

# HealthyLiving

Cancer Care Centre Inc.  
Quarterly Program and Newsletter

## Annual General Meeting Invitation

See page 2

## Dr Mezzini on sexual health and cancer survivorship

See pages 10–11

## Warrawong Sanctuary Retreat Day for Members

See pages 6–7

### 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)

# Notice of Annual General Meeting 2020

You are cordially invited to attend the Annual General Meeting of the Cancer Care Centre Inc at which we will present the Annual Report and Highlights that have occurred throughout the year.

Date: Wednesday, 9 Dec 2020

Time: 7pm

Location: 86 Glen Osmond Road, Parkside (TBC)

Nominations for the Board are now open. For further information please contact the Centre to receive a Board Nomination form. We are currently looking to fill vacancies with people experienced in marketing, governance, legal affairs and program development in a not for profit environment.

It will be an informative and enjoyable evening. An invitation to members to join the Board for refreshments will conclude the evening.

## Christmas is around the corner!

Why not treat someone you know with a gift voucher for one of our therapies?

For the member price of \$40 (\$85 non-member) your special person will be cared for with a tailored professional massage by one of our qualified therapists.

*Please note: The Centre will be closed from Monday the 21st Dec 2020 and open again on Monday the 4th January 2020.*



## Donations

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

Eugenie Law-Smith	Jenny Sherwell
Dorothy Williams	Eva Tepper
Dianne & Graeme Johnson	Angela DeNinis
Malcom Warrick	Alec King
Gregory Stanford	Penny Michael
Pam Micken	Mary Hanns
Carolyn Watkins	Gerard McCabe
Tozi Buthelezi	The Adelaide Combined Lodges Association
Peter Nicoll	Audrey Richardson
Irene Rasser	Carol Thalbourne
Sandra Celentano	Malgorzata Langman
Sandra Knights	
Sam Dunn	

**Thank you to our Cancer Care Champions:**

Ray & Jocelyn Nicholson  
Alex May  
Julie Grey  
*in memory of Malcolm Potticary*



*Donations made after 14th September 2020 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.

# Help support the centre, become a member today!

Cancer Care Centre membership is provided for both those who wish to support the centre financially and those affected by cancer. This includes cancer patients, their families and carers or anyone wishing to enhance their wellbeing.

Membership to the Centre enables you to enjoy the full benefits of all the programmes, courses and therapies that are available. To get you started, one free counselling session and one free therapy of your choice, such as massage, is made available for you to experience some of our Complementary Care options.

Membership entitles you to use our extensive library, and discounts on various events and products. As a not-for-profit organisation, our fees are maintained at concession rates to allow equitable access to services by all.

## Membership Form

Title	First Name
Surname	
Address	
Email	
Mobile	
Organisation	
Next of Kin Relationship	
How did you hear about the Centre?	

### Applicant Category

☐ Cancer Patient Family Member ☐ Support Person ☐ Other

### Membership Fee

☐ Standard \$80 ☐ Concession (requires Concession Card Number) \$60 ☐ Organisation \$100

### Total Amount

My Membership Fee \$
Optional Donation \$
Total Amount \$

### Payment Options

☐ Credit Card ☐ Visa ☐ Mastercard

Card Number	Expiry Date
Name on Card	
Signature	

- ☐ **Cheque / Money order payable to Cancer Care Centre:**  
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



## 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

## MESSAGE FROM THE CHAIR



**Wellness is a positive approach to living – an approach that emphasises the whole person; body, mind and spirit and it is what we do so well at Cancer Care Centre.**

As you all know the Cancer Care Centre will be moving, we have been located in Edmund Street Unley for over 30 years, it has become a part of the local surrounds housed in a Federation house and set within the landscaped park. The Centre is a warm and supportive space available for patients, families and carers affected by cancer to use and enjoy. It will be hard to move from these premises, and it unfortunate that due to Council redevelopment we are having to move. The Board has worked hard to find a new home and we trust that you will transfer that welcoming warming feel of the Centre but most importantly that you will all come with us on this exciting journey.

