

Bulletin

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ISSUE 541

townsvilleeye



MY PET



TRACEY
OSMOND

ON STAGE

DANA LOWREY
AKA DVNA

STAND UP TO CANCER

THE LIFESAVING MESSAGE DR HELENA
ROSENGREN WANTS YOU TO KNOW





OUR COVER
DR HELENA
ROSENGREN

PHOTOGRAPHER
MEGAN MARANO
INSIGHT CREATIVE

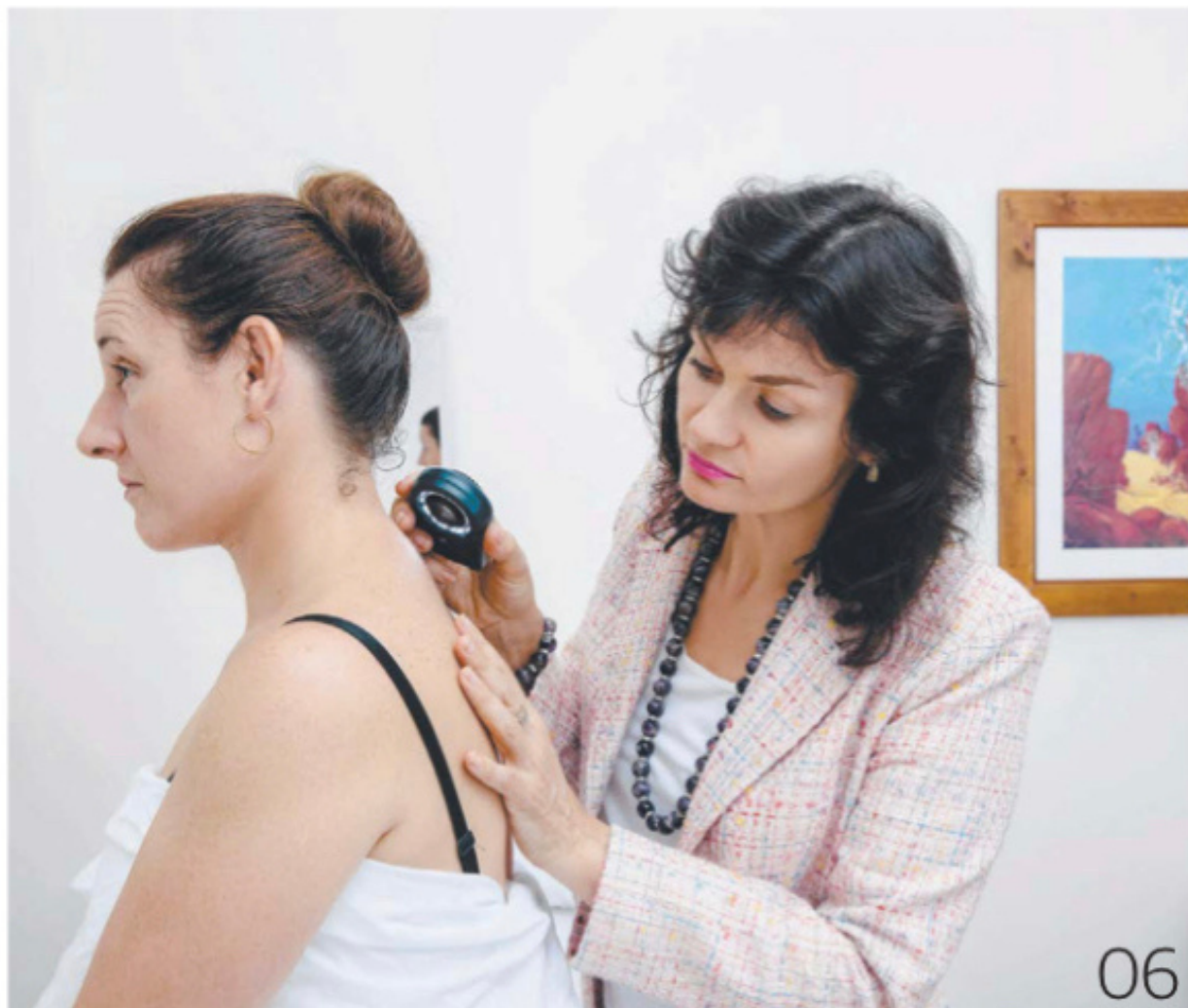
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This week in the EYE...

