



# Flinders Cancer Wellness Centre Newsletter | May 2022

## May Timetable Now Available

Our May timetable is now available.

Visit our website for more information on the services and programs we run in the Cancer Wellness Centre.

[Website](#)

**Flinders Cancer Wellness Centre May Timetable**

All activities and services are free for patients, their families, and carers. For more information visit [www.sahealth.sa.gov.au/sa/hs/hsc/cancer/cwcc/assessor/cwcc](http://www.sahealth.sa.gov.au/sa/hs/hsc/cancer/cwcc/assessor/cwcc) or call 0843 084 064

Monday Morning	Monday Afternoon
9:30am-10:30am Physiotherapy drop-in session	2:30pm-3:30pm Lymphoedema info sessions*
10:30-12pm Art workshop	
*Lymphoedema information sessions are held on the first Monday of the month	
Tuesday Morning	Tuesday Afternoon
9:30am-1pm Canteen Support <sup>h</sup>	1:30pm-2:30pm Cancer Council drop-in session
10am-11am Social Work drop-in session	
10am-11:30am Dietetics drop-in session	
11am-11:30am Meditation	
11:30am-12pm Live music - Harp	
<sup>h</sup> Canteen support is held every second Tuesday starting May 3 <sup>rd</sup>	
Wednesday Morning	Wednesday Afternoon
9:30am-10:30am Cancer Council drop-in session	12pm-12:30pm Live music - Harp
10am-11:30am Dietetics drop-in session	1:30pm-2:30pm Cancer Council drop-in session
11am-12pm Live music - Harp	
Thursday Morning	Thursday Afternoon
10am-11am Cancer Council drop-in session	1:30pm-2:30pm Cancer Council drop-in session
Friday Morning	Friday Afternoon
	12pm-1pm Physiotherapy drop-in session
	1pm-2pm Social Work drop-in session

Alongside the services above we offer:

- Psychology appointments
- Cancer Care Education appointments
- Cancer Survivorship Clinic appointments
- McGrath Breast Care appointments

Please talk to your clinician or treating team if you are interested in one of these services. If you would like a McGrath Breast Care appointment call Becky on 0435 637 896 to arrange a time.



Scan this QR code with your phone to download a copy of the timetable




## Flinders Wellness Blog

This section of the newsletter hosts short submissions on topics related to wellness from Flinders clinicians and researchers. This submission is from Helen Martin, Senior Pharmacist Oncology at Flinders Medical Centre.

### Safe use of Complimentary and Alternative medicines in Cancer

The use of complimentary and alternative medicines (CAMs) is popular in the general population and in cancer patients. CAMs can be herbs or vitamin supplements. When you are deciding to take a CAM you will want to know if it is effective, if it could be harmful and if it might interfere with your cancer treatment.

Unlike medical cancer treatments, herbs are not often studied in controlled trials so it is not easy to reliably predict their effects, either good or bad or if they will interact with prescription medicines, including cancer treatments.

When I talk to patients there are a few general recommendations around the use of CAMs that I discuss:

- Antioxidant supplements are a popular choice, but they may not be as safe as they seem. Some studies have found that they may make some cancer treatments (including radiotherapy) less effective due to their inhibition of free radicals in our cells which the treatments attack (e.g. vitamin C, Coenzyme Q 10, and vitamin E).
- Probiotics (which are live bacteria) should be avoided in people who are immunocompromised in case they cause an infection.
- Women with hormone positive breast cancer should avoid herbs which may act like oestrogen. For example, red clover and black cohosh (both sold as remedies to help the symptoms of menopause). Eating soy foods in moderation is considered safe.
- Many herbs have anti-platelet activity. Platelets are cells in the blood that form clots and prevent bleeding. One of the side effects of cancer treatment can be a drop in the number of platelets in the blood so these herbs may increase the risk of bleeding (e.g. ginger, garlic, turmeric).
- Some herbs are known to be toxic and should be avoided even though they are promoted as helping to cure cancers. Apricot kernels for example have caused cyanide poisoning.
- Some herbs may directly affect the ability of the body to process anti-cancer drugs. They may slow down drug metabolism so the amount of drug in the blood is too high which may cause more side effects. Or a herb may speed up drug metabolism so the drug level in the blood falls too fast and is less effective against the cancer cells (e.g. St John's Wort, Echinacea and Ginkgo biloba).

