

HealthyLiving

Cancer Care Centre Inc.
Quarterly Program and Newsletter



Be photographed by an award winning photographer

Help raise funds for the Centre. See page 5.

Acupuncture – assisting with side effects of cancer treatment

The Centre is very pleased to welcome back acupuncturist practitioner John Zocchi. See page 4.

Causes of Cancer: Everything Old Is New Again

Science tells us cancer can be prevented – through the choices we make. See page 6.



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

Become a Champion!

Join our Cancer Care Champions by committing to a monthly donation.

Cancer Care Champions:

- Proudly support the work of Cancer Care Centre
- Advocate for the Centre within their community
- Support exclusive, tailored courses to educate and empower the individual

Your monthly donation will ensure every client of the Centre has vital access courses, support groups, professional counselling and complementary therapies (including Oncology and Lymphatic drainage massage).

You will also assist us in future planning to provide more courses, guest speakers, and health inspired workshops to address the needs of our clients.

Cancer Care Champions' tax deductible support is acknowledged in the Healthy Living magazine and within the Centre. Champions are also invited to participate in activities within the Centre from time to time as part of the supporter community.

For more information on how you can be a Champion, please ring and speak to the Centre's manager, Jane Horton on 8373 1470.



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:

Alan Dawson
Alex Fry
Andrew Cohen
Ann Ireland
Barbara Anderson
Barbara Behenna
Bronwyn Pill
C Havey
Carl Hopkins
Counsellor Michael Rabbitt
CC Champion
Di Jenkin
Dianne Reade
Dorothy Carman
Elena Fogliano
Elena Voss *CC Champion*
Erica Randell
G Harrison

Gerard McCabe
Gwen Schrapels
Haydn Cutting
Heather Parrott
Helen Irving
Helene Kenner
I Daniels
Ian Gillespie
J Baker
Jan Riordan
Jan Wilkinson
Jane Osborne
Jenny Leak
Joan Willment
John Jungfer and supporters
Josh Willougby
JS Brown

Linda Squires
Lorna M Adams
M Rigler
Malcolm Potticary *CC Champion*
Malcolm Read
Margaret Whelan
Milton Lodge no 99 Inc
Mr & Mrs Bovenga
Mr & Mrs D Turci
P Tierney
Pasta Deli
Peter Allen
Peter Bengier
Philip Winter
R & J Nicholson *CC Champions*
R & K Spencer *CC Champions*
Reichstein Family

Rita & Roy Guy
Rita Koutsouvelis
Ron Anderson
Rosalie Hutchison
Simone Roach
Stephanie Noga
Suzanne Linford
Tricia Tyerman
Ursula Thompson
Valma Iles
Yen Le
Yvonne Martin-Clarke
Yvonne Smollenski

*Donations made after 11 December
will appear in the next edition of
Healthy Living.*

Note: The Cancer Care Centre is a support and resource organisation and provides information of a general nature. It does not recommend any specific treatments.

Dear Members

Happy New Year to you all and welcome to our first edition for 2016. I hope you all had a peaceful and happy holiday season.

Thank you to all our members and supporters who generously donated to our Christmas Appeal in December. Your donation will go to support Cancer Care Centre's counselling service that is offered to our members and their families. Counselling is one of our vital services and your generosity ensures that we are able to continue offering it to our members at a very affordable price.

The New Year begins with a lot of changes here at Cancer Care Centre...

In December we said farewell to Jules Shore our Office Administrator. The Board and I would like to thank Jules for all the work she has done for the Centre over the past four years. Many of you will know Jules personally and I know you will want to join me in wishing her well. Jules is looking forward to spending the full summer break with her young family.

Our new Office Administrator, Sue Duffin, may not be a stranger to some of you as Sue has been a volunteer at CCC for the past two years. Sue has worked in the complementary care sector for the past 15+ years, initially in the UK and more recently at Daw House Hospice. She has extensive experience working as an office administrator and was team leader supporting and coordinating volunteers at Daw Park Hospice. She holds a diploma in Positive Psychology and Well-being, specialising in leadership and coaching, as well as being a fully qualified counsellor and Aromatherapist. Sue will be taking on extra responsibilities in regards to the day to day running of the Centre while I concentrate more on 'outside issues'. If you don't already know Sue, please introduce yourself next time you are at the Centre.

