

Directory of gynaecological
oncology treatment and
support services

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support services

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Foreword

When a woman is diagnosed with gynaecological cancer, she starts a journey. The journey can be a difficult one and presents her with multiple threats. Her own survival is often threatened, along with her sense of well-being, her body image and her confidence. Her family and friends are part of this journey and in turn need support and encouragement.

This directory has been designed for women starting this journey. Multidisciplinary units have been established in NSW to provide the complex care that helps meet the needs of women with gynaecological cancer. It is hoped that this directory will guide women to the treatment and support services available that will make their cancer journey easier.

The directory has been compiled by the Life Force Cancer Foundation, following a request by the former Minister for Health, the Honourable Craig Knowles, to provide a resource for women to improve their access to appropriate services. Life Force has responded to women's needs for timely accurate advice, support and high quality care, by producing this directory.

I am sure that all women with gynaecological cancer will appreciate the information in this directory and congratulate the Life Force Cancer Foundation for producing such an excellent resource.

Dr Gerry Wain
Chair
Steering Committee

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Introduction

In NSW approximately 1200 women are diagnosed each year with a malignant disease of the female reproductive organs, known as gynaecological cancer. Gynaecological oncology is the subspecialty of medicine devoted to the management and treatment of cervical cancer, endometrial and uterine cancer, ovarian cancer, fallopian tube cancer, cancer of the vulva and vagina, and gestational trophoblastic disease.

The purpose of this Directory is to inform women and health practitioners on how best to access:

1. best practice gynaecological oncology treatment services in NSW
2. general factual information (both in print and online) on the various gynaecological cancers
3. services that will provide emotional, psychological and practical support to women throughout their cancer journey.

The Directory will serve as a guide for clinicians and women, from the point of diagnosis, through to accessing initial treatment, after care, and palliative care if required. Ideally, the Directory will foster a collaborative approach between a woman diagnosed with a gynaecological cancer and her medical practitioners, so that she can make informed choices about her medical treatment and psychosocial support.

We hope this Directory will encourage and assist in strengthening the ongoing relationship between general practitioners and their patients during this intensive time. A cancer diagnosis impacts on all aspects of a woman's life, requiring not only a medical response but also support and understanding of the effect it has on her psychological, emotional and spiritual well being. This is a time when (more than ever) a woman needs a caring, informed advocate who can play a major ongoing role in interpreting medical information, prepare her for the journey ahead and inform her on what is available and how best to access the resources required.

Likewise, this Directory provides medical practitioners with the practical information required to make a referral to a specialist unit and contact details for medical advice or clarification.

Research conducted both here and overseas indicates that outcomes are improved, including survival rates, for women who are informed about their treatment options and are subsequently treated in a specialist gynaecological oncology unit. Additionally, research conducted overseas shows that psychosocial intervention and support leads to a better quality of life and improved survival rates.^{1,2}

This Directory has attempted to present in one resource the most efficient way to access what is available across the State to support women through this stressful and challenging time.

- 1 Prof. Kissane D, MacCullum P, 1997, Cancer Institute, *Breast News*, Vol. 3 No. 1.
- 2 Spiegel D, MD, 1989, Stanford University Medical School, *Lancet*.

Above all else, the cancer experience is an emotional journey. This is why I believe that any approach to patient care in oncology must begin with emotions! There is a real need to bring humanity and caring into what has become a highly technological field, and foster a holistic and integrated approach, so that psychosocial care becomes a fundamental part of treatment and recovery in cancer care.

Jill Pascoe, Founder and Director, Life Force Cancer Foundation

Gynaecological oncology treatment services

What is a specialist gynaecological oncology unit?

