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MPN Matters Issue 11 - November 2019



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Feedback from the Indian Ocean Rim laboratory haematology conference, 16-18 October 2019, Fremantle

A member of MPN Alliance Australia, Jenny Myers, attended the Indian Ocean Rim laboratory haematology conference in Fremantle. The conference showcased some of the superb and exciting research on MPNs being undertaken both internationally and by some of our Australian haematologists and researchers led by Professor Wendy Erber, Associate Professor Kathy Fuller and Dr Belinda Guo from Western Australia.

As MPN patients, it is extremely encouraging to see the depth of MPN knowledge and expertise held by Australian MPN researchers as well as to learn about the

calibre of Australian research being undertaken in Western Australia. Similarly, the MPN genomics research by Dr Jyoti Nangalia and her team in Cambridge England is transforming the genetic understanding of MPNs and facilitating world-wide understanding and research collaboration.

The MPN AA thanks all the researchers and haematologists working in this area for their extraordinary commitment to their work, especially those presenting at the Fremantle conference. We trust that MPN patients and family members will feel similarly encouraged and optimistic after learning more about these conference presentations which are accessible on the MPN AA website. [Read more](#)



DONATION TO AUSTRALIAN MPN RESEARCH

Pictured above is Dr Steven Lane, Head of Cancer Program QIMR Berghofer Medical Research Institute, recently receiving a donation of \$35,000 from Lara Chapman and the MPN AA.

The money is being used to further understand the mechanisms of how MPNs turn into leukaemia. The research is underway in Brisbane and will generate important preliminary data that helps explain molecular events that drive the transformation from MPN to AML. Ultimately, uncovering molecular targets will inform the development of targeted

therapeutic approaches for treatment of transformed MPN, a highly chemo-refractory disease associated with extremely poor prognosis in patients. [Read more](#)

If you would like to support MPN research in Australia this Christmas, please donate via this link.

Support MPN - Make a Tax Deductible Donation

Leukaemia Foundation State of the Nation Blood Cancer report

The Leukaemia Foundation released the 'State of the Nation' Blood Cancer report earlier this year. The report shows that blood cancer has been underestimated and under reported. It identifies that blood cancer in Australia is now more significant and prevalent than ever before and that diagnosis rates are on the rise across the country.

The CEO of the Leukaemia Foundation explained that "This report outlines an agenda for change, which will, in turn, drive down both the personal and economic toll blood cancer is set to have on our country."

"The report identifies four key priorities to tackle blood cancer: empowering patients, ensuring equity of access, accelerating research and catalysing health service reform."

MPN AA team members provided feedback to the Leukaemia Foundation both in the process of the research for the report as well as submitting comments for the subsequent National Action Plan for Blood Cancer. The State of the Nation Blood Cancer report is available online at

<https://www.leukaemia.org.au/about-us/mylifecounts/stateofthenation/>

MPN guidelines and treatment information

Don't forget that the MPN AA strives to provide you with the latest MPN guidelines from English speaking countries and latest MPN research from reputable national and international journals. <https://www.mpnallianceaustralia.org.au/understanding-mpn/mpn-resources-scholarly-articles/>

Upcoming American Society of Haematology Conference, 7-10 December 2019

The annual conference of the American Society of Hematology (ASH) will report on several areas of MPN research and clinical trials. A recent Patient Power interview with Dr. Andrew Schafer who is currently a Professor of Medicine in Hematology-Oncology and Director of the Richard T. Silver Center for Myeloproliferative Neoplasms in the US and a former head of ASH talked very positively about a real peak in the upcoming findings in MPN research and trials.

If you'd like to see the abstracts at ASH relating to MPNs here is the link.

<https://ash.confex.com/ash/2019/webprogram/Session17030.html>

If you'd like to see live coverage of ASH you firstly need to join (for free) the US Patient Power site as a member then you can follow it at: <https://patientpower.info/events/>

Lentil, caramelised onion and feta salad



Ingredients:

- 1 cup dried French green (Du Puy) or brown lentils
- 2 red onions, peeled and sliced
- 2 cloves of garlic, peeled and chopped
- 2-3 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- 1/2 jar cubed marinated feta
- 3 cups mixed lettuce leaves
- 1 punnet of cherry tomatoes, halved
- cracked pepper and a small pinch of salt to taste

Method:

1. Rinse lentils in cold water and boil for about 10 minutes or until al dente.
2. Drain lentils and rinse under cold water.
3. Saute onions and garlic in olive oil until golden. Add cracked pepper and salt. Stir through balsamic vinegar to deglaze the pan.
4. Add cooked, drained lentils to onions and mix well. Allow to cool.
5. Transfer lentils and onions to a serving bowl and mix through lettuce leaves.
6. Top with halved cherry tomatoes and feta cubes.

Note: Dried lentils can be substituted for 2 tins of brown lentils, drained. Lentils are high in protein and provide slowly digested or low glycemic index carbohydrate, for long lasting energy. They are also high in prebiotic fibre which helps support a health gut microbiome and promotes regular bowel function.

Nathalie Cook, APD

Nathalie works as an Accredited Practising Dietitian at Banyule Community Health in Melbourne and she is a volunteer member of MPN AA.

Send us an email



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