



## Prof Michael Quinn, AM, Guys (and Girls!) GO ride again for research



Michael Quinn leading the 'Guys GO ride' team in 2015.

Hold on to your helmets. Twenty one friends will ride alongside Prof Michael Quinn, AM, to raise funds for ANZGOG's gynaecological cancer research. This year four women will also be joining the challenge.

Michael and the team will ride from the English Channel to the Mediterranean over the Alps. They begin the challenge on September 17 and will cycle 1,429 kms for 14 days straight.

This journey will be even more difficult than last year's from Land's End to John o'Groats in the UK, where Michael and the 'Guys GO ride for Gynae' team raised over \$135,000 for ANZGOG's research.

Keep watch for how you can support Michael and the 2016 team on [goforgynae.org.au](http://goforgynae.org.au).

### 2015 'Guys GO Ride for Gynae' blog

If you want to find out what really happened during the 14-day 2015 challenge, read 'Reflections from men who care'.

[guysgorideforgynae.wordpress.com/](http://guysgorideforgynae.wordpress.com/)

## Trial Update: REZOLVE

Improving quality of life for women with ovarian cancer

REZOLVE is an ANZGOG trial seeking to find a simple solution for women with ascites - a build up of fluid in the abdomen - from advanced ovarian cancer.

It aims to determine whether IP bevacizumab is a safe and effective treatment to delay the re-accumulation of ascites in women with chemotherapy resistant ovarian cancers.

Many patients with advanced recurrent ovarian cancer have ascites in the last months of life which causes significant symptom burden including abdominal pain, bloating, nausea, loss of appetite and vomiting.

There are no effective treatments easily available in Australia and the fluid needs to be drained frequently, which usually requires either admission to hospital or outpatient attendance to a radiology department for ultrasound guided drainage.

Frequent drainage of large volumes of ascites can have a major impact on quality of life.

The procedure has a number of adverse effects including pain and discomfort, and inability to drain ascites can occur as a result of loculation (creation of small pockets) of fluid after having multiple procedures.

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## GROW is a true inspiration

Brown-Forman's GROW group (Growing Remarkable and Outstanding Women) teamed up with PRIDE (supporting Brown-Forman's LBTG employees) to create another amazing 'Night of Inspiration' to raise money for ANZGOG's research.

Held at the iconic Imperial Hotel (of Priscilla Queen of the Desert fame) in Erskinville, Sydney, more than 100 friends, family and colleagues gathered to celebrate all things that inspire us to be different.

The event featured the fabulous Gretel Killeen as MC and comedian Ms Jordan Raskopoulos.

Penny Kemp, ANZGOG Ambassador and ovarian cancer survivor, also spoke about

her cancer journey and the importance of research.

\$4,000 was raised on the night and is going to ANZGOG's New Research Fund. The Fund is a grant program which was launched in 2015 to promote the development of ANZGOG gynaecological cancer studies from initial concept to a full trial.

Over the years GROW has held an array of fundraisers - from gold coin collections to auctions and cocktail events - cumulatively raising over \$34,000 to fund new and exciting research.

Our warmest thanks to Shelly Silberman, GROW and Brown-Forman for their ongoing support.



ANZGOG's Julijana Trifunovic and Penny Kemp with Michelle Phipps and Shelly Silberman from GROW.



Gretel Killeen with guests.

## Raising ovarian cancer awareness



Ovarian cancer survivor Wendy Saville (centre) with members of the Older Women's Network, Illawarra

ANZGOG Ambassador and ovarian cancer survivor, Wendy Saville, presented to 30 members of the Older Women's Network in the Illawarra during Ovarian Cancer Awareness Month.

Wendy, who was diagnosed with Stage 3 ovarian cancer in 2012, spoke about her cancer journey, gynae cancer symptoms and the importance of research.

Wendy was initially told she didn't have long to live. Then she met ANZGOG member Dr Rhonda Farrell. "I felt I had the best medical team fighting for me and I was not going to give up this fight," she said.

*If you would like Wendy, or another ANZGOG Ambassador, to speak at your next event, contact Sarah Hope on 02 8071 4885. [development@anzgog.org.au](mailto:development@anzgog.org.au).*

## International Women's Day on the Gold Coast

International Women's Day means different things to different people. For some it's a celebration, for others it's a call to action to accelerate gender parity, and for many it's an opportunity to align and promote relevant activity. Whatever the activity, International Women's Day is the perfect moment for gender-focused action.

This year, ANZGOG's gynaecological cancer research will be supported by Gold Coast's Women at Work International (WAWI). WAWI was founded in 1994 by national co-ordinator and business woman, Josephine Tobias, who is also an active member of ANZGOG's *Women of the Roundtable*.

On March 8, Women at Work will host a Leadership Awards presentation lunch with special guest Kerri-Anne Kennerley. Categories include Leadership in Business Excellence, Community, the Service Industry, Innovation and Social Justice.

