



Join UniSA's Fight Against Cancer

The UniSA Cancer Research Institute officially opened this month, bringing together the largest cohort of cancer researchers ever assembled in South Australia to fight against cancer. [more...](#)



Overcoming life's challenges to make every day count

After fighting cervical cancer, UniSA alumna Kathryn Crisell began her dream career until the long-term effects of cancer treatment left her disabled. She now makes the most out of every day and is spreading awareness of both the challenges and possibilities of disability. [more...](#)



How calcium and vitamin D help fight cancer

Maintaining adequate levels of vitamin D and calcium could make all the difference in improving bone health and preventing and treating bone diseases, rare bone disorders and even breast cancer. [more...](#)



Smart new device to detect skin cancer

A simple new device will soon reduce the pain, time and cost of skin cancer testing. [more...](#)



Pridham Hall fitness - discounts for alumni

Fancy a swim in the sparkling new pool? A gym workout? Is yoga more your thing? UniSA's Pridham Hall is open for business with great discounts for alumni. [more...](#)



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Alumni events

- 06 JUN** **Australia and its Security Challenges: Near and Far – Adelaide**
In this Hawke Centre talk Professor John Blaxland from the ANU will discuss Australia's Security Challenges in the Indo-Pacific region and Dr Rodger Shanahan from the Lowy Institute will cover Australia's Security Challenges in the Middle East.
- 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.
- 14 JUN** **The Future of Gender Diversity - Adelaide**
Professor Carol Kulik, Centre for Workplace Excellence and Dr Niki Vincent, South Australian Equal Opportunity Commissioner, will discuss gender diversity among executives. UniSA Enterprising Research Talk.
- 20 JUN** **Alumni Cocktail Reception – Sydney**
Join Professor Allan Evans, Provost and Chief Academic Officer, and fellow alumni for a networking event at the Establishment in Sydney.
- 21 JUN** **Alumni Cocktail Reception – Brisbane**
Join Professor Allan Evans, Provost and Chief Academic Officer, 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.
- 28-29 JUN** **UniSA Online Virtual Open Event**
Are you an employer looking to upskill your staff? This live online event is your opportunity to learn more about our 100% online degrees, hear about our support services, and get a sneak peek into our online learning environment.
- 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.
- 29 AUG** **Alumni Cocktail Reception – Melbourne**
Join Professor Allan Evans, Provost and Chief Academic Officer, and fellow alumni for a networking event at All Smiles in Melbourne.
- 30 AUG** **Alumni Cocktail Reception – Canberra**
Join Professor Allan Evans, Provost and Chief Academic Officer, and fellow alumni for a networking event at the Burbury Hotel in Canberra.



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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.



Join UniSA's Fight Against Cancer

The new **UniSA Cancer Research Institute** on North Terrace, which was officially opened May 10, represents the largest cohort of cancer researchers ever assembled in the State working collaboratively to fight cancer.



In Australia, 1 in 2 people will receive a cancer diagnosis before the age of 85. Whether it is hearing those three devastating words 'you have cancer', or a family member or friend receiving this life-changing news; every one of us will somehow experience this devastating disease.

This is why UniSA is committed to tackling cancer through supporting vital research and research infrastructure, including the new Institute which represents a \$247 million investment for the fight against cancer.

Inside the new Institute more than 300 cancer researchers will work to find real solutions from diverse research backgrounds including:

- The Centre for Cancer Biology – an Institute that is an alliance between SA Pathology and UniSA;
- The Centre for Drug Discovery and Development;
- Pharmacy and Medical Sciences;
- And research groups in Experimental Therapeutics, Mechanisms in Cell Biology and Diseases, Bone Growth and Repair, and Psychosocial Oncology.

The Institute will also become a central cancer research hub where researchers from across UniSA's campuses and Adelaide's BioMed City can meet and collaborate, bringing together experts in areas such as nanotechnology, radiobiology, precision medicine, drug development and allied health to find answers and fast-track the translation of research into practice.

Join UniSA's Fight against Cancer

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A snapshot of the game-changing research underway on UniSA campus today can be found at unisa.edu.au/cancerresearch.

