



NATIONAL CENTRE FOR  
CANCER SURVIVORSHIP  
*Renewing Life*



**UNSW**  
AUSTRALIA

# — PATIENT — INFORMATION



Today, nearly one million Australians are adult cancer survivors, with that number increasing every year, whilst 80% of children diagnosed with cancer will survive long term. While these are 'good news' stories of cancer, cancer survivorship presents its own unique challenges.

As a cancer survivor, you are a large and growing proportion of our community who have unique health needs following your overcoming of this disease. As you may be well aware, after cancer treatment ends, survivors can experience a wide range of physical and psychological challenges.

### These can include:

- » Fatigue
- » Cognitive changes ('chemobrain' or 'brain fog')
- » Body image issues
- » Sexual and fertility problems
- » Worry about the cancer returning
- » Risk of a new cancer
- » Maintaining a healthy lifestyle
- » Problems returning to work or study



---

Located at University of New South Wales, the National Centre for Cancer Survivorship (NCCS) is Australia's leading integrated centre of research and clinical services focused on renewing quality of life for people, like you, who have survived cancer. We are pioneering research that supports the development of evidence-based care and health services for Australian cancer survivors.



## HOW WE CAN HELP YOU

The National Centre for Cancer Survivorship (NCCS) can offer you a consultation with a team specialising in post-cancer care to help you work through the challenges you may be facing after cancer treatment.

Your visit will be divided into two parts. The first part of the assessment comprises a series of questionnaires about your symptoms and your level of function - these will take about 20-30 minutes to complete. We are currently working towards an online system whereby these questionnaires can be completed by you before your visit.

---

Completion of the questionnaires is followed by a consultation with a doctor specialising in cancer survivorship. This consultation will take about 45-60 minutes. During this consultation, we will work with you to identify the main issues affecting you now and any that you may be at risk of in the future.

---

If significant issues are identified we will make some recommendations to help you. Together we will develop an individualised Cancer Treatment Summary and Survivorship Plan to provide you with a record of your cancer and the treatment you had, plus our recommendations for optimising your future health.

After your visit, a copy of the Survivorship Plan will be sent to you and to any health care professionals you nominate. Your referring doctor will also be sent a letter which will summarise the issues we discuss during your visit.



## **SURVIVORS OF ADULT CANCER**

We will develop an individualised care plan, providing advice about:

- » Your risk of common side effects of treatment, and what monitoring tests should be done, when and by whom;
- » Lifestyle changes (such as exercise therapy or quitting smoking) and services that may help prevent or manage any health issues;
- » Psychosocial and/or practical support that will help you manage normal daily living, achieve optimal functioning, and feel in control;
- » Participating in research studies to guide development of better treatment and prevention approaches.

## **SURVIVORS OF CHILDHOOD CANCER**

The Long-Term Follow Up Clinic at Sydney Children's Hospital is a multi-disciplinary clinic offering survivors follow up care far beyond their childhood years.

This long-term follow up benefits survivors by providing you with health education, cancer screening and risk-reducing health interventions.

The knowledge gained from this service also allows clinicians to identify factors associated with adverse health outcomes and to modify cancer therapies to minimise the risk of long-term side effects.



## THE LIFESTYLE CLINIC

Consultations with survivors like you take place at the UNSW Lifestyle Clinic located within walking distance from our Head Office. Please refer to the map in this brochure.

Lifestyle therapies such as exercise have multiple benefits for people affected by cancer. When prescribing exercise therapies however, the impact of specific types of cancer and treatment, as well as 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, or you can exercise in our fully-equipped Strength Clinic under the supervision of our EPs.

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

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

Our services are all Medicare refunded and participation in research studies will be at no cost to you. Please notify our staff if you are not eligible for Medicare.

## INTERPRETER SERVICE

A free interpreter service is available upon request.

Sometimes, as a survivor, it is hard to know where to turn for help with these issues, and many struggle alone as they attempt to return to 'life as usual' after cancer.

Please remember the National Centre for Cancer Survivorship is here to help. For more information, or to utilise our resources for survivors, including fact sheets and helpful links to other services, please visit our website. If you would like to make an appointment please get in touch.



**UNSW**  
AUSTRALIA



**NATIONAL CENTRE FOR  
CANCER SURVIVORSHIP**  
*Renewing Life*

**P:** 02 9385 1390

**W:** [www.nccs.org.au](http://www.nccs.org.au)

**E:** [cancersurvivors@unsw.edu.au](mailto:cancersurvivors@unsw.edu.au)

**A:** Clinic Address: 38 Botany Street, Randwick, NSW  
2031 (Corner of Botany & High Streets)

