

connect.



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I ❤️
Cabrini



New radiation
oncology centre
opens



Angela is
exceptional



BUILDING UNDERWAY ON THE NEW GANDEL WING

The new hospital wing is
still set to open on time
in mid-2019.

Cabrini is a not-for-profit organisation.

If you would like to make a gift towards our work, please contact the Cabrini Foundation on (03) 9508 1382 or simply send your donation to Cabrini Foundation, 183 Wattletree Road, Malvern, Vic, 3144. Cheques should be made payable to 'Cabrini'. All donations over \$2 are tax deductible. If you would like your details to be removed from the mailing list, please call (03) 9508 1382.

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Cover photo: Cabrini's engineering staff on the site of the Gandel Wing.



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BUILDING UNDERWAY ON THE NEW GANDEL WING

Construction work is well underway on the Gandel Wing at Cabrini Malvern.



Construction of Gandel Wing underway.

The old building, located on the corner of Wattletree Road and Isabella Street, has mostly been demolished. Demolition is a slow process because of the complexity of the site but the new hospital wing is still set to open on time in mid-2019.

The Gandel Wing is an exciting project that promises to change the face of patient care at Cabrini in the years to come. The building's high tech, innovative facilities and layout will continue Cabrini's commitment to world-class, integrated healthcare with the patient at its very centre.

The expanded emergency, maternity and cardiac services, plus a number of new services, will meet the needs of Victoria's future generations.

“...what we’ve found during this calendar year is that our demand has increased by 40 per cent...”



FAMILY CANCER CLINIC THRIVES THANKS TO DONORS

Associate Professor Gary Richardson OAM

The future of Cabrini’s Family Cancer Clinic has been assured, with our tax-time campaign surpassing its target and ensuring the clinic can continue to save lives.

Our generous supporters made 1053 donations, raising more than \$370,000, far surpassing the campaign’s initial target of \$250,000.

The clinic tests patients for genetic cancer markers, in order to help those who are more likely to develop certain types of cancer or to assist in establishing the best cancer treatments for those diagnosed with cancer as a result of genetic mutations. Associate Professor Gary Richardson OAM, who founded the clinic, says there’s no doubt the money will save lives, with the clinic’s services now assured over the next four years.

“The best way to treat cancer is prevent it,” he explains. “From that point of view, for example, for women at high risk of developing breast cancer, there are treatments now that will reduce their risk of developing breast cancer, as well as being screened.

“For patients with high risk of colorectal cancer there are treatments that will prevent them developing colorectal cancer, as well as being screened.

“People who are high risk and who have genes that will predispose them to those

cancers go into a different screening pool and a different treatment pool to others. What that means down the track is that there’s fewer cancers and fewer people die of those cancers.”

Associate Professor Richardson also points out that if mutations in genes can be identified in people early enough, they can have more effective treatment earlier, which means they have a better chance of being cured of inherited cancers.

The Cabrini Family Cancer Clinic was established because public sector clinics were overwhelmed and it didn’t take long before the Cabrini clinic was also facing huge demand. “We’ve had a very large number of people come through, so the service has become stretched,” Associate Professor Richardson explains.

“We actually needed to expand the service, so the money that was the target was to run the service for three years, adding a second genetic counsellor to the current service and putting in some infrastructure support around administration.”

“From that point of view, we are able to do what we’ve found during this calendar year is that our demand has increased by 40 per cent already.”

The reason for the spike in demand is increasing awareness around people who need to be tested and more genes being identified. Also, there have been advances in the area of therapeutic testing, to establish the best treatments for people whose cancer has been caused by genetic mutations.

“When the service started a number of years ago, there wasn’t that option, but there are so many new treatments and so many new genes and that’s the reason there’s been so much expansion,” Associate Professor Richardson explains.

