Welcome to the December edition of ‘Let’s Talk’ for 2018!

‘Let’s Talk’ is published quarterly for Aboriginal health professionals and those working with Aboriginal communities who are proudly leading the way to a cancer-free future in WA. It has up-to-date information on Aboriginal cancer education and research programs, Aboriginal cancer events, cancer issues, trends and cancer support services available in Western Australia.

In this edition:
- Shaping the Future Roundtable
- Nationally accredited cancer education course for Aboriginal health professionals
- Introduction to our new Make Smoking History Project Officer: Alicia King
- Aboriginal Breast Cancer Research Project
- Spotlight on a Cancer Prevention Program: SunSmart
- Celebrating breast cancer awareness at the Picnic in the Park
- Rethink sugary drinks advertisement evaluation
- Watch our Cancer Education Video
- PEPA Program: Upcoming workshops
- Upcoming events
- Useful links
- Current vacancies
- Cancer Council WA Office Christmas Closure

Shaping the Future Roundtable – working together to identify actions to improve Indigenous cancer outcomes

The Menzies School of Health Research recently held the Shaping the Future: Indigenous people and cancer Roundtable in Sydney from 11th – 12th September 2018. The Roundtable brought together researchers, health professionals, consumers and cancer survivors to celebrate the significant work in Indigenous cancer control achieved to date and identify actions to improve Indigenous cancer outcomes by 2030.

The two-day event consisted of futures planning exercises and panel discussions with a number of experts discussing topics such as:
- Cancer prevention, screening and early detection
- Culturally appropriate cancer care – focusing on diagnosis and treatment
- Palliative Care, end of life care and families and carers
- Survivorship and advocacy

Roundtable attendees identified a number of priorities for action which was followed by collaborative group activities to map out plans for action for each priority and identify key stakeholders to be engaged.

The Menzies School of Health Research are planning to release a report detailing the discussions held over the course of the event and the identified priorities so watch this space!

Nationally accredited cancer education course for Aboriginal health professionals – registrations opening soon!

Cancer Council WA are excited to announce that we will be delivering a nationally accredited version of our cancer education course for Aboriginal health professionals in partnership with the Aboriginal Health Council of Western Australia (AHCWA). The five-day course will be held in Perth next year from 18th February to 22nd February 2019.

The course aims to:
- Increase participant’s knowledge of cancer, prevention, treatment and the impact of disease to improve the care of people with cancer
- Improve participant’s skills to provide support to clients with cancer and to promote prevention messages in the community
- Facilitate networks between Aboriginal health professionals and cancer support staff based in the metro area.

We will be calling for registrations from Aboriginal health professionals working in metro, regional and rural Western Australia very soon. Stay tuned for more information on how to register your interest for this course.
We would like to introduce Alicia King who is working as a Project Officer in the Make Smoking History program. Alicia is based in the Cancer Prevention and Research division.

Hi Alicia, tell us a bit about yourself and your role...
I am a Yamatji woman from Meekatharra, I moved down to Perth to complete a Bachelor of Science (Health Promotion) at Curtin University and ended up staying after graduating.
I work in the Make Smoking History team as a Project Officer, we are currently working with community service organisations to help them to provide smoking cessation information and support to the people they work with.

Imagine money was no object – describe your perfect day...
I would spend the day booking myself luxurious holidays and maybe a few for my family.

If you could time travel would you go to the past or the future? Why?
I would go to the past to spend time the loved ones we have lost along the way.

Which invention do you clearly remember being created?
MP3 players, the general evolution of music playing devises from Walkman to now having everything you could need within a smart phone. It’s funny to think the younger generation don’t know what cassettes tapes are for.

Where do you most want to travel, but have never been? Why?
That list is currently very long but if I had to pick one, hot air ballooning in Cappadocia, Turkey, is definitely towards the top. Why? It is just simply looks amazing.

Would you rather....

Have a night out or evening in?
Probably an evening in with a good movie.

Fill your tank up when it hits halfway or when the empty light turns on?
When the empty light comes on.

Take a guaranteed $100,000 or a 50/50 chance at $1,000,000?
I’d take the guaranteed $100k.

Have the ability to fly or the ability to read people’s minds?
Definitely fly, I don’t think reading minds would end well.

