

February - April 2017

What's On

for women living with breast, uterine, ovarian, cervical or other types of gynaecological cancer

CONTACT US

PHONE 1300 781 500

EMAIL breacan@breacan.org.au

WEB www.breacan.org.au

RESOURCE CENTRE

Level 5, 210 Lonsdale Street
Melbourne, VIC 3000

VISIT

Monday, Wednesday, Thursday
10AM - 5PM (Peer Support 10AM - 2PM)

BreaCan
GYNAECOLOGICAL
& BREAST CANCER SUPPORT

BreaCan is a free information and support service for people affected by breast cancer or a gynaecological cancer.

FEBRUARY

MORNING TEA AND REFLEXOLOGY

WEDNESDAY 15 FEBRUARY
10.30AM - 12.00PM

A special morning tea to commemorate Ovarian Cancer Awareness month. We invite all women diagnosed with a gynaecological cancer to enjoy morning tea and chat with BreaCan volunteers and others who've had a similar experience. You can also enjoy a relaxing reflexology treatment on this day. Please RSVP so we can book your reflexology time.

INTRODUCTION TO WELLNESS

OUTREACH SESSION

TUESDAY 21 FEBRUARY
4.00PM - 6.00PM

Location: Mulgrave Community Centre
355 Wellington Rd, Mulgrave

What really defines wellness? How do things like meditation and exercise improve our treatment of illnesses such as cancer, as well as enhancing our lives on a daily basis? Dr Leon Tan, an experienced medical practitioner who specialises in Wellness Medicine, will present on this topic and answer your questions.

BreaCan is partnering with the Specialist Service at The Valley Private Hospital for this session.

UNDERSTANDING YOUR PATHOLOGY REPORT

THURSDAY 23 FEBRUARY
11.00AM - 12.30PM

The pathology report plays an important role in determining treatment options after a cancer diagnosis. Learn what information is provided in the report, how it is used and the role of the pathologist within the team. Presented by Dr Eric Sumithran, an anatomical pathologist at The Women's Hospital.

WEBINARS

This icon indicates a session will be broadcast simultaneously as a webinar. Please see our website for more information.

MARCH

FERTILITY PRESERVATION

MONDAY 20 MARCH
12.00PM - 1.30PM



In this session we will hear about the issues that are important in considering fertility preservation, current methods available and upcoming developments, and where to get more information. Our presenter is Franca Agresta, Melbourne IVF's Clinical Research Manager.

SHRINKING THE WORRIES

OUTREACH SESSION

THURSDAY 23 MARCH
10.30AM - 12.30PM

Location: Education Centre (Ambulatory Care Entrance), Northern Hospital, 185 Cooper St, Epping

We all worry occasionally. But sometimes, especially after a major event in our lives such as a cancer diagnosis, we can find ourselves worrying more about all manner of things. This session will look at a variety of ways to help you worry less.

BreaCan is partnering with the Breast Clinic at the Northern Hospital for this session.

LYMPHOEDEMA

THURSDAY 30 MARCH
12.30PM - 2.00PM



After having surgery to remove lymph glands there is a risk of developing lymphoedema. Our presenter will detail what lymphoedema is, early warning signs, how to minimise the risk of developing it and how to best manage it if it develops. Helen Eason, physiotherapist, has 19 years' experience treating people with lymphoedema.

Unless stated otherwise, sessions are held at the BreaCan Resource Centre.

ALL EVENTS ARE FREE, BOOKINGS ESSENTIAL

PHONE 1300 781 500 OR VISIT WWW.BREACAN.ORG.AU

APRIL

FELDENKRAIS

MONDAY 3 APRIL
10.30AM - 12.00PM

This session will provide an introduction to the Feldenkrais Method which involves very gentle but unusual movements, designed to discover more comfortable and efficient ways to move. These movement lessons tap into how the brain organises movement. Thalia Castles has been a Feldenkrais practitioner for over 25 years.

MANAGING CHRONIC ILLNESS

THURSDAY 20 APRIL
11.00AM - 12.30PM

What does this term mean and what relevance does it have after a cancer diagnosis? This session is about being an active participant in your own health care and the skills that are needed in order to do this. Presented by Mary Macheras-Magias from the Health Issues Centre.

VITAMIN D AND CANCER

WEDNESDAY 26 APRIL
11.00AM - 12.30PM
Location: Women's Health Victoria
Level 8, 255 Bourke St, Melbourne

Dr Allison Hodge from the Cancer Epidemiology Centre will present on the latest research about the links between Vitamin D and cancer.

