

HealthyLiving

Cancer Care Centre Inc.
Quarterly Program and Newsletter

Cancer Care Centre Community Garden – Cherington House

See page 2

Keeping belly bacteria balanced is key, but a challenge for cancer patients

See pages 10–11

Journey to Wellness Retreat success

See page 12



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
195 Glen Osmond Road
Frewville SA 5063
Call (08) 8272 2411
cancercarecentre.org.au

Reminder we have moved

The Cancer Care Centre is now located at 195 Glen Osmond Road, Frewville. All other contact details remain the same.



Digital entertainment books

Thank you for supporting Cancer Care Centre by purchasing your 2020 Entertainment Book through us.

\$1,621 was raised, enabling us to continue the vital work of helping people in South Australia living with Cancer, their carers and families.

Entertainment books are now 100% Digital, and the book is no longer available.

This year, please support us by purchasing your 2021 membership here: www.entbook.com.au/161c980 or scan the QR Code provided. Thank you .



Donations

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

Catherine Anne Turner	Nada Mladenovic
Dennis Earl	Paul H Schulz
Ian Budenberg	Russell Talbot
Jodi Von Reesema	Sue Erickson
Josephine Carpinelli	Susan Sificus
Julia Clancy	
Katharina Brandwyk	
Maree Clarke	

Thank you to our Cancer Care Champions:

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



Donations made after March 22nd 2021, 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, 195 Glen Osmond Road, Frewville SA 5063
- ☐ **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



With 2021 now well underway, it's a pleasure to see the Cancer Care Centre returning to normal after the mid-summer hiatus of moving and setting up in our new premises. Mad March' is just finishing up and our courses, classes, therapies and counselling services are back in full swing. We have had some outstanding weather in recent months and as we approach the new season and daylight saving finishing the Centre looks forward to completing its transition, with looking forward to new tutors and classes with new opportunities for its members coming up.

As we continue to work within the confines of COVID-19 the board was forced to change the date for its Annual General Meeting to March 2021, with approximately 40 people were in attendance. The board had continued to focus on meeting the needs in services and programs to be delivered, as well as where we were going in the future, both as an organisation and physically.

Early in the year Meredith Ridgway, Amy Halliwell and Lynn Mason Forbes resigned from the Board for various reasons, I want to acknowledge their contributions to the board and wish them well. Kevin Magee and Maryanne Cave were co-opt to the board during the year and I welcome their contributions over the past months. At the AGM we welcomed to the board new members: Nicole Crawford, James Speechley Crowley, Kevin Magee and Maryanne Cave. I look forward to their valuable contribution throughout the year.

The Board certainly had some significant challenges with changes to our premises, the development of a new Strategic Plan 2021-2023 and generally dealing with day to day with COVID requirements. The Strategic Plan provides a focus with initiatives to work towards over the upcoming period and I look forward to working with new members of the board and our community to implement the plan.

As I stated at the AGM 'ongoing engagement will be fundamental to delivering our plan for the growth of the Cancer Care Centre over the new few years'. I would like to thank board members, volunteers, tutors, therapists and partners for their contribution to the plan and the year. In particular, I would like to thank Calandra Scott Centre Manager for her contribution to the plan and how she has dealt with the every changing COVID requirements, always striving to ensure that our members needs have been met. In March Calandra advised the Board that she would be leaving the Cancer Care Centre by May 2021. The Board is very grateful to Calandra for her achievements, is currently reviewing the structure and looking for a replacement. We will provide more information on how we will 'farewell' Calandra in the upcoming weeks.

The year will doubtlessly bring too many of us new challenges, but I'd like to think that challenges shared in the environment we have at the Cancer Care Centre are more easily faced and even overcome.

This magazine lists an enormous array of courses and therapies to help those with cancer, and their carers, and I urge you to take full advantage of what we have to offer. Please feel free to pass this magazine around your work, family and friendship groups – there are more copies available at the Centre, of course. Do drop in and visit our new premises – a Place of Help, Hope and Understanding.

