### Hunter Melanoma Foundation

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### Chairman's Report

#### Lawrie Hogg

It's hard to believe that I am three-quarters of the way through my year as Chairman and that we are already talking about the Annual General Meeting.

At our first committee meeting this year, it was decided that we would look at increasing our fundraising events. New committee member, Claudia Tolhurst, didn't waste any time in organising the movie night in March and tickets for the Metropolitan Players performance of Wicked in August - both enjoyable events. Trish Marjoribanks (Vice Chairman) was quick to take up the reins for this year's Mad Hatters High Tea Party providing all who attended with an afternoon to remember. The Mad Hatters High Tea Party has become very popular, so early bookings are essential. Unfortunately this year we had to turn down a number of people requesting tickets in the last few days. So remember, next year book early!

#### **Beach Ball**

Past committee member Kylie Wilkinson has joined forces with her good friend, and HMF Ambassador, Tracy Garner to organise the Beach Ball in support of the HMF on 14th October at Merewether Surf House.

The Beach Ball was fully booked within weeks of tickets going on sale. Well done ladies... we hope you all have a ball!

#### Old Boys Day

The University Rugby Old Boys chose to support the HMF with the University v Wanderers day on 6th August. Being one of the 'old boys' I'd rather not mention the score! It was a good day despite the rain and freezing conditions with one bright spot being the very attractive HMF watermelon socks the Uni boys donned for the match.



Luniversity Team in the HMF socks..

#### Orica Grant Recipients Breakfast

At the end of July Jenny and I attended the Orica grant recipients' breakfast. It provided a good opportunity for us to discuss the HMF awareness project with other recipients, who were all keen to be part of our project.

#### HMF PhD Scholars

Please join me in congratulating melanoma research PhD scholars Ryan Davey and Chloe Warren on completing their PhD's and I look forward to reading their final report. It is heartening to know that there are bright young people such as Chloe and Ryan working hard to improve the outlook for melanoma patients.



#### Annual General Meeting - 5th December 2016

I understand that there is often a feeling of trepidation making a commitment to a committee. I can assure you that each committee member has family, work, sporting or other commitments and no one is expected to give more than they are able to.

I'm happy to have a coffee and a chat with anyone who may be interested in joining the committee and can be contacted through the HMF office.



### Treasurer's Report

#### Janelle Kirk

There has definitely been a lot of "fun" in fundraising lately, although not many of us would consider running a halfmarathon or going cold turkey on sweets and treats that much fun, but celebrating milestone birthdays, a Mad Hatter high tea and a night at the musical Wicked are definitely my idea of a fun.

#### Congratulations on your 80th Cecil Hill

Ces Hill was a HMF committee member for over 10 years and during that time he was actively involved in every event whether it was a fundraiser or community awareness. Cec was there selling raffle tickets or handing our information at Tocal Field Days, Home Expos, race days and golf days.

When Ces turned 80 recently he wanted to have a big party with family and friends to celebrate but, having everything a man could want, asked guests to make their gift a donation to the HMF. What a wonderful gesture.

True to form Ces was well organised and sent out donation slips with the birthday invitation and provided a box for donations at the Duke of Wellington where the birthday bash was held.

He sat down with Jenny a week later to open the envelopes and was truly taken by surprise to find that over \$1500 had been donated by his family and friends.



#### Happy 70th Birthday John MacDonald

Another milestone birthday but this one was a surprise party organised by his daughter and John was well and truly taken by surprise. His family knew that he didn't want any presents so organised for guests to make a donation to the HMF in lieu of gifts. Thank you Ces, John and your families and friends for their generosity. We heard that both parties were a huge success.

#### Going cold turkey - Junk Free June

With the 1st anniversary of her dad's death approaching Katrina Harris decided she would like to do something to raise awareness to melanoma and also some funds for the HMF. The thought of



▲ Katrina with her dad

going junk free for June struck her as a good challenge as, always having been a major sweet tooth, she knew it would be quite a task. She started by setting up a 'GoFundMe' account and created a donation page. Then she spread the word via text and social media. Friends, family, work mates and even people she had never met donated money to the cause.

