

## Who is OCV?

Oncology Clinics Victoria is an association of medical oncologists and clinical haematologists.

We provide compassionate, state-of-the-art care for the cancer patient of today and continued advancements in the prevention, diagnosis, treatment and cure of cancer in the future. We seek to accomplish this through a combination of research, education and clinical practice.



P 1300 300 977  
F 1300 301 977

### **Beleura Private Hospital**

925 Nepean Highway  
Mornington Victoria 3931

### **Berwick Specialist Centre**

Suite 2.3, 55 Kangan Drive  
Berwick Victoria 3806

### **Cabrini Brighton Hospital**

Suite 5, 243 New Street  
Brighton Victoria 3186

### **Cabrini Malvern Hospital**

Suite 19, 183 Wattleree Road  
Malvern Victoria 3144

### **Epworth Freemasons**

132 Grey Street  
East Melbourne Victoria 3002

[www.ocv.net.au](http://www.ocv.net.au)

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Gynaecological  
Exercise Therapy  
Program



# The OCV **GET THERE** Program

## Gynaecological Cancers

Gynaecological cancers are cancers of the female reproductive system. These include ovarian and fallopian tube cancers, cervical cancer, endometrial cancer (cancer of the uterus) and cancer of the vulva and vagina.

Gynaecological cancers are common in our community. Overall, gynaecological cancers account for about 10% of all reported cancers in women.

**In Australia on average 15 women are diagnosed with gynaecological cancer every day.**

## Side Effects of Treatment

Treatments for gynaecological cancers can include surgery, chemotherapy and radiotherapy. The side effects experienced from the treatments can vary from patient to patient.

General side effects include fatigue, muscle weakness, loss of appetite, bowel disturbance, and problems with concentration and memory.

Specific side effects relate to the area of the body being treated and the type of therapy being administered. Side effects will vary depending on your treatment plan.

## Benefits of Exercise and Good Nutrition

Research indicates that physical activity and good nutrition after a diagnosis of cancer are beneficial in improving quality of life, reducing fatigue, improving psychological well-being, accelerating recovery after treatment, and reducing the chances of the cancer recurring.

## The Program

The **GET THERE** Program has been designed with the following aims in mind:

- › *Reduce health decline throughout the treatment spectrum*
- › *Maintain cardiopulmonary health in response to chemotherapy and radiation*
- › *Restore core strength and function post-surgery*
- › *Maintain quality of life throughout treatment*
- › *Reduce number and severity of side effects of treatment (i.e. nausea, joint and muscle pain, fatigue, weakness, anxiety and many more)*
- › *Hasten return to work and normal life*
- › *Reduce risk of subsequent recurrence and development of other cancers*

The program is designed not only to equip you with the ability to maintain your health during treatment, but also to teach you how to maintain your physical activity and exercise long after the program is completed. This ensures you will have long-standing health benefits and minimises the chances of late-effects from treatment.

The program will have a number of components related to the treatment you will receive. Initially it will optimise recovery from surgery, and then improve fitness during chemotherapy +/- radiation therapy, and finally allow full recovery after the completion of therapy. Each program is individualised related to your underlying cancer, the treatment you are receiving, and any other medical problems you may have. Each program will have a concurrent nutritional program designed by our Oncology Dietitian.

## Additional Information

**A Chronic Disease Management Plan will be initiated by your GP, this will allow up to five claimable visits through Medicare.**

**Group classes with the Exercise Physiologist may be subsidised through your Private Health Insurance.**

**Be sure to wear comfortable clothes you can exercise in for each consultation.**

## How to Register

Ask any OCV staff for an appointment to see our Exercise Physiologist. At the initial consultation, you will have a physical, nutritional and psychological assessment.

**P 1300 300 977**