



Improving treatment outcomes of heads and neck cancers

Professor Eva Bezak is leading a team of researchers to explore how the presence of the human papilloma virus (HPV) in head and neck cancers can impact on individualization of radiation therapy and improve outcomes among patients. [more...](#)



Congratulations Class of 2018!

Welcome to our global UniSA alumni community. View pictures from the inaugural UniSA Graduation Ceremony in the new heart of UniSA - Pridham Hall. [more...](#)



Exercise & nutrition tips with the Adelaide Crows

WATCH Adelaide Crows AFL Women's team superstar Courtney Cramey and UniSA's Dr Evangeline Mantzoros talk about what to eat and drink to help you achieve your exercise goals or perform on the field. [more...](#)



UniSA's online MBA – highest in Australia

UniSA's Master of Business Administration (MBA) has achieved top-tier rankings in three categories of the newly released CEO Magazine's 2018 Global MBA Rankings. [more...](#)



A festival playground: Building an arts management career

We shine the spotlight on Christie Anthony, CEO Festivals Adelaide, who shares what it takes to make it to the top in the arts sector, and her vision for Adelaide as the largest festival city in the world. [more...](#)



Become a Mozzie Monitor

Join Associate Professor Craig Williams' crowdfunding campaign this week to ensure you are part of the first round of Mozzie Monitors. This is your opportunity to become a scientist at home and help keep South Australia safe from nasty diseases! [more...](#)



[>> Image gallery: UniSA alumni events](#)

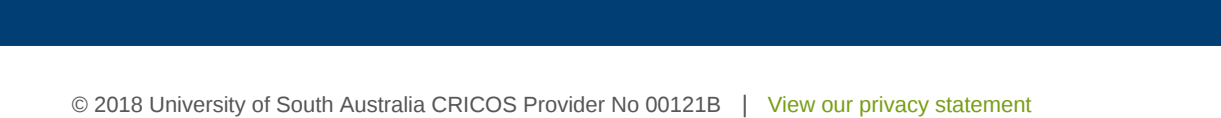
- Alumni events**
- 03 MAR-03 JUN** **2018 Adelaide Biennial of Australian Art: Divided Worlds**
 Tripled Divided Worlds, the 2018 Adelaide Biennial of Australian Art presents an allegory of human society. Curated by Samstag Museum of Art Director Erica Green and held across Samstag Museum of Art, Art Gallery of South Australia, JamFactory and the Santos Museum of Economic Botany in the Adelaide Botanic Garden.
 - 15 MAY** **French Day @ UniSA – Adelaide**
 Enjoy a little French culture at one of our Adelaide campuses on Tuesday 15 May – music, wine, cheese and film. Allons y!
 - 15 MAY** **Who's to Blame for Fake News? – Adelaide**
 It is all too easy to blame trolls or malicious foreign powers for the emergence of fake news. In fact, most of us have played a part in creating a news ecosystem that corrodes trust: politicians who dissemble, communicators who sell doubt, glibble audiences, flawed journalists, researchers who deconstruct reality, and social media platforms that profit from fake news. Presented by Arnaud Mercier (President of The Conversation France), Misha Ketchell (The Conversation) and Tory Shepherd (The Advertiser).
 - 17 MAY** **French Ambassador's vision for the French-Australia strategic partnership – Adelaide**
 France and Australia are bound by common values including the support of multilateralism and the rule of law, human rights and democracy and a shared vision for a secure and more prosperous future. In this lecture, the audience will have the opportunity to hear from the Ambassador of France to Australia, H.E. Mr Christophe Penat, as he reveals his vision for the French-Australia agenda.
 - 17 MAY** **MBA Mixer: Manage your career or business in an environment of turbulence and disruption – Adelaide**
 Sustainability and being able to adapt to and take advantage of the technological, economic and political change is the key, but how? Learn more from our panel of business leaders while developing and strengthening connections with your student and alumni network.
 - 22 MAY** **MBA info session – Adelaide**
 Elevate your career and transform your future with an MBA from UniSA Business School. If you are an experienced management professional, driven to create new solutions, lead innovative teams and deliver exceptional results in a context of disruptive change, the UniSA Business School's MBA is for you.
 - 24 MAY** **Alumni Cocktail Reception – London**
 Join Vice Chancellor Professor David Lloyd and fellow alumni for a networking event at the Royal Institution of Great Britain in London.
 - 08 JUN** **UK alumni Quiz Night – London**
 It's time to brush up on your trivia at the popular Quiz Night hosted by the South Australian Universities Alumni in Europe. Join us for a night of challenging fun questions, laughter, prizes, Coopers beer, Australian goodies and wine.
 - 20 JUN** **Alumni Cocktail Reception – Sydney**
 Join Vice Chancellor Professor David Lloyd and fellow alumni for a networking event at Establishment in Sydney.
 - 21 JUN** **Alumni Cocktail Reception – Brisbane**
 Join Vice Chancellor Professor David Lloyd and fellow alumni for a networking event at Alchemy in Brisbane.
 - 28 JUN** **Malaysia Alumni Reunion – Kuala Lumpur**
 Gather your fellow classmates for a night of fun and friendship at the University of South Australia Malaysia Alumni Dinner at the InterContinental Kuala Lumpur.
 - 29 JUN** **Singapore Alumni Chapter 10th Anniversary Reunion Dinner – Singapore**
 Gather your classmates and join us for a night to remember at the University of South Australia Singapore Alumni Chapter 10th Anniversary Celebration Dinner.



