



## Caron Keating Foundation award for liver research

Pelican's Liver Research Room has received a £5,000 donation from the charity set up by television presenter Gloria Hunniford in memory of her daughter, Caron Keating, who died from breast cancer in 2004. Liver surgery has changed faster than any other branch of general surgery in the last 20 years and the work in our Liver Research Room has played a vital part in the advancement of treatment for this type of cancer. Data from the 20-year patient database underpins a number of studies, leading to changes in practice that have saved and improved the quality of many lives.

Mr Merv Rees (pictured), Pelican trustee and Hepatobiliary Director and Consultant Surgeon at Basingstoke, and instrumental in setting up the research room says, "We are as ever extremely grateful for all the support we get from the Pelican Cancer Foundation to enhance our liver surgery work in Basingstoke. Our research programme is based on clinical outcomes in patients and we have over the past 20 years published numerous peer reviewed articles which has changed day to day practice throughout the world."



Mr Merv Rees

## Medical research at the local level

In April, data from the Liver Research Room formed the basis of research papers presented by two Basingstoke surgeons at an international meeting in Paris. Roel Hompes reported on the use of CAT or MRI scans in assessing a patient's suitability for liver surgery and Peter Swan on how the length of hospital stay after surgery has gone down from 10 to an average of five days in the last 20 years. Peter Swan said, "The meeting was well attended by both Basingstoke surgeons and many other international liver surgeons; our presentation was well received and stimulated good discussion about the post-operative management of patients." Pelican was also able to support the surgeons' travel expenses, enabling them to attend the meeting.

## Professor Heald, CBE

Professor Bill (RJ) Heald, Pelican trustee, was awarded a CBE for services to UK surgery internationally in the Queen's Birthday Honours List in June. Known across the world for his groundbreaking work in the development of bowel cancer surgery, Professor Heald continues to deliver surgery and presentations across the continents and to add to his list of foreign awards and appointments. Recent visits include to the USA, Australia, Romania, Germany and Barbados.



Professor Bill Heald

Pelican Cancer Foundation is dedicated to improving survival and quality of life for patients with pelvic (lower bowel, prostate, bladder) and liver cancers (PE-LI-CAN).

Pelican is a world leader in pioneering research and education for precision surgery. Surgery cures more patients than any other cancer intervention.

With your generous support, Pelican trains surgeons and cancer teams in the latest life-saving, life-enhancing surgical skills and sponsors pioneering clinical research.

### Welcome,

*Recent months have seen us busy running courses and supporting research projects and in this newsletter we feed-back on some of these courses (p 2) and projects (this page).*

*We also feature (p 3) the story of a bowel cancer patient, 44-year-old Alex, and how advancements in surgery and treatment really have led to the improvement of quality of life for cancer patients.*

*Finally, a huge thank you to everyone who has supported Pelican this year - to our volunteers, donors and fundraisers. On page 4 you can read about some of the fantastic ways in which people have raised funds, and about some of the ways in which you can help support us.*

*Sarah*  
Pelican CEO

## News in Brief

### Pelican courses website update!

Go through the Pelican website [www.pelicancancer.org](http://www.pelicancancer.org) or direct to [www.pelicancourses.org](http://www.pelicancourses.org) to see the new courses booking and information pages - and please let us know what you think! We always welcome feedback - email [admin@pelicancancer.org](mailto:admin@pelicancancer.org) or call us on 01256 314 746.

**Newcomers and leavers:** our new LOREC Programme Manager joined us in May, and as we welcomed Pablo Alvarez we said goodbye to Norman Webb, Pelican fundraiser. We would like to thank Norman for the fantastic work he has done for Pelican over the past 10 years.



**Electronic newsletter:** to reduce costs we are looking at sending the next newsletter electronically. If you haven't already given us your email address and would like to receive the January edition in this way, please call (01256 314 746) or email [admin@pelicancancer.org](mailto:admin@pelicancancer.org) with your details.

**Charity fundraising/donation websites:** in addition to supporters using recognised sites to collect fund-raising donations, many of our donors are now setting up regular giving through sites such as JustGiving, BT My Donate and Virgin Money Giving. Call Peter on 01256 314 746 if you'd like advice on this.

**Charity of the Year:** the following organisations have very kindly nominated Pelican as their Charity of the Year:

South Ham Surgery  
Basingstoke Golf Club  
Loudon Partners

*Thank you!*

## News and views from some of our recent courses

The backbone of our work at Pelican is organising courses for cancer clinicians and specialists. We run open workshops which any surgeons or specialists can attend and also deliver courses for industry or private groups. Below you can read about some of our most recent events.