Staff complement at a specialist unit

Support services offered at the specialist units

Making an appointment

- In NSW four major Gynaecological Oncology Networks have been established. The networks coordinate gynaecological oncology services across the state to ensure that all women requiring treatment for gynaecological cancers receive integrated and comprehensive care that addresses their complex needs.
- Each network consists of a major lead hospital(s) and associated other hospitals that provide specialist treatment centres with multi disciplinary teams to care for women with a gynaecological cancer.
- The benefit of the specialist gynaecological units is that they offer the full range of surgical, radiation oncology, medical oncology and palliative care services in conjunction with specialist nursing and psychosocial care.
- Every woman admitted into a specialist unit is reviewed at regular interdisciplinary case management meetings as well as weekly multidisciplinary clinico-pathologic Tumour Board attended by gynaecological oncologists, medical oncologists, radiation oncologists and gynaecological pathologists.
- The specialist units offer an advisory service to other medical practitioners as well as to women directly in need of information or support.
- Accommodation is usually available for family members of women from the country; ask for details at the specialist unit.
- All of the specialist units are active members of the Australia New Zealand Gynaecological Oncology Group and therefore involved in undertaking research and clinical trials.
- In addition to the services provided at each of the specialist treatment centres the network includes clinical linkages in the rural areas.
- Many of the rural clinics linked to the specialist centres provide access to follow-up care closer to home. Follow-up chemotherapy and/or radiotherapy may not be available at all the rural clinics, and may involve travelling.
- Each network operates slightly differently and this is reflected in how each of the four networks is presented in the Directory.
- Referrals can occur within the network or across networks to allow a woman the opportunity to have her surgery at a major specialist centre of her choice, but, follow-up radiotherapy or chemotherapy at a centre more convenient to her.
- All public and private patients can have access to the highly specialised care provided by a multidisciplinary team.
- As an example, it is possible for a woman to undergo surgery in a public hospital but choose to have follow-up treatment in a private clinic or hospital. (These are issues to be determined by the woman and her medical specialist.)

What is a specialist gynaecological oncology unit?

A specialist gynaecological oncology unit provides best practice treatment offered by a multidisciplinary team that offers a range of services at the one location. Not all women will need all of the following services but it is pleasing to know that they are available. The services offered at the identified specialist units referred to in the Directory include:

- Gynaecological oncology surgery
- Radiotherapy
- Chemotherapy
- Lymphoedema clinic
- Familial cancer service
- Palliative care
- Psychosocial support
- Gynaecological pathology
- Radiology / Nuclear medicine
- Colposcopy clinics / Leep clinic
- Stomal therapy
- Teletherapy radiation therapy
- Acute and chronic pain management
- Pastoral care.

Staff complement at a specialist unit

The specialist units all have a multidisciplinary approach in the delivery of services. The specialist units consist of a dedicated multidisciplinary team of cancer specialists led by a Certified Gynaecological Oncologist. Each unit conducts on a regular basis a tumour board meeting attended by the medical specialists, nursing staff, as well as regular inter-disciplinary meetings attended by the medical specialists, nursing staff and the other allied health professionals to discuss patient management.

Women attending the specialist units will have access to the same multidisciplinary team at all stages of their cancer treatment. The team will consist of the following disciplines:

- Gynaecological Oncologist (a specialist surgeon who is responsible for the overall management of women with a gynaecological cancer, from diagnosis throughout their treatment including after care)
- Medical Oncologist (prescribes and co-ordinates the course of chemotherapy)
- Radiation Oncologist (prescribes and co-ordinates the course of radiotherapy)
- Gynaecological Pathologist (analyses the nature and extent of the cancer to assist in determining appropriate treatment plan)
- Specialist Gynaecological Oncology Nurse (undertakes the nursing procedures related to the particular treatment regime, offering support and assistance at all stages)
- Psychologist (provides ongoing emotional and psychological support to women, their families and friends involving stress management and relaxation)

- Social Worker (provides ongoing psychological emotional support and practical assistance to cope with the impact of the diagnosis, including linking women to relevant support organisations)
- Case Manager (oversees the implementation of the medical and psychosocial care of all women attached to the specialist unit)
- Familial Cancer Counsellor/Genetic Counsellor (provides information to those with a strong history of cancer)
- Pain management clinician (implements a multidisciplinary approach in the management of chronic pain, including prescribing medications to relieve pain and its associated problems, such as sleep disorders, anxiety and depression)
- Colorectal Surgeon (an expert in the surgical and nonsurgical treatment of colon and rectal problems)
- Stomal Therapist (assesses the patient's needs and assists the nursing staff to care for patients with stomas, draining wounds, fistulas, pressure ulcers and skin trauma due to incontinence)
- Urologist (specialises in treating urinary tract problems)
- Palliative care physician (prescribes drugs to assist in the control of pain and can offer other options to assist a woman, her family and friends to cope with the symptoms associated with cancer)
- Physiotherapist (assists in addressing the physical side effects from surgery including lymphoedema)
- Pharmacist (dispenses drugs and advises physicians and other health practitioners on the selection, interactions and side-effects of medications)
- Dietitian (provides advice on nutrition to follow during and post treatment)
- Occupational Therapist (assists in developing techniques and strategies to help women maintain their normal daily routine including assessment of the home for modification or equipment).