Katrina said that the first 7-10 days of the challenge were the most difficult. Just breaking the habit of picking up a biscuit while having a cuppa, or saying "no thanks" when someone offers you a chip was the hardest part. In total she raised \$1225 which was way beyond anything she imagined. Katrina said that the month junk free certainly kerbed her appetite for sweets and junk food. She still occasionally indulges in a piece of chocolate.

#### Windale Senior Rugby League Club

Grahame House was much more than just a league coach, he was the life blood of the club, enthusiastic, encouraging and supportive. His passing last year from melanoma was sorely felt by all at the club. In honour of Graham an auction of club jerseys was held to raise funds for the HMF, raising a massive \$5,000. Thankyou to all involved.

#### Cards for all occasions

Cecelia Moran continues to make her beautiful cards for every occasion – although I believe she is very busy at the moment making Christmas cards. Her lovely cards are very popular with family and friends and fellow residents at the retirement village where she lives and she regularly calls into the HMF office with a \$100 donation. Her most recent donation came from sales at the Market Day at Woodlands. We are always grateful for Cecelia's donations.

#### For Pete's sake

You will recall in our May newsletter the story about Annie Whitton who was planning on running her first half marathon on the Gold Coast in support of the HMF due to her ex-husband and friend Pete's melanoma battle. She was hoping to raise a few hundred dollars but her total raised was \$2,400. She completed the half marathon in 2 hours 11 mins. Sadly Pete died before the marathon.



#### MAD for Hunter Melanoma Trish Marjoribanks, Vice Chairman

The 3rd annual Mad Hatter's High Tea was held on Sunday, July 24th. It was a bleak Sunday afternoon in the middle of winter but the atmosphere, in the beautiful new function room at the Beach Hotel Merewether, was on fire! 120 attendees braved the terrible weather to support HMF – and had some fun in the process.

Saturday was spent executing an 'extreme decorating challenge' to transform the space to a Wonderland, into which even Alice would have been happy to fall. I was joined by committee members Kristy and Claudia, who brought along family members, as well as Linda & friends and our 'junior' committee member, Ruby.

On Sunday as guests arrived, they were immediately immersed in the theme, being welcomed by Alice and The Hatter at the door



The annual HMF Mad Hatter's High Tea Party at The Beach Hotel

(AKA Luci and Maddi). Climbing the stairs they found themselves surrounded by the outrageous, colourful caricatures from the recent movie 'Alice Through the Looking Glass' (which Linda & I had 'liberated' courtesy of Event Cinemas) then they emerged into our very own land of pretty pink, gorgeous green and all things wonderful and sparkly.

Tea, coffee and just a little Champagne flowed as loads of tasty treats were served by Euro Patisserie throughout the afternoon. Dr Nikola Bowden spoke about the exciting research results her team has achieved, supported annually by funding from HMF. (Read more on these developments in Nikola and Chloe Warren's reports in this newsletter). Amber from Laser Effects encouraged UV protection and vigilance on preventing skin-damage.

Things got curiouser and curiouser when the fabulous KaraZmatiq made a surprise return to Newcastle especially for our High Tea Party. She belted out some great songs & made a few friends whilst 'sashaying' amongst the crowd. I think everyone was pretty impressed by that performance. A big 'thanks' to Stuart from Fordtronics who came to the rescue at the last minute and installed the sound system late Saturday evening, we'd have been lost without those mics.

Luci and Maddi looked amazing, completely in character, as Alice & The Hatter. After welcoming everyone, they worked the room continuously, selling raffle tickets and the 50/50. Great work girls!

The lucky "Noritake" saucer was a bit of a mystery and had saucers flying. The HMF logo was eventually found under the saucer of the only person in the room who didn't look (shout out to Jenny Connas)! The raffle and silent auction were very well subscribed. We thank all who came along on the day for their participation and the generosity shown. Without you, and people like you, HMF cannot continue its charitable work.