Susan Ross,
Chair

MESSAGE FROM THE MANAGER



We are now well settled into our new home at 195 Glen Osmond Road in Frewville, and thanks to Kevin Magee, Ivy Diegman, and Steve Banwell from Smartposts, we are now well signed up as Smartposts donated our signage at our new premises. People have been commenting on how wonderful it looks and makes the Centre much easier to find.

We recently welcomed four new board members at our recent AGM. We are proud to have Kevin Magee, Nicole Crawford, James Speechley Crowley and Maryanne Cave formally invited onto the Board. Our AGM was also a time to say Thank You to Truffy Maginnis (pictured). Truffy has been volunteering with us on a Friday in the office for three years. Her kindness and care, and dedication to the cause in memory of her Uncle Brendan, who utilised the Centres services, is greatly appreciated.

We recently held our flagship course, *Journey to Wellness*, as a retreat at the lovely Tara Hills near Nairne. The *Journey to Wellness* was held this year as a three-day retreat covering topics such as your mind and cancer, and your body and cancer, pain and stress management, meditation, enhancing wellness and nutrition and on the road to wellness. The weather was beautiful and the retreat very well received by all who attended. You can read more details on the retreat on page 12.

Our community garden at Cherington House in Belair is coming along nicely. Diana Bickford, our resident organic gardener, is gearing up to do another year of our *Seeds for Health* program and is now in her 18th year of volunteering with us! You can find out about the program she has planned for this year on page 7.

This will be my last magazine for the Cancer Care Centre as I am now moving on from this position, and what a fantastic experience it has been. I am deeply privileged to have been part of such a wonderful organisation, and it will always stay close to my heart. I have been inspired by our members' spirit, struggle, perseverance and strength; I have been touched by their gratitude for the services and care the Centre provides. I have met and worked with some amazing, caring and genuine volunteers and have been inspired and touched by supporters and members' generosity. Thank you to the Board for their support over this time and to Sue Ross, our Chair, for her dedicated hard work and guidance. I wish the Cancer Care Centre all the very best in the future.

Warmest Regards,
Calandra Scott
Manager





Coming up Life with Full Attention Course

This is an eight-week course exploring what it means to be fully alive moment by moment, no matter our particular circumstances.

It is a practical course in mindfulness, a quality that enhances all experience, whether mundane or extraordinary.

There will be a mixture of input from the course facilitator, Dharmamodini, time to explore that content with one another in the discussion, and an opportunity to share our experiences of trying out different approaches – to living life with full attention – week by week.

This course focuses on putting mindfulness into practice in the actual conditions of our individual daily living.

Day: Thursday evenings

Date: April 22nd to June 17th 2021

Time: 6.30pm – 8.30pm

Cost: \$95 for Members
\$120 Non-Members

Booking essential, limited spaces
available

Register by phoning the Centre
on 8272 2411

Facilitator: Dharmamodini - Dharmamodini (Sanskrit for 'she who rejoices in the Dharma', that is, the Buddha's teachings) is an ordained Buddhist who has been practising meditation and mindfulness for over twenty years and teaching these ways of living for ten years. She is in her seventh year of facilitating the Meditation Group at CCC on Wednesday mornings.





Seeds for Health

Organic Garden Course – Autumn 2021

The program is practical and is held in our organic Cherington House Therapeutic Community Garden – a practical and productive demonstration garden.

The course provides organic vegetable gardening skills, both in gardens and containers, so it will be possible for people to grow their own 'healthy food'. A holistic experience – providing the opportunity to connect with nature and gain the important health benefits of relaxation, reduce stress and anxiety, increase self-reliance and a real sense of achievement, and experience the fun of great community garden spirit!

Topics lead to sustainable, healthy living by mastering the art of organic food gardening, so crucial in today's world!