Dr Helena Rosengren is on a heartfelt mission.

She is spreading the sun safety message, as well as encouraging us to get regular skin checks, in a bid to help stop the loss of lives to skin cancer.

Unfortunately, North Queensland has the dubious honour of being the skin cancer capital, so it is more important for us to heed Dr Rosengren's warning that our southern cousins.

The Townsville-based doctor put a lot of energy into ensuring the community is as safe as possible when it comes to diagnosis and treatment of skin cancer.

She regularly conducts GP workshops and wants every GP in North Queensland to have access to a dermatoscope – a skin screening tool which makes the surface of the skin transparent so that deeper structures become visible and can be fully interpreted – and know how to use it. Also in the Eye don't miss sections such as My Weekend, My Pet and Taste pages.

In this edition we ask a well-known Townsville musician Tracey Osmond how she spends a typical weekend, and the Eastham family fills us in on their pooch, Willow. We also put the spotlight on musician DVNA, aka Dana Lowrey. Her sound is described as fierce and emotive with R&B, jazz and pop influences. Dana has already racked up an impressive resume including 4 million Spotify streams and winning Song of the Year (Looking Like a Snack) at the Gold Coast Music Awards.

DVNA will be performing at the Otherwise Bar tonight.

BETTINA WARBURTON

Contact us eye@townsvillebulletin.com.au



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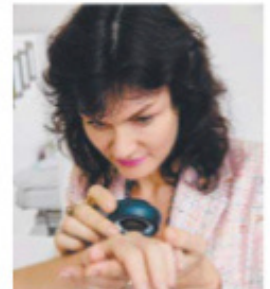
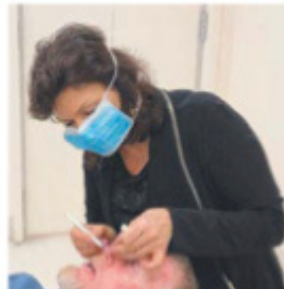
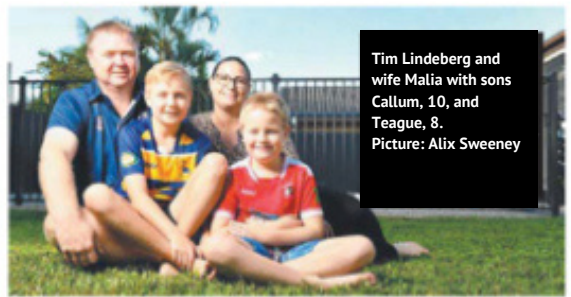
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Wayne Hearn with Rocco at Anderson Park.
Picture: Evan Morgan



Tim Lindeberg and wife Malia with sons Callum, 10, and Teague, 8.
Picture: Alix Sweeney



PROTECT YOUR SKIN

TOWNSVILLE DOCTOR HELENA ROSENGREN IS PASSIONATE ABOUT SPREADING THE SUN-SAFETY MESSAGE

BETTINA WARBURTON

One of the first things Dr Helena Rosengren does every morning is apply 50-plus sunscreen lavishly over her face, forearms, neck and hands. Helena also ensures she wears 'driving sleeves' when she's in the car. And she has a very good reason why she wants us all to do the same. "Skin cancer kills. North Queensland is, unfortunately, the skin cancer capital of the world. We must do everything we can to make sure this doesn't continue. "It doesn't take much time to ensure you are protected from the North's harsh sun" she says. "Preventing skin cancer is the key. Early intervention is crucial. A melanoma is far better managed with early detection and excision." Studies suggest that regular daily long-term sunscreen use may reduce squamous cell cancers by as much as 40 per cent and melanomas by an incredible 50 per cent. Helena says because the North's UV index is so high, you don't need to get sunburnt to develop skin cancer. "Daily, incidental, sun exposure you get from driving your car, hanging the washing out, etc. is enough to damage your skin and cause skin cancer", she says. "So how can you prevent the sun from impacting your skin? Cover up as much as possible, and for the parts of the body you can't cover up, use daily sunscreen". The Townsville Doctor is passionate about spreading the sun-safety message and wants to help stop the loss of lives to skin cancer in North Queensland. Research has found that