We also farewelled several of our volunteers at the end of last year – Carolyn Gyss has been the Women's Support Group facilitator for the past three years but has decided she needs to spend more time with her many family commitments. Kristy Urry, one of our front office support workers, leaves CCC to pursue her PhD full time. Helen Allingham, who has been running our *Balance for Art* course for the last three years, is returning to full-time work. All three volunteers will be sadly missed but on behalf of us all here at Cancer Care Centre I would like to wish Carolyn, Kristy and Helen the best of luck and thank them for being part of our terrific volunteer team.

There will be several new faces around the Centre in the next few months as we recruit new volunteers to fill the vacancies.

I hope many of you have had the chance to visit our website and read about our photographic fundraiser, *Shining Through*, which is coming up in March. If you, or someone you know, has experienced cancer first hand or had a family member with cancer, we would love to have you involved. There are full details on page 5 of this edition.

I hope to see you at the Centre soon and encourage you to try something new this year....a new therapy, the vegetarian cooking course, our Art Therapy classes, or perhaps join our Wednesday morning meditation class.

I hope 2016 is a year of happiness and joy to you and your family.

Jane Horton,
Manager



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.

Ian Budenberg
President



Tax Deductible Gift

Title _____

First name _____

Surname _____

Address _____

Suburb _____

Postcode _____

Email _____

I wish my gift to be:

- ☐ anonymous
- ☐ publicly acknowledged
(name only is published)

I would like to donate \$ _____ by _____

☐ Credit Card

☐ Visa ☐ Mastercard

Card number _____

Expiry date _____

Name on card _____

Signature _____

☐ Cheque / Money order payable to:

Cancer Care Centre and posted to:
The Manager
Cancer Care Centre
Reply Paid 83842
76 Edmund Ave Unley SA 5061

☐ Direct credit to:

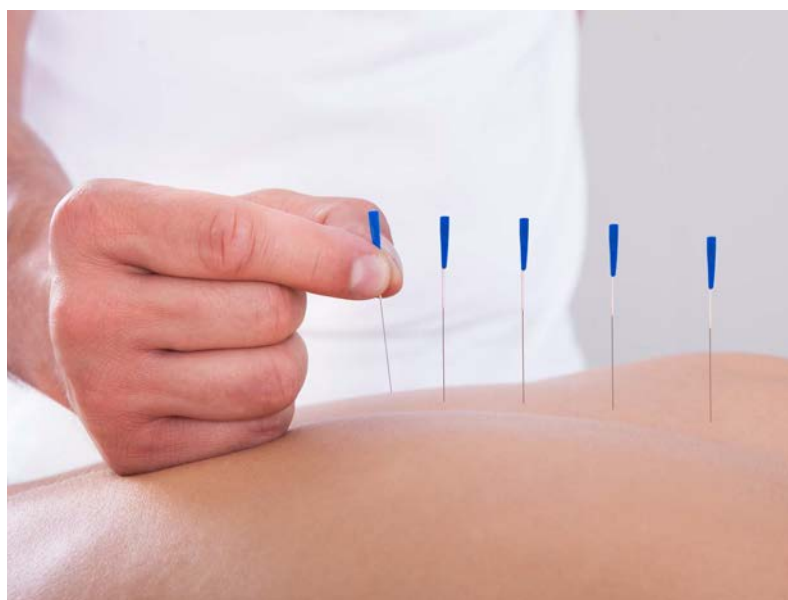
BSB: 105 011
Account number: 075 271 440
Account name: Cancer Care Centre Inc
Reference: Your name

☐ 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



Acupuncture – assisting with side effects of cancer treatment

Acupuncture, as part of traditional Chinese medicine (TCM), can be used with great success to treat side effects often experienced by patients undergoing cancer treatment. These effects may be due to the result of chemotherapy, radiotherapy and surgery.

Chemotherapy drugs, used to kill cancer cells, can also affect normal cells. They typically affect those cells that line the digestive tract, which seems to explain why chemotherapy can induce severe nausea. In terms of TCM, chemotherapy can cause 'toxic heat'. This heat has an effect on the nourishing/blood aspect. Patients receiving chemotherapy sometimes have high levels of toxicity and as a result may not be able to complete their treatment. Acupuncture can sometimes help those patients complete their course of chemotherapy, by helping relieving some of the side effects.

