

# HealthyLiving

Cancer Care Centre Inc.  
Quarterly Program and Newsletter



## Men's Support Group

An opportunity to talk it through with mates. See page 4.

## Treatment with Chemotherapy for Cancer – what is the right dose?

Oncologist Dr Kichenadasse explains how the right dose for an individual patient is decided. See page 5.

## The Hero's Journey

New class beginning at the Centre – write your own story about your cancer experience. See page 11.



### 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](http://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](http://cancercarecentre.org.au)

## Donations

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

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### Thank you to the following people who are our Cancer Care Champions:

Elena Voss  
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*Donations made after 29 Sept will appear in the next edition of Healthy Living*

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### Thank you to all our annual dinner sponsors:

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## 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

**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.**

## FROM THE MANAGER

### Dear Healthy Living readers

Welcome to the spring edition of Healthy Living.

This is the last edition of Healthy Living for 2016. Where has the year gone? For the Centre, it has been a busy year.

We have had some staffing changes, begun engaging a 'work for the dole' volunteer, welcomed new volunteers and said goodbye to some other volunteers who have moved on to pursue new careers or taken on greater responsibilities within their own families.

We also said goodbye to two Board members at our Annual General Meeting held in September. Associate Professor Brendon Coventry had served on the Board for two years and has contributed some worthwhile ideas on how we can make Oncologists more aware of the services we offer. Our other retiring Board member was Gerard McCabe. Gerard has served on the Board for six years and has been a very valuable member. He was the key leader in the rebranding of the Centre some years ago and has also been a very generous supporter of the Centre over the years. Thank you to both Brendan and Gerard for all your work and contribution you have given CCC.

Our recent annual dinner was once again a great night and all our guests enjoyed the evening. We were generously supported by many local businesses for our Silent Auction, as well as numerous wineries in the Langhorne Creek area who donated wine to sell on our Wine Wall. Thank you to all those members, friends and volunteers who attended the evening.

The next few months are going to be busy here at the Centre as we wind up 2016. I encourage you to read through the 'Hero's Journey' article on page 11. If you have wanted to attend our Art Therapy classes but didn't feel you were a good enough artist, this course may suit you instead. No artistic skills necessary, just a desire to be creative.

We have another course of 'Journey to Wellness' starting soon, so please don't delay in enrolling. This course is offered four times a year and will be the final one for 2016. Also our very popular 'Seeds for Health' organic gardening course is on in October. This course is only offered twice a year – in Spring and Autumn. It is the perfect time before the hot summer months to start planning your organic veggie patch.

Our 'Shining Through' fundraiser will be on again in March 2017. We are calling all those affected by cancer to be part of this unique fundraising event. It will be an opportunity to celebrate shining through adversity. Participants will attend a photo shoot at the Centre with award winning photographer Heidi Linehan. There is no cost to participants. Each participant will have their own exclusive sponsorship page on our 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 programmes provided by the Centre to our members. If you know anyone who would like to take part in this unique fundraiser please contact the Centre for more information.

Please note in your diaries that the Centre will be closed during the Christmas period from Thursday 22 December and will reopen on Monday 9 January 2017.

On behalf of the Board, staff and volunteers, I wish you and your family a peaceful and safe Christmas.

**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**





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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



## Are you a Man going through Cancer?

## Come along and join our Men's support group

Don't worry, a men's support group isn't just for those that want to sit around a camp fire singing kumbaya.

Participants of our men's support group, which meets on the first and third Tuesday evening of each month, find great support from other men going through a similar cancer experience to themselves.

Ultimately, a men's group will support you during your cancer treatment and after.

Research shows that hearing from and sharing with others with similar experiences can be very helpful. A support group can show you that you are not alone, give practical skills on how to deal with health and emotional issues that may arise, and others in the group can provide ideas on helpful coping strategies they may have used.

You may initially be a little reluctant to join a support group, but most men find after their first meeting they are more than happy to come again. The interaction with other men facing similar struggles is often very comforting and naturally very supportive.

Everything that takes place within the support group is naturally kept confidential.

If you would like to know more about our Men's support group, please ring the Centre and we will arrange for the facilitator to give you a call and have a chat.