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>>>Stay Connected The best way to reap the benefits of being an Alumnus of the University of South Australia is to keep us up to date with your changes of address or workplace.



Improving treatment outcomes of heads and neck cancers

Professor Eva Bezak
Professor of Medical Radiation, University of South Australia



The involvement of a Human Papilloma Virus (HPV) results in head and neck cancer (HNC) with specific biological characteristics. Observations show HPV positive cancers exhibit increased chemo and radiation sensitivity and a UniSA research team has received a generous donation to investigate how this connection can benefit patients.

Professor Eva Bezak, Professor of Medical Radiation in UniSA's School of Health Sciences, is leading a team of researchers to explore how the presence of the human papilloma virus (HPV) in head and neck cancers (HNC) can impact on radiation as well as chemotherapy and patient outcomes.

The research project, which aims to understand the difference between HNCs with and without HPV and suggest new radiation treatment strategies as a result, has received a \$50,000 grant from [Tour de Cure](#), who support medical researchers in making significant progress towards cancer cures.

With global incidence of HNC on a steady rise, Prof Bezak believes further research into the disease and the development of treatments is vital.

"It is expected that the radio-chemo therapy regimens for this HNC tumour group will change in the future," says Prof Bezak.

With approximately 680,000 new cases diagnosed each year, HNC is the sixth leading cancer worldwide, and according to the Australian Institute of Health and Welfare (AIHW) was Australia's 7th most common cancer in 2017, representing around 3.7% of cancer diagnoses in Australia. While men are at higher risk of diagnosis, with 2.9 times more males diagnosed than females in 2012, the Australian chance of survival for both sexes from 2006-2010 was 68.2% (AIHW).

The most significant risk factors for HNC are the toxic effects of tobacco smoke and alcohol consumption, however, recently there has been increased awareness of the risk of HNC caused by infection with HPV. HPV positive (HPV+) HNC is more common in younger patients, regardless of tobacco or alcohol use, and possesses specific biological characteristics that differentiate it from other types of HNC.

Observations show HPV+ HNCs display increased radiosensitivity, which means they are more responsive to treatment.

"This is a clear advantage as the radiation dose can potentially be reduced without compromising the effectiveness of the treatment."

"Since HPV+ tumours are more common in younger patients, the reduction of treatment side-effects – particularly long-term toxicities – as well as an increase in relapse-free survival, is crucial, and underlines the need for more research."

"Despite advancements in the last few decades, HNC is challenging to treat, and recurrence of tumours is the most frequent cause of mortality."

Another critical aspect of the management of HNC is new evidence regarding the existence of so called cancer stem cells (CSC). CSCs have superior ability to repair damage (such as that resulting from radiotherapy) and to regrow a tumour, and so in order to completely control the cancer, all CSCs must be eradicated, but as HNC tumours multiply very rapidly, a more aggressive treatment is needed to overcome the rapid tumour repopulation.

The resistance to therapy of CSCs has made it difficult to identify an optimal dose or schedule of radiotherapy to completely destroy advanced HNC, and this is where the specific radiosensitivity of HPV+ HNC can lessen the negative impact of treatment on the patient, improve cure rates and potentially reduce the cost of radio and chemotherapy.

Prof Bezak says HPV+ tumours show better treatment outcomes and five year survival rates of around 70-90%.

"Positive HPV status in HNC is an optimistic indicator of survival, but there is a lack of understanding on the biological responses of HPV+ tumours to radiation, so current radiotherapy treatments make no distinction between HPV+ and HPV negative (HPV-) HNCs."

