

July - September 2011

# HealthyLiving

Cancer Care Centre Inc.  
Quarterly Program and Newsletter

## Benefits of yoga

An ancient practice  
for cancer support

## Restoring the gut

During and after  
cancer treatment

### The leading provider of supportive cancer care in South Australia, since 1985

Cancer Care Centre Inc is a community based, not-for-profit organisation offering a wide range of complementary care to support cancer patients and their families. Complementary care refers to a variety of holistic health services which enhance wellbeing

on physical, emotional, mental and spiritual levels. Areas specific to cancer care include interpersonal support such as counselling and support groups; stress management approaches such as meditation and massage and nutritional approaches such as diet and nutrients.

Research has demonstrated that complementary care improves cancer patients' wellbeing and may assist them to better tolerate their medical treatment for optimal outcomes. Cancer Care Centre Inc staff consist of a variety of dedicated health care professionals and trained volunteers –

many of whom have been affected by cancer in their own lives. We support individuals and families to empower themselves as they travel the cancer journey. We provide an environment which complements your medical treatment as you work towards wellbeing.

**Cancer  
CareCentre**  
*a place of help, hope and understanding*

**Cancer Care Centre Inc**  
76 Edmund Ave,  
Unley SA 5061  
Call (08) 8272 2411  
[cancercarecentre.org.au](http://cancercarecentre.org.au)

## A letter from the Manager

What an exciting last three months it's been. So much has happened.

Firstly, the Centre has a new 'brand'. After much hard work we have a new logo, a new tag line and new colours.

This new look is at the heart of Cancer Care Centre and it will enhance our position as a leading complementary health care service in South Australia. It is an indication that we are looking forward, not backwards, and that while the future is unknown we are going to face it with a commitment that is positive and determination that is going to bring success.

See page 4 for the President's report on the re-branding of the Centre.

Next, we received a grant from the CMV (Commercial Motor Vehicles) Foundation for the amount of \$12,000 to help finance three retreats at Warrawong Wildlife Sanctuary, Mylor in the Adelaide Hills. These retreats, to be held in September, October and November, will be open to the general public as well as our members. Details are on page 3.

We welcome Carol and Andrew to the Cancer Care team. Carol has joined us as a volunteer client support worker while Andrew has taken on the role of volunteer accounts clerk. I thank them both for giving up their time to support the Centre and its members.

We held two Outreach seminars, one at Bordertown, the other at Barmera. Both were well attended and it was a pleasure to talk to all attendees who were there. We're hoping to get to Yorke Peninsula at the end of July. Financed by Coopers Brewery Foundation, these seminars are a great way to spread the word about the Centre while introducing complementary health care to country residents affected by cancer. A special mention to Gordon Hinge whose initiative and hard work made Bordertown a success.

We have had a couple of spanners thrown into the website works which have delayed our going 'live' but we remain confident of a successful outcome in the near future.

### Special mention

The late Jodie Angus's bequest to the Centre is gratefully and respectfully acknowledged. Jodie's legacy will be the ongoing support of members of the Centre and the provision of resources. Jodie was a regular at the Women's Circle of Friends Support Group and is missed by all.

Wishing you all the best.

**Kevin Turner, Manager**

## CMV Foundation supports Cancer Care Centre retreats

The Trustees of the CMV Foundation have very generously given financial support of \$12,000 to the Centre for three weekend retreats to be held at Warrawong Wildlife Sanctuary later this year (Sept, Oct & Nov).

CMV Foundation is administered by Commercial Motor Vehicles Pty Ltd, whose divisions include Adelaide City (Chrysler, Jeep, Dodge), Southside Suzuki, CMI Toyota and Lexus of Adelaide as well as a number of other commercial vehicle dealerships.

"This is an amazing act of generosity and support for South Australians affected by cancer," said Kevin, Manager of Cancer Care Centre. "The retreats will provide education, wonderful experiences and respite for attendees, and will now be within the financial reach of many clients and members of the public."