Queenslanders are most likely to have multiple skin cancers, compared with our interstate counterparts. Helena, the Founder and Director of Skin Repair Skin Cancer Clinic, which has recently seen its 20,000th new skin check patient, has devoted her career to skin cancer research, teaching and advocacy. "I have the vision to help dramatically reduce suffering and death from advanced skin cancer in Australia", she says. "What Skin Repair Skin Cancer Clinic has achieved to date is down to the exceptional, caring team of doctors, nurses and receptionists who work alongside me". The former GP puts a lot of energy into ensuring the community is as safe as possible when it comes to diagnosis and treatment of skin cancer. Helena regularly conducts GP workshops and wants every GP in North Queensland to have access to a dermatoscope – a skin screening tool that makes the surface of the skin transparent so that deeper structures become visible and can be fully interpreted – and know how to use it. "I put a lot of effort into upskilling GPs", she says. "I want GPs to not only have a dermatoscope, but to use it confidently when carrying out skin checks". "Melanomas can be difficult to pick up without training in dermoscopy. With a naked eye, skin examination alone a Doctor is probably only picking up 5 percent of the information that is available to their colleague who is doing

doing the skin check using a dermatoscope and is able to confidently interpret the findings", she says.

Helena, who is passionate about upskilling GPs and increasing awareness on conducting skin checks, is also a senior lecturer at James Cook University, and has taught at skin cancer workshops and conferences throughout Australia and overseas. She has published a number of skin cancer research papers in medical journals. The high-achiever is also the chair of the research committee for the Skin Cancer College of Australasia. And as a member of a Cancer Council of Australia working party, actively helped develop the new skin cancer guidelines for Australia that were published in 2019. Ignatius Park College teacher, Tim Lindeberg credits his wife Malia for making a Doctor's appointment that would be life-saving. Tim was found to have advanced metastatic melanoma. The father-of-two had the melanoma surgically removed originally from the lower right side of his back and then again 10 months later when it reappeared in the same location. The third diagnosis of a melanoma close to his spine resulted in Tim undergoing immunotherapy and then chemotherapy and is now in the all clear. Tim, who now gets his skin checked every three months, says he can't stress

enough the importance of getting regular skin checks.

"I want parents to keep at their kids to cover up in the sun and apply sunscreen regularly", he says. "I want adults to get their skin checked regularly". Tim says being told he had melanoma that spread to his lymph nodes was frightening. "I was what they call a stage three cancer patient and that was a terrifying diagnosis for my family", he says. "If it was not for my wife's insistence, I get a skin check, if it was not for her making that appointment, my future couldn't be guaranteed". Helena says her work at the skin cancer clinic was "extremely rewarding". "I get great satisfaction when I find a potentially serious skin cancer or melanoma that is starting to become aggressive but is found early enough that metastasis is unlikely", she says. "My work is especially fulfilling when I'm able to make a difference in people's lives such as finding and treating an aggressive skin cancer before the need for radiotherapy or chemotherapy". Another of Helena's patients, Wayne Hearn, undergoes regular skin checks following a melanoma diagnosis 30 years ago. "Because I have had skin cancer issues in the past, I've been more diligent to get my skin checked over the years", he says. "I recently had another (level 1) melanoma removed. I know the importance of skin checks. It's an appointment that can save your life".



Dr Helena Rosengren Picture
Megan Marano, Insight Creative

MELANOMA STATISTICS

- Australia and New Zealand have the highest rates of melanoma in the world with our national statistics showing an overall incidence of melanoma of 48 per 100,000 people. There is no doubt that Queensland is the skin cancer capital of the world, however, with the much higher than national incidence of 71 per 100,000 people.
- Australian Bureau of Statistics data show that at least two in

three Australians are diagnosed with skin cancer before the age of 70. These figures are even higher for people living in Queensland.

- Both the risk of developing all types of skin cancer (melanoma, BCC and SCC) and the risk of dying from it is higher in men than women.
- Skin cancer causes more deaths than transport accidents

every year in Australia (ABS 2018).

- Melanoma is the third most commonly diagnosed cancer in Australia (excluding non-melanoma skin cancers such as SCCs and BCCs).
- Australian women have a one in 21 chance of being diagnosed with melanoma before the age of 85, whereas men have a one in 14 risk.