

HealthyLiving

Cancer Care Centre Inc.
Quarterly Program and Newsletter

Calendula Trial

RAH Radiation Oncology Department
conducting a trial on use of calendula
in radiation induced dermatitis
See page 13

Trauma Buster Technique

A rapid and effective technique that helps
relieve the symptoms of post-traumatic stress
see page 4

Gut Health through Chemotherapy

Supporting your health during
Chemotherapy treatment
See page 7

The leading provider of supportive cancer care in South Australia, since 1985

Cancer Care Centre Inc is a community based, not-for-profit organisation offering a wide range of complementary care to support cancer patients and their families. Complementary care refers to a variety of holistic health services which enhance wellbeing on physical, emotional, mental and

spiritual levels. Areas specific to cancer care include interpersonal support such as counselling and support groups; stress management approaches such as meditation and massage and nutritional approaches such as diet and nutrients. Research has demonstrated that complementary care improves cancer patients'

wellbeing and may assist them to better tolerate their medical treatment for optimal outcomes. Cancer Care Centre Inc staff consist of a variety of dedicated health care professionals and trained volunteers – many of whom have been affected by cancer in their own lives. We support individuals and families to empower

themselves as they travel the cancer journey. We provide an environment which complements medical treatment as clients work towards wellbeing.

To keep up to date with what's happening at the Centre, visit our website www.cancercarecentre.org.au or follow us on Facebook.


**Cancer
CareCentre**
a place of help, hope and understanding

Cancer Care Centre Inc
76 Edmund Ave,
Unley SA 5061
Call (08) 8272 2411
cancercarecentre.org.au

Dear Members

Welcome to the first edition of Healthy Living for 2015.

I hope you have had some down time over the festive season and looking forward to an exciting year ahead. We have several new courses and therapies on offer this year – please take a look at the program page for more detail.

Some of the new classes and therapies on offer are:

Music Therapy with Djembe (African) drums – music therapy can have a variety of positive effects on health and well-being. No musical talent is required to be part of a drumming class, just a willingness to try something new and have a bit of fun.

Chair Yoga – specially designed for those people unable to get down onto the floor. Our regular yoga class will still be offered this year, however if you are unsure of your physical ability or energy levels why not try Chair Yoga as an introduction?

Upcoming Twilight Talks – the first Twilight Talk for 2015 will be on Wednesday 18 February at 6pm. Helene Hipp (one of CCC's counsellors) will give a talk on 'Why have an Advance Care Directive?' This is an important document for everyone to have completed as it ensures our future health care and life choices are known by our family and friends. Our March talk will be presented by Jenny Doubell. Jenny will speak about the advantages of Trauma Buster Technique.

For more details on each of the above topics please see the relevant articles in this edition.

Hope to see you at the Centre soon.

Jane Horton
Manager

Like us on Facebook and follow us on Twitter



Remember to like Cancer Care Centre on Facebook and spread the word to friends.



@CANCER_CARE



Donations

The Centre would like to thank the following people for their generosity:

Trevor Powell
Off The Couch Art Studio
Yvonne Kitching
M Read
Thespian Lodge
Soula Psarras
Jan Wilkinson
David Baird
Simon Coker
John Jungfer & friends

Shane Linford
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Jan Riordan
Keith Kennett
Onkham Rattantray
Khamson Thammakhantry
Julie Blesing-Smith
Phil Reilly
Bradley Murphy
Rachael Page

Robert Black
B Drabsch
R & J Nicholson
Christine Matthews
Allan Nitschke
Kristine Spencer

Something worth Celebrating

If you were one of the attendees at the Dr Ian Gawler day on 17th September 2014 when he explored 'The Heart and Science of Health, Healing and the Mind', you would have heard him talk a little on the foundation of the Cancer Care Centre. Dr Alistair Robertson, retired oncologist and a founding sponsor of the Centre in 1985, held a view around the care of patients with cancer that the medical system was good at 'cutting cancer out', 'burning cancer out' with radiation treatments or 'driving cancer out' with chemicals but the system was not ideal for the pre-treatment and ongoing post care of those affected by cancer.

The year 1985 was notable for other reasons including disasters particularly with earthquakes and the airline industry. There also were some notable 'firsts' such as:

- The Internet 'Domain Name System' was developed
- The first British mobile phone call was made
- The wreck of the ship Titanic was discovered
- Capital Gains Tax was introduced in Australia

But there were only a few medical 'firsts' of note which included:

- The first artificial heart patient left hospital
- The US Food and Drug Administration approved a blood test for AIDS

We are now nearly 30 years on from the formative days of the establishment of the Centre and we have progressed a long way during that time, caring for those with cancer and their support team. As we know, some of us don't get what we want in life and some of us don't want what we get in life. Cancer can fall into that latter generalisation.

But we can have some control over developing a healthier lifestyle through paying attention to our present moment experiences and focusing on:

- Healthy eating
- Moderate exercise
- Having a positive state of mind
- Practising regular meditation
- Gaining adequate sleep and rest
- Pursuing the search for meaning

This may mean developing personal disciplines, but if we delight in the care of ourselves and others this can result in natural and effortless discipline and overcoming negatives.

Practising regular meditation has many positive outcomes including:

- Greater awareness of our surroundings through mindfulness
- Emotional regularity
- Stillness and clarity of mind enabling better choices
- Proactive gratitude
- Personal kindness

Ongoing care and support of those with cancer has been at the core of the Centre's existence for nearly 30 years and you are encouraged to seek our help and support, as and when needed.

Ray Nicholson
Chairman of the Board



Please give generously

What your donation will do for Cancer Care Centre and its clients:

With a fully tax deductible donation of:

- \$100** help purchase books for the library collection
- \$200** help purchase organic ingredients for our vegetarian cooking course
- \$300** help subsidize the cost of 'Mindfulness for Cancer Stress' course for a client
- \$600** help mail out an edition of Healthy Living

These are just a few of the costs that can be covered by a fully tax deductible donation.