# “Dosis sola facit venenum” – Latin for “The dose alone makes the poison”

This quote is attributed to a famous Swiss German alchemist-physician known as Paracelsus. He is considered to be the founder of toxicology, a branch of science/medicine that deals with studying the adverse effects of chemicals on living organisms.

It is believed that “the dose alone makes the poison” is an abbreviated version of “all things are poison and nothing is without poison; only the dose makes a thing not a poison”.

In the context of treatment with chemotherapy for cancer, the real meaning of this statement is using the RIGHT DOSE to provide a useful outcome (i.e. not too little of the drug) of treating the disease and not causing significant adverse effects (i.e. not too much of the drug).

You may be aware of the recent unfortunate events around chemotherapy dosing issues both in South Australia and New South Wales which have raised concerns among the cancer sufferers and their family.

It is common practice that the doctors are expected to discuss the benefits and harms related to any medications they prescribe to their patients. However, discussions on the initial dose of the prescribed medications were not common. The following is a brief overview on how chemotherapy dose is selected by the oncologists to treat a patient with cancer.

As you may already know, many cancers are treated with chemotherapy drugs with the aim of a cure or prolonging life or even palliating symptoms arising from cancer.

Often, a patient’s body surface area (calculated by a formula using their height and weight) is used to prescribe the initial dose of a drug or a cocktail of two or more chemotherapy drugs chosen for their type and stage of cancer.

Occasionally, an individual’s kidney function maybe used to calculate doses. Increasingly, newer cancer drugs are being developed which are given at a single fixed dose for all patients regardless of their body surface area.

Based on each patient’s tolerance with the first dose, subsequent doses are either reduced or continued at the same strength. Rarely, the dose may be increased.

One of the biggest challenges in personalised cancer care is identifying the right dose for the first course of treatment.



Most chemotherapy drugs have a narrow range of doses below which they may be ineffective and above which they may cause too many side effects.

Identifying the sweet spot (“the right dose”) for an individual patient that is expected to work without causing too many adverse effects is the holy grail. Previous human clinical trials and established national/ international guidelines provide help to a clinician for selecting the optimal dose.

However, the decision on starting dose is more of an art, based on these factors and clinician’s past experience. As each person is unique in the way their body handles the drug and other complicating factors such as age, general fitness, co-existing health conditions and usual medications, may warrant a different dose than the one calculated based on the body surface area.

In summary, while guidelines exist on chemotherapy for most cancers, a patient’s health status may warrant modifications in the prescribe drugs and their doses. It is important that the patients as consumers of the prescribed medications have a good discussion with their doctors about the prescribed doses, expected benefits and harms.

**Dr Ganessan Kichenadasse MBBS, FRACP**  
**Consultant Medical Oncologist**  
**Flinders Medical Centre**



# Let's discuss Menopause and Medical Treatment

Menopause typically occurs around the age 45-55 but can occur to women before the age of 40 when it is called early menopause. Menopause can also be triggered through surgery to remove ovaries or from treatment for cancer such as chemotherapy or radiotherapy to the lower abdomen.



Women who have experienced sudden menopause due to medical treatment will need special support from a health professional who understands her unique issues. Many women with Oestrogen + breast cancer are also prescribed anti oestrogen drugs such as Tamoxifen and aromatase inhibitors which can increase symptoms such as hot flushes, bone pain and vaginal dryness. This can significantly reduce quality of life.

## Looking at the options:

### Natural options/ phytoestrogens

Phytoestrogens are plant hormones which are similar to Oestrogen but much weaker. It is impossible to have a diet without phytoestrogens as all plants contain phytoestrogens. If you were to have a diet devoid of phytoestrogens you would be a meatatarian (no vegetables at all!). We know that the most anticancer diet is a plant based diet and plant based diets are full of phytoestrogens. The main phytoestrogens studied for menopause are isoflavones and lignans found in soy and flax, grains, cabbage, legumes and lots more. A high consumption of these things may modestly reduce hot flushes, decrease bone loss and help vaginal dryness but not help night sweats. A combination of herbs, diet, exercise, meditation is usually needed.

