



RAISING AWARENESS FOR HIGH-RISK OF CANCER



WWW.PINKHOPE.ORG.AU

Outreach Ambassador

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What I'll talk about

- My story and why I am here today
- Family history
- Risk reduction
- Pink Hope support and services
- Info for health professionals
- In your practice

My story....

- Family history
- Risk reduction options
- My own advocate
- Raising awareness



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You are invited to attend **Pink Hope's ACT Information Day for those at increased risk of breast and ovarian cancer** either due to a gene mutation such as BRCA or family health history. Families and support people are also welcome.

The Canberra Hospital
 Canberra Regional Cancer Centre Building 19, Level 1
 (Opposite the main lobby car park)
 Yarralumla Drive, (ACTRAN ACT)

Saturday May 13 2017
 9:00am to 4:30pm

The information Day will provide expert speakers including a Genetic Counsellor, Breast Surgeon, Gynaecological Oncologist, Health and Fitness Coach who will also provide practical information and resources. There will be a quiz and an interactive personal video and gene for counselling. For the full event agenda please see the PINK HOPE website: www.pinkhope.org.au under Education & Health Tools.

The information Day is a fantastic opportunity to meet and connect with other women at increased risk of breast and ovarian cancer.

Registration is \$25 per person and includes registration, morning and afternoon tea and lunch. Registration is online through the PINK HOPE website: www.pinkhope.org.au under Education & Health Tools. **Registration closes 7 May 2017.** *Payment must be made before attending.

"Being in the room with other women at risk, the support, the resources and the information, the support and the help, it's really important to have that support through the diagnosis." - Julie

"The conference was wonderful. I had friends to attend, I had friends to attend, I had friends to attend. It was a great day for me and my family. It was a great day for me and my family. It was a great day for me and my family." - Julie

If you require further information or have any questions please contact **Sue Jones**:
 Email: sue@pinkhope.org.au, Phone: 0432 283 963

Pink Hope is a preventative health organisation working to ensure every individual can remain healthy and reduce their risk of breast and ovarian cancer, while providing personalised support for at risk women.

The ACT Information Day is being supported by ACT Cancer.

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Ovarian Cancer Australia
 7 mins • Health & Fitness

FACT: Did you know that #ovariancancer is not a well-known cancer yet and it has the lowest survival rate of any women's cancer?

It's really important that our #community #together along with your #donation will and can raise awareness and help support every woman diagnosed with this insidious disease.

Please click here to make a donation: <http://bit.ly/1YPZ8dZ>... See More

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thorpe advanced ovarian cancer significantly may significantly advanced ovarian cancer had not changed since the 1980s. "This new class of anti-cancer drugs, while not a cure, is a promising indication that new and improved therapies can, and will, be found," she said. "The day-to-day lives of women with advanced ovarian cancer will be improved."

Lynette is a 57-year-old woman who has responded to treatment with platinum-based chemotherapy and who has a BRCA gene mutation. Catherine Helen Smith, whose ovarian cancer has returned, presented in 15-20 per cent of women with ovarian cancer and are given that some women have inherited an abnormal copy of which predisposes them to the cancer," Professor Street said. "It's a program to a treatment which has been targeted to the defect in the ovarian cancer caused by the BRCA gene. And when you have a targeted or matched treatment, there is a better chance generally that the treatment will be effective."

Lynette was first diagnosed by Australia's Therapeutic Goods Administration in 2011. Professor Street said the cancer

of life after months of chemotherapy. "After I went on the trial drug the cancer has been very reduced now," she said. "At first I felt very tired, but the side effects have been completely gone now. I just take it as a tablet rather than going into hospital for a day and I don't have the nausea or any of the side effects like I did when I was having chemotherapy."

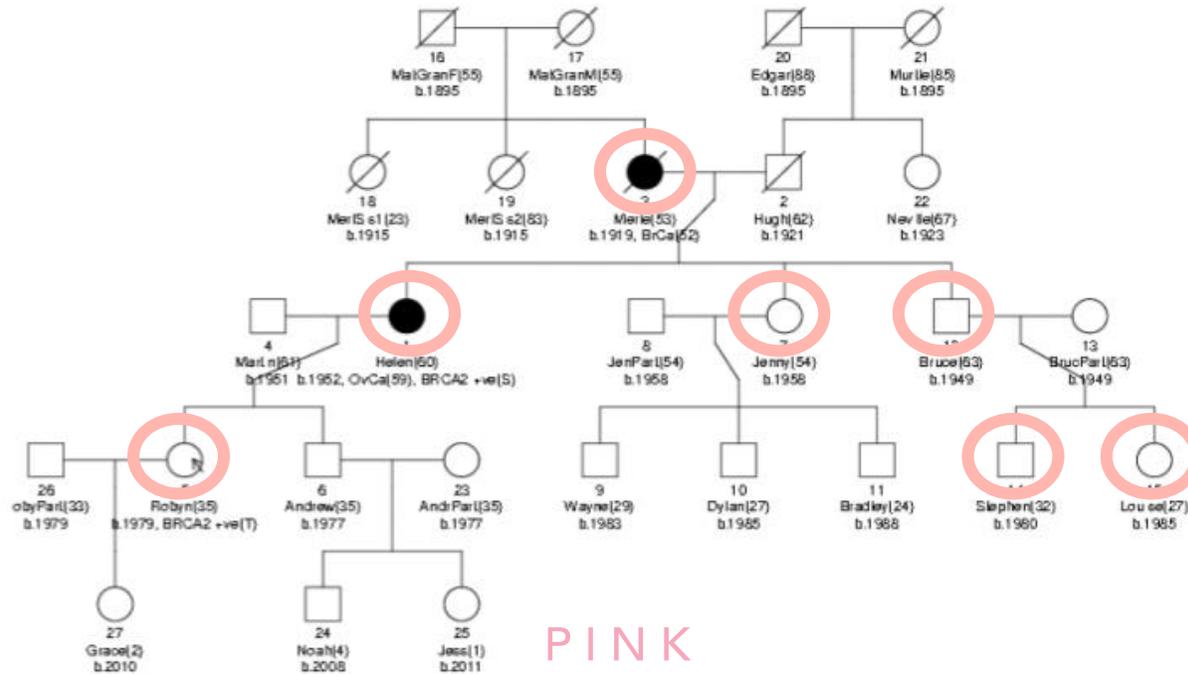
Ms Smith said she was glad the PBS listing would allow her to continue the treatment as the end of the trial and would benefit women who would otherwise struggle to pay for the drug.