Dutch Delegates, Colorectal Course

### Colorectal Cancer Course for Dutch Clinicians

When 50 clinicians from the Netherlands came to a colorectal (bowel) cancer course it was an opportunity to share views with continental colleagues - surgeons, oncologists (chemotherapy, radiotherapy specialists) and pathologists (tumour and specimen analysts). This proved an extremely successful collaboration, so much so that a third group from the Netherlands will be coming to attend a course in January 2013.

### National Liver Cancer Meeting

In May Pelican hosted the Fourth National Hepatocellular Carcinoma (HCC) Meeting, with over 60 specialist nurses and healthcare professionals attending from across the UK. Pelican's work with liver cancer is mainly with liver metastases, or secondary cancer spread from the bowel. HCC, primary liver cancer, is rare and has been very challenging to treat until recent major developments in new treatment options.

Pelican was delighted to have been instrumental in bringing together leaders in the HCC field for a day of presentations and discussion, resulting in new collaborations between cancer teams for future research and sharing best practice.



HCC Meeting Faculty (staff) May 2012



LOREC Faculty April 2012

### LOREC

For the past two years Pelican has been running the national programme to improve cancer outcomes and quality of life for patients with low rectal cancer, with Pelican trustee Brendan Moran as the National Clinical Lead. Funded by the Department of Health the programme initially required one team of specialists from each of the 28 cancer networks in England to enrol, but due to its success has been extended to allow all colorectal teams in the country to participate. Workshops enable teams to come together to review patient

treatment options, and to share experience and best practice with clinical colleagues and team members across England.

### Industry Events

Pelican is very grateful to a number of industry supporters who help make delivery of our courses and meetings possible by providing educational grants.

We also occasionally organise events to enable industry representatives to learn from clinical experts about advances in surgery and cancer treatments. The picture (right) was taken when 80 representatives from across Europe came to Pelican to discuss rectal cancer treatment.



Kirti Pithia, Covidien

## I first realised something wasn't right on my birthday...

*Alex Kuczera is 44 and in 2010 was diagnosed with colorectal (bowel) cancer. This is his story.*

**Thursday 4 March 2010, 10.43am: a date and time I'll never forget...** Following a bowel examination my consultant explained that he'd found a tumour, and he was 90% sure that I had colorectal cancer.

**On a warm evening the previous**

**June** I was out celebrating my birthday. I'd been to the bathroom before leaving home and the reason I remember this is because I had a drunken conversation with one of my mates about seeing blood. A month later I started to experience a change in bowel movements, going to the toilet up to seven times a day, always with the feeling that I hadn't quite emptied my bowels.

**A visit to my doctor showed everything normal, but...** a routine health check the following February revealed a low blood count, and so began my journey. In March I learnt I would need radiotherapy, chemotherapy and surgery - and...

**I receive the devastating news that I will have to wear a stoma for life.** I was lost for words.

**So we turn to Plan B...** a friend who's a nurse did some research and suggested we see an oncologist. He recommended getting a second opinion, which we did.



**And I find my saviour, my new best friend....** Mr Brendan Moran, Consultant Surgeon at Basingstoke and trustee at Pelican, said he was 80% certain he would be able to remove the tumour and have a stoma reversal at a later date. Emotions.... So much to take in, in such a small period of time. **Treatment begins in April.** My treatment plan was for 25 sessions of radiotherapy plus chemotherapy tablets. The radiotherapy wasn't too bad, apart from leaving me feeling tired and burning my bum.

**I receive great news.** On 13 September Mr Moran and his team successfully removed the tumour and re-joined the back passage so that a reversal could be undertaken at a later date. It was the best news I could have wished for.

**The next days, though, are challenging:** Christmas 2010 and probably the first time I felt really low. While friends were out enjoying the festivities, I was home alone. The first five days post chemo is the worst with a constant feeling of tiredness and feeling unwell in general plus side effects including pins and

needles and nausea.

**But finally, I text friends, "Bag less...Patient doing well!"** The final part of the jigsaw came in April 2011 with surgery for the ileostomy closure. After seven months wearing a stoma, this was removed and my bowel re-joined.

**Wow...life and living...**

I thought I would take the time out to share my recent experiences of dealing with colorectal cancer with the hope that my experience may help those recently diagnosed. **Alex**

**Sarah Crane on stomas...** Firstly, thank you Alex for telling your story. It is brave to share such a personal experience. We know many patients fear having a stoma. A stoma, or colostomy, is an opening which connects the colon to the surface of the abdomen, enabling waste material and gas to leave the body if part of the bowel has been removed. Following bowel surgery most patients will have a permanent or temporary stoma. Basingstoke has a particular reputation for helping patients with low bowel cancer avoid having to use a bag for life. Jonathan Wood, former patient and now Pelican trustee, has some advice.

