

Red wine and bowel cancer

Volunteers are needed for a new study, conducted by Professor Finlay Macrae at the Royal Melbourne Hospital, looking at the benefits of red wine in reducing bowel cancer risk.

Resveratrol, a substance found in some Australian wines, is known to dampen the effects of a carcinogenic environment in the bowel.

Test tube and animal studies have shown that resveratrol produces activity that prevents the development and progression of cancer (anti-cancer agent) and can process cancer causing agents to make them harmless. It can also control excessive cell growth patterns, encourage cells to develop into a healthy mature state, and to delete early cancer cells as they appear.

This study will look to see whether consumption of red wines, containing high levels of this substance, also produces such benefits for people who are at higher risk of developing bowel cancer.

If you have a family history of bowel cancer, or a personal history of bowel cancer or bowel adenomas, the study team would love to hear from you to discuss your possible participation in the study.

What does the study involve?

The clinical trial runs for 9 weeks, and you will be asked to make 3 short visits to the research centre at the Royal Melbourne Hospital.

You will be asked to follow a special diet, which will involve removing a small number of foods from your diet for the trial period. You will also be given either a small amount of non-alcoholic red wine, or a placebo, to drink daily for six weeks.



Professor Finlay Macrae - Head of Colorectal Medicine and Genetics Department RMH

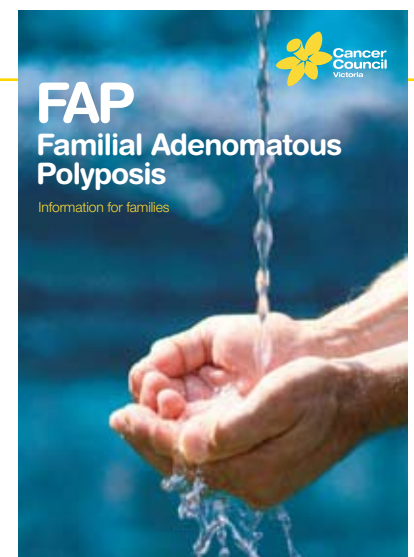
During the study, the levels of resveratrol in your blood and any changes to rectal biopsy will be monitored. If you would like to volunteer for the study, or want more information, please contact Virginia on virginia.bird@mh.org.au, or phone **9342 8995**.



New look for booklet

The FAP booklet has been given a face-lift and now has a blue cover, although the information inside remains the same. You are welcome to order additional copies for your family. Some of our members have also given a booklet to their GP or their children's teacher.

Free copies can be ordered by ringing **13 11 20**. If you'd prefer to download an electronic copy, or order online, go to cancervic.org.au/resources



For doctors and health professionals

Doctors and other health professionals are aware of the value of being able to predict a woman's risk of developing cancer, and a new online tool will now make this task easier.

The National Breast and Ovarian Cancer Centre has developed an online tool that allows doctors to estimate the level of risk a woman has of developing breast or ovarian cancer. The tool, which is referred to as FRA-BOC (which is short for "familial risk assessment – breast and ovarian cancer") is based on a woman's family history.

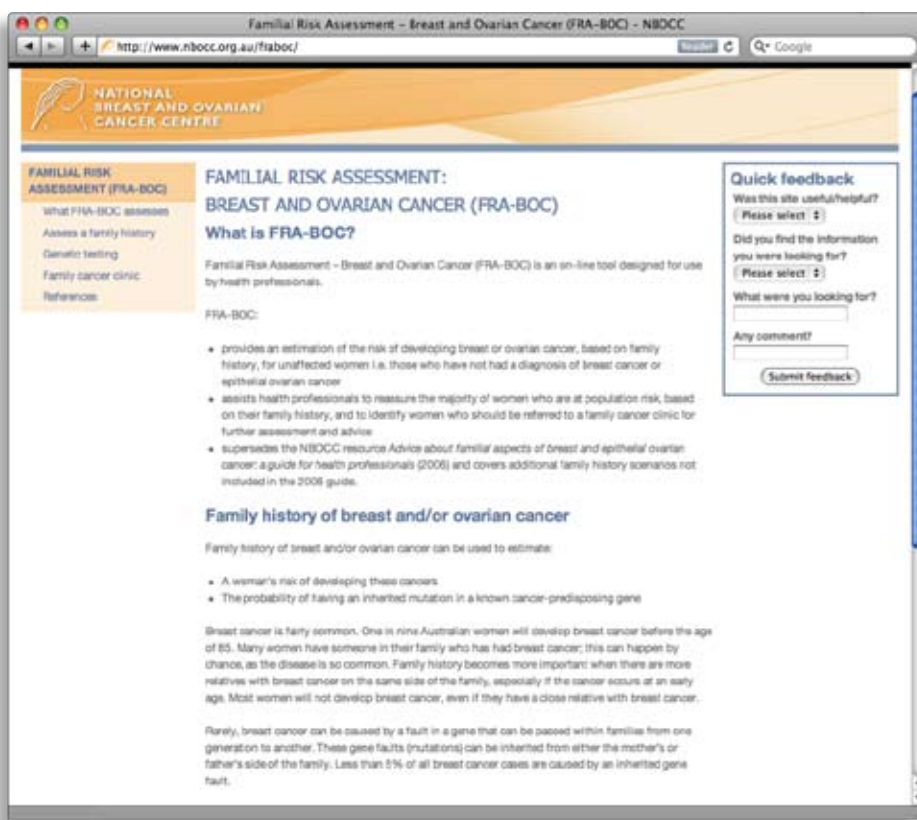
FRA-BOC is an easy to use program – asking a series of questions about the history of these cancers in the woman's family. On the basis of the answers, the program determines the likelihood of developing breast or ovarian cancer, and provides the

practitioner with information about the implications of the risk. It allows the practitioner to identify women who should be referred to a family cancer clinic for further assessment and advice.



