

Living Well with Cancer

Receiving a cancer diagnosis can be difficult to cope with. Many people experience feelings of shock, fear, and confusion. Sharing a cancer diagnosis is also not easy. You may worry about how cancer will change your way of life and how it will impact family and friends.

Cancer Council can help you and your family cope with cancer. Call them on 13 11 20 – to speak to their specially trained staff who can answer your questions and offer emotional and practical support.

Look Good, Feel Better

Workshops for women, men and teenagers who have experienced any type of cancer. Various techniques are shown to help restore appearance and self image during chemotherapy, radiotherapy and other treatments for breast and other cancers. Workshops are held in venues across Australia, including the local health districts. For more information or to register, please phone 1800 650 960 or visit www.lgfb.org.au

www.bci.org.au

The website of the Westmead Breast Cancer Institute. Visit us for information about breast cancer and our treatment clinics, with access to all of our fact sheets and educational resources. The website also has information about the latest breakthroughs in breast cancer treatment and our upcoming events and activities.

Westmead BCI Events

Annual Breakfast

An annual celebration of life after breast cancer for patients and their families and friends. For more information please contact the Westmead Breast Cancer Institute on 8890 9682 or visit www.bci.org.au

Contact Numbers

Westmead Breast Centre (Clinic)	8890 8888
Familial Cancer Service	8890 6947
Physiotherapy & Occupational Therapy Dept	8890 6500
Patient Representative	8890 7014
Social Work Department	8890 6699

BreastScreen NSW Sydney West

Westmead Breast Cancer Institute manages BreastScreen NSW - Sydney West, a screening service that provides free mammograms for women over 40. If a friend or family member would like to discuss having a free mammogram, please call the enquiry and bookings line on 13 20 50.

If English is not your first language

Interpreters are available free of charge to assist in person or via telephone if English is not your first language. There may also be printed information available in your language. You can call the Telephone and Interpreting Service on 131 450 for assistance.

Useful contacts/websites	
Cancer Australia	canceraustralia.gov.au
Cancer Council	cancer.org.au
Cancer Council Helpline	13 11 20
Breast Cancer Network Australia (BCNA)	1800 500 258 bcna.org.au

Supporting People with Breast Cancer Today and Every Day

- ✿ Providing screening, diagnosis, treatment and care by expert teams
- ✿ With world-class research, education and innovation
- ✿ Engaging the help of our community and supporters
- ✿ To shine a Ray of Hope



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IMPORTANT At all times you should rely on the expert judgement of your medical advisor(s). This information guide is not a substitute for medical advice. It is designed to help you understand and discuss your treatment.

Support Services & Information

Westmead Breast Cancer Institute



BCI westmead breast cancer institute

Breast Care Nurses

Breast Care Nurses are registered nurses who have undertaken specialised training. They provide information and support to women and their families before and after surgery and during other treatment for breast cancer. Breast Care Nurses are available at Westmead, Mt Druitt, Nepean and Auburn Hospitals. BCNs are available Monday - Friday 8:00am to 4:30pm.

To speak to a Breast Care Nurse, phone 8890 5656 or you may also email at: BCI-BreastCareNurses@health.nsw.gov.au

Shoulder Care

Provided during your post-operative clinic appointment.
Monday 11.30am
Wednesday 10.30am
Friday 10.00am

A Physiotherapist will assess your shoulder movement and recommend suitable exercises. If more intensive treatment is required, an appointment will be made for you in the Physiotherapy Department.

For more information, please phone 8890 8888.

Shoulder Care Awareness

Education group session will be available after breast surgery as part of routine standard care. Advice about shoulder care and management is given with the aim of preventing shoulder stiffness and encouraging return to normal function. These sessions provide a great opportunity to have your shoulder function individually assessed. Speak to your breast care nurse to book in. Contact 8890 5656 for more information.

Maple Tree Program

The Maple Tree exercise program is a specialized fitness initiative designed to support individuals during and after breast cancer treatment. The program aims to enhance physical and emotional wellbeing, assist with managing side effects like fatigue, pain, and lowered bone density, and reduce the likelihood of cancer recurrence. The Maple Tree exercise program offers a range of exercise options, including a home-based program, a gym-based group program and a hydrotherapy pool group program. Following an initial assessment with a physiotherapist, the available options are reviewed to ensure that the chosen program best aligns with your needs.

