



Redefining cancer care

The impact of your support

Cancer care, choose hope



Chris O'Brien
Lifehouse

Thank you for your support

As I reflect on another year of incredible achievements across our hospital, I am deeply grateful for the support of dedicated people like you. With each donation, you are helping redefine cancer care and bringing new hope and healing to our patients and their families here at Chris O'Brien Lifehouse.

Today, I'm pleased to bring you just a few of the exciting advancements in patient care and research that have been made possible this year, thanks to your committed support.

As a caring supporter of Chris O'Brien Lifehouse, I'm sure you're well aware of the terrible burden cancer places on the lives of people in Australia. Through your support of Chris O'Brien Lifehouse, you are helping ease this burden for individuals and families across the state by helping provide world-class cancer care and continually improving treatments through research.

On behalf of our patients, and all of us at Chris O'Brien Lifehouse, thank you for your kindness and generosity.

Professor Michael Boyer AM
Chief Executive Office





The next generation of cancer researchers

Dr Hallal is an early career researcher, whose role has been supported by donations since 2019. During this time, she's advanced her research into glioblastoma, the most common and deadly form of adult brain cancer.

Currently, diagnosing glioblastoma requires brain surgery, which can have significant side effects. Detecting the recurrence of the disease is also incredibly challenging.

Susannah's research is seeking to discover what patients urgently need – a non-invasive way to detect and monitor glioblastoma.

Susannah and the brain cancer research team have been looking at extracellular vesicles (EVs), which are tiny particles released from glioblastoma tumours into the bloodstream. Susannah has developed a method to measure EVs in the blood to detect glioblastoma activity.

Building on this discovery, the team have now investigated a new approach of measuring EVs in urine. **This could lead to the creation of a world-first blood or urine test to detect glioblastoma.**

As an early career researcher, Susannah is grateful for the support of donors who enabled her to kickstart her career with this exciting discovery.

“Starting a career in research is challenging,” Susannah explains, “support and funding, especially long-term support, is rare. Thanks to donors, I was given the time to establish myself and find my strengths.”

By supporting Chris O'Brien Lifehouse, you are helping equip early career researchers like Susannah with the funding, guidance and opportunities they need to lead the next generation of cancer research.

“I wouldn't be where I am today without donor support.”

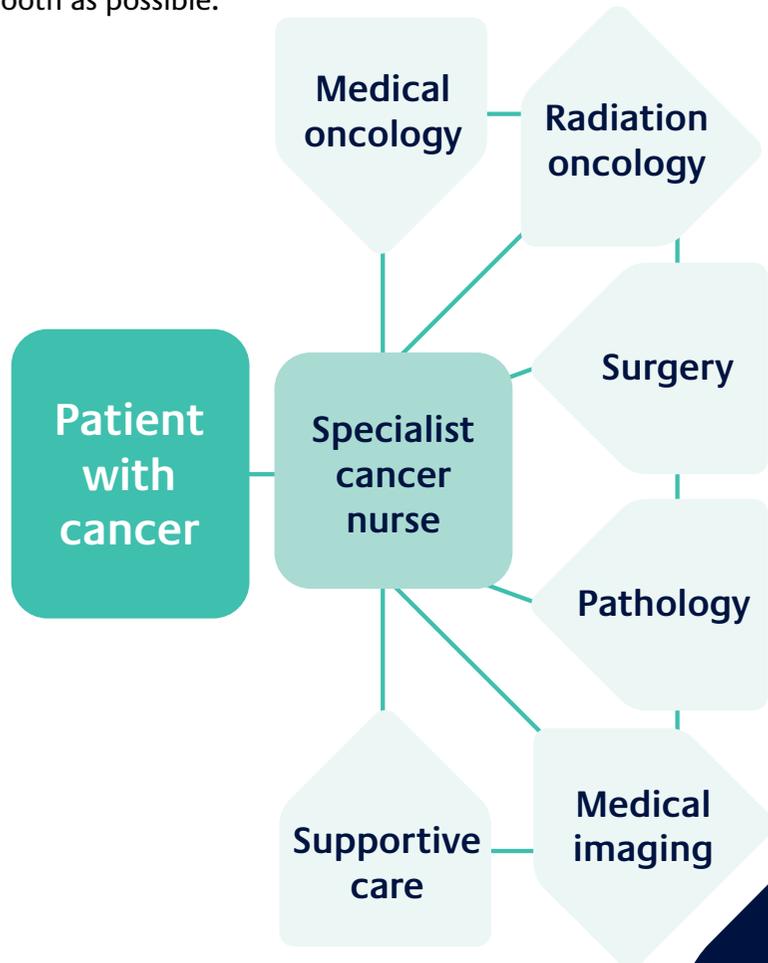
Dr Susannah Hallal



A new specialist nurse for bowel cancer

As a comprehensive cancer hospital, Chris O'Brien Lifehouse offers patients with cancer every support or therapy they need under one roof.