TCM aims to support the digestive system to help relieve nausea, constipation or diarrhoea. It is recommended that treatment is done early before the digestive system becomes too compromised. Other organ systems according to TCM that need to be supported are the lungs, spleen, liver and kidneys.

TCM principles will also review and endeavour to help lowered immunity, neuropathy, erythema, dry mouth, scar tissue, stress, headaches, and general pain management.

The Centre is very pleased to welcome back acupuncturist practitioner John Zocchi.

John has completed studies at Victoria University with a BChSc (Chinese Medicine). Looking at the individual client's condition and health goals, John treats to rapidly alleviate acute problems and to get to the root cause of longer term or recurrent ailments. His focus is on empowering clients to understand and control their own health allowing them to lead the life they want to live.

John will be available for bookings on Friday mornings from January 22nd.

Shining Through

a photographic memento for you

Calling all who have been affected by cancer. A unique fundraiser to celebrate shining through adversity and to help support others on their cancer journey.

Beautifully photographed black and white portraits will celebrate each individual's inner strength that shines through their experience with cancer.

If you have had cancer, or have been personally affected by a cancer diagnosis, we would love you to take part. Participants will attend a photo shoot at Cancer Care Centre with award winning photographer Heidi Linehan.

There is no cost to participants. Each participant will have their own exclusive sponsorship page on Cancer Care Centre's website where they can invite their family, friends, and work colleagues etc. to sponsor their portrait.

Once the sponsorship goal of \$1,000 for each portrait is reached or exceeded, participants will receive a large print of their black and white portrait image to keep.

A beautiful memento to have for a time in their life when their inner strength shone through!

Funds raised will go towards supporting the services and programs provided by Cancer Care Centre.

To register your interest or for more details, please contact the Centre's manager Jane Horton
Email: manager@cancercarecentre.org.au
or Phone: 8373 1470

Registrations due by March 10, 2016

**The photo shoot will be held on:
18, 19, 20 March, 2016**

proudly sponsored by



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WHO
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Causes of Cancer: Everything Old Is New Again

In early October 2015 a fleeting flurry of news reports appeared ⁽¹⁾ about a study funded by the Cancer Council of Australia and undertaken at the Queensland Institute of Medical Research, now called the Berghofer Medical Research Institute ⁽²⁾. The study said about 37,000 Australian cancer cases could be prevented each year if people made just six simple lifestyle changes.



Given over 123,000 new cancer cases are diagnosed in Australia each year, preventing 37,000 of them would make quite an impact.

Some of these media reports also presented this study as a fundamental shift in our thinking on cancer. Was it?

In 1981, Richard Doll and Richard Peto of Oxford University published what was to become a landmark study (3). Based on a comprehensive analysis of known cancer risks at the time, Doll and Peto proposed around 80 % of cancers in the USA were preventable with 35 % due to diet and 65 % to attitude and lifestyle factors.

While delivering the annual Florey lecture to the University of Adelaide in September 2013 (4), Professor Ian Frazer of the University of Queensland and the developer of the human papilloma virus vaccine for cervical cancer categorized the causes of cancer as follows:

30 % of cancer is caused by what we do to ourselves.

- 30 % of cancer is caused by what we've done to the environment
- 30 % of cancer is caused by what you catch.
- Only 5 – 10 % of cancers are genetic.

The recent Cancer Council of Australia study says essentially the same thing – a third of all cancers in Australia are preventable with the majority attributed to the six lifestyle factors. So the recent Cancer Council of Australia report is not fundamentally new. In 35 years, only the relative importance of the causative factors for cancer has changed (5). And while people continue to debate these ratios, as the above comparison shows, the fundamental principle remains: Cancer is a preventable disease and you have more control over your health than any doctor ever will. The fundamentally important questions all these studies raise are:

1. What will you do with this control?
2. Why isn't the message that cancer is a preventable disease getting through?

Let's look at what these studies mean for you.

30 % of cancer is caused by what we do to ourselves.

What sort of things are we talking about? The recent Cancer Council of Australia / QIMR, Berghofer Medical Research Institute study tells us the major ones:

- Alcohol;
- Smoking;
- Poor Diet;
- Obesity;
- Lack of regular exercise; and
- Excessive exposure to UV light.