There will be day attendance or residential options (staying Friday and Saturday night at Warrawong). Negotiations are underway to get first class speakers as well as a number of

the Centre's own first class team members to present interesting and educational topics.

To register your interest, please ring Kevin on 8373 1470 or email [admin@cancercarecentre.org.au](mailto:admin@cancercarecentre.org.au) and an information pack will be sent to you when they are available.

 **CMV FOUNDATION**

## Wanted – more volunteers

The Centre has vacancies for male and female volunteer client support workers. Half-day and full-day rosters are available.

If you feel you (and/or a friend) can make a difference to someone's journey we need you to become a volunteer.

Full training is provided and regularly updated. You will work with a dedicated, friendly and skilled team who have the same goal – to help cancer patients and their families.

Please ring Kevin (Monday – Friday) or Jocelyn (Fridays only) on 8373 1470 or email [admin@cancercarecentre.org.au](mailto:admin@cancercarecentre.org.au)



# Message from the **Chairman**

Our new tag line:  
*"a place of hope, help and understanding"*

## I noticed some words on a car bumper sticker...

*Yes, It's my ute. No, you  
can't borrow it.*

I wonder what we might  
have on our bumper  
sticker? Something like...

*Yes, I have cancer. No, I'm  
not going to give up.*

Glancing through the Cancer Care Centre library recently, I saw a book written in 1999 by the Rev Barry Oakley called *There's Some Good Years Left Yet*. Perhaps that could be Barry's bumper sticker! I had read this book some time ago and I thought that it was time to read it again. Barry was tracked down and he recently came into the Centre where he had been many years ago seeking complementary care. On his return he donated a number of copies of his later book written in 2003, *Life's In The Pink*. In his first book, Barry summarises his story on journeying through prostate cancer, which was an immensely challenging time.

The concluding comments in that book state in part –  
*"The message that I want to leave with you is that there can be life, good life, after prostate cancer. That's the story all men need to know.*

*In summary, I think there are three things that are most important:*

- 1. Put yourself in a position of advantage, look after your diet, exercise, laugh a lot and learn to relax.*
- 2. Have a strong positive attitude and plan for the future, some long and some short term goals. You have got some good life left yet.*
- 3. Surround yourself with the love and the support of others and you will live longer and happier and more fulfilled."*

These messages can be readily applied to people with cancers of all types and they are true to the values of the Cancer Care Centre. I commend to you to read the books from the Centre library for fuller information.

Since July 2010 a subcommittee of the Board has been working on documenting the brand identity of the Centre. As the Centre has now been operating for 25 years, this project sought to ascertain its relevance in the market place and whether we were still following the original 'big picture' established in 1985, to provide complementary care to clients supporting their medical treatments and to support their carers. We believe that original intent remains immovable with the Centre providing a valuable community service but we felt that our brand was not recognisable in the market place.

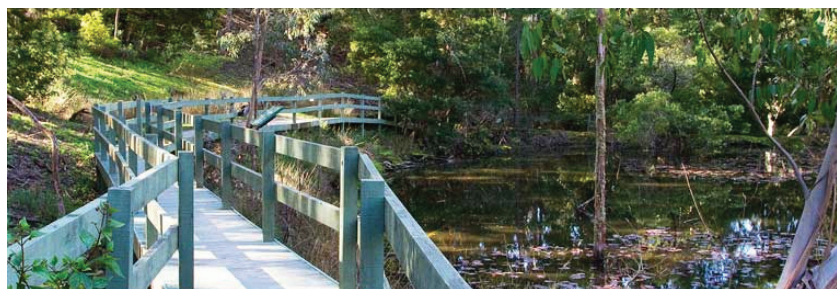
Our name Cancer Care Centre will remain, as we believe those three words are descriptive of our vision, but other changes are being implemented to make the name and our logo appear more relevant to our operations and a new descriptive 'tag line' has been developed...

*a place of hope, help and understanding*

That's our bumper sticker. We will be seeing changes around the Centre as we upgrade our visible identity within our work environment, signage, pamphlets etc and all volunteers have been provided with a two-page summary of our brand identity, so that we can all start the process of delivering on the brand promise to make the Cancer Care Centre the place to visit for complementary care.

