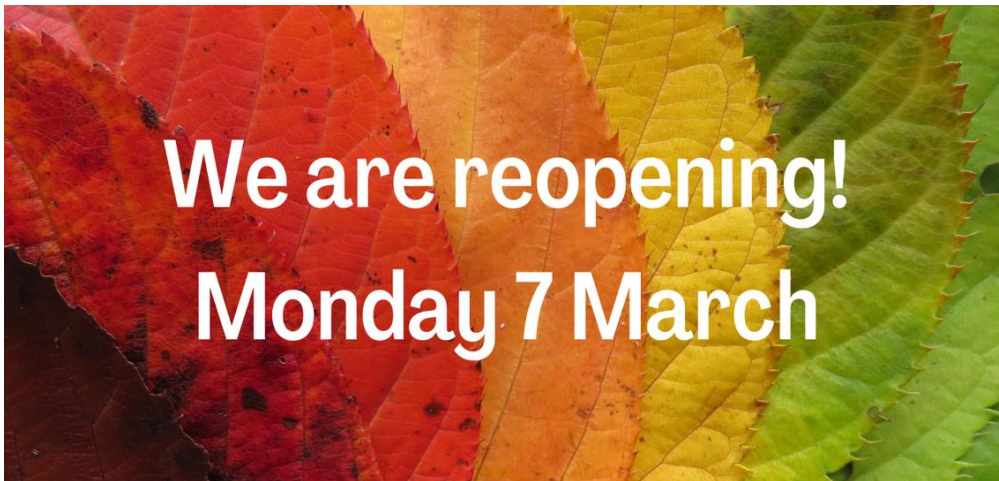




Flinders Cancer Wellness Centre Newsletter | March 2022



The Cancer Wellness Centre will re-open on Monday 7 March. Keep an eye on our website as we will be posting the [March timetable](#) of services and activities soon.

Meet Polly, our Cancer Council Outreach Nurse



Polly Baldwin is Cancer Council SA's Outreach Nurse based in the Cancer Wellness Centre. She is a friendly face, providing support to people with cancer, their carers, family, and friends. Polly works across both Flinders Medical Centre and Flinders Private Hospital precinct and is available on Tuesdays, Wednesdays, and Thursdays from 9am to 5pm. Polly can provide support by:

- talking about the effects of specific types of cancer and how to cope with treatments and their side effects
- providing a listening ear and a place to share an experience
- providing advice about how to prevent cancer and answer questions about early detection
- tailor information, emotional and practical support to individual needs
- link people to a range of support services

To contact Polly please call her directly on 0437 813 311 Tuesday to Thursday 9am - 5pm or email askanurse@cancersa.org.au. Support is also available via the Cancer Council 131120 service which is staffed by experienced cancer nurses and is open Monday to Friday 9am to 5pm.

Health Professionals can refer to Polly by using this [Health Profession Referral form](#).

Free Art Packs and Meditation

Lots of us are spending more time at home and Arts in Health can help if you are feeling bored or stressed. They can post you a free Art Pack containing a range of art activities and supplies. You can also join our wonderful harpist Lyn for a live, online meditation session

To get an Art Pack sent to you or to find out more about the meditation session email artsinhealth@sa.gov.au.



Flinders Wellness Blog

This new section of the newsletter will host short submissions on topics related to wellness from Flinders clinicians and researchers. This submission is from Rahul Solanki. Rahul is a Nuclear Medicine and Medical Oncology Advanced Trainee at Flinders Medical Centre.

The Benefits of Yoga

Today, I would like to take you through the journey of yoga, its benefits, what I think Yoga should be and finally why I practise Yoga!

Yoga word is derived from the Sanskrit root “yuj” meaning to bind, join, attach, and yoke. It is like yoking of all the powers of body, mind, and soul to the self and possibly with the universe. The history of yoga goes back to 4500 BCE, when it’s called “Archaic Yoga”, which is a period of Vedic and non-Vedic teaching. It was followed by pre-classical, classical, and post-classical yoga.

There are six major branches of yoga including raja, jnana, bhakti, karma, tantra and hatha yoga. Hatha yoga is one of the majorly practised types of yoga these days. Yoga has eight limbs including yama, niyama, asana, pranayama, pratyahara, dharana, dhyana and samadhi. Of those eight limbs, we mostly practise asana (poses) and dhyana (meditation).

