



It has been busy and productive time for ANZGOG.

Women taking part in clinical trials was at an all-time high with 864 patients recruited in 2013. We also had the most clinical trials open with 8 trials in operation.

These trials were testing treatments and solutions across a range of gynaecological cancers including cervical, ovarian, endometrial, rare tumours, symptom benefit and quality of life studies.

It was also a great year financially with significant research grant income and donations received from the public to support ANZGOG's research.

Three trials achieved Cancer Australia grant support – ECHO Exercise during Chemotherapy for Ovarian Cancer Pilot Study; Paragon - Ovarian and Endometrial Rare Tumours Trial and the Symptom Benefit Study which is already gaining acclaim and support internationally.

ANZGOG's strength comes from its passionate and focused investigators and dedicated research staff. We have had some great successes and with clear goals for 2018 in our strategic plan, we can look forward to continuing to strengthen and grow.

As always, thank you for your continued support.

Dr Alison Brand | ANZGOG Chair

10 reasons why you should support ANZGOG

1. Every day in Australia 13 women are diagnosed with a gynaecological cancer and 4 will die. We are determined to change this.
2. ANZGOG is the only national gynaecological cancer research charity in Australia and New Zealand.
3. We conduct world-class research collaboratively with universities and hospitals across Australia and internationally.
4. Awareness of gynaecological cancers is very low and many women do not even know there are five main gynaecological cancers and two rarer pregnancy related cancers.
5. 43% of women with ovarian cancer will not survive 5 years after diagnosis; despite these grim statistics, gynaecological cancer is not a well-funded cause.
6. Endometrial cancer incidence has risen 22% in the last 20 years, in part due to the growth in obesity, and is continuing to rise.
7. People are often too embarrassed to discuss gynaecological cancers or the signs and symptoms. Helping us to raise awareness will change this and help save women's lives.
8. Our core research unit is the University of Sydney, NHMRC Clinical Trials Centre. Our investigators have participated in breakthroughs improving survival rates for women, changing treatment practices and identifying symptom benefit instruments to deliver greater quality of life for women with gynaecological cancer.
9. We fund innovative research through our New Research Fund and cover gaps in other funding which allows projects to gain and maintain momentum.
10. ANZGOG has sourced \$12 million in government grants for clinical research and has activated many ways for the community to help improve life for women with gynaecological cancer.



NED panel Penny Kemp, Tracey Spicer, Helen Tzarimas, Alison Brand and Joanie Hope

No Evidence of Disease international screening

ANZGOG invited everyone in Sydney to become a groupie and help make a noise about gynaecological cancer on March 25 at The Big Picture Film Festival special screening of No Evidence of Disease (N.E.D) at Event Cinemas.

This multi-award winning documentary is about an amazing rock band whose members also happen to be gynaecological oncologists. It is a wonderful and entertaining story of their journey, touring the USA and inspiring women and men to make a stand for gynaecological cancer.

We were privileged to have Dr Joanie

Hope (lead singer N.E.D. and oncologist) from Alaska attend the screening, promote the film and take part in the post event panel discussion with journalist and anchor woman Tracey Spicer, radio presenter Helen Tzarimas, ANZGOG Chair Alison Brand and supporter and consumer Penny Kemp. It was a great night with Tracey Spicer stating that the film "was one of the most compelling documentaries she had ever seen."

If you are interested in showing N.E.D. in your area to raise funds for ANZGOG and raise awareness about gynaecological cancer please contact Julijana Trifunovic at campaigns@anzgog.org.au.

National Ovarian Cancer Action Plan

ANZGOG with Ovarian Cancer Australia (OCA), co-hosted two workshops to explore the OCA initiative to develop a National Ovarian Cancer Action Plan.

Specialists in gynaecological oncology from around the country discussed options for future research including the key drivers and barriers.



Bridget Whelan

A number of women spoke of their own experiences and the need for more research and clinical trials seeking treatments. Bridget Whelan questioned how clinical trials had changed over time and the future for clinical trials in Australia. In an interview with ANZGOG she commented, "There's lots of clinical trials going on and it's hard to find out about them; your doctor is never going to know about all of them. So I do think you really do need to be your own advocate – to look for them and decide if they are best for you. The Australian Cancer Trials website is really good – but you still need to talk to your doctor or to the trial staff to see if you are eligible. And sometimes it can be hard to understand that you can't participate in a trial. But I think we are lucky in Australia that our 'standard' care is so good and also that trials might even be an option.

I'm also a big believer in helping researchers. The [research] results might also help me or other patients – they might lead to better treatment or support. You never know. So I think it's worth taking the small amount of time to help."