**Ray Nicholson**  
**President and**  
**Chairman of the Board**

## Retreats to health – Warrawong Wildlife Sanctuary, Mylor



The CMV Foundation has very generously provided funding support to Cancer Care Centre for the purpose of conducting retreats at Warrawong Wildlife Sanctuary, Mylor in the Adelaide Hills.

These retreats will be live-in or day attendance over the weekends of -

17-18 September

15-16 October

19-20 November

While negotiations with potential speakers are in the early stages, we are confident the topics will be interesting, relevant and informative.

Numbers are limited so be quick to register your name with Kevin on 8373 1470 or email [admin@cancercarecentre.org.au](mailto:admin@cancercarecentre.org.au) so an information pack can be forwarded to you as soon as details are finalised.



# A new brand for Cancer Care Centre



Over the past eight months, a subcommittee of the Board has spent many hours on developing our core brand identity. We saw a need to professionalise the Centre, instil the notion of having a common belief and culture moving forward. Through the clarity of our brand, we will project a clear picture to the community, clients and our volunteer staff of what we are really all about.

We believe that the Centre has maintained its original 'big picture' that was proposed by such people as now retired oncologist Dr Alistair Robertson, a past Chairman of the Board, along with Dr Ian Gawler to support people and their families with cancer, complementing the medical model but providing additional choices to consider in their journey.

The Board agreed to a brand identity strategy in early February and I was struck by an article titled 'Project grand plan' in the Sunday Mail on 20 February by none other than Grant Cameron (our Board of Patrons member). This article was right on the money and one could have thought that Grant was in on our meetings as we were developing our branding strategy.

Along with our core brand identity, we have intensively reviewed our name and logo. This exercise has been a labour of love – some may say 'hard labour' but we have come to the decision that the name Cancer Care Centre will continue and we have introduced the tag line of 'A Place of Help, Hope and Understanding' which we consider has very a strong hook in defining what the Centre is all about.

We have developed a new stylised logo that will be introduced in all of our literature and promotional material.

This branding is designed to facilitate a new 'persona' for the Centre, facilitate increased public awareness and provide for a common 'flow' throughout the organisation.

The Board would like to thank Mike Bavistock of Tandem Graphic Design for his creativity and assistance in creating the new logo.

**Ray Nicholson**  
President/Chairman

## New cancer study finds benefit in old therapy

Cancer patients who used a 5,000-year-old combination of gentle exercise and meditation experienced significantly higher wellbeing levels, improved cognitive functioning and less inflammation compared to a control group, new University of Sydney research has found.

Dr Byeongsang Oh, a clinical senior lecturer at the Sydney Medical School who led the study, said the reduced inflammation in patients who practised medical Qigong, a form of traditional Chinese medicine, was particularly significant.

"Several studies have indicated chronic inflammation is associated with cancer incidence, progression and even survival," says Dr Oh, who presented his findings to the American Society of Clinical Oncology (ASCO) conference in Chicago in June.

"Patients who practiced medical Qigong experienced significant improvements in quality of life, including greater physical, functional, social and emotional wellbeing, and enhanced cognitive functioning, while the control group deteriorated in all of these areas," Dr Oh says.

He also found the patients in the medical Qigong group reported increased satisfaction with their sex lives.

The study involved 162 patients, with those assigned to the medical Qigong group undertaking a ten-week program of two supervised 90-minute sessions per week. They were also encouraged to practise at home every day for at least half an hour.

The mean age of participants in this study was 60, with ages ranging from 31 to 86 years. The most common primary cancer diagnosis among participants was breast cancer (34%) followed by colorectal cancer (12%).

When the study began there were no significant differences in measurements of quality of life, fatigue, mood status and inflammation between the intervention and control groups.

"To our knowledge, our study is the first statistically significant, randomised controlled trial to measure the impact of medical Qigong in patients with cancer," Dr Oh says.

