

RESTORE ONCOLOGY CARE

SEPTEMBER NEWSLETTER

WHAT HAS HAPPENED THIS MONTH?



Maria, one of our fantastic exercise physiologists has completed **STEPtember** with her Monday 8am class. As a team, the boys and Maria walked 768,638 steps in the month - great work team!



We have been experimenting with the new **MEDIVISION technology** that allows us to measure compression garments using a 3D camera - it is accurate, automatic and an awesome tool to have with us.



Nutrition focus: Katherine, our dietician, is in the clinic every second Thursday to help those interested in managing their nutrition through the cancer journey. Our September blog specifically focuses on super foods for breast cancer. Check it out at this link [here!](#)



Berni's 5-week meditation course finished up this month. It was another successful term and was great to see everyone each week. If you are interested in joining these weekly sessions to relax your mind and body, please email us: info@restore.physio



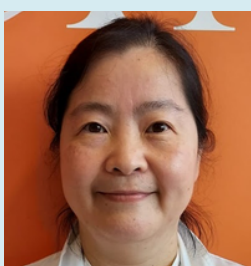
PROSTATE CANCER AWARENESS MONTH

September was Prostate Cancer Awareness Month. Approximately 1 in 6 men are at risk of being diagnosed with prostate cancer by the age of 85.

It is extremely important to get regular check-ups to help detect any abnormalities in the early stages. Exercise plays a crucial role in maintaining a healthy weight and preventing cancer growth. It's important to encourage the men in our lives to stay informed and proactive about their health. Early action makes all the difference!



MEET THE TEAM



Wen-Hui Wang is certified remedial, oncology and lymphoedema massage therapist, as well as a certified Traditional Chinese Medicine acupuncturist.

She is currently studying occupational therapy and visits our clinic every second Saturday - helping patients manage fatigue, digestive issues, and peripheral neuropathy with her expertise in mind/body equilibrium.

COMING UP IN OCTOBER:

- BREAST CANCER AWARENESS MONTH
- EXERCISE WEBINAR