



New MRI gives hope

Dr Thomas Dean (left) using the new MRI scanner.

Helped by donations from our supporters like you, we have been able to purchase new scanning equipment for the San that is saving and changing the lives of men believed to have prostate cancer.

The Koelis MRI device is now being used by San medical teams, allowing patients to receive state-of-the-art fusion prostate biopsies that assist specialists to identify even very small tumours. These could easily go undetected otherwise.

“In March I performed the first MRI fusion prostate biopsies at the Sydney Adventist Hospital with the new Koelis device,” says San urologist Dr Thomas Dean.

“The software allows suspicious lesions seen on MRI to be marked onto the ultrasound image during prostate biopsy.”

“This makes targeting of the MRI lesions more accurate, especially for small – 5mm or less – lesions. This is important because it reduces the risk of patients going through an invasive procedure and getting a false negative result. In other words, the biopsy shows no cancer because the needle was in the wrong place.”



The gift of a lifetime

A gift in your Will to the San Foundation is one way to make sure your incredible impact continues and you make a difference to future generations who need care at the San.

If you'd like to find out more about this form of giving, we're here to answer any questions you may have. You can contact Karen Gair, San Foundation Managing Director on **02 9487 9490** (direct) or 0406 751 203, or by email – Karen.gair@sah.org.au.



GETTING INVOLVED

THANK YOU

to our fantastic San Run for Life supporters

In this Issue

2 Daniel's Story

You helped us

3 Feast for the eyes

A picture of thankfulness

Healing the soul

4 MRI gives back

Aaaand they're off! In an awesome effort, over \$30,000 was raised in our annual 10km run and 5km run/walk, with 800 people taking part in the event on 19 August.

Funds will go towards the renovation of bathrooms and kitchens at the San Cancer Support Centre. This provides counselling, education and other resources including subsidised accommodation at Jacaranda Lodge – a vital home away from home to cancer patients from outside Sydney while they undergo their treatment.

“These facilities have provided thousands of people with psychological support during their cancer treatment, which has helped them with better outcomes,” says Shirley Lofgren, who is manager of the Cancer Support Centre and Jacaranda Lodge.

Congratulations to our top race place-getters – Kieran Tall, Anna Heath and 12-year-old Xanthe Cogan – and our schools Championship Cup winners Loretto Normanhurst and Chatswood's St Pius X.

St Pius X participated to honour the lymphoma battle of Daniel Quilty, whose dad teaches at the school (read Daniel's story overleaf). The 'Quilty Strong' team supporting Daniel also raised over \$17,000 – an outstanding achievement. The 'Record Breakers' – San's Medical Records Department team of walkers and runners – raised \$3,677.

On the day, a heart-warming atmosphere of excitement, energy and team spirit united everyone who got involved. Thank you so much to the special people who made this event such a success by taking part, generously giving a donation or volunteering.



Every gift to the San Foundation improves the wellbeing of our community and the people we love. **To donate today visit www.sanfoundation.org.au/give**



Adventist HealthCare
yours for life



JOIN US for the San Carols by Candlelight on 9 December. For more information about this and other upcoming events you can come to or support, visit www.sanfoundation.org.au/upcoming-events



Daniel's story

After recently undergoing chemotherapy at the San, 29-year-old Gosford schoolteacher Daniel Quilty generously decided to give back by joining in the San Run for Life in August. His team 'Quilty Strong' has raised an exceptional \$17,000 to support cancer patients at the San.

Last October, Daniel developed a lump in his throat following an infection. He was told it was a cyst. But after he played in a football game in February, his neck swelled and he coughed up blood, alerting doctors to review his symptoms. In March, he was diagnosed with stage 4 peripheral T-cell lymphoma.

Showing his endurance, strength and commitment in our Run for Life, Daniel – who loves sport – managed to walk the first 4 kilometres of the 5 kilometre race, and run to the finish line.

"There were about 100 people there in his team and about 50 kids and 10 teachers from the school he

went to and did casual teaching at, where his dad has taught for 20 years," says his mum Terrie, who works in the San Foundation office.

"This is the physical representation of the love and support of the community for him. He's inspired so much love. It's because he puts so much positivity out that he's getting it back now. The smile you see in his pictures is the smile that's pretty much always on his face."

"I was there when the first doctor said 'I think we're looking at lymphoma'. It was devastating. You feel like you're holding your breath, and waiting to breathe out again. But I believe this is just an interruption in his life - it won't define it."

Daniel hopes to start stem cell auto-graft therapy soon to build his immune system. Thank you Daniel for your support – and we wish you the very best for your future.

Photo courtesy of Hamsby Advocate - Troy Shook

You helped us raise over \$1.5 million!

We've now begun refurbishing and expanding our San Cancer Support Centre and Jacaranda Lodge, celebrating 25 great years, thanks to wonderful people like you who donated to our June Appeal. Capital works will soon start on bathrooms and kitchens, along with painting. We've already laid a new floor for the gymnasium, for exercise classes to commence in September.

Because we received nearly \$500,000 more than our goal, we can also fast-track future plans including creation of a quiet space for writing therapy for cancer patients, and a clinical trial to measure the impact of depression and anxiety on people with cancer.



Thank you Kelba and John!

A weighing chair and two bench scales have been kindly donated by Kelba Australia. The scales are making it easier to safely monitor the return to health of less mobile San patients, for example those in the cardiac rehabilitation ward. The gift was prompted by the gratitude of one of the company's directors John Corney (pictured centre) after he had a successful triple heart bypass at the San.

"I was extremely happy with the care and the personal attention of the staff at the San," John says. "Now three and a half months after the surgery I'm continuing to work at losing weight and doing all the good things, and I feel fantastic."



Feast for the eyes

San Foundation Board Member David Mullen and his wife Margaret have given \$5,000 for a new food puree service that is encouraging better nourishment and a faster recovery for San patients who have difficulty swallowing. The service focuses on more appealing presentation of meals and has been shown to improve patient satisfaction by 100% and reduce kitchen wastage by 80%.

"We thought it was a really worthwhile move forward," says David, who needed a soft diet while he was a patient at the San for a kidney complaint earlier this year.

David was also treated for aggressive prostate cancer at the San 10 years ago. "It needed to be addressed very quickly. A year after that, the integrated Cancer Centre project started, so I decided to get onto the Board and help with that. You realise you're dealing with something that's on a higher plane ... it's a really huge community benefit."



Then ...



And now

A picture of thankfulness

"The journey my husband went through was long, difficult and painful – without the superb care and support he received from everyone at the San, I know he feels he would not have survived." These are the heartfelt words of Sam Cookson, whose husband Craig dedicated his recent gift of Cath Grant's lovely painting 'Sunflowers' to the San ICU team and the nurses, doctors, staff and staff of Level 12 Clifford Tower. "We hope everyone will gain some pleasure from this beautiful painting," says Sam. Craig's health battles are ongoing. Please join us to thank Craig, and wish him well for his upcoming treatment.



Healing the soul through sound

Lorraine Hendra (pictured with Spiritual Care Services Manager Steve Stephenson) has generously given \$45,000 to replace the sound system in the San Hospital Chapel, which is open 24 hours daily for quiet reflection and prayer. Thank you, Lorraine!



We sincerely appreciate and value every gift you give – whatever the size. Your help has directly supported life-saving equipment, research, education and patient services at the San, enabling the hospital to keep going above and beyond in care for our patients.