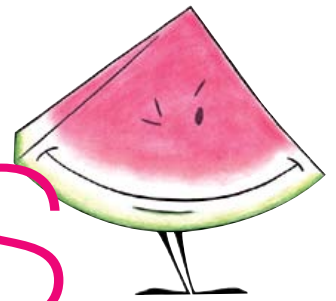


PIP'S N PIECES



PO Box 278 Waratah NSW 2298. Phone 02 4985 0103 / Fax 02 4985 0101 / Email info@hmf.org.au
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MARCH 2011



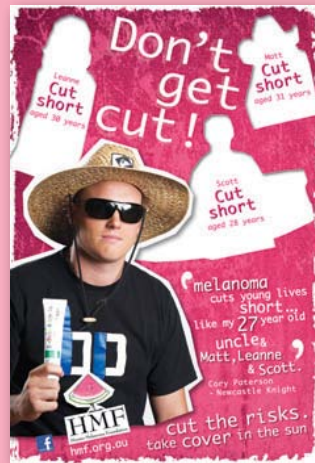
Billboard

Don't get cut!
 Summer Campaign 2010/11

online:
 youtube + facebook



Posters / Bus Shelters



Chairman:	Peter Chapman
Executive Officer:	Jenny Noblet
Vice Chairman/Secretary:	Scott Stevenson
Treasurer:	Janelle Kirk
Public Officer/Committee:	John Rumball
Delegate/liaison for MPA: Hunter support group	Lisa Hamilton
Committee:	Rebecca Boyd Lesley Irvine
	Cecil Hill Elizabeth Slevin
	Carole Hooper Linda Swain

HMF Committee members (L-R) Linda Swain, Carole Hooper, Rebecca Boyd, Peter Chapman, Cecil Hill, Jenny Noblet and Elizabeth Slevin



Chairman's Report

Peter Chapman

On 1 December - the first day of summer - the HMF launched its new melanoma awareness media campaign targeting young people. The campaign features young local people who had melanoma in their late teens or early 20's as well as Newcastle Knight Cory Paterson and surfer Jake Sylvester. In conjunction with the media campaign we also presented our "Don't Get Cut" DVD for high schools. The DVD tells the story of the six young melanoma sufferers, three of whom tragically did not survive.

The aim of the campaign is to impress on teens and young adults that melanoma is not an 'old person's disease' but one of the most common cancers in both young men and women. Melanoma is one of the most serious cancer issues affecting young people and we want to reduce the risk by encouraging them to protect their skin.

The launch presentation was well attended and all present were deeply moved by the adverts and the DVD.

The comprehensive media campaign includes television, radio, press, billboards bus shelters as well as facebook and youtube and I am sure that you are all aware of them by now.

I would like to personally thank all involved in the campaign and in particular the families of Matt, Scott and Leanne for allowing us to feature their loved ones in the campaign.

Congratulations also to **Cactus Creative** who developed the campaign and are very committed to supporting the HMF. Our thanks goes to **Ego Sun Sense** for providing sunscreen samples for the launch packs and once again to all the media for their continued generous support.

HMF Ambassadors

I'm pleased to announce that Tracy Garner, Erin Lewis and Holly Edmunds who feature in our awareness campaign and DVD, have all agreed to join Cory Paterson and Jake Sylvester as HMF Ambassadors and work with us in raising melanoma awareness in our region.

Annual General Meeting

It was great to see HMF sponsored PhD researcher David Wroblewski at the annual general meeting. David gave the meeting an update on his PhD progress - he has just submitted a paper that he hopes will be published and he also

made a presentation to the World Melanoma conference held in Sydney in November. He said he hopes to have his PhD completed mid- late 2011.

The 2011 committee is listed above, unfortunately Cheyne Hughes did not re-nominate for this year and we thank Cheyne for her involvement and contribution during 2010. Lisa Hamilton has agreed to attend HMF committee meetings as a delegate and liaison for the Melanoma Patients Australia Hunter support group and we plan to work with Lisa to promote the support group in our region.

Melanoma Patients Australia Hunter Support Group

It was a very sad beginning for this group with the death of facilitator Graham Hamilton in the middle of last year, however his wife, Lisa has now taken on the role of facilitator and the first meeting for the group for 2011 was held in February and was well attended. Meetings are bi-monthly, if you are interested in attending please contact Lisa on 49333119.

There will be a number of fundraising events throughout the year and I look forward to your support of these events.

