

HealthyLiving

Cancer Care Centre Inc.
Quarterly Program and Newsletter



The Big Ride – Cambodia to Vietnam

Help raise funds for the Centre.
See page 4

Cancer Survivorship – dealing with stress

Herbs to help you in times of stress.
See page 5

Causes of Cancer Part 2 – What we do to ourselves

Continuing on from our article last issue
– Science tells us cancer can be prevented
through the choices we make.
See page 8

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

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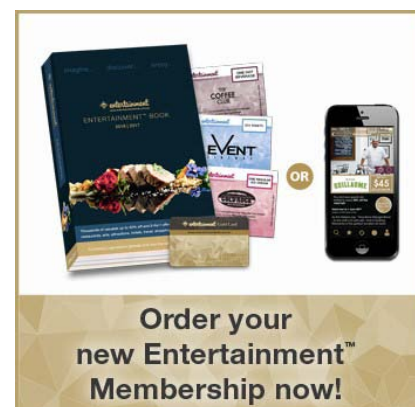
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You can order online at www.entbook.com.au/161c980 or ring the Centre to have a copy put aside for you.



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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 Pincombe
Alex Dashko
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Anthony Smith
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Botanica Medica
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Bronwyn Pill
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Sue Skelton
Suzanne Linford
Wayne Butcher
Wendy Mosel
Yvonne Martin-Clark
CC Champion

Donations made after 8 March 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

Welcome to the autumn edition of Healthy Living.

The Centre has been very fortunate to recently become a beneficiary of the **Dry July Foundation**. We have received funding to purchase a hand held laser unit for our lymphatic therapists to use with clients. This piece of equipment will be very useful for our clients suffering from lymphoedema. We also received funding to buy high quality cookware for our vegetarian cooking course, along with funding for art therapy supplies.

Dry July was founded by Phil Grove, Brett Macdonald and Kenny McGilvary. Each had connections and experience with losing close family members to cancer as well as personal scares with the disease. These experiences led to the first *Dry July* in 2008 as a challenge amongst friends. However, over 1,000 people participated in the event and nearly \$260,000 was raised. The original idea escalated into what it is today; over seven campaigns, 90,000+ people have helped raise more than \$20 million to improve the wellbeing of adult cancer patients at cancer services across Australia and New Zealand. *Dry July's* vision is to continue to benefit the cancer community and improve the wellbeing of more and more adults living with cancer. Funds are raised by members of the general public being sponsored by family and friends to go 'booze-free' for a month. I encourage you to think about possibly doing *Dry July* yourself this year; perhaps form a team and see how much money you can raise for such a fantastic cause.

If you are a new member to Cancer Care Centre you may not have had the chance to attend our **Journey to Wellness** course. This six week course is very worthwhile, going from past participants' feedback. The course covers a range of topics specifically designed to assist cancer patients to maximise their wellbeing on a physical, emotional, psychological and spiritual level. It is inspired by Ian Gawler's *Cancer Healing and Wellbeing Course*.

Topics covered during the course are:

Your Body and Cancer – learn how cancer affects the body and the impact it has on the immune system. Understand the role of the cells and how they behave in the body; discover epigenetics and gene expression and learn about psycho-neuro immunity.

Pain and Stress Management – learn about pain and pain management and discover new techniques to manage it.

Enhancing Wellness – discover the importance of good nutrition, moderate exercise and fresh water to enhance your wellbeing. Discuss the superfoods for cancer and learn a little lymphatic exercise.

Meditation – understand and experience the benefits of a regular meditation practice.

Your Mind and Cancer – group discussion looks at communicating effectively and living fully. Grief and loss is also discussed.

On the Road to Wellness – an exploration into affirmations, imagery, forgiveness and gratitude.

If you would like more information about Journey to Wellness please ring the Centre. One of our Support Workers will be happy to chat to you over the phone or send you a brochure.

Parking permits on Edmund Avenue for our Members

Please note that at the front of the Centre there is a Permit Zone for two cars. This zone is for Cancer Care Centre clients only and if free you can park there and ask the staff for the Permit disk to place on your front dashboard. Please remember to hand back the disk before you leave.