Support services offered at the specialist units

The specialist units acknowledge that women diagnosed with a gynaecological cancer require psychological, emotional and practical support throughout their cancer journey in addition to specialist medical treatment.

The specialist units employ (not always exclusively) social workers, psychologists, physiotherapists, dieticians, specialist nurses and occupational therapists to offer the following support to patients, their families and carers, including:

- Information
- Individual counselling / family support
- Support groups (due to the fluid nature of support groups will need to check with the specialist unit)
- Accommodation for country patients
- Pastoral care
- Overnight accommodation for relatives in particular situations.

Making an appointment

Under the Medicare scheme all women have access to any of the specialist gynaecological treatment services and receive the treatment they require. However, if a woman decides to see her doctor in his/her private consulting rooms or undergo treatment in a private hospital, additional charges may apply. This needs to be discussed with the doctor involved.

Details required at the time of making an appointment at a specialist unit include:

- Patient's name, date of birth, address, phone number and the name of the doctor you are referred to. (If, when you ring the specialist unit, you are informed that the nominated doctor is unavailable ask for the name of another doctor at the unit who is available.)
- When the woman attends the clinic or private rooms she will require a referral letter, as well as copies of all relevant investigations she has undergone and the test results.

From my perspective as a cancer patient, it would have been extremely helpful to have been given a kind of medical and psychological flow chart to validate how I was feeling and prepare me for the journey ahead. Our emotional and psychological wellbeing is inextricably linked to our physical wellbeing. Therefore, a woman needs her medical specialists to not only focus on the physical aspects of the illness but acknowledge the fear and distress often associated with the diagnosis and treatment. I believe using a balanced approach that embraces the whole human being will maximise the healing potential.

Jill Pascoe, Founder and Director, Life Force Cancer Foundation

Gynaecological oncology networks

Central/South Western Sydney Network

- Contact details of specialist units
- Medical practitioners for referral purposes
- Linked rural clinics
- Additional information

North Western Sydney Network

- Contact details of specialist units
- Medical practitioners for referral purposes
- Linked rural clinics
- Additional information

South Eastern Sydney/Illawarra Network

- Contact details of specialist units
- Medical practitioners for referral purposes
- Linked clinic
- Rural clinics
- Additional information

Hunter/Central Coast Network

- Contact details of specialist units
- Linked clinics
- Medical practitioners for referral purposes
- Additional information

Central/South Western Sydney Network

The specialist centres that operate within the network:

- Royal Prince Alfred Hospital
- Liverpool Hospital

The rural service within the network:

- Dubbo Hospital (chemotherapy)
- Bowral Diagnostic Centre (chemotherapy and follow-up consultations)

Contact details of specialist units

Royal Prince Alfred Hospital (RPA)

Sydney Gynaecological Oncology Group
Sydney Cancer Centre
Missenden Rd, Camperdown NSW 2050
Tel. (02) 9515 5270

Liverpool Hospital

Elizabeth St, Liverpool NSW 2170
Tel. (02) 9828 4191

Medical practitioners for referral purposes

Royal Prince Alfred Hospital (RPA)

Associate Professor Jonathan Carter, Gynaecological Oncologist
Dr Christopher Dalrymple, Gynaecological Oncologist
Professor Roger Houghton, Gynaecological Oncologist
Dr Ken Atkinson, Gynaecological Oncologist
Professor Martin Tattersall, Medical Oncologist
Dr Philip Beale, Medical Oncologist
Dr Anne Hamilton, Medical Oncologist
Dr Jane Beith, Medical Oncologist
Dr Michael Jackson, Radiation Oncologist
Professor Norelle Lickiss, Palliative Care Specialist

Liverpool Hospital

Dr Felix Chan, Gynaecological Oncologist
Dr Amanda Goldrick, Medical Oncologist
Dr Alan Fowler, Radiation Oncologist
Dr Jennifer Wiltshire, Palliative Care Specialist

- Patients may also be seen in the private consulting rooms of the specialists referred to above, ask for details at the hospital clinic.