Thanks also to those who donated the raffle & auction prizes and to those who gave freebies for the 'goodie-bags' which proved to be extremely popular. Having spent weeks making hundreds of approaches for prizes and bag content, we discovered how difficult it is to source product in the current economic climate. Please show your support for all of the businesses who have been so generous. Don't forget to utilise the many discount offers and the handy HMF pink bag.

Our High Tea supporters are fantastic and without them we couldn't stage this major event. Thanks to our many sponsors; Lyn & John at Beach Hotel Merewether, Jenny & Darren of Euro Patisserie, Noritake, (Donating \$10k worth of fine china) Caroline at Sydney BridgeClimb, Dana from Event Cinemas, NDCA, Offset Alpine Printing/Selector Magazine, Jo at Encasa Hair Salon Carrington, Jbronze, Rebecca from Gemelli Winery, iTravel The Junction, Parry St Garage, Tiahna at Boost Juice Kotara, Belflora, The Duke Hotel, Natalie from Napoleon Perdis Kotara, MOR Australia, The Edwards, Hairhouse Warehouse Glendale, Marty's at Little Beach, Restaurant Mason, Bliss Beauty & Body, Diggers Wallsend, Curves Charlestown, Dowling Discounts, The Wedding Designer and Robyn from Laser Effect Darby Street.

From all reports everyone had a great day & over \$11k was raised!

#### ClubGRANTS 2016

HMF recently received ClubGRANTS funding of \$15,000 from Wests Leagues Club. Funds will be used for a project to raise awareness of melanoma prevention and early detection in local bowling clubs. Bowling clubs were chosen because bowling is an all year round activity and quite often played in the middle of the day. Also a number of bowlers are retirees and in the target group for our important Check Mate early detection message, "skin checks save lives".

This year 38 local charities and not-for-profit organisations shared in a total of \$615,627 funding from ten local registered clubs.

### Audited Financial Statements for the year ended 30 June 2016

The audit of the HMF's financial books and records has been completed and will be presented at the Annual General Meeting to be held on Monday 5th December 2016.



**Research Report** 

#### Nikola Bowden's Research Team

The last few months have been a very exciting time for our research group. Chloe Warren, the HMF Carol Foster Memorial PhD Scholarship recipient has completed her PhD and submitted her thesis (her report follows). At times she had to persevere with an extremely difficult project and we are all incredibly proud of her. We are now preparing for Ryan Davey, the HMF PhD Scholarship recipient to also complete his PhD this month. Both Chloe and Ryan have found new protein markers that will help us understand why some patients have much more severe melanoma than others. Hopefully we can use this information to develop tests to predict severity of disease or target them for better treatments.

We have already started to further develop Ryan's research discoveries into a new clinical trial. Together with Tim Budden, another PhD student in our team, they have found a DNA repair protein, that is vital for some types of chemotherapy to work, is 'switched off' in melanoma. Tim has discovered we can switch it back on with a different type of chemotherapy and in the lab has seen spectacular results. This new combination of chemotherapy was recently approved as the PRIME001 clinical trial to commence in the Newcastle Melanoma Unit under Dr Andre van der Westhuizen. Initially, 10 patients who have already tried all other available treatments will be enrolled in the trial. If successful, the trial will expand to a larger Phase 2 trial in 2017.

We remain incredibly grateful to the HMF for supporting Chloe, Ryan and our lab. We would not have been able to get our research from the lab to a clinical trial without the generous support, thank you!!

#### Chloe Warren Report

Throughout the past three and a half years, what started out as a simple observation evolved into a complex study of the mysteries of a rare protein, BCL2 $\beta$ .

In the first year of my PhD I made the exciting discovery that patients, whose tumours contain this protein, live for significantly longer than those who do not. I spent the rest of my time researching what it was this protein does and asking how that affects melanoma pathology.

Because of the lack of interest in my protein by the rest of the research community, the resources we would traditionally use to investigate its function were not available. This made for a pretty hard slog. I had to spend a lot of time coming up with new ways in which to perform what would have otherwise been fairly traditional experiments.

BCL2 $\beta$  belongs to a family of proteins which work together to regulate cell suicide, or apoptosis. Normally, cells which develop dangerous DNA mutations undergo apoptosis. This stops the cells with the 'wrong' DNA from multiplying uncontrollably and developing into a tumour. Control of this type of cell suicide is therefore a really important factor in cancer development.