- The whole cycle begins with seeds to plant and nurture
- Design our gardens to keep our plants healthy and happy
- Learn how to make rich compost to nourish the soil
- Explore organic soil management – worms and mulch and more
- Creating edible backyards with fruit trees
- **April 28th** Getting Started – Design inspirations. Starting and growing seeds with Diana Bickford
- **May 5th** Healing Herbs from the Garden. Lily Graham and Stina Nykvist demonstrate simple, practical and effective ways with medicinal Herbs
- **May 12th** How to create great compost and Improve soil management. Also, how to make wicking beds – Lachie McKenzie, Permaculture Association.
- **May 19th** Creating edible abundance in backyards. Fruit Trees for home gardens – Chris Day, Everyday Sustainable Living



Facilitator: Diana Bickford

Location: 13 Laffers Road
Cherington House, Belair.
Go to the bottom of the garden.

Wednesdays 10 am – 12 noon

The Autumn course is for 4 weeks

Wed May 6th – May 27th 2020

Cost: \$65.00 for all four sessions
or \$25 per session

Bookings essential

Phone the Centre on 8272 2411

Enquiries: Diana 0407 339 660

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 & 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

In Centre and via Zoom

Facilitator: Karen

Last Monday of the month

10.30 am – 11.30 am

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

Therapist: Ryan

Every third week, Monday mornings

Members \$40, Non-Members \$85

Counselling

In the Centre and online

Counsellor: Natalie

Weekly, Monday afternoons

Members \$40, Non-Members \$85

With the exception of Wednesday morning meditation, you are advised to contact the Centre on (08) 8272 2411 to confirm course commencement dates and times, and to make bookings for all courses listed.

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: Leanne

Weekly, Tuesday afternoons

Members \$40, Non-Members \$85

Pancare Foundation

Pancreatic Cancer Patient Support Group

Contact: Sonia Mursec

Bi-monthly 11 am to 1 pm

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 & 3rd Tuesdays of the month

7pm – 9pm

Members by donation, Non-Members \$10

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

Counselling

In the Centre and online

Counsellor: Nicole

Weekly, Tuesday afternoons

Members \$40, Non-Members \$85

Biography Service

By appointment only

Facilitator: Eva

Weekly, Tuesday mornings

Cost: \$120 for members



Wednesday

Community Garden Meeting

Facilitator: Diana

Weekly, 10 am to 12 Noon

Cost: Free

Location: 13 Laffers Road, Belair.
Go to the bottom of the garden.

Pathways

In the Centre and online

Support Worker: Maryanne

Weekly, Monday mornings

Cost: Free



Group Meditation

In Centre and via Zoom

Facilitator: Dharmamodini

Weekly, Wednesday mornings

10.30 – 11.30 am

Members \$7.50, Non-Members \$10

Counselling and Pathways

In the Centre and online

Counsellor: Lee

Weekly, Wednesday afternoons

Members \$40, Non-Members \$85



Massage – Lymphoedema, Oncology

Therapist: Sarah

Fortnightly, Wednesday mornings

Members \$40, Non-Members \$85

Cherington House Community Garden Meeting

Facilitator: Diana Bickford

Weekly, Wednesday mornings

Time: 10am – 12 noon

Cost: Free

Location: 13 Laffers Road, Belair.
Go to the bottom of the garden.

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.

Thursday

Massage – Oncology, Relaxation

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

Counselling and Pathways

In the Centre and online
Counsellor: Lynne
Weekly, Thursday afternoons
Members \$40, Non-Members \$85



One-on-One Meditation

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

Friday

Friday Women's Support Group

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

In Centre and via Zoom
1st & 3rd Friday of the month, 10am – 12 noon
Members by Donation, Non-Members \$10
Please register your interest by telephoning the Centre on 8272 2411.

Counselling

In the Centre and online
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

Online Courses

We are now offering online counselling and support groups and 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 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.

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 the Covi platform 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.

The cost is \$40 for Members.

Support Groups Online

Stay Connected! We now have our support groups up and running online via Zoom! Please know you can still reach out for support during these times of uncertainty. 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 discussing how the cancer journey is affecting them or their loved ones. Friendships can form, enriching the lives of the participants.

Please contact the Centre to find out more on 8272 2411.