Hope to see you soon at the Centre!

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

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 Monday – Friday, 10.00am – 4.00pm

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

ABN 73 640 293 985



THE BIG RIDE

Cambodia to Vietnam

ARE YOU READY TO TAKE THE CHALLENGE ?

Raising funds to help the Cancer Care Centre provide vital resources, courses, counselling and therapies to help support people with cancer and their families.

Raise the set fundraising target and have the opportunity to raise surplus funds to pay for your travel costs.

Date: November 2016 - 16 DAYS

**Cancer Care Centre and
 Connect Adventure have
 teamed up to deliver a
 unique, challenging and
 awesome cycling experience.**

**REGISTER
 NOW!**

For further
 information & details
 about the ride please
 contact Jane Horton,
 Manager at Cancer
 Care Centre, on
 8272 2411

Individual & Team Registrations Welcome !

**Extend your spirit of adventure
 and take your cycling to the
 next level by really making a
 difference.**

**Take on the challenge on behalf
 of, or in memory of someone
 close to you who has been
 affected by cancer.**

Riding from Cambodia to Vietnam delivers a unique opportunity to cycle through some of the most breathtaking and diverse countrysides. While visiting sites rich in historical and military significance, and taking in stunning coastal sceneries, you will also meet the beautiful people of the area.

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

CONNECT ADVENTURES
Creating Charity Challenges



Cancer Survivorship – dealing with stress

Oh no, not STRESS again!

A recent media press release exclaims that they have discovered the mechanism by which stress promotes cancer. Stress hormones trigger lymphatic and blood vessel flow from the tumour thus increasing the risk of metastases.

We already know that stress hormones reduce immunity and here is a different mechanism that puts the focus back on "stress".

The reality is that stress is unavoidable! Just look at the complexity of life today: ones own health, your family's health, working life, work/life balance, extended family and community, the environment, environmental and food pollutants...it can be pretty overwhelming!

BUT but but!

Stop...and take a breathyou can have influence in this domain! And you don't have to get it 100% right. Not only is that impossible, (so take the pressure off) but we also know that a little effort in stress management can make a big change. For instance there is clinical trial evidence that simply participating in a stress management course can decrease your stress hormones and increase your immunity.

What's more is that we have been made to withstand stress! How fantastic that our bodies have inbuilt automatic ways to reduce the impact of stress; psychological, physical, and environmental! We have systems that respond to stress (think flight and fight reactions) that react then return our system to

normal balance. The trick is to activate that restoration to normal and not get stuck in cycles of chronic stress.

There are also many ways to mediate our psychological reaction to stress, therefore reducing its impact. The knowledge these days about neuroplasticity confirms how mental and psychological attitude and skills can change how our brains operate, not least of all to stressors.



Black tea with ginseng

We can do so much psychologically to influence our reactions to stressors.

• Keep a perspective.

That's what cancer teaches us - what really matters in a given situation. Practice being grounded and centred, in whatever way that speaks to you. That may be meditation, but it may be something else; walking, swimming, sitting in the garden, watching a horizon. Being mindful.

• You can take breaks from the world of stressors.

Small breaks, big breaks... getting away from the everyday things that mount up makes a difference. A year off, a few weeks holidays, a weekend away, a retreat, a few hours, a few minutes. Take a breath for just a moment. Note the trees, listen to the waves, breathe in a beautiful aroma, feel the hug. Every moment of practicing this calms and soothes the mind.

• Spend time with nature.

I am a strong believer in the spirit of nature quietening the mind and enlivening the body. A recent study highlighted the effect of "forest therapy" on breast cancer patient's immunity. Being in a forest enhanced the "natural killer cells" that combat cancer, and the effect lasted some days after leaving the forest. There is other clinical evidence of the positive effect of being in nature or in the wilderness on stress hormones and immunity.

• You can de stress yourself after the event.

Do exercise, debrief, talk, journal... do different and peaceful activities, and therefore allow your body and mind time of repose and recovery. And share the burdens, ask for help.