To all race enthusiasts - make a note in your diaries now that the HMF charity race day will be on **Saturday 23 July**. It is always a great day so I hope you can join us.



Treasurer's Report

Janelle Kirk

The audited financial statements for the year ended 30 June 2010 were presented to the AGM on 7 December 2010. As previously advised, our donations were slightly down on the previous year however our support of research through the PhD scholarship and purchase of equipment together with our community awareness campaigns and support of nursing staff and patients remains the same.

The first half of the new financial year has seen the development of our new melanoma awareness campaign including the "Don't Get Cut" DVD for high schools. This campaign was made possible through funding from Tomago Aluminium employees and management as well as the AMP Foundation and was part of our budget for this year.

The HMF has also agreed to be the major sponsor of the

HMF Ambassadors



Hunter Postgraduate Medical Institute's **Management of Skin Cancer Day** to be held on 26 March 2011. The course will cover a number of areas in respect of skin cancer/melanoma including diagnosis, practical management, surgical management, sentinel node biopsies and dermatoscopy. It is expected that approximately 50 health professionals will attend including GP's, interested specialists, allied health professionals and medical students.

This is the third program that the HMF has sponsored and we feel it is important to support the provision of independent melanoma education to health professionals in our region.

SOCs Inaugural Fundraiser

Congratulations to the "Supporters of Cancer" (SOC) team on a very successful event at Newcastle Panthers on 26 Feb to raise funds for melanoma & ovarian cancer in the Hunter. An excellent night and a tremendous effort by all involved. *(More info in our June Newsletter).*

SOCs are also hosting a High Tea @ Wests on 24 July. Ask Jenny for more details on 4985 0103.

Scone RSL Lady Bowlers Charity Bowls Day

For a number of years now Joan Collison has organised this annual event and although she recently celebrated her 80th birthday, Joan is still going strong - on and off the bowling green. The event is well supported by the local community with special thanks to the Lawrences at Mitre 10 Scone and Sarah Austin from Sheer Style Hair Salon who both provided lovely prizes for the event.

Newcastle Business Club Golf Day

Thank you to the Newcastle Business Club committee for selecting the HMF as the beneficiary of their annual golf day. This was a very successful event and raised over \$8,000. These funds will be used for our 2011 education program in primary schools.

Warners Bay High School

The year 9 students at Warners Bay High School worked very hard last year in raising funds for the HMF and Jenny attended their awards presentation day in December to receive their cheque and to thank the students for their support.

Open Garden

Once again Bronwen and Geoff Tyler opened their garden to the public as part of the Australian Open Garden scheme. They have a wonderful garden and a lot of hard work goes into ensuring it is at its best on the day. It is not just the beautiful garden that is worth seeing, but the support systems they have in place to make maintaining it efficient, economical and ecologically friendly.

Innovative Idea

Early in the new year we received a donation from PSI Superannuation Management Pty Ltd at Charlestown. They made the decision to send e-Christmas cards to their clients and associates last year and donated the money saved on the cost of printing and mailing traditional Christmas cards to the HMF. A big thank you to all at PSI - what a great idea, and you have saved a few trees as well!

A huge thank you to all our supporters - your support is a great investment in helping us in our fight to prevent & cure melanoma. Whether you make a donation, organise or participate in a fundraiser on our behalf, attend one of our fundraising events or buy a raffle ticket - you are helping us make a difference.

Gimme 5 Money Boxes

The Gimme 5 campaign continues to be a success with funds raised totalling more than \$18,000.

There has however been some confusion at Newcastle Permanent branches with a campaign of a similar name being held on the Central Coast and also with an account at the Newcastle Perm.

When you are depositing your money boxes, please ensure the money goes into the HMF account number – **983726602**.

Patient Bequest/Donation

HMF recently received a very generous bequest from the estate of the late Meryl Champion. Meryl was under the care of the melanoma unit when she sadly died in July 2010. Her generosity will enable us to produce additional resource materials for the sun safety bags given to primary schools students as well as support research projects.



Foundation News

Jenny Noblet

I trust you all had a safe and happy Christmas. Our Christmas was spent in Canberra where we stayed in the lovely home of long time, generous HMF supporter, Jennie Thomas . Unfortunately Jennie and her partner David were cruising off New Zealand so there wasn't an opportunity to catch up with them - but we did enjoy our time in Canberra and particularly our visits to the War Memorial and National Library. I did however have the opportunity to catch up with both Jennie and David at a special morning tea to celebrate Jennie's 70th birthday in February.