Tour de Cure has donated the \$50,000 to the UniSA project so Prof Bezak and her research team can explore the biological and molecular differences between HNCs with and without a positive HPV status, and develop new radiotherapy dose and fractionation prescriptions that will result in more effective treatment and better patient outcomes and survival rates while reducing the side effects.

The study, which will occur over three years, will explore CSC composition in HPV positive and negative cancers experimentally and conduct computer-based simulations to evaluate dose responses of HNC cancer cells, resulting in evidence-based suggestions for ideal individual treatment strategies.

"Individual radiotherapy prescription will improve patients' quality of life by reducing treatment side-effects and radiation damage to healthy tissues," says Prof Bezak.

"Computer modelling is an important tool in cancer research and can be rapidly implemented and trialed in clinics as there is no new drug or apparatus required.

"Radiation therapy is currently used in over 50% of cancer treatments and is one of the most cost-effective therapies for localized cancer.

"Tailoring treatment and improving the dosage of radiation based on patient individualization – such as HPV status – will result in improved survivorship and quality of life, better disease management and economics of health care, and thus will reduce cancer's burden on society."

Tour de Cure is a non-for-profit organisation who use bike riding and walking as a way to raise awareness and funds to cure cancer for all. Riders and support crews contribute their time and energy to the cause, whilst their networks rally behind them with donations.

Since 2007, Tour de Cure riders, volunteers, support crew, corporate sponsors and other supporters have raised in excess of \$35 million and funded over 306 cancer research, support and prevention projects, leading to 22 cancer breakthroughs.

To support Prof Bezak's research and help increase survival rates for cancer, please visit:
w3.unisa.edu.au/giving/cause-cancer.asp



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[Back to Alumni News](#)

Exercise & nutrition tips with the Adelaide Crows

Did you know that as little as 2% body weight loss when exercising can impair exercise performance?

Understanding the importance of staying hydrated and eating the correct foods before, during and after exercise will help your physical performance.

Watch this episode of UniSA's Best on Ground series: exercise and nutrition, to hear from Adelaide Crows AFL Women's team superstar Courtney Cramey and UniSA's Dr Evangeline Mantzioris talk about what to eat and drink to help you achieve your exercise goals or perform on the field.



Exercise and nutrition tips

1. Drink water and stay hydrated

On average our body is made up of 37 litres of water, human bones are 25% water and blood is 83% water. So staying hydrated and replacing any water lost to sweat during exercise is important.

How much you need to drink after exercise depends on how much you sweat. A great way to ensure you stay hydrated after exercising is to weigh yourself before and after exercise. Then multiply any weight lost by 1.2 – 1.5L.

For example, if you lose 1kg during exercise, make sure to drink 1.2 – 1.5L water.

2. Eat carbohydrates

It's important to consume carbohydrate rich foods before a game to maximise your energy stores. Your best option is to select those that contain different types of sugars, such as glucose and fructose. For example, cereal and fruit or a honey sandwich.

3. Eat protein

After the game you need to make sure you eat protein to promote recovery. Depending how intense your exercise is, consume approximately 20g of protein within 1 to 2 hours after exercise. Consider a high protein meal such as grilled fish or chicken or a drink such as flavoured milk.

It is important to note that how many carbohydrates, protein and fluids you consume depends on the intensity of your sport and personal requirements. If you go for a 20 minute mild walk, that doesn't mean you need a big bowl of pasta to replenish your energy stores.

Courtney's smoothie recipe is a great example of a pre- and post-game snack and it can be prepared in advance.

Make sure to check out the episode of [UniSA's Best on Ground series: motivation and goal setting](#). It gives you tips on how to stay motivated to achieve your exercise goals.

Courtney's smoothie recipe

- ½ cup Ice
- 30g protein powder – AFC players only use protein powder that has been AFL tested for banned substances. Protein powder is an easy way to get protein into muscles for repair and rebuilding
- ½ cup blueberries (fresh or frozen) – great source of fibre, antioxidants, vitamin c for energy levels, healing and general well being
- ½ cup rolled oats – B vitamins for energy levels, fibre for bowel health
- 1 banana – B vitamins for energy levels, Potassium for heart health and Magnesium to support blood flow to muscles
- ½ cup plain Greek yoghurt (low fat) – protein for muscle building, calcium for bones and teeth, filling/satisfying
- Water

Put it all into a blender and mix.
You can even prepare it earlier and store it in the fridge so it's ready to go.

