

Add yoga to your list of worthwhile outcomes.

Class Times: Tuesdays 6:00pm–7:30pm
Thursdays 11:15am–12:45pm

Location: Seminar room 4, Education Block, Level 2, Westmead Hospital.

Cost: \$90 for 10 classes, paid to Westmead Hospital Cashier (8890 9695).

Equipment is provided on site. For further information and bookings please contact the teacher Leigh on 0431 944 929.

YWCA Encore Program

An exercise program specially designed for women who have experienced breast cancer.

Helping you restore mobility, flexibility and confidence through gentle pool and floor exercise.

Encore is free and is available in rural and metropolitan locations across Australia.

For more information please phone 1800 305 150 or email encore@ywca.org.au.

Living Well with Cancer

You may find that you see the world differently after cancer. Perhaps you feel that others don't understand your experience and expect you to 'get back to normal'. Finishing treatment can bring a host of new challenges, from changes in appearance to managing the emotional and social impacts. It's important to realise you are not alone.

Living Well After Cancer is a free community program delivered by Cancer Council utilising trained cancer survivors or carers. This two and a half hour program is open to cancer survivors, carers, family and friends who are seeking practical information, discussion and ideas to help you live your life well. Phone: 1300 200 558

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.

Mini Field of Women

Held annually in October to pay tribute to all those affected by breast cancer in our community.

For more information about any of these events 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

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

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.

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 mobile 0409 662 673. Alternatively call switch on 8890 5555 and ask to page 22641 or 27817. You may also email at: BCI-BreastCareNurses@health.nsw.gov.au

Best Breast Friends

A chance to meet other women affected by breast cancer. Join us for a chat and listen to guest speakers present talks on various subjects including nutrition, menopause and exercise.

First Tuesday of each month
February – December
10:30am – 12:00pm

Westmead BCI [Door 1] Conference Room
Level 1, F Block Westmead Hospital

To register your attendance or for information phone 8890 9682 or email bci-supportservicesinfo@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 9682 for more information.

For additional information including dates and times:

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

FAME

Fitness and Movement Exercise program. Specifically designed for women post breast surgery. A weekly 1 hour session running for 8 weeks. Westmead Hospital Physiotherapy Department. Referral from treating team required. Contact 8890 6500 or 8890 9682 for further information.

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

First Monday of every month
2.00pm - 3.00pm

Meet at Physiotherapy reception and the occupational therapist will escort you to Westmead BCI Conference room.

To register your attendance or for information phone 8890 9682 or email bci-supportservicesinfo@health.nsw.gov.au

Lymphoedema Clinic

A clinic to assess and treat people with lymphoedema. The clinic is run by Occupational Therapists specially trained in lymphoedema management.

Referral is required from your Doctor or Breast Care Nurse. For more information, or to make an appointment, contact the Occupational Therapy Department on 8890 6500.

Metastatic Breast Cancer Support

For information and support, please phone the Metastatic Breast Cancer Nurses at Crown Princess Mary Cancer Centre Westmead on 8890 7581.

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 8472.

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. Support groups for younger women with breast cancer are held in Parramatta and Sydney. The Parramatta Soiree meets on the 4th Tuesday of the month, 6.15 - 8.15pm. Contact the Cancer Council Helpline on 13 11 20 for details.

The 'Sassy Soiree' meets in the city on the 3rd Wednesday of the month, 6 - 8pm. Contact Anna on 0400 984 412 or the Cancer Council Helpline on 131120 for details.

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

This is a caring and supportive group that assists you in reducing the side effects of cancer treatment using individual and group practices.

Yoga Therapy: This involves an individual consultation that will provide a personalised program to practice at home.

Yoga Classes: This involves yoga practice with others who can relate to your breast cancer journey.

The methods used aim to balance and restore energy through:

- > Posture
- > Breathing
- > Mindfulness meditation
- > Movement
- > Relaxation

This will help to improve your general health and wellbeing and improve your quality of life by:

- > Reducing stress and fatigue
- > Assist with mood management
- > Reducing Pain
- > Improve sleep
- > Improve self-confidence