

# HealthyLiving

Cancer Care Centre Inc.  
Quarterly Program and Newsletter

## Welcome and Farewell

We welcome our new manager & farewell one of our founding volunteers. See page 4 & 5.

## Reducing the Side-Effects of Radiation Therapy

How you can help yourself during radiation treatment. See page 8.

## New Books and DVDs for the Library

Make your new year resolution one that involves more reading. See page 10.

### 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)

# Become a New Year 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 access to vital 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 Manager on 8272 2411.

## Donations

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

Gareth Dawson Jones  
Adelaide Jaquars Womens Team  
Jon Rioden  
Elena Fogliano  
Debra Vincombe  
Joyce Clinch  
M & P Polasek  
Juro Eterovic  
Mrs C Zahner  
Alex & Maria Carrabs  
J & G Vrandecic  
I & K Sorich  
Milton Lodge No 99 Inc

Mary Pugliese  
Andrea Davies  
Sharon Hamdorf  
Olivia Jenkinson  
Trevor Broughton  
Rebecca Lamshed  
Kirsty Grant  
John Eterovic-Soric  
Merry Wickes  
Family and Friends of Tony Hamdorf



## Thank you to our Cancer Care Champions:

Elena Voss  
Malcolm Potticary  
Ray & Jocelyn Nicholson  
Alex May

*Donations made after 1st December 2017 will appear in the next edition of Healthy Living.*

## 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.**

## Dear Healthy Living readers

Thank you to all those members who came along to the AGM on 20th September. We are structured as an 'Incorporated Association' which means that we are member-based and must have an AGM, with a quorum, to report to the membership. It may not be a sizzling night out but it is a necessary part of the governance of your association.

I reported that two Board members, Dr Stephen Hardy and Ms Yvonne Martin Clark, did not re-nominate after their two-year term and we thanked them for their work during that time. Brian Murphy, Mark Gibbs and I re-nominated; Ann Marie Halligan also nominated, having been co-opted by the Board during the year, and all four of us were elected. Alex May and Sarah Trangmar continue through their two-year term. Each Board member gives of their time for our regular meetings and then separately when giving of their expertise to help in the running and development of the Centre – thank you.

I would like to thank Marg McClure for taking on the role of Volunteer Coordinator and it was largely her efforts, supported of course by others, that kept the doors of the Centre open every morning and every afternoon between the resignation of Leanne Isaacson and the arrival of Calandra Scott, whom we welcomed in early November.

We wish Calandra all the best as she settles to the new challenge of running and developing the Cancer Care Centre and probably her highest priority is to build the number of front office volunteers to ensure plenty of cover for the inevitable absences, particularly during the upcoming winter.

I'm looking forward to substantial developments as 2018 progresses. As I write this, we are preparing our Christmas Appeal letters. You'll be reading this in the new year, but don't worry about being a little late with your donation. Timing isn't important – generosity is all that counts when it comes to donating! If the letter's not to hand, please read the tear-off strip for a choice of ways to donate. Thank you – we are so lucky to receive donations of time, expertise and money. All three are needed to keep the Cancer Care Centre flourishing as a 'Place of Help, Hope and Understanding'.

Kind regards,

**Ian Budenberg**  
Chairman

## 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 'Journey to Wellness' course
- \$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 Centre Coordinator 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.



## 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:  
Centre Coordinator  
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 Centre Coordinator 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



## Welcome to our new Manager

The Centre is delighted to welcome  
Calandra Scott as our new manager.

Calandra comes to her role with a great deal of business experience. She has run her own business and has managed other small businesses throughout the last 17 years.

Her qualifications include certificate IV in small business management, Certificate IV in workplace assessment and training, and Advanced MYOB training. She is currently studying Psychology at the University of Adelaide.

Calandra has a long interest in complementary therapies having completed a remedial massage course, a Reiki Mastership and a Transactional Analysis 101 course. Meditation has been a part of her life for the last 18 years and she is currently a member with Lifeflow mediation centre.

She is also a keen volunteer, having volunteered for a variety of organisations. She was one of Cancer Care Centre's Reiki therapists approximately 15 years ago, and for the last three years has been a volunteer for Fauna Rescue, in the koala and possum teams. Calandra has also recently joined Family Drug Support as a volunteer.