Make a donation to ANZGOG at www.anzdog.org.au.

Why conduct clinical trials?

Many years of laboratory work go into developing a drug for use in patients. But before they can be approved for wider use, new treatments first need to be shown to be effective and safe in the controlled setting of clinical trials.

It's not only new drugs that are tested in clinical trials. Researchers also study new combinations, timing or doses of existing drugs to see if they are more effective than standard treatments.

There are three main types of clinical trials:

- **Phase I** - very small trials testing whether a new treatment is safe and finding the best dose to use
- **Phase II** - fairly small trials testing how well a new treatment works
- **Phase III** - large-scale trials comparing a new treatment with the current standard treatment

Normally, a treatment must pass all three phases - and be approved by the regulatory authorities - before doctors are allowed to offer it to patients routinely.

As well as testing treatments, clinical trials are carried out to look at new ways to prevent or detect cancer.

Trials conducted by ANZGOG in Australia have changed standards of treatment, identified drug combinations to extend life and improve women's quality of life while in treatment.

Go to the Clinical Trials section at www.anzdog.org.au for more information about our current trials or speak to your doctor. A list of all clinical research trials being conducted in Australia can also be found at www.australiancancertrials.gov.au.

Current ANZGOG trials open to recruitment

For more information go to the 'Clinical Trials' section at www.anzdog.org.au

<p>PeNTAGOn Quality of Life</p>	<p>To improve psychosocial outcomes for women receiving radiotherapy for gynaecological cancer. The results of this research will help us better understand the challenges facing women receiving radiotherapy, and ways to assist them.</p> <p>pentagon@ctc.usyd.edu.au</p>	<p>Paragon Rare Tumours</p>	<p>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.</p> <p>paragon@ctc.usyd.edu.au</p>
<p>Symptom Benefit Quality of Life</p>	<p>The Symptom Benefit Study investigates quality of life issues related to having ovarian cancer and undergoing chemotherapy. It also looks at factors that might help us decide how well women will respond to their treatment.</p> <p>symptombenefit@ctc.usyd.edu.au</p>	<p>feMME Endometrial</p>	<p>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.</p> <p>f.menzies@uq.edu.au</p>
<p>ICON8 Ovarian</p>	<p>This study aims to investigate the effectiveness of giving chemotherapy at a smaller dose more often (ie. once per week). This study is open to women with newly diagnosed epithelial ovarian, fallopian tube or primary peritoneal cancer who are suitable for combination carboplatin-paclitaxel chemotherapy.</p> <p>icon8@ctc.usyd.edu.au</p>	<p>Outback Cervical</p>	<p>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.</p> <p>outback@ctc.usyd.edu.au</p>

Thank you to our fundraising heros

We are so grateful for the generosity of those people who have made ANZGOG their charity of choice for their fundraising efforts.

ONLINE FUNDRAISING

Mary-Anne Jackson, an ovarian cancer survivor, created an Everyday Hero page in February with a goal to raise \$5,000 for ovarian cancer research.

Carmel Meyer also created an Everyday Hero page for gynaecological cancer research in memory of her mum Betsy, who lost her battle with ovarian cancer in February 2014.

CHALLENGE EVENTS

Penny Kemp swam the 2km Cole Classic at Manly Beach in February and raised \$3,900.

Ben Dooley, Angela Johnston and Tristen Haines from Carey Junior School in Kew, are participating in Run Melbourne in July 2014.

COMMUNITY FUNDRAISING

Leanne Waldron is selling ribbons in her hometown of Tocumwal, Victoria, in memory of her best friend Deanna Eddy.

Ella Martyn from Macarella donated a percentage of profits raised from her 2014 Valentine's Day Macaron sales.

For more information about raising funds for ANZGOG's research, contact Sarah at development@anzgog.org.au.



Penny Kemp at the 2014 Cole Classic



Leanne Waldron's ribbon sales in April 2014



Ben Dooley is competing in Run Melbourne 2014

Become a Community Ambassador

ANZGOG wants you to help extend our reach in the community building awareness of gynaecological cancers and clinical trials research – including in regional and remote areas – and raise funds to further ANZGOG's important work in this area.

Ambassadors may be gynaecological cancer survivors, their family or friends or cancer support groups. They are also people who truly believe in the work that ANZGOG conducts and therefore want to actively support our clinical trials and associated endeavours.

We will equip Ambassadors with the information, skills and resources to increase knowledge and understanding of gynaecological cancer clinical research within their community, including how to access clinical trials as a patient and who to go to for support.

