



PIPS 'n' PIECES

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JUNE 2021

Hmf Spot Check

As promised in our April Newsletter, I am delighted to present the results of the Spot Check campaign we ran over the summer of 2020/2021.

Spot Check was an idea that with some generous funding turned into a campaign to run free skin check clinics for both the Hunter Surf Life Saving community and general public over the summer.

Thanks to the Doctors from Newcastle Skin Check who generously donated their time, we were able to run 7 free clinics and saw 723 patients. Of those 723 patients, there were a minimum of 175 spots that were referred on

for further follow up. Included in those spots were 36 suspected melanoma's with a confirmed 8 melanoma's in 7 patients.

As well as the abovementioned results, we were able to gather some other valuable data by surveying each patient when they signed up for the check. It was interesting to note that 38% of patients had never had a skin check before, but not surprising that the majority of those were in the 10-40 age group. The most common form of cancer in the 15-39 age group is melanoma, so we have some work to do in that area.

Of the patients who had previously had a skin check an overwhelming 75% hadn't had a check in over 12 months. I imagine the global pandemic has probably inflated that figure given that 33% of people put off their skin check during COVID.

The clinics were visited mostly by people in the 40-50 age group, however our youngest patient was 7 and our oldest 89.

It was pleasing to see that there was a fairly even spread of males and females participating.

Alarmingly only 4% of participants

>> Continued on next page

PATIENT STORIES

Matt Hoy.

A local well known former professional surfer, Matt has spent a lot of time in the sun surfing around the world. Even with his long history of sun exposure, Matt hadn't had his skin checked for 10 years.

Scrolling through Instagram one day, he came across our post advertising the clinics which his mate and world champion surfer Mark Richards had shared. He quickly clicked on the link to book a spot at the clinic straight away.

Matt visited the Spot check clinic and the Doctor was quite concerned about two spots on his back. He was asked to book an appointment for a biopsy the following week. By the time Matt had phoned the clinic, a second Doctor from Newcastle Skin Check had viewed the photo's of his spots and was also concerned suggesting he skip the biopsy and have the spots removed asap.

Matt was very relieved to receive the news a week that the spots had been removed and were in fact NOT melanoma's.

Matt was very appreciative of the HMF Spot Check clinics and has been working with us to help raise awareness about the importance of sun protection and early detection of melanoma through regular skin checks.



Hmf Spot Check cont

have NEVER been sunburnt, and 37% reported to have been severely sunburnt more than 10 times.

A big thank you to University Student Ewan Simpson for compiling our statistics.

The Spot Check clinics, and their life saving results, were made possible thanks to the generosity of the Doctors from Newcastle Skin Check. Each Doctor within the practice (7 in total) donated at least one day of their time. Thanks also to the generosity of a total of 36

HMF volunteers who helped with the setup, pack down and running of the clinics throughout the campaign - we are very grateful for their hard work and continued support.

The Spot Check Campaign was made possible with funding from the West's Group through the NSW Club Grant's scheme along with a grant from Novartis Pharmaceuticals.

Each Spot Check patient received a HMF Gift bag containing some vital resources and information on how to check and protect their skin. Thanks

to funding from Nova Alliance Bank we were delighted to be able to gift each patient with a co-branded 60ml sun screen sample.

The clinics would not have been made possible without the support and partnership of our friends at Hunter Surf Life Saving.

Overall the campaign was a great success and we look forward to extending the program over the next 12 months.

PATIENT STORIES

Chris Breton

Chris is a professional part-time Life Guard who just happened to be on duty at Bar Beach on one of the days our clinic was running. Chris has a background in Surf Life Saving and spent most of his youth on the beach. Chris has had a couple of skin checks before but has always been given the all clear.



At his spot check appointment the Doctor found 2 suspicious spots on Chris – one on his back and one on his neck – both were removed and found to be Basal Cell Carcinoma's.



Anthea Burke

Anthea grew up on the Northern Beaches of Sydney and also spent a lot of her youth in the sun. Her daughter had spotted a suspicious looking pink spot on the back of her arm which she was going to get



checked asap, but couldn't get in for a month. Anthea happened to be walking past the beach when she saw our clinic, and she called in to book an appointment for the following day.

A biopsy of the suspicious spot confirmed a melanoma and she was referred on to the Newcastle Melanoma Unit for further treatment.



It is your life !

PETER LYNN OAM FCPA FGIA FCG

We asked one of our Support Group patients to share with us some advice on what he has learned during his melanoma journey.

Peter Lynn is an original melanoma BRAF gene trialist (2009-2014) – the drug is known as a ‘nib’ drug and was fast tracked and now available on the PBS.

Peter and his wife Margaret are no strangers to the melanoma journey. They supported their son David for two years before he died from melanoma in 2009. Five weeks after David’s death, Peter was also diagnosed with metastatic melanoma.

Here is what Peter has to say.

Over the last twelve years of discussing my situation with other melanoma patients I have discovered there is a lot of variability in the way we discuss our situation and the questions we ask when really confronted with this disease. At first we fear the worst!