There are lots of drugs currently undergoing clinical trials which target this BCL2 family of proteins and trick cancerous cells into undergoing apoptosis, halting cancer development. They have seen some success in leukaemia, but limited success in other cancers, including melanoma. Scientists aren't exactly sure why this is or what we can do to improve the efficacy of the drugs and make sure they're getting to the right patients.

However, the results of my PhD suggest that the drugs could be targeting a number of lesser known proteins – such as BCL2 $\beta$ - and this is influencing the effect of the drugs in the clinic.

I'd like to thank the Hunter Melanoma Foundation, and in particular the late Carol Foster and her close friends Cath and Barry Harris. Without their support I would not have been able to contribute to the vital field of melanoma research.

Total Body Photography (TBP) and Sequential Digital Dermoscopy Imaging (SDDI) – Hunter 4 year study results.

#### Dr Alister Lilleyman, Newcastle Skin Check

This month sees the conclusion of a 4-year multi- centre study assessing the use of Total Body Photography (TBP) and Sequential Digital Dermoscopy Imaging (SDDI) in patients at high risk of developing melanoma.

Over 500 patients with a diagnosis of melanoma and a high risk of developing subsequent melanomas were enrolled in sites across Sydney and the Hunter.

It is well established that the use of dermoscopy improves a clinician's diagnostic accuracy, increasing the number of melanomas detected while reducing the number of normal naevi (moles) excised, and any doctor examining the skin should be doing so using a dermatoscope. This hand held device illuminates and magnifies the naevus revealing features not visible by standard examination.

Recent studies support the use of SDDI to improve the diagnostic accuracy in assessing those naevi that appear atypical but do

not have obvious features of melanoma. This involves taking a digital image of the naevus and repeating this image at 3 months. If there is any change in appearance the naevus is excised, as there is a 12% chance it is in fact a melanoma. If there is no change it is not excised and imaged again 6-12 months later during the patient's next routine examination.

Less clear is the role of TBP in skin cancer and melanoma detection. There is some evidence for its use in high-risk individuals and a pilot study performed by the Sydney Melanoma Diagnostic Centre indicated early detection of melanoma was assisted by TBP.

Drs Alister Lilleyman and Tony Azzi at Newcastle Skin Check have been checking 140 Newcastle and greater Hunter patients enrolled in this study in the high-risk clinic at Charlestown over the last 4 years.

The interim report for the Charlestown practice last year revealed 26 new melanomas were detected of which 75% were in-situ or non-invasive. These melanomas were detected at a stage that pose no harm to the patient. Of the 25% of melanoma that were invasive, the mean Breslow thickness was 0.6mm, in other words thin melanoma with only 2-3% risk of metastases.

Also of note only 2 benign (normal) naevi were excised for each melanoma detected. In General Practice around 15 naevi are excised for each melanoma detected, while doctors experienced in dermoscopy can reduce this number to around 5.

We await the findings of the completed study but it appears that Total Body Photography combined with Serial Digital Dermoscopy images improve the detection of melanoma, and the stage of those melanomas detected, while reducing the number of unnecessary excisions of harmless moles.



## Foundation News

#### Observ UV Camera - raising awareness

A grant from the Newcastle Permanent Charitable Foundation enabled us to purchase the new state of the art digital UV camera and not being a high tech person I was at first a bit unsure as to how I would cope with it.

It was a relief to find how user friendly it actually is as well as being so easy to assemble. We no longer print off photos as we did with the polaroid camera but your photos can be emailed to you.

This will be a great asset to our prevention, awareness and education programs. If you would like to know more about possible applications of the Observ for your school or organisation, contact me.

#### Pit Stop - Observ's first outing

The camera debuted at Year 9 Pit Stop at Singleton High in early August and I was unsure what to expect when I decided to take it. But everyone from pupils, teachers and myself was taken by surprise to see the extent of early signs of sun damage on a number of the students.

