



PATIENT NEWS

In this month's newsletter we will be sharing the following updates:

- Christmas Message of Thanks
- How we have supported you in 2022
- Latest ATAGI Statement update
- Keeping safe this Festive Season
- Eating well over the Christmas Period
- Christmas Closure Dates
- Christmas Giving Appeal
- Patient Treatment Support Kit
- Stocking Fillers from the Lymphoma Australia Store
- Upcoming events and support groups



Christmas Message

Dear Everyone,

Thank you all for your amazing support to Lymphoma Australia during 2022 as it has been a very busy year.

Lymphoma Australia will continue to support the Lymphoma community in 2023 and beyond as we will never underestimate the impact that a cancer diagnosis can have on the patient, their family, and friends. Being diagnosed and living with a cancer that has now grown to more than 80 subtypes can be challenging even for the most informed person.

Our work will always be underpinned by our dedication to take the “fear of the unknown out of the lymphoma journey”, ensuring no - one is ever alone and that there is equitable access to information, support, and treatments for all Australians.

To everyone who has donated to our cause, thank you so very much as we couldn't do our work without your support as we rely on the generosity of the community and corporate world to make a difference for so many people across Australia.

Through our supports including Lymphoma Down Under, our education days, webinars, and support group meetings we continue to be inspired and so very grateful for how the lymphoma community is helping each other. You have selflessly shared your experiences, challenges and been there for each other. Your kind words and willingness to be there for people that you may have never met has helped change lives and often made the journey a little bit easier for someone who is really struggling.

Lymphoma Australia will continue to advocate for equitable and fast access for treatments for all Australians impacted by Lymphoma.

As 2022 draws to a close we take the time to be with family and friends and we remember those who have lost their lives to Lymphoma or are currently undergoing treatment. Let's take this time to reflect and embrace each other as we move towards a new year.

From all of us at Lymphoma Australia we wish you a safe and happy holiday season.

Warm regards,

Sharon Winton

CEO Lymphoma Australia



How we supported you in 2022

A short summary of how we have helped support the Lymphoma community in 2022

It has been a busy year in 2022 for the Lymphoma Australia team, here is a small snapshot of some of what we have achieved. Press play on the video below to see what else we have been up to:

- We have touched the lives of nearly **1500 newly diagnosed** patients
- **1600 patients or carers** have called the Nurse Support Line with nurses

spending **453hrs** talking to them

- **35 different patient resources** have been created and redeveloped
- **1100 patient packs** have been sent out

We are also continually trying to raise the awareness of Lymphoma around Australia while also educating the nurses caring for Lymphoma patients.



ATAGI advises - no change to booster dose advice.

Is a 6th dose recommended?

ATAGI advises - no change to booster dose advice.

Early November ATAGI reviewed its booster dose advice for COVID-19 vaccines in the context of increasing case numbers in Australia and the emergence of the XBB and BQ.1 Omicron subvariants. ATAGI made no new recommendations at this time, including no changes to the number of COVID-19 vaccine booster doses recommended.

Current Recommendations:

~ Severely immunocompromised adults 16+ should receive 5 doses (3 primary + 2 booster doses)

~General population adults 50+ are recommended to receive 4 doses (2 primary + 2 booster doses)

This emphasises the importance of remaining up to date with recommended doses of COVID-19 vaccines, especially this immunocompromised patients in our community.

From December 12, 2022 the Pfizer (Comirnaty) Bivalent Original/Omicron BA.1 vaccine will commence in the COVID-19 Vaccination Program for boosters in people aged 18 years or older. This booster dose should be given at least 3 months after previous COVID-19 infection or last COVID-19 vaccine dose. This **NOT recommended for primary course** of vaccination (first 2 doses in general population, or first 3 doses in severely immunocompromised people).

We hope to hear more updates about boosters for the immunocompromised community in the new year in this ever changing Covid-19 environment. Lymphoma Australia has also supported a submission for Evoshield to be available for ALL Lymphoma patients'.

Australian Technical Advisory Group on Immunisation (ATAGI) recommended COVID-19 vaccines and doses

The table below summarises the ATAGI recommendations relating to COVID-19 vaccines for individuals with **severe immunocompromise**. Please read corresponding footnotes for important guidance. Information for the general population, and special populations, is located on separate pages.