Linked rural clinics

Dubbo Base Hospital

Myall St

Dubbo NSW 2830

Contact details: Cancer Outreach and Palliative Care Clinic

Tel. (02) 6885 8666

Services offered: Chemotherapy / follow-up consultations

Frequency: weekly

Bowral Diagnostic Centre

Cnr Holmdale and Bowral St

Bowral NSW 2576

Tel. (02) 4861 2177

Fax. (02) 4861 4106

Services offered: Chemotherapy / follow-up consultations

Additional information

- The Central/South Western Network operates in an integrated way with clinicians appointed to work across the major centres.
- Surgical, medical, radiation and palliative care services are offered at both RPA and Liverpool Hospital with some patients receiving chemotherapy at Concord Hospital.
- The majority of patients are seen in private consulting rooms.
- Most of the psychosocial support services available for patients are not exclusively for gynaecological oncology patients but rather are shared across the other oncology services and in some cases are part of the general hospital services. However, there is a psychologist on site dedicated to women with gynaecological cancer at Liverpool Hospital.
- Accommodation for country patients is provided at Jean Colvin (Tel. 9362 3429) if a woman requires convalescence following surgery or during radiotherapy and at the Queen Mary Hostel (Tel. 9515 3088) located on the campus of RPA. At Liverpool Hospital accommodation is available at the Ron Dunbier House (Tel. 9828 6310).
- At Liverpool, patients are referred to the public clinic.
- Cancer therapy centres are located at Bankstown, Campbelltown and Liverpool Hospital.
- Specialised palliative care services are centred at Braeside Hospital and also available at Bankstown, Camden, Liverpool Hospital and in the community.

North Western Sydney Network

The specialist centres that operate within the network:

- Westmead Hospital
- Nepean Hospital (no surgery)
- Royal North Shore Hospitals
 - Royal North Shore
 - North Shore Private
 - Mater Hospital
 - Sydney Adventist

The rural clinics linked to the network:

- Nowra (clinical consultation only)
- Blue Mountains District Hospital (radiotherapy follow-up)
- Armidale District Hospital (chemotherapy)
- Coffs Harbour Health Campus (chemotherapy and radiotherapy follow-up)
- Port Macquarie (radiotherapy follow-up)

Contact details of specialist units

Westmead Hospital

Department of Gynaecological Oncology
Hawkesbury Rd, Westmead
PO Box 533
Wentworthville NSW 2145
Tel. (02) 9845 6801
Fax. (02) 9845 8311

Nepean Hospital

Cancer Care Centre
Cnr Great Western Highway and Somerset St, Kingswood
PO Box 63, Penrith NSW 2751
Tel. (02) 4734 3500
Fax. (02) 4734 2911

Royal North Shore Hospital

North Shore Gynaecological Oncology
Pacific Highway, St Leonards NSW 2065
Tel. (02) 9926 8950
Fax. (02) 9926 6155

North Shore Private Hospital

Westbourne St, St Leonards NSW 2065

Tel. (02) 8425 3000

Fax. (02) 8425 3974

Mater Hospital

Rocklands Rd, Crows Nest NSW 2065

Tel. (02) 9900 7300

Fax. (02) 9900 7573

Sydney Adventist Hospital

185 Fox Valley Rd, Wahroonga NSW 2076

Tel. (02) 9487 9111

Fax. (02) 9487 9266

Medical practitioners for referral purposes**Westmead Hospital**

Dr Gerard Wain, Gynaecological Oncologist

Dr Alison Brand, Gynaecological Oncologist

Associate Professor Paul Harnett, Medical Oncologist

Dr Colin Bull, Radiation Oncologist

Dr Viet Do, Radiation Oncologist

Dr Phillip Lee, Palliative Care Physician

Dr Meg Sands, Palliative Care Physician

Dr Sally Greenaway, Palliative Care Physician

Nepean Hospital

Dr Gerard Wain, Gynaecological Oncologist (clinical consultation only)

