**PanSupport Living Well Series**

PanSupport’s Living Well Series is an informative, online webinar series which seeks to enhance the daily health and wellbeing of patients and their carers, living with an upper GI cancer.

To date topics have included:

1. [Diet and upper GI cancer – what you need to know](https://youtu.be/8dNh_-S-pUw" \t "_blank)

2021 Senior Oncology Dietitian Lauren Atkins from OnCore Nutrition shares her expert knowledge and insight on diet and nutrition when living with upper gastrointestinal (GI) cancer.

Upper GI cancers include pancreatic, liver, stomach, biliary and oesophageal cancer. Lauren explores topics such as:

* Nutrition and your upper gastrointestinal tract
* Nutritional challenges of upper GI cancer and treatment and how to eat well during treatment
* How to manage your symptoms including including your weight, digestion, bowels and energy levels
* Practical tips and shopping trolley hacks – easy ways to give your body what it needs
* Alternative diets and complementary therapies

1. [Managing the side effects of upper GI cancer](https://youtu.be/zKmlVfXoIGQ)

2021 Kristy-Lee Jones, Clinical Oncology Nurse Facilitator and Shannon Gleeson, Pancreatic & Upper GI Cancer Specialist Nurse, presented an in-depth session for those recently diagnosed with an upper GI cancer and their carers, providing an opportunity to learn more about the symptoms of diagnosis, complications and side effects of treatment and ways to manage these.

Kristy-Lee and Shannon shared their expert knowledge, exploring:

* Common symptoms upon diagnosis and reasons why these occur
* Treatment options and why planning is so important
* Practical ways to manage the side effects of treatment
* Ways to cope with your diagnosis and the supports available to you and your family

1. [Exercise and upper GI cancer – the importance of being active.](https://youtu.be/pfwjr6JEBNY)

In this informative webinar, Dale Ischia, Accredited Exercise Physiologist explores the importance of exercise and keeping active, for people living with upper GI cancer.

The side effects of surgery and treatment can place additional strain on the body, often leading to fatigue, decline in function, muscle strength and cardiovascular fitness.

Exercise can help improve the efficacy and tolerance of treatment and minimise side effects, leading to improved quality of life.

Dale shares her expert knowledge, covering topics such as:

* Why exercise is so important
* What kind of exercise may be best for you
* The benefits of exercise after surgery and during treatment
* Factors to consider when starting an exercise program