

# POST-CANCER FATIGUE

Some people may experience prolonged, persistent and unexplained fatigue well after their cancer treatment has ceased (ie beyond 3 months). The condition is known as **Post-Cancer Fatigue (PCF)** and it can affect quality of life and function, including:

- Generalised fatigue
- Poor sleep patterns and/or sleep quality
- Abnormal sensations or pain
- Difficulty in concentrating
- Poor mood

Designed for people experiencing PCF, the **Fatigue Clinic** is an evidence-based program delivered by **exercise physiologists** and **psychologists** and comprising the following:

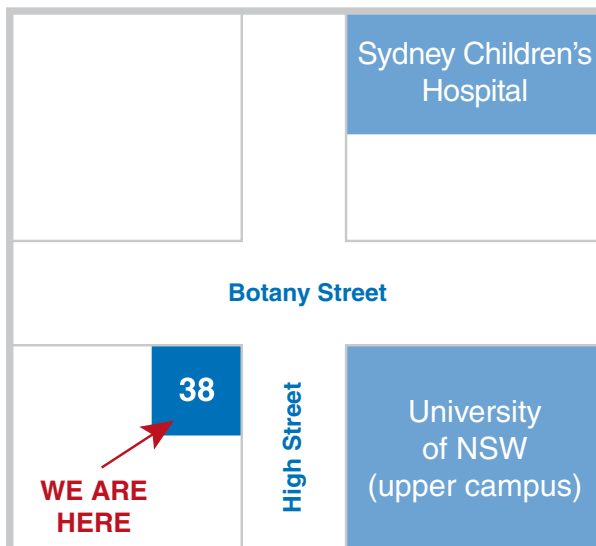
- activity-pacing techniques to reduce fatigue symptoms
- graded physical activity to increase function
- assessment of sleep-wake cycle & sleep-hygiene techniques
- cognitive activity therapy (ie brain training)
- mood management

**Medicare rebates** are available for patients referred under an *Enhanced Primary Care Plan* by their GP.

Contact the clinic for more information.

## LOCATION

The Lifestyle Clinic is located at 38 Botany Street, Randwick (Corner of Botany and High Streets). Frequent bus services from Central Bus Station and the eastern suburbs stop directly outside the clinic.



## REFERRAL FORMS

Referral forms available at: [www.lifestyleclinic.net.au](http://www.lifestyleclinic.net.au)

## CONTACT US

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## EXERCISE & LIFESTYLE THERAPIES DURING & AFTER CANCER TREATMENT



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Rebates available for  
**EXERCISE PHYSIOLOGY** services

# EXERCISE & LIFESTYLE THERAPIES DURING & AFTER CANCER TREATMENT



Lifestyle therapies such as exercise and healthy eating have multiple benefits for people affected by cancer. When prescribing such therapies however, the impact of specific types of cancer, cancer treatment and after-effects need to be carefully considered.

Our unique services are provided by **Exercise Physiologists (EPs)**, combining the best expertise and advice, information and motivational strategies to ensure you achieve the best outcomes with the highest level of care.

We can design **home-based exercise programs**, removing the need to use a gym. Alternatively, you can exercise in our fully-equipped facility under the supervision of our EPs.

We treat people at different stages of their cancer experience, namely:

- **After treatment (cancer recovery)**
- **During treatment (adjuvant therapy)**
- **Advanced cancer**

## CANCER RECOVERY (AFTER TREATMENT)

Carefully prescribed exercise is an **important part of recovery from cancer**. Regular physical activity provides multiple benefits including:

- Increased strength and endurance
- Reduced fatigue
- Improved mood and self-esteem
- Reduced depression and anxiety symptoms
- Enhanced quality of life and independence

More importantly, exercise therapy is an integral treatment for musculoskeletal and cardiovascular dysfunctions associated with surgery, radiotherapy, chemotherapy and reconstruction. Evidence suggests that exercise may also decrease the risk of recurrence of some cancers.

## DURING TREATMENT (ADJUVANT THERAPY)

People undergoing cancer treatment (chemotherapy, radiotherapy, hormone therapy) experience various adverse effects including:

- Increased and prolonged fatigue
- changes in body composition (sarcopaenic obesity)
- significant bone loss (osteopaenia)
- major sleep disturbance
- reduced cardiovascular fitness

Graded exercise therapy has been shown to reduce the severity of these symptoms - and in some cancers - reverse these treatment effects. Moreover, graded exercise has been shown to be relatively safe with no adverse effects.<sup>1</sup>

## LIVING WITH CANCER (ADVANCED CANCER)

For people living with advanced cancer, healthy eating habits and regular physical activity are important for maintaining a sense of wellbeing and enhancing quality of life. A tailored program comprising cardiovascular and/or strength exercises may also assist in managing anxiety and fatigue symptoms, whilst preventing weight loss and maintaining or enhancing physical function.

*1. Studies conducted in clinical settings and delivered by Exercise Physiologists.*

## CONSULTATION FEES

	Initial	Subsequent
Standard	\$84.00	\$71.00
Pensioners	\$66.00	\$60.00

**Rebates** available from selected **Private Health Funds**.

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**Medicare rebates** are available for patients referred under an *Enhanced Primary Care Plan* by their GP (**rebate is \$53.00 per consult**).

## Department of Veterans' Affairs (DVA)

DVA rebates cover the complete cost of our services for veterans referred by their GP.