

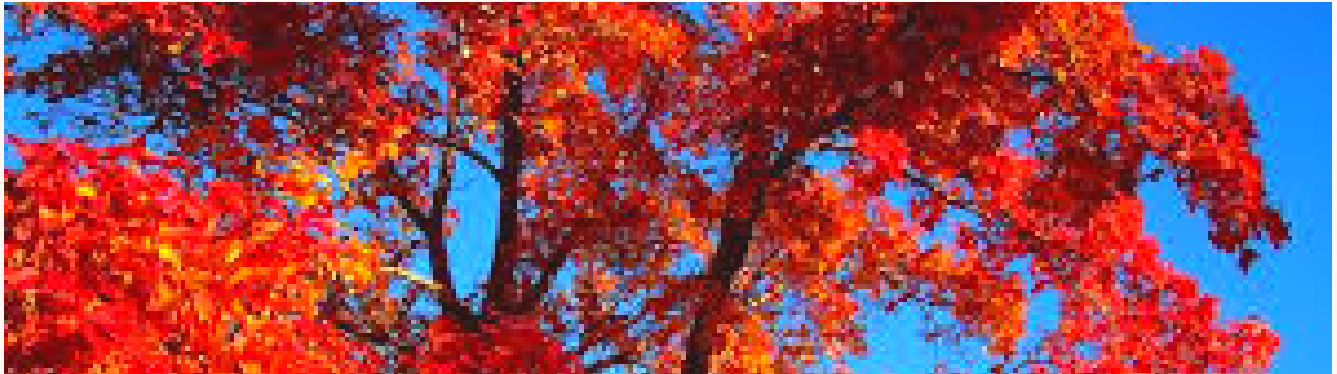


GEELONG REGION CANCERIANS

Bellarine, Geelong, Golden Plains, Queenscliff & Surf Coast

On behalf of the Geelong Region Cancerians (GRC), thank you for reading this

Awareness Bulletin. Previous editions are available on the [GRC website](#).



Welcome to the autumn edition of the Geelong Region Cancerians (GRC) Awareness Bulletin, especially to those who have subscribed since our last edition.

The GRC mission to raise awareness about uterine cancer and funds for research into all cancers will be enhanced by your involvement and contribute towards our aim – Working Together We Can Beat Cancer.

Since the formation of the GRC in 2018 the Australian Cancer Research Foundation (ACRF), a registered charity with the Australian Charities and Not-for-profits Commission, has benefitted from the results of our fundraising efforts.

The ACRF is the only charity in Australia dedicated to ending all forms of cancer by exclusively funding cutting-edge technologies, state-of-the-art equipment, and facilities that researchers and clinical teams need to fast-track discoveries and new treatments.

UTERINE CANCER



Uterine cancer is the most commonly diagnosed gynaecological cancer in Australia.

3200 women are diagnosed each year.

SYMPTOMS

The main symptom is any unusual vaginal bleeding such as:

- Heavier than usual periods, constant bleeding, bleeding between periods or after menopause.

Other symptoms can include:

- Abdominal pain, unexplained weight loss and changes in bowel habits.

RISK FACTORS

There is no known cause of uterine cancer but there are factors that increase your risk. These include:

- Age – uterine cancer is more common in women who are post-menopausal or over 50, however younger women also get this cancer;
- Obesity is a major risk factor;
- A family history of uterine, bowel or ovarian cancer, and
- Not having children



UTERINE CANCER

DIAGNOSIS

There is no screening test for uterine cancer.

Initial abdominal, pelvic and vaginal examination to look for any masses that might be present.

Pelvic ultrasound, further scans and a biopsy may be necessary to finalise a diagnosis.

CANCER TYPES

There are two types of uterine cancer:

- Endometrial cancer (95% of cases)
- Uterine sarcomas (5% of cases)

TREATMENT

Treatment will vary depending on how early the cancer has been found. The most common treatment is hysterectomy, followed by radiation and chemotherapy for patients with more advanced cancers. Hormone therapy and immunotherapy are also used in some circumstances.

If you have any unusual bleeding, see your GP or gynecologist.

References and for further information:
 • [acrfl.com.au](#) • [cancer.org.au](#) • [thewomens.org.au](#)



UTERINE CANCER INFORMATION CARD

In order to alert people to the fact that uterine cancer is the most commonly diagnosed gynaecological cancer in Australia, the GRC has produced a card with information about the warning signs of the cancer.

The card which lists symptoms, risk factors, diagnosis, cancer types and a statement about treatment are available for people to have and keep with them for future reference.

Please email info@geelongregioncancerians.com.au if you would like to obtain an information card for yourself or to pass on to someone else.

Alternatively if you are associated with a medical practice or an allied medical practice and would like to display the information card please reach out.

GRC COLLECTION CANISTERS

Thank you to each business for displaying a canister. Please consider supporting them.

Australia Post
Hamlyn Heights

Westcoast Hair &
Beauty Supplies

Tom's Market Place

Time2Taste

Australia Post
Manifold Heights

The Fresh Food
Merchant

Australian Tea
Masters

The Bungalow
Restaurant

Bakers Delight
Geelong West

Soft Café

Bumble Bee Eatery

Skinny Dippers
Geelong East

Chez Ma Belle Lingerie

Sandstone & Co Café

Community Care
Chemist Geelong West

Saha Canteen

Community Care
Chemist North Geelong

Community Care
Chemist Newcomb

Geelong Flower Farm

Lake Imaging East
Court



Locations of the GRC Collection Canisters can be found on <https://www.geelongregioncancerians.com.au/donations/>

Geelong Art Show

Friday 18 August, Saturday 19 August and Sunday 20 August 2023

The GRC are delighted that Sacred Heart College in Newtown will be the location for an art show which this year is to be presented by the newly formed Geelong Art Show Inc. Commencing with the official opening on the Friday evening and continuing over the Saturday and Sunday all the artworks displayed will be for sale.

The GRC will be the recipient of the proceeds.

The art show is to be curated by Jan Synott OAM and judged by Paul McDonald Smith OAM who were both involved in the successful art show presented by the GRC in 2020 at the same venue.

If any GRC supporter would like to be involved in some way with the event please read the attached flyer, make direct contact, and let it be known to the organisers you learnt of the opportunity through the GRC Awareness Bulletin.

Please feel free to pass on the Geelong Art Show flyer to artists you know and encourage them to enter one of the many categories open for them to submit their paintings. The artwork will be displayed in the atrium and the McAuley Hall at Sacred Heart College.

More importantly please ask your family and friends to save the dates of 18, 19 and 20 August to come along to this major event presented by Geelong Art Show in support of the GRC goal to raise funds during 2023.



GEE LONG
ART·SHOW^{INC.}

2023

WHEN

FRIDAY 18, SATURDAY 19
& SUNDAY 20 AUGUST 2023

WHERE

SACRED HEART COLLEGE
NEWTOWN

CLOSING DATES FOR ENTRIES

FRIDAY 21 JULY 2023

WEBSITE

www.geelongartshow.com.au