Some practical adjustments to lifestyle can also help enormously such as reducing alcohol and hot drinks like coffee which will increase hot flushes. Not taking on too much and reducing stress as stress worsens menopausal symptoms. Practicing yoga and mindfulness meditation are excellent. Increasing weight bearing exercise and eating a diet high in whole plant based foods and avoiding processed food to manage weight and reduce bone loss. Increasing Flax seed in the diet can also help.

### Soy

Recently a study on 200 women taking soy isoflavones compared to women taking no menopausal therapy showed that soy may be beneficial in bone loss through the menopause and had a significantly beneficial effect on cardiovascular risk but it had a negative effect on thyroid function so women with thyroid problems should probably avoid it and women taking it should have thyroid hormones monitored.

There are numerous studies showing soy will reduce hot flushes and help vaginal dryness over time and the majority of studies on humans and animals show that soy is protective for breast cancer especially in Asian populations. This is thought to be because of the high intake of soy by Asians.

Some studies in vitro (in a Petri dish) indicate that soy phytoestrogens could increase the risk of oestrogen receptor positive cancer. This does not seem to be the case when humans eat it.

If you want to eat soy my recommendation is that it be non GMO and organic.

### Herbs

There are numerous herbs which help with the symptoms of menopause and a combination of them which is specific to the patient is the preferred option.

St John's Wort is the most studied herb for depression and anxiety and it has been studied in menopause. It is beneficial in hot flushes and of course the flat mood, depression and anxiety symptoms as well. It cannot be taken with antidepressants or chemotherapy and numerous other drugs so best to check with your herbalist or doctor if you are taking medication.

Black cohosh is the most studied herb used for hot flushes, promoting sleep and is safe for use for patients with breast cancer and prostate cancer. In fact, it seems to be beneficial in a number of trials as it inhibited growth of breast cancer cells in vitro but more importantly in human clinical trial it did not increase breast density and did not promote endometrial growth of the uterus after using it for 6 months.

Concerns over its effect on the liver prevail as a very small number of women developed liver disease after using it. It is thought to be a possible allergic hepatitis. To put this in perspective there were 55 cases of suspected liver issues worldwide and there are at least 350 million doses of Black cohosh taken daily. Equally, the most common cause of liver failure in this country is from Paracetamol (Panadol). If you have pre-existing liver problems use with caution and with the support of a medical professional or well qualified herbalist.





**Tracey Cook**  
ND(Herb Med,  
Hom, Nutr) MHSc  
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.

Shatavari, Kudzu, Sage, wild yam and liquorice are also options depending on your situation.

Herbs which are beneficial to mood also help menopausal symptoms generally and they include Saffron, Lemon balm, Lavender, Hops, Withania and Rehmania.

It is best to consult with a medical herbalist to get the best and safest results.

## Medical options

### HRT

It is recommended that oral HRT be given with combined oestrogen and progestogens (synthetic) for women who still have a uterus, rather than just oestrogen alone which can increase the risk of uterine cancer. It is not recommended for women with a history of breast cancer.

Patches of combined Oestrogen and progestogens (synthetic) has a slightly higher safety profile when it comes to side effects. Also not recommended for women with a history of breast cancer.

Oestrogen creams or tablets for vaginal and urinary symptoms inserted into the vagina have a local effect.

Bioidentical hormones are mixtures of hormones prescribed by doctors and made in compounding pharmacies. They can contain varying mixtures of oestrogen, progesterone and testosterone in cream, troche, drops, lozenge or capsules. Further research and regulation is needed as these preparations are not regulated by the Therapeutic Goods Act.

It is not known if the compounded progesterone protects the lining of the uterus and replacement with these compounds should probably not be used by women who have a history of breast cancer. Women should talk to their doctor about their individual risk and benefit profile.

There are numerous options and the choice is growing almost daily. Women should consider seeing a doctor who specialises in women's health and a naturopath or herbalist who specialises in women's health to understand all the options and issues and make an informed choice for her unique situation.

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# 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

### 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. The course is inspired by Dr Gawler's Cancer Healing and Wellbeing course.

Facilitators: Sarah Trangmar, Richard Roope, Paul Kern, Lynne Murphy, Anne-Marie Halligan and Pam Mitchell  
Commences 31 October 9.30am–12noon  
Cost: \$120

### 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

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

## Tuesday

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

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

### Massage – Oncology, Relaxation, Remedial

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

### Counselling

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

### Reiki

Therapist: Colomba  
Weekly, Tuesday afternoons  
Members \$40 Non-Members \$85

### 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.

## 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



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.