Monday – Friday

Resource Centre

The library is an easy and convenient way to find information and inspiration. Come in and 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

Art Therapy Workshop

Facilitator: Angela Kirby
Monday, May 5th 2021
1pm to 3.30pm
Cost: \$10 Members, \$30 Non-Members

Yoga – Restoring Balance

It's safe, relaxing and easy to do. Offering gentle stretching, breathing exercises, relaxation and meditation to support the healing journey. A 6-week course with no prerequisites.

Facilitator: Tina Spencer
Next course commences:
April 21st – May 26th 2.30 pm – 3.45 pm
Cost: Members \$60, Non-Members \$100

Seeds for Health – Organic Gardening Workshop

Facilitator: Di Bickford
Four-week course May 6th to May 27th
10 am – 12.30 pm
Location: 13 Laffers Road, Belair
Cheriton Therapeutic Community Garden.
Go to the bottom of the garden.
Cost Members \$55, Non-Members \$80
Bookings Essential
See page 7 for more details

Life with Full Attention

Eight-week course
Facilitator: Dharmamodini
Thursday Evenings 6.30 pm – 8.30 pm
April 22nd to June 17th 2021
Cost Members \$95, Non-Members \$120
See page 6 for more details

Keeping belly bacteria balanced is key, but a challenge for cancer patients

The human colon is a teeming sea alive with millions of bacteria. In this briny deep within the gut swim trillions of bacteria from hundreds of different species.

Some species of bacteria, if left unchecked, could cause infections or disease. Others promote good digestion and help fight infection. Doctors and scientists have discovered the benefits of maintaining a healthy balance of good and bad bacteria in the colon and the role our gut bacteria, also called microbiota, microbiome or gut flora, plays in many diseases, including Cancer. "The normal bacterial balance is when there are significantly more good bacteria to overpower the bad bacteria," says Pankaj Vashi, MD, Gastroenterologist at our Chicago hospital. In cancer patients, maintaining that balance is often a challenge, potentially impacting treatments and leading to difficult side effects. That's why, experts say, it's important for cancer patients to be aware of the dangers, and to give them tools to help prevent and manage them.

Cancer may wreak havoc on the human microbiota. The disease strains the immune system, which may allow bad bacteria in the gut to flourish. Antibiotics used to fight infection also may kill good bacteria in the colon. "Antibiotics are like a grenade," says Zach Breeding, registered and licensed Advanced Clinical Oncology Dietitian at our Philadelphia hospital. "They can destroy so much bacteria in your gut, both good and bad." To further complicate matters, cancer treatments may lead to a pronounced imbalance of microorganisms, a condition called dysbiosis. For instance:

- Surgery to remove part of the colon also removes bacteria and some of the tissue in which they live.
- Radiation therapy may damage or inflame tissue in the colon.
- Chemotherapy, especially, may wreak havoc on the gut. Treatments may kill bacteria that aids digestion, often leading to diarrhea, which further depletes good bacteria.

"Whenever patients get sick from chemotherapy and get diarrhea, they lose a lot of good bacteria," Dr. Vashi says. "And we have patients who take multiple antibiotics that destroy a lot of good bacteria. These can lead to different infections, including the most notorious one, which is *C. difficile*." *Clostridium difficile* infection, known simply as *C. diff*, is marked by inflammation in the colon, often brought on by disrupted gut flora and a compromised immune system. *C. diff* infections are diagnosed in about 10 percent of cancer patients. Research indicates cancer patients with *C. diff* may have poorer outcomes than those who don't have the infection. To treat patients with *C. diff*, Dr. Vashi may consider a fecal transplant procedure, in which feces from a healthy donor is implanted into the colon of the infected patient. "We see some dramatic responses in which the diarrhea is gone in as little as 24 hours," Dr. Vashi says. "Many times, they don't get recurrent infections."

