COGNO
COOPERATIVE TRIALS GROUP FOR NEURO-ONCOLOGY

The University of Sydney

NHMRC Clinical Trials Centre

Survival and prognosis is poor for patients diagnosed with Malignant brain tumours

We need your support to improve outcomes for patients with brain tumors

Though malignant brain tumors are less common than other cancers, mortality is high. For example patients with grade 3 astrocytomas, approximately 10% will live for at least 5 years. For the more aggressive grade 4 astrocytomas, the average life expectancy is just 11 months and less than 6% are alive after 5 years. In Australia, 1422 people were diagnosed with malignant primary brain tumors in 2005. 1050 people with this tumour died in 2005. This figure is expected to increase to 1277 by 2010.

Brain tumours are the only type of cancer to affect both mind and body– attacking the very essence of the person severely compromising quality of life. As a result an increased burden is placed on carers, families and resources. Currently there is no effective treatment for aggressive brain tumours, so more research in this area is clearly needed.

These cancers do not discriminate and can strike anyone– with no known causes or any lifestyle changes known to prevent brain tumours. More research is needed to understand the disease and improve treatment strategies, survival outcomes and quality of life.

COGNO relies on your support to ensure Australian patients have access to the best treatments available. Every donation will take us one step closer to reaching our goal.

Why support COGNO?

The Cooperative Trials Group for Neuro-Oncology (COGNO) is a newly formed network of clinicians, researchers, consumer representatives and allied health professionals who are dedicated to increasing awareness, improving treatment and end of life care for patients with brain tumours. The network involves more than 100 medical specialists around Australia and New Zealand who collaborate with colleagues from similar research groups around the world to carry out clinical trials to identify the best treatment. We are working hard to achieve better health outcomes. The group works in collaboration with the University of Sydney's NHMRC Clinical Trials Centre which coordinates the trials and administers donations on behalf of the group.

Supporting the activities of COGNO can ensure that many new treatments can be trialed in our patients leading to better outcomes.

What are clinical trials?

Clinical Trials are research studies designed to identify the best treatment by comparing new treatments to standard care (approved treatments that have been tested and shown to increase survival and/or quality of life). Clinical trials may also be used to demonstrate the best way of using existing treatments. Clinical trials are usually designed in way to minimise bias (any factor that can impact on the effectiveness of treatment) by randomly allocating individuals to receive one treatment or another. Clinical or study protocols outline how treatments are given and assist doctors in administering the treatments safely. Clinical trials provide the best evidence to determine the most effective treatments for a disease.

There are many unanswered questions such as the cause of brain tumours, effectiveness of current treatment strategies, screening and diagnostic methods. Clinical trials are expensive to run and usually require long term follow-up. COGNO does not have sufficient resources to carry out all the clinical trials required to address and answer these crucial questions.

Your support will help COGNO find the answers.

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