## Yoga

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 9 November

3.00pm–4.15pm

Bookings are a must – class is limited to 12

Cost: Members \$48 Non-members \$70

## 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

## 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

## Thursday Women's Support Group

A friendly support group for women over 45yrs of age 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

### Massage – Oncology, Remedial

Therapist: TBC

Weekly, Friday mornings

Members \$40 Non-Members \$85

## Reiki

Therapist: Colomba

Fortnightly, Friday afternoons

Members \$40 Non-Members \$85

## Hero's Journey

Facilitator: Rebekah Popescue

6 week course

Commences 11 November

10.30am–12.30pm

Cost: \$68 members \$90 non-members

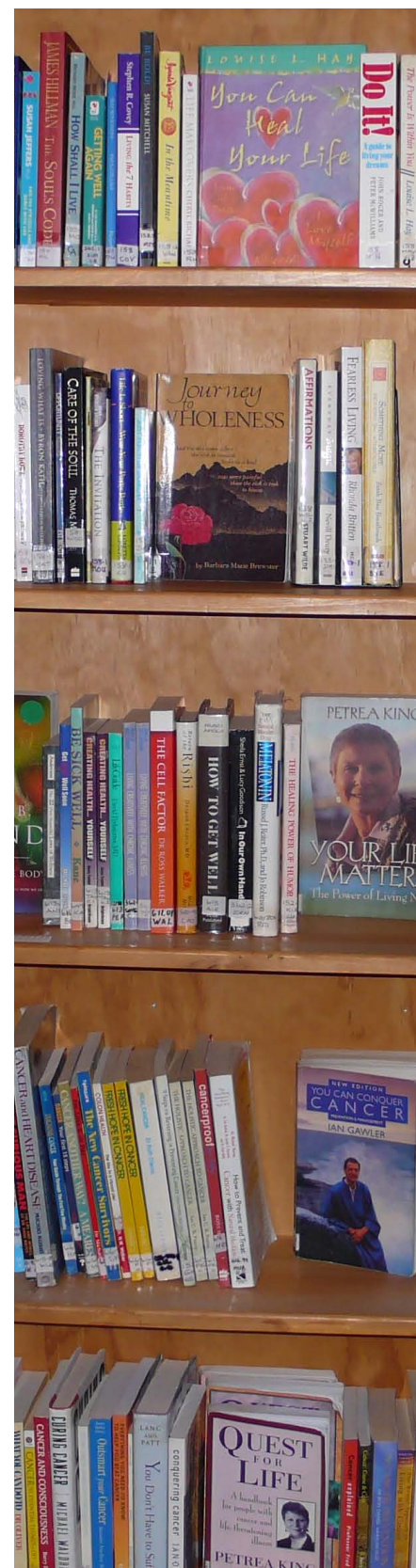
## Monday – Friday

### 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 this great resource can help. Internet research can be arranged for you by one of our volunteers.

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

No Charge – Members' facility only







## Organic Gardening Course – begin your own veggie patch at home

Seeds for Health is the Cancer Care Centre's very popular course where you can learn everything you need to know about growing organic vegetables.

Held at Fern Avenue Community Garden, Fullarton – you will learn all you need to know to begin your own organic veggie patch at home. Learn about sowing seeds, creative garden design, permaculture and management, composting, water systems, mulch and more.

At the end of each week's teaching, participants enjoy lunch together in the garden.

Our next course starts on Wednesday 26 October from 10am to 12.30pm

Cost is \$85 for members, \$105 non-members.



## Looking for a Christmas gift?

Why not purchase a copy of Di Cornelius' 'Healthy Plant Based Cooking'? Copies are \$25 each and full proceeds go directly to Cancer Care Centre.





# New Class beginning soon...

## Write your own 'Hero's Journey'

Book making and storytelling can be a wonderfully cathartic medium in art therapy to express a person's journey using symbolic language. By creating a mythical storybook about a difficult experience, a person can explore alternative, imaginary versions of real world events using symbols, metaphors and archetypal characters.