This work is led by world-leaders like Professor Shudong Wang who leads groundbreaking drug development projects for leukaemias and other cancers, Professor Ian Olver AM who specialises in psychosocial and translational research and Professor Eva Bezak's industry leading predictive precision medicine computer modelling.

Professor Shudong Wang



Lifesaving new therapies for children with leukemia

Professor Ian Olver AM



Improved psychological care for cancer survivors

Professor Eva Bezak



Innovation to predict best treatment for cancers

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Overcoming life's challenges to make every day count

Kathryn Crisell

Bachelor of Arts, Journalism

New mother Kathryn Crisell was excited to finally head to university and pursue her dream of writing when a shock cancer diagnosis put everything on hold. After fighting the disease, she graduated from UniSA, raised her son and built a successful career in journalism, until the long-term effects of cancer treatment turned her life upside down once more. Today, Kathryn has gained a new perspective on life and has become a role model for those battling cancer and disability, helping others to overcome adversity and live a life full of possibility.



Tell us about your cervical cancer diagnosis and your journey through treatment and recovery. How did it affect your life?

My diagnosis was out of the blue – I was 33, had always been diligent with my pap smears and assumed I was safe. I had a number of tests that showed something was amiss, but I didn't really think anything could be wrong, partly because my dad had been diagnosed with multiple myeloma in March that year. In my mind, there was no way I could have cancer at the same time as him. When the doctor told me I had cervical cancer, all I could think of was my baby son, Tom. My only hope was that I would survive to raise him. I had applied to study journalism at UniSA a month before I was diagnosed. When I found out I was accepted, I was ecstatic. It gave me the only positive news I would have for some time.

I had surgery just prior to Christmas, then had six weeks of radiotherapy and four rounds of chemotherapy which made me very ill. Once at the beginning I did ask, "why me?" and then immediately I asked myself, "why not me? Children die from cancer." That thought is something I often share to give people perspective. After my treatment ended, I spent the rest of the year regaining my strength and looked forward to studying journalism. I knew then that I really wanted to provide a voice for people, to write stories that meant something. I'd always wanted to save the world, but now I knew all I could do was make my own small positive contribution, like so many wonderful people had for me when I was sick. I loved studying and the environment at UniSA. Being enveloped in thought gave me confidence in the abilities I always suspected I had but was unable to express.

You had a brief but very successful career as a journalist; what are your favourite memories and achievements?

Working at the Yorke Peninsula Country Times was supposed to be my short-term step to greater things, but it lasted about six years. I never thought community journalism would cut it for me, but it didn't take long to fall in love with the job and the people I worked with. I covered everything from giant pumpkins to the clash of fishing rights and marine parks and beyond. I was able to find gold in the stories shared with me; there was inspiration and hope to be found in the most tragic events and I was in awe of the resilience of country people and their communities. Journalism gave me access to an incredible array of subjects, and it gave me insight to personal grief and how people deal with it – stories much bigger than mine and incredibly humbling. It's the best job in the world and my only regret is that I didn't get to university earlier.

You had to stop working after becoming disabled in 2013, can you share with us what happened?

Cancer treatment saved my life but did leave a number of side-effects, as radiotherapy was not as targeted twenty years ago as it is now. I've struggled to manage a damaged bowel since my treatment and have faced a number of cancer 'scare' over the years. In 2011 I joined a team in walking the City to Bay, but my legs didn't seem to recover as they should've. I started to fall over occasionally, and my legs would go numb; I had little pain but developed a limp.

It took a year of scans, tests and neurosurgery before a neurologist diagnosed radiation induced plexopathy – my spine and nerves were affected by my cancer treatment in 1998. I have nerve damage in both hips, legs, ankles and feet and have to walk with a stick or walker for very short distances and use a wheelchair for anything else. I was unable to return to work, a devastating blow to someone who had always loved working. I became very bored and stressed, and finally Tom told me that I wasn't the same person he once knew. He pushed me to study online, and I'm now completing a Masters in Writing part-time through Open University.

Tell us about your love for the not-for-profit organization Sailability and the opportunities sailing has given you.

