

Information & Resources



Living Well after Breast Cancer

- **Breast Cancer Network Australia (BCNA)**
Breast Cancer Network Australia (BCNA) has information on its website related to supporting women with living well after breast cancer.
Exercise has been shown to improve both physical and mental well-being. Mild to moderate exercise, such as walking, can improve your energy and fitness levels, your body image, give you time to yourself and help to reduce stress. The information provided links to other support organisations.

Information on exercise and lymphoedema is on the website together with:

Fact sheet on Depression and Breast Cancer

Stories from Survivors – There are a number of positive stories on the BCNA website from women about their life after breast cancer treatment.

Survey and Review Group – read more about the survey results discussed in this edition of *The Beacon* go to the Policy and Advocacy section on the website or phone us on 1800 500 258 (freecall) and we'll send you a copy.

To find out more about our Review & Survey Group, or to join look at the section on **A Seat at the Table**

Australian statistics related to breast cancer can be downloaded from our website: www.bcna.org.au

- **National Breast and Ovarian Cancer Centre**

The NBOCC website includes a variety of information including a link to the newly launched *Life after Breast Cancer* resource.

www.nbocc.org.au > Breast Cancer > Life After > Life After Breast Cancer - information for breast cancer survivors

www.nbocc.org.au > Breast Health > What should I do now?

This area of the website provides useful, practical suggestions on a range of areas including body image, the side-effects of treatment, sexuality, fertility, complementary therapies, relationships, finances and returning to work, in addition to videos of breast cancer survivors describing their personal experiences of 'life after breast cancer'.

Information on exercise can be found at:

www.nbocc.org.au > Breast Cancer > Life After > Exercise

Bone Health

- **The Jean Hailes Foundation for Women's Health**

This organisation has a range of information related to women's health including:

Fact Sheets:

www.jeanhailes.org.au > Fact Sheets > Bone Health

www.jeanhailes.org.au > Fact Sheets > Menopause and Osteoporosis

These Fact Sheets provide excellent information on diet, exercise and vitamin supplements. There are also audio versions that can be downloaded for MP3 players

Compiled by Breast Cancer Network Australia

1800 500 258 www.bcna.org.au

Readers are welcome to reprint as long as BCNA is fully acknowledged as the source

Resources:

www.jeanhailes.org.au > Resources > Bone Health for Life

This is a link to www.bonehealthforlife.org.au which is a Jean Hailes Foundation website.

- **National Breast and Ovarian Cancer Centre**
Bone health is explored from page 82 of the NBOCC's book *Guide for Women with Early Breast Cancer* in the section that deals with issues related to hormonal therapies and early menopause including bone density.
- **Osteoporosis Australia**
Osteoporosis Australia aims to reduce fractures and improve bone health in the community. This website provides valuable information about osteoporosis.
www.osteoporosis.org.au > About Osteoporosis
- **Breast Cancer Org**
This is an American based website but the information remains relevant. In this section, information is presented about the basics of bone health, bone health tests, breast cancer treatments that affect bones, and ways to keep bones strong.
www.breastcancer.org > Day to Day Matters > Bone Health

Bone Density Testing

- **The Victorian Government Better Health website provides a range of health related information.**
www.betterhealth.vic.gov.au > Fact Sheets A-Z > Bone Density Testing
www.betterhealth.vic.gov.au > Fact Sheets A-Z > Osteoporosis
www.betterhealth.vic.gov.au > Fact Sheets A-Z > Osteoporosis and Exercise
www.betterhealth.vic.gov.au > Fact Sheets A-Z > Osteoporosis Prevention and Treatment
- **Osteoporosis Australia**
www.osteoporosis.org.au > About Osteoporosis > Diagnosing Osteoporosis > Bone Density Test

Vitamin D

- **The Victorian Government Better Health website provides a range of health related information**
www.betterhealth.vic.gov.au > Fact Sheets A-Z > Vitamin D
- **Cancer Council**
www.cancer.org.au > Cancer Smart Lifestyle > Vitamin D
www.cancer.org.au > Cancer Smart Lifestyle > Vitamin D > Further Information > How Much Sun is Enough? Getting the Balance Right: Vitamin D and Sun Protection: Brochure
- **Labtestsonline**
This website has a link to the Australian Branch of the organisation. The website presents information on a range of diseases and conditions and the laboratory tests that may be used to inform and manage the condition. It is recommended the information presented be used to assist patient – doctor discussions.
www.labtestsonline.org.au > Conditions and Diseases > Osteoporosis

Exercise Programs and Activities

It is worth exploring programs at your local gymnasiums as many provide special services designed for women. Physiotherapists are also a good source of advice on sourcing local programs.