Thanks for your time, Alicia ☺ Keep an eye out for the next 60 seconds with... in the next e-bulletin.

Aboriginal Breast Cancer Research Project

A research project is currently underway with the support of Cancer Council WA to try and determine why breast cancer deaths in Indigenous women are much higher than that of non-Indigenous women.

Previous studies that have looked at age, clinical features, patient remoteness, and access to medical services only explain a fraction of this disadvantage.

The aim of this project is to look at a large range of factors relating to the breast cancer that Indigenous women get and how they are treated, any of which could worsen survival. These will include whether Indigenous women experience differences in:

• the types of cells in their breast cancer;
• genes that control the effectiveness of anti-cancer drugs;
• the way breast cancers are treated.

None of these factors have been studied in Indigenous women before.

It is hoped that the research will uncover why there are more deaths from breast cancer amongst Indigenous women. This will help develop ways to change this inequity.
Spotlight on a cancer prevention program: **SunSmart**

National Skin Cancer Action Week took place from the 18th – 24th November 2018. In support of this week and with the weather warming up, this edition of 'Let's Talk' will focus on the SunSmart program. We will provide you with an update on our SunSmart campaigns and direct you to the resources available to promote SunSmart messages within your workplace and to clients.

What is the SunSmart program?
The SunSmart Program aims to reduce the burden of skin cancer by promoting steps to protect against UV damage and to detect skin cancer at an earlier stage.

Why is it important to be SunSmart?
Two in three Australians are diagnosed with skin cancer by the age of 70. Whilst the incidence of melanoma is lower for Aboriginal and Torres Strait Islander people, it is still important to keep protected against the sun to reduce the risk of developing skin cancer and eye damage.

More than 2,000 people in Australia die from skin cancer each year, and Cancer Council estimates that Australia spends more than $1 billion per year treating skin cancer, with costs increasing substantially over the past few years.

What does SunSmart do?
The SunSmart program aims to improve community awareness of skin cancer prevention messages through a number of strategies such as media campaigns, public education programs, school education programs, workplace education and working with local governments. The program also advocates for better shade provision in the community and produces real-time UV meters which are used in community spaces, schools and workplaces.

What can you and your clients do to reduce your risk?
The SunSmart program encourages people to Slip, Slop, Slap, Seek and Slide when the UV index reaches 3 or above:
- slip on sun-protective clothing
- slop on SPF30 (or higher) broad-spectrum, water-resistant sunscreen
- slap on a broad-brimmed hat
- seek shade
- slide on sunglasses.

A combination of these measures, along with getting to know your skin and regularly checking for any changes, are the keys to reducing your skin cancer risk.

The SunSmart program has a range of resources available for order; you can take a look [here](http://www.myuv.com.au).

You can also find your local UV forecast and more information at [www.myuv.com.au](http://www.myuv.com.au)

**Protect yourself in five ways from skin cancer**

SLIP  SLOP  SLAP  SEEK  SLIDE

Celebrating breast cancer awareness at the Picnic in the Park

Many women gathered at King’s Park for this year’s Picnic in the Park event held on Tuesday 24th October. This event is held annually for Aboriginal and Torres Strait Islander women to raise awareness of breast cancer and the importance of taking part in cancer screening.

Throughout the day attendees received information from a number of health service providers including Breast Screen WA, Quitline Aboriginal Liaison Team, Fremantle Women’s Health Centre, Yorgum, Arche Health, Cancer Council WA and Derbarl Yerrigan Health Service.

Bunnings also kindly provided plant pots and materials so that attendees could paint their pots and make their own pot hangers to take home.

There were a number of guest speakers who presented throughout the day including our Aboriginal Projects Coordinator, Taneisha Hansen, who spoke about Cancer Council WA’s services, Robyn Mickel from YWCA who spoke about exercise classes for breast cancer patients and Katy Grace, Breast Screen WA’s Senior radiographer, who yarnd about what to expect during a mammogram.

Morning tea, lunch and refreshments were provided for all attendees as well as a beautiful cake provided by Yorgum.

To wrap up the day, a number of awesome prizes were raffled off to attendees including a signed 2018 West Coast Eagles premiership team signed football, a Perth Scorchers Guernsey, a signed West Coast Fever netball, food hampers (kindly provided by Quitline), and a voucher to David Jones.