The camera was very popular and unfortunately, I couldn't take every student's photo but including one of the male teachers in the photos provided a very good comparison to the 14 year olds. Due to a history of skin cancer in his family, when he was growing up his mum always made sure he was well covered in sunscreen – and you could tell!

It was surprising to see the amount of freckling and early sun damage that some of the young people had, particularly taking into account that they would have started school with the Sun Smart program and the "no hat no play" primary school policy.

It was certainly an effective way to impress upon them the need to wear sunscreen on a daily basis in our climate and it seems we are on the right track according to a recent research study undertaken by the University of Surrey – see details below.

### Old Boys Uni v Wanderers game - Observ's second outing

It wasn't surprising to see a fair bit of sun damage in this older group of males – many who would have spent their youth on Newcastle beaches – but what did surprise me was the number of men who were doing something about it.

Many were seeing their dermatologist or skin specialist on a regular basis for skin checks, a few had undergone Efudex treatments on sun damaged faces and it was really pleasing to hear that most of them were now vigilant about wearing sunscreen and hats.

There was a lot of interest in the Observ and one of the medical lecturers was so impressed he asked for his photos to be emailed for use in his lectures.

#### Jasper Rose hats

We have once again received a very generous donation of lovely Jasper Rose sun hats and they will be available for sale in the melanoma unit. This year at the Newcastle Show we sold out so we will definitely make sure we take a good supply to next year's show.

### **Sun Safe Schools Visits**

#### A valuable lesson – Book in now!

Now is a good time to get your primary school to book in their sun safe visit. Each child will receive a HMF Sun Safe bag of goodies and students will learn about the dangers of the sun and the importance of sun protection with a 20 minute presentation. Book today! Call Jenny on **4985 0103** for more info.





#### Saving Face

Face changing technology showing sun damage is most effective at promoting sun safe behaviour

#### University of Surrey August 2016

In a new study published recently in the journal "Cogent Psychology", researchers from the University of Surrey examined the way sun safe messages are conveyed to young women, and found that visual communication using technology to age participant's faces to emphasise sun damage and premature ageing is most effective.

The findings from the research concluded that young women are most concerned about the immediate damage to their skin, and that a visual, personalised message that illustrated more immediate skin damage had more impact than either text-based messages or damage in the longer term.

Fair skinned young women are the most at risk group for malignant melanoma, a type of cancer most attributable to UV. However, they often don't realise the extent of the risk. The new research studied the differences between text-based and visual messages and examined whether warning about future appearance has an impact on changing behaviours. The results showed that, after seeing their own face prematurely sun aged using the technology, young women took twice the number of free sun screen samples and three times the number of skin cancer leaflets compared to those women who had read text information about the damaging nature of the sun. They also showed a 30% lower belief in the skin's ability to heal.

"Malignant melanoma is on the increase yet young women often don't protect themselves by using sun screen," said Professor Jane Ogden of the University of Surrey, one of the authors of the study.

"Our study explored the best way of framing messages to change their attitudes and promote healthier behaviour. The results showed that appearance based messages that used imagery to emphasise sun ageing were the most effective. This sun ageing technology could be used more widely to increase sun screen uptake by young women."



▲ Images of ageing skin proves deterrent for young women

### NOTICE OF ANNUAL GENERAL MEETING

#### Annual General Meeting 2016 Hunter Melanoma Foundation Incorporated

- Commencing at 6.00pm
- Monday 5th December 2016

- Newcastle Melanoma Unit, Waratah
- RSVP attendance to Jenny Noblet 49850103

The HMF committee consists of a Chairman, Vice Chairman, Secretary, Treasurer, Melanoma Unit Liaison and four committee members. The HMF committee enables the Foundation to continue its commitment to funding melanoma research, community education and awareness programs and patient facilities.

If you are interested in supporting the HMF by becoming a committee member please complete the bottom section of the nomination form below and return it to PO Box 278 Waratah NSW 2298.