Geoff was disappointed that we weren't spending Christmas in England as it would have been our first white Christmas - needless to say, the airport closures and flight delays would have been quite a headache. Hopefully we will be there for Christmas 2011. We have an additional reason to go there now with the birth of our first granddaughter in November 2010 – baby Mia Ruby is absolutely gorgeous and adored by her big brothers Josh & Harrison – I'm not sure that I can wait until Christmas to see her though!

Well, the extreme temperatures on Australia Day certainly reminded us that we live in a 'sunburnt country' and I am sure with all of the outdoor activities that day, a lot of people would have got sunburnt – yes, I have to confess that although it wasn't a bad sunburn, I did manage to go quite a bright pink! I had put sunscreen on but the spots I had missed were very evident when I got home and I was sitting under a tree (what's that I hear you say 'UV radiation is reflective'?). Yes, I know I forgot all the rules and can understand now when others do.

2010 was a busy year with a number of successful fundraising events and we always enjoy working with the event organisers. For the past five years the HMF has been a co-beneficiary of the **Elmore Vale Lions/Adamstown-New Lambton Rotary Charity Golf Day** – the events have been a great success and well supported by HMF members. This year the organisers have chosen another two local worthy causes to support and we wish to say a huge thank you to the Lions and Rotary clubs for their support over the past five years and wish them well with future events.

St Dominics School Visit

Late last year I was contacted by the school and asked if HMF would give a sun safety presentation to the hearing



Jake Sylvester pictured with the students from St Dominics.

impaired students. I asked Jake Sylvester if he was available and fortunately the timing was right and he was able to come with me as he had just completed the last of his HSC exams. I advised the school that Jake was going to accompany me much to the delight of the kids who busily 'googled' him prior to our visit.

We received a warm welcome and the children were very excited to meet Jake – they were keen to hear about his surfing accomplishments and had a lot of questions for him. The visit was just prior to Jake competing in the National Titles in Victoria and they assured him they would be keenly following his progress.

Newcastle Business Club - Charity Golf Day

The Newcastle Business Club annual golf day in the past has been a social networking event for NBC members and guests. In 2010 the committee decided that they would make the day a charity golf day and chose the HMF as the event's beneficiary.

Held at Merewether Golf Club on 15 October, the event was well supported by sponsors and players:

VBD Accountants; Forsythes; Auto Advantage; Harris Wheeler; Shaw Gidley; McGregor & McGregor; Commonwealth Bank, Newcastle Perm; SV Partners; Rider Levett Bucknall; Hunter Laser Vision; APP; McGrath Newcastle; Ord Minnett and Chapman Legal.

Although it threatened rain, other than a slight sprinkle early in the day, conditions weren't too bad – and fortunately no one got sunburnt. All who participated had a great day with everyone enjoying the fact that the day finished up at 4pm after a 'late lunch'.

Thank you to NBC committee members Daniel Quinn and Greg Valentine who did a great job organising the event.



Golfers supporting the HMF at the NBC gold day.

Open Garden - "Mulchalot"

Bronwen and Geoff Tyler once again opened their garden as part of the Australian Open Garden scheme on 13th and 14th November. The garden name came about when becoming tired of mowing between the trees, the Tylers decided to mulch between them.

Bronwen and Geoff don't consider themselves green thumbs so needed a garden that wouldn't be high maintenance. They also wanted a lot of trees for shade and screening.

It was a very hot weekend with the weather no doubt contributing to lower than usual attendees. Those who did come enjoyed the relaxed atmosphere of this lovely garden – the garden chosen by Helen Whalan as one of her favourite gardens and from where she broadcast her final gardening show live on the ABC at the beginning of December.

Melanotan

When a reporter from the Herald contacted me for a comment on Melanotan - a new tanning agent - I had to admit that I had not heard of it. When he explained that it was a substance - one that had not been tested for safety or approved in Australia and was illegal to sell - that was injected into the stomach every day, three millilitres at a time and that the users are also advised to combine the injections with regular solarium visits, I was alarmed and amazed that such a product exists.

Melanotan is described as a "sunless tanning agent that stimulates the body's own melanin production".

The reporter did write a story on the subject and although I was unable to help him with any information, he was able to speak to the Cancer Council Australia chief executive Professor Ian Olver who explained how using an unproven drug such as Melanotan posed a very serious danger to people and could result in any number of unknown side effects.