*Qigong is one of the four pillars of Traditional Chinese Medicine which also includes acupuncture, massage and herbal medicines. Tai Chi is one category of Qigong. Tai Chi is available at the Cancer Care Centre on Tuesday afternoons – see page 6 for details.*



## Jenny celebrates her 60th in style

When Jenny Lamb decided to celebrate her 60th birthday she wanted it to be more than just a birthday party so she turned it into a fundraiser for Cancer Care Centre held at the Salisbury RSL Club.

Salisbury Councillor Shiralee Reardon attended on behalf of the Salisbury Council.

We gratefully acknowledge Jenny's generosity and that of her friends in raising \$1,820.

Jenny and the Centre thank the Wai Wilta Dragon Boat Team, the Salisbury Health Food store, the British Working Men's Club and her square dancing team for their generosity and hard work in making Jenny's night a success.

## Entertainment books are here



Offering a multitude of savings these books are excellent value at only \$65 of which Cancer Care Centre receives \$13.

If in doubt about their value, please ring Kevin on 8373 1470 and he will explain how to use them to gain maximum benefit.

Books can be picked up at the Centre between 10am and 4pm and paid for using cash, cheque, credit card or direct credit.

**DON'T MISS OUT – PICKUP YOUR BOOK TODAY**



## Meet the volunteer: Louise van der Velden

My name is Louise van der Velden and I've been a volunteer at the Cancer Care Centre since January 2003.

After retiring from the workforce I wanted to get involved in community work and being a breast cancer survivor for many years, I felt that I could contribute positively at the Centre.

I work there on Thursdays and every second Thursday I facilitate a women's support group: 'Circle of friends'.

Here we discuss issues connected with the cancer journey and share our experiences. I have found that being part of a group where you meet with others in a similar situation can be very helpful and I see the result of this every fortnight when we meet.

Sometimes we go out for lunch and some great friendships have eventuated. Some of the members of the group make use of the many complementary services we have available at the Centre such as massage, reflexology, counseling, etc. and these can contribute positively to their well-being.

For me it is a wonderful experience to be part of a caring team of volunteers at the Centre and I know we do make a difference.

**Louise works on Thursdays and every second Thursday facilitates a women's support group: 'Circle of friends'.**

# Program



## Empower yourself to heal!

A 12-week course facilitated by Belle McCaleb. Covers a range of topics specifically designed to assist cancer patients to maximise their well-being on physical, emotional, psychological and spiritual levels. Topics include meditation, healing, the power of the mind, food as medicine, managing emotions, pain management and more.

**When:** starts Monday 29 August

**Time:** 9.30am – 12.00noon

**Bookings:** (08) 8272 2411

**Costs:** (payable upon registration) members \$150, organisation members \$165, non-members \$180, carers accompanying a patient – free

## Meditation – group

Learn and experience the benefits of meditation and how you can use this powerful tool in your healing journey.

**When:** Wednesday

**Time:** 10.30am – 12.00noon

**Facilitator:** Robyn Scholz

**Bookings:** no booking required

**Costs:** members \$7.50, organisation members \$8.50, non-members \$10.00

## Meditation – individual

Learn how to meditate in an individual session with Robyn Scholz.

**When:** Wednesday

**Time:** 2.00 or 3.00pm

**Bookings:** (08) 8272 2411

**Costs:** members \$7.50, organisation members \$8.50, non-members \$10.00

## Juicing

Facilitator Jocelyn Nicholson will show you how easy it is to make your own fresh juice. This is a tantalising and popular demonstration which harnesses all the goodness fruit and vegetables have to offer.

**When:** third Friday of each month

**Time:** 11.00am – 12.00noon

**Bookings:** (08) 8272 2411

**Costs:** members \$7.50, organisation members \$8.50, non-members \$10

## Lead light angels workshops

Sallie Butterfield is offering a free two-hour session in how to create beautiful lead-light angels (includes materials). Each participant will take home a memorable creation. A mutually beneficial time can be arranged by ringing Sallie on (08) 8272 2723.

## Tai chi

A form of meditation, tai chi improves relaxation, balance, co-ordination and general wellbeing. It is a safe, gentle, low impact exercise system practiced by millions of people around the world.