#### HUNTER MELANOMA FOUNDATION INC - NOMINATION FORM

I, of and	
I, of	
Being financial members of the Hunter Melanoma Foundation Inc. do hereby nominate:	
for the position of	
I, accept this nomination	
Signature Dated:	

#### Hairdressers on spot checks

#### Source: SBS, May 2016

Hairdressers can play a vital role in the battle against skin cancer by alerting clients to spots or nodules on their scalps, says an expert.

Men with thinning hair are the key risk group for potentially lifethreatening scalp melanomas.

But people with a full head of tresses can get them from sun exposure around the part line, while those with fine hair lack sun protection in larger areas of the scalp.

A recent study showed that a small number of Australian patients with scalp melanomas had been alerted by their hairdressers and if your hairdresser does notice something unusual on your scalp make sure you get it checked by your doctor.

The study found that five per cent of 237 patients were initially alerted to their melanoma by their hairdressers.

### **Gimme Five**! Five cents wont buy much these days...

...but a lot of them together make a lot of sense to us! Your Donation will help us in our fight against melanoma through research, awareness and education about prevention & early detection. Thank you for your support.

#### JUST how far would you go for a tan?

#### Source: News.com.au, May 2016

Some who lust after sun-kissed skin are doing anything they can to get it, and are running or seeking underground solaria, illegally set up in backyards and homes.

While UV sunbeds are still legal to purchase, commercial solaria have been against the law since January last year in Victoria, NSW, Queensland, ACT, South Australia and Tasmania.

Western Australia only banned solaria in January this year.

Solaria are not banned in the Northern Territory but the operation is very rare in the state.

While people are searching for commercial solaria across the country, it's a major concern in Victoria, with many turning to Gumtree out of desperation for a solarium tan.

Posts on the classifieds site beg for solarium use two to three times a week, with some even offering to travel far distances.



#### Wanted: SOLARIUM FOR USE: Liverpool, Ca...

I am looking for a solarium to use within Liverpool and it's surrounding suburbs. Price can be negotiated per session. I am looking into using it regularly (three times a week). If somebody has one, or knows someone who has one, message me asap. Thank you!!



Wanted: WANTED: A SOLARIUM FOR USE E ... WANTED SOLARIUM USE

Solarium addicts trying to get their fix via online ads

A desperate tan seeker posted on Gumtree: "After having worked in a solarium prior to the ban I visited a private salon which has recently closed much to my dismay!!"

"So I am turning on here to find sessions. Looking for a bed to use every second day. If anyone knows of any or can be of help PLEASE get in touch asap."

There have been about 30 posts on the site from people seeking tanning beds in the Melbourne area in the last month.

### Melanoma rates in Australia have almost doubled since 1982

#### Melanoma in the News July 2016

It is very much a case of wishing we knew then what we know now.

As kids many of us spent a lot of time in the sun and decades later realised how damaging that exposure can be to our skin.

Melanoma rates in Australia have nearly doubled in recent decades and the sunburnt country now has the world's second highest incidence of the skin cancer.

An estimated 1800 people in Australia will die from melanoma this year and 13,300 new cases will be diagnosed, according to a major skin cancer report from the Australian Institute of Health and Welfare.

A recently released report shows melanoma rates in Australia have almost doubled since 1982 but the news is not all grim. There has been a drop in the under 40 age group giving some indication skin cancer prevention messages are having an impact.

"The rates for skin cancer continue to be high in Australia, but there are some encouraging results in relation to younger ages starting to decrease, but it would still be good to see some further improvements," AIHW spokesman Justin Harvey said.

It's difficult to know the reason for the increase in melanoma rates, but it could be due to more early detection. Early detection of skin cancer is a good thing, as it means a better prognosis for treatment.



# THANKYOU for your support

D Lambkin Len Wardle J Hollingsworth C Mallaby J Drinkwater **R** Burgess **J** Aspinall M Dick C Morgan Tranter Lawyers V Shoesmith D Peters J & J Cooper C & BD Avery K Schmierer L Soper A George Hart Family A Davies K Clarke L Robronja G Cooke

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Yes, I would like to help fight melanoma.
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I have enclosed my cheque / money order made payable to: Hunter Melanoma Foundation
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Please return your gift to: Hunter Melanoma Foundation PO Box 278 Waratah NSW 2298.