

# Gynaecological Oncology News

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Prof. Andreas Obermair

[www.obermair.info](http://www.obermair.info)

## Information Videos [obermair.info](http://obermair.info)

*What patients can expect after surgery*



What can I expect from surgery? When can I fly? How long has this cancer grown in my body? These and similar questions are answered in three videos that I produced and put on my website [Obermair.info](http://Obermair.info).

Well informed patients are great to work with. Patients sometimes prefer to watch a short video rather than to read text on the website. Therefore, I collected all questions that patients raised in the last few years and produced three videos to answer them. The videos are not longer than 6 minutes each.

The videos on **Ovarian** and **Uterine cancer** cover how frequent these cancers are, their risk factors, symptoms, required investigations, diagnosis and treatment options for ovarian and uterine cancer.

“**What you can expect after surgery?**” covers issues that patients may encounter after having had major pelvic and abdominal surgery, including the dos and don'ts after the procedure.

A 30-second **introductory video** gives information on my Australian training, my fields of specialisation, and my research affiliation with The University of Queensland.

## New iPhone App calculates Recurrence Risk from uterine cancer (free)

In collaboration with the Cleveland Clinic in Ohio (USA) we created an iPhone app (Uterine Cancer Relapse Prediction Calculator) to calculate the risk of recurrence for individual patients who required surgery for uterine cancer. We analysed the data of more than 2600 patients who had surgery for uterine cancer in Queensland. We identified seven (7) factors that independently from each other predicted the risk of recurrence and survival.

Moreover, we were able to identify risk factors separately for local recurrence (vaginal vault) and for distant metastasis (e.g., abdomen).

A generous donation allowed us to make this calculator available to the general public through an iPhone and Android app. The app can be downloaded onto your phone for free and can be used world-wide.

We enter data on patient's age, stage, histological cell type, grade, lymph vascular space invasion (LVSI), depth of myometrial invasion, peritoneal cytology and the maximum size of the tumour on your phone. The app will give you the risk of loco-regional recurrence (recurrence within the pelvis) that probably could be reduced by radiotherapy and the risk of distant failure (which could be reduced by chemotherapy).

I no longer recommend regular follow up visits for patients with a risk of recurrence of less than 3%. Given that we pick up recurrences in only 30% through examinations (recurrence indicate themselves with symptoms [bleeding, pain] in 70%) we can save patients extensive travel when the risk of recurrence is remotely low.

The new iPhone app has been enthusiastically welcomed by doctors and patients alike. Feel free to download it!

## \$100,000 raised in the Battle against Ovarian Cancer: Queensland Reds vs. Firebirds

Sunday January 29th, 2012 was a momentous day for fundraising to help research in the battle against ovarian cancer!

Over 40 teams raised sponsorship and competed against one another in beach volleyball at the Sandstorm Beach Club in Brisbane, not only a magnificent effort by all those competitors but also a most enjoyable one.

The highlight of the day was between Australia's premiership winning teams The Queensland Reds and the Firebirds Queensland who competed against each other.

Despite lousy weather the organization and enthusiasm of all those involved was truly outstanding helping to raise more than \$100,000 for Gynaecological Cancer Research in Queensland.

If you wish to participate in 2013 or you wish to enquire about sponsorship packages please email: [contact@gyncan.org](mailto:contact@gyncan.org).