According to the Cancer Council study, these six lifestyle factors are potentially responsible for around 90 % of preventable cancers. What we eat and how we live is completely under our control.

30 % of cancer is caused by what we've done to the environment.

By this Prof Frazer is talking about environmental pollutants and artificial chemicals.

There are over 80,000 human produced chemicals in common use, with around 2,000 more being added each year. Frighteningly, we only have reliable safety data for around 7 % of them. That we know so little about these chemicals and that they are used everywhere is a whole topic on its own. Especially when there is considerable evidence some of these chemicals are far from benign.

Living in the industrial age there is no way we can escape environmental pollutants. They are in the air we breathe, the water we drink, the food we eat, out-gassing from our cars and the buildings we live and work in. But this is not where most of your chemical exposure comes. Your choices and

lifestyle have far greater influence on the number and quantity of potentially harmful chemicals you are exposed to: What are the cleaning products you use around the home? What shampoo, conditioner, deodorant, cosmetics, perfume? Can you use something else? Do you need to use them at all? Do you need blue water in the toilet to make it "safe"? Do you need to bomb for cockroaches or cover every square inch of the house with surface spray every time a spider sneaks through your defences? Do you really need anti-bacterial socks, dishcloths, air freshener? What chemicals and poisons are you spraying in the garden? Do you know where your food comes from? Was it grown with antibiotics, hormones, pesticides, fungicides, growth promoters? Were they grown in a country with the same safety standards? What is it packed in? What additives and preservatives were used? You might not like the answers.



what you eat contributes to your overall health



Dr Stephen Hardy serves on the Cancer Care Centre Board and is a cancer biologist and immunologist. He has many years' experience in the preventative health, wellness and environmental sector and is the founder and managing director of Promoting Good Health Pty Ltd.

If you want to take the load off your body and avoid these chemicals and their potential side effects, then look to the choices you make. Don't volunteer to be a victim and practice the precautionary principle.

30 % of cancer is caused by what you catch

Here Prof Frazer is talking about infectious agents - viruses, bacteria, fungi and parasites implicated in cancer - and there are quite a few. There are two things to do:

1. Avoid the infectious agents implicated in cancer
2. Keep your immune system at the top of its game

While you have limited control over the microorganisms you may be exposed to, many of the infectious agents implicated in cancer are either part of your normal flora or so common most people have either been exposed to them or are carrying them by the time they're 60.

You can do more by making sure you keep your immune system at the top of its game. That is something you can do a lot about. There's also another reason why you'd want to.

One of the key functions of your immune system is to protect you from early cancers, whatever they may have set them off. This important role is undertaken primarily by your Natural Killer or NK Cells. Why and how they do this is another topic for another time. The important thing to remember is this: The worse your diet, the worse your immune system gets. The worse your lifestyle, the worse your immune system gets and the more chemicals and pollution you are exposed to, the worse your immune system gets. And if your immune system can't do its job of monitoring for early cancers properly, then you are at risk. Here too, you are in control.

Only 5 – 10 % of cancers are genetic.

The popular press and the Hollywood studios make a lot about the power and effect of our genes. But are they overstating their influence? Professor Frazer's comments tell us our genes are not as important as the media would have us believe. It is often said:

"Your genes load the gun, the environment pulls the trigger."

There is overwhelming evidence to show your environment and how

you respond to it has potentially far more influence over your health than your genes. So while you may have a suspect gene – and would be well advised to do something about it – the reality is the environment and your choices have a profound effect on if and when those genes may be turned on and off.

The combination of your genes and their interactions with the environment determines your health outcome. Having the gene alone is not a reliable predictor of your fate.

So what's the take home message from all this?

The fundamental principles outlined by Doll and Peto over 35 years ago still apply (5): You have more control over your health than any doctor ever will. You always have and you always will.

So what will you do when the doctor gives you the "All Clear"? The evidence says loud and clear what you do next is potentially very important for your future.

If you go back to business as usual then you already know what your future will likely be. Your actions, choices and mindset are what brought you to where you are now – for good or ill. Without different choices it is likely exactly

the same thing will happen again. History will repeat. That's not what you want.

