

BUSTING CANCER MYTHS

A **FREE** workshop to improve your self-management skills and learn about Useful Apps to help manage your care, finding reputable websites, diet and exercise, the health professionals involved in your care, how to manage your medical appointments and be better informed about clinical trials.

A JOINT INITIATIVE OF ST GEORGE HOSPITAL CANCER CENTRE & THE PROSTATE & BREAST CANCER FOUNDATION

Date: Wednesday 8th March 2017

Time: 1pm – 4-30 pm

Venue: Jubilee Community Centre, Jubilee Avenue Carlton (under St George Football Stadium)

12-30 – 1-00 pm Registration and Tea/Coffee

1.00 - 1-05 Welcome and Introductions

1.05 – 1.15 Introduction to Health Literacy and Common Health Terms

How your health literacy can affect your understanding of your diagnosis, treatment and manage your care and how to understand common health terms.

1.30 – 1.40 Clinical Trials

Who can be part of a clinical trial and why they are not suitable for everyone.

1.40 – 2.00 Introduction to Cancer

Busting cancer myths about how cancer develops, staging etc

2.00 – 2.20 Cancer Care

Understanding your cancer treatment, managing your side effects and knowing the people involved in your care.

2.20 – 2.40 Needs of a Person with Cancer

Common needs of a person with cancer and the services available in the community if you need some back-up.

2.40 – 3.00 FREE Afternoon Tea

3.00 – 4 -15 The Cancer Experience

This session includes short presentations to help you manage your care.

Guiding yourself through the health maze

How your GP can help you

Your local Pharmacist

Managing medical appointments, Medicare & your My Health Record

Self-care, diet and exercise

What happens when treatment is finished

4-15 – 4.30 Cancer Information

Searching the internet for credible health information, the role of social media in healthcare and useful Apps to help you manage your cancer care.

4-30 pm Closing and Thank You

People with cancer being treated at Public and Private hospitals are welcome to attend. Carers are also welcome.