

YOUR ROADMAP FOR EXERCISE DURING CANCER CARE.

Exercise is an important component of your cancer treatment.

Exercise can help:

- Improve physical function and quality of life;
- Reduce the severity of treatment side effects such as fatigue;
- Reduce the risk of developing other cancers;
- Prevent other health problems.

Through the SCENIC project, care providers in the South West are working together to ensure that people diagnosed with cancer in our region are supported to access appropriate exercise support.

To optimise the benefits of exercise and ensure your safety, an exercise plan will be tailored to your needs giving consideration to your diagnosis, treatment and current function.



Level 1
One on one supervision from an exercise professional.



Level 2
Targeted exercise advice to help with side effects of your treatment.



Level 3
Social support encouraged to maintain motivation and promote continued exercise habits.



Level 4
Independent exercise aiming to meet the guidelines for physical activity and exercise.

Discussion with your oncology nurse

Your oncology nurse will ask you questions to help the team understand your exercise needs. The information we learn will be shared with your Exercise Physiologist.

Consultation with an exercise physiologist

You will have a telehealth consult with an Exercise Physiologist trained in cancer care.

The consultation will cover:
Advice on how to exercise safely;
Strategies to get the most out of exercise;

Following the appointment, you will receive an email summary of the information provided.

Connection to local services

You will be assigned an 'exercise level' to help when connecting with appropriate supportive services. We will provide you with links to suitable programs and providers in your local area.

Please scan the QR code to learn more.



The following organisations support the SCENIC project:



Government of Western Australia
WA Country Health Service



Nutrition & Health Innovation
Research Institute
STRATEGIC RESEARCH INSTITUTE



FUELLING FOR YOUR JOURNEY THROUGH CANCER CARE.

Eating well is something that you can do to look after yourself before, during and after cancer treatment.

Research shows that being well-nourished can improve your tolerance to cancer treatment, improve your immune system and help repair damaged tissues after treatments. Eating enough food will help to prevent muscle loss which is important for you to maintain your daily activities and independence.



If you have finished your cancer treatment, eating well may help to reduce your risk of developing other cancers, or developing other chronic diseases, such as heart disease, that are common after cancer treatment.

Your body needs a range of nutrients to keep you strong and healthy. The Australian Dietary Guidelines provide advice on eating for health and wellbeing for the general population, and these guidelines are generally suitable for people living with cancer.



Nutrition for people with cancer

While the Australian Dietary Guidelines are recommended for most people with cancer, we know that cancer and its treatments place extra demands on the body and the side effects of cancer or its treatment can make it hard to eat enough food.

The Cancer Council has a booklet on 'Nutrition for People Living with Cancer' that provides more information on the Australian Dietary Guidelines and managing the nutrition-related side effects of treatment and it can be found on the Cancer Council WA website.

If you are losing weight without trying or if you are eating less because of a decreased appetite or other side effect of treatment, you might benefit from a referral to see a dietitian.

Please speak to your oncologist about a referral to the dietitian working as part of the Integrated Cancer Service in the South West.

Please scan the QR code to learn more.



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