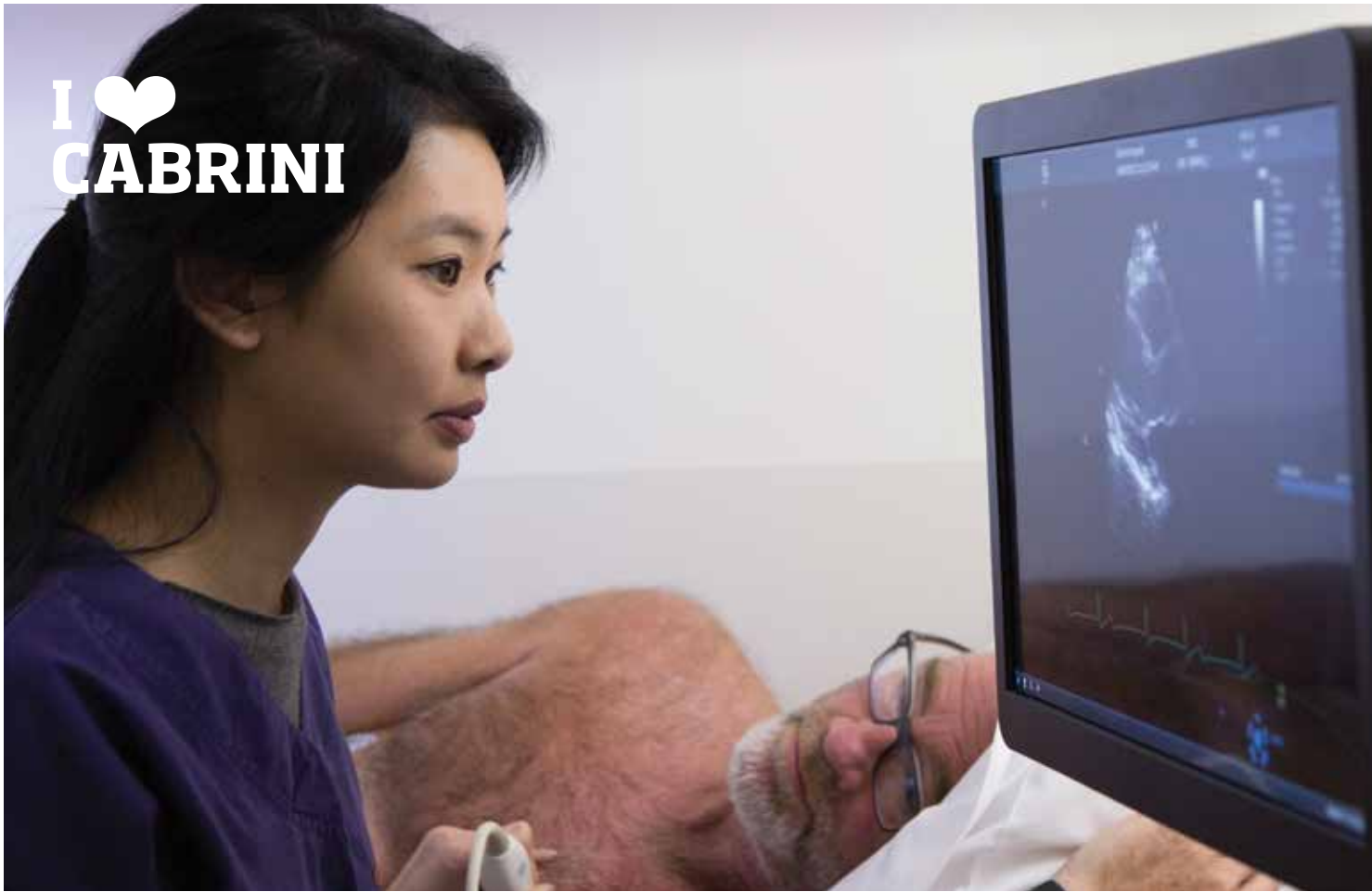
“This is the tip of the iceberg in terms of therapeutics for cancer. Everything is moving towards targeted therapies for cancer, therapies that are individualised, related to your genetic profile, the profile of your tumour, a whole bunch of things. It is now a vital service for the hospital and oncology.”

The clinic receives no government funding. When patients visit the clinic they pay the fee to see a genetic oncologist, but not for the genetic counsellors or administration costs and this is why the funding is so necessary. The Cancer Council has guidelines around who should visit the clinic, but these include people with a strong family history of cancer, people who have been diagnosed with cancer and if they test positive, family members who may also have the gene.

Associate Professor Richardson has a very simple message of thanks for the donors who supported our Family Cancer Clinic Appeal.

“You’ve made a real difference to the people at Cabrini in terms of prevention and treatment of cancers,” he says.

“Thank you.”



I ♥
CABRINI

Countless poets have raised their pens in praise of the heart – the love, the bravery, the yearnings it is said to hold – but those whose hearts are in physical distress know it’s less than romantic.