The Board is currently in the process of signing a new Lease Agreement and we look forward to announcing where our new premises will be in the upcoming weeks...it's not far from where we currently are.

As well as looking for a new home the Board has undertaken the work of development a new Strategic Plan. This new plan consists of five key components: vision, mission statement, goals and objectives, together with an action plan which provides a three year strategic direction.

At the same time the Board continues to support our Centre Manager Calandra Scott and volunteers who provide the right environment for people to engage in the diverse range of services that we offer. My thanks to them for all their hard work during COVID and our transition to new premises.

Living with cancer can cause physical and emotional stress which may impact your quality of life. The therapies and educational programs that are offered through the Cancer Care Centre are designed to minimise stress by giving you access to support, information and strategies to manage during this period of time. I trust that you can take the time to make contact or reconnect with us over the upcoming months.

I look forward to seeing you in our new premises later in 2020.

Kind regards,  
Susan Ross  
Chair, Cancer Care Centre Board



## MESSAGE FROM THE MANAGER



The care and success of the Centre has been evident this year in the challenges the Centre has faced. With COVID and moving premises we are lucky to have dedicated members and volunteers who continually support and stand for what it is we provide, and that is the care, help and understanding for those with cancer.

We have our Annual General Meeting coming up on Wednesday, 9 December. We expect to hold this at our new premises at 86 Glen Osmond Road, Parkside (TBC). All members are welcome to attend and hear of the Centre's progress over the last year and to vote in Board members.

Our resident Counsellor and Women's Support Group Facilitator, Helene Hipp, represented the Centre at a visit to the Murray Bridge Cancer Support Group last month. This was organised by the McGrath Breast Care Nurse. Thank you Helene for your time and expertise in promoting the Centre.

In 2014 a bequest was left to the Centre by Mr Peter Beinke to help those suffering from cancer with rest and respite, and we are pleased to announce that we have two upcoming events where we will be able to fulfill his wish. The first is our *Nature Retreat Day at Warrawong Wildlife Sanctuary* in Mylor (details on page 6 & 7) and the second is our flagship course *Journey to Wellness* which will be run for the first time as a retreat over three days at the lovely venue at Tara Hills near Nairne. You will find more details about *Journey to Wellness* on page 12.

Thanks to a grant from the City of Mitcham and the dedication of our long standing volunteer Diana Bickford, the Centre, with the support of Sophie Thomson, opened The Cherington House Therapeutic Community Garden on Sunday, 20 September at the beautiful site of the old Blackwood Hospital in Belair. A lovely and inspiring day was achieved and you can read more about this on page 13.

Finally, our lovely volunteer Eva Tepper has instigated and set up, with support from the *Calvary Hospital Life Stories Program*, the Centre's own *Biography Service*. I would like to thank Eva for this undertaking and effort towards making this Program a reality. More detail can be found on page 14.

From myself and all the volunteers at the Cancer Care Centre we wish you a truly wonderful Christmas and New Year. May we all find the beauty in every day in some way

Warmest Regards,  
Calandra Scott  
Manager





# Beinke Memorial Fund Healing in Nature Retreat Day

Cancer Care Centre invites members to the Beinke Memorial Fund  
Healing in Nature Retreat Day at Warrawong Wildlife Sanctuary in Mylor.

Come for a full day retreat from 9am to 4.00pm and/or; arrive for free entry at 4.00pm to 6.00pm for all members and their families for a nature walk and talk.

We have chosen the wonderful Warrawong Wildlife Sanctuary for this year's retreat day, the 28 acres of Warrawong provide a safe haven for animals and people alike. Thought to be the home of the only known platypus in South Australia, the sanctuary is also home to an abundance of other wildlife.

Life at Warrawong is tranquil and nurturing. This is an amazing opportunity for healing in nature.