You can make your contribution by:

- becoming a Cancer Care Champion
- donation – by completing the 'cut out' slip on the next page and post-marking the envelope 'reply paid' (donations are 100% tax deductible)
- bequest – by contacting the Manager for details
- in memoriam donation – by naming the Cancer Care Centre.

Your gift to the Cancer Care Centre will assist the support and care of cancer sufferers and their carers.

Thank you for supporting the Cancer Care Centre.

Ray Nicholson
President



Tax Deductible Gift

Title _____

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I wish my gift to be:

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Account number: 075 271 440
Account name: Cancer Care Centre Inc
Reference: Your name
- ☐ Telephone:
For credit card payment by telephone
please ring the Manager on (08) 8373 1470
Monday – Friday, 10.00am – 4.00pm

**Thank you for your generosity.
Your support is greatly appreciated.**

ABN 73 640 293 985

What's your story?



Trauma Buster Technique (TBT)

The Centre is pleased to welcome Jenny Doubell as one of our new therapists. Jenny is offering fortnightly appointments in TBT, which is a combination of Emotional Freedom Techniques (EFT) and Neuro Linguistic Programming (NLP), originally devised by Canadian Master, Rehana Webster.

TBT is a rapid and effective technique, which relieves the symptoms of post-traumatic stress.

The treatment session involves a process whereby the practitioner taps on specific acupuncture meridian points on the client, while the client is telling their story, which ultimately dissolves the emotions associated with the trauma.

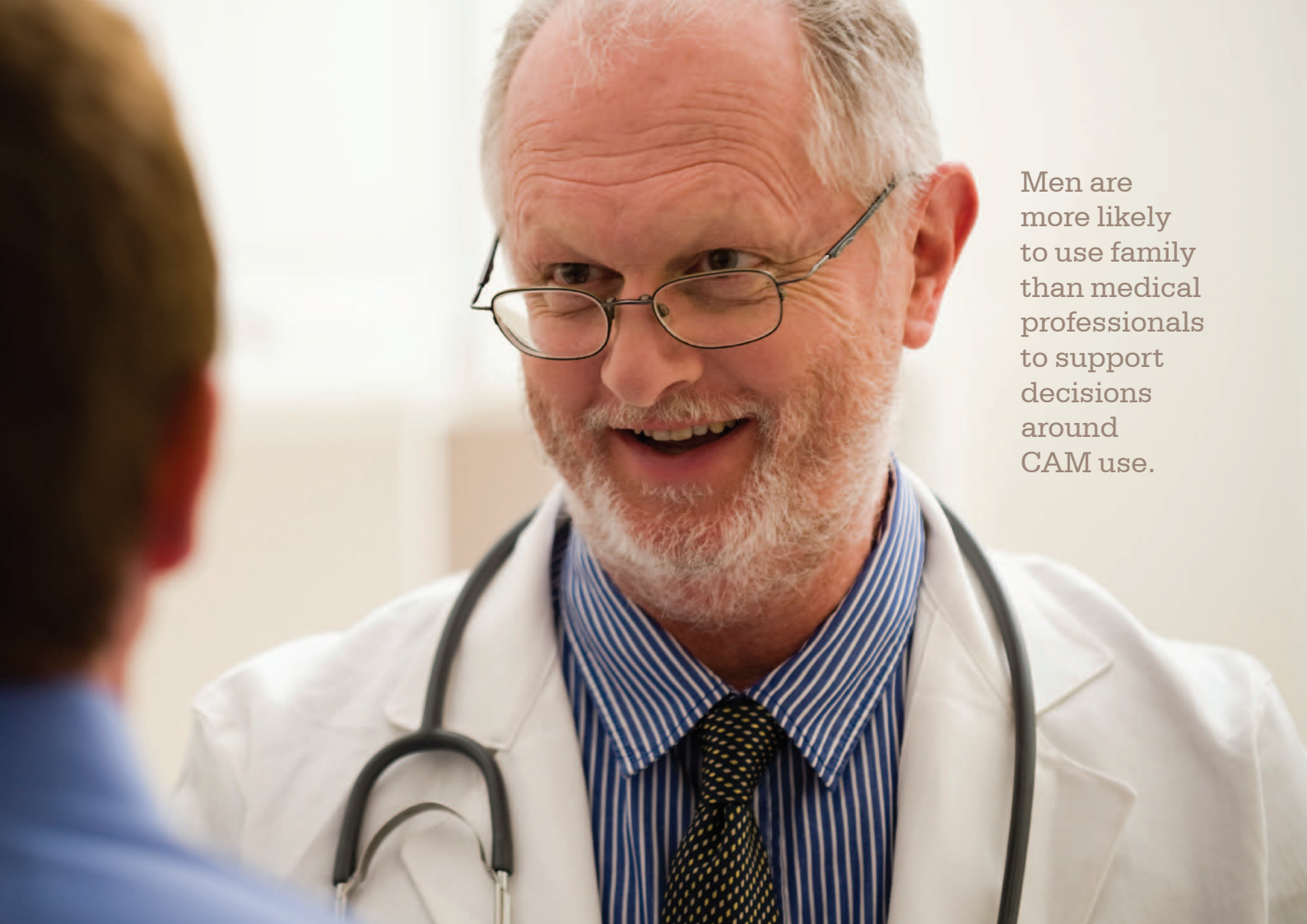
The criterion for treatment stipulates that the client must have a high emotional response while thinking of the specific issue they would like to alleviate, and the client's story concerning the issue must have a beginning and an end. The trauma can be large or small, and does not have to be a recent experience. If you are having an undesirable emotional response when you remember a trauma, then TBT could prove useful.

It has been scientifically proven that EFT (Tapping) quells cortisol levels in the body when someone is thinking about a traumatic experience, and the TBT process rewires the brain/emotion connection, so that at the end of a session, the person has no more emotional attachment to the trauma.