Both study and sailing have given me my life back. I've met many amazing people through Sailability. Being on the water makes us feel free and happy, peaceful in mild winds and alive when it's wet and rough. Many sailors of the class of boat used by Sailability have a physical disability, but this has no bearing on sailing ability, so it allows thousands of disabled sailors to compete against able-bodied sailors in competitions across Australia and around the world.

In October this year, Hiroshima will host the 2018 Hansa Class World & International Championships. Up to 60 Australian sailors will attend and I hope to be there with my sailing partner Pip, who had a stroke a few years ago. Competing as a team has given new meaning to our lives and we intend to get to Hiroshima with sponsors helping to raise the \$15,000 required to finance our trip.

How has dealing with adversity not once but twice changed you and the direction of your life? How have you grown from it?

Having a child gave me a perspective on life that I never thought possible, but after cancer I realized the urgency of trying to make every day count. I thought more positively about life than I ever had before. Becoming disabled has thrown a lot of new challenges into my life but also enriched it. While I hate that I can't walk on the beach with my son and my dog I know I was lucky to have ever been able to do it. I want to make a difference by raising awareness of the challenges of disability.

You believe that people facing adversity can contribute to society and put their skills to use in other ways than through business and careers. Can you elaborate on this?

There's a lot I can't do anymore, but what I can do, I do well and want to put to good use. Whether working or not, able-bodied or disabled, we all have something to offer. I've seen a deaf, non-verbal young man crippled with cerebral palsy pick out a message on his laptop about a boat design change he would like. I've seen an autistic lad juggle like the devil and make balloon animals and I've seen a blind girl sail solo. These people are contributing by showing what they can achieve and are providing inspiration and humility to the people around them. People with or without professional skills can find so much satisfaction in volunteering, out of helping someone other than yourself.

What advice do you have for others facing their own adversities, whether it be cancer, a disability or something else entirely?

I think talking about adversity is the key to survival. That might mean seeking help for yourself when you're struggling, pointing someone in the direction of help, or sharing your story so that others don't feel alone – not trying to outdo them, but letting them know you can relate. I'm not alone in feeling that some good can come out of every awful situation we face; it just takes time to see the bigger picture and find the richness in the detail.

To join UniSA's fight against cancer click on the 'Donate now' button below.

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How calcium and vitamin D help fight cancer

Associate Professor Paul Anderson

Associate Professor in Physiology

Head of Musculoskeletal Biology Research Laboratory, School of Pharmacy and Medical Sciences

Maintaining adequate levels of vitamin D and calcium could make all the difference in improving bone health and preventing and treating bone diseases, rare bone disorders and even breast cancer.

Associate Professor Paul Anderson of UniSA's School of Pharmacy and Medical Sciences is currently working on a diverse range of projects to study the impact of calcium and vitamin D levels and supplements on the health outcomes of various conditions.



Two of these conditions, osteoporosis and osteoarthritis, are on the rise in Australia's ageing society, and according to Osteoporosis Australia, 66% of Australians over the age of fifty have either one of these diseases or poor bone health.

Osteoporosis and osteoarthritis can lead to bone fractures, a loss of mobility and independence, and an increase of mortality, and Assoc Prof Anderson says the key to prevention is nutrition and exercise, stressing the importance of calcium and vitamin D.

Osteoporosis is more often associated with women, as menopause causes the loss of estrogen which then accelerates bone loss, so his current clinical trial focuses on the various levels of calcium among post-menopausal women.

"This is an important study because while there are current recommendations as to how much calcium a woman should have, this is broadly based only on women who are lean," he says.

"The current data regarding bone health and obesity is very conflicting, so women who are clinically obese do not know how much calcium they should be taking to prevent bone loss and there is uncertainty in the medical community as to what to recommend overall.

"This study is really about seeing if post-menopausal women who are clinically obese respond differently compared to lean post-menopausal women when given calcium of equal doses."

The other key component to a healthy skeleton alongside calcium is vitamin D, and Assoc Prof Anderson aims to further understand the cellular and molecular mechanisms by which vitamin D can directly and indirectly improve bone health.

