Divide into 3 groups and for homework after day 1 consider one of the issues of:

1. Prostheses and reconstruction
2. Stoma and stoma reversal
3. Different cancers and nutritional demands

You can use the cancers suggested as a guide (head and neck cancer, bowel (and bladder) and pancreatic – you already have background on neuroendocrine tumours, and could include that).

Some of the links are big – the information hasn’t been provided exactly to fit our needs, so you’ll need to do a bit of detective work to get a feel of what might be happening to women with these issues. There are stacks of interesting resources on the NGO websites particularly (and others)

On day 2 you’ll have a chance to chat to members of your group and work out what you thought were interesting and important findings to report back to everyone.

The objectives are:

1. Not to overwhelm you
2. To let you see similarities and differences in women’s experiences
3. To share your findings with the group

Prostheses and surgical reconstruction

General information: <https://www.healthdirect.gov.au/prostheses>

For example, head and neck:

1. Head and neck cancer and facial prostheses <https://www.headandneckcancer.org.au/health-and-wellbeing/facial-prosthetics>
2. Head and neck cancer and reconstructive surgery <https://www.headandneckcancer.org.au/for-healthcare-professionals/surgical-procedures>
   1. Regional flap (after lymph nodes removed) <https://www.headandneckcancer.org.au/BeyondFive/media/HANCA-Fact-Sheets/Reconstructive-Surgery-Regional-Flaps-HANCA2020-docx_1.pdf>
   2. Bony free flap - <https://www.headandneckcancer.org.au/BeyondFive/media/HANCA-Fact-Sheets/Reconstructive-Surgery-Bony-Free-Flap-HANCA-2020-docx_1.pdf>
   3. Soft tissue flap <https://www.headandneckcancer.org.au/BeyondFive/media/HANCA-Fact-Sheets/Reconstructive-Surgery-Soft-Tissue-Free-Flaps-HANCA2020-docx_1.pdf>

Clinical management of a voice prosthesis (laryngeal stoma after a laryngectomy – removal of a voicebox)- this is another example of a prothesis.

<https://vimeo.com/485262002/d61efedc16>

What other cancers/tumours might need

a prosthesis or reconstruction?

How might it impact on activities of daily living?

What are some similarities to other cancers you have dealt with?

Stoma and reversal

General information:

1. <https://www.cancervic.org.au/cancer-information/types-of-cancer/bowel_cancer/having-a-stoma.html>
2. <https://www.healthdirect.gov.au/living-with-a-stoma> (most straightforward link)
3. <https://australianstoma.com.au/>

For example, bowel cancer:

1. What is bowel cancer <https://www.bowelcanceraustralia.org/what-is-bowel-cancer>
2. Bowel cancer and stoma
   1. <https://www.bowelcanceraustralia.org/media-centre/addressing-the-stigma-around-stomas>
   2. <https://www.bowelcanceraustralia.org/ileostomy-colostomy>

For example, bladder cancer:

1. <https://www.cancervic.org.au/downloads/resources/booklets/Understanding-Bladder-Cancer.pdf> (page 43 onwards - urinary diversions and stoma)

How does a stoma potentially affect a woman’s sex life?

How do some other cancers you’re familiar with impact intimacy and sex?

How does a stoma impact day to day living?

Nutrition and cancer

General information: <https://www.cancervic.org.au/living-with-cancer/nutrition/nutrition-concerns>

For example, pancreatic cancer:

1. <https://www.pancare.org.au/cancer/pancreatic-cancer/>

Diet and nutrition with pancreatic cancer

1. <https://www.pancare.org.au/cancer/pancreatic-cancer/pancreatic-cancer-diet-nutrition/>
2. 10 minute video – ‘Strength through Nutrition <https://youtu.be/sDUxbKTJGY4>
3. Dietary handbook with pancreatic cancer <https://pancare-production.s3.ap-southeast-2.amazonaws.com/wp-content/uploads/2021/01/Pancare-Foundation-Pancreatic-Cancer-Dietary-Handbook-JAN2021-FINAL.pdf>

Or bowel cancer:

<https://www.bowelcanceraustralia.org/diet>

Or head and neck cancer:

<https://www.headandneckcancer.org.au/BeyondFive/media/HANCA-Fact-Sheets/Diet-and-Nutrition-Fact-Sheet-HANCA2020-docx_1.pdf>

Think about 3 issues these cancers might have in common with each other with respect to nutrition – they can be before, during and after treatment.

What are issues that are most common to these particular cancers?

What are less similar?