Public speaking training is a key component of our Ambassador's skills development and ANZGOG will be available to support our Ambassadors throughout their tenure.

If you, or someone you know, would be interested in becoming an ANZGOG Ambassador and making a noise in your community about gynaecological cancer, contact Sarah on 02 8071 4885 or development@anzgog.org.au.



ANZGOG's Consumer & Community Committee - our inaugural Ambassadors

Featured clinical study

OvQuest Living after the diagnosis and treatment of ovarian cancer

Developed under the banner of ANZGOG and Ovarian Cancer Australia (OCA), this study aims to better understand the concerns and challenges faced by women who have been treated for ovarian cancer.

After finishing treatment for ovarian cancer, most women have a number of unique health needs. In the short term, they are often troubled by side-effects of their treatment and worried about the risk of their cancer coming back. For some women, side-effects may persist or new health problems might arise in the longer term. Many also experience psychological and practical problems after cancer that can affect their quality of life.

This 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.

Based on international interest it is expected that thousands of women globally who have completed ovarian cancer treatment will be involved, making it the largest and most detailed study in its field.

If you were diagnosed with ovarian cancer more than six months ago and have received chemotherapy, we invite you to take part.

For more details and to access the study online go to the Clinical Trials section on the ANZGOG website www.anzgog.org.au or contact the Kate Webber, OvQuest Principal Investigator, at k.webber@unsw.edu.au.



ANZGOG study gets the green light with BUPA

ANZGOG is delighted to announce the success of a philanthropic grant submission to fund an ovarian cancer study led by Professor Michael Friedlander, AM.

The Bupa Health Foundation (BHF) will be supporting ANZGOG's MOST-OPAL study, which looks at introducing a more rigorous and quantitative approach to detection of symptoms and side effects, complementing clinical follow up and leading to better patient care.

Research grant funding was also received for ECHO, Rezolve, Symptom Benefit and Paragon trials.



Prof Christine Bennett AO, Chairperson of BHF Steering Committee, Prof Michael Friedlander AM & Mr John Conde AO, Chairman of BHF Board

Up for the challenge?

Consider nominating ANZGOG as your charity of choice when you next participate in a fun run or challenge event.

There are numerous challenge events being held across Australia and NZ to join. You can then create your own fundraising page on a fundraising website such as Everyday Hero or Go Fundraise, and encourage your family and friends to support your challenge by donating to you online.

It's fitness. It's fun. It's easy.

Contact Julijana at campaigns@anzgog.org.au for more information.

KNOWING YOUR BODY

The symptoms of ovarian cancer are often vague and can be similar to the symptoms of many other conditions that are part of everyday life.

Cancer Australia has released a YouTube video which prompts women to familiarise themselves with their bodies

and to test their knowledge of ovarian cancer. Search 'No one knows your body' on www.youtube.com or go to the Cancer Australia website www.canceraustralia.gov.au.



CLINICIAN PROFILE

Dr Ganendra Raj Kader Ali Mohan Gynaecologic Oncologist, Western Australia



Like many of ANZGOG's clinicians, Raj has spent much of his adult life studying and gaining practical experience in the field of gynaecological oncology. Research is now one of his new passions.

I entered obstetrics and gynaecology with the sole intention of becoming a Gynaecologic Oncologist. My decision to pursue this path was due to the encouragement I received from my teachers during my early medical training.

I completed my Obstetrics and Gynaecology training after obtaining the MRCOG (Membership of the Royal College of Obstetrics and Gynaecology, London) in 2003. I then worked as a Specialist in Obstetrics and Gynaecology with an interest

in gynaecological oncology for six years before undertaking further training to specialise as a Gynaecological Oncologist. Subsequently, I obtained my Australian fellowship in Obstetrics & Gynaecology (FRANZCOG) in March 2010, followed by my certification as a Subspecialist in Gynaecologic Oncology (CGO) in 2012.

While I have more than a decade of clinical and surgical experience, I have to admit I feel like a novice when it comes to the world of gynaecological oncology research. I am keen to learn however, and to contribute in whatever way possible. Since joining ANZGOG I have worked on the OVAR2.21 study, the OUTBACK trial and feMMe.

Surgery is an integral part of gynaecological cancer treatment and there are still many aspects of this treatment that need researching. I hope that I will be able to work with my colleagues in Western Australia and beyond, to improve gynaecological oncology research and the healthcare of women in general.

Make a donation to ANZGOG's research

Type ANZGOG DONATE in your web browser and go to our secure online donation form.



Improving life for women through research

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