This six part program, facilitated by Rebekah Popescue, will offer participants a rich and powerful experience of memorialising their own heroic journeys through cancer. It is aimed at people who have either completed treatment or have been in treatment for some time. It is not a course that is recommended for people recently diagnosed.

The freedom to create an imagined mythical narrative of a traumatic experience enables ease of expression using allegories and themes relating to the event. This can unfurl deeper meaning for the author and elicit empathic responses from the captive audience in the shared group environment. It can be a wonderful way to celebrate the victory of overcoming a great trial; it can also be a symbolic trophy and a reminder of the obstacles that have been attempted or surpassed.

Joseph Campbell was an American writer who made his mark on the world with his analysis of the 'Hero's Journey' found in many myths throughout human history. From Odysseus making his journey back to Ithaca in Homer's *Odyssey*; or Frodo Baggins' quest to take the ring back to the fires of Mordor; Campbell traces the journey that a person must go through in order to discover his or her truest self and bring their newfound gifts of wisdom to the world from the darkest depths of the abyss which is a metaphor for great suffering.

In therapy we use this model to help a client externalise their trauma story so that they can integrate it differently into their life's story. There is an abundance of resonance with the Hero's Journey and an individual's experience of cancer.

This program offers Cancer Care Centre members the opportunity to author their own mythical tale that rewrites their real life cancer stories. The story will then be made into a book from which the members will make their own paper, hard cover and artwork to illustrate their own Hero's Journey tale. This can be a powerful and transformational process for people to reconstruct their cognitive and emotional narratives around the experience of having a life-threatening illness.

During the course, participants will be able to share their stories and gain inspiration from each other's ideas. The sessions will have a mix of interpersonal activities and individual reflection time after which the writing and artwork will be created. It has long been hypothesised that group therapy has a positive impact on survival rates in cancer. For participants who want to share their story with the group, this process can have far reaching positive consequences for the author and audience.

Rebekah is an Art Psychotherapist who is also a survivor of breast cancer.

Diagnosed in late 2014, she has also been an active member of the Young Women's Support Group which meets bi-monthly at the Cancer Care Centre. Rebekah has her own private art therapy practice and also works with organisations supporting people with chronic disease and mental health issues. She quotes Joseph Campbell saying "Mythological symbols touch and exhilarate centres of life beyond the reach of vocabularies of reason." and explains that for her, writing this book and sharing it with her own group illuminated the fact that she still had psychological and body-felt fear responses to her own perceived 'grim reaper' and was not quite stepping into her heroine's armour.

The processes of art and writing enabled her to recognise the residual angst from her cancer experience and take steps towards positive, life-affirming change.

Rebekah is excited to share this deeply moving process with willing participants!



Image created by Rebekah Popescue





## Journey to Wellness – a six week course that will empower you on your cancer journey.

Journey to Wellness is a course offered to all members of Cancer Care Centre; especially those newly diagnosed. 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.

We are very fortunate to have some wonderful volunteer facilitators presenting each session.

**Paul Kern** – Naturopath

**Lynne Murphy** – counsellor

**Sarah Trangmar** – massage practitioner

**Anne-Marie Halligan** – massage practitioner, ex-nurse and state coordinator for Oncology Massage Training

**Richard Roope** – massage practitioner and personal exercise coach

**Pam Mitchell** – meditation/mindfulness teacher

The course covers the following topics (not necessarily in the following order):

**Session 1** Your Body and Cancer

**Session 2** Pain and Stress Management

**Session 3** Enhancing Wellness

**Session 4** Meditation

**Session 5** Your Mind and Cancer

**Session 6** On the Road to Wellness

This course is inspired by Ian Gawler's Cancer Healing and Wellbeing Course.

Journey to Wellness is held once a term on a Monday morning. Extensive course notes are given at each session.

**Cost** \$120

**Note** Places limited to 20 attendees



## Move and get fit!

For some time now, cancer patients have been led to believe that bed rest is better for them, but in light of recent research findings, they are now being told otherwise.

*“Some activity is better than none, and more is better than some.”*

This is the recommendation now given to cancer patients during and after cancer treatment by health professionals. Exercise has many benefits for the human body – it improves physical performance, functioning and fitness, improves mood, reduces anxiety and fear, and has a beneficial impact on one’s quality of life. In addition to these, for the cancer patient, exercise has also been shown to significantly improve fatigue levels.

