

HealthyLiving

Cancer Care Centre Inc.
Quarterly Program and Newsletter

Integrative therapies during & after breast cancer

See page 10

Jazz & Blues afternoon

See page 6

Book review by member Glenda Prescott

See page 13

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

Christmas is nearly here again!

Please note: The Centre will be closed from Thursday 20th December and until the 6th January 2019. We look forward to re-opening Monday the 7th January 2019.



Become a Champion

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

Cancer Care Champions tax deductible donation allows for the centre to continue to provide a free massage and free counselling session to all our new members when they join. By donating on a monthly basis, you are helping those who are in need of support emotionally and financially.



Donations

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

Alan & Nina Dawson

Alec King

Allan Perryman

Annette Webbe

Betty Bull

Brian & Gwenyth Young

Carl Hopkins

Carolyn Watkins

Craig & Jan Cock

Debra Vinecombe

Denelle Butler

Dianne Reade

Dominie Nelson

Dorothy Williams

Elizabeth Bolton

Faye Maude

Gail Bradwell

Glenyce Durdin

Jason Lehman

Jenny Russo

Johanna Treadwell

Josephine Carpinelli

Keran Villis

KI Cancer
Support Group

Lee Hutton

Linda Halse

Linda Squires

Lorraine Hawking

Lynda Dreosti

Lynne Murphy

Malgorzata Langman

Maria De Robertis

Mike Gallasch

Nada Mladenovic

Patrica Read

Paul Schulz

Pauline Small

Peter & Denise
Cockerham

Peter Allan

Rosemary Conroy

Sue O'Brien

Suzanne Linford

Terry Riordan

Tricia Tyerman

Vienna O'Sullivan

Yvonne Caddy

Yvonne Smolenski

Thank
you to our
Cancer Care
Champions:

Ray & Jocelyn Nicholson

Alex May

Donations made after 30th September 2018 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.

MESSAGE FROM THE MANAGER

Dear members and supporters of the Cancer Care Centre



This edition brings us to the close of the year, and in reflection it has been a busy year of learning and settling in for me. A big part of that learning came from Marg McClure and Penny Gore who have both moved on this year and I wanted acknowledge and thank both Marg who volunteered for 5 years and Penny who volunteered for 10 years here. Both such an amazing achievement showing great dedication, care and commitment to the Centre!

Ian our chairman has been on a three-month adventure recently, and as such you will notice his report missing from this issue. Ian has been busy with the report for the AGM and will resume his normal insightful reports in the next issue.

We held an Open Day recently and it was great to see members of the Unley Council there to see and hear about what we do here. Thank you to Bea Dickson one of our fabulous volunteers for giving her personal account of how wonderful the centre is and how we have helped her.

Coinciding with Breast Cancer Awareness Month in October we were lucky to have a visit from the McGrath Foundation Nurses from rural South Australia, it was great to make a connection with these lovely ladies and hear about the wonderful work that they do. We have already had some new members coming in thanks to their recommendations of the Centre.

I am lucky enough to be going to meet with the Director of the Solaris Cancer Care Centre in October and look forward to reporting on the experience to help shape and develop our Centre in the future.

We have sent out a survey to all our members and associates so it can provide some guidance in making decisions to maintain and improve the Centre, we would really appreciate, if you haven't already, taking the time to complete this survey for us. A big thank you to Luke Dinos our Uni placement student from Flinders University for organising this process.

Its grant season it seems! We have a large pool of grants we can go for, so please cross your fingers and toes we are successful in those ventures. Amongst those is one we have won from the City of Unley, to run an end of year community event so we can finish of this year with a bang! The Centre is holding a Jazz & Blues Afternoon on the 8th December from 2pm – 5pm at the Village Green in Unley, which backs onto our Centre. Early bird tickets are now on sale for a short time! So please see page 6 & 7 for the full details, or put "Cancer Care Centre" into the search bar on the trybooking website. Look forward to seeing you all there to help raise awareness for the Centre and raise some much-needed funds to keep our Centre open!

Calandra Scott
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 '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



Last Journey to Wellness Course for the year!

Key Facilitators:

Sarah Trangmar, Paul
 Kern, Lynne Murphy,
 Anne-Marie Halligan and
 Barbara Hancock

Course:

Sunday 21 October 2018
 Sunday 28 October 2018
 Sunday 4 November 2018

Time: 9.00 am – 4.00 pm
 1 hour lunch break

Cost: Members by
 donation,
 Non-Members \$150

This course run over
 three weekends covers a
 range of topics specially
 designed to assist cancer
 patients to maximize their
 emotional, psychological
 and spiritual level.

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

*Note: Places limited to
 23 attendees.*

Session 1:

Your Body and Cancer

Session 2:

Your Mind and Cancer

Session 3:

Enhancing Wellness

Session 4:

Meditation

Session 5:

Pain and Stress
 Management

Session 6:

On the Road to Wellness



Organic Gardening

A 4 week course held on
 Wednesday mornings.

Facilitator: Diana Bickford

Time: 10am – 12.30pm

Cost: \$55 members, \$80
 non members

Next Course begins:
 31 October to 21
 November

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.