So you have some questions to ask: Is what you think and do today and every day supporting your recovery and wellbeing? Is it aligned with your higher purpose? Which thoughts and actions are supportive? Which are hurtful or self-destructive? Can you tell the difference? What will you change? What will you keep the same?

And what if the doctor doesn't give you the "All Clear". Don't these questions become even more important? More urgent?

The prospect of losing life or getting a second chance at life changes our perspective and values. How could it not? Every day we are alive is a moment to be cherished. Carpe diem! The crisp air of the morning tastes fresher. Sunsets are more vivid. The sound of a babbling brook is more tuneful. The laughter of a child is more magical. Friendships are more precious.

Science tells us cancer can be prevented – through the choices we make. What will your choices be?

by Dr Stephen Hardy PhD.

References and Suggested Reading

(1) Example: 37,000 cancer cases can be avoided yearly, new report says: AAP, 7 October 2015: Available at: <http://www.sbs.com.au/news/article/2015/10/07/37000-cancer-cases-can-be-avoided-yearly-new-report-says>

(2) Whiteman, D. C.; Webb, P. M.; Green, A. C.; Neale, R. E.; Fritschi, L.; Bain, C. J.; Parkin, D. M.; Wilson, L. F.; Olsen, C. M.; Nagle, C. M.; Pandeya, N.; Jordan, S. J.; Antonsson, A.; Kendall, B. J.; Hughes, M. C. B.; Ibiebele, T. I.; Miura, K.; Peters, S.; Carey R. N.: *Cancers in Australia in 2010 attributable to modifiable factors: Introduction and overview*. Aust NZ J Public Health; 39:403 – 407, 2015; doi: 10.1111/1753-6405.12468. Available at: <http://onlinelibrary.wiley.com/doi/10.1111/1753-6405.12468/epdf>

(3) Doll, R. and Peto, R.: *The causes of cancer: quantitative estimates of avoidable risks of cancer in the United States today*. J Natl Cancer Inst.; 66(6), 1191 – 1308, 1981.

(4) Frazer, I.: *Florey lecture to the University of Adelaide, September 2013*: Available at: <https://www.youtube.com/watch?v=q1Qg-iHhSto>

(5) Blot, W. J. and Tarone, R. E.: *Doll and Peto's Quantitative Estimates of Cancer Risks: Holding Generally True for 35 Years*. J Natl Cancer Inst.; 107(4): djv044, 2015. Available at: <http://jnci.oxfordjournals.org/content/107/4/djv044.full.pdf>

What's on at the Centre... Weekly Program

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
Fortnightly, Monday mornings
Members \$40 Non-Members \$85

Massage – Remedial

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

Reiki

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

Journey to Wellness

A highly recommended course for all our new members. 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.

Facilitators: Sarah Trangmar, Richard Roope, Paul Kern, Lynne Murphy and Pam Mitchell

Commences 8 February 9.30am – 12noon

Members \$120 Non-members \$150
(includes workbook)

Chair Yoga

For those unable to participate in a regular yoga class. No prior yoga experience necessary.

Facilitator: Nina
Please ring the centre for start date in February. Five week course.
Members \$48 Non-members \$68

Counselling

Counsellor: India
Weekly, Monday afternoons
Members \$40 Non-Members \$85

Young Women's Support Group

A friendly support group for women under 45 to discuss issues affecting them on their cancer journey.

Facilitator: India
1st & 3rd Monday of the month
6.00pm – 7.30pm
By Donation

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

Art Expressions

This six week art therapy course provides an opportunity to explore your creativity as a catalyst for healing.

Facilitator: Evelina
Next course commences 16 February
1.00pm – 3.00pm
Members \$48 Non-members \$70

Counselling

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

Tuesday Women's Support Group

A friendly support group for women over 45 to discuss issues affecting them on their cancer journey.

Facilitator: Sovhe
1st & 3rd Tuesday of the month
1.00pm – 2.30pm
By Donation

Please register your interest by telephoning the Centre on 8272 2411

Men's Support Group

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 to 9.00pm
By Donation

Please register your interest by telephoning the Centre on 8272 2411

Twilight Talk

Twilight Talks are an informative session held on the second Tuesday of each month from 6.00pm to 7.00pm
Members free Non-members \$20

Please ring the Centre or look on our website for upcoming dates and topics.

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.