Our heart is a muscular blood pump with sophisticated circuitry that can stutter, cause pain and anguish – and fail. This is when we turn from poets and their fiction, and to reality and our cardiac specialists.

One of Cabrini’s great strengths is its cardiac care and now it has opened Cabrini Heart: a grouping of three cardiac therapies: catheterisation, surgery and rehabilitation. By drawing together these therapeutic services, patients will benefit from more streamlined care. Directed by cardiologist Dr Gautam Vaddadi, the group will continue their advanced work at Cabrini, and embrace new and proven treatments.

Cardiac therapies, whether surgical, device-driven or drug-related, have advanced enormously in recent years.

“Improved diagnostic testing such as cardiac MRIs and CTs allow for much earlier diagnosis and intervention.”

We’ve made great strides forward, especially in diagnostics,” says Dr Vaddadi. “Improved diagnostic testing such as cardiac MRIs and CTs allow for much earlier diagnosis and intervention.”

MORE TREATMENT OPTIONS


Minimally invasive surgery has grown exponentially in many specialisations and cardiac surgeons have this option available. Once valve replacement surgery could only be achieved by fully opening the sternum, with the usual hospital stay of seven to ten days. Now, patients can have the valve inserted percutaneously, or through the skin mounted on a catheter. Called transaortic valve insertion (TAVI),

the procedure provides for less pain and chance of infection, as well as significantly less time in surgical theatre and hospital.

Cabrini has been a leader in the private health sector in supporting a comprehensive program for this procedure. In the past few weeks, the Federal Government has put these valves on the prosthetics register, meaning that private patients undergoing TAVI will be covered. Until now, Cabrini absorbed much of the costs.

Another growth area is minimally invasive cardiac electrophysiology to treat atrial fibrillation through ablation. This is changing the way specialists manage the dysrhythmia, and many patients undergoing this therapy will walk away without further need for treatment or drugs.

Devices such as defibrillators and pacemakers are still essential for many, but these are becoming smaller, more sophisticated, easier to monitor and even compatible with MRIs. A new drug for heart failure – the first in 15 years – is proving very effective and with Federal Government funding, it



"We can diagnose the disease and start therapies earlier, but we have no control over lifestyles."

Advances in diagnostic testing are part of modern cardiac care.

is already changing the face of heart failure treatment.

A BRIGHT FUTURE

The future beckons. On the horizon: immune modulating drugs look promising as treatments for atherosclerotic inflammatory heart disease. While they are not yet available in Australia for cardiac treatment, Dr Vaddadi and his colleagues around the world have watched their progress through trials with growing excitement.

In 2016, the leading cause of death in Australia was ischemic heart disease. Given the vastly improved therapeutic landscape, will cardiac disease decrease as a cause of death? Dr Vaddadi is not so sure: "Not until people get out of their cars and walk or cycle. We need to change the social construct of cities to make that easier. We can diagnose the disease and start therapies earlier, but we have no control over lifestyles."

For a referral to a Cabrini Heart specialist, please speak to your general practitioner.

VOLUNTARY ASSISTED DYING

Cabrini does not support physician-assisted suicide and is advocating for better access to palliative care for all Victorians.

The Victorian Parliament has passed a Bill making it legal from 2019 for a doctor to prescribe a lethal dose of a drug so a patient can end his or her life. In limited circumstances, the doctor would be authorised to administer the medication. Neither of these practices is currently legal anywhere in Australia. Cabrini does not support physician-assisted suicide.

CABRINI'S RESPONSE

Together with the Australian Medical Association, Palliative Care Australia and the Asia Pacific Hospice Palliative Care Network, Cabrini believes that a procedure that has the sole intention of ending a patient's life has no place in good clinical practice. "There have been many passionate advocates for the introduction of this legislation," said Cabrini's Chief Executive Dr Michael Walsh. "The gap in the availability of specialist palliative care services has contributed to physician-assisted suicide being considered an appropriate solution to the desire for good end-of-life care."

"Our position is informed by the intrinsic value we place on human life and our experience of accompanying people in their last months through our palliative care services," said Dr Walsh. "We have always endeavoured to collaborate with our patients and their families, so they can make wise decisions about their treatment and care options."

Dr Walsh says Cabrini's commitment to our patients and their families will not change. "We will continue to do our best to assist our patients to live their lives well while managing their illness, and to die with dignity in the place of their choice."

