



Patient accommodation

For many country families, a diagnosis of cancer within the family not only means the devastation of dealing with the news, but also relocating the family for treatment. Loss of income from time off work coupled with the costs of finding accommodation near the treating hospital can mean that these families become financially crippled or simply can't cope.

We plan to develop a network of houses and apartments in capital cities across Australia where the need is greatest, to provide these families with a private, self-contained residence where the whole family can stay and provide the necessary emotional, physical and mental support for both the cancer patient and one another.

We will also seek a series of residences that can be used by families immediately following a course of treatment to allow for recuperation and relaxation before returning to normal life. Cancer treatment can be stressful and unpleasant for the whole family, and having a chance to recuperate for a week in a pleasant, relaxing environment can be of great benefit to all concerned, and renew or strengthen the family bonds.

Thank you for your support and consideration.

Sadly, there are few people who haven't been affected by cancer, whether directly or through someone they know and care about.

If you would like to help with a donation, or if you have a holiday home that you would like to offer, please call us on 1300 880 695.

Alternatively, please send in the slip below.

Yes, I would like to help with a donation of:

Payment method

Cheque Money order

Visa Amex MasterCard Diners

CREDIT CARD NUMBER

EXPIRY DATE /

Signature _____

Name on card _____

Address _____

Phone number _____

Email _____

Please return completed forms to: **Cancer Prevention & Support Association Inc** Level 2, 3 Short St, Southport QLD 4215

Cancer Prevention and Support Association Inc

Head Office
Level 2, 3 Short St,
Southport QLD 4215
Phone 1300 880 695
ABN 43 568 729 714

Postal Addresses
PO Box 43, Surry Hills NSW 2010
PO Box 8266, Woolloongabba QLD 4102
PO Box 1015, Carlton VIC 3053

Disclaimer This publication is an information guide only and should not be viewed as medical advice. Individuals who have concerns in relation to their health should consult their doctor. Whilst every care has been taken to ensure the accuracy of the information contained within this publication, no warranties of any kind are given regarding its completeness, currency or reliability and as such any and all warranty is disclaimed. PLEASE DO NOT LITTER



**CANCER
PREVENTION
AND SUPPORT
ASSOCIATION**

**Educating and improving cancer prevention.
Supporting cancer patients and their families.**





Cancer Prevention & Support Association Incorporated

We are a newly established national body with two objectives. Our primary objective is cancer prevention:

- > work on cancer prevention through increasing education in the community about the benefits of early detection and preventative measures through the dissemination of information to the community and health professionals
- > support cancer patients and their families primarily through the provision of respite homes, use of motor vehicles and other necessary items needed when attending treatment for the purposes of increasing health, strength and quality of life after treatment and during treatment.



Education and Prevention

We believe that the key to reducing cancer in the community is to ensure that people are well educated about risk factors and lifestyle changes that can reduce those risks.

It's also important to be aware of symptoms and act quickly when they're present as early detection greatly increases the chances of successful treatment.

Cancer does not just affect older people. Some types of cancer, such as leukaemia, are not uncommon in children, with around 250 cases per year occurring in children aged 0-14.

Many cancer types such as breast, brain, testicular and pancreatic cancer occur more frequently in certain families due to an inherited higher risk, while others such as lymphoma and cervical cancer affect people randomly across the community.

Some cancers, even within a group, develop slowly, others more rapidly, just as some cancers tend to be highly localised and some spread easily, causing secondary tumours.

Features of certain types of cancers are:

Brain cancer: headaches are a common symptom and doctors often check on the functioning of different areas of the brain if a tumour is suspected.

Stomach cancer: risk factors include smoking and a having a diet high in smoked, pickled and salted foods and low in fresh fruit and vegetables.

Kidney cancer: cancers in the kidney are more commonly a result of cancers from other areas of the body and more rarely originate in the kidney.

Skin cancer: Treatment almost always involves removal of the cancer; some surrounding tissue may also be taken. Ointments and radiation therapy may then be prescribed.

Bowel cancer: Bowel cancer commonly develops from polyps in the bowel. Although polyps aren't always dangerous, they are routinely removed so that they can't become cancerous.

We recommend the following lifestyle changes to help in reducing your chances of being diagnosed with cancer:

Not smoking - it is high risk factor in many cancers including pancreatic, lung and throat cancer.

Reducing alcohol consumption

A **diet** high in fresh fruit & vegetables, wholegrain cereals & wheat bran and low in smoked or pickled foods, red meat and full fat dairy can protect the stomach and bowel

Drinking around 2 litres of water per day

Practice **sun protection** to avoid exposure to skin cancer