- **YWCA Encore – after breast cancer gentle exercise program**

Encore is a free, floor and pool-based exercise program designed specifically for women who have had surgery for breast cancer. Provided by the YWCA in a supportive, non-medical environment, the program is designed to help restore mobility, flexibility and confidence.

www.ywcaencore.org.au

Freecall 1800 305 150 for more information and to enrol

Email encore@ywcaencore.org.au

YWCA Encore, PO Box 1022, Dickson ACT 2602

- **Dragons Abreast**

Around the world, breast cancer survivors make up many dragon boat teams. The Dragons Abreast teams in Australia include women of various ages, backgrounds and athletic abilities.

www.dragonsabreast.com.au

Contact 1300 889 566 for further information about groups in your local area.

- **Look Good...Feel Better**

This is an initiative of the member companies of ACCORD Australasia Ltd (Advocate for the Consumer, Cosmetic, Hygiene and Specialty Products Industry). The program is available in all states and territories. It is a free community service program dedicated to helping women undergoing treatment for cancer. The purpose of the program is to help them manage the appearance related side effects of chemotherapy and radiotherapy, thereby helping to restore their appearance and self image.

For more information on a workshop close to you or to register, visit:

www.lgfb.org.au > Workshops

- **Cancer Council - Cancer Connect**

This is a service run through the Cancer Council in each state and territory which enables people diagnosed with cancer, or a carer of a person with cancer, to talk to someone who knows what it is like to have cancer affect their life and relationships. Information on each state and territory's programs can be obtained by calling the **Cancer Helpline 13 11 20** or using the links to websites for each State Council:

www.cancer.org.au > your state or territory Cancer Council

WA www.cancerwa.asn.au

VIC www.accv.org.au

TAS www.cancertas.org.au

SA www.cancersa.org.au

NT www.cancercouncilnt.com.au

NSW www.cancercouncil.com.au

ACT www.actcancer.org

QLD www.cancerqld.org.au

Some programs include:

New South Wales:

The Living Well after Cancer program is a free community education program, held throughout NSW. Participants learn about the possible changes, challenges and opportunities they may face after completing cancer treatment, have the opportunity to connect with others on a similar journey and share tips, ideas and activities for living well after cancer.

www.cancer council.com.au > Patients Families and Friends > Living Well After Cancer

Victoria:

Living With Cancer program operates at various times through the year. www.cancervic.org.au
> Calendar Events > Living-with-Cancer – Education – Program

Western Australia:

Life After Cancer Workshops. www.cancerwa.asn.au/patients/life-after-cancer/ > Breast Cancer Action > Support Services and Other Useful Links > Support Services > Life after Cancer Workshops

- **Council of the Aging (COTA) – Living Longer Living Stronger (LLLS)**

COTA is Australia's leading seniors' organisation, with individual members and seniors organisation members in all states and territories. It is an independent consumer organisation run by and for senior Australians.

www.cota.org.au > click on the logo for your state or territory

Each state organisation runs a variety of different programs, for example,

Go For Your Life

Get Going Stay Active

Strength for Life

The names and programs may vary slightly but they are generally designed to increase the range and quality of strength training opportunities for older people.

The website provides information about the LLLS endorsement schemes, seminars and research, as well as the location and contact details for gyms and health centres which operate LLLS programs.

- **BreaCan (Melbourne)**

www.breacan.org.au > Services and Events > Feel Good Gentle Exercise Program

www.breacan.org.au > Services and Events > Reflexology

www.breacan.org.au > Services and Events > Fun and Fitness Program

This website details information, services and programs (only available in Victoria) including the Feel Good Gentle Exercise Program

Telephone: 1300 781 500 (Victoria only)

- **The Gawler Foundation (Melbourne)**

The Victorian based Gawler Foundation has been working with people challenged by serious illness for over 25 years. The staff are qualified and trained to support people in various situations, either through residential programs or through individual counselling sessions. They organise variety of non-residential programs conducted in Melbourne focussing on healing and improving physical, emotional or spiritual wellbeing.

www.gawler.org

- **Kim Walters Choices Program (Brisbane)**

This program is organised from the Wesley Hospital in Brisbane. It is a free community service for women regardless of where their treatment has been undertaken. It offers support for women and men diagnosed with breast cancer and women diagnosed with gynaecological

cancers and their families. Their programs include: STRETCH Exercise Program, Water STRETCH and Gym Programs, Tai Chi, Yoga and Complementary Therapies.

www.uhc.com.au/choices

Telephone 1800 227 271

It is likely that hospitals in other States organise similar programs – talk to your doctor or breast care nurse about the availability of these types of services.

Books/ Booklets

Each of these publications is available through online bookshops or alternatively your local book shop or public library may be able to assist with the location of a copy.

Life, Happiness & Cancer, Survive with Action and Attitude, Phil Kerslake, Fontaine Press, Australia 2008.

A cancer survivor considers a range of strategies he has found helpful as both a patient and survivor.