SPECIAL EVENT

HEALING YOGA

FEBRUARY 27, MARCH 6, 20 & 27
1.00PM - 2.15PM

Location: East Doncaster

Learn some simple skills you can practice to promote healing in your body and mind. These four sessions will provide a nurturing yoga practice that is tailored to individual needs. The focus will be on developing awareness of breath and mindfulness to support and guide movement. Suitable for women of any age, any level of fitness (or not!) and those recovering from physical and emotional challenges.

Preference will be given to women who can attend all four sessions. Please register with BreaCan by Friday 16 February.

Resources and research opportunities:



Menopausal symptoms can affect 3 in 4 women after breast cancer treatment

Cancer Australia has released a new consumer guide for women who experience menopausal symptoms as a result of their treatment for breast cancer.

The guide, *Managing menopausal symptoms after breast cancer – A guide for women*, provides information about menopause and managing its symptoms.

In Australia, the risk of a woman developing breast cancer in her lifetime is one in eight. Around a third of breast cancer diagnoses in Australia occur in women aged 20-54 years.

In an Australian survey of over 500 women treated for breast cancer, nearly three in four reported menopausal symptoms.

The guide can be downloaded at www.canceraustralia.gov.au/publications-and-resources/cancer-australia-publications/managing-menopausal-symptoms-after-breast-cancer-guide-women

Mindfulness meditations for people affected by cancer

Kara is a website which contains a range of guided mindfulness meditations designed to support people affected by cancer. You can choose a meditation to listen to, learn more about how mindfulness techniques work and read stories by people who use mindfulness as a way to support their journey with cancer.

Kara was designed in partnership with UPMC CancerCenter in Pittsburgh, USA and is a free-to-access website which uses the practices and principles of mindfulness and meditation to support people affected by cancer.

You can find Kara at: www.thisiskara.com

BreaCan is a service of Women's Health Victoria and acknowledges the support of the Victorian Government.

Which apps are right for you?

Mobile apps are tools that can help us make informed decisions about our health. Many of us have used one of the hundreds of health and wellbeing apps available in online app stores. But how effective are these apps?

VicHealth looked at over 200 healthy living apps available for Apple and Android devices between May and August 2015. Selected apps were reviewed to see if they were likely to help users change their behaviour and achieve a healthier lifestyle. As well as reviewing the potential effectiveness of apps VicHealth have rated them and will update those ratings annually.

Read more about how apps were selected, reviewed and rated at www.vichealth.vic.gov.au/media-and-resources/apps-rating-process

SWAB: Sexual Wellbeing After Breast Cancer

If you are experiencing side effects of taking an aromatase inhibitor following breast cancer, you might be interested in taking part in this study. The purpose of the study is to assess the effect of the hormone testosterone used intravaginally, on the symptoms of vaginal dryness, itch or pain causing sexual dysfunction due to aromatase inhibitor therapy. For more info please contact Monash University 9903 0374 or womens.health@monash.edu

Do you want to help train our future doctors?

Who can participate? Anyone with a chronic condition who is willing to help educate third year medical students. Patients share their medical experience in sessions supervised by a tutor-doctor. Sessions are for educational purposes only (i.e. no treatment/medical advice is offered). All information is confidential.

What is required? No special skills are required, just a willingness to share your 'story'.

When? A few times a year on a Friday between 1pm and 4pm.

Where? Consulting Suites, Level 1, 5 Arnold St, Box Hill. Parking or taxi vouchers and afternoon tea will be provided.

For more information or to register your interest contact the Patient Teaching Associate Program coordinator, Jan Williams: 9091 8821, pta.ehcs@monash.edu

Work After Cancer

The Work after Cancer website has been created to support work during and after cancer diagnosis, providing advice to people diagnosed with cancer, their loved ones, clinicians and employers about their options, rights and responsibilities.

This resource was developed by Flinders University and funded by Cancer Australia.

www.workaftercancer.com.au

REGULAR ACTIVITIES

REFLEXOLOGY SESSIONS

Reflexology offers tangible benefits to those living with a diagnosis of cancer and complements existing treatments. Please call **1300 781 500** to book.

MAKING CONNECTIONS

Events specifically for women living with advanced breast or gynaecological cancers. Please call **1300 781 500** or visit our website for more info.

FEEL GOOD GENTLE EXERCISE PROGRAM

Facilitated by a qualified fitness instructor to encourage movement, flexibility and above all, fun. Held fortnightly on a Wednesday in the CBD. Please contact us to enrol.

Upcoming dates:

February 1 & 15
March 1, 15 & 29
April 5 & 19