**When:** Tuesdays

**Time:** 1.30 – 2.30pm

**Facilitator:** Tony Fonseca

**Bookings:** (08) 8272 2411

**Costs:** members \$7.50, organisation members \$8.50, non-members \$10

## Massage and therapeutic touch therapies

We offer a range of massage therapies including Lymphatic Drainage, Bowen Therapy, Reflexology, Shiatsu & Kinesiology. We also offer non-manipulative therapies such as Reiki. All therapies are tailored to suit the client's individual needs and are provided by experienced, qualified therapists.

**When:** available Monday – Friday

**Time:** a variety of times are available (1 hour sessions)

**Bookings:** (08) 8272 2411

**Costs:** members \$30, organisation members \$45, non-members \$65

Note: A medical authorisation is required if currently under treatment

## A Course in Miracles

This is a profound spiritual path through discussion, readings and via supportive material such as CDs.

**When:** Mondays

**Time:** 2.00 – 3.30pm

**Bookings:** (08) 8272 2411

**Costs:** members \$7.50, organisation member \$8.50, non-members \$10

## Professional counselling

Several qualified, experienced counsellors are available by appointment, to assist you with issues encountered on the cancer journey. All of our counsellors are experienced in cancer counselling, qualified at post-graduate level and hold professional counselling association membership.

**When:** Monday to Friday

**Times:** various times

**Bookings:** (08) 8272 2411

**Costs:** members \$30, organisation members \$45, non-members \$65

Note: first appointment for a member is free



All sessions are held at the  
Cancer Care Centre  
76 Edmund Ave, Unley  
unless otherwise specified



### Plant based cooking

This course offers general nutritional advice for eating a well-planned, balanced plant based diet. Information on where to shop, recipes and tasting are all part of the experience.

**When:** first Friday of each month

**Time:** 11.00am – 1.00pm

**Bookings:** (08) 8272 2411

**Costs:** members \$30, organisation members \$45, non-members \$55

### Circle of friends

Do you feel you would benefit from meeting with other women experiencing cancer? We are a friendly group who get together fortnightly discussing topics such as family, medical issues, feelings and emotions in an informal confidential environment. This sharing can be quite beneficial in a sometimes lonely journey. We also enjoy an occasional outing.

**When:** alternate Thursday mornings

**Time:** 10.00am – 12noon

**Facilitator:** Louise van der Velden

**Bookings:** (08) 8272 2411

**Costs:** members – by donation, organisation members \$8.50, non-members: \$10.00

### Men's meeting

This group provides an opportunity for men to share their experiences, knowledge and feelings with others who are 'in the same boat' (or a similar one). There is an informal structure where anyone can share personal experiences, introduce topics or ask questions. The group is open to all men challenged by cancer whether it be their own or that of a family member or friend.

**When:** first and third Tuesday of the month

**Time:** 7.00 – 9.00pm (tea and coffee provided)

**Facilitator:** Mel Heath

**Bookings:** (08) 8272 2411

**Costs:** by donation

### Sounder sleep system

The recent seminar on the sounder sleep system was so well received, Jan Poulos has offered to have a ½ day workshop. The system offers practical, easy-to-learn techniques for anyone who seeks deeper, more restful and enjoyable sleep without the use of drugs.

**When:** Friday 12 August

**Time:** 1.00 – 4.00pm

**Bookings:** (08) 8272 2411 (max 6 participants)

**Costs:** members \$25, organisation members \$35.00, non-members \$45

**Note:** Bring – your favourite pillow, a rug to lie on or cover up, a notebook and pen.



## Resource centre

The Centre's library and internet access computer are easy, convenient ways to get the information and inspiration you need. Come in and have a browse, ask our staff to show you how these great resources can help.

**When:** Monday to Friday

**Time:** 10.00am to 4.00pm

**Cost:** no charge – members-only facility

# A journey with cancer

On 18 April, Ray Nicholson – President and Chairman of the Board at Cancer Care Centre – addressed the Prostate (Cancer) Support Awareness group about his personal experiences with cancer and the role of the Cancer Care Centre. This is an account of his story.