To help reduce the effects of chemotherapy on the microbiome, doctors and nutritionists often turn to prebiotics to bolster the microbiota and probiotics to restore good bacteria lost or destroyed by treatment. "Before therapy, I'm always recommending a good, wholesome diet that contains a lot of plant-based foods—fruits, vegetables, beans, legumes," Breeding says. "These foods are high in prebiotics, the food for the probiotics. Anything that has roughage and is cooked al dente, such as beans or broccoli, which are high in insoluble fiber, will allow probiotics to thrive." During and after therapy, probiotic supplements that contain multiple types of microorganisms help restore the good bacteria in the gut. "When you are in dysbiosis, you can't just throw yogurt at that," Breeding says. "You don't need just a little bit of probiotics; you need a ton."

What is the human microbiome?

Here's some of what we know so far, according to the Human Microbiome Project:

- Human microbiota is made of trillions of viruses, fungi and other microorganisms.
- The human microbiota has 10 times more microorganisms than human cells.
- Microorganisms make up about 3 percent of our total body mass, or about six pounds of a 200-pound adult.
- Imbalances in human gut flora have been linked to autoimmune diseases such as Crohn's disease and multiple sclerosis, obesity and heart disease.

In 2008, the National Institutes of Health established The Human Microbiome Project to research and compile data to study the microbiome's impact on disease. "It has been found that bacteria play a role in multiple diseases," Dr. Vashi says. "There are studies now that are showing that changes in bacterial flora can contribute to developing conditions, such as irritable bowel syndrome and colitis. Fascinating work has been done where we are learning more and more about gut microbiome playing a major role in many conditions, including obesity."

While evidence suggests dysbiosis can lead to autoimmune diseases and other conditions, "there is not strong data that shows a direct connection to gut bacteria causing cancer," Dr. Vashi says. However, research has shown connections between gut flora and cancer risk factors and the effectiveness of treatments. Multiple studies have found that the composition of a patient's gut bacteria may influence the performance of immunotherapy drugs called checkpoint inhibitors. In one of those studies, melanoma patients who had good bacteria in their guts had better responses to anti-PD-1 immunotherapy drugs than patients with bad gut bacteria. "An important and clinically relevant issue is whether manipulation of the intestinal microbiome could turn patients [who] are nonresponsive to immune checkpoint blockade into responders," Christian Jobin, PhD, of the University of Florida, writes in an editorial quoted by the National Cancer Institute's Cancer Currents Blog.

A gut bacteria imbalance sometimes causes health problems that may raise the risk of Cancer. For instance, a diet high in meats and processed foods and lacking in fresh vegetables may damage gut flora and increase the risk of certain gastrointestinal cancers, including colorectal Cancer. Also, an imbalance in the microbiome may lead to obesity, which is a risk factor for many

cancers, including those of the breast and prostate. "We know the microbiome can play a major role in developing obesity," Dr. Vashi says. "And we know that obesity plays a role as a risk factor in certain cancer types. So, there is a strong argument that people who have bad microbiomes are likely to become more obese, which may make them more susceptible to developing more cancer types."

What can you do? Tips for maintaining your microbiome

Expand your menu. Gut flora is a diverse collection of bacteria. A diverse menu of foods encourages the growth of many types of bacteria, which makes for a healthy microbiota.

Try fermented foods. These foods contain and feed probiotics and help promote healthy gut

bacteria. Fermented foods include yogurt, kimchi, sauerkraut, miso and tempeh.

Eat more fruits, vegetables and beans. Limiting animal fats and eating a plant-based diet will increase fiber intake and promote a healthy gut.

Stick with whole grains. Processing often strips fiber and nutrients from many grains, such as wheat and rice. Whole grains are rich in fiber and good for the gut.

Avoid artificial sweeteners. Research indicates that sugar substitutes, such as saccharin and aspartame, may promote obesity rather than prevent it, and damage gut flora.

Talk to your doctor. Ask questions about antibiotics you may be prescribed, and talk to your doctor about the benefits of a probiotic supplement.

Learn about prebiotics.