Dr Jennifer Shannon, Medical Oncologist

Dr Viet Do, Radiation Oncologist

Dr Colin Bull, Radiation Oncologist

Royal North Shore Hospitals

Dr Gregory Gard, Gynaecological Oncologist

Dr Alan Ferrier, Gynaecological Oncologist

Clinical Professor John Levi, Medical Oncologist

Dr David Bell, Medical Oncologist

Dr Fran Boyle, Medical Oncologist

Dr Jonathan Page, Medical Oncologist

Dr Sally Baron-Hay, Medical Oncologist

Dr Gavin Marx, Medical Oncologist

Dr Nick Pavlakis, Medical Oncologist

Dr Rebecca Chin, Radiation Oncologist

Dr Graeme Morgan, Radiation Oncologist

Dr Peter Moore, Palliative Care Specialist

Linked rural clinics

Armidale and District New England Health Service

Rusden St
Armidale NSW 2350
Tel. (02)6776 4761
Fax. (02) 6776 4774
Services offered: Chemotherapy
Frequency: weekly

Coffs Harbour Health Campus

345 Pacific Highway
Coffs Harbour Sth NSW 2450
Tel. (02) 6656 7000
Fax. (02) 6656 7010
Services offered: Radiotherapy follow up
Frequency: 3 times/month
Services offered: Chemotherapy (onsite full-time Medical Oncologist
— commencing February 2004)
Frequency: daily (visiting specialist once a week)

Port Macquarie Base Hospital

Oncology Unit
Wrights Rd
Port Macquarie NSW 2444
Tel. (02) 6580 1116
Fax. (02) 6580 110
Services offered: Radiotherapy follow-up, chemotherapy
Frequency: every 2 weeks follow-up, chemotherapy daily

Nowra

43 Junction St
Nowra NSW 2541
Tel. (02) 4421 5677
Fax. (02) 4423 6280
Services offered: Postoperative and clinical follow-up. New patient consultations
Frequency: every 2 months (Monday am)

Blue Mountains District Hospital

Emergency Department, cnr Gt Western Hwy and Woodlands Rd
Katoomba NSW 2780
All bookings through Nepean Cancer Care Centre
Tel. (02) 4734 5500
Fax. (02) 4734 2911
Services offered: Radiotherapy follow-up
Frequency: every 2 weeks (Thursday am)

Additional information

- The North Shore Hospitals operate independently from Westmead and Nepean Hospitals, as there is little patient flow between the two geographic areas.
- The North Shore Gynaecological Oncology Service is based at the Royal North Shore Hospital, with additional services based at the private hospitals. However, a central multidisciplinary Tumour Board reviews histopathology and patient management.
- The same medical specialists, including the Clinical Nurse Consultant attached to the North Shore Gynaecological Oncology Service work at both the public and private hospitals.
- Palliative care services are provided at Greenwich Hospital for North Shore gynaecological oncology patients and, at St Joseph's (Auburn), Westmead, Mt Druitt and Nepean Hospitals for Western Sydney patients.
- Gynaecological oncology consultation and emergency service is provided as required at Ryde, Hornsby, Mona Vale and Manly District Hospitals.
- Gynaecological oncology surgery is not performed at Nepean Hospital. Patients generally go to Westmead for their surgery, but radiation and chemotherapy is available at Nepean Hospital.
- Accommodation for country patients can be provided at Casuarina Lodge on the Westmead campus (Tel. 9845 6900), and at Blue Gum Lodge (Tel. 9437 5490) for North Shore patients and at Rotary Lodge (Tel. 9926 8309) for their relatives.