Sound Bath – new come and try session

What is Soundbath? A Soundbath is a deeply restorative, sound-based and mindfulness meditation experience to holistically enhance mind, body and spiritual wellbeing.

Like a “sonic hug” that gently wraps around you, Heather seamlessly weaves her soulful vocals with therapeutic sound instruments including singing bowls, gongs, bamboo flute, and healing drum creating a truly beautiful and immersive experience. Invite your peace, and calm... Press your “pause button”... Gift yourself to Heather's relaxing and nourishing Soundbath

Heather Frahn is an Australian multi-dimensional artist, creating with sound and music as a vocalist, songwriter, performer, composer, sound designer, sound therapist, and sound meditation facilitator.

She is a multi award winning, critically acclaimed music artist who's been consistently performing since the mid 1990's. She promotes peace, unity and positive social change through her music and rich dynamic voice.

Frahn embraces eclectic music styles and inspiring lyrics delivering a world class performance, solo and with her ensemble The Moonlight Tide, that dives deep into the hearts of audiences where ever the stages open for her awakening music.

Heather has facilitated workshops connecting community with creativity and skills development, including hand drumming and percussion, singing and choirs, song writing and recording, and sounds for relaxation and healing with her holistic-sound-healing ensemble “Harmonic Project”.

With a passion for uniting community through music, Heather has also produced high quality public events which engage the community cross culturally through song and performance, including the award winning Feast of Female Voice, the Sing Out! Songwriting Project, and the Conscious Music Festival.

Event Details: Arrive 6:45pm for a 7pm start

Following the Soundbath will be time to connect and reflect with a light snack and cup of tea until 8:30pm.

Cost: \$30 members / \$50 non members.

BYO yoga mat, blanket, and pillow for your ultimate comfort. This session is best experienced laying down. If for some reason you're unable to lay down, please let us know so we can provide you with a chair, and please BYO cushion and blanket for your comfort. Some cushions can be provided if needed.

Breast Cancer Awareness Month

October, Australia's Breast Cancer Awareness Month, provides an opportunity for us all to focus on breast cancer and its impact on those affected by the disease in our community.



Breast cancer remains the most common cancer among Australian women (excluding non-melanoma skin cancer). Survival rates continue to improve in Australia with 89 out of every 100 women diagnosed with invasive breast cancer now surviving five or more years beyond diagnosis.

Take the time this month to find out what you need to know about **breast awareness** and share this important information with your family, friends and colleagues.

Be Breast Aware!

Finding breast cancer early provides the best chance of surviving the disease. Remember you don't need to be an expert or use a special technique to check your breasts.

Changes to look for include:

- a new lump or lumpiness, especially if it's only in one breast
- a change in the size or shape of your breast
- a change to the nipple, such as crusting, ulcer, redness or inversion
- a nipple discharge that occurs without squeezing
- a change in the skin of your breast such as redness or dimpling
- an unusual pain that doesn't go away.

Most changes aren't due to breast cancer but it's important to see your doctor without delay if you notice any of these changes.

Jazz & Blues Afternoon

Get your ticket early so you don't miss out!

The Cancer Care Centre is hosting its first Jazz and Blues Afternoon on the Village Green that backs onto the centre. We are hoping to raise funds and create awareness with afternoon of Jazz and Blues. Massive thank you to our bands who are donating their time and talents

- Unley High School Jazz Combo
- Phat Stuff Jazz Band
- Fleurieu Blues Breakers

And a Big thanks to Ken Cunningham (KG) for being our special guest MC.

Please come along and let us entertain you!

Ticket Booking via trybooking or call the centre on 8272 2411.

Early Bird Tickets available until the 31st October \$20.

Normal Tickets \$25 until sold out!

A poster for a "Jazz & Blues Afternoon" event. The background is a solid orange color. On the left side, there is a large, stylized illustration of a red trumpet. In the top left corner, there is a small white box with the text "PROUDLY SPONSORED BY THE CITY of Unley" and a logo. The title "JAZZ & BLUES AFTERNOON" is written in large, bold, black, sans-serif capital letters, slanted upwards from left to right. Below the title, the word "FEATURING" is written in a smaller, green, sans-serif font. Underneath "FEATURING", the names of the performing groups are listed in a black, sans-serif font: "-Unley High School Jazz Combo.", "-Phat Stuff", and "-The Fleurieu Blues Breakers". Below these names, the text "Special Guest MC - KG - (Ken Cunningham)" is written in a black, sans-serif font. The date and time of the event are listed in a black, sans-serif font: "8th December 2018", "Village on the Green Unley", and "2.00pm - 5.00pm". Below the date and time, the text "Food/Wine/Raffles/Prizes" is written in a black, sans-serif font. At the bottom of the poster, the ticket information is listed in a black, sans-serif font: "Earlybird Tickets : \$20 until 30th Oct", "Kids Free", and "Via Trybooking. BYO Chair / Rug".



Living with Cancer

Nobody knows or expects they will be burdened with cancer, when it does raise its head, it is a shock. As I have spoken with many people who have cancer now, I can relate to what they say in so many ways. Early this year (2018), I was informed I either had a sixty per cent chance of surviving major surgery, or three months to live. Then there were four 21 day rounds of chemo. To sum this experience up in one word – horrific!