Vitamin D and any mineral supplements recommended by your doctor, usually calcium and magnesium, are safe to take. Make sure you take a preparation that doesn't have any extra and unnecessary ingredients in it. Your pharmacist can help you choose a suitable product.

The best advice is to eat a healthy diet and exercise as much as you are able. Using herbs in cooking or eating foods rich in antioxidants is safe as only concentrated supplements are likely to interfere with your treatment.

Your pharmacist and doctor can advise you on the safety of any CAMs you may want to take at the same time you are having cancer treatment.

## Work After Cancer

Do you need support to negotiate your work life during or after cancer diagnosis? This website may be able to help.

The Work after Cancer website provides advice to people diagnosed with cancer, their loved ones, clinicians and employers about their options, rights and responsibilities.

[Learn More](#)



## Enchanted Garden Tickets now on Sale

Immerse yourself in the wonder of an enchanted garden and grow hope for people affected by cancer at Adelaide's premiere fundraising event. Join us for the Pink Yellow Blue Enchanted Garden at the Adelaide Convention Centre on Saturday 15 October.

Enjoy a night of fine dining, dancing, and imaginative entertainment, while raising vital funds for cancer research and care at Flinders. This year's event will take on a special meaning as we celebrate the 10-year anniversary of the Flinders Centre for Innovation in Cancer.

**Date:** Saturday, 15 October 2022

**Location:** Adelaide Convention Centre, North Terrace, Adelaide

**Time:** From 6:30pm

**Dress:** Semi-formal

**Cost:** \$200 per person or \$2,000 for a table of 10

From little things, big things grow. Your attendance at the Pink Yellow Blue Enchanted Garden will support the leading cancer researchers and clinicians across Flinders University and the Southern Adelaide Local Health Network to discover the next breakthrough and provide the best treatment and care for people with cancer, and their families.

[Tickets are on sale now](#)

---

## Managing your cancer care if you test positive to COVID-19

Cancer Australia have updated their information for cancer patients about what to do if you test positive to COVID-19. They have also released [this short video](#) of frequently asked questions about COVID-19 vaccines for people with cancer.

[Learn more](#)

---

## Advocacy win for Head and Neck Cancer

Head and Neck Cancer Australia received a \$400,000 Federal Government grant that will give people a better chance of early detection and support people who are newly diagnosed with Head and Neck Cancer to access much needed information and support.



[Learn More](#)



---

## Free YWCA Encore

YWCA Encore is a FREE award-winning exercise program for women who have had breast cancer or preventative mastectomy. It comprises an 8-week (2 hours per week) prescriptive course of land and pool-based exercises, healthy lifestyle information and peer support. We encourage laughter, relaxation and fun.

In SA we currently have programs running in Victor Harbor, Noarlunga, Brighton and Mt

Gambier and we are opening a new program to the north of the Adelaide in term 3 2022.

For more information or to register, go to [www.ywcaencore.org.au](http://www.ywcaencore.org.au) or call or email our friendly staff on - 0449 904 011 - [encore@ywca.org.au](mailto:encore@ywca.org.au). Helen Bates is your local SA Coordinator and can be contacted on 0482 161 634.

[Learn More](#)

## Peripheral Neuropathy

Chemotherapy can impact or damage the body's peripheral nerves. Damage to peripheral nerves that is caused by chemotherapy is called chemotherapy-induced peripheral neuropathy or CIPN.

CIPN symptoms may include feelings of numbness, weakness, tingling 'pins and needles', burning, reduced ability to feel hot and cold, discomfort or pain in your hands and feet.

Understanding what CIPN is, and learning how to manage it, can help survivors to improve their function and quality of life. Ask your treating team for more information or have a look at the resources listed below.

- [Chemotherapy-induced peripheral neuropathy](#), Peter MacCallum
- [Understanding Peripheral Neuropathy & Cancer](#), Cancer Council

## Support Flinders Foundation this Dry July



Go 'Dry' this July and show your support for people with cancer and their families. Sign up to go alcohol-free for one month and raise funds for Flinders Foundation to support cancer wellness programs at Flinders.