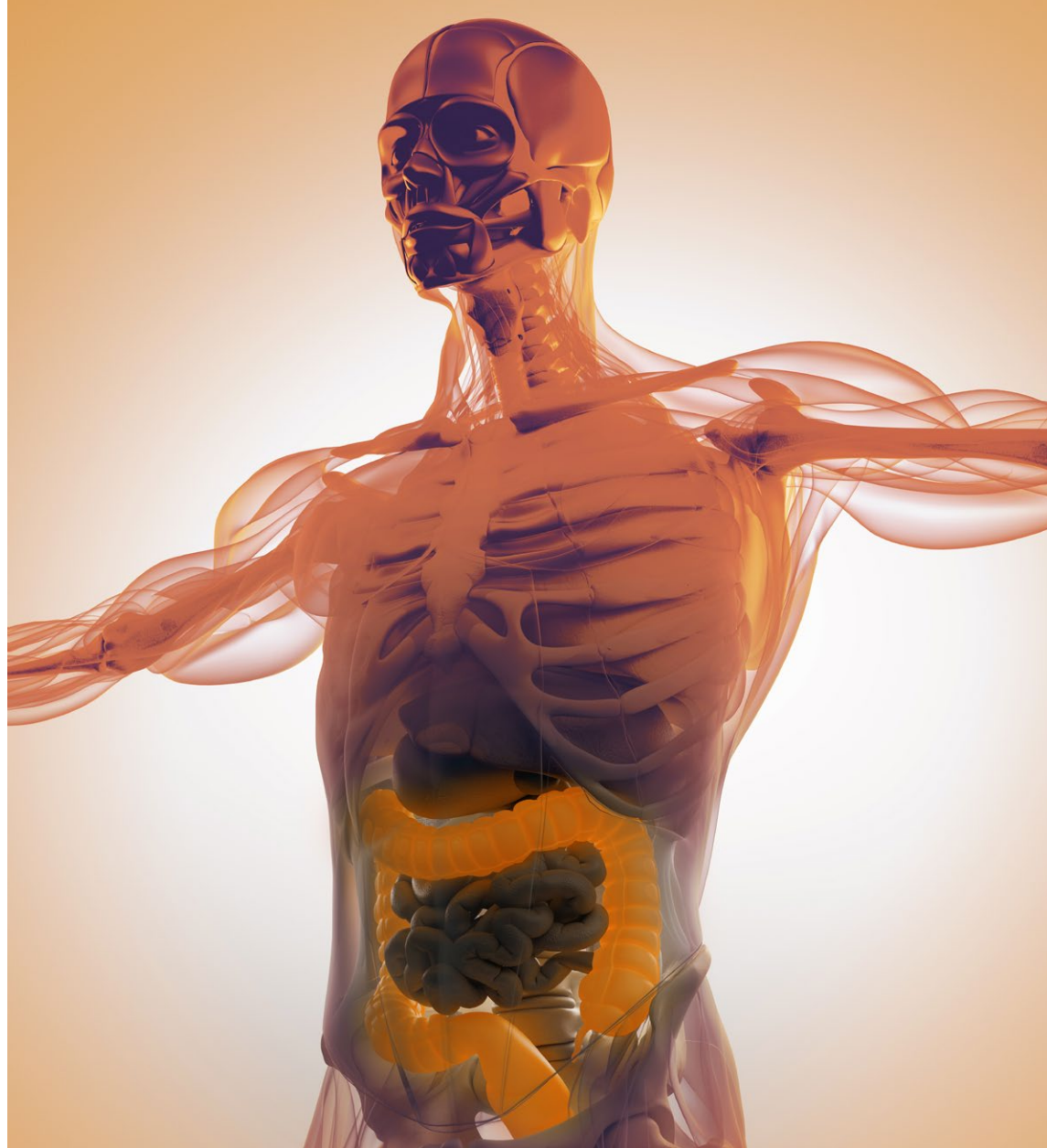
Probiotics have long been promoted to improve gut health, but prebiotics also are important. Examples of prebiotics include leeks, onions, garlic, asparagus, spinach, bananas, oats and beans.