over an ovarian and are women of the age group where breast cancer is most common. It found in the early stages, women with ovarian cancer have a 50 per cent chance of being alive five years after the start, but for the 50 per cent of women diagnosed with advanced cancer the survival rate is only 10 per cent. This is the lowest survival rate of any women's cancer, according to Ovarian Cancer Australia.

Dr Helen Street said it was important to have these so-called diagnostic tests, instead of waiting for the next step in the trial. "Symptoms can be vague and the diagnosis of ovarian cancer is often delayed for a long time, so it's important to have these tests early on."



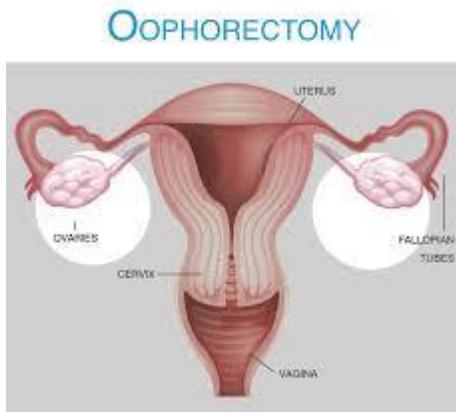
Strong family history/gene mutation



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Risk Reduction options

- Surveillance – MRI and/or mammograms
- Self examination
- Prophylactic mastectomy
- Uni or bilateral oophorectomy and/or Salpingectomy, hysterectomy
- Men can have PSA blood test at 40
- PGD for family planning



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Pink Hope Programs & Support Services



**Online Support
Groups**



**Information &
Support Days**



Resources



She Shares



Pink Hope Getaways



**Ask Our Genetic
Counsellor**

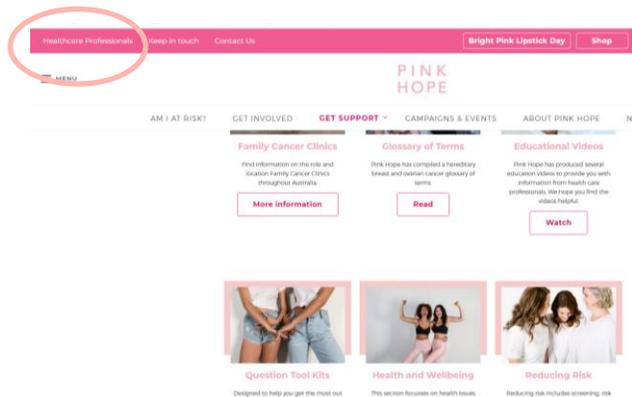


Webinars

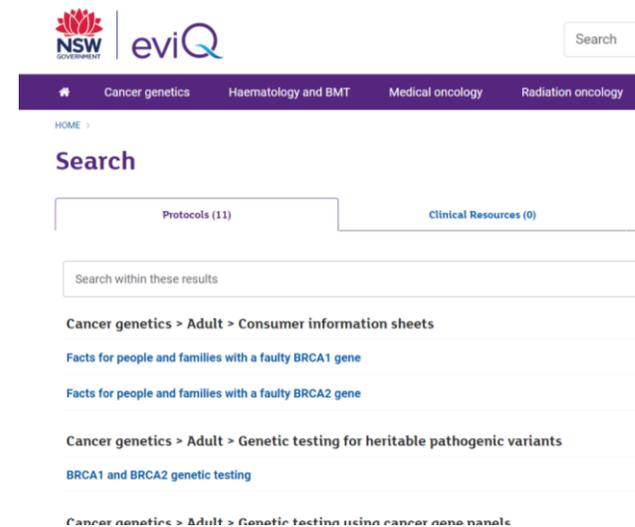
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For health professionals

- Contact Pink Hope or me
- Flyers, resources, education, online tools
- www.eviq.org.au
- Tell patients about support groups
- Ambassadors can speak at practices
- ACT Information day in early 2020



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Back in your practice

- Be an advocate
- Encourage patients to learn their family health history
- Include psychological support
- Every child has a 50:50 chance of inheriting a gene mutation, from Mum or Dad

Thank you!

It is always a privilege to speak to nurses

Questions

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