If you don't drink alcohol, why not challenge yourself to give up something else – chocolate, coffee, lollies?

[Register your interest](#)

## Emergency Respite for Carers

Emergency respite offers support to carers who are experiencing an urgent or unplanned event that temporarily restricts their ability to continue caring.

Carers SA may be able to contribute to the full or part cost of care alongside the contribution of a carer wherever possible. They are available 24 hours to assist you in an emergency.

[More information](#)



**Emergency Respite**

**Emergencies can happen anytime**

Sometimes things arise that impact a carer's ability to look after the person they care for. Emergency Respite can help.

Emergency Respite offers support for carers who are experiencing an urgent or unplanned event that temporarily impacts carers' ability to continue their caring role for their family or friend.

This could include:

- An unplanned event that threatens the health and safety of the person they are caring for
- An unplanned event that threatens the health and safety of a carer (including extremely high levels of strain and anxiety)
- The carer themselves becoming ill or having an accident
- Having to leave home suddenly due to a family or other emergency
- The carer is feeling stressed or overwhelmed with the caring role

Carers SA is available 24 hours to assist you in an emergency.

Emergency Respite is temporary support put in place while Carers SA work with the carer and the person being cared for to ensure that long term supports are put in place should the care be required post 72 hours.

This is a 24 hour a day, 7 days a week service. Call **1800 422 737**

Looking after someone with a disability, a medical condition, is frail due to age? Carers SA is here for you

Carers SA offers Emergency Respite to support carers who are experiencing an urgent or unplanned event that temporarily impacts a carer's ability to continue their caring role for their family or friend.

This is a 24 hours a day, 7 day a week service.

Call **1800 422 737**

**Carers SA Australia**  
Connecting carers to support services

**Carer Gateway**  
An Australian Government Initiative

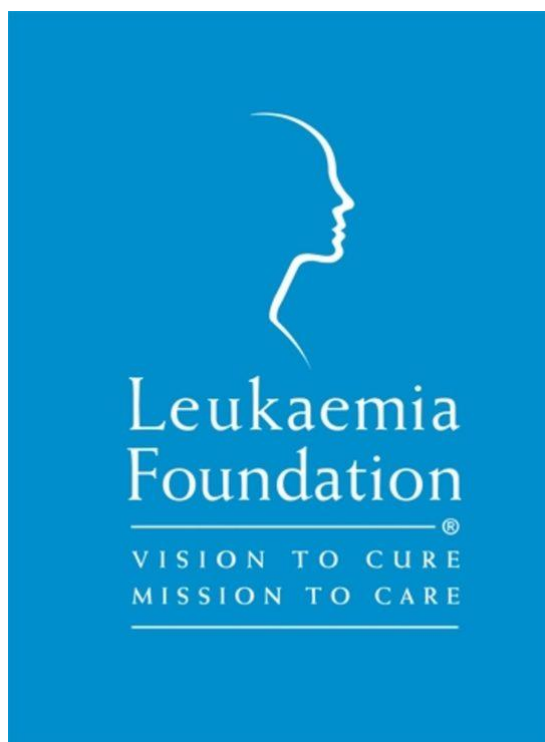
Nov 2021

## Sexual Health & Cancer

The Leukaemia Foundation have put together a factsheet about sexual health during and after blood cancer diagnosis or disorder.

Sexual health is an important part of life and this fact sheet answers some common questions and concerns.

[Read it here](#)



**Leukaemia Foundation**  
VISION TO CURE  
MISSION TO CARE

## Quilt Display

One of our patients donated this incredible handmade quilt and it is now displayed in the Cancer Wellness Centre Family Room for everyone to view. Pop in and have a look next time you visit the centre.