In December 1997, Ray was diagnosed with mantle cell lymphoma (one of the non-Hodgkin lymphoma's) and he retired to move from the 'corporate world' to the 'cancer world'. The disease was at stage 4 with no known medical treatments available. The prognosis was not good and no hope for the future could be given.

As well as having monthly medical monitoring, Ray joined the Cancer Care Centre in Unley, which offers complementary care in support of the medical system.

Embarking on a regime of meditation, affirmations and visualisation, as well as undertaking an organic-based diet of mainly vegetables and fruit with no processed food, and much juicing of carrots and other fruit/vegetables, he set short-term goals to live to achieve. He also educated himself through the internet to become more informed on cancer, and attended support groups and seminars on cancer.

Ray eked out an existence – surviving for the next two years. Early in the year 2000, the oncologist advised the tumour had spread throughout his bone marrow and a new medical protocol of intensive chemotherapy was embarked upon with most of that year spent in and out of hospital.

Later in the year when the intensity of the drugs was such that some could not be continued, his spleen – grossly enlarged with a tumour – was removed. This was followed by a stem cell peripheral blood bone marrow transplant, and then a mabthera (monoclonal antibody) course of treatment.

During this time, where possible Ray kept visiting the Cancer Care Centre and maintained his complementary care support – in particular, meditation, diet, education and goal setting along with supporting others with cancer.

By 2001-02, despite the 'roller coaster ride' he was on, some improvement to his health was evident. In 2003 he was declared in partial remission and 2005, full remission was attained. The oncologist reported: "I don't know what you are doing but whatever it is keep on doing it".

At the end of the year 2000, Ray trained as a volunteer at Cancer Care Centre and has maintained a role there ever since, becoming President and Chairman of the Board in September 2009.

In 2010 Ray was diagnosed with prostate cancer. After considering all the options available, he opted for radical NS prostatectomy. Following surgery, he encountered the not-so-unusual continence and sexual issues. The former is now much improved, and the latter has some way to go. In November 2010 testosterone levels were undetectable and hormone replacement therapy commenced with his PSA now at .002 (undetectable) and testosterone is back to normal.

The Cancer Care Centre started as a support group in 1985, facilitated by Dr Ian Gawler and oncologist Dr Alistair Robertson to provide choices of complementary care and support of the medical model.

As a not-for-profit volunteer organisation, the Centre offers complementary care in a supportive environment for people affected by all cancer types along with their carers. Through its 'Pathways' program, the Centre aims to create an environment that empowers people to play an active role in the management of their health and to recognise the importance of their own contribution to the outcome of medical treatments.



# Restoring the gut

## Support your Centre

Often the loved ones we leave behind are not sure of how best to celebrate our lives and how to create a legacy in our name. Why not make it a little easier on them by arranging a bequest to Cancer Care Centre in your will and letting them know you would like donations in lieu of flowers.

These arrangements for the future are a legacy of support for others who follow.

### A Lasting Memory

#### Bequests

By making a bequest in your will to the Centre you are giving a gift to future generations, creating a legacy which will help others travelling the same journey as you have. A bequest can be made anonymously or recognised in our magazine and your name will be added to our Supporters' Board in the Centre.

#### In Memorium

At a very difficult time in our journey on this earth, we are often left to make the decision of how best can our loved one be remembered. Many people now request donations be made in lieu of flowers. By nominating Cancer Care Centre for such donations, an everlasting gift is made in memory of your loved one.



During and after cancer treatment the gut needs some special care, writes Belle McCaleb, consultant naturopath, Cancer Care Centre.

In many cases the health of the gastrointestinal tract is compromised during the treatment of cancer. Many chemotherapeutics have direct toxic effects on the gut lining and radiotherapy can have both generalised and local inflammatory effects. In addition antibiotics, anti-emetics, "acid-blockers", steroids and other drugs commonly given around the time of cancer treatment can all have negative effects.