**Jonathan Wood on stomas...** For many people facing bowel cancer one of the biggest concerns (after the obvious one of survival) is the fear of a colostomy. This is an entirely understandable fear that tends to persist in spite of all the explanations provided by the medical experts. I guess that the concerns emanate from a fear of disfigurement or social stigma. Having had a bag for a period of time, I would offer the following words of encouragement:

- They are much easier to manage than you at first believe and they very quickly just become a part of your life
- It is entirely possible to dress so that they are not noticeable
- Learn to manage your diet to suit the fact that your plumbing has been short-circuited - some foods will aggravate your stoma
- Try and be humorous about "your friend" with those close to you - it will greatly ease the whole process of managing something which you regard as fundamentally undignified. When you have a "blow out", (which you certainly will), have a good laugh about it rather than getting embarrassed or upset.



Jonathan Wood

*Sarah: Pelican does not give medical advice, but would always recommend that you see your doctor if you're at all concerned about possible symptoms of bowel cancer and we also remind patients, as some find it embarrassing to do so, that it's perfectly acceptable and normal practice to request a second opinion.*

## How you can help

We are dependant on fundraising to be able to continue our work. In the past six months we have run various events with our annual charity golf day in May proving as popular as ever. This year saw The Water Bearers' Peter Benson, Mike Crocker, Cato Choi and James Anderton carry off the trophy.

We are also very grateful to have been nominated as sponsored charity at other events, and were delighted when Pelican was chosen as the beneficiary along with the Chopin Society UK at the 2012 Annual Jacqueline du Pré concert in March. Thank you, too, to the Jenna Burlingham Fine Art Gallery, Kingsclere, for donations from their summer exhibition preview reception.

## Pelican Film Society



Members and visitors are welcome at Pelican film night on the first Monday in the month, except August - £40 membership (for 11 films, pro rata), £5 guest fee. With recent, art-house and classic films shown on Pelican's grand theatre screen, the autumn schedule includes *Midnight in Paris*, *The Best Exotic Marigold Hotel* and *Salmon Fishing in the Yemen*. There's free parking on-site and you can book for a 6pm supper at the licensed Ark Blue Café, at £11.50 for a set two-course meal.

## Helping Pelican this Christmas

### Travelling Souk Christmas Fair

*Audleys Wood Hotel, Basingstoke, RG25 2JT*

*Tuesday 13 November 2012, 9.30am-4pm*

Get an early start on your Christmas shopping! Exclusive and exotic gifts; coffee, brunch and lunch available all day; free parking. With thanks to our sponsors: Sony, AXA Wealth, Barclays, RW Armstrong, and Harwoods Basingstoke.

### Christmas Cards

Pelican is offering five card designs this year - four exclusive to Pelican featuring the work of artists Daphne Abrams and Kate Brooks. Cards are priced at £5 or £4 per pack of 10, plus P & P, with overprinting available on the Daphne Abrams' designs. (Right, *Racing for Christmas* by Daphne Abrams.)

For full details of this year's Christmas cards and/or to order visit the Pelican website, [www.pelicancancer.org](http://www.pelicancancer.org), or phone for a Christmas Card order brochure.



**2013 – date for your diary!** Annual Pelican Charity Golf Day, Wednesday 15 May 2013  
Donnington Valley Golf Club, Newbury - details coming soon!

For more information about the film club, our events or the work of Pelican, call 01256 314 746, e-mail [admin@pelicancancer.org](mailto:admin@pelicancancer.org) - or visit the Pelican website.

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cancer foundation



T: 01256 314 746; E: [admin@pelicancancer.org](mailto:admin@pelicancancer.org)

## People who have helped

*We would like to say a huge thank you to everyone who has given their time to help raise funds to support our work here at Pelican.*

Pelican's Lucy Dingwall, her mother Jenny Pilkington, and Hamish Macdonald completed the 9-mile Spring Walk with Rotary Club of Basingstoke for Pelican

Charles Clifford ran the London Marathon

Ian Teesdale did a sponsored head-shave

Laura Milsom crossed the Andes in memory of her Grandpa

Sisters Helen and Jenny Finlayson organised donations in lieu of flowers at the funeral of their father, Donald Finlayson

Greg Whelan climbed Ben Nevis - and climbed it the hard way...

Stephen and Ursula Codrington hosted *Going South with Scott and Shackleton*, a talk on the Arctic explorers' expeditions

Former patient Linda di Cara and her husband, Lea Pentley, organised a golf day

Sarah Larkin-Smith, Rosemarie Heynes and Alan Chapman volunteered for the bucket collection at Newbury Racecourse

Veronica Cook raised funds through making jams and jellies and selling watercolours and photo frames

Victoria Capper hosted a glittering Valentines' Ball

Sue Smith, sister of former patient Cheryl Woods, held a business lunch raffle

Fiona Marner organised donations in lieu of flowers at the funeral of her husband, Christian

Alresford Rotary Club supported Pelican with a cheque

Michael Daniels and Tamar Karpas raised money at their Open House Art Exhibition

*Without people like you we cannot continue the fight against cancer.*