Lopsided, Meredith Norton, Hachette Australia 2008

A resource for young women with breast cancer, particularly for those with inflammatory breast cancer. A BCNA reviewer saw the events depicted in this book as gritty and real, and appreciated the honesty in telling her story.

Healthy Eating During Chemotherapy, José van Mil with Christine Archer-Mackenzie, Kyle Cathie Limited, London. 2008. Available through online providers.

This is not a book of daunting length, and the information pages at the front briefly explain cancer treatments and some of the side effects. The good foods list is a simple list of foods which are highly recommended, for occasional use and those which should be avoided during chemotherapy.

CDs and DVDs

- **Kim Walters Choices Program**

Stretch: An exercise video for shoulder mobility, Wesley Hospital Kim Walters Choices Program

This resource presents an exercise support program designed to meet the needs of women treated for breast cancer. The program is aimed at achieving mobility of joints and limbs.

Available on loan from Cancer Councils - call 13 11 20

www.uhc.com.au/choices

- **The National Breast and Ovarian Cancer Centre**

A variety of information including the newly launched link to *Life after Breast Cancer*.

A CD is available titled, *When the Women You Love Has Early Breast Cancer (Boys Do Cry)*

www.nboocc.org.au > *Boys Do Cry*

The National Breast and Ovarian Cancer Centre has developed this audio resource to support men through the emotional and practical challenges of being there for a loved one facing breast cancer.

Narrated by actor and author William McInnes, it features personal stories, insight and wisdom from women diagnosed with breast cancer and the men who supported them. The resource also features advice and practical tips on navigating the breast cancer journey from leading Australian clinical and psychosocial experts. To order 'When the woman you love has early breast cancer' please call 1800624 973 or order online.

The Inside Story

Managing Sleep and Fatigue

- **The Cancer Help Line**
This is a service run through the Cancer Council in each state and territory which enables people diagnosed with cancer, or a carer of a person with cancer, to talk to someone who knows what it is like to have cancer affect their life and relationships including information on sleep and fatigue issues.
Information can be obtained by calling the **Cancer Helpline 13 11 20** or using the links to websites for each State Cancer Council: www.cancer.org.au
- **The National Breast and Ovarian Cancer Centre**
Information on managing sleep and fatigue is available at:
www.nbocc.org.au > Breast Cancer > Life After > Fatigue
www.nbocc.org.au > Breast Cancer > Life After > Insomnia and Disrupted Sleep
- **Breast Cancer Org**
This is an American based website but the information remains relevant. In this section, information is presented to help you recognise fatigue, the possible causes of fatigue, and steps you can take to manage fatigue.
www.breastcancer.org > Day to Day Matters > Fatigue
www.breastcancer.org > Day to Day Matters

Complementary Therapies

- **Cancer Council**
Information including a Position Statement and a Fact Sheet is available on the National Cancer Council's website related to complementary and alternative therapies.
www.cancer.org.au > About Cancer >
Information on the NSW website details a brochure on complementary medicines. This can be obtained by calling the Cancer Helpline 13 11 20 or using the links below to the NSW website to download a copy of the booklet. This booklet presents a wide range of interesting information together with an extensive list of websites, information sources and professional associations.
www.cancer.org.au > Visit your State or Territory Cancer Council > NSW > Resources > Booklets and Information > Understanding Complementary Therapies
- **Victorian Government Better Health Channel**
The Victorian Government Better Health channel website provides a range of health related information.
www.betterhealth.vic.gov.au > Fact Sheets A-Z > Complementary Therapies
www.betterhealth.vic.gov.au > Fact Sheets A-Z > Complementary Medicines – Tell Your Doctor
- **Breast Cancer Org**
This is an American based website but the information remains relevant. This section discusses how the goal of complementary medicine is to balance the whole person — physically, mentally, and emotionally — while conventional medicine does its work. It presents information on how, for many people diagnosed with breast cancer, complementary medicine has helped to relieve symptoms ease treatment side effects and improve quality of life. The section explores a range of information related to complementary medicines.
www.breastcancer.org > Treatment and Side Effects > Complementary and Holistic Medicine
- **American Cancer Society**
This is another American website that presents detailed information:

www.cancer.org > Making Treatment Decisions > Complementary and Alternative Therapies

Bone Metastases

- **American Cancer Society**

This is an American based website but the information remains relevant. Using the search feature assists the location of a range of information including:

www.breastcancer.org > Symptoms and Diagnosis > Research News on Diagnosis > Women with Metastatic Breast Cancer Want Better Information

- **Labtestsonline**

This website has a link to the Australian Branch of the organisation. The website presents information on a range of diseases and conditions and the laboratory tests that may be used to inform and manage the condition. It is recommended the information presented be used to assist patient – doctor discussions.

www.labtestsonline.org.au > Conditions and Diseases