Cancer-related fatigue (CRF) is “a distressing persistent, subjective sense of physical, emotional and/or cognitive tiredness or exhaustion related to cancer or cancer treatment that is not proportional to recent activity and interferes with usual functioning” as described by the US National Comprehensive Cancer Network. Unlike everyday fatigue which can usually be relieved by rest or sleep, CRF cannot. CRF is a common symptom for cancer patients, particularly during and after treatment, affecting 80-100% of patients.

There is a growing body of evidence now supporting exercise in managing CRF. Recent reliable studies revealed exercise is safe, reduces fatigue, and increases the endurance of cancer survivors. The same research also found exercise interventions to be well tolerated by cancer patients with minimal adverse effects reported. Hospital-based, supervised exercise involving mixed training including aerobic, resistive, and stretching, is reported as one of the most effective methods. Recommendations regarding dosage and amount still remain unclear, although the average reported in recent research was 104 minutes per week. Cancer patients should follow the general recommendation to avoid inactivity and complete as much moderate-intensity exercise as tolerated.

The Memorial Hospital Day Rehabilitation Centre, in North Adelaide, runs a Cancer-Related Fatigue Program. This is a multi-disciplinary rehabilitation program that involves gym-based exercise supervised by a physiotherapist and therapy assistant, group socialisation over morning tea, and various education sessions.

While cancer treatment improves survival of the patient, the side-effects on physical and psychological function often reduce one’s quality of life. This increases the need for a holistic rehabilitation approach to address these issues, and The Memorial Hospital’s program does this. Furthermore, there are opportunities to also work with an occupational therapist, dietician and/or speech pathologist to help you return to your highest level of functioning.

### References:

Dennet et al, 2016, *Moderate-intensity exercise reduces fatigue and improves mobility in cancer survivors: a systematic review and meta-regression. Journal of Physiotherapy. Volume 62 (2016) pages 68-82.*

Pearson, EJM and Di Stefano, M, 2016, *Interventions for cancer-related fatigue: a scoping review. European Journal of Cancer Care. 18 April 2016.*

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# New Books in the Library



## Natural Strategies for Cancer Patients

by Russell L. Blaylock

Cancer and current cancer treatments wage war on the body, but Russell L. Blaylock – a respected doctor and clinical assistant professor of neurosurgery – has developed an easy-to-follow program to fight back naturally. This book shows how easy it can be to fortify nutritional status during this critical time.

## Let's Talk About it: Finding Peace with Death and Dying in Everyday Life

by Lea Rose

Let's Talk About It is the essential book on death and dying to transform the way we die. Lea's unique and innovative approach educates us on: finding the courage to face our fear of death; empowerment for making conscious choices; creating a care team of family and friends to support real connection; and the true value of communication through open discussions in our own family. Gripping true stories are included to personalise the experience of death, to break down barriers and negative associations.

## Human Side of Cancer

by J & Lewis S Holland

For more than twenty years, Dr Holland has pioneered the study of psychological problems of cancer patients and their families – whom she calls "the real experts." In *The Human Side of Cancer*, she shares what she has learned from all of them about facing this life-threatening illness and what truly helps along the cancer journey. This book is the next best thing to sitting in Dr Holland's office and talking with her about the uncertainty and anxiety elicited by this disease. And it is a book that inspires hope – through stories of the simple courage of ordinary people confronting cancer.



## Have you tried our Tulsi teas?

Here at the Centre we stock Tulsi teas. We have two blends for sale – Original and Green.

Original tea - three sacred varieties of Tulsi with restorative powers are blended to create this deliciously calming, yet energising infusion. With hints of lemon and citrus and slightly spicy tones, this tea infusion will help relieve stress and uplift your mood.

Tulsi Green Tea – this tea is accented with an aromatic lemon flavour and provides a natural energy boost with half the caffeine!

**All Tulsi teas are certified organic and GMO free. Each box contains 18 tea bags and costs \$5.00**



# A big thank you to our wonderful volunteers



Cancer Care Centre...  
a place of help, hope and understanding.

# 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.