| SEVERELY IMMUNOCOMPROMISED POPULATIONS | | | | | | | | | | |
|--|---|----------------|---|-------------|---------|-------------|---|---|--|---|
| GROUP | VACCINE | PRIMARY COURSE | | | VACCINE | FOURTH DOSE | FIFTH DOSE | | | |
| 6 months – 4 years severely immunocompromised ¹ | Moderna (SPIKEVAX) (Blue/Purple) ² | FIRST DOSE | → | SECOND DOSE | → | THIRD DOSE | 2 months after second dose ³ | Not approved or recommended. | | |
| 5 years severely immunocompromised ^{1,3} | Pfizer (COMIRNATY) (Orange) ² Moderna (SPIKEVAX) (Blue/Purple) ² | FIRST DOSE | → | SECOND DOSE | → | THIRD DOSE | 2 months after second dose ³ | Pfizer (COMIRNATY) (Orange) ² | FOURTH DOSE 3 months after Primary Course | Not approved or recommended |
| 6 – 11 years severely immunocompromised ^{1,3} | Pfizer (COMIRNATY) (Orange) ² Moderna (SPIKEVAX) (Red) ² | FIRST DOSE | → | SECOND DOSE | → | THIRD DOSE | 2 months after second dose ³ | Pfizer (COMIRNATY) (Orange) ² | FOURTH DOSE 3 months after Primary Course | Not approved or recommended |
| 12 – 15 years severely immunocompromised ¹ | Pfizer (COMIRNATY) (Purple) ² Moderna (SPIKEVAX) (Red) ² Novavax (NUVAXOVID) ² | FIRST DOSE | → | SECOND DOSE | → | THIRD DOSE | 2 months after second dose ³ | Pfizer (COMIRNATY) (Purple) ² Novavax (NUVAXOVID) ² | FOURTH DOSE 3 months after Primary Course | Not approved or recommended |
| 16 – 17 years severely immunocompromised ¹ | Pfizer (COMIRNATY) (Purple) ² Moderna (SPIKEVAX) (Red) ² Novavax (NUVAXOVID) ² | FIRST DOSE | → | SECOND DOSE | → | THIRD DOSE | 2 months after second dose ³ | Pfizer (COMIRNATY) (Purple) ² Novavax (NUVAXOVID) ² | FOURTH DOSE 3 months after Primary Course | From 3 months after Booster |
| 18 years+ severely immunocompromised ¹ | Pfizer (COMIRNATY) (Purple) ² Moderna (SPIKEVAX) (Red) ² Novavax (NUVAXOVID) ² AstraZeneca (VAXZEVRIN) ² Moderna (SPIKEVAX) (Svalent) (Blue/Green) ² | FIRST DOSE | → | SECOND DOSE | → | THIRD DOSE | 2 months after second dose ³ | Pfizer (COMIRNATY) (Purple) ² Moderna (SPIKEVAX) (Red) ² Novavax (NUVAXOVID) ² AstraZeneca (VAXZEVRIN) ² Moderna (SPIKEVAX) (Svalent) (Blue/Green) ² | FOURTH DOSE 3 months after Primary Course | FIFTH DOSE From 3 months after Booster |

Keeping Safe this festive Season



COVID-19: HOW TO REDUCE RISK OF BEING INFECTED OVER CHRISTMAS

The festive season is a busy time for many and often includes catching up with people you haven't seen in a long time. Active treatment for lymphoma & CLL can reduce the effectiveness of the immune system. People who have weakened immune systems are at greater risk of getting infections, but there are a number of steps that can be taken to reduce the chances of getting an

infection.

Christmas can still be enjoyed with family and friends, however there are some small adaptations to social gatherings that can make it safer for you.

SOCIALISE OUTSIDE organise family gatherings in the open space of backyards or parks. This allows open fresh air and lower chance of contamination of respiratory viruses.

KEEP A SAFE DISTANCE between yourself and others. Maintain social distancing if possible in enclosed environments. If you cannot maintain distance, wear a mask to help reduce your chance of infection. There is no problem wearing a mask at any social event inside or outside. Also keep hugs and kisses to only those you feel safe to do so with.

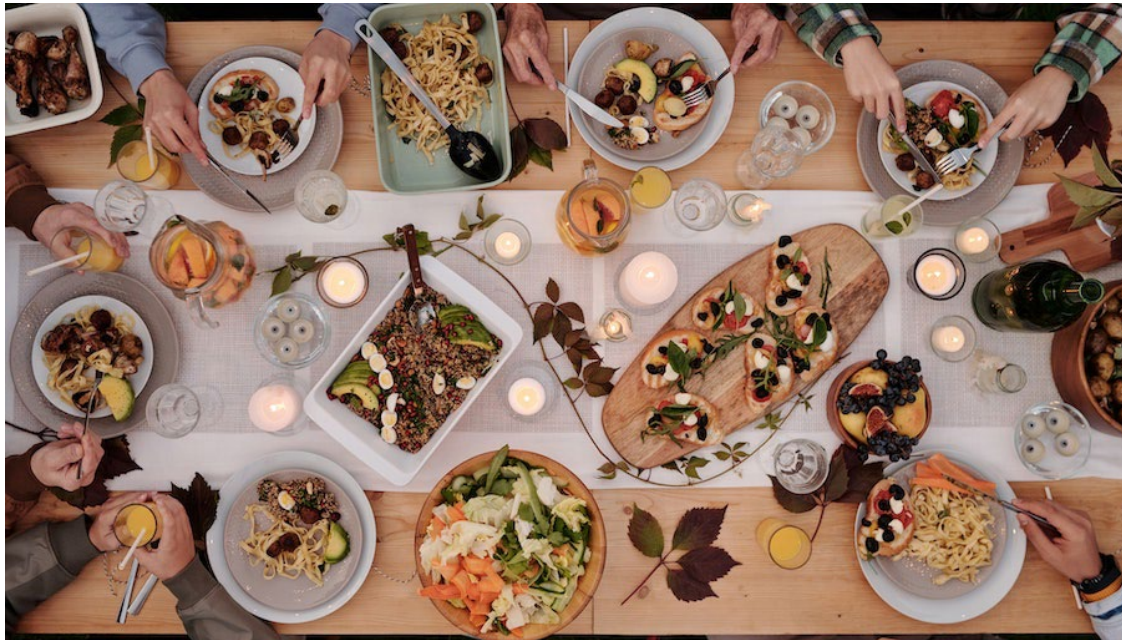
AVOID PEOPLE WHO ARE UNWELL If you are in public and notice someone coughing/sneezing or visibly unwell, please move away from them to protect yourself. Ensure that family/friends do not visit if they are displaying any symptoms of illness such as fever, coughing, sneezing, headache, etc. It is not unreasonable to ask visitors to RAT test before they see you either.