"This process generally takes under an hour to complete, and is permanent." says Jenny. "So far I have had a 100 percent success rate, and everyone I have contacted after our sessions is still emotion free when they think about 'that trauma' - it's brilliant!"

The Trauma Buster Technique is a powerful method for changing debilitating emotions, and is one of the next generation treatments for post-traumatic stress.

Appointments can be made with Jenny by phoning the Centre on 8272 2411.



Men are more likely to use family than medical professionals to support decisions around CAM use.

Complementary and Alternative Medicine used by men with cancer

It is known that the way Australian men monitor their health and their use of conventional health services differs to that of women. Less is known about the use of and factors that influence the decision by men with cancer to use Complementary and Alternative Medicine (CAM).

For her PhD studies at the University of Adelaide (UoA), Dr Nadja Klafke and supervisors Dr Jaklin Elliot (School of Psychology, UoA), Professor Ian Olver (Cancer Council Australia) and Professor Gary Wittert (Freemasons Foundation Centre for Men's Health, UoA), surveyed 403 men being treated for cancer in Adelaide. CAMs were used by 53%, or used at some point by 62%, of men, and their use was equally common across cancer diagnoses; prostate, blood, colorectal, lung, and other cancers.

The most commonly used CAMs were dietary supplements (36%), prayer (26%), herbs/botanicals (21%), and relaxation techniques/meditation (15%). Having metastatic cancer, actively practising religion and a tertiary education was associated with CAM use. Family members (86%) were significantly more often involved in men's decision making around the use of CAM than medical professionals (48%).

Men used CAM because of social or interpersonal reasons (e.g., gift transactions, support for a friend with cancer, strong familial influence), and served to socially connect them with their social network. Importantly, CAM routines provided men with certainty and control. Men also commonly referred to CAM use as creating and maintaining meaning for them and their significant others, thereby working to counter fear and uncertainty.

Article supplied by Margaret McGee, Executive Manager of the Freemasons Foundation Centre for Men's Health at the University of Adelaide.

Chair yoga

Chair Yoga is a gentle form of yoga that is practiced sitting on a chair. It is ideally suited for those people that are unable to participate in a traditional yoga class due to poor energy, limited mobility, balance issues or a disability. It can be practiced by anyone.



It is one of the gentlest forms of yoga available. Complicated manoeuvres and complex movements are not present in a Chair Yoga class.

Group participants can learn many kinds of yoga postures, breathing techniques, meditation, and ways of relaxation, with the aid of a chair.

Some of the benefits of practicing Chair Yoga include:

Improvements in sleep, pain reduction, lung capacity, joint range of motion, grip strength, posture, and energy levels.

A person's general well-being benefits greatly.

Come along and try your first session for free.

Music Therapy



The Cancer Care Centre is delighted to offer a fun and interesting way to incorporate music as a complementary therapy for those wanting something a little different. Studies have revealed that music therapy can have a variety of positive effects on anxiety, depression, pain management, lowering of heart rate and overall improvement of quality of life.

As a 'mind-body-medicine', music therapy is one of the expressive therapies, consisting of an interpersonal process where a music therapist uses music to help to improve or maintain a person's health and can involve either passive or active involvement.

In the last decade, music therapy's usage has increased dramatically and is now widely available in various health care centres and medical departments as another form of complementary therapy.

Music therapy can come in many forms including drumming, singing, playing instruments, song writing, singing bowls and other such mediums.

A six week course in drumming with traditional African Djembe Drums (Djembe meaning 'everyone coming together for peace') will commence on Monday 2nd February from 1.30pm-2.30pm. The class will be facilitated by Jenny Donovan.

As a musician, Jenny is an experienced pianist, drummer, singer, instrument coach and accompanist. In recent years, to complement her background in nursing, she has undertaken professional training in aspects of music therapy with a view to developing a practice that combines nursing, music and healing.





Tracey Cook ND (Herb Med, Hom, Nutr) MHS Herb Med (UNE) is a fully qualified naturopath with a Master's degree in Health Sciences Herbal Medicine. She has over 25 years clinical experience as a naturopath and was a registered nurse prior to this. She has a special interest in supporting patients with cancer and is the director of Botanica Medica.

Looking after Gut Health when receiving Chemotherapy

Chemotherapy targets cells when they are at their most vulnerable, that is, when they are dividing. As cancer cells tend to divide more times or more rapidly than normal cells, chemo therefore should reduce the tumour before killing the host.

Some cells in the body divide at a higher rate and can be affected by chemotherapy and the areas most commonly affected are the hair follicles (this is why chemo may make your hair fall out temporarily), the cells lining the gut called enterocytes, the cells produced by the bone marrow including white cells, red cells and platelets and sometimes other cells are affected like the nerve cells in the peripheries (the hands and feet). Back to the gut! Often on the 3rd or 4th day after chemo this is when the enterocytes are most affected and you can experience nausea, quite severe constipation or diarrhoea, bloating, loss of appetite and fatigue. At this time some people also may develop mouth ulcers or mucositis.

It is advisable to avoid sharp or extremely hot foods such as nuts and seeds and hot coffee as they can damage the fragile mucous membranes of the mouth and gut and start a bout of mucositis.

It is also important to have small meals that are relatively soft and contain good protein for repair like fish and natural yoghurt and eggs. Chamomile tea (luke warm) can be useful as it is anti-inflammatory for the gut and mucous membranes and has reduced the pain and healing time of mucositis in head and neck cancer patients (these folk experience mucositis severely from radiotherapy).

Glutamine is an amino acid which among all the essential amino acids is especially important for gut repair through chemotherapy and radiotherapy. The great majority of studies show that glutamine supplementation improves the health and clinical outcomes of cancer patients without increasing tumour growth. If you make a paste of glutamine powder with water and pop it on mouth ulcers it will reduce the pain significantly!

Vitamin D is especially important for gut health and the gut is lined with Vit D receptor sites which, when it is present in adequate amounts, is important for our beneficial gut flora (good gut bugs). These critters can reduce inflammation and reduce the risk of

inflammatory bowel diseases like Crohn's and Ulcerative colitis as well as colon cancer. Other good probiotic foods which can encourage gut bugs to colonise are apple cider vinegar, slippery elm and a high fibre diet.