It is very important that you prepare yourself for the consultation with your specialist.

Discuss with those closest to you the type of questions you should ask prior to your consultation. Many of us have come out of the consultation and said “I wish I had asked that question!” When you have stage three or four melanoma, there is no such thing as a silly question. Prepare before the consultation. It is very difficult to run back in and say “Dr.... !”

It is also true that you may have received a response from your specialist which you did not understand and in the “clear light of day” you should have responded with another enquiry. It is also true that some specialists might not be able to communicate with you in a manner which you can understand your particular situation and then for you to explain it to your loved ones. It is important that you take

someone with you, hopefully a close, but clear-thinking person. You might be on the “ceiling” at the time and you may not “hear” the responses or statements from your specialist clearly enough. Some patients with modern communications use their smart phones to record the conversations with their specialist. Just ask the specialist first.

It is very important that you understand the melanoma journey and have confidence.

You can ask for a second opinion! Seek out another specialist – compare notes. It is your right and your life! It may provide you with confidence and understanding and remove some of the concerns you might otherwise be having! Undue stress may bring on other issues.

Both the Cancer Council and

Melanoma Patients Australia (MPA) have booklets on melanoma which may also be of assistance to you.

You could contact the Hunter Melanoma Foundation (HMF) for your local melanoma support group. That Group will have had the experience which you are now going through and may also assist you with formatting or consolidating your consultation questions. They could also explain how they are being treated. There are now many and varied treatments, including drug trials for advanced melanoma and because we are all individuals, treatments are very likely to vary from one patient to another. There is not “a one size that fits all!”

If you would like more information about joining the HMF support group, please contact Facilitator Lisa Hamilton on 0448 458880.

“

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NEWSLETTER

If you’re currently receiving a hard copy of our newsletter and would like receive an electronic copy, please send us an email to info@hmf.org.au and we will add you to our email list.

Fundraising is back

HMF RACE DAY

Our Race Day has always been one of our biggest fundraisers each year and we were devastated when we had to cancel last years event. Due to COVID restrictions, this year we had to move to the Trackside Marquee at the Eastern end of the Grandstand and were limited to 300 guests. The marquee was a sell out and we were able to then sell some tickets to the Pavilion at the Western end of the Grandstand. In all, we had 364 guests attend and raised a record \$32,000.

Our raffle proved very popular this year with the first prize of two VIP tickets to Keith Urban at Newcastle Entertainment Centre being won by Kristy Brown. The second prize of one night's accommodation, breakfast and \$100 gift voucher at The Beachcomber Hotel Toukley was won by Cheryl Cooley, and the third prize of an Orsum Trike Tour for 2 around Lake Macquarie and a \$50 Brown Sugar Voucher was won by Wags. All prizes were claimed by guests in the Marquee on the day.

We also had some excellent auction prizes available and thank our successful bidders and the those who donated prizes.

Some of our Race Day sponsors have been supporting us and sponsoring the event for many years including Radford Shopfitters, Shed Boss Hunter, Century 21 Aaron Walter Edgeworth, Varley Group, Newcastle Skin Check and the friends of the late John Whitmore. This year we were pleased to welcome Newcastle Financial Planning Group and Hart Accountants to our HMF Race Day sponsorship family. We thank you all for your support and look forward to welcoming you back again next year.

And of course, we were well supported again by our raffle and auction prize sponsors : Peter Drayton Wines, Newcastle Racecourse, Orsum Trike Tours, Rydges Newcastle, Metropolitan Players, The Beachcomber Hotel & Resort, Brown Sugar Restaurant & Function Centre, Gemelli Estate and Timberlina.





*Claudia Tolhurst HMF Executive Officer,
Jodie Fox – Guest Speaker – Shoes of
Prey, Jane Goldsmith – MC – NBN News*

GEN COLLECTIVE

Gen Collective is a dynamic avenue for Hunter women and men of all ages to establish alliances and build relationships in our local business community. Their vision is for members to form genuine and sustainable business relationships and friendships that will enrich their careers and business journeys.

Each year, Gen Collective host a lunch with a guest speaker to celebrate International Women's Day. Funds raised from ticket sales are donated to a local charity and this year the Hunter Melanoma Foundation was chosen as the recipient.

Thank you to the Gen Collective team and their members for their generous donation of \$3,000 which will help us to continue with our life saving education work in the local community.

MOVIE NIGHT

After the success of our joint fundraising event with the Hunter Breast Cancer foundation, Knockers & Moles, we decided to hold an intimate fundraiser at Event Cinemas by hosting a Gold Class Movie Night in late March.

The movie Love, Weddings & Other disasters was a light hearted Romantic Comedy and those who attended enjoyed the movie and relaxing fun night out.

Thanks to everyone who came and to Event Cinemas for the generous donation of our raffle prizes.

THANKS TO OUR SPONSORS

Race Sponsors



HART ACCOUNTANTS

Prize Sponsors



CANcierge App

Melanoma and other cancer patients who receive treatment at the Calvary Mater Newcastle Hospital can take advantage of the free CANcierge App to help navigate their care.

