

RESTORE ONCOLOGY CARE

OCTOBER NEWSLETTER

WHAT HAS HAPPENED THIS MONTH?



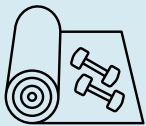
EXERCISE WEBINAR

This month we held a webinar on the benefits of exercise for cancer management. During the session, our EP's Megan, Georgina and Maria shared the various ways exercise play's a crucial role in managing cancer, related fatigue, side effects of hormonal treatment, improving quality of life and supporting overall wellbeing.

Thank you to everyone who attended - we hope it was informative and appreciate your commitment to our community!



Mindfulness focus: Lesley, our counsellor, is in the clinic every second Monday to help patients navigating through life with cancer - she talks all things adjusting to a diagnosis, anxiety and stress of treatment, fear of recurrence, impact on relationships, body image and intimacy, living with loss and grief and life after cancer.



Term 4 of our Mat-Based Pilates classes commenced this month! Whether you're a seasoned practitioner or new to Pilates, our classes cater to all levels of experience, and its great to see everyone involved each week at home or on zoom.

BREAST CANCER AWARENESS MONTH

October is **breast cancer awareness month**. Breast cancer is the second most commonly diagnosed cancer in Australia, and it is estimated that one in 1 in 8 females will be diagnosed by the time they are 85.



Advancements in early detection methods and support continue to increase the chances of survival. When caught in its earliest, localized stages, the 5-year relative survival rate of breast cancer is 99%.

It is important to know what to look for - if you find a lump/swelling in your breast or underarm thickening or any changes in your breast that's unusual for you, see your doctor without delay for assessment.



MEET THE TEAM



This month we welcomed Edith to our team!

Edith is an accredited Lymphoedema Practitioner, Scar Specialist in oncology-related surgery and a DMA-certified Clinical Pilates practitioner. She focuses on the early screening and management of breast cancer-related lymphoedema, as well as post-operative and pelvic floor rehabilitation and injury prevention.

Edith has worked overseas for the past 10 years, sharing her extensive clinical experience in advancing the field of physiotherapy and improving patient outcomes - we are very glad to have her on board.