Don't forget meditation, as it is also fabulous for the gut. Stress and anxiety can reduce the digestive capacity of the gastro intestinal system and they are implicated in problems such as Irritable Bowel Syndrome.

Program

With the exception of Wednesday morning meditation, you are advised to contact the Centre on (08) 8272 2411 to confirm course commencement dates and times, and to make bookings for all courses listed.

What is Pathways?

Pathways is an opportunity to spend time with one of our trained Support Workers in a private, quiet environment to explore and prioritise goals, needs and skills regarding your cancer journey, or if you are a carer, to explore how you can be of support while at the same time taking care of yourself. Pathways appointments are available most days, please ring the Centre to book your free Pathways appointment.

Monday

Massage – Remedial, Relaxation, Myofascial; Cranio Sacral, Trigger point

Therapist: Ryan
Weekly, Monday mornings
Members \$40, Non-Members \$85

Massage - Remedial

Therapist: Trudie
Fortnightly, Monday afternoons
Members \$40, Non-Members \$85

Reflexology, Reiki

Therapist: Reiko
Fortnightly, Monday afternoons
Members \$40, Non-Members \$85

Chair Yoga

Chair Yoga for those unable to participate in a regular yoga class.

No prior yoga experience necessary.

Facilitator: Nina
Course commences 2nd Feb
10.30am to 12noon
Five week course,
Members \$40, Non-members \$55

Music Therapy with Djembe

Music Therapy with Djembe (African) drums- this five week course provides the opportunity to explore your creativity through music.

No musical talent necessary, just a sense of fun!

Facilitator: Jenny
Commences 2nd February
1.30pm – 3.30pm
Member \$40, Non-member \$55

Journey to Wellness

This six week course covers a range of topics specifically designed to assist cancer patients to maximize their wellbeing on a physical, emotional, psychological and spiritual level. This course is inspired by Dr Gawler's Cancer Healing and Wellbeing course.

Key Facilitator: Sarah
Commences 23rd March
9.30am – 12noon
Member \$120, Non-member \$150
(includes workbook)

Tuesday

Massage – Oncology, Relaxation, Remedial, Lymphatic Drainage; EFT, Bowen therapy

Therapist: Judy
Fortnightly, Tuesday mornings
Members \$40, Non-Members \$85

One on One Meditation

Facilitator: Evelina
Weekly, Tuesday morning (other days and times can be arranged)
Members \$10, Non-Members \$20

Balance through Art

This six week course provides opportunity to explore your creativity.

Facilitator: Helen
Commences 10th February
1.00pm – 3.00pm
Member \$40, Non-member \$55

Counselling

Counsellor: John
Weekly, Tuesday afternoons
Members \$40, Non-Members \$85

Men's Meeting

This group provides an opportunity for men to discuss issues affecting them on their journey whether they are a patient, carer or partner of a patient.

Facilitator: Mel
1st & 3rd Tuesdays of the Month
7.00pm – 9.00pm
By Donation
Please register your interest by telephoning the Centre on 8272 2411.

Men's Meeting – Greek Community

This group provides an opportunity for men from a Greek speaking background to discuss issues affecting them on their journey. Partners are welcome. Supported by the Prostate Cancer Foundation of Australia.

2nd & 4th Tuesdays of the month.
NB Group commences the 24th March
7.00pm – 9.00pm

Please register your interest by telephoning the Centre on 8272 2411.

Group Meditation

Facilitator: John
No booking necessary
6.00pm – 7.00pm
Members \$7.50, Non-Members \$10

Wednesday

Massage – Oncology; Bowen Therapy, Kinesiology, EFT, Lymphatic Drainage

Therapist: Sarah
Weekly, Wednesday mornings
Members \$40, Non-Members \$85

Massage – Oncology, Remedial; Cranio-Sacral, Reiki, SER (emotional release)

Therapist: Anne-Marie
Fortnightly, Wednesday afternoons
Members \$40, Non-Members \$85

Trauma Buster Technique (TBT)

Therapist: Jenny
Fortnightly, Wednesday afternoons
Members \$40, Non-Members \$85

Counselling

Counsellor: Natalie
Weekly, Wednesday afternoons
Members \$40, Non-Members \$85

Group Meditation

Facilitator: Dharmamodini
No booking necessary
Weekly, Wednesday mornings
10.30am-12noon
Members \$7.50, Non-Members \$10

All sessions are held at the
Cancer Care Centre
76 Edmund Ave, Unley
unless otherwise
specified.

Carer Support Group

Carers need support too. This group aims to discuss the issues facing carers and how they can be supported in their important role in the cancer journey.

Facilitator: Margaret
2.00pm – 3.00pm
1st & 3rd Wednesdays of the month
By Donation

Please register your interest by telephoning the Centre on 8272 2411.

Yoga

Its safe, fun & easy to do. You will enjoy this relaxing class of gentle exercise and conscious relaxation.

An eight week course that requires no prerequisites.

Facilitator: Tina
Course commences 11th Feb
3.30pm – 4.30pm
Bookings are a must – class is limited to 12
Eight week course
Members \$50, Non-members \$80

Juicing

The workshop shows you how easy it is to make your own fresh juice and harness all the goodness of vegetables and fruit.

Facilitator: Kate
1st Wednesday of the Month
1.00pm – 2.00pm
Members \$7.50, Non-Members \$10

Thursday

Massage - Relaxation, Lymphatic Drainage, Myofascial, Oncology, Positional Release, Lymphoedema Therapy

Therapist: Richard
Weekly, Thursday mornings
Members \$40, Non-Members \$85

Massage – Oncology, Remedial, Lymphoedema Therapy

Therapist: Erin
Fortnightly, Thursday afternoons
Members \$40, Non-Members \$85

Exercise Your Lymphatics

Six week course - learn safe and effective techniques to improve your Lymphatic System function.