I am fortunate, if there is such a thing under these circumstances, to be stricken with the fight later in life at age 65. With major debt dealt with and family to look after me, things could be a lot worse. Those who I now know, who have the disease in midlife, find the going much harder. If one has debts, cancer shuts down the ability to function in a western democratic society. Debts accumulate as one cannot work and, in a few months, all can be lost. Banks and insurance companies are not charities and our society can be very poor at supporting anyone who cannot work.

Early or midlife cancer is devastating, not just physically and mentally, but financially and socially.

When it comes to children suffering this disease, I have no words to express why, what, when, where, who, should be burdened with such a thing at the very start of their lives. I use the five Ws of management as I have for much of my life in positions of middle and upper management in the mining industry.

Starting as a kitchen hand in a remote mine in the very early seventies, I had the fortunate experience of undertaking a wide range of tasks involved in mining. This gave me the opportunity to develop decision making skills that I have used in supervisory and management positions later in life.

When suddenly stricken with terminal cancer at the age of 65, I wasn't equipped to tackle the road ahead. To survive the challenge, I would need the help and advice of the medical professionals, who, in previous times of ill health in my life, have

been an essential part of success. I am still able to write this due to the assistance given by the wonderful staff at the Flinders Medical Centre. They arranged the five Ws of management in ship-shape fashion and the immediate counter measures of surgery and chemo currently see me in full remission.

I have also been a musician. Starting in my early teens, it was a serious hobby. I never wanted to make it a job as I already had one of those for decades. Music was as sacred as my motorcycles. I was blessed with the ability to write the words to songs, they came easily.

When I watched the face of my wife and children freeze and go white as we were told of my problem, I immediately requested surgery. Within an hour of coming to terms with the news of terminal cancer, I wrote a song called 'Tomorrow'. I am lucky enough to be surrounded by brilliant musicians in a rhythm and blues band called 'The Fleurieu Bluesbreakers'. Prior to surgery, we were able to record 'Tomorrow' in a studio.

It was written and recorded with the prospect that I would never be able to perform the tune live. Recently, I was lucky enough to have the amazing experience of performing the song on stage. It was definitely worth the fight. The tune, with several others, will feature on our next album.

After surviving a nine-hour major surgery, whilst fighting to live, I thought of my past life. Such an experience leaves an indelible mark on your soul. It sparked a strong desire to help others and having the capacity to do so, is a blessing denied to many.

There are people and organisations that offer help and raise awareness. The financial assistance required to fund this is, to a great degree, done with fundraising.

The Fleurieu Bluesbreakers will appear at the Cancer Care Centre in Unley South Australia in December, helping to raise funds for the services they provide to people who shoulder the same fight as I've had.

by Brian Cain

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 – 8pm

Members by donation, Non-Members \$10

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, Craniosacral

Therapist: Ryan

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

Massage – Oncology, Remedial, Relaxation

Therapist: Trudi

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

Nutritionist

Facilitator: James Hart

Weekly, Monday afternoon 3pm & 4pm
Members \$20, Non-Members \$40

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 – Lymphoedema, Oncology, Energy body processes

Therapist: Judy

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

Massage – Oncology, Relaxation

Therapist: Therese

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

Reiki

Facilitator: Columba

Weekly, Tuesday mornings
Members \$40, Non-Members \$85

One-on-One Meditation

Facilitator: Dagmar

Weekly, Tuesday afternoons
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
7pm – 9pm
Members by donation, Non-Members \$10
Please register your interest by telephoning the Centre on 8272 2411.

Wednesday

Group Meditation

Facilitator: Dharmamodini

No booking necessary
Weekly, Wednesday mornings
10.30am – 11.30am
Members \$7.50, Non-Members \$10

Counselling

Counsellor: Lee

Weekly, Wednesday afternoons
Members \$40, Non-Members \$85

Massage – Lymphoedema, Oncology, Bowen Therapy, Kinesiology, EFT

Therapist: Sarah

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

Massage – Lymphoedema, Oncology, Remedial

Therapist: David

Weekly, Wednesday afternoons
Members \$40 Non-Members \$85

One-on-One Yoga – Back on!

Instructor: Donna

Weekly, Wednesday evenings
Time: 5pm or 6.30pm
Members \$25 for 3 sessions or \$10 per session
Non-Members \$85 for 3 sessions

Thursday

Thursday Women's Support Group

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

1st & 3rd Thursday of the month
10am – 12 noon

Members by donation, Non-Members \$10

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

Carers Support Group

A friendly support group for carers.

1st & 3rd Thursday of the month
6.30pm – 8pm

Members by donation, Non-Members \$10

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

Transpersonal Counselling – New ■

Student: Michael Gallasch

Weekly, Thursday mornings
Members \$20, Non-Members \$85
See Page 12

Massage – Lymphoedema, Oncology, Remedial

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 or course as bookings are essential. If you have any other workshop ideas please contact the Centre to discuss.