Consider your lifestyle. Quit smoking. Drink alcohol in moderation. Get enough restful sleep. Get enough exercise. Eat a balanced diet. A healthy life often means a healthy gut, and a healthy gut helps promote a healthy life.

For more information on Gut health please see page 14 which has some new Gut Health books purchased for our library.

Sources: Physicians Committee for Responsible Medicine; healthline.com

Sourced from: Cancer Treatment Centres of America.



The Beinke Memorial Funds Presents the Journey to Wellness Retreat

On a weekend of stunning early autumn weather, participants from the Cancer Care Centre gathered at the beautiful Tara Hills property in the Adelaide Hills for the inaugural Beinke Estate Retreat.

The Centre presented its flagship programme, Journey to Wellness, in a residential format for the first time, and it was a resounding success.

We arrived on a Friday morning and, after introductions, began proceedings with Anne-Marie Halligan's discussion about Your Body and Cancer. Subsequent presentations included engaging facilitators such as Paul Kern, Dharmamodini, Lynn Murphy and Sarah Trangmar. Topics included Meditation, Your Mind and Cancer, Enhancing Wellness and Nutrition, Pain and Stress Management and On the Road to Wellness.

Tina Spencer provided calming Yoga and meditation sessions before the start of each day on Saturday and Sunday.

All sessions were well received, and participants felt that they had ample time to digest the information by being away from their daily lives.

Wonderful Ayurvedic food was lovingly prepared for us by Meredith and Katrina, and we all LOVED not having to cook!

Plenty of free time meant the opportunity to get to know other participants a little better or taking the time to relax alone in peaceful surroundings. The sunrises were worth waking early for.

Participants feedback comments were on the beauty of the venue, the comfort of the simple but functional accommodation, the fabulous food and the general feeling that they were being nurtured. It was such a successful weekend, and we look forward to holding another one soon.

Anne-Marie Halligan,
Oncology Massage Therapist, Board Member



**Journey
to Wellness**

Bliss ball recipe (famous from CCC Retreat day)

2 cups dates (medjool preferred)
½ cup coconut oil
½ cup honey or nectar
1 teaspoon cardamon powder
½ teaspoon cinnamon
pinch of salt
2 teaspoons vanilla extract
1 cup raw cacao powder
1 ½ cups chopped nuts
(eg almonds, walnuts, macadamia, pecans)
1 cup chopped dried fruit
(eg cranberries, dried apricots, sultanas)
ground almonds or flaked coconut (to roll balls in)

Method

Place all ingredients in a food processor (except dried fruit and nuts) and blend until all mixed through and smooth.

Transfer to mixing bowl and add chopped fruit and nuts.

Form into balls and roll to cover in ground almonds or flaked coconut.

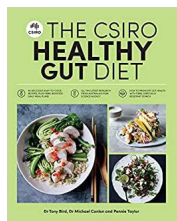
Place and keep in the fridge.



New books in the library

The CSIRO Healthy Gut Diet

By Pennie Taylor, Michael Conlon, Tony Bird



In recent years, we've come to realise that the gut is pivotal to a healthy metabolism, a healthy brain and a healthy immune system.

The explosion of scientific research in this

field - with CSIRO at the forefront - has also led to the discovery that feeding our gut bacteria with a particular type of fibre called resistant starch is a major piece in the gut health puzzle.

Collectively, gut problems account for a disproportionate number of GP visits and hospitalisations. Rates of bowel cancer and other intestinal conditions such as inflammatory bowel disease and irritable bowel syndrome are on the rise. The good news is that simple lifestyle changes to ensure a healthy high-fibre diet with lots of resistant starch and tailored to your needs, coupled with regular exercise, can significantly reduce the risk of developing bowel cancer and other gut conditions.

This book provides information on how the gut functions and what can go wrong, along with advice and lots of delicious recipes that are high in fibre and resistant starch. Written by a team of experienced CSIRO researchers, including nutritional scientists and dietitians, many of whom are internationally recognised authorities in nutrition and gut health, it contains simple, practical advice and a wide range of tasty, easy-to-make recipes designed to benefit the gut and overall health.

