

LIVING WELL WITH BREAST CANCER FORUM OCTOBER 29TH, 2022

PRESENTERS



**LIVING
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WITH
BREAST
CANCER** FORUM



KEYNOTE SPEAKER

**PROFESSOR NEIL PILLER, LYMPHOLOGIST AND
DIRECTOR OF THE LYMPHOEDEMA RESEARCH UNIT
AT FLINDERS UNIVERSITY, ADELAIDE**

Professor Neil Piller is an executive member of the International Society for Lymphology, a member of the Editorial Boards of the 'Journal of Lymphoedema' (UK), 'Phlebology' (USA) and 'Lymphology' (USA). He is Australasian Editor of the 'Journal of Lymphatic Research and Biology' (USA). Neil was President of the 22nd International Congress of Lymphology (Sydney). He is a member International Advisory Board Union Internationale Phlebologie and a member of its consensus groups on Lymphoedema and Phlebo-lymphoedema, a Director of the UK based 'International Lymphoedema Framework' and the World Alliance for Wound and Lymphoedema Care and a member of the steering committee for the Australian and American Lymphoedema Frameworks.

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Professor Neil Piller - Lymphologist & Keynote Speaker

Neil is Director of the Lymphoedema Clinical Research Unit at the Flinders Centre for Innovation in Cancer), a committee member of ENCORE, a board member of the Australasian Lymphoedema Association Research Committee and the Scientific committee of Vasculab.

Neil is the Clinical Science Editor (Journal of Lymphoedema), Australasian Editor (Lymphatic Research/Biology) and an Editorial Board member of Lymphology and Phlebology.

Neil is patron of the Australian Lipoedema Support Group, The Lymphoedema Association of South Australia and the Lymphoedema Association of Australia – a newly formed national patient group.

Neil currently has a Ph D student investigating the impact of climate changes on lymphoedema and another investigating the benefits of e-based learning and information to better inform you, the patient.

Neil's team are currently investigating applied pressure profiles during bandaging, the effect of vibration on legs and a new medication for lymphoedema (LYT-100).

Editorials in the Journal of Lymphoedema recently have been about the relationship between diet, the microbiome, gut health, lymphatics, the brain and MLD, and about "Pressure: Are we getting it right?" And "What about us?" – The Patient Perspective and "Are we there yet?"

Neil is committed to improving outcomes by ensuring treatment strategies are targeted and sequenced and by helping clinicians deliver what is optimal and which your functional and personal needs, with a holistic multi-disciplinary approach acknowledge the importance/roles of the lymphatics and vascular systems based on good science but acknowledging your individuality and needs.

Dr. Karen Dempsey - Epidemiologist

Karen is an epidemiologist and a Darwin-trained registered nurse/midwife with over 40 years' experience working in the Top End of the Northern Territory (NT).

The first ten years of Karen's health career were spent working as a Remote Area Nurse, initially based in several Aboriginal communities in the Katherine region and latterly in East Arnhem Land where she set up the first homelands' health service.

Following her return to Darwin in 1995, Karen completed a Master's degree in Public Health and Tropical Medicine before transitioning from full-time nursing to the field of epidemiology.

Karen's epidemiology career has encompassed a wide assortment of roles ranging from food-borne disease outbreak investigations, overseeing the NT Cancer and Perinatal Registries and analysing health-related administrative datasets, in particular perinatal, cancer and hospital admissions to lecturing with the Menzies School of Health Research where she completed her doctoral thesis in 2015.

When COVID hit in 2020, Karen returned to NT Health, initially to assist with NT's response to the pandemic at the Centre for Disease Control, and more recently to manage NT Health's Epidemiology unit as Principal Epidemiologist.

Karen was diagnosed with breast cancer in 2008 and again with a 2nd primary in 2018. She has had a long involvement with NT Breast Cancer Voice (NTBCV) and greatly values the friendship of many fellow survivors made through her connection with NTBCV.

Dr. Michail Charakidis - Oncologist AWCC

Dr. Charakidis is a Medical Oncologist at the Royal Darwin Hospital and the Director of Cancer Services NT.

He completed his Medical Oncology training in Sydney and in Adelaide where he worked at the Chris O'Brien Lifehouse, Royal Adelaide Hospital and Queen Elizabeth Hospital.

In 2020 he completed one year of upskilling as a senior clinical and research fellow at a major cancer centre in Manchester UK, The Christie NHS Trust.

He has a special interest in research and has completed a Master's degree in Clinical Trials Research through the Sydney University.

He has also successfully completed the Specialty Certificate Examination in Medical Oncology conducted by the Royal Colleges of Physicians of the United Kingdom.

Dr. Charakidis is a registered member of ESMO, ASCO, MOGA and COSA.