CANcierge provides easily accessible, relevant and reliable information to help navigate cancer services and improve treatment experience, irrespective of cancer type.

CANcierge offers a range of features:

- About Me – Record all your vital information.
- Caring for Me – What support is available to you as a patient? Who can help you cope better?
- My Hospital – How to find your way around Calvary Mater Newcastle and the services available.
- My Team – Who will be on your team during treatment?
- My Treatment and Tests – What do you need to know about your treatments? What test might you have?
- My Community – What community services are available to help you?
- Aboriginal and Torres Strait Islander Peoples – Find links to services and resources to assist Aboriginal and Torres Strait Islander peoples affected by cancer related illnesses.



CANcierge was designed by Calvary Mater Newcastle patients, carers and the cancer care team with the support of the Calvary Mater Newcastle Auxiliary who funded the project.

The App is designed to run on smartphones and other mobile devices.

HMF SUNSCREEN

Our online shop has been up and running for 8 months now and we are always on the lookout for sun smart products and HMF merchandise to add.

We are delighted to introduce you to the latest addition.....

HMF Ultra Protect SPF50+ Sunscreen Lotion with Aloe Vera and Vitamin E has been formulated to provide very high protection against the sun's damaging UVA & UVB rays. It is ideal for sun sensitive skin and children and maintains its rating for up to 4 hours in the water or perspiration. Aloe Vera and Vitamin E have been added to maintain the appearance of healthy skin.

Product Features:

- 4 Hours Water Resistant
- Fast Absorbing and Dry Touch
- UVA & UVB Broad Spectrum Protection
- TGA Listed



You can purchase through our online store, at any of our community events or by phoning or emailing the HMF office.

60ml – refillable with carabiner \$10
125ml - \$ 15
250ml - \$20



End of Financial Year

MEMBERSHIP & DONATIONS

As the end of financial year approaches, it is time to renew your HMF membership, or consider becoming a member.

Becoming a HMF member means you are not only supporting our life saving education programs but you're also helping us provide patient support services to people in the Hunter who are living with melanoma. You will receive our regular newsletters and also have early access to purchase tickets to our fundraising events.

Membership is just \$11 per annum, which is NOT tax deductible. However, as a registered charity with DGR status, should you choose to make a donation in addition to your membership, the donation (over \$2) is tax deductible.

You can sign up or renew your membership and make a donation on our website or complete the attached form and return it to us in the enclosed envelope.

MEMBERSHIP DUE JULY 1ST

Yes, I would like to become a member of the Hunter Melanoma Foundation

Hunter Melanoma Foundation Inc CFN 11111 ABN 75 185 968 305



I, _____

of, _____

hereby apply to become a member of the above named incorporated association. In the event of my admission as a member, I agree to be bound by the Rules of the association for the time being in force.

Signature _____ Date _____

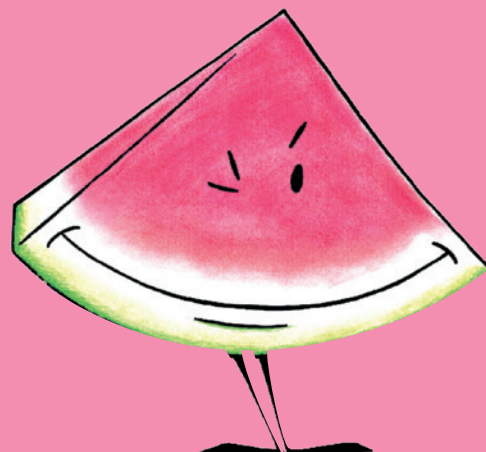
Phone (h) _____ (w) _____ (m) _____

Email address _____

Occupation _____ Date of Birth _____

Membership fees are **\$11.00 per year** (including GST) payable on 1 July each year. Members receive a regular newsletter.

Thank you FOR YOUR SUPPORT



Rotary Club of East Maitland
V Corbett
T Coles
M Williams
B Murdoch
S Thompson
Newy Co-Op Triathlon Group
P Evans
D Peterkin
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Varley Group
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Radford Shopfitters
Newcastle Financial Planning Group
Hart Accountants.

PKF

A special **THANK YOU** to PKF Accountants
and Business Advisers for their support .

Payment Details

PLEASE COMPLETE BOTH SIDES OF FORM & RETURN TO ADDRESS BELOW OR IN REPLY PAID ENVELOPE

I enclose payment for \$11 membership I would also like to make a donation of \$ _____ Total amount: _____

A cheque made payable to Hunter Melanoma Foundation is enclosed OR please charge my Bankcard Visa Mastercard

Card Number Expiry Date /

Signature _____ Date _____

Thank you!

Yes, I would like to receive regular copies of the HMF newsletter posted to the address overleaf Via Email

Please send me information about leaving a bequest to the HMF please remove my details from the HMF mailing list

Yes, I would like to find out more about becoming a HMF Volunteer. Please contact me.