Overall it was a great day had by all with wonderful weather, lots of yarning and great company. We are eagerly looking forward to next year’s event!

For more information on the event, contact Kelly Cameron at Kelly.cameron@health.wa.gov.au

Did you know women aged 40 and over can now book a free mammogram online?

Take a look at BreastScreen WA’s new online booking system [here](http://www.myuv.com.au).

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Take a look at BreastScreen WA’s new online booking system [here](http://www.myuv.com.au).
Watch our Cancer Education Video!

Cancer Council WA’s Cancer Education Video can be viewed on our YouTube here.

This video was created for Aboriginal health professionals and other health professionals who work closely with Aboriginal people to assist with providing information about cancer to Aboriginal clients and community.

To order a copy in USB or DVD form, along with the Yarning Guide, complete the order form and return to resourceofficer@cancerwa.asn.au or alternatively you can call (08) 9388 4360.

PEPA Program

The Program of Experience in the Palliative Approach (PEPA) provides pathways for primary health care providers to develop and enhance skills, knowledge and confidence in the palliative approach.

The PEPA team delivers interactive workshops on the palliative approach and how to care for your patients who have a life-limiting or chronic illness. During the workshop, participants will discuss the palliative approach, communicating with palliative patients, advance care planning and end of life care.

Upcoming PEPA workshops will be delivered in the below locations:

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<tr>
<th>LOCATION</th>
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<tbody>
<tr>
<td>Perth Metro</td>
<td>16th January 2019</td>
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<tr>
<td>Morawa</td>
<td>29th January 2019</td>
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<tr>
<td>Geraldton</td>
<td>31st January 2019</td>
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For more information or to register your interest, please contact Deanne Lewis on (08) 9382 9339 or email dlewis@cancerwa.asn.au

Upcoming Events

14th Behavioural Research in Cancer Control Conference – Hyatt Regency, Perth

Cancer Council WA, supported by Cancer Council Australia through its Public Health Committee, will be hosting the 14th Behavioural Research in Cancer Control Conference (BRCC). The conference will take place next year from 15th – 17th May 2019 at the Hyatt Regency, Perth.

The BRCC conference provides a unique opportunity to discuss the latest developments in cancer control research, helping us to optimise our impact in preventing cancer and improving cancer outcomes. It provides an excellent forum to network with colleagues and to share your ideas and expertise.

We are excited to announce our Keynote speakers will include:

- Professor Brian Southwell, Program Director - Science in the public sphere, RTI International
- Professor Tanya Chikritzhs, Program Leader, National Drug Research Institute, Curtin University
- Professor Frank Chaloupka, Director of the Health Policy Center, University of Illinois at Chicago
- Assoc Prof Marina Reeves, A/Head Health Systems & Policy Division, School of Public Health, The University of Queensland

**KEY DATES**

<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
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<tr>
<td>Friday 25 January 2019</td>
<td>Earlybird Registrations close</td>
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<tr>
<td>Monday 6 May 2019</td>
<td>Registrations close</td>
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<tr>
<td>Tuesday 14 May 2019</td>
<td>Pre-Conference workshops</td>
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<tr>
<td>Wednesday 15-Friday 17 May 2019</td>
<td>BRCC2019</td>
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Earlybird registrations are now open! For more information and to register visit the conference event portal here.
A graphic ad depicting members of the Aboriginal community consuming pure sugar and a young girl with rotten teeth has been shown to be effective in encouraging Aboriginal and Torres Strait Islander peoples to reduce their intake of sugary drinks, prompting calls from health experts for more public education campaigns.

Evaluation of the ad, You wouldn’t eat 16 teaspoons of sugar, which was developed by the Victorian Aboriginal Community Controlled Health Organisation (VACCHO) and Cancer Council Victoria and featured as part of the LiveLighter campaign, has revealed over half of those who saw the ad reported cutting down on the sweet stuff.

Louise Lyons, Director of the Public Health and Research Unit, Victorian Aboriginal Community Controlled Health Organisation (VACCHO), said these results demonstrate the cut through and value of having ads directed primarily at an Aboriginal audience.