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

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

Clinical Hypnotherapy

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

Group Meditation

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

Counselling

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

Yoga

It's 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 17 February
3.00pm – 4.00pm
Bookings are a must – class is limited to 12
Members \$48 Non-members \$80

Juicing Workshop

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

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

Seeds for Health

Our very popular six-week organic gardening course
Facilitators: Diana Bickford and Cath Caon
Next Course will be in autumn at Fern Ave garden, Unley - 10.00am to 12 noon
Please ring the Centre on 8272 2411 for starting date. Bookings are essential.
Members \$85 Non-Members \$105

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 11 February 1.30 – 2.30pm
Members \$45.00 Non-Members \$80.00

Thursday Women's Support Group

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

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

Please register your interest by telephoning the Centre on 8272 2411

Counselling

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

Friday

Acupuncture

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

Vegetarian Cooking Class

Join a naturopath and a skilled cook in the kitchen. Discover important nutritional facts to consider when eating vegetarian; try ingredients that may have been a mystery up until now and have some fun.

Commences 26 February 11.30am – 1.00pm
Cost \$60 members \$85 non-members

Saturday

Counselling

Counsellor: Helene
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 support worker.

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

No Charge – Members' facility only





Support Groups at Cancer Care Centre

Cancer support groups are designed to help people cope with all aspects of a cancer diagnosis by providing a safe environment to share experiences and learn from others who are facing similar obstacles.

While not everyone wants or needs support beyond that offered by family and friends, you may find it helpful to turn to others outside your immediate circle. A support group can help you cope better and feel less isolated as you make connections with others facing similar challenges. A support group shouldn't replace your standard medical care, but it can be a valuable resource to help you cope.

Those attending find there are numerous benefits to being part of a support group. These may include:

- Gaining a sense of empowerment and control
- Talking openly and honestly about your feelings with other people affected by cancer
- Sharing experiences
- Lending support, encouragement, and hope
- Enhancing self-esteem
- Providing a cost-effective method of aiding cancer treatment

Probably the biggest advantage of support groups is helping you realize that you are not alone - there are other people who have the same problems. This is often a revelation and a huge relief to participants.

When joining a support group, you may be uncomfortable at first when it comes time to discuss your problems in front of strangers. However, the fact that others are facing the same type of situation may help you open up and discuss your feelings. In addition, everything that takes place within the support group is kept confidential.

One cancer patient who attended a support group, said,

"It was nice to learn about the unknown side-effects of treatment before they happened. It was nice to know that if something happened to me it wasn't strange and new."



Here at the Centre we offer a number of support groups for our members: a Men's Support Group who meet on a Tuesday evening, a Young Women's Support Group, and two other Women's Support Groups. We are also the venue for the Melanoma Support Group (please refer to their article opposite).

For more information on which group would suit you best, please ring the Centre and speak to one of our Support Workers.

Melanoma Support Group

Melanoma Patients Australia (MPA) is an independent, not for profit membership organisation dedicated to supporting and representing those affected by melanoma.

Their vision is to reduce the impact of melanoma on all Australians. They provide counselling services and comprehensive patient information, conduct support groups nationally and represent those affected by melanoma on issues that matter most. All of their services to melanoma clients are offered free of charge.

The foundation pillars of action are support, information, advocacy and awareness.

MPA regularly conducts consumer forums and held two key forums in Brisbane and Melbourne in October 2015. At these events leading clinicians, researchers and professionals addressed both the medical and the psychosocial elements of a melanoma diagnosis. Recently MPA was a significant part of the group which successfully lobbied to have Keytruda placed on the Pharmaceutical Benefits Scheme, presented to the Senate Enquiry into Availability of New and Innovative Drugs and was invited to present to the Pharmaceutical Benefits Advisory Committee regarding new drug combinations for Melanoma.

MPA has a professional counsellor available for over the phone consultation, as well as peer to peer support via their network. Their online presence is growing; MPA's website provides vital, accurate information for those affected by melanoma.

Melanoma Patients Australia's South Australian Facilitator is Karen van Gorp. Karen chose to take on this role when it became obvious her treatment for stage IV melanoma was going to significantly extend her life.

She facilitates the support and education group at the Cancer Care Centre at 10.30am on the last Monday of each month, provides telephone support to MPA members, represents MPA in SA cancer forums and has shared her story in several forums nationally.

