



Flinders Cancer Wellness Centre Newsletter | January 2022

Cancer Wellness Centre Closed

The Cancer Wellness Centre is currently closed due to the Covid-19 situation. Some services are available online or via telehealth. For more information email Health.SALHNCancerWellnessCentre@sa.gov.au or call the Project Manager on 0481 056 058.

Meet Becky, our McGrath Breast Care Nurse

Becky is our wonderful McGrath Breast Care Nurse. She supports men and women with breast cancer from diagnosis, and throughout treatment. Becky can provide support over the phone or in person in one of the Cancer Wellness Centre's private rooms. Becky is currently available for phone appointments. Please call 0435 637 896 to make a booking.



Flinders Cancer Wellness Centre

Year in Review

Re-opened in

August 2021

3259 people visited
the centre

1449
program participants

We gave away

6 Wigs

80 Carolyn's Caps

15 Beanies

and a lot of tea and coffee

Our volunteers worked a total of

175.5 hours

Thank you to everyone who supported us!

Support for Carers

Do you provide personal care, support and/or assistance to family or friends who have:

- A disability
- A mental illness
- Dementia
- A long-term health condition
- An illness that is terminal
- An alcohol or drug related dependence or
- Someone who is frail due to age

If you answered 'Yes', then you are a Carer and can access the wide range of free services that Carers SA offers.

Carers SA is the lead organisation for supporting carers in South Australia and is your local Carer Gateway provider with staff based right across the State. The Carer Gateway is a Commonwealth-funded initiative that offers a National approach to providing reliable services, support and advice to Australia's unpaid carers.

For all local services and supports, please visit www.carerssa.com.au or to learn more about the Carer Gateway you can visit www.carergateway.gov.au. To register for services or to ask any questions you may have, please call 1800 422 737 (Freecall).



Flinders Wellness Blog

This new section of the newsletter will host short submission on topics related to wellness from The Flinders clinicians and researchers. The first submission is from Professor Bogda Koczwara. Bogda is a Senior Medical Oncologist at Flinders Medical Centre specialising in treatment of breast cancer and the care of cancer survivors. For more information about Bogda see [Professor Bogda Koczwara - Flinders University](#)

Eating well after cancer

After the Festive Season, the topic of how to eat better is often on people's agenda so here are some quick reminders and tips that people affected by cancer may find useful to reach their healthy eating goals.

We recognise that these goals may not apply to all patients with cancer – some cancer types may pose unique challenges to eating, as can specific cancer treatments which may lead to change in appetite or problems absorbing nutrients. If in doubt, our specialist advice from your oncologist, general practitioner or a dietitian may help (see more details below).

1. What is healthy diet?

A healthy diet is balanced, with variety of food consumed, close to the source (avoiding highly processed food), low in sugar and alcohol, and based on the Australian Dietary Guidelines. For details about healthy eating and a suggested meal plan see the resources below:

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[Healthy eating doesn't have to be hard](#) | Cancer Council

[Smart eating fast facts](#) | Dietitians Australia

[Australian Dietary Guidelines](#) | Dietitians Australia

2. Why does healthy eating matter after cancer?

There are many reasons why healthy eating is beneficial **after cancer**. Firstly, because it may assist in maintaining healthy weight. Weight loss and malnutrition can adversely affect muscle function, quality of life and be associated with cancer treatment toxicity. Similarly, excessive weight gain and obesity in some cancers is associated with higher risk of cancer recurrence and development of other chronic diseases such as heart disease and diabetes. Secondly, healthy diet ensures gut health which is associated with better ability to fight infections. Lastly, healthy diet is associated with improved mood.

3. What about a diet that starves cancer?

Research findings from clinical trials of calorie restriction and intermittent fasting currently remain inconclusive and any patients who wish to consider intermittent fasting should do so under supervision of a dietitian. For an

excellent scientific summary of data please see [Intermittent fasting in the prevention and treatment of cancer](#). More information on this subject can be found in this article [Is a fasting diet beneficial to cancer patients](#).

4. Do you need help to manage your diet?

Join us for a drop-in session with the Wellness Centre dietitian on Tuesdays and Wednesday mornings 10-11:30am to see our CWC dietitian. If this isn't suitable, then for personalised evidence based advice we recommend you see an Accredited Practising Dietitian (APD), your GP can facilitate a referral with most patients eligible for services under the [chronic disease management plan](#).

Drop by the Wellness Centre and pick up some resources or check out these online resources:

[Food and nutrition](#) | Cancer Council

[Healthy living after cancer](#) | Cancer Australia

[Nutrition Booklet](#) | Flinders Cancer Wellness Centre

The Cancer Council will soon be rolling out the Healthy Living After Cancer program in March 2022 in the Cancer Wellness Centre. For further information visit the [Healthy Living after Cancer](#) website. Our research team is also developing a study that will evaluate the delivery of similar program online.

Please let us know if you want to know more by emailing Health.SALHNCancerWellnessCentre@sa.gov.au

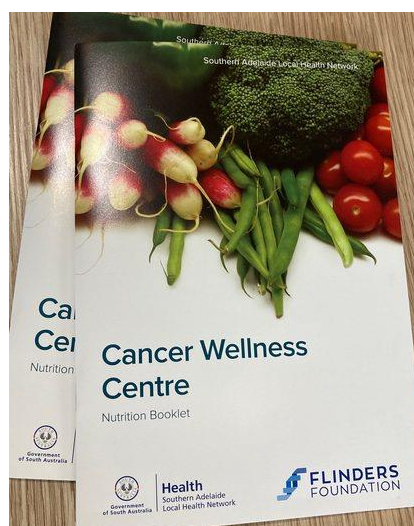
Until then, happy eating!

New Nutrition Booklet

The incredible Dietetics team have put together a Nutrition Booklet specifically for cancer patients. Pick up your free copy in the Cancer Wellness Centre or download one from our website.

Thank you to the Flinders Foundation for funding this booklet.

[Download Booklet](#)



Kids' Guide to Cancer



Created by Camp Quality this app empowers kids to learn more about cancer on their own terms, at their own pace and get a better understanding of everything that is going on.

It is a free, interactive, age-appropriate and educational app that answers the most common questions children have regarding cancer.

[Learn More](#)

Events

4 Feb 2022 World Cancer Day

17 Feb 2022 Morning Tea event, Lymphoedema Association

Webinars / Podcasts / Resources

[Survivorship Issues Directory](#), Peter Mac

[Cancer Mind Care](#): Self-help online platform

Thank You!

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

To our incredible volunteers **David, Lyn, Robyn** and **Christine**. Your contribution to the Cancer Wellness Centre is invaluable!

Pat Hume who has donated a range of lovely wigs for us to give away to cancer patients.

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

[Bonnie Wigs](#) who donated four wig stands for our display of wigs, caps and beanies and has provided us with some vouchers for her shop.



For more information about the Flinders Cancer Wellness Centre please visit www.sahealth.sa.gov.au/SALHNCancerWellnessCentre or email Health.SALHNCancerWellnessCentre@sa.gov.au



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Health.SALHNCancerWellnessCentre@sa.gov.au

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