The story also mentioned a young girl who had obtained the substance from a "beauty salon" and she became violently ill after only one dose.

As Prof Olver said, using an untested, unproven drug is extremely dangerous to your health and could cause any number of unwelcome and serious side effects.



Education Report

Carole Hooper

"Don't Get Cut" DVD

Following the launch of our "Don't Get Cut" summer awareness campaign and DVD, emails were forwarded to local public high schools advising that the resource was available at no cost and a number of schools have already requested the DVD and intend to include it in their PE Health and Personal Development curriculum. Although the DVD was developed with Year 8 students in mind, most schools are presenting it to all years.

Jenny will be meeting with teachers in the Catholic Education system in March to show them the DVD and provide them with copies.

There were a number of sun safety visits to primary schools at the end of last year and these will once again be available to any schools in our area.

Summer Awareness Campaign

As well as the media campaign and DVD, HMF participated in a "**Chicks at the Flicks**" night at the Greater Cinemas Glendale in December. Each attendee received a HMF bag with melanoma awareness information and lip balm kindly donated by **Terry White Pharmacy Charlestown**.

Workplace presentations

As well as visits to schools, the HMF provides melanoma awareness presentations in the workplace.

In December Jenny gave a melanoma awareness presentation to employees of CSIRO at Mayfield West and in February she gave four presentations over two days to employees at

Macquarie Generation power stations Bayswater and Liddell north of Singleton. Approximately 50 employees attended each of the presentations at the different venues.

A workplace visit can be organised by contacting Jenny Noblet at the HMF office.

Sunscreen

The HMF has always recommended using a sunscreen with an SPF of 15 or higher as **one important part of a complete sun protection regimen which includes seeking shade, covering up with clothing including a wide-brimmed hat and UV-blocking sunglasses and avoiding tanning and UV tanning booths**. Other than staying out of the sun entirely, sunscreen remains one of the safest and most effective sun protection methods available.

With such a huge variety of sun screens now available it should not be difficult to find a suitable sunscreen for your skin and your lifestyle. Some common sunscreen ingredients, including the physical (or mineral) blockers zinc oxide and titanium dioxide, can make the skin look white, at least until the product is adequately absorbed. These sunscreens physically "block" skin from the sun, and they have several advantages. They tend to work immediately, unlike chemical sunscreens, which need to be absorbed before they work effectively. Titanium dioxide and zinc oxide also screen out a wide range of the sun's cancer-causing UVA & UVB rays - zinc oxide, in particular, effectively blocks all parts of the UV spectrum. Protection from both UVA and UVB is necessary and some chemical sunscreens don't provide comparably broad-spectrum defense. Also, physical blockers are preferred for young children's sensitive skin, and for people who may have concerns about certain ingredients in chemical sunscreens.

In general, the higher the concentration of a physical blocking ingredient, the more effective a sunscreen is (some concentrations of zinc oxide and titanium dioxide are over 10 percent), but there are several ways to minimize the whitish appearance. You could choose a micronized formulation, which has smaller-sized, more easily absorbed sunscreen particles. Another option is a tinted sunscreen that matches your skin color.

It is very unlikely that you're applying too much sunscreen — most people don't apply enough, which is why undesirable sunburns can occur despite sunscreen application. To achieve the Sun Protection Factor (SPF, which protects against the sun's UVB radiation) reflected on a bottle of sunscreen, you should use approximately two milligrams of sunscreen per square centimeter of skin. In practice, this means applying the equivalent of a shot glass (two tablespoons) of sunscreen to the exposed areas of the face and body.

If you're using a spray, apply until an even sheen appears on the skin. Remember that sunscreen needs to be reapplied every two hours, or more frequently after swimming, heavy perspiration, or towelling off. Also remember, no matter how much sunscreen you apply, the SPF should be 15 or higher for adequate protection - and ideally 30 or higher for extended time spent outdoors.

In addition to using sunscreen, seek shade whenever possible, and wear sun-protective clothing, broad-brimmed hats, and UV-blocking sunglasses.

Saving Face need not be expensive

It isn't necessary to buy expensive face creams, in a television interview with Sydney Dermatologist, Dr Schumack, he said that the best anti ageing product was a sunscreen and although various moisturisers claim to contain a variety of products to nourish and promote beautiful skin, they provide little long term benefit. A great buy at a great price is Ego Sun Sense 'Daily Face' - this has a slight tint finish so there is no need for make-up foundation and it is also a SPF 30+. There are a number of other great products in the Sun Sense range so if your new year's resolution was to save your skin – it needn't cost you a fortune.