Massage – Oncology, Remedial, Reiki

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

Acupuncture

Facilitator: John Zocchi
Weekly, Friday Mornings
Members \$40, Non-Members \$85
June Special – 2 sessions for \$50

Counselling

Counsellor: Helene
Weekly, Friday afternoons
Members \$40, Non-Members \$85

Massage – Oncology, Remedial, Craniosacral

Therapist: Lyndon
Weekly, Friday afternoons
Members \$40, Non-Members \$85

Massage – Oncology

Therapist: Vicki
Monthly, 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 and ask our friendly 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, Mon-Fri.
No charge – Members' facility only

Tuesday

Hero's Journey – Art Therapy Workshop

8 Week course
Facilitator: Rebekah Popescu
30th October to 18th December
1pm to 4pm
By donation for members thanks to funding, Non-Members \$150

Wednesday

Yoga – Gentle

Gentle yoga will support healing and wellbeing. It's safe, fun & easy to do.
6-week course with no prerequisites
Facilitator: Tina Spencer
Next course commences Wednesday
3rd October 2.30pm – 3.45pm
Members \$65, Non-Members \$95

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 Gauci
1st Wednesday of the Month
1pm – 2pm
Members \$7.50, Non-Members \$10

Seeds for Health Workshop – Organic Gardening

Held at Fern Avenue Community Garden, Fullarton
Facilitator: Diana Bickford
31st October to 21st November
10am to 12.30pm
Members \$55, Non-members \$80

Thursday

Gut Health Workshop – New ■

Facilitator: Chris Wake
25th October
2pm to 4pm
Members \$50, Non-Members \$80
Bookings Essential
See Page 12

Vegetarian Cooking Class

Facilitator: Natalie Playford
27th Sept 2018
12noon to 3pm
Members \$70, Non-Members \$100
Bookings Essential

Friday

Sound Bath Meditation – New ■

Facilitator: Heather Frahn
16th November 2018
6.45pm to 8.30pm
Members \$30, Non-Members \$50
Bookings Essential
See Page 5

Saturday

Acupressure Clinic

Facilitator: John Kirkman
24th November 2018
Times TBA
Bookings Essential

"How to deal with anxiety associated with Cancer"

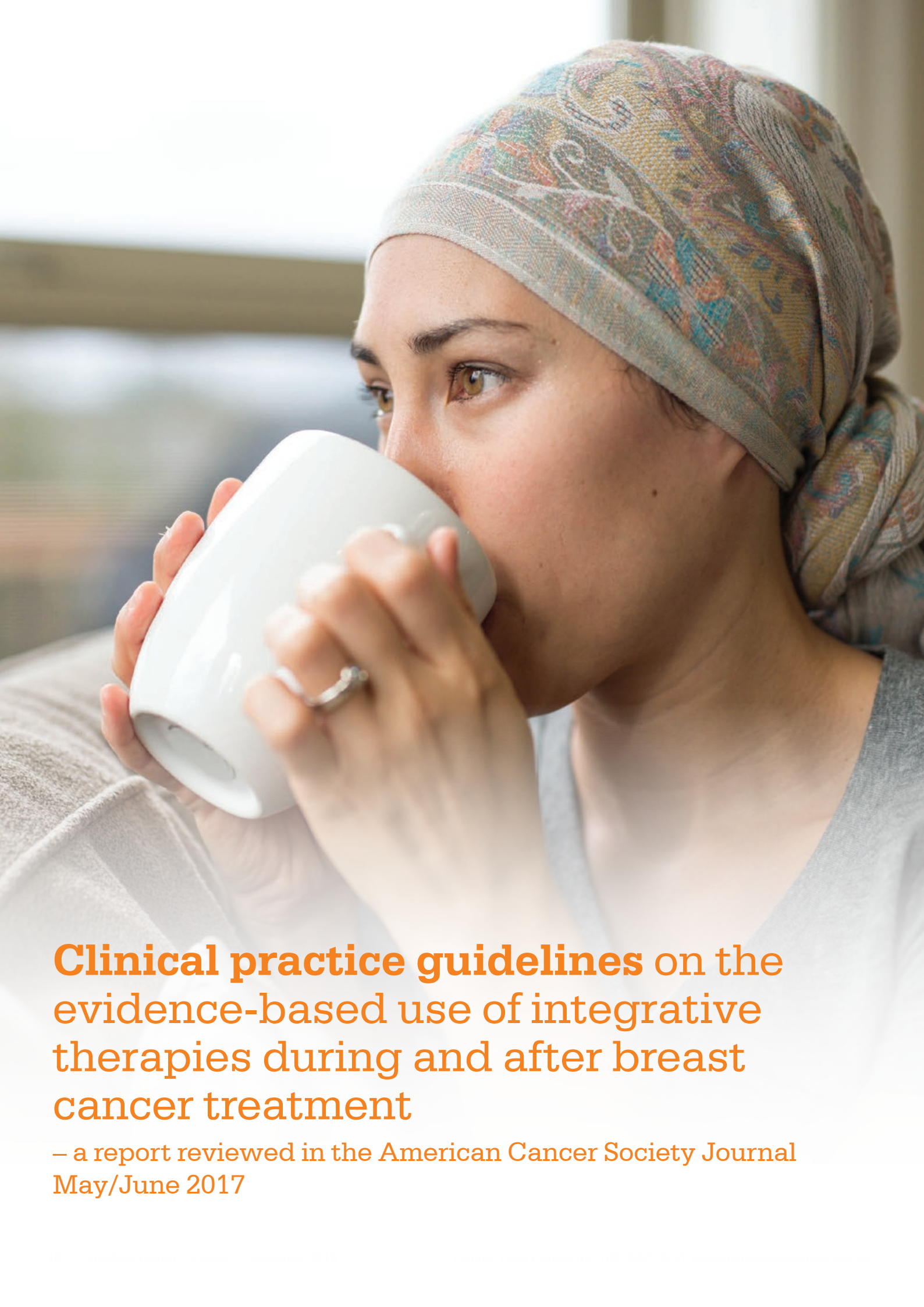
Workshop – The Vision Webb
Facilitator: Tricia La Bella
27th October 2018
1pm – 4pm
Members \$30, Non-Members \$80
Bookings Essential