"My door is always open and I look forward to meeting you in the future", says Calandra.

**Above: Calandra Scott, CCC's new manager.**





## and 'Goodbye' to one of our founding volunteers

After more than 30+ years, Cancer Care Centre's longest serving volunteer, Don Caddy, is retiring.

Don has been involved with the Centre from its very beginnings. With a group of around 20 other people, comprising of cancer specialists, supporting health care professionals and cancer patients, he helped establish the Centre in 1985. The support group initially met in a room of the Uniting Church in Westbourne Park before moving to our current location.

Don has volunteered in a number of roles within the Centre over the past 30 years. He helped facilitate the 'Living with Cancer' course (now known as 'Journey to Wellness'), ran the Men's Support Group, plus has been involved with many other Centre activities.

More recently, Don has volunteered one full day a week as a Support Worker, helping people who come into the Centre looking for support and information. He was one of the Centre's volunteers who met with new clients for a 'Pathways' appointment. (see back page for 'Pathways' details).

Due to his dedication, Don was nominated for a Pride of Australia Award in the Care and Compassion category in 2015 by the Centre's former manager Jane Horton.

Don will be sadly missed for his calm, reliable, friendly nature. The Board, staff, and volunteers who have shared time with him at the Centre, wish him a very happy retirement!

**Above: Don and his wife Yvonne at the recent garden party held at Government House for volunteer recognition.**

## Support your Centre

Often the loved ones we leave behind are not sure of how best to celebrate our lives and how to create a legacy in our name. Why not make it a little easier for them by arranging a bequest to the Cancer Care Centre in your will and letting them know you would like donations in lieu of flowers. These arrangements for the future are a legacy of support for others who follow.

A bequest can be made anonymously or recognised in our magazine and your name will be added to our Donor Board in the Centre.



# 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

### Young Women's Support Group

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

1st & 3rd Monday of the month  
6.30pm – 8.00pm  
By Donation

Please register your interest by telephoning the Centre on 8272 2411

### Melanoma Support Group

Facilitator: Karen  
Last Monday of the Month  
10.30am – 11.30am

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

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

### Massage – Remedial, Relaxation

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

### Counselling

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

## Tuesday

### Counselling

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

### Art Therapy – one on one

Individual 90-minute session  
Facilitator: Rebekah  
Weekly, Tuesday mornings  
Members \$60 Non-members \$90

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

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

### Massage – Oncology, Lymphatic Drainage, Relaxation, Remedial

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

### One on One Meditation

Facilitator: Dagma  
Weekly, Tuesday afternoon  
Members \$20 Non-Members \$30

### 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 the second Tuesday of each month from 6.30pm to 7.30pm

Cost: Members free Non-Members \$20  
**Bookings essential**

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

## Wednesday

### Group Meditation

Facilitator: Dharmamodini  
No booking necessary  
Weekly, Wednesday mornings  
(NB: not sessions during January)  
Members \$7.50 Non-Members \$10

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

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

### One on One Meditation

Facilitator: Nicole  
Weekly, Wednesday morning  
Members \$20 Non-Members \$30

### Massage – Oncology, Lymphatic Drainage, Remedial

Therapist: David  
Weekly, Wednesday afternoons  
Members \$40 Non-Members \$85

## Thursday

### 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

### Massage – Oncology, Remedial, Lymphoedema Therapy

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

# Courses and Workshops

Please ring the Centre on 8272 2411 to book into a workshop/course as bookings are essential.

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

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

## Counselling

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

## One on One Meditation

Facilitator: Lynne  
Weekly, Thursday afternoon  
Members \$20 Non-Members \$30

## Friday

### Carer's and Family Support Group

A friendly and supportive group for carers of loved ones living with cancer, and their families.

1st & 3rd Friday of the month  
12.30pm – 2pm  
Facilitator: Lee  
By donation

Please register your interest by telephoning the Centre on 8272 2411

## Counselling

Counsellor: Lee  
Weekly, Friday 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 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 – 4.00pm, Monday – Friday  
No Charge – Members' facility only

## Monday

### Journey to Wellness

A highly recommended course for all our new members.

This 6-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.

Facilitators: Sarah Trangmar, Paul Kern, Lynne Murphy, Anne-Marie Halligan and Pam Mitchell.

