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Calling for dry heroes

In July, about 11,000 Australians will be diagnosed with cancer.

Dry July is a movement to give up alcohol for a month in support of people affected by cancer, by raising funds for cancer support organisations to help improve patient comfort, care and wellbeing.

After four years of support from Dry July, the Concord Cancer Centre has received \$275,333.86 in funding to expand survivorship

programs for cancer patients, purchase chemotherapy treatment chairs, blanket warmers, scalp cooler for hair loss prevention and upgrade waiting rooms.

Some examples of initiatives that have been supported include: wall art murals in patient rooms; scalp cooler (for hair loss prevention); survivorship wellness programs; chemotherapy treatment chairs; blanket warmers; and patient waiting room improvements.

The District's clinical director of cancer services, Associate Professor Philip Beale, said this year, he was calling on staff and the community to go dry for July in a bid to raise \$60,000 for wellness programs and patient comfort items.

"Every dollar from Dry July will benefit cancer patients and their families and carers at Concord Hospital. We hope these funds can help make a difficult time, a little easier for those affected by cancer. "

Mother of three Margo Tannous (pictured) was first diagnosed with breast cancer in 2006 and after beating it once, was faced with the devastating news eight years later that the cancer had returned.

"You can take a diagnosis in different ways but I have chosen to tackle it to the ground and keep it there. Cancer is not going to beat me - I'm going to beat it.

"I encourage everyone to get behind Dry July and support it. Every cent counts. It's about giving back and god willing, finding a cure for all cancers."

You can sign up as a 'dry hero' and register to raise funds for the Concord Cancer Centre at www.dryjuly.com/beneficiaries/concordcancercentre.

