Just informing them of what we have available and letting them know that there is always someone there and that they don't have to go through cancer alone can help.

"The Cancer Information Centre is a place to have a chat, laugh, a coffee and let me try and make their day a bit easier and a bit brighter.

"I love the people there, I love doing what I do. I love the satisfaction that comes with people getting well and the staff around who appreciate volunteers like me for what we do. Because what we do makes a lot of difference to some people."

As well as being a support for those affected by cancer, the Cancer Information Centres are also a great way for health professionals to have accessible, evidence-based resources which complement their services and support them to undertake their role in caring for people with cancer.

We know a cancer diagnosis can be difficult, which is why we're here for every South Australian impacted by every cancer.

For cancer information and support, please call **Cancer Council 13 11 20** to speak to a cancer nurse.



How more fruit and vegetables can cut your cancer risk.

Did you know that eating a diet filled with fruit and vegetables can reduce your cancer risk? Eating a diet high in fruit and vegetables can reduce the risk of cancers of the digestive tract and lung cancer and can also help you maintain a healthy weight, which is key to reducing your cancer risk.

South Australians should aim for two serves of fruit and five serves of vegetables daily—however we know that sometimes, it can be hard to get your daily intake—which is why we're here to help!

We've pulled together our top 6 tips to help you boost your fruit and vegetable intake and help cut your cancer risk.

1 Add extra vegetables to your favourite saucy dishes—like spaghetti bolognese, curry or casserole.

- 2 Snack on vegetables.** Try loading your crackers with vegetables, cutting veggie sticks to enjoy with vegetable-based dips, or whip up some savoury scones or muffins.
- 3 Add beans and legumes** to your menu either as a meat replacement or mixed into curries, stews or mince to make meals go further whilst increasing the fibre content.
- 4 Mix eggs with vegetables** when making omelets, scrambled eggs, quiches, fritters or egg-based fried rice or stir-fry.
- 5 Add spices and herbs and roast your vegetables** to turn them into chips. Sweet potato, parsnip, turnip, carrot, beetroot and kale chips are all healthy options!
- 6 Simply challenge yourself** to make an extra vegetable side dish with your dinner every night.

To find out more about how to cut your cancer risk visit the [Cancer Council SA website](#) or check out our free recipes on the next page.

Stuffed capsicums.

Serves: 4

Preparation time: 10 minutes

Cook time: 45 minutes

Ingredients

- 4 red or yellow medium sized capsicums (to fill)
- 1 tbsp olive oil
- ½ brown onion, diced finely
- 100 g mushrooms, sliced thinly
- 2 tomatoes, diced
- 400 g can mixed beans, rinsed and drained
- 100 g feta cheese, crumbled
- ¼ cup pine nuts
- ¼ cup flat leaf parsley, chopped
- 1 cup cooked brown rice

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Slice the tops off the capsicums, put aside for later. Scrape seeds out of bottom section and place into a baking dish.
3. Heat oil in a fry pan over medium heat and sauté onion and mushrooms until soft.
4. Remove from heat and place in a bowl with tomatoes, beans, feta, pine nuts, parsley and rice. Stir to combine.
5. Spoon filling into capsicums and place the capsicum tops back on.
6. Bake in oven for 35-45 minutes, or until capsicum is cooked to your liking.



PB&J Brekky Smoothie.

Serves: 1

Dietary fibre per serve: 14g

Preparation time: 5 minutes

Cook time: none!

Ingredients

- 1 cup low-fat milk
- 2 tbsp low-fat Greek-style yoghurt
- 1 tbsp natural peanut butter
- ½ banana
- ½ cup strawberries, washed and chopped
- 1 cup spinach, washed
- ½ cup bran cereal

Method

1. Add all ingredients to blender and blend until smooth.

Notes

- Chop and freeze your fruit for a cold and refreshing smoothie.



You are **FLOWER POWER**

This Daffodil Day appeal, unleash the power of the flower and fund life-saving cancer research.

**Make a donation today
and show your flower power.**

To donate visit
daffodilday.com.au/donate
or call 1300 65 65 85



Cancer Council
Daffodil Day Appeal