About the CSIRO

The CSIRO, Australia's national science agency, has been dedicated to the practical application of knowledge and science for society and industry since 1928. Today the CSIRO ranks in the top one per cent of world scientific institutions in twelve out of twenty-two research fields. CSIRO Food and Nutritional Sciences conducts research into human health, including disease prevention, diagnosis and innovative treatment.

Gut, the inside story of our body's most under-rated organ

By Giulia Enders



The key to living a happier, healthier life is inside us.

Our gut is almost as important to us as our brains or hearts, yet we know very little about how it works. In *Gut*, Giulia Enders shows that

rather than the utilitarian and -- let's be honest -- somewhat embarrassing body part we imagine it to be, it is one of the most complex, important, and even miraculous parts of our anatomy. And scientists are only just discovering quite how much it has to offer; new research shows that gut bacteria can play a role in everything from obesity and allergies to Alzheimer's.

Beginning with the personal experience of illness that inspired her research and explaining everything from the basics of nutrient absorption to the latest science linking bowel bacteria with depression, Enders has written an entertaining, informative health handbook. *Gut* definitely shows that we can all benefit from getting to know the wondrous world of our inner workings.

In this charming book, young scientist Giulia Enders takes us on a fascinating tour of our insides. Her message is simple -- if we treat our gut well, it will treat us well in return. But how do we do that? And why do we need to? Find out in this surprising, and surprisingly funny, exploration of the least understood of our organs.

Caroline Baum's Review:

This is my favourite science book in ages. And it's about the most exciting new area of research in medicine; the microbiome - or, to put it more bluntly, the bacteria in your gut: the good flora and the bad bugs. Enders answers all the questions that usually prompt embarrassment or crude jokes about bodily functions involving the intestine and bowel, and it's written in very entertaining, accessible, jargon-free language.

Just two examples of its many fascinating facts: you need your appendix more if you live somewhere like Spain or India, because it is a frontline weapon when it comes to food poisoning. And did you know that there is a pain-killer in our saliva that is more powerful than morphine?

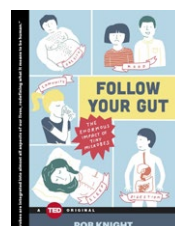
Those with gluten and fructose intolerances will find much to explain their conditions, but you don't need to be suffering from anything other than a mild dose of curiosity to enjoy this.

About the Author

Giulia Enders is a two-time scholarship winner of the Heraeus Foundation, and is doing research for her medical doctorate at the Institute for Microbiology in Frankfurt. In 2012, her presentation of *Gut* won her first prize at the Science Slam in Berlin, and went viral on YouTube.

Follow Your Gut

By Rob Knight



Allergies, asthma, obesity, acne: these are just a few of the conditions that may be caused; and someday cured; by the microscopic life inside us. The key is to understand how this groundbreaking

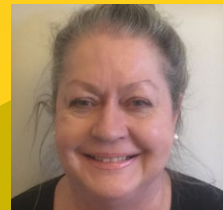
science influences your health, mood, and more.

In just the last few years, scientists have shown how the microscopic life within our bodies; particularly within our intestines; has an astonishing impact on our lives. Your health, mood, sleep patterns, eating preferences; even your likelihood of getting bitten by mosquitoes; can be traced in part to the tiny creatures that live on and inside of us.

In *Follow Your Gut*, pioneering scientist Rob Knight pairs with award-winning science journalist Brendan Buhler to explain; with good humor and easy-to-grasp examples; why these new findings matter to everyone. They lead a detailed tour of the previously unseen world inside our bodies, calling out the diseases and conditions believed to be most directly impacted by them.

With a practical eye toward deeper knowledge and better decisions, they also explore the known effects of antibiotics, probiotics, diet choice and even birth method on our children's lifelong health. Ultimately, this pioneering book explains how to learn about your own microbiome and take steps toward understanding and improving your health, using the latest research as a guide.

A big thank you to our wonderful volunteers



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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.