Sunday

Journey to Wellness – last course for the year!

Run over 3 Sundays
Facilitators: Sarah Trangmar, Paul Kern, Lynne Murphy, Anne-Marie Halligan and Dharmamodini
21st Oct / 27th Oct / 4th Nov
10am – 4pm, 1 hour lunch break
Members by donation thanks to funding, Non-members \$150
Day 1: Your Body and Cancer
Day 1: Your Mind and Cancer
Day 2: Enhancing Wellness
Day 2: Meditation
Day 3: Pain and Stress Management
Day 3: On the Road to Wellness

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.



Clinical practice guidelines on the evidence-based use of integrative therapies during and after breast cancer treatment

– a report reviewed in the American Cancer Society Journal
May/June 2017

The use of complementary and integrative therapies during cancer treatment and to manage treatment-related side effects is becoming increasingly common. However, evidence to support the use of such therapies in the oncology setting has been limited.

This report provides updated clinical practice guidelines from the Society for Integrative Oncology on the use of various therapies during and after breast cancer treatment.

People may experience anxiety/stress, depression/mood disorders, fatigue, quality of life/physical functioning, chemotherapy induced nausea and vomiting, lymphedema, chemotherapy induced peripheral neuropathy, pain, and sleep disturbance.

The clinical practice guidelines in this report have been based on a systematic literature review of randomised clinical trials from 1990 through to 2015. Researchers graded the various therapies according to trial evidence for their efficacy. Suggestions for how appropriate therapies may be integrated into clinical practice were based on the strength of available evidence concerning benefits and harms.

The report recommended the following interventions:

- Music therapy, meditation, stress management and yoga are recommended for anxiety/stress reduction.
- Meditation, relaxation, yoga, massage and music therapy are recommended for depression/mood disorders.
- Meditation and yoga are recommended to improve quality of life.
- Acupressure and acupuncture are recommended for reducing chemotherapy-induced nausea and vomiting.

Other therapies are considered, but without trials to demonstrate beneficial effects it may be too early to recommend them.

Acupuncture

Acupuncture is often used in the oncology setting for chemotherapy-induced nausea/vomiting (CINV), pain management, musculoskeletal complaints, hot flashes, fatigue, stress, anxiety, and sleep disorders.

Acupressure

A trained therapist or the patient uses his/her hands and fingers, or possibly a device, to apply pressure to specific points on the body (acupoints), in contrast to metallic needles. In the oncology setting, indications are similar to acupuncture.

Aloe vera

In oncology, aloe vera gel is typically used with the goal of healing surgical wounds or preventing or treating radiation-induced dermatitis.

Ginger

For patients with cancer, ginger has been studied for the treatment of CINV.

Ginseng

Taken as an herbal supplement, ginseng is often used to treat cancer related fatigue.

Glutamine

Normally, the body can synthesise its own glutamine; however, during a critical illness like cancer, not enough glutamine is made, leading to problems such as fatigue and muscle wasting. Glutamine has been used as an oral supplement in patients with cancer to reverse cachexia in those who have advanced disease.

Guarana

In the oncology setting, guarana is often used to decrease fatigue.

Healing touch

Healing touch is often used in patients with cancer to improve quality of life, pain, fatigue, and depression.

Hyaluronic acid cream

Hyaluronic acid cream is often used by patients with cancer to prevent and treat radiation-induced dermatitis.

Hypnosis

A person under hypnosis may feel more calm and relaxed. In patients with cancer, hypnosis is often used to help relieve stress, anxiety, and pain.

Laser therapy

It is believed that low-level laser therapy stimulates macrophages and the immune system and breaks down scar tissue, thus improving lymphatic flow.

Manual lymphatic drainage and compression bandaging

Manual lymph drainage can decrease lymphedema when administered early, before symptoms advance.

Massage

In patients with cancer, the goal of massage is to promote relaxation, address muscle stiffness and pain, and resolve musculoskeletal complaints.

Meditation

In patients with cancer, meditation practices are intended to foster general mental wellbeing, calmness, clarity and concentration.

Mistletoe

While mistletoe therapy is often used clinically for its antineoplastic potential, clinical trial evidence on the use of mistletoe is based on trials in which it is coadministered with conventional treatments to improve quality of life.

Music therapy

In cancer care, music therapy is used to address various physical, emotional, cognitive, and social needs.