For further information please call MPA on 1300 884 450.



Taking care of your skin during summer.



Lynne Singlewood is a fully qualified naturopath with a Bachelor of Health Science (Complementary Medicine) and an Advanced Diploma of Applied Science Naturopathy. She has taught Iridology and Herbal Medicine at Endeavour College and also Constitutional and Emotional Iridology at WEA. She can be contacted on 0421618792.

We are all aware of slip, slop and slap, but do you know how to nurture your skin during the dry Australian months after your time in the sunshine?

It's important to remember to stay hydrated, 75% of our planet's surface is covered in water and interestingly, our internal environment or physical makeup also comprises 75% water. Therefore, it is always important to drink plenty of fresh water during the summer months. Just being a bit more diligent with replenishing your fluids can make a big difference.

There are some great essential oils available which can be of benefit. They have healing and soothing properties, and when mixed into a good quality base cream, may achieve wonders. Vitamin E cream is a popular base cream and adding in lavender oil will alleviate pain associated with sunburn, as well as promoting healing from the damaging sun. Rosehip oil, which is also healing due to its vitamin and antioxidant content, can be added as it helps deeply nourish the skin. Calendula oil has wound healing properties so can help to calm inflammation and help to alleviate dry, itchy skin. Mix all of the above and keep it in the fridge so it's lovely and cool, apply every day during the summer, especially after spending time in the sun shine, it can work a treat.

But the best thing you can do is cover up – prevention is always best.





Oncology Massage – specialised therapy for those on a cancer journey

Did you know that there was such a thing as Oncology Massage?

Here at the Cancer Care Centre we have a number of qualified Oncology Massage Therapists who are available to treat you for a variety of issues that may have arisen as a result of your cancer diagnosis.

Research shows that massage can be beneficial for symptoms such as fatigue, insomnia, pain, nausea, anxiety and depression, among other things.⁽¹⁾ It can also be useful in treating peripheral neuropathy - the tingling, pins and needles or numbness - that can develop in hands and feet as a result of chemotherapy.

Oncology Massage Therapists are specifically trained to be aware of the impact of cancer treatments on the body. We deal with the effects of surgery, chemotherapy, radiotherapy as well as the psychological and emotional effects of dealing with cancer. An Oncology Massage is an extremely relaxing experience that assists the depleted body to come back into balance, supporting the immune system and encouraging the decrease of the "stress" hormone, cortisol, in the body.

Another area of training that is important for the Oncology Massage Therapist is an understanding of the lymphatic system and the implications of cancer and cancer treatment for that system. If a person has had ANY lymph nodes removed as part of surgery for cancer, they are at risk of lymphoedema (swelling as a result of an impaired lymphatic system) for the rest of their life. How you are positioned on the massage table, the direction of the massage and the pressure of the massage strokes are all vital in the prevention of this complication.

Oncology Massage is a modality that attracts people with insight and heart into this work. It can be a profoundly nurturing experience and of great value to you on your journey as you navigate your way through a cancer diagnosis and beyond.

We have 5 fully qualified oncology massage practitioners here at the Centre. If you would like to book in with Judy, Anne-Marie, Erin, Sarah or Richard please ring and speak with one of our Support Workers.

By Anne-Marie Halligan, Oncology Massage Training SA/WA Coordinator and volunteer therapist at Cancer Care Centre

Ref: 1. <http://www.ncbi.nlm.nih.gov/pubmed/15336336>



Anne Marie teaching the finer details of oncology massage to a massage practitioner.

One Day Workshop – Meditation for when things are tough

Meditation can be used for many things; relaxation, stress relief, pain management. During this session we will explore practices for when you are struggling with doubt, fear, uncertainty and other strong emotions. Conducted in a warm and nurturing way, this workshop will allow participants to explore and experience practices that focus on self-compassion and self-kindness, mindfulness and acceptance. No meditation experience required.

Facilitated by Pam Mitchell the workshop will be on Saturday 12th March between 2.00 - 4.00pm. Cost: \$10



Art Therapy – a new look at art and its role in healing



As human beings we all have the capacity to discover and develop a better sense of life and self-awareness.

Through Art Therapy's creative journey you will be guided to meet the gifts that lie within, offering greater self-awareness and a sense of wellbeing.

