

# Transplant Talk

ISSUE **01**  
2016



## The Hawkesbury Canoe Classic (HCC) presents Arrow with \$153,000!



With the generous support of the HCC, Arrow is now much closer to reaching the \$300,000 needed to fully equip a patient's room in the new bone marrow transplant ward at St Vincent's Hospital, Sydney. Of the \$153,000 raised by the HCC in 2015, \$50,000 will be used to fund the new ward and the remaining \$103,000 will allow Arrow to continue its funding of: an, Arrow/HCC Research Scientist at the Blood Stem Cell and Cancer Research Unit of St Vincent's Hospital;

and the promising medical research projects being undertaken by two Arrow/HCC PhD scholarship recipients.

Since 1994, the HCC has raised over \$3.655 million in support of the medical research and patient services funded by Arrow and our most sincere thanks goes to the HCC Committee, the paddlers, land crew and volunteers that make the event possible.

### The HCC celebrates its **40TH ANNIVERSARY** this year – let's make it a big one!

The 40th anniversary Classic will be held on 29th October, 2016. Get involved as a paddler, donor or volunteer. For more information visit: [www.canoeclassic.asn.au](http://www.canoeclassic.asn.au)

## Arrow supporters raised \$189,000 towards the new bone marrow transplant ward in 2015!

Working together, Arrow and our supporters have so far raised \$189,000 towards a new bone marrow transplant ward at St Vincent's Hospital, Sydney. The \$189,000 raised so far is a sensational result achieved with thanks to the HCC and the following supporters:

### Dave 'Coke' Wards Memorial

Now in its 26th year, Arrow's longest standing fundraiser, the Dave 'Coke' Wards Memorial, achieved its best ever result in 2015, raising \$23,000 towards the new ward through a trivia night, organised by Megan Balfour and the annual surf and swim contest organised by Wayne King and Chris Beeby.



Nikhil Autar and David Koch

### View. Change. Wish Lunch

Arrow's inaugural View. Change. Wish Lunch was a huge success and raised \$30,000. Special thanks goes to the event sponsor, Belle Property Mosman. We also thank special guest, David Koch, for donating his time to speak at the lunch; jazz chanteuse, Emma Pask, for an extraordinary performance and special guest speaker, former bone marrow transplant patient and future Haematologist, Nikhil Autar for his touching speech from a past patient's perspective. Lastly, a big thank you to Monica Smith and Fran Eustace for establishing and organising this new Arrow annual event.

### The Australian Institute of Company Directors (AICD) Christmas Luncheon

Arrow was honoured to be the nominated charity partner at the AICD annual Christmas lunch held on Friday 11th December, 2015. Arrow volunteers were given the opportunity to sell raffle tickets throughout the event and raised \$18,000 through the generosity of the 350 attendees. We thank the AICD for giving Arrow the opportunity to be a part of their event, and also thank all our wonderful raffle ticket selling volunteers for donating their valuable time.

### Arrow's amazing individual supporters

With the help of committed Arrow donors who kindly donated to our direct mail appeal and other smaller fundraising events, a further \$54,000 has been raised since March 2015, bringing us closer than ever to achieving our \$300,000 target.

With your help we hope to reach our target of \$300,000 in 2017! To donate visit: [www.arrow.org.au](http://www.arrow.org.au) or contact Arrow's CEO, Robyn Flood: [rflood@arrow.org.au](mailto:rflood@arrow.org.au) to talk about ways you can help.

## donations in memoriam

We gratefully acknowledge donations received in memory of:

- Katherine Robertson
- Trace Richey
- Sylvia Hartog
- Tracey Scone
- Graeme Weatherstone
- Julianne Andrews
- Benito Sam Musolino
- Graham Lees
- Joanne Wunsch

## 2016 events

### Hawkesbury Canoe Classic (HCC)

40th Anniversary

29th October, 2016.

Paddle, sponsor a paddler or volunteer. [canoeclassic.asn.au](http://canoeclassic.asn.au)

### View. Change. Wish Lunch

More details to come.

**\$300,000**

**\$189,000**



# View. Change. Wish Lunch 2016!

Our View. Change. Wish Lunch was a tremendous success, and plans for the 2016 event have already begun, so watch this space!

In 2015, we were welcomed by our hilarious host, Jan van de Stool; heard from David Koch about the critical importance of transplants; were given a unique and personal insight into Nikhil Autar's transplant journey and had the privilege of listening to one of Australia's finest jazz vocalists, Emma Pask. It was a memorable afternoon where Arrow supporters came together to build valuable relationships and further our cause.

We look forward to seeing you at our second annual View. Change. Wish lunch later this year.



Emma Pask

## From patient to practitioner

### My transplant journey by Nikhil Autar

I was 17 years old, and in the middle of my Higher School Certificate, when I was diagnosed with Acute Myeloid Leukaemia (AML) in 2011, at Liverpool Hospital. I received my first two rounds of intense chemotherapy there, but because the leukaemia was advanced, and detected late, the doctors knew I had to have a bone marrow transplant.

Living in Sydney I had two choices - Westmead Hospital or St Vincent's Hospital. My uncle had a bone marrow transplant in 2003 at St Vincent's Hospital under Associate Professor Dodds and I knew from his experience that he was the doctor I wanted to go to.

I had my first bone marrow transplant in September 2011, after the maximum dose of radiation possible. It went well aside from some Graft Versus Host Disease (GVHD) which was controlled well.