The Great Aussie Tan – is the Bronze Age Over?

Sun Herald

During the summer months there are always a number of articles relating to skin cancer, sun protection etc. A recent article in the Sun Herald highlighted fair skin Australian actresses Cate Blanchett, Nicole Kidman and Naomi Watts and pointed out that their creamy complexion is the envy of many. "Luminous beauty" and "Flawless complexion" are phrases often used by journalists when describing these stars. They are all very conscious of maintaining their creamy complexion and you will often see photos of them wearing hats when they are with their families and relaxing outdoors and they certainly consider their lovely skin worth saving.

But growing up in Australia where a tan is synonymous with good health, a sporty lifestyle, natural beauty and carefree sexiness would not have been easy for them.

The negative effects of the sun's damage to our skin are well publicised through many campaigns but there are many who still want a tan either by baking in the sun or enhancing with fake tans and solariums.

One reason for this is thought to be simple vanity – a lot of people think they look better with a tan. Another aspect is peer pressure as not wanting to spend time outdoors is deemed by some to be "un-Australian".

Another reason could be that many are becoming desensitised to the message. Melanomas are now so common in white Australians and survival rates (at more than 95%) are so high that we tend to think of melanoma as less serious than other cancers.

Sadly there's nothing healthy about a tan. If your skin has changed colour in the sun, the likelihood is that you have damaged its DNA. That damage isn't reversed when the tan fades and it can increase your risk of skin cancer – a condition that affects more than 400,000 Australians each year.

Fair-skinned Australians whose skins are better suited to clouds and drizzle than the long hot Australian summers, are at the greatest risk. But whatever your skin type, sun exposure will eventually make your skin look old and leathery – not qualities that conjure up health and beauty.

Many would be surprised to know that the duo we can blame for the tanning craze are John Harvey Kellogg (yes, of cornflake fame) and Coco Chanel. When Kellogg developed the sunbed in 1891 as a remedy for gout and eczema, he also sparked the notion of a 'healthy' tan.

In early 1920 the look also became 'beautiful' when Coco Chanel was seen in Cannes looking even browner than had previously been considered fashionable. To Australians, these values found their climatic match.

It is a relief to see that for the majority of people, the mahogany tan of the 1960's and 1970's has slowly faded into the background and extensive health campaigns over the years have been highly effective in reversing this trend and we're becoming increasingly aware of the dangers of too much sun.

Fair skinned role models like Cate, Nicole and Naomi are a reminder that beauty needn't be bronzed.

Vitamin D and Sun Protection

Skin cancers are almost all caused by unprotected exposure to the sun.

The sun is also the most important source of Vitamin D that is needed for healthy bones. Vitamin D is made when the skin is exposed to the sun and small amounts are obtained through eating oily fish and eggs.

The debate about Vitamin D v skin cancer v healthy bones has been a long one and still continues with varying opinions.

The Australian climate provides UV radiation in abundance for most of the year, so the majority of Australians make enough Vitamin D required to maintain good health.

In NSW, in spring or summer, only 6-8 minutes of sun exposure to the face and hands on most days before 10am or after 3pm (daylight saving time) is all that is needed for a fair skinned person to produce adequate Vitamin D. In the cooler months this may increase to 40 minutes.

Some Australians may be at risk of Vitamin D deficiency and include:

- The elderly who are restricted in mobility and are unable to get outdoors
- People with a natural dark skin pigmentation
- Women who are veiled.

For most people incidental sun exposure either early in the morning or late afternoon when the UV index is low, will provide all the sun needed to keep bones healthy and also protect your skin.

UV radiation from a solarium is not an effective way to obtain Vitamin D.

Jay Allen

Jay made the trip to Newcastle in December for the launch of our new awareness campaign - he wanted to support the HMF campaign as he knows how important it is to get the melanoma message across to as many people as possible, especially teens and young adults.



Jay Allen at the awareness campaign launch with HMF Ambassador Erin Lewis

Jay is an avid campaigner against sunbeds after being diagnosed with stage 3 melanoma in 2008 – many will remember him from RPA. He firmly believes his melanoma was caused by his sunbed usage at his local gym and is lobbying the NSW government to have sunbeds heavily legislated or ideally totally banned.