Reflexology

The theory behind reflexology states that specific areas on the feet and hands correspond to specific glands, organs, and other parts of the body, which are stimulated to help numerous health problems. In oncology, reflexology is often used to promote relaxation and improve quality of life.

Relaxation techniques

Various techniques are used to promote relaxation in patients with cancer.

Guided imagery can be self-directed or led by a practitioner or a recording and often involves focusing on pleasant imagery to replace negative or stressful feelings

Qigong

Qigong is a form of ancient and traditional Chinese medicine that integrates movement (physical postures), meditation (focused attention), and controlled breathing. In patients with cancer, qigong is often used to reduce anxiety, fatigue, and pain; to support the immune system; and to improve physical and emotional balance.

Stress management

Acute stress is a normal physical and emotional reaction that people experience as they encounter changes in life, including after a cancer diagnosis, during treatment, and often during recovery. Stress-management programs aim to teach people appropriate techniques and interventions to cope with digestive disorders, headaches, sleep disorders, depression, anxiety and other mental health problems.

Yoga

In patients with cancer, yoga is used for a variety of conditions, including stress, anxiety, depression, and fatigue, and as a method to increase physical activity.

New Gut Health Workshop

There is more and more scientific studies showing the human micro biome can directly and profoundly influence our body and brain health.

The most effective way to consume helpful probiotics is to consume home made fermented foods as lab produced probiotics may not survive our stomach acid. There are trillions of helpful microbes per tablespoon and a wide variety of species that assist with nutrient absorption, produce enzymes, vitamins, hormones and other beneficial compounds.

Chris will be teaching how to make:

- A high nutrient. low sodium sauerkraut
- Milk Kefir
- Coconut milk kefir/yoghurt

Date: 25th October 2018

Time: 2pm – 4pm

Cost: Members \$50, Non-Members \$80

BYO: Jar to take sauerkraut home in. Centre to provide enough cups and spoons for tasting.



About Chris

Chris Wake is known in both horticulture as an award winning landscape Designer & as an international Visual Artist. Her garden and story have been featured in magazines Country Style, SA Gardens and Today Tonight Channel 7. Her qualifications are Adv. Dip Horticulture & Cert. Plant Based Nutrition and has been teaching for 14 years how to improve health by growing organic produce, sprouting and eating fermented foods. She teaches plant based nutrition cooking classes from time to time at WEA. Fourteen years ago Chris was on a personal health journey search and spent many \$1,000's trying to

find a way to boost her immune system but could not find the answer to the multiple health problems. Her systemic ill health included PCOS, Uterine Fibroids, Pre Cancer cells in the cervix, Obesity, Chronic Insomnia, IBS, Gluten and Lactose intolerance, very frequent colds, flu, tonsillitis and bronchitis. Fourteen years ago she had the opportunity to move to a 1.25 acre property at Piccadilly with a run down heritage cottage and set about transforming a sheep paddock into a show garden with an orchard and extensive vegetable gardens. She firmly believes "Our health begins with gut microbiome diversity & population, soil health and growing the most nutrient dense vegetables possible in mineral rich PH balanced soil is the foundation of health. Putting the organic minerals into the soil and Picking and eating fresh is key but very often

overlooked by health professionals and as Australia is an ancient land its topsoil is already very nutrient deficient and this has a direct impact on our total health." Her diet morphed into a plant based one and the more plant based she became her body responded with health and healing. The transformation and healing like the diseases she suffered was systemic and profound and she knew this information needed to be shared with others. All of the diseases I have suffered are gone which to me is simply astounding, I am not perfect and still come down with a head cold occasionally but that is usually caused by having a few glasses of wine on the weekend!

New Transpersonal Counsellor – Mike Gallasch

Transpersonal Counselling looks into how healing can be acquired through our non-waking or subconscious states.

New knowledge of our condition and a way forward may be accessed via meditative methods or messages from our subconscious such as dreams.

Accessing our inner wisdom or guidance can be very empowering and spending time getting in touch with our deeper self can have profound benefits.

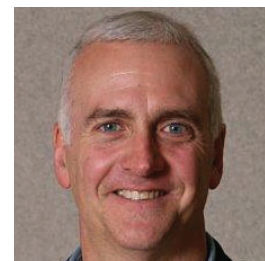
A transpersonal counsellor acts as a facilitator through this process and at all times you have an active role.

Think of it as merely acquiring another set of valuable tools to assist us with our journey to recovery.

Please contact the Centre if you would like to make a booking for Transpersonal Counselling with Mike.

Mike Gallasch is a Wellness Counsellor currently completing his Advanced Diploma in Transpersonal Counselling through the IKON Institute that specialises in Holistic Therapies.