Facilitator: Richard Roope
Commences 12th February
1.30 – 2.30pm
Members \$40.00, Non-Members \$65.00

Women's Support Group

A friendly support group for women to discuss issues affecting them on their cancer journey.

Facilitator: Carolyn
10.00am – 12noon
1st & 3rd Thursday of the month
By Donation

Please register your interest by telephoning the Centre on 8272 2411.

Counselling

Counsellor: Lynne
Weekly, Thursday afternoons
Members \$40, Non-Members \$85

General Support Group

This General Support Group is open to people with cancer.

Facilitator: Lynne
11.00am – 12noon
2nd & 4th Thursday of the month
By Donation

Please register your interest by telephoning the Centre on 8272 2411

Friday

Clinical Hypnotherapy

Therapist: Jean
Weekly, Friday mornings
Members \$40, Non-Members \$85

Acupuncture

Therapist: John
Fortnightly, Friday mornings
Members \$40, Non-Members \$85

Vegetarian Cooking Class

Join a naturopath and a skilled cook in the kitchen for our revamped Vegetarian Cooking class. Over a period of four weeks learn how to make delicious meals using tofu, quinoa, lentils, pulses and other nutritious vegetarian ingredients. You will discover important nutritional facts to consider when eating vegetarian, along with a chance to try ingredients that may have been a mystery up until now.

Facilitators: Maureen and Jane
Commences 6th February
11.30am – 1.00pm
Members \$50, Non-members \$75

Saturday

Counselling:

Counsellor Helen
Weekly, Saturday mornings
Members \$40, Non-Members \$85

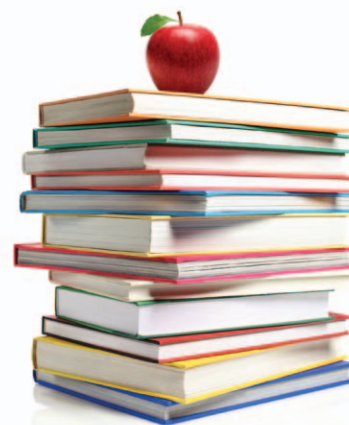
Monday – Friday

Resource Centre

The library is an easy and convenient way to find information and inspiration. Come in and have a browse, ask our staff how these great resources can help. Internet research can be arranged for you by a client support worker.

The library is open during office hours
9.30am – 4.30pm, Mon – Fri

No Charge – Members' facility only





Introducing the Centre's new counsellor

John Allan came to counselling after a mining accident in which his neck was broken along with damage to several mid back vertebrae. He was introduced to the writings of Jane Roberts and the Seth material, which touched him deeply and ignited the spark of wonder regarding psychology and spirituality.

Around the same time his wife was diagnosed with cancer and refused ongoing treatment, being described by the oncologist as a 'hopeless case' and a waste of Health Department funds and resources. The oncologist thought that she would survive about six weeks and advised her to go home and enjoy her family. It was a few weeks before Christmas.

John began researching to find out as much as he could about the illness that had come, with such apparent swiftness, into their lives. Weeks turned to months and months to years and during that time, he learned how to counsel and together with his wife, (now with no apparent sign of the cholangiocarcinoma) began an educational programme for those with cancer and their care givers, called "The Gift of Cancer Programme."

Eventually he became involved in a national charity called Cancer Management & Education, which was designed to assist people with cancer, along the lines of the residential programme he had helped established in the nineties.

In recent years John has been heavily influenced by the spiritual teachings of Deepak Chopra and the magical tradition of Ayurveda.

In the last several years he has studied philosophy, Neuro Linguistic Programming (N.L.P.), Hypnosis, Emotional Freedom Technique (known more widely as EFT) and Life Coaching as well, of course, counselling psychology.

John is available for appointments on Tuesday afternoons.

Please ring the centre to make an appointment.



New in the Library

So It's Cancer by Ranjana Srivastava

This is a practical, comprehensive guide to what to do when cancer enters your life, by medical oncologist and award-winning author Ranjana Srivastava. With her trademark wisdom and warmth, Ranjana guides you through the challenging and complex world of the disease. What is cancer and how is it treated? Why can't I have an operation? What should I eat, and how do I manage pain? She equips you with the knowledge to make informed decisions on the most daunting questions, such as how to find the right oncologist, and how best to break the news to your family.

Community Salad Recipes from Arthur Street Kitchen

Community is the bestselling cookbook from Arthur Street Kitchen, bringing together 60 hearty salad recipes. Using fresh, seasonal produce, Arthur Street Kitchen reinvents the salad, injecting colour, life and flair into this most modest of everyday meals. This is comfort food at its healthiest, giving vegetables, legumes, herbs and nuts their moment to shine.

At the heart of Community is the concept of sharing good food. Community shows the reader how to effortlessly and confidently dish up healthy, meat-free comfort food, perfect heart-and-soul meals to share with family, friends and neighbours.