“Weber half of people who saw the ad cut down on their sugary drink intake. They also agreed it had an important message for the Aboriginal and Torres Strait Islander population,” Ms Lyons said. “Because this ad was developed in consultation with local Aboriginal people, it delivers a relevant and culturally appropriate message to our communities – sugary drinks are not good for our health and to go for water instead.”

To evaluate the campaign, 150 Aboriginal and Torres Strait Islander people were surveyed to compare attitudes, receptiveness and behaviour change as a result of the campaign between Victorian communities and respondents from other states and territories.

The evaluation found:
- 52% of respondents reported that they had seen ads on TV about the health effects of sugary drinks.
- Of these, 78% were able to recall, without being prompted, some aspects of the Aboriginal and/or the Live Lighter ads.
- 60% of respondents who had seen the Aboriginal sugary drink ads reported cutting down on sugary drinks.

Head of Prevention at Cancer Council Victoria, Craig Sinclair said the results highlighted the importance of Aboriginal and Torres Strait Islander health promotion campaigns, with messages tailored to the local community.

“Two-thirds of added sugar in Aboriginal and Torres Strait Islander peoples’ diets comes from sugary drinks, and they are three times more likely to die from type 2 diabetes than other Australians,”

“In order to reverse this trend we need to invest in public education campaigns that feature, are developed in consultation with and are tailored to Aboriginal and Torres Strait Islander audiences.”

World Indigenous Cancer Conference – Calgary, Canada

The World Indigenous Cancer (WIC) Network recently announced that the next World Indigenous Cancer Conference (WICC) will take place in Calgary, Canada from September 17th – 19th 2019.

The WIC Network invites participation from researchers, public health practitioners, clinicians, nurses, advocacy groups, allied health and other related professionals, and Indigenous community groups, Elders and leaders from around the globe.

The conference will provide opportunities for shared learning through land-based activities, ceremonial events and storytelling; with components of the program devoted to lived experience and Indigenous community groups.

You can find more information on the conference here.

Other useful links

The following reports and resources have recently been released and may be of interest:

**Australian Indigenous HealthInfoNet** – Review of cancer among Aboriginal and Torres Strait Islander people
Download report: healthinfonet.ecu.edu.au/key-resources/publications/?id=35435&title=Review+of+cancer+among+Aboriginal+and+Torres+Strait+Islander+people

**Australian Indigenous HealthInfoNet** – Review of Nutrition and Food Security initiatives for Aboriginal and Torres Strait Islander people
Download report: healthinfonet.ecu.edu.au/learn/health-facts/reviews-knowledge-exchange-products/?id=35585&title=Review+of+programs+and+services+to+improve+Aboriginal+and+Torres+Strait+Islander+nutrition+and+food+security

**Australian Institute of Health and Welfare** – Aboriginal and Torres Strait Islander adolescent and youth health and wellbeing 2018 – in brief

**Australian Institute of Health and Welfare** – BreastScreen Australia monitoring report 2018

**Australian Institute of Health and Welfare** – Colorectal and other digestive-tract cancers

**Australian Institute of Health and Welfare** – Analysis of cancer outcomes and screening behaviour for national cancer screening programs in Australia

Current Vacancies at Cancer Council WA

Are you interested in joining our team and helping us beat cancer? Check out our current vacancies below!

<table>
<thead>
<tr>
<th>Job title</th>
<th>Closing date</th>
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<tr>
<td>SunSmart Van Assistant</td>
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<tr>
<td>Cancer Support Coordinator - MidWest</td>
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Cancer Council Western Australia acknowledges the traditional Aboriginal owners of country throughout Western Australia and pay our respect to them, their culture and their Elders past and present.
Cancer Council WA Christmas Closure

With the exception of the Cancer Council shop, Crawford and Milroy Lodges and Cancer Nurses, our offices will close from 5pm Friday 21 December 2018 to 8.30am on Wednesday 2 January 2019.

Merry Christmas from Cancer Council WA!
We wish you all a safe and joyous festive season with family and friends.

Are you interested in submitting an article for the next eBulletin?

We invite submissions from health professionals and organisations working with Aboriginal Western Australians to submit contributions for publication in this bulletin. Articles and events that pertain to cancer control and support are most welcome. If you would like to submit an article for the next eBulletin, please refer to our Contribution Guidelines and email thansen@cancerwa.asn.au by 25th February 2019.

Our next edition is due in March 2019!