Next course commences Monday  
5th February 10am – 12.30pm.

Course is FREE for Members as funding has been obtained.

## Wednesday

### Yoga

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

6-week course that requires no prerequisites

Facilitator: Tina  
Next course commences Wednesday  
24th January 2.30pm – 3.45pm  
Class is limited to 10  
Cost: Members \$50 Non-members \$80

### Juicing Workshop

This monthly 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  
Starting 7th Feb  
1.00pm – 2.00pm  
Members \$7.50 Non-Members \$10

## Seeds for Health

A 6-week course to learn everything you need to know about growing organic vegetables in your own veggie patch! Course is run on a Wednesday morning from 10am – 12noon.

Facilitators: Diana Bickford & Cath Caon  
Next course commences: Please ring the Centre to register your interest for next course beginning in April.

Cost Members \$55 Non-members \$80

## Friday

### The Hero's Journey

This 8-week course provides an opportunity to explore your creativity as a catalyst for healing. Participants make a personal book that tells their cancer story and will offer them a rich and powerful experience of memorialising their own heroic journey through cancer.

Facilitator: Rebekah

Next course commences: Friday 30th  
January 10.30am – 12.30pm

Register your interest – cost to be advised depending on funding obtained.

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.





# Reducing the Side Effects of Radiation Therapy

by Craig Wainwright, Naturopath, Pharmacist.

Radiotherapy is a commonly used therapy in treating many different cancers, either as single treatment or in combination with chemotherapy or surgery. The safe incorporation of herbs and nutritional supplements are becoming more common in reducing the side effects of chemotherapy, it is less commonly employed with radiotherapy.

Whilst killing cancer cells, radiotherapy can result in a wide range of side effects, both short and longer term, despite recent improvements in targeted radiation delivery to protect surrounding tissues.

Unfortunately, the risk of adverse effects often increase with the intensity and duration of treatment. These adverse effects will vary depending on the area being treated. They include the acute effects of dermatitis, mouth ulcers and oral mucositis, nausea, vomiting and fatigue.

Other more damaging effects can also occur many months and sometimes years after radiation treatment, with the organs affected depending on the site and dose of radiation.

Significant heart, bowel, bladder, hormonal and gynaecological, thyroid, lung damage and even secondary cancers can develop years after successful radiotherapy, with children being particularly at risk of these complications.

Research is now highlighting that it is possible to reduce these adverse effects, but also improve the effectiveness of radiotherapy.

## What do we know?

### Mushroom extracts

PSK, specific extract of the mushroom *Coriolus versicolor*, is widely used in Japan (and now other countries) in various cancers, in combination with chemotherapies. Dozens of human studies have shown its benefit in cancer treatment. These benefits have also been shown with radiotherapy. They have been shown to improve immune response (vital in treating cancer), reduce fatigue and extend survival times in patient

### DHA

One of the key active components of fish oil, DHA has been shown to have many benefits. Both in animal studies and cancer cell line studies, it has been shown to significantly improve radiotherapy effectiveness, along with reducing fatigue and weight loss that commonly occur with radiation treatment. Usually occurring alongside EPA in fish and supplements, it seems to be the most important component and more effective when given separately without EPA.





### Quercetin

Found commonly in onions, garlic and citrus (the pith especially), it has shown widespread benefit in various cancers. Classed as a polyphenol, it has a long history of safe use. Whilst being shown to sensitive various cancers to chemotherapy, it can in some cases interfere with their metabolism. But it has been shown to be both a radiosensitiser (improves radiotherapy) and radioprotective (protects healthy cells and tissues). Animal studies have shown it to protect against damage to red blood cells and connective tissue underlying the skin (fibrosis). It also possesses potent anti-inflammatory properties.

### Curcumin

From the spice turmeric, evidence mounts for its benefits in various cancers, research has also been shown it to be ideal in radiotherapy. It both sensitises tumours to radiotherapy whilst protecting surrounding tissues against damage.

Some human studies have shown reduced dermatitis (common side effect) and pulmonary (lung) fibrosis. Another study, in brain radiotherapy, showed a reduction in memory and cognitive decline. Many different cancer cell models have shown the benefit of combining radiation and curcumin.