ANZGOG will be the recipient charity, receiving funds raised from the silent auction on the day. ANZGOG Ambassador and fashion designer, Charlie Brown, will also be speaking at the event.

*The lunch will be held at the Gold Coast Arts Centre. For more information and tickets, contact Josephine at [jteventsltd@gmail.com](mailto:jteventsltd@gmail.com) or 07 5584 0000.*



Amy Gilltrap, Josephine Tobias and Jean Kittson at the 2015 WAWI International Women's Day Lunch.

## Wine auction gift



Langton's is delighted to announce 'Chateaux of Bordeaux', their inaugural Bordeaux-Road-Show extravaganza. In the first week of March, they will be bringing to Australia a dozen Bordeaux Chateau proprietors and winemakers.

All funds raised at the two dinners and three online auctions will be donated to ANZGOG's gynaecological cancer research.

Dinners will be held at:

1. Catalina in Rose Bay, Sydney on 2 March (this dinner is sold out)
2. The Point in Albert Park, Melbourne on 4 March

Tickets are \$345pp.  
[langtons.com.au/lp/chateaux-of-bordeaux](http://langtons.com.au/lp/chateaux-of-bordeaux)

### Online Bordeaux Charity Auctions

Langton's are also holding three online auctions featuring these fabulous Bordeaux wines. **For details and to bid, go to the 'Auctions' at [langtons.com.au](http://langtons.com.au).**

**Sydney Bordeaux Charity Auction**  
*Ends 2 March at 9pm*

**Melbourne Bordeaux Charity Auction**  
*Ends 4 March at 9pm*

**Online Bordeaux Charity Auction**  
*Ends 8 March at 9pm*

# Current ANZGOG trials

## **REZOLVE** (Ovarian)

REZOLVE aims to evaluate the safety and potential palliative benefit of intraperitoneal bevacizumab (chemotherapy treatment) in patients with symptomatic ascites due to advanced chemotherapy resistant ovarian cancer.

## **ECHO** (Ovarian)

A Phase III randomised, controlled trial evaluating the effect of an exercise intervention among women undergoing chemotherapy for ovarian cancer. This trial will identify whether incorporation of an exercise program into the current standard of care for women undergoing chemotherapy for primary ovarian cancer is an effective and cost-effective way to improve health outcomes in this patient group.

## **feMMe** (Endometrial)

This trial accesses a new approach to the treatment of endometrial cancer, thus sparing women major surgery. Our aim is to find out the effectiveness of Mirena® (a hormonal intrauterine device), Mirena® with Metformin (an oral antidiabetic drug), and Mirena® with weight loss at getting rid of endometrial cancer and endometrial hyperplasia with atypia.

## **Outback** (Cervical)

The Outback trial will test the value of giving women with locally advanced cervical cancer, adjuvant chemotherapy following completion of standard chemo-radiation treatment. It aims to improve survival rates for these women, many of whom have a 40% or greater chance of their disease relapsing after treatment.

## **PARAGON** (Rare Cancers)

To see if anastrozole (an aromatase inhibitor, also known as Arimidex®) which is a hormonal or anti-oestrogen therapy will help reduce the size of tumours and delay the time to progression, as well as improve symptom control and quality of life, in women with potentially hormone responsive recurrent gynaecological cancers.

## **OvQuest** (Quality of Life)

This online study aims to fill the gap in research to better understand the health related quality of life in ovarian cancer survivors, as well as their specific symptoms and concerns, physical activity levels and the relationship between physical activity and symptoms. Open to women diagnosed with ovarian cancer more than six months ago who have received chemotherapy.

## Trial update: REZOLVE

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By delaying the reaccumulation of fluid REZOLVE investigators hope to limit the burden of both the symptoms of ascites and the side effects from drainage.

Co-study chair Dr Katrin Sjoquist commented, "Initial experiences for investigators and trial participants have been extremely positive, but we need to improve recruitment to ensure we

have the information to confirm that this treatment can benefit women with this difficult problem."

REZOLVE is currently open to recruitment at major metropolitan sites in Sydney, Melbourne and Brisbane.

*Go to the clinical trials section at [www.anzgog.org.au](http://www.anzgog.org.au) for more information about REZOLVE, including participating hospitals and eligibility.*



REZOLVE Investigator, Dr Katrin Sjoquist

## Safeguarding the health of clinical trial patients

All ANZGOG gynaecological clinical trials undergo a rigorous review process before they open for recruitment. This ensures the reliability of the research and the safety of the patient.

This review process is guided by a Protocol. The Protocol is a document that describes how a clinical trial will be conducted - the objectives, design, methodology and statistical considerations - and ensures the safety of the trial participants and integrity of the data collected.

The Protocol identifies:

- The type of trial participants
- All procedures and interventions
- Test schedules
- Medications and dosages
- Study length
- Follow-up processes
- Data collection
- Analysis processes

All ANZGOG clinical trial Protocols are meticulously scrutinized and reviewed by the ANZGOG Research Advisory Committee,

the Ethics Committee of the institution administering the trial and the Ethics Committees at each of the institutions that participate in the trial.