• You can support your physical body

There are herbal medicines that help support the nervous system and mediate the physiological impact of stress. These are the nervous system restorative tonics and adrenal "adaptogens".

The adaptogens help our body to return to normal in the face of chronic stressors. We know they can lower elevated cortisol (the stress hormone) helping you manage the constant stress, as well as reducing anxiety and improving fatigue. What a great gift from nature to use in this modern day world!

Early research on adaptogens was conducted in Russia where it focused on physical and chemical stressors that miners, soldiers and athletes were exposed to. Clinical trials showed increased stamina and reduced chronic stress, and it was validated

sufficiently to be used widely by the government with their troops and the cosmonauts.

There are only about a dozen herbs in the huge world of herbal medicines that have this quality. Some will be familiar to you; Ginseng, Macca and Licorice. Others you may have heard of; Withania, Astragalus and Siberian Ginseng.

Withania is my favourite, mainly because it is a soothing to the nervous system as well as bringing balance back to our stress responses.

So back to that article that connected stress hormones to cancer. It was suggesting the use of beta blockers (these reduce heart rate in cardiac conditions), since that was the drug they were testing to see if it would counter the way lymphatic vessels open when there is too much cortisol circulating for too long.

Well I think we have a few more ideas now that can influence excessive cortisol and the stress burden in the body. These have many other positive benefits, and no unwanted side effects! There are the many psychological stress management strategies you can use every day, and you can also seek the support of a qualified Naturopath to help guide you with herbs and nutritional supplements that help the physical body.



Shauna Ashewood is a Naturopath with over 25 years of clinical experience. She is a long term cancer survivor with a story of a "radical remission". She has a practice at Semaphore and in the city at Therapia. She can be contacted at 8242 2083 or sashewoodnaturopath@gmail.com

Shauna will be telling her story as part of the Twilight talks at the Cancer Care Centre on Tuesday 10th May 2016



Withania root

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

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

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 10 May
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: Nicole
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 – 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 a Tuesday evening from 6.00pm – 7.00pm

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

Bookings essential.
Members free Non-members \$20

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

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. A six week course that requires no prerequisites

Facilitator: Tina
Course commences 18 May
3.00pm – 4.00pm
Bookings are a must – class is limited to 12
Members \$48 Non-members \$70



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.

Causes of Cancer Part 2: What we do to ourselves

In the first article of this series (1) we discussed why cancer is preventable and how six simple lifestyle changes could prevent 37,000 cancer cases in Australia each year.

In the first article we also discussed the current thinking on the causes of cancer. These were:

- 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; and
- Only 5 – 10 % of cancers are genetic.

In this and subsequent articles, we will look in more detail at each of these categories. We'll start with the 30 % of cancer caused by what we do to ourselves.

Changing just six lifestyle factors can significantly reduce your cancer risk (2), with some arguing this alone can reduce your risk of preventable cancers by up to 90 %! To refresh, the six lifestyle factors are:

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

And I won't be discussing any of them, which may seem a little odd: An article on preventing cancer, which won't discuss the major risk factors?

The reason I won't be discussing any of the risk factors or how to change them is because there is something far more important to consider: Why you do them in the first place.

We like to think we are logical creatures and our actions and decisions based on sensible and rational decisions. Yet when we look at our behaviour honestly, this isn't how it works. We all have 'Go To Behaviours' for when we are tired, stressed or feeling down. Behaviours to help us cope, relax or feel better. The sad reality is these 'Go To Behaviours' –

which often include the six lifestyle factors above – may make us feel better in the short term but are often self-destructive and doing harm to us or those around us. And we know it. So why do we continue to do them again and again and again? It's an important question as until you understand the drivers behind why you keep doing things to sabotage your health and happiness, you have little chance of successfully changing the behaviours and turning your life around.

To start, I'll re-tell a well-known story attributed to the Cherokee:

An elder was teaching his grandson about life

"You have two wolves fighting inside you" he said.

"One is black and driven by anger, envy, greed, guilt, resentment, selfishness and arrogance. The other is white and is love, joy, benevolence, compassion, truth, generosity and humility."