EXPANDING RESOURCES FOR SPECIALIST PALLIATIVE CARE

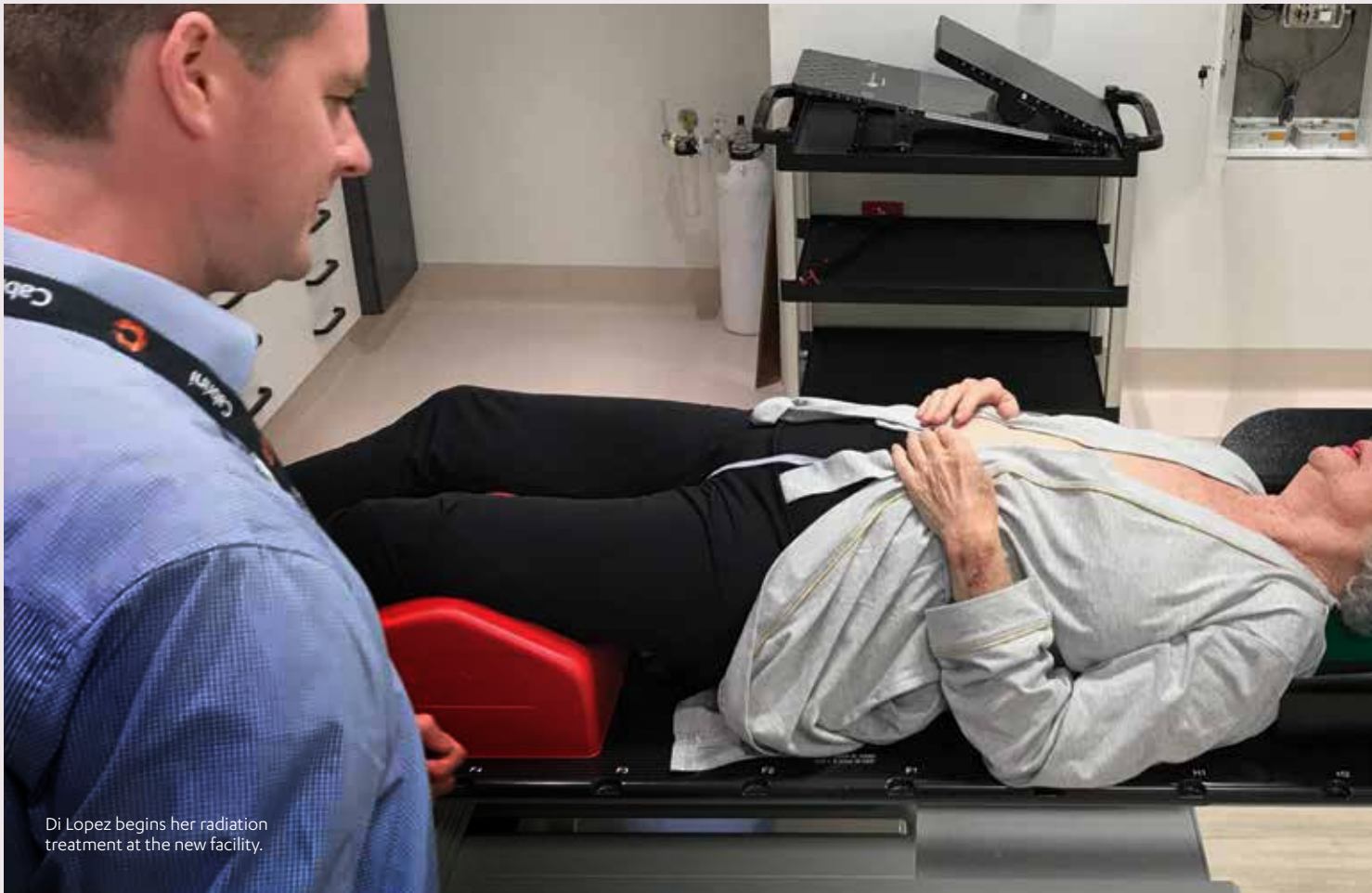
Cabrini is advocating for better access to specialist palliative care services. Palliative care is about living as much as it is about dying: it combines excellent medical and nursing care with practical, social, emotional and spiritual support for the patient and the patient's family to help them live the best life possible.