## The programme will include:

- Welcome to Country and First Nation Smoking Ceremony
- Qi Gong with Sarah Divine
- Art Therapy – with clay facilitated by Gus Clutterbuck
- Lunch – plant based sumptuous meal by Nourish Food and Wellness
- Forest Bathing led by Bronwyn Paynter, Certified Forest bathing guide from Nature and Well being Australia
- Bring the family in at 4pm to enjoy Talk/ Walk of Warrawong – free time

Date: Saturday 7 November, 2020

Address: 47 Stock Rd Mylor SA

Time: Arrive 9 – 9.30am start

Cost: \$40 (Members Only)

Morning tea, lunch, afternoon tea included

Booking: Please call the Centre on 8272 2411

## Invitation to all members

Members who would like to bring their family and visit Warrawong free of charge are welcome to do so, arriving after 4pm you can wander at your own leisure and enjoy the outdoors and tranquillity. Be sure to close your eyes and take in the sounds of nature here...just amazing!

Spaces are limited and bookings are essential.

Date: Saturday 7 November, 2020

Address: 47 Stock Rd Mylor SA

Time: 4pm – 6pm

Cost: Free (Members Only)

Booking: Please call the Centre on 8272 2411

This day is made possible thanks to the Peter Beinke Memorial Fund.









# What's on at the Centre...and online 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 and 3rd Monday of the month

6.30pm – 8pm

By donation, Non-Members \$10

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

### Melanoma Support Group

In Centre and via Zoom

Facilitator: Karen

Last Monday of the month

10.30am – 11.30am

### Massage – Remedial, Relaxation, Myofascial, Craniosacral, Trigger Point

Therapist: Ryan

Fortnightly, Monday mornings

Members \$40, Non-Members \$85

### Acupuncture

Therapist: Karen Ades

Weekly, Monday mornings

Members \$40, Non-Members \$85

### Counselling

In Centre and Online

Counsellor: Natalie

Weekly, Monday afternoons

Members \$40, Non-Members \$85

### Pathways

Support Worker: Vicki

Weekly, Monday mornings

Cost: Free

## Tuesday

### 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: Colomba

Weekly, Tuesday mornings

Members \$40, Non-Members \$85

### Laughter Yoga

Facilitators – Laughter Yoga SA

Weekly, Tuesday mornings

9.30am to 10.15am

Meet on the Unley Village Green

Cost: Free

### Pancare Foundation Pancreatic Cancer Patient Support Group

Contact: Sonia Mursec

Bi monthly

11am to 1pm

Please contact Sonia on 0434313593

### 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 and 3rd Tuesdays of the month

7pm – 9pm

By Donation, Non-Members \$10

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

### Pathways

## Wednesday

### Group Meditation

In Centre and via Zoom

Facilitator: Dharmamodini

Bookings Required in Centre

Weekly, Wednesday mornings 10.30 – 11.30am

Members \$7.50, Non-Members \$10

### Counselling & Pathways

In Centre and via Zoom

Counsellor: Lee

Weekly, Wednesday afternoons

Members \$40, Non-Members \$85

### Massage – Lymphoedema, Oncology

Therapist: Sarah

Fortnightly, Wednesday mornings

Members \$40, Non-Members \$85

## Thursday

### Massage – Oncology, Relaxation

Therapist: Anne-Marie

Fortnightly, Thursday afternoons

Members \$40, Non-Members \$85

### Counselling & Pathways

In Centre and via Zoom

Counsellor: Lynne

Weekly, Thursday afternoons

Members \$40, Non-Members \$85

### One-on-one Meditation

Facilitator: Lynne

Weekly, Thursday afternoons

Members \$20, Non-Members \$30

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.



# 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.

## Friday

### Friday Women's Support Group

In Centre and via Zoom

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

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

By Donation, Non-Members \$10

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

### Counselling

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

### Massage – Lymphatic

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

### Reflexology

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

### Pathways

Support Worker: Truffy  
Weekly, Fridays  
Cost: Free

## 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

### 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

## Online Courses

We are now offering online counselling and support groups, as well as online courses to assist you whilst maintaining social distancing measures.

### Unsure about using online platforms?

We are here to help, if you have issues with navigating online systems and hand require assistance with setting up before your meeting so you know what to expect, please call Calandra on 8272 2411. We will continue to develop courses and workshops and when these are available we will let you know.

If you have any ideas or have seen anything that the centre could adopt, we would like to hear from you. For all bookings and any questions or comments please contact the Centre on 8272 2411.