After a moment's reflection, the young boy asked: *"Which wolf wins?"*

"The one you feed" came the reply.

While *"The one you feed"* answer is fundamentally true and the usual ending given to this story, it isn't the whole story.

The story reflects the internal battle between your subconscious and conscious mind. The black wolf is your subconscious, the white wolf your conscious.

The reality is both wolves – the subconscious and the conscious – must be fed. Starve one and it will feel threatened and fight back. For wholeness, yin must balance yang.

To understand this story we need to know what your subconscious and conscious minds do. In a nutshell: Your subconscious feels, your conscious thinks.

The feelings and emotions arising from the subconscious provide the power, passion and drive to keep you going. But what are the motives for these feelings and is what the subconscious wants in your best interests? This is a massive topic we cannot cover here other than to say the motives of the subconscious are often dark, selfish, irrational and not to be trusted. Being driven by passion is a wonderful thing. Being a slave to your emotions is not. Your conscious mind decides what you do with the emotional energy.

But it's not that simple. Because the subconscious hides its motives from the conscious, you are largely unaware of what is going on under the surface. In this case, what you don't know can hurt you, because the subconscious gets its way – a lot more than you may realise – and we've already discussed what that can mean.

Understanding what stresses you and how you handle it tells you a lot about the interplay between your subconscious and conscious minds and how it relates to your default 'Go To Behaviours'.

First we need a common definition of what stress is. All stress isn't the same: There is good stress and bad stress. What's the difference? One way to look at it is good stress you control while bad stress makes you feel out of control. Let's start with good stress.

The purpose of training is to deliberately stress your body. Pumping iron or working against your body weight builds muscle strength and tone. Aerobic exercise builds cardiovascular system stamina and endurance. Practising a musical instrument builds competence and dexterity. Doing puzzles and problem solving builds mental acuity and agility.

Good stress means you handle things better next time: You get fitter, stronger, smarter and more able to cope. We need stress to grow: Physically, mentally and emotionally.

But what about when the boss is yelling at you again; the children are fighting; the wife is angry; you're worried about the bad turn Aunt May took yesterday and you don't have the money to cover the bills that came in the mail this morning. You feel unappreciated, threatened, helpless, trapped. That's bad stress.

Dealing effectively with stress – both good and bad – involves three things:

- Knowing what stresses you;
- Knowing when, how and where your body reacts to or stores stress; and
- Having a healthy way to get the effects of stress out of your system.

The 'fight or flight response' is your inbuilt system to deal with danger. Your adrenaline surges, your heart races, your senses become keener. And while very useful on the rare times you came face to face with a sabre tooth tiger, having it trigger several times a day in situations having nothing to do with your survival creates a physiological stress your body could do without – and which also encourages the growth and spread of cancer (3). Your subconscious and your body have been fooled into thinking the stresses of daily life are real threats when they're not.

Having a way of burning off the emotional tension associated with stress means you're not constantly living in the 'fight or flight response'. If your way is destructive 'Go To Behaviours' and reaching for a smoke, another beer, more comfort food or any or all of the other six cancer lifestyle risk factors, you'll have two things working against you: The physiological effects of chronic stress and the effects of your self-destructive 'Go To Behaviour' coping mechanisms. You're creating The Perfect Storm and playing right into the hands of a potential cancer.

Developing healthy strategies to deal with stress may include exercise, meditation, going for a walk, playing music or engaging in a hobby. Anything to take the emotional energy generated by the subconscious and channel it away from your self-destructive 'Go To Behaviours' and into something harmless or productive. Then both the black and the white wolves get fed: Your subconscious can still feel the emotion and your conscious can put the energy associated with those feelings to good use.

Finally, it would be remiss not to point out this article is just the tip of the iceberg. Developing an understanding of how powerful your subconscious mind can be; how it affects your everyday life and the subtleties of the interplay between your subconscious and conscious mind can take a lot of time and effort. But without this understanding, bringing about meaningful and lasting behavioural change will be difficult. Or you could just enlist the aid of comedian Bob Newhart (4).