Elly Keating - Radiation Therapist

Elly Keating worked in Brisbane before embarking on a working holiday in the UK. She spent the majority of her time working as a dosimetrist at the University College Hospital in London, gaining valuable experience in radiation therapy treatment planning.

Five years later, Elly returned to Australia and was offered a Senior position to help establish the NT Radiation Oncology in Darwin. She almost turned it down, telling her manager that she couldn't commit to living in Darwin long term and didn't want to fill such an important role only to leave after a year.

That was 13 years ago.

Now as the Chief RT, she has the pleasure of leading a wonderfully committed team of radiation therapists to care for NT patients, delivering high quality, evidence-based treatments that equal many larger centres interstate.

Karina Akarana – A Young Woman’s Perspective - So Brave

First Nations Māori, Tribe: Ngati Kahungunu and Nga Puhi

Karina was born in Palmerston North, New Zealand and raised in Mparntwe (Alice Springs) NT since the age of 7.

She is mother to her only son Zion Akarana, aged 21 and is the second youngest of four girls.

Karina is So Brave Ambassador and studying Bachelor of Social Work. She is also the Primary Prevention Officer for NT White Ribbon Australia, which aims to reduce the gendered drivers of violence from men towards our women and children.

She is a Breast Cancer survivor, diagnosed at age 35 (2013) ER+ Stage 2 Left Breast and age 38 (2016) ER+ Stage 3 Right Breast.

Karina’s younger sister Angel Akarana was diagnosed with Triple Negative Breast Cancer in 2021. There is a history of Breast Cancer on her Father’s Mother’s side. Genetic testing for both sisters did not identify any genes to BRCA.

She is a passionate advocate for breast cancer, especially raising awareness around young women with breast cancer and assisting breast cancer patients in remote and rural communities.

Dr. Manimaran Sinnathamby – MBBS, MS, FRACS General and Breast Surgeon

Mr. Sinnathamby graduated with Bachelor of Medicine and Bachelor of Surgery at University Malaya, Malaysia in 2000 and subsequently trained in General Surgery in the same university in 2008. Following that, he worked as a Consultant General Surgeon for 4 years before migrating to Perth, Australia in 2012.

During his 5 year stay in Perth, Mr Sinnathamby worked as a Trauma Fellow in State Major Trauma Centre in Royal Perth Hospital and subsequently as a Breast and Oncoplastic Surgery Fellow in Sir Charles Gairdner Hospital.

He was awarded FRACS at the beginning of 2017.

Mr. Sinnathamby moved to Darwin in February 2017 as a Consultant General and Breast Surgeon in Royal Darwin Hospital with private practice in Darwin Private Hospital.

He is the currently the Director of General Surgery at Royal Darwin Hospital and also the clinical lead for Breast Surgery. He is the only subspecialty trained breast surgeon in NT who focusses on all malignant and benign breast conditions together with some types of oncoplastic reconstructions.

His other scope of practice involves a wide range of General Surgery including hernia repairs, laparoscopic surgery, bowel surgery, gastroscopy and colonoscopy.

Marg Lavery – Clinical Trials

Margaret Lavery BIO October 2022 Marg Lavery is a Clinical Trial Coordinator at the Alan Walker Cancer Care Centre at Royal Darwin Hospital working across oncology and haematology trials.

Marg started her nursing career as a hospital trained nurse in Melbourne and has worked across general and midwifery nursing roles in both Melbourne, Northern Territory and Western Australia.

She has lived in Darwin for the last 32 years, working in midwifery, general practice and most recently in Oncology.

For 11 years she was a breast care nurse at Cancer Council NT supporting women and their families impacted by cancer and included work at Breastscreen NT to support women both before and after their diagnosis.

She also managed Support Services at CCNT and was the driver (not literally) behind the successful Transport to Treatment program which continues today.

She has been a clinical trial coordinator at Alan Walker Cancer Care Centre for almost 3 years.

Marg considers it an absolute privilege to have been allowed to share in other's cancer journeys, providing support and information and making some wonderful friends along the way.

The strength and resilience shown by so many at such a difficult time in their lives has never ceased to amaze her.

PANELS

PANEL 1 Nutrition and Complimentary Medicine

Danielle Rodger – Dietitian

Danielle is an Accredited Practising Dietitian, and the Director of Dietitians NT. Danielle completed her studies at Flinders University in Adelaide which included a 3-month placement at the Royal Darwin Hospital where she fell in love with the Darwin lifestyle, weather, community, and market food.

After working in private practice in Adelaide for 3 years, Danielle couldn't wait to move to Darwin permanently and start her own practice.

Danielle has been working in Darwin private practice for the last two years, assisting patients with a variety of conditions including weight loss, elevated cholesterol and blood pressure, type 2 diabetes, malnutrition, food intolerances and sports nutrition for athletic performance.

Danielle currently works across 8 clinics in Darwin, Palmerston, and Katherine.