Inflammation of the tissues, imbalance in the protective gut flora, overgrowth of candida and opportunistic bacteria in the gut can all contribute to gastrointestinal symptoms such as diarrhea constipation, irritable bowel, haemorrhoids, stomatitis, foul taste in the mouth, malnutrition, weight loss and compromised immunity.

The importance of the gut to general immunity cannot be overstated. Approximately 60-70% of our immune tissue, called Gut Associated Lymphoid Tissue (GALT), is located around the gut and dysfunction here directly affects our overall immune function.

Although the direct impact of treatment on the gut can often not be avoided there are numerous ways to quickly recover the gut and minimise the side effects of gut toxicity.

#### The first port of call is probiotics

The daily replacement of normal flora with high dose probiotic formulas has been demonstrated to decrease symptoms such as diarrhea and to support the immune function. Certain strains of probiotics are able to decrease candida overgrowth and others are able to decrease inflammation of the gut lining.

#### The second port of call is prebiotics

Prebiotics are the food for the probiotic bacteria. Prebiotics such as arabinogalactans from the Western Larch tree support the re-establishment of the normal flora and also directly stimulate immune function both locally in the gut and systemically. Other prebiotics such as undecylenate are specific for supporting the large bowel flora and help to minimise diarrhea and irritable bowel symptoms.

#### The third port of call is colostrum

Bovine colostrum contains a number of bio-active immune supporting proteins including immunoglobulins, lactoferrin and lactoperoxidase. It helps to restore healthy gut immunity.

#### The forth port of call is glutamine

Glutamine is an amino-acid that helps restore the cells lining the gut and boosts immunity both locally and systemically.

#### The fifth port of call is zinc

Zinc has multiple immune functions and is also an anti-fungal which makes it useful for preventing candida overgrowth in the gastro-intestinal tract.

Finally there are a number of herbal medicines which are useful to heal and restore the gut lining. Examples include Marshmallow Root and Aloe Vera which are demulcent herbs – meaning that they coat and soothe the mucosa and facilitate more rapid healing of the tissues.

**Belle McCaleb**



# Yoga – an ancient practice for cancer support

By Belle McCaleb

Many people think of yoga as ‘stretching exercise’ or ‘tying oneself in knots’ when in reality yoga is an ancient spiritual practice designed to help humankind foster their deep connection with the Divine within.

Yoga, a Sanskrit word, translates to ‘union’ or ‘to yoke or join together’ and includes practices such as meditation, specialised breathing and physical postures all designed to focus, quiet the mind and harmonise the mind, body and spirit.

These practices are referenced in the earliest known Indo-European texts called the ‘Vedas’ which are approximately 5000 years old. It is likely the oral tradition of Yoga preceeding the written word stretches much, much further back in time.

So what does an ancient spiritual practice have to do with cancer patients?

Cancer is a diagnosis with far reaching impact on every level of our being – physical, mental, emotional and spiritual. Yoga is one of the few practices capable of deeply balancing all these aspects of being.

Modern science is now beginning to investigate the impact of yoga on the well-being of cancer patients. In recent years yoga has been shown to significantly decrease fatigue, distress, depression, anxiety, pain, and nausea as well as improve immunity, stress hormone balance, sleep patterns and quality of life. Yoga has even been shown to modulate the genetic damage caused by radiotherapy!

The studies shown here, along with many others, clearly demonstrate the profound multi-level benefits of the ancient science of Yoga for cancer patients. It truly does return balance, optimise health and restore and well-being.

# Yoga for cancer – a round-up of research

**Culos-Reed SN et al, A pilot study of yoga for breast cancer survivors: physical and psychological benefits, Psycho-Oncology Volume 15, Issue 10, pages 891–897, October 2006**

Summary: Significant differences between the intervention and the control group at post-intervention were seen in global quality of life, emotional function, and diarrhea variables. There were also trends for group differences, for the variables of emotional irritability, gastrointestinal symptoms, cognitive disorganization, mood disturbance, tension, depression, and confusion.