As for how the other things you do affect your cancer risk, we'll save them for the next article in this series.

For information on Stress, please see page 5 "Cancer Survivorship - dealing with stress"

References and Suggested Reading

- (1) Hardy, S. J.: *Causes Of Cancer: Everything Old Is New Again*. *Healthy Living*, January – March 2016, pages 6 – 7. Available online at: <http://drstephenhardy.com/causes-of-cancer-part-i-everything-old-is-new-again/>
- (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) The link between chronic stress and the spread of cancer has received recent media attention. Some popular press articles and the scientific study on which they are based are shown below.

Popular Press Articles

<http://www.sciencealert.com/study-finds-that-chronic-stress-really-does-spread-cancer-in-the-body>

<http://www.abc.net.au/news/2016-03-02/chronic-stress-enhances-spread-of-cancer-through-lymph-system/7211536>

<http://www.theage.com.au/victoria/chronic-stress-spreads-cancer-monash-university-study-finds-20160301-gn7jvv.html>

Scientific Study

Le, C. P.; Nowell, C. J.; Kim-Fuchs, C.; Botteri, E.; Hiller, J. G.; Ismail, H.; Pimentel, M. A.; Chai, M. G.; Karnezis, T.; Rotmensz, N.; Renne, G.; Gandini, S.; Pouton, C. W.; Ferrari, D.; Möller, A.; Stacker, S. A.; Sloan, E. K.: *Chronic stress in mice remodels lymph vasculature to promote tumour cell dissemination*. *Nature Communications* 7, Article number: 10634 doi:10.1038/ncomms10634 Published 01 March 2016. Available online at: <http://www.nature.com/ncomms/2016/160301/ncomms10634/full/ncomms10634.html>

(4) Bob Newhart and Mo Collins: "Stop It": <https://www.youtube.com/watch?v=Ow0lr63y4Mw>



A daily yoga practice is a good 'Go to Behaviour' to help with stress. Yoga is offered at the Cancer Care Centre on Wednesday afternoons during school term.



Seeds for Health Autumn course begins soon!

Our next 'Seeds for Health' course commences on Wednesday 27 April and runs through until 1st June (10.00am – 12.30pm).

This very popular course is a must for all gardeners wishing to grow their own vegetables. Diana and Cath will take you on a journey from seedlings to harvest, teaching all that you need to know so you can grow organic vegetables at home.

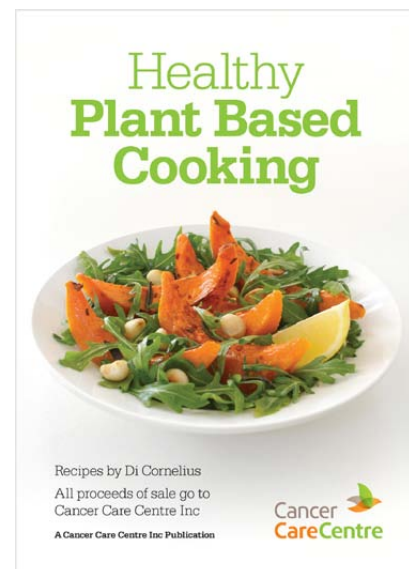
Bookings are essential; please ring the Centre to reserve your place.

Healthy Plant Based Cooking

This wonderful cook book is filled with over 130 easy to make recipes and other information regarding vegan cooking.

Priced at \$25 only the book represents great value and is a wonderful gift to give someone who is looking to eat healthier and try some new ways of cooking. Telephone the Centre for your copy or come in and pick one up.

All proceeds go to Cancer Care Centre.



Exercise Your Lymphatics Weekend Workshop

Based on our popular six week course, we are offering two consecutive Saturday mornings to learn safe and effective techniques to improve your lymphatic system function.

Facilitated by one of the Centre's lymphatic massage practitioners, Richard Roope will guide you through techniques and exercises you can do at home. Past participants have found Richard's information and handouts to be very useful and practical.

The next weekend workshop will be held on Saturday 23 & 30 April, 9.30am – 12.30pm. Bookings are essential as numbers are limited.



**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.