- Resources Required: Participants able to access technology such as Zoom.
- Workshop resources supplied by presenter via Zoom and email.

## Exercise your lymphatics

### Online course via Zoom

Workshop Objective and outline is to gain an understanding of:

- Anatomy of the Lymphatic system and its functions
- What is lymphoedema
- What are some of the causes of lymphoedema
- What are some of the signs and symptoms of lymphoedema
- Strategies to help prevent lymphoedema developing or manage existing lymphoedema

### Session 1

Three hour theory/information based group presentation/workshop, gaining an understanding of:

- The Anatomy of the Lymphatic System
- What are some of the causes of Lymphoedema
- What are the Signs and Symptoms of Lymphoedema
- The precautions you can take to help reduce the risk of lymphoedema developing or progressing
- Where to obtain information/help

### Session 2

Thirty minute one to one session practical session, providing an individualised:

- Self-Massage techniques/sequence
- Decongestive Exercises techniques/sequence
- Recommendations for general exercises

### Session 3

Thirty minute one to one session practical session reviewing:

- Self-Massage techniques/sequence
  - Decongestive Exercises techniques/sequence
  - Recommendations for general exercises
- We are taking expressions of interest please call the Centre to register. Date TBC.

Cost: Members \$25, Non-Members \$100

Facilitator: Richard Roope

## Counselling Online

Our online counselling can be easily accessed via any device which has a camera and microphone (mobile phone, iPad, laptop, PC). We are currently using are CoviU for Counselling. This platform is free for members to utilise and very simple to activate. These services are provided at the same fee as face to face delivery and on completion of your appointment you will receive a call from the Centre to organise payment over the phone for your service.

Cost: \$20 for Members

## Support Groups Online

Stay Connected! We now have our support groups up and running online via Zoom! During these times of uncertainty, please know you can still reach out for support. Cancer support groups are designed to help people cope with all aspects of a cancer diagnosis by providing a safe environment to share experiences and learn from others who are facing similar obstacles. A support group can help you cope better and feel less isolated as you make connections with others facing similar challenges. A support group shouldn't replace your standard medical care, but it can be a valuable resource to help you cope. Completely confidential the group is at ease with one another to discuss how the cancer journey is affecting them or their loved ones. Please contact the Centre to find out more on 8272 2411.

Friendships can form enriching the lives of the participants.

*Any other workshop ideas please contact the Centre to discuss.*

# Sexual health issues and cancer survivorship

Hello, my name is Dr Tonia Mezzini and I've been asked to help shed a little more light on sexual health issues and cancer survivorship.



## Dr Tonia Mezzini

Sexual Health  
Physician

BA (Hons) BMBS  
DipPallMed (Clinical)  
MHSSH M Psyc (in  
progress) FRACGP  
FACHSHM

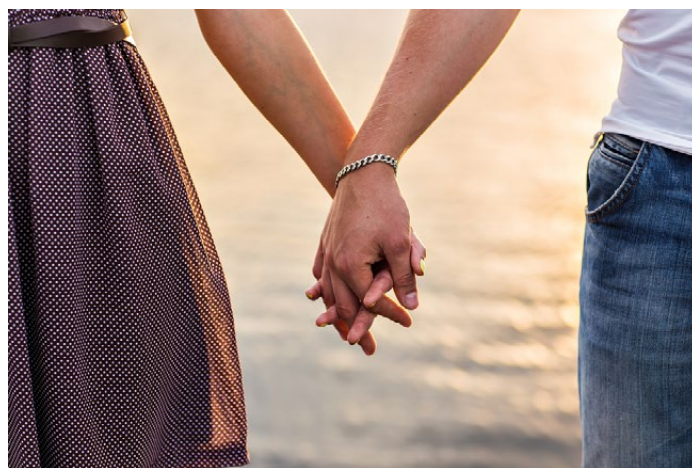
Now, just in case you don't what a Sexual Health Physician is – it's a combination of endocrinology, gynecology, urology, public health and psychology. So, basically if the problem is below the belly button, or between the ears – or a combination of the two – as it usually is, I'm the doctor for you. Most of the patients that I see at Adelaide Oncology and Haematology are women with breast cancer. Hopefully this article will help with some ideas on how to manage the physical and psychological challenges that breast cancer brings.