She is looking to expand her team next year to further support the nutrition and wellbeing of the NT.

PANEL 1 Nutrition and Complimentary Medicine

Anne-Marie McDonald – Naturopath

Bio for– Anne-Marie McDonald B.Nat (Naturopath) Southern Cross University; Fellow Member Australian Natural Therapists Association. Anne-Marie was raised in a large Sicilian family in Queensland on a fruit and vegetable orchard.

Her journey into Naturopathic medicine was inspired by both her father’s fascination with plant and soil biochemistry and her grandmother’s peculiar habit of serving up broths made from what others would have regarded as weeds.

After overcoming a few personal health challenges by employing the home-taught principles of nutrition and herbal medicine, Anne-Marie pursued a health science degree, graduating from Southern Cross University in 2001 with a Bachelor of Naturopathy.

She has since been in clinical practice for over 20 years developing excellent working relationships with allied health practitioners, GPs, integrative medical specialists, and pharmacists. She firmly believes shared care between orthodox medical practitioners and complementary medicine practitioners results in the best outcome for patients.

In addition to establishing multiple clinical practices, a multidisciplinary wellness clinic, retail store and providing mentorship to her peers, Anne-Marie has also presented as a keynote speaker in a variety of forums including community events, corporate wellness programs, and support organizations.

She prides herself on listening to understand an individual’s unique story with the goal of empowering them to master their own health as naturally as possible.

PANEL 2 Mental Health

Michelle Taylor – Psychologist

Michelle Taylor spent many years caring for others as ICU nurse and Wellbeing coach before embarking on a career in Psychology.

Michelle's works one day a week at Northside Health as a Psychologist.

The rest of her time in her business C4 Consultancy was a healthcare consultant, coach and training in leadership training throughout the healthcare setting, she delivers important learnings on a range of topics including mindfulness, resilience, change management, team building, workforce wellbeing, emotional intelligence and communication.

She is an author of a book published in January "Transformational Nurse Identities: how to revolutionise your leadership".

PANEL 2 Mental Health

Mailin Colman – Clinical Hypnotherapist and Counsellor

Mailin is a counsellor and passionate hypnotherapy advocate and practitioner. With a 22 year career in clinical hypnotherapy she combines her hypnotherapy and counselling skills to deliver meaningful outcomes for her clients. In addition, she has led the development of hypnotherapy in Australia at a national level serving as the President of the Australian Hypnotherapists Association for 7 years.

Mailin has successfully worked with many different issues ranging from bed wetting, anxiety, cancer treatment, panic attacks, binge drinking to trauma with her clients and her passion for the modality continues to grow with each year.

As a breast cancer survivor herself, she practiced what she preached, using self-hypnosis extensively during the initial diagnostic period as well as throughout the 18 months of treatment. During this time, colleagues also banded together to provide healing and relaxation recordings to allow her to maintain a mind-set of positivity and strength which saw her successfully navigate through some very challenging times.

Now based at the Wellness Hub in Myilly Point, Mailin works with other practitioners providing a holistic approach to mental and physical wellbeing.

PANEL 3 Cancer Care Nurses

Hannah McCormick – Chemotherapy Nurse

I am a New Zealand trained Registered Nurse and moved to Australia and the Northern Territory in 2017.

I have extensive oncology experience in both adult and paediatric specialties, having worked in both areas across Australia and NZ.

I have completed a post graduate certificate in Health Sciences and a post-graduate diploma in Nursing (Oncology).

My current role is Clinical Nurse Educator at the Alan Walker Cancer Care Centre, the only cancer services specific educator in the NT.

I have a special interest in vascular access and treatment related side effect management, and I aim to help our patients maintain a treatment/life balance while receiving cancer treatment.

I am passionate about cancer care and hope to become an Oncology Nurse Practitioner in the NT.

PANEL 3 Cancer Care Nurses

Deena Mear – Cancer Council Support Services

Kia ora koutou katoa my name is Deena and I joined Cancer Council as Support Service Manager in August 2022.

I am a Registered Comprehensive Nurse and completed my training in New Zealand. I have also completed my PG cert in Health Sciences. I have completed training in breast form/prosthetic and bra fitting. I have over 30+ years nursing experience predominately within Primary Healthcare and community settings in both New Zealand and Australia.

Since moving back to Australia in 2018, I have worked and lived in Alice Springs, Darwin and remote communities in the Territory and Western Australia. As the Support Services Manager.

I have a passion for Cancer awareness and the importance of equitable, sustainable best practice service provision and access to services.

Together with awareness of the importance of early detection and treatment commencement and improved outcomes for all Territorians.

I look forward to continuing to increase public knowledge about the services provided by Cancer Council and further develop new support services during diagnosis, treatment, and survivorship. haere rā

PANEL 4 Allied Health

Lauren Soulsby – Physiotherapist (PINC Program) Movement for Life

Lauren graduated from Griffith University with a Bachelor of Exercise Science and Masters of Physiotherapy in 2017.