UniSA and the Adelaide Football Club

UniSA is a proud premier partner of the Adelaide Football Club. This partnership provides UniSA student placement opportunities, a platform for sport and health research collaborations and the opportunity for the University to engage with the community. For more information about our partnership visit

unisa.edu.au/crows



[Back to Alumni News](#)

Top Tier recognition for UniSA's MBA

UniSA's **Master of Business Administration (MBA)** has achieved top-tier rankings in three categories of the newly released *CEO Magazine's 2018 Global MBA Rankings*.

The trio of accolades recognise UniSA's MBA as a Tier 1 MBA worldwide, the highest ranking given by the magazine. It also acknowledges UniSA's MBA as being the highest ranked online MBA in Australia, and ninth in the world in the online MBA category.

Released in March this year, CEO Magazine's ranking system is entirely geared and weighted to fact-based criteria, delivering performance-based benchmarks for over 270 programmes across North America, Europe, Australia, New Zealand and the BRICS (Brazil, Russia, India, China and South Africa).



Executive Director for MBA and Executive Education, Peter Stevens

UniSA **Executive Director for MBA and Executive Education, Peter Stevens**, says the ranking is wonderful recognition for UniSA's world-class program.

"Our MBA is consistently ranked among the world's best~ and this accolade is further testament to the outstanding quality of our program."

He says the team is particularly proud of the MBA's online results.

"Our MBA has been available online for many years, however this is the first time we have entered an online ranking category," Stevens says.

"This top ten global result demonstrates our success in not only the online category but also the flexibility of our program to study face-to-face, online and in a flexible blended mode."

"Plus, to be recognised in Australia as the number one MBA in the online category is a terrific achievement."

The accomplishment follows on from a Top 10 ranking in the *Australian Financial Review Boss Survey* and a 5-star rating from the *Graduate Management Association of Australia* (GMAA) for ten consecutive years.

A full list of the 2018 CEO Magazine rankings is available to review: [CEO Global MBA Rankings](#)

UniSA Business School MBA Information Session

Designed for experienced leaders, the UniSA Master of Business Administration (MBA) is recognised and respected globally for its excellence, offering a dynamic, engaging, and completely flexible program with invaluable networking.

If you are interested in learning more about the MBA program and where it can take you, we invite you to attend our MBA Information Session and hear from academic teaching staff, current students, alumni and industry.

Date:
May 22

Time:
6.00 pm

Venue:
Executive Education Suite
Level 1, Yungondi Building
UniSA City West Campus
Adelaide SA 5000

To register: [click here](#)

Drinks and canapes will be provided. Registrations are essential.

To find out more about the UniSA MBA, please visit unisabusinessschool.edu.au/mba



[Back to Alumni News](#)

A festival playground: Building an arts management career

Christie Anthony

Graduate Diploma in Management (Arts)
Chief Executive Officer, Festivals Adelaide

Encouraging the public to take a walk on the wild side is just your typical day in the office for Christie Anthony. Allowing the Scottish Sceptic Society to let audience members walk across hot coals at the Edinburgh Science Festival is not the only time that Christie has played with fire in a global career in the arts and festivals sector spanning two decades. She also supported famed French fire alchemists Cie Carabosse to bring their first fire installation to Australia at WOMAdelaide over a decade ago.



Photo credit - Andre Castellucci

The initiative shown by Christie in convincing the owner of the Famous Spiegeltent to bring the 1920s European 'tent of mirrors' to Adelaide in 2000 and land it in Rundle Park, is now the stuff of legend. Ultimately this bold act gave birth to The Garden of Unearthly Delights, a vibrant hub of performance venues, stalls, bars, sideshows and carnival rides, which regularly attracts around 800,000 people through its gates during Adelaide's Fringe Festival, a time locals affectionately call 'Mad March'. Christie counts this as one of her proudest professional achievements.

This risky business paid dividends, with Christie appointed Director of the Adelaide Fringe from 2004-2010. Her leadership drove growth in hub venues, developed an international marketplace –the Honeypot program, and launched the now famous artists' bar, The Fringe Club.

In her current role as Chief Executive Officer, Festivals Adelaide, Christie continues to turn up the heat, helping create the conditions for unique and thrilling work to be presented to audiences.

"The arts are a very satisfying sector to work in. Festivals even more so. The beauty of the festival sector is that it's such a great blend, all art forms, all demographics, commercial work, subsidised work, unusual, formal, even proper work," says Christie.

"They have such intensity. Everyone pulls together to work on delivering the very best festival they can, and then it's over. You can't go back and change anything. I love that."