Sex and physical intimacy might be very low down on your list of priorities during treatment, but for others – it's even more important – helping them to feel loved, connected and alive. We sometimes lose sight of how to maintain an intimate connection with our partner. The busyness of our lives and the normal ebb and flow of desire over long-term relationships can be enough to erode time and enthusiasm for intimacy.

The added demands of a cancer diagnosis – with its busy schedule of appointments and treatments – are an additional complication.

But it's not just about time. There is much to adjust to psychologically; how you feel and think about yourself, your relationships and your bodies, changes. How can it not? This is a scary and confronting time. Patients sometimes feel like they no longer have dominion over their own bodies. The initial focus is necessarily on survival and adjusting to the shock of a cancer diagnosis. As you progress through treatment, and start to consider your futures, there are new issues and emotions to process. These thoughts can be difficult to share, even with those closest to us.

The physical realities of cancer and cancer treatment can leave you feeling tired and nauseous. Surgery leaves its mark, and bodies are no longer the same. Hormone therapy impacts on desire and performance; bodies no longer work like they used to. But despite a veneer of openness in our society, sex remains an extraordinarily complicated business, hard to discuss and surrounded by shame and unspoken desires. Instead, we make jokes – that's the Australian way – and hope it will magically get sorted out. Talking about sex and intimacy is difficult for all of us, regardless of our cultural backgrounds or religious beliefs. It's difficult because it is important. Because when we talk about what we want in bed we are forced to reveal the truth of our inner selves: to be exposed, to be truly naked. If we want to have good sex we need to take it seriously. We need to give sex the time and attention that such a complex interaction deserves.



We need to talk about what we want from sex – what's working and what's not working. We need to be ok to talk about dry vaginas or penises that can no longer respond as we want them to. We seem to be perfectly ok to talk about fatigue and nausea!

Good sex is not just the deft execution of the right moves or a type of sexual gymnastics – it's about communication, connection, understanding, respect and fun. It requires a commitment and a willingness to change that sexual script. And this is where the relationship dynamic comes into play. To help us to understand what that might look like, I'd like to describe a very basic 'sex therapy' technique. Right now. Don't be shy! This is based on the work of Gary Chapman, who wrote the elegantly simple book *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate*. The idea is that we all have ways of showing our love, but sometimes we are speaking a different language and the message gets lost. The love languages are: touch, acts of service, words, time spent and gifts.

For example, cooking your partner's favourite meal is an 'act of service' and how someone might say 'I love you'. But, if your partner believes that words are the best way to say 'I love you', then the message might get lost in translation. The book is well worth reading and makes a great gift! I like to suggest the following exercise for couples:

- Think about your 5 love languages in order of priority
- Try to guess your partner's Top 5
- See if you got it right. If you didn't, talk about it in a positive, encouraging way. Acknowledge that these will change over time, for example, before cancer, after cancer.

The loneliness of the cancer experience can present further relationship challenges. It can feel like only other patients and survivors can really understand what you are going through. Those affected by cancer sometimes stop working and their social world shrinks. Friends and family either treat you with excessive caution and the 'don't mention the C word!' approach.



Or, it's well 'you are all better now, so back to normal!' People sometimes feel that they are a burden to others when they can't work or function in the household as they did pre-treatment; so guilt gets added to the relationship dynamic.

But what if you don't have a partner? Or your relationship ends under the pressure of a diagnosis and treatment? How do you manage dating and new relationships after breast cancer treatment? At what point do you share that information about yourself? That's often a long conversation in clinic – something along the lines of: as soon as you think it might be worth your effort to have sex, it's worth talking about it.

Now, let's talk about some of the physical symptoms and what we can do to improve quality of life. The most common menopausal symptoms in women after breast cancer are hot flushes and night sweats. These are quite disruptive to normal functioning and women feel embarrassed – it can be hard to unobtrusively sweat and strip! There are some medications options. All of these need to be discussed with your doctor and take into consideration your individual health needs.

