

COSTS:

Initial Exercise Physiology Assessment \$72*

This is a 1:1 session where you can expect:

- A thorough assessment of your current capacity, taking into account other health conditions and injury history
- Development of achievable exercise goals that are relevant and important to you
- Home exercise prescription to get started

You must attend an initial assessment before participating in exercise groups.

Small Group Session with an EP (max 6 people)

Ethos Health run exercise groups timed to align with your treatment (attend immediately before or after radiotherapy or chemotherapy). Groups run for 45 minutes, 4 days per week.

Group session costs:

While undergoing treatment at Genesis Cancer Care Newcastle: Private health insurance (PHI) rebate only with your gap payment generously funded by Genesis Cancer Care.

Once radiation therapy treatment is completed: standard fee of PHI rebate + \$10 gap. Once the PHI balance is exhausted, the fee is \$25 per session.

*Medicare or PHI rebates may apply to initial appointment.

Fees are subject to review without notice.

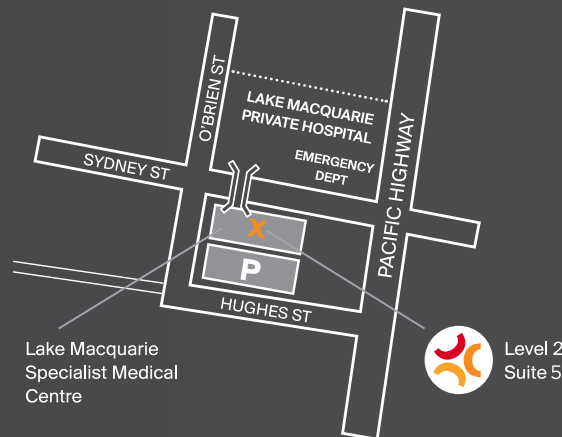


COMPREHENSIVE ONCOLOGY SERVICES

The Hunter Cancer Centre is based at and supported by Lake Macquarie Private Hospital to provide holistic and integrated oncology care.

They include:

- Lake Macquarie Private Hospital
- Genesis Cancer Care
- Ethos Health
- Hunter Imaging Group
- NSW Cancer Council
- Douglass Hanly Moir Pathology



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The C*FIT program:
training through treatment





Treating Cancer

There are various approaches to treating cancer, and most patients will undertake a combination of therapies to provide the most effective treatment. Your doctor will discuss treatment options with you, and the benefits and risks of each.

Common treatment options include:

- Surgery: to remove or repair part of the body affected by cancer
- Chemotherapy: the use of drugs to kill cancer cells or slow their growth
- Radiation therapy: the use of radiation (e.g. x-rays) to kill cancer cells
- Hormone therapy: blocks part of the body's natural hormone production; used when cancer cells are growing in response to those hormones

You can also expect regular monitoring and investigations, which may include:

- Blood tests
- Scans, such as MRI, CT, PET or bone scans



Where does exercise fit in?

The benefits of exercise during and following treatment are becoming increasingly clear.

IT'S EXERCISE DURING TREATMENT THAT MAKES THE BIGGEST DIFFERENCE

It's not about waiting until treatment has finished

Research shows that during treatment for cancer, the right exercise prescription can:

- Reduce fatigue, nausea and pain
- Improve cardiovascular function
- Improve immune function
- Improve strength and flexibility
- Reduce stress, depression and anxiety
- Reduce time spent in hospital
- Improve chemotherapy completion rates
- Improve survival rates for some cancers



Who should prescribe my exercise?

Accredited Exercise Physiologists (or EP's) are 4-year university-trained health professionals. Their role is to help everyone unlock the health benefits of exercise, especially people with health conditions. Just as your doctor will vary a medication dose according to your health status and needs, an EP will work with you to ensure your exercise prescription fits with your preferences, ability, capacity, health and treatment status at any given time.

DID YOU KNOW?
Generally, people with cancer should **NOT** aim to only engage in rest or 'gentle exercise'.
Doing more exercise will achieve more health benefits.

What are the guidelines?

To achieve health benefits and reduce the undesirable side-effects of cancer treatment, people should aim to participate in:

- Aerobic exercise 3-5 times per week
- Resistance exercise 1-3 times per week

See an EP and understand how to make exercise work for you.