WASH YOUR HANDS with soap and water for 20 seconds or use alcohol-based hand wash. Wash your hands when you come into contact with others, before eating or touching your face, after using the bathroom and upon entering your home.

VACCINATE yourself and your close contacts

MASK UP WHEN TRAVELLING when travelling on planes or public transport and especially on cruise ships.





Eating well over the Christmas Period

Christmas often involves lots of different foods however there are some foods to avoid while immunocompromised

RAW MEAT & FISH avoid all raw meats and raw fish. Cook meat until it is well done. Avoid crustaceans including prawns, crabs and bugs.



SOFT MOULD-RIPENED & BLUE-VEINED CHEESE avoid all Brie, Camembert, Roquefort, Stilton,



Gorgonzola and Bleu or other soft, unpasteurized cheeses

RUNNY EGGS thoroughly cook eggs (no runny yolks) and avoid foods containing raw eggs such as raw cookie dough or homemade mayonnaise



BUFFETS & SALAD BARS avoid premade salads and buffets. Only eat freshly prepared salads and freshly cooked meat



FRESH FRUIT & VEGETABLES before eating, wash all fruit and vegetables, even if you are going to peel off the skin





LEFTOVERS avoid leftovers at this time of year.



Christmas Closure Dates

Over the Christmas Period we will have a short break...

From **December 24th until January 9th, 2023** our phone lines will be closed.

If you have an urgent matter, please contact your treating hospital. If you would like to leave a message, we will get back to you when we return.



Are you currently undergoing treatment for your Lymphoma?



Then you are eligible for one of our patient treatment support kits...

This kit contains many essential items for anyone undergoing treatment for Lymphoma, such as a reliable thermometer, soft toothbrush, mouthcare products, specialised skin products and more. Plus it comes contained in a convenient bag that can be reused for medications or information for appointments.

If you require one, please fill out this [form](#) or call the nurse line:

Looking for some last minute stocking fillers?



Thermal Lymphoma wine/coffee cups
\$20.00

Add to cart



Lymphoma Butterfly Pin
\$8.00

Add to cart



Silver fob bracelet - Where there is love there is life
\$15.00

Add to cart



Police Challenge Coin
\$15.00 - \$25.00

Select options



Lymphoma Awareness Bangle
\$5.00

Add to cart



Stubby coolers
\$8.00

Select options



Face masks - triple layered and washable
\$10.00

Select options



ECO reusable coffee cup
\$12.00

Add to cart

Christmas is almost here and **Lymphoma Australia** has a range of stocking fillers available from our [online store](#). From jewellery, wine cups, coffee cups, stubby holders and much more. Make sure to get your orders in early to no miss delivery before Christmas...



Retractable ID tags
\$6.00

Add to cart



Legs Out For Lymphoma
Cancer Adult tee - NEW
\$22.00

Select options



Lymphoma Water Bottle -
thermo 500ml - NEW
\$22.00

Add to cart



Lymphoma Adult Tee - JOIN
THE FIGHT
\$22.00

Select options



Lymphoma Kids T-Shirt
\$20.00

Select options



Lymphoma Drink Bottle
white
\$10.00

Select options



Lymphoma Bucket Hat
\$25.00

Select options



Lymphoma Cap
\$25.00

Select options



Upcoming Events

- [NSW Support Group - Online - Wed 7th December](#)
- [Currently Undergoing treatment support group - Online - Thur 15th December](#)
- [General Support Group - Online - Tues 10th January 2023](#)

- [Watch and Wait Support Group - Online - Fri 27th January 2023](#)
- [Gold Coast In-person Support Group - Tues 31st January 2023](#)
- [Over 50's Support Group - Online - Wed 8th February 2023](#)
- [Carer's Support Group - Online - Mon 20th February 2023](#)
- [General Support Group - Online - Fri 3rd February 2023](#)



MAKE A
DONATION

LYMPHOMA
RESOURCES

PATIENT
STORIES





 Share

 Tweet

 Share

 Forward

Lymphoma Australia

[Unsubscribe](#)