Venlafaxine, Escitalopram, Gabapentin, Clonidine and Oxybutynin at in low doses can help with reducing the intensity and frequency of hot flushes. All of these medications have different side effects and some have a dual effect – for example, Venlafaxine can also help with anxiety, Clonidine can reduce blood pressure and Oxybutynin can help with over-active bladder symptoms.

Other options for managing flushes include: avoid triggers such as alcohol, spicy foods and hot drinks. Layer your clothing: so you can quickly whip a layer or two, underwear/singlets that wick sweat away from the skin. Cognitive behavior techniques and hypotherapy can reduce the distress associated with hot flushes. Herbal therapies such as Black Cohosh and phytoestrogens are best avoided. Sleep hygiene strategies and relaxation exercises can help with disturbed sleep. There are a number of Smart Phone Apps that offer Mindfulness and Progressive Muscle relaxation exercises. I like *Calm* – as well as music and exercises it has a selection of sleep stories to lull you to sleep. My favourite is Mathew McConaughy. Sigh...

Finally, we need to talk about the vagina. Yep, we do! All women after menopause – whether natural, medical or surgical, are prone to vaginal dryness which can make sex uncomfortable and increase the risk of urinary tract infections. The blockage of oestrogen with medications such as Zoladex, Tamoxifen or Letrozole can have a significant effect of your vulvovaginal health. The discomfort is not just limited to sex – there can be constant feelings of itch, burning and dryness.

Some general advice about your lady garden: don't wash with soaps, have bubble baths, use sprays, douches, perfumed products or special washes. Water is just fine and use soap alternatives for the mons pubis and around your bottom (such as QV, Cetaphil or Dermaveen products). Cotton undies are best. Try to avoid tight fitting jeans, pantyhose, G-strings and staying in wet bathers and gym gear.

I also recommend vaginal moisturisers such as *Olive and Bee* (I think this is the most useful), *Yes!* and *Replens*. As well as pelvic floor physiotherapy with a focus on relaxation exercises, the use of vaginal trainers and *Ohnut*.



Please be aware that not everything that itches or burns down there is thrush: it could be other vulval skin conditions. So get a Gynaecologist or Sexual Health Physician to examine you and perform swabs.

What about vaginal oestrogen? The research tells us that non-hormonal approaches such as vaginal lubricants and moisturisers should be used first. If these are ineffective, then vaginal oestrogen can be considered. Discuss this with your oncologist and make a decision that feels comfortable for you. I advise a gradual introduction of oestrogen after a trial of moisturisers. It is worth noting that the research "does not show an increased risk of cancer recurrence among women currently undergoing treatment for breast cancer or those with a personal history of breast cancer who use vaginal estrogen to relieve urogenital symptoms" (The American College of O&G, Committee Opinion on The Use of Vaginal Estrogen in Women with a History of Estrogen-Dependent Breast Cancer, Reaffirmed 2020, No 659).

A more controversial approach involves the use of fractionated carbon dioxide laser to help stimulate collagen regrowth. This can be a useful strategy, but it is not covered by Medicare and can be expensive. Repeated treatments are required. The best results are achieved with a combination of oestrogen and laser treatment and there is some evidence to suggest that repair of the skin and mucosa with laser treatment reduces the absorption of any applied oestrogen. We need more research on the use of laser technologies for vulvovaginal health, so be aware that we don't yet have long term data on outcomes.

If you would like more information, a very useful resource is *Managing Menopausal Symptoms After Breast Cancer: A Guide for Women* published by Cancer Australia and available at <http://canceraustralia.gov.au>

Or, have a look at my website [drtoniamezzini.com.au](http://drtoniamezzini.com.au)

## New retreat at Tara Hills



Thanks to the kind bequest from Mr Peter Bienke the Centre is able to fulfill his wish of providing rest and respite to those with cancer.

The *Journey to Wellness Retreat* is the Centre's flagship course. Next year we are looking to break new ground by holding our highly esteemed course over three days and will offer workshops, accommodation and homemade cooking at the lovely setting of Tara Hills in Nairne just 40 minutes from Adelaide.