Yoga is known to improve flexibility, strength, and balance. There have been ongoing research and literature review about the other benefits of yoga in our daily life and diseases such as cancer, inflammatory and cardiovascular health. Review of yoga therapy including simple meditations and easy asanas during cancer treatment suggests improvement in psychological health including anxiety, mood, and depression and physical outcomes including sleep and fatigue (1). Yoga can reduce inflammatory biomarkers and may be a viable option to reduce inflammation across a variety of chronic conditions (2). Meditation and simple breathing techniques have shown favourable changes in heart rate, mean arterial pressure and respiratory rate and may improve cardiovascular functioning (3). Meditation improves sleep quality and can be an alternative treatment option for adults with chronic insomnia (4).

One thing, I would like to mention is that yoga is not all about doing difficult asanas or posting a fancy photo but just simply sitting quiet and being connected with our breath in the present time.

There are more benefits of doing yoga and meditations than what I can explain, but the main reason, I practise yoga is it makes me “happy”. It helps me to keep smiling throughout the day and be confident.



Photo courtesy: <https://www.insider.com/yoga-for-kids>

References:

1. Danhauer SC, Addington EL, Sohl SJ, Chaoul A, Cohen L. Review of yoga therapy during cancer treatment. *Support Care Cancer*. 2017;25(4):1357-72.
2. Djalilova DM, Schulz PS, Berger AM, Case AJ, Kupzyk KA, Ross AC. Impact of Yoga on Inflammatory Biomarkers: A Systematic Review. *Biol Res Nurs*. 2019;21(2):198-209.
3. Steinhubl SR, Wineinger NE, Patel S, Boeldt DL, Mackellar G, Porter V, et al. Cardiovascular and nervous system changes during meditation. *Front Hum Neurosci*. 2015;9:145.
4. Ong JC, Manber R, Segal Z, Xia Y, Shapiro S, Wyatt JK. A randomized controlled trial of mindfulness meditation for chronic insomnia. *Sleep*. 2014;37(9):1553-63.

Metastatic Cancer Q&A



Flinders University A/Prof Lisa Beatty joined a panel of experts for an online Question & Answer session hosted by journalist Annabel Crabb. This session was presented by the country's biggest oncology research group, Breast Cancer Trials.

[Click to watch](#)

Camp Quality KICC Program

Did you know that Camp Quality not only support kids with cancer and their siblings but they also support kids impacted by a parent or carers cancer.

The KICC program offers:

- Free telephone counselling for parents and carers
- Online services and programs
- A 'Kids Guide to Cancer' app
- School education programs
- Camps and retreats



[Click here for more information](#)



Lymphoedema Association SA

The Lymphoedema Association SA (LASA) is an incorporated association run by a committee of dedicated volunteers devoted to supporting people with or at risk of developing lymphoedema.

LASA maintains strong links to the Flinders Medical Centre Lymphoedema Research Unit, the Australasian Lymphology Association and the Cancer Council SA and has been supporting the lymphoedema community of SA for nearly 30 years.

Our Coffee Catch Ups offer a safe and gentle space to share experiences, meet new friends and most importantly laugh! Numbers may be limited so please register your interest by email to secretary.lsgsa@gmail.com. The next Coffee Catch Ups are listed below:

- Tuesday, March 29th at Humbug Scrub, Yattalunga
- Thursday, April 28th at Balthazar Cafe, Pasadena

LASA also has a new Facebook Page which is a great way to keep up-to-date with all the support they provide.

[LASA Facebook Page](#)

Transport Assistance



Do you need support to attend your medical appointments? If you live in the inner Southern Metro region and are over 65 or meet the other criteria, you are eligible to access the Community Passenger Network, Inner Southern Metro. Click the link below for more information.

[Learn More](#)

Do survivors get enough care?

Did you miss the Flinders University fearless conversation last month? The panel discussed whether cancer survivors get enough care. You can watch it here by clicking the link below.

Watch Now



Events

9 March [Adelaide-Mitcham Prostate Support Group Meeting](#)

8 March [International Women's Day](#)

17 March [National Close the Gap Day](#)

29 March [Coffee Catch Up](#), Lymphoedema Association SA

28 April [Coffee Catch Up](#), Lymphoedema Association SA

Webinars / Podcasts / Resources

16 March [5 Ways to Wellbeing](#) webinar, Carers SA

22 March [Managing Cancer](#) webinar, Cancer Council VIC

31 March [5 Ways to Wellbeing](#) webinar, Carers SA

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.



Support the Flinders Cancer Wellness Centre



[CLICK TO DONATE](#)



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.

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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Our mailing address is:
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