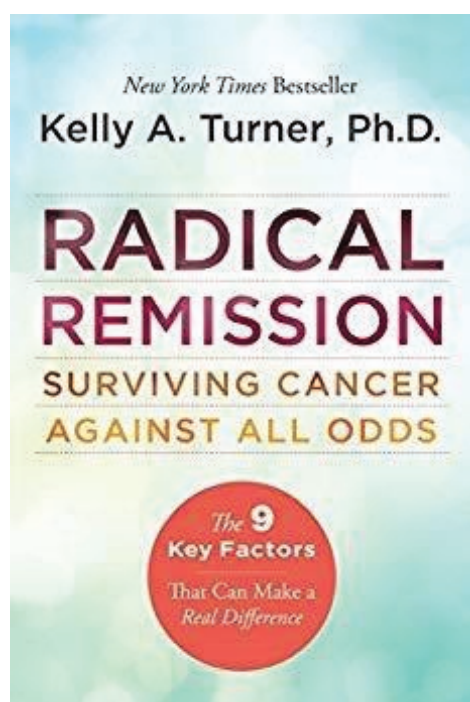
Mike has experience as a Crisis Support Worker with Lifeline Australia, and has worked as a Life, Career and Business Coach. Mike also runs the Carers Support Group here at the Centre.



Mike, through his own experience, has seen major illness as a pathway to immense growth if one is able to feel empowered in their journey.

Book review by member, Glenda Prescott

I would like to introduce you to the book *Radical Remission* by Kelly A Turner Ph.D. This book means a great deal to me and changed my perceptions and hopes as I undertook my cancer journey – I have Stage IV lung cancer (non smoker). 4 years on and counting.



When life delivers a diagnosis like cancer, your mind can take off in a million directions. With those first words, reality explodes, life blurs and thoughts flail around like loose cannons in a minefield. I felt exposed to the very core. I would hazard a guess that this experience is common to all of us, but somewhere deep inside is an incredible reserve of resilience and that's where my journey took me.

Initially, I was totally defiant. I was intent on survival, there was no other option, it wasn't even about hope, it was about setting up a new reality of the miraculous. I began to devour books on survival, watched YouTube videos of amazing healings, meditated multiple times through the night to tame the deluge of 'what ifs' that always seemed so much worse at 3 o'clock in the morning, listened to TED talks of the latest breakthroughs in cancer research and scoured the Internet for forums and memberships of hope. I was ferocious in my quest, on and on it went. There was one find that stood out however, and to this day I still see it as pivotal in turning me from obsession to hope.

It was the book *Radical Remission*, by Kelly Turner. She gave me a sense of logic, purpose and direction. Up to that point I was just grasping at straws.

Kelly Turner had been working alongside cancer patients and constantly heard stories of hope, despair and confusion. Occasionally there were cases of miraculous survival, but it was a particular young mother's pleas of despair that catapulted her into what is now her life long focus. Kelly began to ask why some people survive against all the odds, and could there be a link amongst their stories. She commenced a PhD with research into thousands of radical remissions, from many and varied countries, cultures, and belief systems.

Turner identified over 75 survival factors, with nine being key to almost every case she studied. They involved diet, stress, emotional and spiritual factors, and were present in all journeys to wellness.



Radical Remission is an accurate account of defying the impossible. Turner has married the science of survival with the mystery of miracles. There is no one set path, but common threads amongst all her findings of people defying the odds.

It is a 10 out of 10 for me and well worth the investment in time to read.

Journey to Wellness – now free to all members

Due to a generous donation to sponsor one of the Centre's courses, 'Journey to Wellness' is now free to all members. Spaces are limited so please ensure you enrol as soon as possible. Next course starts on the 21st October, please contact the centre to book your place.



I Could Write a Book – Hero's Journey Workshop

By donation thanks to Dry July Grant funding. Book your place now!

Facilitator: Rebekah Popescu

Time: 1.00pm- 4.00pm

Cost: Members by donation, Non-members \$150

Next Course Begins: Tuesday 30th October–18th December 2018

The Hero's Journey is a form of art therapy where participants will make a personal book that tells their cancer story.

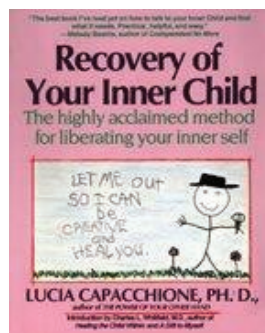
Book making and storytelling can be a wonderfully cathartic medium in art therapy to express a person's journey using symbolic language. By creating a mythical storybook about a difficult experience, a person can explore alternative, imaginary versions of real world events using symbols, metaphors and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

This course 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 Hero's Journey will be facilitated by Rebekah Popescu who is an Art Psychotherapist and also a survivor of breast cancer.



New Books in the Library

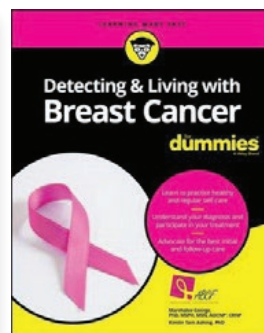


Recovery of Your Inner Child: The Highly Acclaimed Method for Liberating Your Inner Self;

by Lucia Capacchione

The Inner Child lives within all of us, it's the part of us that feels emotions and is playful, intuitive, and creative. Usually hidden under our grown-up personas, the Inner Child holds the key to intimacy in relationships, physical and emotional well-being, recovery from addictions, and the creativity and wisdom of our inner selves.

Recovery of Your Inner Child shows you how to have a firsthand experience of your Inner Child, feeling its emotions and recapturing its sense of wonder. Techniques used include writing and drawing with your non-dominant hand. Expanding on the highly acclaimed techniques introduced in *The Power of Your Other Hand*, here Dr. Capacchione shares scores of hands-on activities that will help you to embrace your Vulnerable Child and your Angry Child, find the Nurturing Parent within, and finally discover the Creative and Magical Child that can heal your life.