Tara Hills is 65 acres of native trees, fauna and rolling paddocks. Tara Hills has lovely accommodation, a large dining area and spacious Glover Hall filled with natural light and great views which provides a perfect workspace in which to hold all our sessions.

The Journey to Wellness course covers a range of topics specially designed to assist cancer patients to maximise their emotional, psychosocial and spiritual selves.

This course is inspired by Ian Gawler's *Healing and Wellbeing Course* and run by our professional facilitators who have run this course for many years now.

Catering will be provided by Meredith Russell, full of healthy and nutritious ayurvedic cooking. Meredith's love of cooking will shine through in her food and she will share with you her wisdom through cooking.

### Topics include:

- Your Body and Cancer
- Your Mind and Cancer
- Enhancing Wellness
- Meditation
- Pain & Stress Management
- On the Road to Wellness

Massage appointments will also be available over the weekend.

Date:	19 – 21 March 2021
Time:	9am start Friday, 19 March to 5 pm finish Sunday 21 March
Location:	31 Jury Road, Brukunga, SA
Cost:	Members Only retreat \$150. *Membership must be held for a minimum of 6 months to be eligible

The retreat is heavily subsidised for members, thanks to the Peter Beinke Memorial Fund.

For further information or to book your place on this magnificent retreat, please contact the Centre on 8272 2411.





## The Cherington House Therapeutic Community Garden

The Cancer Care Centre has formally opened its Therapeutic Community Garden in the beautiful setting of Cherington House in Belair.

The honour of officially opening the garden was given to Sophie Thomson. We would like to thank Sophie for her support and involvement which included the design of the garden in the initial stages and her talk on *Gardening for the Soul* on the day.

The garden was founded through the love, commitment and vision of our long-standing volunteer, Diana Bickford. Diana is a certified organic seedling farmer and has been running our Seeds for Health Program for the last 17 years. We look forward to the future success of this course now we have a larger space to work with.

Sophie is passionate about growing nutrient dense foods for our health and community gardens. Her talk was inspirational, Sophie talked of the importance of community gardens and how they are more than growing food, they are growing strong, connected resilient communities and relationships.

**Sophie talked of four important key areas of gardening:**

- Exercise
- Vital for our relaxation
- Physical and mental health
- Opportunity for optimal nutrition

Sophie mentioned the many benefits of being in the garden namely; lowering blood pressure, faster recovery rates, stress management. It is scientifically proven that gardening produces serotonin in our bodies and whole wellness programs have been designed around the process, for example you can now be a horticultural therapist to help people with rehab and aged care.

Sophie's knowledge and wisdom was passed on through the afternoon and extended into a 'wicking bed' demonstration, this water saving garden design is perfect for our South Australian climate

Long time friend of Diana, Lolo Houbein, author of *One Magic Square* and *Magic Little Meals* was unable to join us on the day but forwarded a reading to mark the occasion; you can read Lolo's beautiful words below that Diana read out to us on the day.

*'A Healing Garden is a place to gather food and boost your immune system. And that is just the beginning of your path to health.*

*There is gentle exercise, bending and stretching, breathing in fresh air from all the greenery, flowers and maybe a tree or two.*

*If you can potter, on your feet or sitting down, it will give the garden that cared for appearance enjoyed by all. Talk to the plants as part of plant care. Listen to the plants as well. When you walk through a garden and are stopped in your tracks and look over your shoulder, you may see a plant or patch in immediate need of watering. Answer the call before something else draws your attention.*

*Tune in to bird song. Discover bird conversations. Observe the coming and going of insects and let them be, most are now endangered species.*

*If possible, start your day in a garden. Rest your back against a tree who cannot run away but has to deal with life as it comes. The tree will give you strength.*

*Living in the present moment in a garden is perfect for allowing the ever-racing mind a sound rest. The magic of any degree of gardening is being in touch with a living eco-system that may erase most of life's daily concerns from our minds the more we tune in.*

*As one of my readers once wrote to me: "There are many life lessons that come with gardening". Happy Days!' Lolo Houbein*

### Join us at our next garden meeting

You are welcome to join us at the community garden, meetings are bi weekly on Wednesdays from 2pm – 4pm. Please contact the Centre on 8272 2411 for further details

### Stay tuned

We look forward to sharing the upcoming workshops at the garden in the future.



