

From: [stuart burris](#)
To: [LA VAD](#)
Subject: Submission
Date: Thursday, 14 August 2025 4:27:02 PM

CAUTION: This email originated from outside of the organisation. Do not click links or open attachments unless you recognise the sender and know the content is safe.

Let me start by saying that we Australians are a bunch of optimistic positive thinkers with a can-do attitude. This serves us well in so many ways. We love a "She'll be right" attitude.... 'Just think positive and everything will be ok'. Why are we so afraid of talking about death?

Death is a normal part of life. We need to talk to our kids about it in a positive light that encourages them to make good choices about how they live, so that they face into death with no regrets.

V.A.D is not about euthanasia for people living with chronic diseases, the depressed or the unhealthy. It is about ending suffering for those who are inevitably and imminently dying.

I am in my early 50's and am living with a Cancer diagnosis. I have two young teenagers who still need their Mum and will do for a long time to come. I do not want to die anytime soon. But I will die. As we all will.

My death will almost certainly be from Cancer. Cancer takes over your body destroying your healthy cells until the body can no longer function. Cancer typically kills by rapid incessant deterioration. I have come to terms with the fact that this will be how it will go for me. I'm not, at all, afraid of death. I am afraid of enduring pain and the loss of dignity that comes with this kind of death. I'm afraid of my kids watching me suffer an agonising protracted death.

When my doctors tell me that I only have a few months to live (and that day will come for every one of us) I will deteriorate to the point where I will struggle to breathe, eat, sleep, use the toilet, hug my children. The last thing I need at that time is to live in pure panic about how bad it will get before the relief of death will come. Especially knowing that it is possible to end my life at the beginning of the end instead of dragging it out for weeks or months.

Please wake up to this reality. Death is not a bad thing. It's not even a scary thing. It's a simple reality. Why should it be painful and panic stricken. Let it be peaceful and positive. Please.

Sent from my iPad