What is Art Therapy? It is a form of expression that uses the creative process of making art to improve a person's physical, mental and emotional wellbeing.

Through the use of different techniques, including drawing, painting, clay work, storytelling, myth, meditation and more, Art Therapy offers a greater exploration of what lies within when words are not enough.

Art Therapy is the link which allows each of us to communicate with ourselves when words cannot.

Next course commences 16 February 1.00pm – 3.00pm. Members \$48 Non-members \$70.



This 5 week course will be led by Evelina Rios. Evelina is a qualified Transpersonal Art Therapist, Ceramic Artist and Meditation facilitator with over 17 years of experience.



New in the Library

The Centre has purchased quite a few new books for the library this quarter. We encourage all our members to come in and browse the shelves. A Support Worker is always on hand to help you with your selection.

Exhausted to Energized

by Dr Libby Weaver

This book explores the concept that energy is the most important currency of our health and a far more accurate indicator of health status than weight.

Using her unique three-pillar approach Dr Libby Weaver explores the biochemical, nutritional and emotional factors that impact our energy. She also looks at the different rituals, foods, movements and emotions that either make a deposit of energy or a withdrawal - promoting the creation of more energy or contributing to its further depletion. Learn just how varied the factors that influence our energy can be, from infections to hay fever, posture and even our inability to say no. Stress and nutritional factors are also explored as they can significantly impact our precious energy.

CD – Mindfulness Meditation: Nine Guided Practices to Awaken Presence and Open Your Heart

by Tara Brach

A profound transformation can occur just by training your attention in awareness-a practice sweeping schools, workplaces, and institutions across the country with its capacity to decrease stress, cultivate inner calm, and expand wisdom and creativity. Clinical psychologist and meditation teacher Tara Brach has been at the forefront of mindfulness-based therapy since its inception, successfully bringing principles of mindfulness to alleviate depression, chronic pain, and more. Now, with Mindfulness Meditation, she offers nine of her most effective guided sessions, perfect for beginning or deepening your mindfulness practice.

Radical Acceptance: Embracing Your Life with the Heart of a Buddha

by Tara Brach

For many of us, feelings of deficiency are right around the corner. It doesn't take much - just hearing of someone else's accomplishments, being criticized, getting into an argument, making a mistake at work - to make us feel that we are not okay. Beginning to understand how our lives have become ensnared in this trance of unworthiness is our first step toward reconnecting with who we really are and what it means to live fully. Writing with great warmth and clarity, Tara Brach brings her teachings alive through personal stories and case histories, fresh interpretations of Buddhist tales, and guided meditations.

CD – Meditations for Emotional Healing: Finding Freedom in the Face of Difficulty

by Tara Brach

Despite our best intentions, we often have trouble dealing effectively with strong emotions. What if you had a conscious, skilful way to respond in times of anger, fear, jealousy, shame, and other powerful emotions? Meditations for Emotional Healing gives us a collection of insights and practices for bringing compassion, clarity, and understanding to our emotional lives - instead of expressing or repressing them in unhealthy ways

Being Mortal : Medicine and What Matters in the End

In *Being Mortal*, bestselling author Atul Gawande tackles the hardest challenge of his profession: how medicine can not only improve life but also the process of its ending. Medicine has triumphed in modern times, transforming birth, injury, and infectious disease from harrowing to manageable. But in the inevitable condition of aging and death, the goals of medicine seem too frequently to run counter to the interest of the human spirit.

A big thank you to our wonderful volunteers



Been diagnosed with cancer?

Start your journey with a free Pathways appointment.



Pathways is a free service offered by the Cancer Care Centre to people with cancer.

In a caring and supportive environment, one of our Support Workers will meet with you and listen to your story.

Telling your story is an opportunity to spend time with someone who cares, in a private, quiet environment to explore and prioritize goals, needs, and devise a healing plan appropriate to you and your personal cancer journey.

A Pathways appointment is also available to carers of someone with cancer. The Support Worker will explore how you can be of support to that person, while at the same time taking care of yourself.

The Support Worker will link you to services that will help assist you – either within Cancer Care Centre or with other community organisations.

A Pathways appointment is of one-hour duration and is your first step in complementary care for your cancer journey.



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