## Did you know the Centre offers a personal Biography Service?

The focus of the service is on what it can do for the person; the story is secondary to the process. It is what happens to the author of the story in the telling of their story that is the most important part, as it can be a therapeutic process and a process that the author has control over at a time when so often there is a lot that they cannot control...the final biography manuscript is a bonus.

A biography offers a way of capturing the world of the individual as he/she has experienced and continues to experience their life journey.

Biography services are offered nationwide by many hospitals, hospices and healthcare organisations as it is widely believed that physical health is closely associated with mental and spiritual health, and that the process of the telling of a life story may:

- allow the release of pent-up emotions, stress, anger and other negative energy being caused by the ordeal
- enable the individual to let go of any emotional baggage
- allow the acknowledgment of the situation more easily and therefore aid in the improvement of quality of life
- help reaffirm what is important to them
- lead to a discovery of what is truly valued in their life
- validate the significance of their life by allowing an opportunity to reflect on experiences.

### The Process

- Biographies will be conducted at the Centre on a face-to-face basis with a biographer sitting down informally with the author and recording their story
- The recording sessions are of a one-hour duration, one day a week, for up to six sessions over a 10 week period
- Each individual session is transcribed and then reviewed, at the next session, with the author to allow them to edit their story if required – this provides them with full control of their story and nothing is included in the biography without their permission
- On completion of the biography the author will be provided with two bound copies of their biography, plus an electronic version on USB.

Date & Time: To be arranged with each individual participant

Location: Biography sessions to be held at the Cancer Care Centre

Cost: Members only service \$120  
\*Membership must be held for a minimum of 6 months to be eligible.

The Cancer Care Centre would like to acknowledge the support given to us by the *Calvary Hospital Life Stories Program* in the formulating and guiding principles of this Program. Our volunteer biographer is also Calvary trained.



**A big thank you to our wonderful volunteers**



# LEE · GREEN

STRATEGIC ACCOUNTANTS

Tax & Compliance  
Accounting Services  
Audit & Examinations  
Business Consulting

ADELAIDE

T: (08) 8333 3666 F: (08) 8333 0666  
reception@leegreen.com.au  
www.leegreen.com.au

DARWIN

Proud supporters of the Cancer Care Centre

## MIND . BODY . SOUL

Through various forms of gentle yoga, restorative yoga, yoga nidra, meditation and pranayama (breathing) we seek to achieve physical, mental and emotional relaxation in times of stress and healing.

Join Cherie Gauci, of Grassroots Wellness, for private one-on-one sessions tailored to your specific needs and level of health.

### Yoga

- Hatha Yoga
- Restorative Yoga

### Meditation

- Japa & chant meditation
- Deep peace relaxation
- Yoga Nidra

### Pranayama

- Breathing for anxiety & stress

FREE  
Complementary 30  
minute session\*



\* Cancer Care Centre members only

### Contact:

Cherie Gauci  
Grassroots Wellness  
P: 0402 32 1175



W: grassrootswellness.com.au E: cherie@grassrootswellness.com.au

## Springwood Studio

Yoga ~ Art ~ Wellbeing



Kundalini Yoga Classes and Well-being Events

[www.springwoodstudio.com.au](http://www.springwoodstudio.com.au)

[admin@springwoodstudio.com.au](mailto:admin@springwoodstudio.com.au)

or 0488 286 665 ~ Leawood Gardens SA



Many nutritionists recommend juicing to boost your overall health. Visit [www.organicbox.com.au](http://www.organicbox.com.au) for a range of delicious recipes for meals and juices using our organic ingredients.

\*Offer available for Cancer Care Council clients only.



Fresh, healthy and delicious organic produce, meat, dairy groceries and toiletries delivered from our farm to your door!



5% DISCOUNT\*  
Enter code: CCCJUICE at checkout



## 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 the 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.

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