Since graduating she has worked within the private practice, palliative care, aged care and rehabilitation setting. She has been working as a physiotherapist at Movement for Life Physiotherapy since 2019 in the musculoskeletal setting treating a variety of musculoskeletal and orthopaedic conditions, providing cancer rehabilitation care as well as running pilates and hydrotherapy classes.

Lauren is passionate about functional rehabilitation and in 2021 became a certified PINC Cancer Rehabilitation physiotherapist, providing the best possible service to people affected by cancer, of any type and at any stage of their experience.

In 2023 Lauren is excited to return the PINC program at Movement for Life Physiotherapy in Coconut Grove providing rehabilitation services individually and in small groups to encourage to help Cancer patients to achieve their goals."

PANEL 4 Allied Health

Sarah Knight - Exercise Physiologist, Vitality Health and Rehab

Sarah Knight completed her honours Degree at The University of South Australia in Adelaide, completing her Honours thesis in Exercise and Cancer treatment, with a focus on the relationship between exercise adherence and quality of life.

Through volunteering and workplace experience, Sarah has worked with a diverse range of clients; she has a particular interest in Oncology, Disability, Neurological Rehabilitation and Eating Disorders, with a passion for improving mental health outcomes.

Sarah has worked with cancer patients in both hospital settings and private practice, assisting with delivery of Palliative Care, Prostate Cancer and Breast Cancer groups, focusing on fatigue management, reduction of muscular atrophy and improving mental health.

Sarah has a special interest in providing education and delivering safe exercise for cancer patients, dependent on their cancer type, treatment and stage, whilst taking a holistic and individualised approach to their care. She endeavours to continue building this knowledge and experience, by implementing individualised cancer exercise groups based at Vitality Health and Rehab located in Darwin.

PANEL 4 Allied Health

Meghan Williams – Lymphatic Therapist (In Balance NT)

Meghan Williams specialises in working with clients living with Cancer, Lymphoedema & Lipoedema. Her focus is on the comfort and well-being of individuals living with chronic swelling and range of movement issues stemming from scarring and/or side effects from cancer treatment.

From her clinic in Palmerston, Meghan a Registered Nurse provides Oncology Massage and International Best Practice lymphoedema management via decongestive lymphatic therapy, including

- Manual lymphatic drainage.
- Laser therapy.
- Education and exercises.
- Compression garments & bandaging.
- Skin care.

With over 10 years of experience and being a breast cancer thriver herself, she is dedicated and committed to providing individualised treatments based on client needs.

PANEL 5 Personal Care

Patricia Sweeney-Fawcett – Look Good Feel Better

Patricia Sweeney Fawcett knows firsthand that when “you look good you feel better” (LGFB)! This is her 6th year volunteering with LGFB and leading the workshops in Darwin. She specialises in Makeup and Skin Camouflage and has seen the impact of these to be life changing.

Patricia started her career in the Beauty Industry over 25 years ago. After receiving her Bachelor of Science Degree in Beauty Therapy Management from Bradford College (UK) she decided to pursue a career in teaching, having a passion for teaching and supporting patients with their overall wellbeing and appearance.

Patricia has worked in many teaching establishments in Ireland, UK and more recently Australia. In 2014 Patricia joined Charles Darwin University as Beauty Therapy Coordinator and later as Executive Officer, Workforce Development where she also earned her Master of Education degree.

In 2019 Patricia was awarded Vocational Education and Training (VET) Teacher/Trainer of the Year at the prestigious NT Training Awards.

Patricia is currently Managing Director of RTO, Flexible Learning, Careers and VET at MacKillop Catholic College.

PANEL 5 Self Care

Karissa Bryant – Encore Coordinator

Karissa Bryant is the Encore Coordinator for Queensland and the Northern Territory at the YWCA Australia. For the past 12 months Karissa has been actively working to make the YWCA Encore exercise program accessible to women who have experienced breast cancer across QLD and NT.

When a close family member was diagnosed with breast cancer, Karissa noticed the physical and mental impacts this diagnosis and subsequent treatments had on this person.

Karissa truly believes in the YWCA Encore program and loves seeing the amazing physical and mental benefits that it can bring to anyone who has experienced breast cancer.

Karissa enjoys spending time with her young family and brings her energy, passion and zest for life with her to her work.

Karissa has Jessica Mithen accompanying her as one of the Darwin local Encore Facilitators.

**NTBCV SINCERELY WISHES TO THANK THE
PRESENTERS ON THE DAY FOR SO
GENEROUSLY GIVING UP THEIR PERSONAL
TIME AND FOR THEIR INFORMED
PRESENTATIONS TO THE PEOPLE OF THE
NORTHERN TERRITORY**