For those who use solarium beds before the age of 30, the risk of skin cancer is increased by 75%. A more recent review suggested that the increased risk of melanoma could be as much as 98%. On July 30, 2009, the World Health Organisation elevated sunbeds to the highest cancer risk category now classed as "carcinogenic to humans", matching asbestos, arsenic and cigarette smoke. Latest study indicates that sunbeds caused about three quarters of melanomas in sunbed users under the age of 30.

Australia has the highest rate of melanoma in the world in men and the second highest rate in women. Melanoma is the most common cancer in females aged 15 - 29 years and males aged 25 - 54 years. It is the fourth most common cancer in all men and women in NSW.

His lobby group recently had a victory in regards to solarium regulations in NSW. Current solarium regulations prohibit the use of commercial cosmetic UV tanning units by people under the age of 18 years or with Skin Photo Type 1 (skin that always burns and never tans).

Under the proposed regulatory changes the range of restrictions would be extended to include:

- People with Skin photo type 2 (skin that burns easily and tans minimally) from 1 April 2011
- People aged under 25 from April 2011; and
- People aged under 30 years from 1 August 2011

Although it's a great step in the right direction and Minister for Climate Change and the Environment and Minister Assisting the Minister for Health (Cancer), Frank Sartor needs to be applauded for doing this, Jay is determined that he is not going to rest until a total ban is in place. He will continue advocating to increase public knowledge and awareness of the inherent risks of sunbeds.

Jay says, "with a second chance at life, I'm determined to win my melanoma battle and do all I can, to save lives. I want to encourage everyone, especially young people to make informed decisions and know that sunbeds are not safe, they need to BAN them from their everyday lives, avoid them completely!"



Research Update

Sunscreen found to cut melanoma incidence

From the Journal of Clinical Oncology

Regular use of sunscreen during a clinical trial of basal cell and squamous cell carcinomas was found to reduce the incidence of a different skin malignancy – new primary melanomas – up to 10 years later, according to a study published online December 6 in the Journal of Clinical Oncology.

The number of invasive melanomas in particular decreased by 73%, but this was an exploratory finding "and should

be interpreted cautiously", said Dr Adele G Green and her associates at the Queensland Institute of Medical Research, Royal Brisbane Hospital.

The original clinical trial, conducted in 1992-1996 and involving 1,621 white Queensland residents aged 25-75 years at baseline, examined the effects of 5 years of sunscreen application and beta-carotene supplementation on the incidence of basal and squamous cell carcinoma.

Dr Green and her colleagues' new report focuses on the incidence of melanoma as a secondary end point in the same study population."Despite the known etiologic role of sun exposure, the question regarding sunscreen use to prevent melanoma remains open and controversial," they noted.

During the trial, 812 patients were given a free, unlimited supply of SPF 15 sunscreen and instructed to use it daily on their head, neck, arms and hands. A comparison group of 809 patients was randomly assigned to continue using sunscreen of any SPF at their own discretion, which included no use at all in 38% and infrequent use in another 35%.

The two groups were similar in established risk factors for skin cancer, degree of sun exposure, and use of sun protection measures other than sunscreen.

Between baseline in 1992 and the end of the extended follow-up in 2006, 36 study patients developed first primary melanomas. These were in-situ malignancies in 22 subjects and invasive in 14, none of the melanomas was metastatic. Three patients who had melanoma diagnosed in 1992 were excluded.

Only 11 subjects in the sunscreen group developed melanoma, compared with 22 in the comparison group. "Risk of melanoma overall was reduced in those randomly assigned to daily sunscreen compared with discretionary use, although the result was of borderline statistical significance," the investigators reported.

The average melanoma thickness was 0.53mm in the sunscreen group compared with 1.2mm in the comparison group. The incidence of invasive melanoma was decreased by 73% with sunscreen, while the incidence of in-situ lesions was not significantly different between the two groups.

Melanoma incidence was decreased at all sites on the body, not just on the sites assigned to protection by sunscreen. This is probably because many study patients in the sunscreen group applied sunscreen to their trunks and lower limbs regularly, even though they had not been instructed to do so, Dr Green and her associates noted.

"Our findings provide reassurance in view of the widespread uncertainty to date about sunscreen's ability to prevent melanoma," they reported.

"Although the results are directly relevant to people who live in sunny climates like Australia's and who receive relatively high levels of ambient sun exposure as a matter of course, they also have implications for white people living in temperate climates in North America and Europe who are at increased risk of melanoma because of increased solar UV exposure caused by the predilection for holidays in sunny places," they concluded.



THANKYOU

for your support

- | | | | |
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