**Cohen L et al, Randomized trial of yoga in women with breast cancer undergoing radiation treatment, Journal of Clinical Oncology, 2006 ASCO Annual Meeting Proceedings (Post-Meeting Edition). Vol 24, No 18S (June 20 Supplement), 2006: 8505**

Summary: Yoga group had significantly physical function scores, significantly higher general health scores, marginally better social functioning scores, significantly lower levels of sleep-related daytime dysfunction, and marginally lower levels of fatigue than the control group.

**Moadel A et al, Randomized Controlled Trial of Yoga Among a Multiethnic Sample of Breast Cancer Patients: Effects on Quality of Life, Journal of Clinical Oncology, Vol 25, No 28, 2007, 4387-4395**

Summary: Yoga group had statistically significantly favourable outcomes in social well-being, emotional well-being, social well-being, spiritual well-being and distressed mood.

**Carson J W et al, Yoga for Women with Metastatic Breast Cancer: Results from a Pilot Study, Journal of Pain and Symptom Management Vol 33 No 3 March 2007, 331**

Summary: Yoga group showed significant increases in invigoration and acceptance. Lagged analyses of length of home yoga practice showed that on the day after a day during which women practiced more, they experienced significantly lower levels of pain and fatigue, and higher levels of invigoration, acceptance, and relaxation.

**Raghavendra RM et al, Effects of an integrated yoga programme on chemotherapy-induced nausea and emesis in breast cancer patients, European Journal of Cancer Care Volume 16, Issue 6, November 2007, 462–474**

Summary: Following yoga, there was a significant decrease in post-chemotherapy-induced nausea frequency and nausea intensity, and intensity of anticipatory nausea and anticipatory vomiting as compared with the control group. There was a significant positive correlation between these scores and anxiety, depression and distressful symptoms.

**Banerjee B et al, Effects of an Integrated Yoga Program in Modulating Psychological Stress and Radiation-Induced Genotoxic Stress in Breast Cancer Patients Undergoing Radiotherapy, Integr Cancer Ther September 2007 vol. 6 no. 3 242-25**

Summary: There was a significant decrease in the anxiety and depression scores in the yoga intervention group, whereas the control group displayed an increase in these scores. Mean perceived stress was decreased in the yoga group, whereas the control group did not show any change pre- and postradiotherapy. Radiation-induced DNA damage was significantly

elevated in both the yoga and control groups after radiotherapy, but the post-radiotherapy DNA damage in the yoga group was slightly less when compared to the control group. An integrated approach of yoga intervention modulates the stress and DNA damage levels in breast cancer patients during radiotherapy.

**Schultz PE et al, Down-regulated lymphocyte NF-kB activation in breast cancer survivors following yoga participation, The FASEB (Federation of American Societies for Experimental Biology) Journal. 2007;21:765.7**

Summary: The findings lend support to the hypothesis that yoga participation by breast cancer survivors can attenuate illness-related stressors and alter lymphocyte NF-B regulation. (In plain English this means yoga helps increase anti-cancer immune responses in the body).

**Raghavendra RM et al, Role of yoga in modulating fatigue, sleep disturbances, salivary cortisol, and immune measures in breast cancer survivors: A randomized controlled trial, Journal of Clinical Oncology, 2010 ASCO Annual Meeting Proceedings (Post-Meeting Edition). Vol 28, No 15\_suppl (May 20 Supplement), 2010: 9099**

Summary: The yoga group had statistically significant reductions in fatigue severity, fatigue interference and symptom distress. Beneficial trends were found for sleep parameters, sleep quality of life and NK Cell percent (eg improved immunity). The yoga group alone had a trend toward lower cortisol levels (in other words yoga lowers stress hormones).

**Belle McCaleb is a qualified yoga instructor, registered nurse and naturopath.**



## Lottery results

Thank you to everyone for supporting our annual lottery. The amount raised was over **\$6,300** and we are already working on next year's.

We could not have achieved this result without the support also of our prize donors. We thank them all for their generosity.

The winners were in order from first to fifteenth (ticket numbers also shown):

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The Centre would like to thank the following people for their generosity:

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