Now at the helm of Festivals Adelaide, an alliance of 11 South Australian arts and cultural festivals that generate over \$260 million of economic activity for the state annually, Christie provides leadership in a sector that has been growing at a rate of 10% per annum for the last ten years, and supports 850 jobs (full-time equivalent). Festivals Adelaide also manages a vast volunteer network – a 'cultural army' of 1,500 people, with the aim of enhancing the festival experience and enriching the lives of its volunteers - many of whom are recent retirees.

"Adelaide is one great global marketplace for entertainment, ideas and talent. The shareholders vote with their wallets, and success goes on tour around the world. You can really make a large splash in Adelaide and have a huge amount of international success.

"Adelaide is already the second largest festival city in the world and certainly the largest in Australia. South Australia currently sells 50.3% of the nation's ticket sales for festivals. There is no sign of this changing in future years. That means by 2050 we will have tripled the size of the sector."

At this rate, Christie believes that within thirty years, Adelaide will be the leading festival city in the world, and will be known for its openness to experimentation and innovation.

"South Australian's are already extremely hungry for new ideas as evidenced by their extraordinary attendance of festival shows – particularly new work that has never been seen before. Knowing the power of festivals to mobilise, to connect, and encourage experimentation, Festivals Adelaide seeks to foster these conditions so that Adelaide can become the most joined up creative community, and the best place to trial new ideas. We believe the ways in which people behave differently during festivals is transferrable to other sectors and will positively influence the brand and business of the State."

An experienced arts leader, she credits the Graduate Diploma in Management (Arts) with providing the foundation for her career.

"This degree was fundamental and really is the only course in South Australia that is dealing with management and the arts. Everyone I knew in the industry had it, and I had to have it. The fabulous networks that I made, not to mention accounting and business skills, have been hugely helpful."

The importance of flexibility, risk-taking, and seeing things from other perspectives were all key lessons Christie took from her studies, but she confesses that not everything can be taught.

"Some of it is X factor – that delicate balancing act of intuiting when to hold on to opportunities, and when to let them go. Being comfortable with the unknown and understanding the consequence of timing and decisions is highly desirable. People who show calm confidence in working under pressure will thrive in the festival sector.

"This is a transient world. There is plenty of work and it's growing – but it's global. The investment in travel is necessary and can ultimately lead to being in one place and having a successful leadership role, but most people start out piecing together work on a contractual basis.

"The arts and cultural sector is hugely rewarding, but very demanding and often volatile. Because careers in the arts rely on short-term contracts you must have a confidence and optimism about the future and your skills. Displaying initiative and working with the group to see the big picture, while not missing the detail is important, as is working across multiple tasks."

Christie has set for herself a goal of achieving 99% arts engagement and participation from South Australians, an ambitious, but not impossible target, given the growth performance of the sector and the receptiveness of the population. Reaching this target could have benefits beyond measure, Christie shares.

"That moment when your intellect brushes up against that of a stranger's, as you have an 'aha' moment or share something in an audience together. These things are important, they make us feel human, and wanting to feel human is indeed a growing trend."

Christie Anthony is on the Advisory Board for MOD @ UNISA – Australia's leading future-focused museum, provoking new ideas at the intersection of science, art and innovation.



[Back to Alumni News](#)

Become a Mozzie Monitor

Associate Professor Craig Williams
Doctorate in Biomedical Science
Associate Head: Research/Research Degrees Coordinator, School of Pharmacy and Medical Sciences

Last month, Associate Professor Craig Williams launched his crowdfunding campaign, called Mozzie Monitors, to help keep South Australia safe from nasty diseases by asking citizens to become scientists and trap mosquitoes at home.

So far, over 100 Mozzie Monitors have signed up and will be sent plastic mosquito traps to set up outside when the campaign promotions stop on 4 May, 2018.

There are Mozzie Monitors located all over the State – including Mid Murray Council and the Rural City of Murray Bridge - helping Craig and his research team to better detect disease risks in the community.

Watch the video below to learn more about Mozzie Monitors:



This project is a great opportunity for people – young and old – to help keep our community safe from viruses such as Dengue, Barmah Forest, Ross River and Zika.

It is also a brilliant way of getting young adults outside and more interested in science and the environment.

We would like to take this opportunity to thank those who have generously contributed to the Mozzie Monitor project so far.

As Craig has nearly reached his target of \$20,000, the Mozzie Monitors crowdfunding page will be set to 'infinity' mode, allowing more Mozzie Monitors to join after 4 May, 2018.

The more Mozzie Monitors we have, the better our health surveillance will be.

Visit: <https://chuffed.org/project/mozzie-monitors> to learn more about how you can become a Mozzie Monitor today.

Mozzie Monitors

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[Back to Alumni News](#)