The staff were amazing. From doctors to cleaners. But the room I was in often let me down. I learn now that the room wasn't optimally designed for infection control for today's strict standards. This is why a new transplant ward is so important!

Despite my leukaemia and treatment, I was accepted to study medicine that same year. But then my blood counts started to drop and I had relapsed.

I needed to get my leukaemia under control before I could receive a second transplant. St Vincent's Hospital was short of single patient rooms and the chemotherapy would leave my immune system very low, a four bed room with other patients who could be infectious, was not suitable so I was transferred to Liverpool Hospital.

I eventually received a second bone marrow transplant. By that stage I had completed a year of medical school and was able to suggest to my doctor to let me try a particular medicine that might help my disease! Two and a half years later, after a near loss of my eyesight, two weeks in the Intensive Care Unit with seizures of an unknown origin and another type of cancer - I'm still here! Currently undertaking research to find that elusive cure for leukaemia.



Nikhil Autar

## Arrow/HCC PhD scholarship recipient Alexander Martyn to present his research findings at the Friedrich-Alexander University in Erlangen, Germany.

Alexander Martyn, from the School of Chemistry, University of Wollongong, is researching a promising new approach to the treatment of haematological malignancies and the prevention of disease recurrence, and has been invited to present a talk titled, "The design and synthesis of Thioridazine-VLA-4 antagonist hybrids as multi-action agents for treating haematological malignancies" at the Friedrich-Alexander University in Erlangen, Germany.

In simple terms, Alexander's project examines the mobilisation of malignant early haemopoietic stem and progenitor cells (HSPCs) into the peripheral blood so these cells are no longer protected in the bone marrow from chemotherapy drugs.

We look forward to keeping you updated on the synthetic achievements that Alexander is accomplishing with support from Arrow and the Hawkesbury Canoe Classic.



Alexander Martyn



Disco Danny (Dalton) surrounded by disco divas Mel Woods and Lisa Cuthbertson

## Disco fever fundraiser at Fitness First

It was Saturday morning fever at Randwick Fitness First when the club held a marathon three-hour charity disco cycle to support the Arrow Foundation. From 7.45-10.45am on 12 March members got their groove socks on and were spinning some serious cycling moves under the disco ball – some for the full three hours. Thanks to the club, its members, the instructors and particularly Danny Dalton for a marathon effort. It certainly helps Arrow in “Stayin’ Alive”!

## Wigs for children

Children and teens from Westmead Children’s Hospital and Sydney Children’s Hospital are often referred to the Tracey Scone Wig Library by their social worker. The following message from Westmead Children’s Hospital shows how special a wig can be and how Arrow’s Wig Library can cater for all requests. Even purple ones!

“I am working with a beautiful 11 year old girl who has requested a wig to help with her confidence. She has very specific ideas on what she would like her wig to look like (long and a bright purple). I have included a picture of what I think demonstrates what she described to me.”



# Tour de Cure

- the driving force behind Arrow's Tracey Scone Wig Library



L to R: Ben Boyd, David Farr, Andrew Woodford

Arrow's Tracey Scone Wig Library gives all cancer patients experiencing hair loss from chemotherapy the opportunity to borrow a quality wig completely free of charge, and could not

continue to do so without the financial support provided by Tour de Cure, a charity supported by riders that cycle to raise awareness and funds to cure cancer.



Whilst undergoing treatment, many patients are unable to work and face medical expenses on top of everyday living costs. With the average quality wig costing anywhere from \$300 to \$800, Arrow's Wig Library is a vital service for patients who are unable to purchase their own.

Each year, Tour de Cure donates \$20,000 to the Tracey Scone Wig Library and our most sincere thanks goes to the riders, support crew and volunteers that are making a real difference to cancer patients every day.

Tour de Cure celebrates its 10th anniversary in 2016 so please show your support by volunteering, donating or joining the Signature Tour 2016 to help fund a range of cancer research, support and prevention projects.

Find out more at: [www.tourdecure.com.au](http://www.tourdecure.com.au)

# Snapshot of patient support in 2015

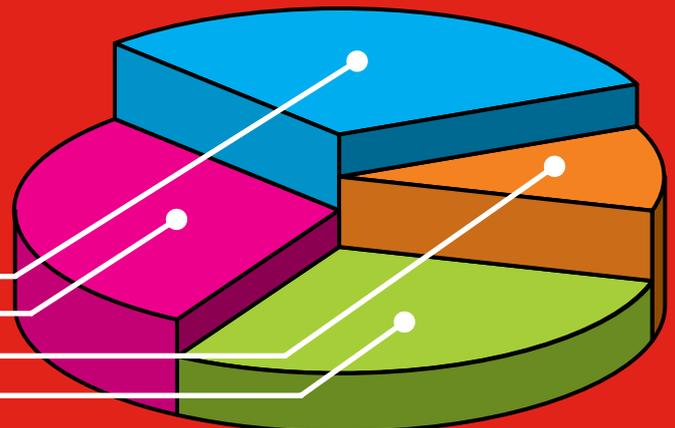
In 2015, Arrow made the transplant process a little easier for 30 patients and carers by assisting with treatment associated travel expenses, food, living and accommodation costs, while also offering scholarships to 4 registered nurses employed in the field of blood and marrow transplantation.

**Nurse education - \$7000**

**Emergency and utility - \$5600**

**Accommodation - \$1620**

**Travel - \$5000**



Arrow receives no government funding.