Among the thousands of deaths that Cabrini's palliative care teams have witnessed, most patients' symptoms are well-managed, they participate in decisions about their care such as which treatments they want to continue and which are too burdensome and should be stopped, and they die a peaceful death.

Many Victorians do not have access to palliative care because of inadequate resourcing. Too often, referrals to palliative care are made when the person is close to the end of their life and death is imminent. This means patients miss out on the benefits palliative care can deliver throughout their treatment.

For more information about Cabrini Palliative Care, visit

www.cabrini.com.au/patients-and-families/services/directory/palliative-care



Di Lopez begins her radiation treatment at the new facility.

NEW RADIATION ONCOLOGY CENTRE OPENS

GenesisCare Victoria opened its new radiation oncology treatment centre at Cabrini Malvern at the end of October and it was off to a busy start.

The new service provides both inpatients and outpatients with access to fully integrated, comprehensive cancer care onsite at the hospital. It has increased convenience and comfort for patients, who no longer need to leave Cabrini to receive radiation therapy, and can have all of their cancer treatment in the one, familiar place.

Patient Di Lopez of St Kilda East was one of the first to attend the new GenesisCare centre and receive treatment for her breast cancer. A key benefit is that she is able to return to Cabrini to have this part of her cancer treatment rather than travelling elsewhere.

During her treatment, Ms Lopez used the 'deep inspiration breath hold' technique: a new technique for patients who have left-sided breast cancer. When

"Patients will begin their treatment rapidly, have access to world-class innovative techniques and receive care from highly experienced and respected doctors."

she inhaled, the air in her lungs pushed her heart away from her chest wall, thereby minimising radiation exposure to her heart. She wore goggles that enabled her to monitor her breathing pattern, so that she knew when to take a deep breath, hold the breath, and then release it.

The new temporary facility was built within five months – twice as quickly as

the usual 12 months – and the service will be a permanent feature of Cabrini Malvern's new Gandel Wing currently under construction on Wattleree Road at the corner of Isabella Street.

According to GenesisCare, patients will begin their treatment rapidly, have access to world-class innovative techniques and receive care from highly experienced and respected doctors. Treatment plans are personalised for every patient to provide the best possible outcome.

WHAT IS RADIATION THERAPY?

Radiation therapy is one of the best-established, most effective and well tolerated therapies for treating almost all cancers, extending lives and reducing pain. Radiation therapy (also known as radiotherapy), uses high energy x-ray



beams, called photon beams or electron beams, to treat cancer. Another term is external beam radiation therapy (or EBRT) because the beams are administered from outside the body. The machines that make and deliver the radiation are called linear accelerators. Radiation therapy may be administered by inserting a radioactive source into the body, usually on or near the site of the cancer. This is called brachytherapy.

WHY DOES RADIATION THERAPY WORK?

Cancerous cells are more susceptible to radiation than healthy, non-cancerous cells. This is because of their abnormal and unstable nature. Healthy, non-cancerous cells are much better at recovering from exposure to radiation. They will normally repair themselves, however cancerous cells cannot recover.

For more information about Cabrini's radiation oncology service, please call **(03) 9597 6900** or visit **www.cabrini.com.au/patients-and-families/services/directory/radiation-oncology**



Sue Williams, Cabrini's new Chief of Health Operations

"Cabrini is an iconic brand, known for its high quality, complex services, highly specialised doctors, nurses and other staff."

OFF TO A GREAT START

When Chief of Health Operations Sue Williams began work at Cabrini in October, she was already familiar with the place – at least from the customer's perspective.

She describes Cabrini Malvern as her local hospital. "I had my two children now aged 21 and 26 here and have spent many hours in the emergency department with them over the years," she said.

"Cabrini is an iconic brand, known for its high quality, complex services, highly specialised doctors, nurses and other staff."

Ms Williams has more than 25 years' experience managing hospitals in the public and private sectors. Most recently, she was Chief Executive at Peninsula Health and previously, she held senior leadership roles at Spotless, KPMG and Healthscope. She spent her first month travelling to Cabrini's various locations, meeting staff, doctors and patients. "It is a tough, competitive environment in which Cabrini operates and we need to be innovative in how we deliver care and services," said Ms Williams.

She is excited about the Cabrini Renew health strategy to 2020, which puts the patient at the centre of our thinking, and wants to involve staff at the coalface. "We have opportunities to better integrate our healthcare services, increase collaboration among our clinical sites and have greater cross-fertilisation of ideas – by making things easier for our patients and customers, we have a huge opportunity in becoming a leader in hospital care and ensure strong sustainability so that we can continue to invest in our people, buildings and equipment," said Ms Williams.