# An Invitation to attend ADELAIDE - MITCHAM PROSTATE CANCER SUPPORT GROUP Meeting

**Wednesday 11<sup>th</sup> May 2022**

**Guest Speakers**

**Dr Marcus Dreosti, Radiation Oncologist**

**Genesis Care**

**Topic: The ins and outs of Prostate SABR  
(prostate radiotherapy in 5 treatments)**

**Jasmin Mazis**

**Prostate Cancer Specialist Nurse**

**Genesis Care**

**Topic: A Review of the Healthy Living with Prostate Cancer  
Educational Sessions**

**Where: Colonel Light Gardens RSL Club**

**4 Prince George Parade  
Colonel Light Gardens**

**Time: 7.00p.m. - 8.45p.m.**

**Contact: Roland 0438 604 323, Ralph 0406 006 654  
Jeff 8277 3424 or [www.adelaide-mitchampcsg.org](http://www.adelaide-mitchampcsg.org)  
Voluntary donations welcome**



look good **feel better**

## Free Workshops for Women

Look Good Feel Better is a free, public service support program that helps people with cancer deal with the appearance side effects of cancer treatment.

They run a range of online workshops providing valuable information and connection for women undergoing cancer treatment. Each session offers live instruction and tips on skin care, makeup, wigs and head coverings, nail care, or body image and styling.

Workshops are being run every week. Click the button below for more information.

[Learn more](#)

---

## SA Discovery Tour 2023

Jump on your bike and help support people with cancer. Join us on the [SA Discovery Tour](#) in April 2023 and raise funds for cancer research. The three-day journey will explore SA's world-renowned wine country and communities, travelling over 300km through the Adelaide Hills and Barossa Valley.



There are riding levels for everyone. If you're not a rider, join as a support crew – the experience will be just as rewarding!

Want to know more? Attend our virtual information session on Tuesday 3 May at 5:30pm. Email [community@flindersfoundation.org.au](mailto:community@flindersfoundation.org.au) for meeting link.

[Find out more](#)

---

## Events

5 May [5 Ways to Wellbeing](#), Oaklands Park



11 May [Adelaide-Mitcham Prostate Cancer Support Group](#)

27 May [Lymphoedema Coffee Catch up](#), Brighton

---

## Webinars / Podcasts / Resources

4 May [5 Ways to Wellbeing](#) zoom session, Carers SA

16 May [5 Ways to Wellbeing](#) zoom session, Carers SA

Anytime [Melanoma podcast](#), Skin Health Institute

Anytime [Talking Blood Cancer](#) podcast, Leukaemia Foundation

Anytime [Peripheral Neuropathy](#) podcast, Counterpart Resource Centre



Did you know the Cancer Wellness Centre is funded by the generosity of the community through Flinders Foundation?

The Centre provides meaningful support for the wide-ranging effects of cancer experienced by more than 2,500 people diagnosed with cancer at Flinders each year. It offers people with cancer, and their families and carers, holistic support that contributes to a healthier life, so they can thrive, during and after cancer.

You can support the ongoing delivery of activities and programs in the Centre by making a donation [here](#).

If you have benefited from the support of the Cancer Wellness Centre, we would love to hear your stories. Please contact Katrina from Flinders Foundation at [kgill@flindersfoundation.org.au](mailto:kgill@flindersfoundation.org.au).

**Thank You!**

Thank you to the incredible organisations that support the Cancer Wellness Centre. We couldn't do it without you!

[Lions Club of Battunga Country Inc](#) continues to provide us with all the beautiful Carolyn's Chemo Caps we give away to patients.

A big thank you to Joley for providing us with lovely, handmade crochet chemo caps.



---

For more information about the Flinders Cancer Wellness Centre please visit [www.sahealth.sa.gov.au/SALHNCancerWellnessCentre](http://www.sahealth.sa.gov.au/SALHNCancerWellnessCentre) or email [Health.SALHNCancerWellnessCentre@sa.gov.au](mailto:Health.SALHNCancerWellnessCentre@sa.gov.au)



*Copyright (C) 2021 Southern Adelaide Local Health Network. All rights reserved.*

Our mailing address is:  
[Health.SALHNCancerWellnessCentre@sa.gov.au](mailto:Health.SALHNCancerWellnessCentre@sa.gov.au)

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe](#)

Did someone forward this email to you and you want to subscribe?  
You can [subscribe here](#).

Grow your business with  mailchimp