Detecting & Living with Breast Cancer for Dummies;

Dummies Consumer Dummies

Advancements in breast cancer prevention, detection, and treatment are being made every day, but it can be overwhelming and confusing knowing where to turn and who to trust. *Detecting & Living with Breast Cancer For Dummies* distills the information into one easy-to-follow guide, giving you quick, expert advice on everything you'll face as you manage your breast health. From getting to know your treatment options to talking to loved ones about breast cancer — and everything in between.

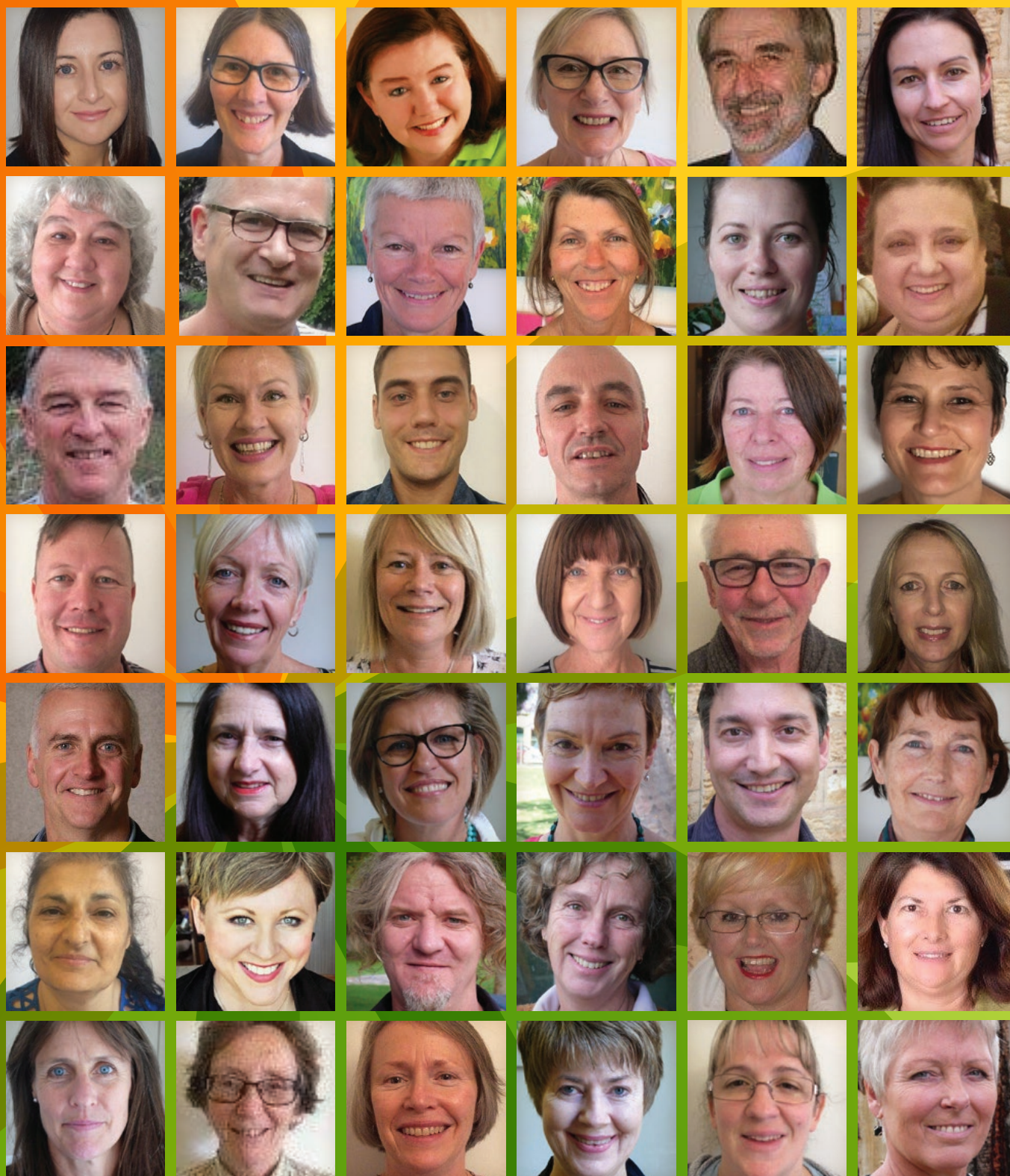


Cancer of the Skin;

ed Cockerell, Ross, Kirkwood, Rigel, Robinson

This is a multimedia guide to early diagnosis and effective medical and surgical treatment of melanoma and other skin cancers. Thoroughly updated with 11 new chapters, this broad-based, comprehensive reference provides you with the latest information on clinical genetics and genomics of skin cancer, targeted therapy for melanoma, the Vitamin D debate concerning the risks and benefits of sun exposure, and other timely topics. A new, multi-disciplinary team of contributors and editors comprised of leading experts in this field offers truly diverse perspectives and worldwide best practices.

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.