An Ethics Committee consists of a panel of scientists, medical professionals and laypersons, who undertake to ensure the ethical and scientific integrity of the trial.

A Protocol can be amended numerous times before all relevant ethics approvals are received. It is only once the Protocol passes all ethics approvals that the gynaecological cancer clinical trial is opened for recruitment.

Once the trial is active, a Trial Management Committee closely monitors the research sites involved to certify compliance with the trial Protocol.

To maintain patient safety throughout the trial, they are closely monitored to make certain any unexpected side effects are detected and treated promptly.

All ANZGOG trials are regularly audited for quality control by independent researchers.

For more information about ANZGOG trials go to the 'Clinical Trials' section at [www.anzgog.org.au](http://www.anzgog.org.au) or the ANZ Clinical Trials Registry [www.anzctr.org.au](http://www.anzctr.org.au)

## Hats off to The Individual Wig

Huge thanks to Cheryl Edmonds from The Individual Wig who is donating \$2 from the sale of every bamboo turban to ANZGOG's gynae cancer research.

Cheryl is an amazing supporter of ANZGOG's activities.

The bamboo turbans are The Individual Wig's own headwear label and one of their best-sellers. Find them at [theindividualwig.com.au](http://theindividualwig.com.au).



## ANZGOG's Annual Scientific Meeting 2016

Leaders in gynaecological cancer treatments and research from Australia and New Zealand will attend the ANZGOG Annual Scientific Meeting in Sydney from 13-16 April, 2016.

The program, "New Targets and Better Outcomes for Women with Gynaecological Cancer", features four very distinguished international speakers:

- Dr Michael Birrer, Massachusetts General Hospital
- Prof Anuja Jhingran, University of Texas
- Dr Christian Marth, Innsbruck Medical University, Austria
- Dr Susana Banerjee, Royal Marsden Hospital, UK

A morning session on Quality of Life and a Pure Science Symposium is back for the second year.



The program includes a range of workshops on Clinical Trial Concept Development, Radiation Oncology, and speciality interests for Trial Coordinators, and Gynaecological Nurses.

The Annual Scientific Meeting also provides the opportunity for researchers to submit their clinical trial concepts for review by the ANZGOG Research Advisory Committee and consideration as future ANZGOG trials.

## Rosalba's tribute for research

Just prior to Christmas 2015, Rosalba lost her battle with ovarian cancer. She was a patient at Royal Women's Hospital Brisbane and was much-loved by all.

"Rosalba was a dynamically gifted woman who had a zest for life and made everyone smile. She embraced life and took every opportunity to celebrate whole heartedly. She loved her bling and sparkles but nothing shone brighter than her own inner light," say a close group of Rosalba's friends.

Rosalba had clear cell ovarian cancer which affects approximately 5% of ovarian cancer patients in Australia. It has a high-resistance to platinum-based chemotherapy, which is currently the most effective regimen in ovarian cancer treatment.

Clear cell cancers are a focal area for ANZGOG's new targeted therapy trials.

To celebrate Rosalba's life and to raise funds for clear cell research, Anna, her sister, and Rosalba's close group of friends created an Everyday Hero supporter page.

The page features messages of support from everyone who has made a donation, along with photos and stories.



Rosalba in early 2015

Nearly \$4,000 has been raised in Rosalba's honour.

"Sadly, Rosalba lost her personal battle with cancer but if this tribute helps to raise awareness and funds for this cause, she has won a greater battle!"

Donate to ovarian clear cell research via Rosalba's Everyday Hero page at: [give.everydayhero.com/au/rosalba-1](http://give.everydayhero.com/au/rosalba-1).

If you would like to support ANZGOG's gynaecological cancer research in memory or celebration of a relative or friend contact Sarah on 02 8071 4885 or [development@anzgog.org.au](mailto:development@anzgog.org.au).

## Diary Dates

Some key dates for your 2016 diary. Visit [www.goforgynae.org.au](http://www.goforgynae.org.au) for more information about these, and other events throughout the year.

### February

Ovarian Cancer Awareness Month

### March 8

International Women's Day

### May 8

World Ovarian Cancer Day

### May 8 - 14

Women's Health Week

### September 1 - 30

International Gynaecological Cancer Awareness Month

### September 17 - 30

Michael Quinn's 'GO ride for Gynae' fundraising challenge

### November 13-19

Cervical Cancer Awareness Week

### March 2017

'GO step for Gynae'

### Stay in Touch

[goforgynae.org.au](http://goforgynae.org.au)

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## Make a donation to ANZGOG's research

Click here or go to [www.goforgynae.org.au](http://www.goforgynae.org.au) to access our secure online donation form.



## Raising funds to improve life for women through research

Australia New Zealand Gynaecological Oncology Group Locked Bag 5577 CAMPERDOWN NSW 1450  
T | +61 2 8071 4880 F | +61 2 8071 4888 [enquiries@anzgog.org.au](mailto:enquiries@anzgog.org.au)