While spending time at Cabrini's various campuses, Ms Williams has had the opportunity to meet and speak with patients. "They are incredibly loyal to Cabrini," she said. "They love the care they receive, they feel safe in our organisation, and it's clear from talking to them that we need to upgrade our facilities and address issues that affect them such as out-of-pocket hospital expenses."



CHRISTMAS APPEAL TO HELP MOBILISE BRAIN CANCER PATIENTS

Being at home with your loved ones for special times like Christmas is something many of us take for granted, but what if you couldn't do that because you were sick?

This year, the Cabrini Foundation's Christmas appeal is for our Brain Cancer Equipment Bank, which allows us to buy and lend crucial equipment so patients suffering from brain cancer can remain living at home, either for their final weeks or months or for important milestones like birthdays or Christmas.

All cancer is challenging, but brain

cancer is particularly cruel, because it is often diagnosed in younger patients and is the leading cause of cancer death for people under 39 years. Also, because brain cancer often affects younger patients, it can significantly reduce a household's income, when one person is sick and the other must become the primary carer.

Chella's husband Andy was diagnosed with terminal brain cancer at 48 and she and her two teenage sons, Will and Charlie, had to watch Andy, "an incredible man, beautiful, strong, clever, talented," lose his speech, mobility and independence.

Andy was diagnosed after he suddenly woke up gasping for air at 4.30 am one morning. "I said to him, 'Are you okay?' and he responded and sounded like he was drunk," explained Chella. "I put the light on, and his whole left side was contorting. I thought he was having a stroke."

"We were at home and his things were around him. His kids could still go to school, his friends could visit."

Chella called 000 and by 8 am, they knew Andy had a brain tumour. The initial diagnosis was followed by biopsies, medication for seizures, MRIs and surgery to remove the tumour, which left Andy paralysed down his left side.

"He literally had to learn to walk and talk again at rehab. Andy was a beautiful guitarist, he was a fashion designer, he rode motorbikes, he loved cars, and overnight, it all just changed and he couldn't do any of it," said Chella. "When he was paralysed, I had to drive him



everywhere. I had to care for him. I had to dress his stitches, I had to take him to radiation.”

After several rounds of chemotherapy, the tumour returned and Andy began new medication. “He got his life back a bit, never to the point of playing guitar, but he was always very positive. His kids play music and he said, ‘I can love it through them,’” said Chella. “He was able to drive but he couldn’t work the way he used to, his fatigue was incredible.”

It was when Andy started going downhill permanently that Cabrini’s Brain Cancer Equipment Bank became crucial for Chella, because after cutting back on her hours to care for her husband in conjunction with medical bills and the cost of putting two children through high school, they were struggling to afford the equipment they needed to keep Andy at home.

When Andy lost his ability to stand up, he was loaned a wheelchair, then a hospital bed to be used downstairs because the stairs became a dangerous obstacle. They also got over-bed tables, toileting devices and ramps so Andy could leave the house.

“This year, you can help keep a family at home for Christmas, by donating to our Brain Cancer Equipment Bank Appeal.”

“He was falling over a lot, he fell down our stairs several times but with a bed on wheels, I could wheel him out into the sun,” says Chella.

The equipment that made the biggest difference for Andy was a lifting hoist, which would have cost the couple \$15,000 to buy.

“The hoist is incredible, it just gives you so much freedom. Andy was about 90 kg, I’m probably about 65 kg. He was quite a heavy man and when you lose all control of your body, it’s pretty hard,” said Chella. “By having the hoist, it allowed us to be private as well because we didn’t have to have people in all the time. We could still just be us.”

Chella says she is very proud she and the boys were able to keep Andy home until the end of his life. “We were at home,

his things were around him. His kids could still go to school, his friends could visit,” she explains.

“He was in his environment, the home he built. It’s where he was most comfortable.”

This year, you can help keep a family at home for Christmas, by donating to our Brain Cancer Equipment Bank Appeal.

“He had lots of friends, and family and love, people just came and said goodbye, I don’t think we could’ve done that in hospital,” said Chella.

“If there was no at home hospital equipment, he would’ve been in hospital and he would’ve spent the last two months in the hospital.