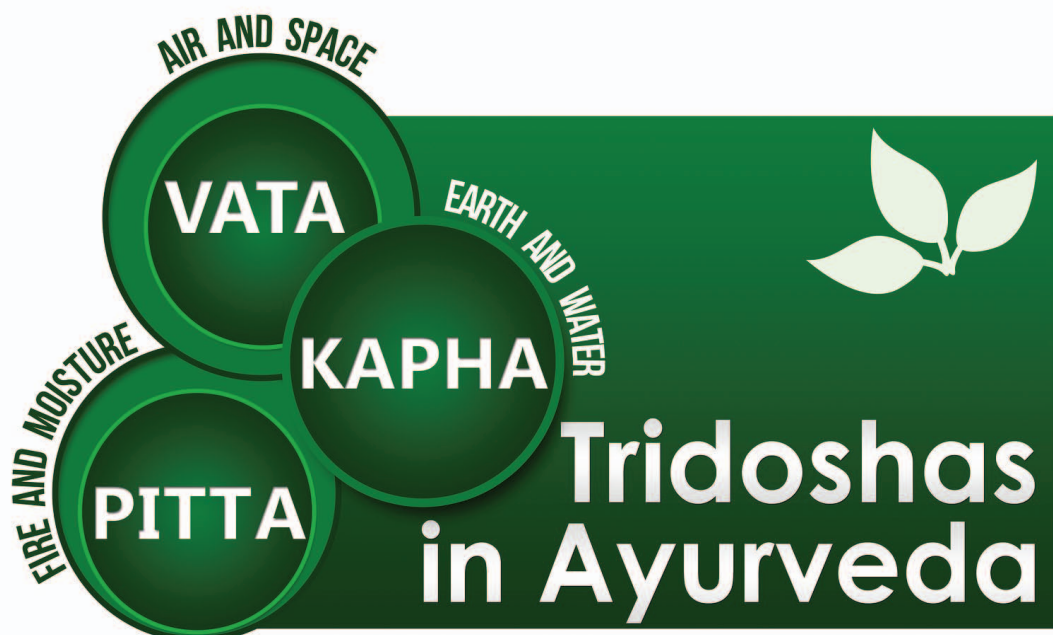
AYURVEDA – a natural healing system



Dr. Karuna Jaiswal is an Ayurvedic Physician and Nutritionist.

She graduated from the University of Delhi and studied her post graduate in nutrition at Deakin University. She specialises in women's health and also conducts Ayurvedic cooking classes.

Dr Jaiswal can be contacted on 0432694206.



Ayurveda is an ancient Indian healing system over 5000 years old. It is recognized by WHO as a form of traditional medicine and is now present all over the world.

According to Ayurveda, everything in the universe, including man, is made up of five elements called Panchabhutas:

- Akasha (space)
- Vayu (air)
- Agni (fire)
- Jal (water)
- Prithvi (earth)

They combine to form three doshas or vital energies:

- Vata
- Pitta
- Kapha

Every person is born with a unique combination of these doshas (or body constitution).

Any imbalance of these doshas can cause disease. An Ayurvedic physician can balance them with proper diet and herbs.

In Ayurveda there is also a strong relationship between food and health, i.e. "we are what we eat". Food is one of the most potent medicines known to mankind and the foundation of any Ayurvedic regimen.

The type of food a person eats depends upon his three gunas or mental qualities:

- Sattva
- Rajas
- Tamas

Sattva is the essence of life to peace and spirituality. Rajas stands for activity and the person has diversion to greed and material luxuries. Tamas shows dullness and lethargy.

Sattva is a state of purity of mind and peace which heals the body and increases the body's immunity. It is simple food like fresh juicy fruits and vegetables, grains, nuts, seeds, dairy products and legumes like moong dhal. Food which is unrefined, not over cooked or greasy and with fresh herbs and spices according to the body's constitution is also included in this group.

Rajasic foods are bitter, sour, salty, pungent and hot. They increase the speed and excitement of the human being. It is the foundation of motion, activity and pain.

Tamasic foods are dry, old, decaying, distasteful and unpalatable. They consume a large amount of energy while being digested in the body. Foods that have been strongly processed, canned, frozen and are stale or incompatible with each other like meat, fish eggs and liquor.

These foods make the body prone to inflammation and growths like cysts, tumors etc.

The proper balance of a person is to attain Sattva which can be achieved by following an Ayurveda diet.

Correction from 4th Quarter Healthy Living 2014: Reiko Fujiike-Stirling, our reflexology therapist, was incorrectly listed as being a member of the Australian Traditional Medicine Society (ATMS) in our last edition of Healthy Living pg4. Reiko is in fact not an ATMS member, but a member of the Reflexology Association of Australia. Reiko is a very respected and valuable therapist at the centre and on behalf of the Centre I apologise for any distress this incorrect information has caused her. **Jane Horton, Manager, Cancer Care Centre**



'A Conversation on Death and Dying' Workshop

Death and dying is a difficult subject for most of us but we know that sooner or later it will come to us all.

The Centre will be holding "A Conversation on Death and Dying" workshop on Saturday 28 February between 2pm – 4pm.

The workshop will be an opportunity to come together in a safe and supported way to gently reflect upon and explore with others our different views, feelings and beliefs about death and dying.

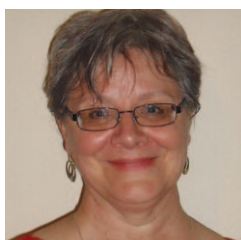
Over a cup of tea/ coffee and cake, and with time to share stories and experiences, the workshop will explore such things as:

- What constitutes a 'good death' and is it possible to plan for one?
- Why do so many of us find it difficult to talk about death and dying and how we can start the conversation with others?
- How we can best support someone who is dying?

The workshop will be facilitated by Pam Mitchell. Pam has worked for 30 years in the areas of aged care, community health, education and community development. She is a qualified meditation teacher and counsellor. Pam's interest in living fully and dying well has evolved through years of reflection, study and meditation and through witnessing the death of loved ones and facing her own life challenges.

**Cost: \$5 members
\$10 non-members**

Please ring the Centre to book your place or for further details.



Why have an Advance Care Directive?

The best reason is for your own peace of mind and that of your family.

By completing this four page document you can make sure that your health and personal care wishes are carried out, if, in the future, you are not able to make your own decisions. This is not something that needs to be thought about only at end of life or for those with onset of dementia. What if you have a car accident and are unconscious for a period of time, or you have a stroke and are not able to make your wishes known? Who will make your decisions for you then? Do they know what your wishes are?

Completing this form is a way of starting the important conversation with your family, so that difficult health decisions are not left to chance, often causing greater pain, discord and confusion to families and carers at a time when they are already distraught and overwhelmed. It will allow you to decide who your substitute decision makers will be and what your wishes for future health and personal care are if you are no longer able to make your own decisions. So your family or carers are simply honouring your wishes, rather than making the difficult decisions themselves.