### Boswellia

Known as frankincense, it has strong evidence as a treatment that not just helps with the pain and inflammation of osteoarthritis, but also modifies the disease. A 2011 study of 44 patients with brain tumours showed twice as many patients received significant reduction of swelling compared to radiation treatment alone.

Other commonly used herbs such as Astragalus, Ginkgo biloba, Withania, Tienchi and Korean Ginseng also show promise at enhancing the effect of radiotherapy and reducing the various side effects associated.

### Soy

Not only can it improve the results of radiation treatment, a 2010 study, using 200mg of soy isoflavones with radiation in prostate cancer, showed marked reduction in side effects (such as urinary incontinence, urgency and erectile dysfunction). These reductions continued and were more marked after 6 months of soy isoflavones. Though equivalent to 400-500 gm of tempeh or tofu, it shows the benefit that food based nutrients can provide.

Whilst we always need to be cautious when combining complementary therapies, using those known to be safe and effective when combined with cancer treatments, we can improve the effectiveness of treatment, reduce side effects now and in the future, and improve quality of life.

Those with cancer should always consult a Doctor or Naturopath with experience in combining treatments to ensure your individual circumstances are taken into account and ensure the appropriateness of any complementary and dietary treatments.

**Above: Soy milk and soy beans can improve the results of radiation treatment.**

**Below: Curcumin sensitises tumours to radiotherapy.**



Craig is both a qualified naturopath and pharmacist with nearly 30yrs experience in the health industry.

He is a contributor to Blackmores Institute education programmes and also serves on their Pharmacist Advisory Group. He has a keen interest on evidence based medicine and is able to use his combined naturopathic and pharmaceutical knowledge to ensure safe prescribing of herbal and nutritional supplements with pharmaceuticals.



## New Books and DVDs in the Library

### **The Royal Marsden Cancer Cookbook**

This book is divided into three: a detailed section by Dr Clare Shaw on diet and cancer and the problems you may face during treatment (such as loss of appetite, nausea, sore mouth, change of taste); recipes to cook during treatment, which are nutritionally beneficial and wholesome enough to keep you strong even if you can't eat too much; and a section of recipes for after treatment aimed at keeping you healthy.

### **Life over Cancer**

**by Dr Keith Block**

This book gives you a systematic, research-based plan for developing the physical and emotional vitality you need to meet the demands of treatment and recovery. Innovative approaches to conventional treatments, dietary choices that make the biochemical environment hostile to cancer growth and recurrence, precise supplement protocols to tame treatment side effects, a new paradigm for exercise and stress reduction and a complete program for remission maintenance.

### **Cancer – Step Outside the Box**

**by Ty Bollinger**

According to Dr. Rashid Buttar, author of 'The 9 Steps to Keep the Doctor Away', "I found it difficult to put down this exceptional book once I began reading it and plan on recommending it to all my patients suffering from cancer who seek treatment at our clinic so that the light of truth and hope contained within this book can shine brightly on them as well."

### **Food Matters (DVD)**

Food Matters' features interviews with leading health experts who reveal the best natural healing choices you can make for you and your family's health. In the film, you'll discover what works, what doesn't and what's potentially killing you when it comes to your health.

### **Rethinking Cancer (DVD)**

Rethinking Cancer is an educational cancer documentary featuring cancer survivor stories that provides a rare look into the psychological and therapeutic journeys of five men and women who used alternative cancer therapies to overcome serious illness. Their cancer survivor stories represent successes that mainstream medicine and the public ought to know about.

### **Finding Joe (DVD)**

Finding Joe is an exploration of famed Mythologist Joseph Campbell's studies and their continuing impact on our culture. The film navigates the stages of what Campbell dubbed The Hero's Journey: the challenges, the fears, the dragons, the battles, and the return home as a changed person. The film provides a narrative for how to live a fully realized life – or as Campbell would simply state, how to "follow your bliss".

### **Forks over Knives (DVD)**

Forks Over Knives examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods. The major storyline traces the personal journeys of Dr. Colin Campbell, a nutritional biochemist, and Dr. Caldwell Esselstyn, a former surgeon. Their separate research led them to the same startling conclusion: degenerative diseases like heart disease, type 2 diabetes, and even several forms of cancer, could almost always be prevented – and in many cases reversed – by adopting a whole food, plant-based diet.



**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.