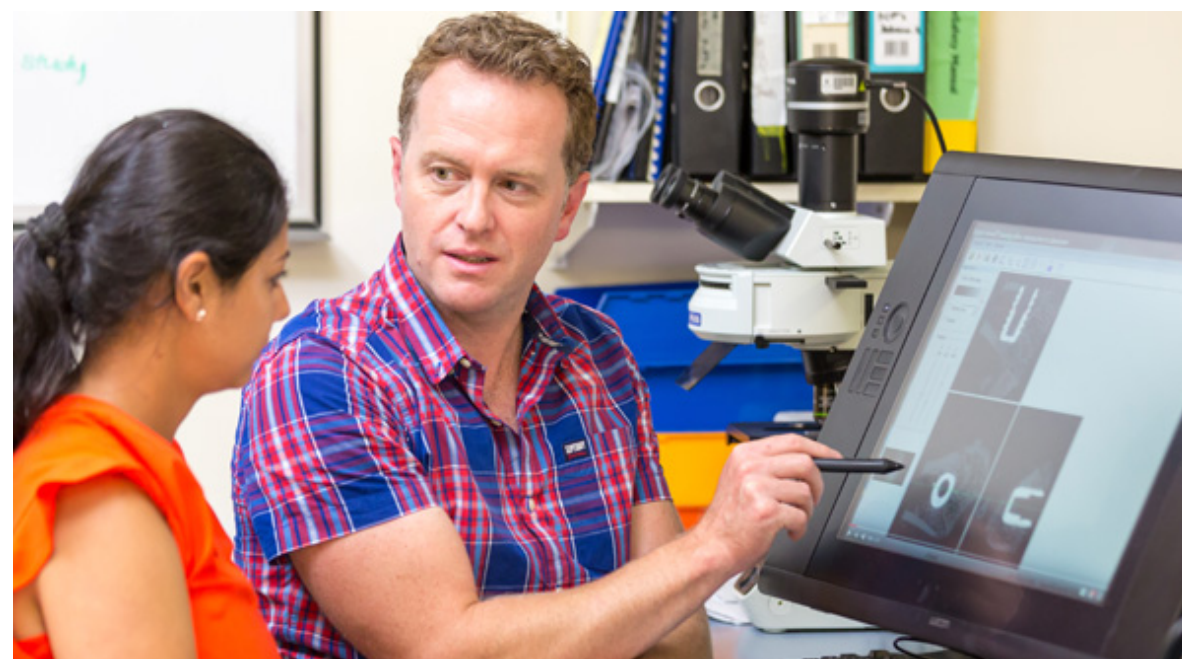
"We see a lot in commercials about how vitamin D strengthens your bones, but the actual science behind it is a bit imprecise."

Working with orthopedic surgeons at the Royal Adelaide Hospital, Assoc Prof Anderson studies patient biopsies to understand the connection between vitamin D deficiency and poor bone health.

"These are osteoporotic patients who require surgery with an implant to mend a bone fracture.

"Often in the elderly, there is poor quality of healing after surgery, which is largely due to the poor quality of bone that is there to begin with – it doesn't respond well to surgery.

"We analyze the samples and take this information back to the surgeons, who have begun to recognize that part of their bone healing therapy should involve ensuring patients have adequate levels of vitamin D."



Poor bone health does not just affect the elderly though, and Assoc Prof Anderson and his team are also working with a rare musculoskeletal condition that affects children called X-Linked Hypophosphatemia (XLH).

A rare disorder that affects around one in 20,000 people, XLH is usually genetic but can in some cases appear in children with no family history.

"The mutation itself arises in a particular bone cell called the osteocyte, and causes an altered production of a particular hormone that triggers phosphate to be excreted from the body at high rates.

"Phosphate is vital for healthy bones, and without it a child's bones can become literally rubbery, and symptoms include bone and tooth weakness and pain, bow legs and even bow arms in severe cases.

"Treatments for this disorder are very poor at the moment; one of the negative effects of XLH is an excessive catabolism (breaking down) of vitamin D, so we are working on developing a drug that blocks this catabolism, which could heal the bone."