For additional information including dates and times:

- > bci.org.au/patient-information/support/
- > bci-supportservicesinfo@health.nsw.gov.au
- > phone 9845 9682

Referral and Contact

A referral is required to participate in the program. You can obtain this referral through your Breast Care Nurse or treating medical team.

For further information or to make inquiries, you can contact the Physiotherapy Department at (02) 8890 6500.

Lymphoedema Awareness

Reduce your risk of developing arm swelling. These educational meetings are designed for women who have been recently diagnosed with breast cancer and who may be at risk of developing lymphoedema. These sessions are especially designed for women undergoing axillary clearance or other axillary treatment. The purpose of these sessions is to:

- > Provide information about lymphoedema
- > Discuss precautions to reduce risk
- > Identify symptoms and signs of lymphoedema
- > Outline available treatment options

To register your attendance or for information phone 8890 8888.

Lymphoedema Management

Westmead BCI offer support services to assess and treat people with lymphoedema. Please contact BCI BCN for further management and referrals on 8890 5656.

Alternatively, your Local GP service can provide you with details to a Lymphoedema Therapist. You could also find a Practitioner for lymphoedema assessment and treatment via the National Lymphoedema Practitioners Register (NLPR). Details at website <https://www.lymphoedema.org.au/>

Metastatic Breast Cancer

Support

For information and support, please phone the Metastatic Breast Cancer Nurses at Crown Princess Mary Cancer Centre Westmead on 8890 5200.

For further information contact the Cancer Council Helpline: 13 11 20

Support is also available through the Breast Cancer Network Australia, www.bcna.org.au/secondary-breast-cancer/find-secondary-breast-cancer-support

Psychology Clinic

A Clinical Psychologist is available for women/men and their families who need extra support after diagnosis of breast cancer. Referral is required from your Doctor or Breast Care Nurse. For more information call 8890 8888 or the Breast Care Nurse on 8890 5656.

Social Work Clinic

Referral is required. For more information call the Breast Care Nurse on 8890 5656.

Aboriginal Liaison Officer

An Aboriginal Liaison Officer is available to support Aboriginal people and Torres Strait Islanders. Contact the Social Work Department on 8890 6699.

Familial Cancer Service

An assessment clinic for women whose family history may put them at a higher than usual risk of breast cancer and other cancers. The clinic is run by specialists in cancer genetics. Genetic testing may be appropriate for some families.

Referral is required from your Doctor.

For more information, speak to your treatment team or call the Familial Cancer Service on 8890 6947.

Younger Women with

Breast Cancer

The Westmead Breast Cancer Institute information brochure called Breast Cancer in Younger Women is available through the clinic and online at www.bci.org.au.

Contact Cancer Council Helpline on 131120 for further information on support services and groups for young women with breast cancer.

Information and support is also available from the Breast Cancer Network Australia at www.bcna.org.au/understanding-breast-cancer/breast-cancer-in-young-women/

For more information please contact the Breast Care Nurse on 8890 5656.

Men with Breast Cancer

Peer support for men with breast cancer is available. For information contact the Cancer Council Helpline on 13 11 20, or the Cancer Australia website at breastcancerinmen.canceraustralia.gov.au, or a Breast Care Nurse on 8890 5656. Support is also available through the Breast Cancer Network Australia at www.bcna.org.au/understanding-breast-cancer/breast-cancer-in-men/

Aboriginal Cancer Support Group

A cancer support group for Aboriginal people and Torres Strait Islanders and their families. Held monthly. For further information contact Narelle Holden, Social Work Department on 8890 6699 or 0400 346 112.

Integrative Yoga Support

Yoga promotes mental, spiritual, and physical wellbeing. As an integrative therapy, yoga provides pro-active methods for individuals to engage in a non-pharmacological intervention to moderate the physical and psychosocial impacts of cancer, reducing cancer related side effects and improving overall quality of life. Class Times: Tuesdays 6:00pm–7:30pm and Thursdays 11:00am–12:30pm
Location: Westmead Education and Conference Centre, Level 2, Westmead Hospital.
Cost: \$120 for 10 classes, paid to Westmead Hospital Cashier (8890 3933).

Equipment is provided on site.

For further information and bookings please email: supportivecareyoga@bigpond.com