FRA-BOC is a free service and can be accessed at nbocc.org.au/fraboc

The FRA-BOC website also provides a range useful information about these cancers and their management, of use to both the women concerned and their health practitioners.



Introducing Angela Kandil



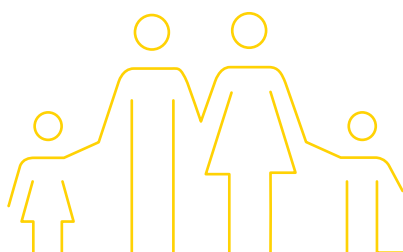
Angela is a long-standing member of our staff, having worked with the Victorian Family Cancer Register as data manager for the past 10 years.

She is part of the team providing detailed information on the diagnosis of cancer in families being seen at family cancer clinics in Victoria.

Before moving to work with the Register, she spent over a decade assisting with the long-term study Health 2000 (now known as Health 2020), as well as key studies on colorectal cancer and melanoma.

Angela feels that she is able to make a real contribution to the accurate assessment of family history carried out by the clinics. The care that she takes in searching through cancer records is playing a part in the advice being given to families.

"I hope that I am helping to encourage screening for cancers where this is appropriate, and so helping to prevent new cancers," she commented.



What we do

The Victorian Family Cancer Register keeps a record of health information on behalf of registered people and families with an increased risk of developing cancer due to genetic factors.

We offer support and information to people affected by hereditary cancer, their families and treating doctors.

We encourage you to show this newsletter to other people in your family who might be interested, or phone us on **9635 5176** and we'll be happy to send out another copy.

The common link between members is that they have been assessed as being at increased risk of cancer due to their family history.

The main cancer syndromes represented on the Register are Familial Adenomatous Polyposis (FAP), Hereditary Non-Polyposis Colorectal Cancer (HNPCC, also known as Lynch Syndrome) and breast/ovarian cancer caused by one of the BRCA genes.

There are also a few members with rare conditions such as Peutz-Jeghers Syndrome.

In some of the registered families a cancer related gene has been identified. However, we also register families where no genetic cause for the cancer has been found.

These families are still considered to be at increased risk of cancer and are advised to continue their cancer screening tests.

New online resources for family members

A new online group – Cancer in my Family – now makes it easier for people affected by family cancers to break down the barriers of isolation.

The **Cancer in my Family** Group is part of a broad range of resources available on the **Cancer Connections** website. It is for people who are at “high risk” of developing cancer because of a genetic condition or family history. This includes people who have been identified with genetic conditions such as BRCA1, BRCA2, HNPCC & FAP.

Importantly, the group is open to all people who have a history of family cancer, regardless of whether they have undergone genetic testing. The group allows members to share experiences and common issues with others in a similar situation. Support Program Manager Kate Wakelin said online support was well known to reduce feelings of anxiety.

People can write under an alias in a private setting which enables participants to explore their cancer experience with great honesty.

The site is also professionally moderated so people can participate safe in the knowledge that they will access reliable information.

The group explores issues such as decisions about genetic testing and management, family and relationship issues, anxiety related to ongoing screening or implications for life or health insurance.



If you want to join the **Cancer in my Family** Group, log on to: cancerconnections.com.au/groups/cancer-my-family

Want to find out more about this group? Send a message to kate.wakelin@cancervic.org.au



Update your details

It's really important to us that you let us know if you move house. Keeping your address up to date with VFQR is a little easier now. Please just tear off this strip and send it to us when you know your new address.

First name Mr/Ms/Mrs/Miss

Last name

Phone

Email

NEW ADDRESS

Suburb

State Postcode

OLD ADDRESS

Suburb

State Postcode

Mail to: VFQR, 1 Rathdowne Street
Carlton Vic 3053 OR email the details
to: VFQR@cancervic.org.au OR
phone the details to: 9635 5176

We welcome comments and feedback from our newsletter readers. Feel free to drop us a line or make a suggestion for a future article.

Victorian Family Cancer Centres

Austin Health Genetics Service	Phone (03) 9496 3027 austin.org.au
The Peter Mac Familial Cancer Centre	Phone (03) 9656 1199 petermac.org
The Royal Melbourne Hospital Familial Cancer Centre	Phone (03) 9342 7151 www.rmh.mh.org.au
The Southern Health Familial Cancer Centre	Phone (03) 9594 2009 southernhealth.org.au/fcc/

Family Cancer Registers in Australia and New Zealand

Victorian Family Cancer Register	Phone: (03) 9635 5176 Email: VFQR@cancervic.org.au
Queensland Familial Bowel Cancer Registry	Phone: (07) 3636 5117 Email: ghq@health.qld.gov.au
NSW & ACT Hereditary Cancer Registry	Phone: 1800 505 644 Email: hcr@cancerinstitute.org.au
South Australia	Phone: (08) 8161 6995 Email: cywhs.famcancer@cywhs.sa.gov.au
Tasmanian Familial Cancer Register	Phone: (03) 6222 8296 Email: jo.burke@dhhs.tas.gov.au
Western Australia Familial Cancer Register	Phone: (08) 9340 1603 Email: fcp@health.wa.gov.au
New Zealand Familial Bowel Cancer Registry	North Island: 0800 476 123 Email: gensec@adhb.govt.nz South Island: Phone +643 378 6148 Email: fbcrcd@cdhb.govt.nz

 **Cancer Council Helpline**
13 11 20
www.cancervic.org.au

Victorian Family Cancer Register
Reply Paid 75583
1 Rathdowne Street
Carlton VIC 3053
Phone **9635 5176**
Fax 9635 5060
VFQR@cancervic.org.au