

# Making Connections

SEPTEMBER – DECEMBER 2020

Events for women living with advanced/  
metastatic breast or gynaecological cancer

## Webinar: Bone metastases and breast cancer

Wednesday 9 September 11.00am–12.00pm

Bone metastases or 'bone mets' occur when cancer cells from the primary (breast) tumour relocate to the bone. Bones are the most common site of recurrence for breast cancer.

In this session our presenter, Dr Bianca Devitt, Medical Oncologist, will outline common symptoms, how bone metastases are diagnosed, what treatment options are currently available and new treatments on the horizon.

There will be an opportunity to ask general questions.

Breast cancer is an area of special interest to Bianca and she is actively involved in clinical trials as a principal and a co-investigator. She has a public appointment at Eastern Health and works at both Box Hill and Maroondah Hospitals.



COUNTER  PART

Women supporting women with cancer

### COUNTERPART RESOURCES

#### Past webinars

[The emotional load of living with metastatic cancer](#) – Dr Dani Bullen, Clinical Psychologist, Peter MacCallum Cancer Centre. Recorded June 2020.

#### Webinars and online workshops for women with all stages of cancer

[Bellydance](#) Mon 14 September

[Cancer related fatigue](#) Thurs 24 September

[Mindful self compassion](#) Wed 21 October

[Early menopause](#) Mon 16 November

[Restorative yoga](#) Wed 25 November

#### Counterpart Peer Support

Phone or email us to organise a call from one of our trained volunteers.

#### Join our Making Connections mailing list if you are living with metastatic cancer

1300 781 500

[counterpart.org.au/events](https://counterpart.org.au/events)

[info@counterpart.org.au](mailto:info@counterpart.org.au)

Counterpart provides general information only.  
For further information, or to discuss your own situation, please consult your treating team.



# Making Connections continued

SEPTEMBER – DECEMBER 2020

Events for women living with advanced/  
metastatic breast or gynaecological cancer

**Webinar: Managing symptoms of metastatic cancer**

**Tuesday 27 October 12.00pm–1.00pm**

When living with metastatic cancer, it is important that symptoms are managed well in order to maintain the best possible quality of life. Our presenter Dr Adrian Dabscheck will outline:

- common symptoms like pain and nausea
- the importance of good communication and relationships with your medical team
- the use of allied health services such as physiotherapy and dietitians
- palliative care services both in hospitals and in the community
- access to palliative radiotherapy treatment
- the importance of support both from and for family and friends
- care that takes account of each unique individual whose needs may change over time.

Adrian is a Palliative Medicine Consultant at Western Health. He led the development of the SMART (Symptom Management and Referral Team) clinic at Western Health. This is a multidisciplinary palliative care outpatient clinic. It provides support for issues with pain and symptom management, medication support and education, psychological and spiritual support, and links to community palliative care.



## OTHER SUPPORT SERVICES

**The thing about advanced cancer:  
information and insights for  
challenging times**

[This podcast series produced by Cancer Council NSW](#) provides clear, concise, practical information. Host Julie McCrossin interviews doctors and patients. Topics include: what does advanced cancer mean; managing pain and breathlessness; the role of hope and purpose; living with dying; and information for family and carers.

## BOOKINGS ESSENTIAL

**1300 781 500**

**[counterpart.org.au/events](https://counterpart.org.au/events)**

**[info@counterpart.org.au](mailto:info@counterpart.org.au)**

If you would like more information about our webinars, please get in touch or visit our website.



Counterpart is a service of Women's Health Victoria.  
Counterpart is supported by the Victorian Government.

Women's Health Victoria acknowledges the Traditional Custodians of the lands and waters on which we work. We pay our respects to them, their culture and their Elders past, present and emerging.