From 1 July 2014 a new Advance Care Directive form became legal in SA. This form allows you to write down your wishes and instructions for your future health and personal care and decide who will ensure those wishes are followed through, if you no longer have the capacity to communicate those decisions for yourself. Once this has been completed and distributed family, carers, and medical professionals will be able to provide care in line with your wishes if, in the future, you are unable to make those wishes known yourself.

Helen Hipp, one of CCC's counsellors will talk on the subject at the Twilight Talk on Wednesday 18 February at 6pm.

**Cost: free to members,
\$20 non-members**

Calendula Trial

– Radiation-induced Dermatitis

If you have ever had marigolds in your garden, you'll remember their unmistakable fragrance.

A proven companion plant, these bright orange flowers are known to deter beetles from melon crops, but did you know they do more than this?

A native of Mediterranean countries and known as "pot marigold," calendula officinalis, is a member of the aster or daisy family and flowers profusely between spring and autumn. Calendula extract, made from the flowers, is used in the complementary health and cosmetics industries. It has also been used as a traditional herbal remedy to treat minor wounds, burns, bee-stings, sunburn, warts, bruises and dermatological conditions.

Sorbolene has been the main product in use for radiation-induced dermatitis which is a severe complaint resulting from treatment. A study conducted in 2004 by French researchers showed that using Calendula lotion had very promising results.

The Royal Adelaide Hospital Radiation Oncology Department decided to investigate whether calendula lotion would be beneficial to breast cancer patients receiving radiation therapy.

Ms Margaret McGee, CEO of the 'Freemasons Foundation Centre for Men's Health' and a scientist at the Royal Adelaide Hospital says about treating radiation burns, "It's only a small part of patient care, but a really important part, and one where we hope we can make improvements.

There are lots of traditional evidence for burns and dermatitis management, but many trials compared Calendula against different control products." She said, "It's really important that we compare Calendula against our standard of care here at the RAH, which is Sorbolene."

Doctor Michael Penniment, a radiation oncologist at the Royal Adelaide Hospital, says "Every single patient that has radiotherapy has skin care issues. Many patients were bringing in creams that somebody had given them to try, the calendula cream showed up a significant number of times.

We know which creams they shouldn't use due to perfumes and other ingredients that can cause irritation, but we don't know which creams might be better."

A grant was obtained to fund the trials, along with a donation from the Freemason's Foundation to cover the cost of purchasing sufficient quantities of the Calendula and Sorbolene lotions. It is planned to involve 60 women in the trials. Given success of this project the extent to which all forms of radiation skin care treatment can be assisted will provide a significant aid to the care of patients.'



The soy bean

– a discussion by Dr Ian Gawler



The traditional use of soybeans falls into 2 categories: non-fermented foods including tofu, tofu skin and soy milk and fermented foods including soy sauce, miso (fermented soybean paste), and tempeh. Processed soy products are a more modern phenomenon and usually stem from soy flour and its products.

A common source of soybeans is Tofu. As you tuck into a delightful tofu and veggie stir-fry, or maybe even some tofu ice-cream, is there a lingering doubt (as to whether soy is a good food or a bad food)? Are you thinking "Is this really doing me good?", "Am I contributing to the prevention of breast and prostate cancer, or am I, as some would have us believe, contributing to their increased likelihood?" If so, you need the answer to this question: Do the phyto-oestrogens in soybeans act like oestrogen or Tamoxifen?

In Asia, soy foods are consumed as part of a traditional diet. An Asian-American study on soy found that women, pre- and postmenopausal, who consumed tofu, had a 15% reduced risk of breast cancer with each additional serving per week.⁽¹⁾ Another trial reported that women in the highest tertile intake of tofu had a 51% decrease

risk of premenopausal breast cancer when compared with women in the lowest tertile.⁽²⁾ In this study, no statistical significant association was observed between soy intake and breast cancer risk among post-menopausal women.

Messina and colleagues published a major review on this subject in 2008 and I consider it to be one of the very best review articles on this topic. To quote: "The conclusion drawn from this extensive review of the available literature is that currently there is little evidence to suggest that any potential weak estrogenic effects of dietary isoflavones (found in soy) have a clinically relevant impact on breast tissue in healthy women. Limited data suggest this is also the case for breast cancer survivors. Available data on breast cancer recurrence and mortality provide some assurance for breast cancer patients that soyfoods/isoflavone supplements, when taken at dietary levels, do not contribute to recurrence rates although more data are clearly needed to better address this issue".

Women consuming soy in the highest quartile had a 29% lower death rate over the 4 year follow up, and 32% reduced risk of recurrence.

The protective effect was present regardless of oestrogen receptor status of the cancer, or whether tamoxifen was used or not.

A study in 2013 demonstrated soy food intake is associated with longer survival and low recurrence among breast cancer patients.⁽³⁾ More recently still, a major review from the World Cancer Research Fund International's Continuous Update Project Report: Diet, Nutrition, Physical Activity, and Breast Cancer Survivors has examined a total of 85 studies involving 164,416 women. Included has been analysis of specific evidence related to soy and its interaction with breast cancer.

This major study makes modest conclusions.

The evidence was sparse and generally consistent, and is suggestive of an inverse relationship between consumption of foods containing soy and all-cause mortality. Translation? From what solid evidence there is so far, it seems that soy is likely to be helpful; the evidence for it being unhelpful is not there.

Beware: natural soy, processed soy – different outcomes.

It may be that the non-traditional soy foods do create problems. Significantly, soy protein isolates do not contain many of the bioactive components present in whole soy. Research has demonstrated that soy protein isolates (85–90% soy protein) do stimulate the growth of estrogen-dependent tumors.