Assoc Prof Anderson's work surrounding vitamin D is not solely focused on bone health as he has also turned his attention to the strong link between vitamin D deficiency and breast cancer.

Working in collaboration with the University of Adelaide and McGill University in Canada, he is working with the same idea of preventing the catabolism of vitamin D as a means of cancer prevention.

"The kidney is normally considered the major organ for producing vitamin D, but we have identified that a variety of cells also produce it for their own purposes, including mammary cells in the breast.

"This production of vitamin D appears to improve cell differentiation, which is positive in terms of being anti-cancer, but if mammary cells cannot synthesize their own vitamin D, then there is a higher risk of breast cancer and metastasis to the lung.

"If the cells lose this ability to produce the vitamin, they can become more cancerous, so blocking the catabolism of vitamin D might become an effective therapy for cancer prevention and treatment."

Assoc Prof Anderson hopes to continue this research in regard to colon cancer in the future.

To join UniSA's fight against cancer and support researchers including Assoc Prof Anderson, click on the 'Donate now' button below.

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Smart new device to detect skin cancer

New technology will soon be available for any doctor to quickly and painlessly check if a patient has skin cancer.



Dr Miko Yamada, with Professor Tarl Prow

In Australia more than 1,000,000 patients see their doctor for skin cancer consultations each year. Around 750,000 of these patients have a non-melanoma cancer that requires treatment.

This game-changing device created by Professor Tarl Prow and his team at the University of South Australia (UniSA) allows doctors to take a tiny pinprick sample from the skin that captures roughly 200 cells.

It will allow many patients to avoid the need for painful biopsies that are currently undertaken to test if a skin blemish is cancerous – avoiding the need for short anaesthetic surgeries and stitches that often leave scars of 2-3cms in length.

“Our device will make it easier to identify which skin cancers require immediate removal for further testing and which ones can be monitored over time if they pose no major threat,” says Dr Miko Yamada, Research Fellow in Professor Prow’s team at UniSA.

“We are now fine-tuning our skin cancer biomarkers so the device can take samples and deliver the results instantly. It has the potential to save considerable time, pain and money.”

The device is now in final clinical trials and will soon be available worldwide.

“I want every GP to have one of these new skin cancer devices. They can click it on the skin and after a quick analysis, tell the patient if they have a skin cancer or not,” says Dr Yamada.

UniSA is committed to tackling cancer – one of the most challenging diseases affecting Australians today. As part of this commitment, the UniSA Cancer Research Institute was opened on May 10 – bringing together the largest cohort of cancer researchers ever assembled in South Australia to work collaboratively to fight cancer.

To join UniSA’s fight against cancer and support researchers including Prof Prow and Dr Yamada, click on the ‘Donate now’ button below.

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Pridham Hall fitness - discounts for alumni



Fancy a swim in the sparkling new Pridham Hall pool? A workout in the brand new gym? Is yoga more your thing?

UniSA's Pridham Hall swimming pool, gym and fitness studio are open for business and UniSA alumni enjoy some great discounts.

Memberships are great value for money and offer unlimited access to gym and pool facilities. [Find out more](#)

You can choose a membership period from 1 month up to 12 months and direct debit will be available soon. There are two membership levels: Gold and Bronze. Discounted rates range from Bronze \$60 for 1 month for alumni/staff (\$70 public) up to Gold \$450 for 12 months for alumni/staff (\$650 public).

Casual memberships are also available:

- Casual gym only - \$9.00 per visit alumni/staff (\$15 public)
- Casual gym & pool - \$11.00 per visit alumni/staff (\$15 public)
- Casual swimming - \$9.00 per visit alumni/staff (\$15 public)

Opening times:

- Monday – Friday, 6:00am – 9:00pm
- Saturday, 8:00am – 4:00pm
- Sunday, 9:00am – 5:00pm
- Public Holidays - Closed

To join visit UniSA Sport reception, Level O, [Pridham Hall](#)

Ph: 8302 0661

Email: pridhamhall@unisa.edu.au

For more information, please visit the [UniSA Sport Pridham Hall webpage](#).



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