



Wellness

SWSLHD CANCER

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WELLNESS PROGRAM TERM 2: 26 APRIL – 30 JUNE 2017

Welcome back to Term 2 of our SWSLHD Cancer Wellness Program. We hope everyone had a safe and enjoyable Easter break!

Our programs have started back (see overview and calendar link below), so please take a look at our program calendar and call or email us to book in. Spots can fill up fast – so be quick!

Great news - we now have a part-time receptionist, Milena, located in the Wellness Centre! Milena will be able to answer enquiries and also take bookings.

Unfortunately our Zumba classes have been temporarily postponed as our lovely Zumba instructor, Monica, has an injury and needs to rest up for 6 weeks or so. We do plan to resume the classes ASAP, so please keep it on your radar! Monica's Yoga classes will still be on, so perhaps our Zumba attendees would like to try yoga this term? We currently have spaces available, so contact us to make a booking.

We are planning to start a new program called “**ENRICH**” this term, starting in June. It is a Cancer Council program which will run for 6 weeks (2 hours per week) and teaches cancer patients about nutrition and exercise. More details will follow in the coming weeks...



Are you currently experiencing any of these symptoms?

Anxiety • Muscle Tension • Poor Motor Control • Insomnia • Depression • Fatigue

Have you considered attending our wellness programs? The following programs are currently available to cancer patients and their carers:

- **ACUPUNCTURE** – by appointment only on Mondays
- **ART WORKSHOPS** - fortnightly group sessions on Wednesdays
- **GARDENING WORKSHOPS** - monthly group sessions on a Wednesday
- **MASK ART WORKSHOPS & EXHIBITION** – please see further details on following page
- **MASSAGE** – by appointment only on Mondays & Tuesdays
- **MEDITATION** – weekly group sessions on Wednesdays
- **PHYSIOTHERAPY LED EXERCISE CLASSES** – weekly group sessions
- **TAI CHI/QIGONG** – weekly group sessions on Thursdays
- **YOGA** – twice weekly group sessions on Mondays and Thursdays
- **ZUMBA** – these classes are currently postponed and will resume in Term 3
- **WIG SERVICE** – fortnightly by appointment only on Tuesdays

To view the 2017 Wellness Program timetable, please refer to our website calendar:

<http://www.swslhd.nsw.gov.au/cancer/calendar.html>

For bookings and enquiries, please contact:

Melissa on 8738 9816 or Greg on 0476 821 659 or Email LIV.WellnessCentre@sswahs.nsw.gov.au

BRAVERY UNMASKED WORKSHOPS AND EXHIBITION DETAILS

What happens to the masks after treatment?

All patient identifications and marks are removed from the mask at the end of treatment.

Patients have the option to take the mask home, or the masks were disposed of as recycled material. Now, the masks are transformed into works of art as part of the Bravery Unmasked Program.

NSW Health & the arts

Researchers from the USA National Institutes of Health reviewed 27 randomized clinical trials including 1,576 cancer patients, examining effects of creative arts therapies on psychological symptoms and quality of life. They found that creative arts based therapy helps clients to:

- ♦ express feelings when it is difficult to talk
- ♦ explore imagination and creativity
- ♦ develop healthy coping skills
- ♦ improve self-esteem and confidence
- ♦ identify and clarify issues and concerns
- ♦ increase communication skills
- ♦ share in a safe nurturing environment
- ♦ improve motor skills and physical co-ordination
- ♦ identify blocks to emotional expression and personal growth



Cancer Services Fundraising



Health Services for South Western Sydney Local Health District

Created by SWSLHD Head & Neck Group, and wellness support



2017 Workshops & Exhibition dates

Mask Art Workshops

Facilitated by an artist, you can use your own mask, or decorate a donated mask, and have it entered into the exhibition.

Liverpool Hospital Cancer Services

7 April, 9 June & 11 August 2017

Campbelltown Hospital Cancer Centre

12 May & 7 July 2017

Casula Powerhouse Arts Centre

21 April, 26 May, 23 June & 21 July 2017

Bravery Unmasked Exhibition

Casula Powerhouse Arts Centre

24 August - 17 September 2017

Contact Melissa on 8738 9816 or email LIV.WellnessCentre@sswhs.nsw.gov.au to book into a workshop

See our website for more details

www.SWSLHD.NSW.gov.au/Cancer

Effects of Creative Arts Therapies on Psychological Symptoms and Quality of Life in Patients With Cancer. Published online, 2013 in JAMA Internal Medicine. Timothy W. Puzo, PhD, MPH, National Institutes of Health, Bethesda, MD

What is Bravery Unmasked?



The Bravery Unmasked programme in South Western Sydney was inspired by another innovative program called Courage Unmasked Tennessee (www.courageunmaskedtn.org).

To our knowledge this is the first time that this particular initiative has been undertaken in Australia where masks have been used as a tool for people to explore emotions and reflect on their treatment experience.

With the help of a creative arts therapy project in Liverpool and Campbelltown Cancer Therapy Centres, patients can attend workshops with local artists or art therapists in order to decorate their masks and transform them into an art piece.

These decorated masks were displayed at the Casula Powerhouse Arts Centre in June 2016 and some are being displayed at other radiotherapy departments as part of a travelling exhibition in order to advertise the ongoing programme, and provide information for patients about radiotherapy and the masks.



What is a Radiotherapy Mask?

What is Radiotherapy?

Radiation therapy uses high-energy radiation to shrink tumours and kill cancer cells. X-rays, gamma rays and charged particles are types of radiation used for cancer treatment.

The radiation may be delivered by a machine called a linear accelerator or LINAC (Figure 1). It sends high doses of radiation to the cancer cells while sparing normal tissue.

About half of all cancer patients receive some type of radiation therapy sometime during the course of their treatment.



Figure 1: Linear accelerators are used to deliver radiotherapy

Why do patients receive radiotherapy?

Radiation therapy is often given with curative intent (that is, with the hope that the treatment will cure a cancer, either by eliminating a tumour, preventing cancer recurrence or both).

In such cases, radiation therapy may be used alone or in combination with surgery, chemotherapy, or both.

Radiation therapy may also be given with palliative intent to relieve symptoms caused by cancer.

Why do we need masks for head & neck cancers?

Radiation treatment is given in fractions (number of treatments). Fractionated treatment allows the normal tissue to repair in between treatments.

Typically treatment can range from 1 to 35 treatments.

During treatment, it is necessary to ensure that the patient will be in exactly the same position every day.

Patients getting radiation to the head and neck area may need a mask;

- ♦ to make it easier for a patient to stay still
- ♦ to help keep the head from moving so that the patient is in the exact same position for each treatment
- ♦ so markings can be drawn on the mask, not on skin

How are the masks made?



Figure 2: Unmoulded thermoplastic mask



Figure 3: Mask heated in a water bath



Figure 4: Mask moulded to the patient



Figure 5: Mask ready for treatment

- 1 • The masks are made from a thermoplastic material (Figure 2)
- 2 • The mask is heated in a 70 degree water bath for 3-5 minutes (Figure 3)
- 3 • Excess moisture is removed by drying the mask using clean dry towel
- 4 • The mask is placed over the patient and stretched downward slowly and evenly (Figure 4)
- 5 • The mask is cooled by applying iced towels over mask