Another study evaluated the relative effects of different degrees of soy processing on the growth of pre-existing tumors and demonstrated that consumption of isoflavones in increasingly purer or more highly enriched forms may have a proportionally worse effect on estrogen-dependent tumor growth.⁽⁴⁾

There has also been some concern expressed that soy products may actually interfere with the action of tamoxifen itself. However, recent studies examining the interaction between soy and tamoxifen have yielded neutral or beneficial findings. In one study, soy intake had no effect on levels of tamoxifen or its metabolites.⁽⁵⁾

The Cancer Council of New South Wales released a statement saying scientific research suggests that overall the moderate consumption of soy products does not appear to present a risk to women with breast cancer, and there is equivocal evidence that consuming large amounts of soy products may have a protective effect against developing breast and prostate cancer. However, the Council does not recommend taking soy dietary supplements as there is no evidence they are either effective or safe at preventing or treating cancers.

I conclude the phyto-oestrogens in soy act like tamoxifen, not like oestrogen. I also conclude that traditional soy foods are almost certainly safe and warrant being a part of a healthy diet for healthy people. Processed or refined or concentrated soy products run the real risk of being problematic for everyone.

I do not recommend them. For women with breast cancer, the best evidence currently available suggests traditional soy foods, eaten in traditional amounts are likely to be safe and may well be helpful in reducing recurrences and extending survival. I recommend them.

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Dr Ian Gawler OAM, BVSc, MCounsHS is a bestselling author and authority on mind-body medicine and meditation. Ian cofounded the world's first cancer and multiple sclerosis lifestyle-based therapeutic groups.

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Meet our Front Office Volunteers



Zoe – Admin volunteer

I have been raising my children for the last ten years and been very involved with their school, especially helping with fundraising.

Before children I worked as a Radiotherapist; I was fortunate to work in the USA, UK, and Ireland where I lived for five years.

I currently live in the Adelaide Hills which I love. I have a girl who is ten and a boy who is nine. They keep me busy but I also wanted to do some volunteering to give back to my community.

I really like the ethos the Cancer Care Centre has and especially love interacting with all our lovely clients.

My main role at the Centre is processing all our new members and looking after renewals.

I really enjoy working with Penny and Birgit, the two other volunteers who are rostered on with me on a Tuesday morning.



Cherie – Admin and Support Worker volunteer

For the last eight years I have owned and operated a small desktop publishing business from home. Previous to this I gained 15 years' experience working in various roles such as administration, marketing and executive support. With an intense passion for food, fitness and wellness I also completed a Wholistic

Psychology Course eight years ago and recently became a certified Integrative Nutrition Health Coach after studying for 12 months.

I have two beautiful children (10 y and 12 y) and two wonderful step children (15 y and 20 y) – so life is always incredibly interesting.

I mostly feel at home in nature and love running, hiking, cycling, yoga, meditation, healthy cooking and going to the market.

I recently became a volunteer at the Cancer Care Centre after a yearning to give some time back to the community and what better place to start.

Both my parents were members of the Cancer Care Centre during their time of need and were very well supported.

I am humbled to be given the opportunity to utilise my skills in a place full of beautiful and inspiring people.



Tracey – Admin and Support Worker volunteer

I have worked in a number of administration roles in the Federal & Family Courts and have completed a Social Work degree approximately 10 years ago. I have spent the last eight years predominantly as a stay at home mum to my three children, also

doing some part time marketing work for the Bridgewater Inn.

I am very keen to give back to the community and am so happy to have found the Cancer Care Centre, which offers such a caring and positive working environment.

I have been here as a volunteer administrator since July and have thoroughly enjoyed being able to apply my administration and interpersonal skills and also meeting so many wonderful people.

Most of my free time is taken up with my children's extracurricular activities, however I do manage to get in some yoga, reading and cooking.



Kate – Workshop Facilitator

I have just become a mum to my beautiful daughter Eden who has just celebrated her first birthday.

I have recently returned to work part time as a clinical nurse at the RAH, specialising in haematology and oncology. I love my job

and am grateful I can assist people in their time of need. I have been with the RAH for over seven years. The emotional support I can give my patients is very satisfying.

I am looking forward to running the monthly juicing workshops at CCC

– I have a special interest in complementary therapies and how they can assist in a client's wellbeing.

In my spare time I love practicing meditation, jogging and bush walking. Two years ago I hiked the Inca trail. The scenery, the physical challenge and

learning about Machu Pichu was amazing. I also completed a half marathon along the Great Ocean Road and am hoping one day to complete the Berlin marathon.

Become a member of Cancer Care Centre

Cancer Care Centre Inc is a community based, not-for-profit organisation offering a wide range of complementary care to support cancer patients and their families.

Complementary care refers to a variety of holistic health services which enhances well-being on physical, emotional, mental and spiritual levels. Areas specific to cancer care include interpersonal support such as counselling and support groups; stress management approaches including meditation and massage; and nutritional approaches to create a healthy diet.

Research has demonstrated that complementary care improves cancer patients' well-being and may assist them to better tolerate their medical treatment for optimal outcomes. Cancer Care Centre is staffed mainly by volunteers many of whom have been affected by cancer in their own lives. They include Support Workers and Practitioners experienced in the fields of counselling and an extensive range of therapeutic choices.

As a member of Cancer Care Centre you can enjoy discounted products and services.

Discounted services include:

- counselling
- therapies – massage (various types), lymphatic drainage massage, shiatsu, reflexology
- water purification system (heavily discounted by \$400)
- receive discounts on various events and products

You will also at be entitled to (free of charge):

- receive a Healthy Living magazine subscription
- use the Centre's extensive library of books and DVDs
- avail yourself to our Pathways Interview – our 'flagship' entree into the Centre
- have access to peer group volunteers for one on one experiential discussions.

When you become a member you will receive a free therapies session of your choice (value \$85 non-member) plus a free counselling session (value \$85 non-members).

Membership fee for 12 months:

Standard \$80
Concession \$60
Organisation \$100

To join now:

Call 8272 2411
or visit www.cancercarecentre.org.au

Cancer Care Centre membership is available to cancer patients, their families and anyone wishing to enhance their wellbeing.

A Cancer Care Centre membership also makes the perfect gift.



Cancer Care Centre...empowering individuals and families as they travel the cancer journey