“We have good memories, in a really strange way, about his death because Cabrini allowed us to be at home.”

To donate to our 2017 Christmas Appeal please visit us online at www.cabrini.com.au/cabrini-foundation/, call us on **9508 1380** or visit our offices in Malvern on level 1, above the Day Procedure Centre.



Cabrini's Customer Relations Manager Angela Doherty is an Honoured Member of Interplast.

ANGELA IS EXCEPTIONAL

Cabrini's Customer Relations Manager Angela Doherty has been made an Honoured Member of Interplast in recognition of her "exceptional service" as a medical volunteer with Interplast over many years.

Ms Doherty has been volunteering for Interplast for almost 20 years, having most recently travelled to Moron, Mongolia. She began work at Cabrini in 1995 as Nurse Manager of the Plastic Surgery and ENT Unit. Mr Ian Carlisle AM, an eminent plastic surgeon who practises at Cabrini, invited her to join the surgical committee of Interplast. She sat on the board from 1998 until February 2017.

Recalling her first trip with Interplast – to the Cabrini Sisters' mission in Bagiuo in the northern Philippines – Ms Doherty says it was a shock to the system. "We saw children with cleft lips and palates, congenital abnormalities, and burns," she said. "A sea of people came to us for help, and it was confronting having to turn

"Being exposed to different ways of life makes you realise that you don't have to have all those things to make life good: family and friends are all that's needed in life."

people away because we only had two weeks to operate there."

Motivated to continue helping people and in possession of in-demand expertise – reconstructive plastic surgery – Ms Doherty continued her involvement. "To bring those skills to the benefit of people in the Philippines, Laos and Mongolia among other places was very

humbling." Her experience of volunteering with Interplast has made her appreciate Australia, and our excellent healthcare, all the more. "We are very lucky here," she said. "Being exposed to different ways of life makes you realise that you don't have to have all those things to make life good: family and friends are all that's needed in life."

Cabrini has had a long relationship with Interplast, which began in 1995, funding an annual overseas program. Our staff participate in the service teams and we have provided medical evacuation surgery to children who have been identified during these trips.



2016-17 CABRINI ANNUAL REPORT NOW AVAILABLE

Highlights include the expansion of our cancer services, the opening of a new paediatric ward and commencement of construction of the Gandel Wing at Cabrini Malvern.

Online at www.cabrini.com.au/news



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THE WIG ROOM STILL TURNS HEADS



Kaye Nutman with the 'how to' guide she developed.

It has been five years since the Cabrini Wig Room in Bayside opened, and since then it has provided free wigs and headwear to almost 1200 cancer patients who were losing their hair through chemotherapy. It is located on the ground floor at Cabrini Brighton.

Our hair is sometimes called our crowning glory, but what does that mean for people who lose it during cancer treatment? Some will take it in their stride, but many will feel challenged – it's another loss during a stressful time, and another blow to their self-image. The obvious solution is a wig, but most people are unsure of how it might look and many are concerned about the cost.

Enter the Cabrini Wig Room in Bayside. During a one-hour, personalised wig fitting by Cabrini's trained volunteers, patients can try all sorts of colours and styles until they feel that they have found the right look. Some try to closely match their own hair, but often they choose something utterly different – because they can, because it's a chance to be daring, and because it's fun.

Theoretically, those who use the service

“...patients can try all sorts of colours and styles until they feel that they have found the right look.”

– men and women, Cabrini patients or not – live in Bayside, but some travel from much farther afield. At the fitting, they try on various styles from the stock of about 70 wigs, ranging in length, colour and style. Then it's on to the headwear: they can choose from an array of beanies, turbans, sleeping caps, headbands and scarves. Once satisfied, they leave with their wig, a take-home bag containing their headwear selections, shampoo, conditioner and information sheets. Their new look is provided free to them.

The service is made possible by a number of donors and volunteers, who

include Emma, from Brighton's Toni and Guy salon. This five-year old service can hold its beautifully coiffured head high as it continues its much appreciated work.

For more information on the Cabrini Wig Room at Bayside, please contact **(03) 9508 5700** during business hours.

Having been asked many times about how best to tie the scarves, Cabrini volunteer Kaye Nutman self-published a book *Headscarves, Headwraps and More*, which can be purchased for \$20, half of which goes to the Cabrini Wig Room in Bayside.

You can purchase a copy of the guide by calling the Cabrini Wig Room.