The specialist nurse is the critical connection point between all these services, ensuring a patient's treatment pathway is as smooth as possible.



We are excited to welcome Nilika Kansakar into the newly-created role of Lower GI Specialist Nurse, a position made possible with generous support from our donor community.

Specialist nurses bring advanced skills and training in specific types of cancer. Thanks to our donors, patients with colorectal and bowel cancers can now benefit from this personalised care and expert guidance throughout their cancer journey.

Nilika has extensive experience in caring for patients with lower GI cancers, having begun her nursing career on the colorectal ward at Royal Prince Alfred Hospital in 2013. Her new role was generously funded by the Lachlan Kean Foundation in memory of Lachlan, a patient who passed away from bowel cancer in 2023.

We are incredibly grateful to the Lachlan Kean Foundation, and all of our generous donors, for helping ensure more patients have access to the life-changing care of a specialist nurse.



“I’m inspired by the experiences of people like Lachlan. My vision is to ease the burden of colorectal and bowel cancer for our patients by seamlessly coordinating multiple streams of care.

I also want to ensure patients and their loved ones always have someone to turn to if they have a question or just need emotional support.”

Nilika Kansakar

The healing power of exercise

Thanks to your generosity, the LivingRoom at Chris O'Brien Lifehouse provides evidence-based therapies that support patients to live as well as possible with cancer.

"I never went to the gym in my life as much as I do now, even in my Army days," says Tim Weale, an active father of two and patient at Chris O'Brien Lifehouse.

Two years ago, when Tim was 44, he was diagnosed with advanced metastatic prostate cancer. His treatment involved radiation therapy and five months of intensive chemotherapy.

Tim credits the LivingRoom and Senior Exercise Physiologist Dr Shelley Kay for helping him maintain his fitness, which he says had a transformational impact on his wellbeing.

"For me, exercise is equally as lifesaving as my medication," says Tim. "I couldn't survive without it."

"Before every chemo session, I'd go to the LivingRoom and do a solid workout. Afterwards, I'd walk home. This helped me tolerate the side effects really well."

"When I was in the Army, the focus was on lifting the heaviest, running the fastest, being the strongest. But Shelley's plan changed that mentality. The program is tailored specifically to me and where I am in my treatment. It provides me with a framework to build the strength I need."

"Now I'm through the radiation and chemotherapy, and I go to the gym most days. It's really important because I've got no testosterone in my body, so I don't naturally build any muscle or strength."

Tim is now on a daily oral therapy as well as ongoing monthly hormone injections, which is keeping his cancer dormant. Working with Shelley remains an integral part of his holistic treatment.

"My philosophy is, that there's three key parts to my treatment. There's the medication I'm on, which helps me live a normal life. There's bringing a positive, optimistic and hopeful outlook. And the third one, which is really important, is my health and fitness. Chris O'Brien Lifehouse has really set me up on that pathway, in the best possible way."



Your monthly donations help fund the LivingRoom, which enables patients like Tim to live as well as possible through and beyond cancer treatment. Thank you so much for your incredible support.



Pictured: Music therapists Harry and Netta in the You Can Centre music studio.

Holistic highlights

At Chris O'Brien Lifehouse, donor support helps sustain art and music programs which help patients find connection, expression and hope throughout their cancer experience.

Arterie

Through a range of engaging art-based activities, the Arterie program brings moments of colour, creativity and calm into the hospital setting. Patients, visitors and staff are invited to connect and get creative in meaningful ways. This year's program included collage, watercolour and drawing sessions which were well attended and popular with the Chris O'Brien Lifehouse community.

Music in Health

Our Music in Health program is another donor-funded cornerstone of holistic care at Chris O'Brien Lifehouse. No prior musical experience is needed – therapists work with patients' personal preferences and natural connection to music, ensuring every session is individualised and deeply meaningful.

“Singing brings so much joy – we are all going through tough times but we come here and laugh and sing. It helps lighten the load.”

Singing for Wellbeing program participant

Thank you for bringing hope and healing to people with cancer.



Scan here to discover all
the ways you are helping
to make a difference.

For more information, please contact:

Liz Logan - Annual Giving Manager

Ph: 02 8514 0006

@ development.office@lh.org.au

🖱️ donate.mylifehouse.org.au



Chris O'Brien
Lifehouse