*Though my outcome has been wonderful,
I always consider I was lucky to end up
at Westmead Hospital, almost by accident.
I would like to think that for other women,
the journey to diagnosis, treatment and
after care could be more direct and more
a matter of common procedure than luck!*

South Eastern Sydney/Illawarra Network

Specialist centres that operate within the network:

- Royal Hospital for Women
- St George Hospital
- Wollongong Hospital (no surgery)

Rural (and other) clinics linked to the network:

- The Canberra Hospital (surgery, chemotherapy, radiotherapy, psychosocial services)
- Tamworth Base Hospital (chemotherapy)
- Grafton Hospital (radiotherapy consultation)
- Orange Base Hospital (clinical consultation and radiotherapy follow-up / chemotherapy)
- Bathurst Hospital (clinical consultation and radiotherapy follow-up)

Contact details of specialist units

Royal Hospital for Women

Gynaecological Cancer Centre
Barker St, Randwick NSW 2031
Tel. (02) 9382 6290 or (02) 9382 6291

St George Hospital

Cancer Care Centre
Gray St, Kogarah NSW 2217
Tel. (02) 9350 1111 or 9350 3909

Wollongong Hospital

Cancer Care Centre
Illawarra Regional Hospital
Crown St, Wollongong NSW 2500
Tel. (02) 4222 5200 or 4222 5000

Medical practitioners for referral purposes

Royal Hospital for Women (RHW)

Associate Professor Neville Hacker, Gynaecological Oncologist
Associate Professor Donald Marsden, Gynaecological Oncologist
Dr Greg Robertson, Gynaecological Oncologist
Professor Michael Friedlander, Medical Oncologist
Dr Chris Milross, Radiation Oncologist, Prince of Wales
Dr Michelle Grogan, Radiation Oncologist, Prince of Wales
Professor Norelle Lickiss, Palliative Care Specialist
Associate Professor Robyn Ward, Medical Oncologist, St Vincent's Hospital
Dr John Grygiel, Medical Oncologist, St Vincent's Hospital
Dr David Dalley, Radiation Oncologist, St Vincent's Hospital
Dr Peter Duval, Radiation Oncologist, St Vincent's Hospital

St George Hospital

Dr. Greg Robertson, Gynaecological Oncologist
Dr Mathew Links, Medical Oncologist
Professor John Kersley, Radiation Oncologist
Dr John Bucci, Radiation Oncologist
Dr Peter Graham, Radiation Oncologist
Dr Jan Marie Davis, Palliative Care Specialist

Wollongong Hospital

Dr Amanda Glasgow, Medical Oncologist
Dr Phil Clingan, Medical Oncologist
Dr Chris Fox, Radiation Oncologist
Dr Anne Capp, Radiation Oncologist
Dr Elias Nasser, Radiation Oncologist
Dr Frank Formby, Palliative Care Specialist
Dr Roger Cole, Palliative Care Specialist

The Canberra Hospital

Associate Professor Neville Hacker, Gynaecological Oncologist (based at RHW — Sydney)
Associate Professor Donald Marsden, Gynaecological Oncologist (based at RHW — Sydney)
Dr Greg Robertson, Gynaecological Oncologist (based at RHW — Sydney)
Dr Paul Craft, Medical Oncologist
Associate Professor Robin Stuart Harris, Medical Oncologist
Dr Desmond Yip, Medical Oncologist
Dr Alison Davis, Medical Oncologist
Dr David Leong, Medical Oncologist
Dr Ken Sunderland, Radiation Oncologist
Dr Lyn Austen, Radiation Oncologist
Dr George Jacob, Radiation Oncologist
Dr Andrew Skeels, Palliative Care Specialist
Dr Margherita Nicoletti, Palliative Care Specialist

Linked clinic

The Canberra Hospital

Yamba Dr, Garran ACT 2605

Tel. Medical Oncology (02) 6244 2188

Tel. Radiation Oncology (02) 62442241

Services offered: Chemotherapy / Radiotherapy, Surgery (appointments made at RHW), Psychosocial services

Frequency: daily

Rural clinics

Illawarra Regional Hospital

Cancer Care Centre

Crown St

Wollongong NSW 2500

Tel. (02) 4222 5200

Services offered: Clinical consultation, Chemotherapy, Radiotherapy

Frequency: gynaecological oncologist from RHW attends every 2nd week

Tamworth Base Hospital

Dean St

Tamworth NSW 2340

Tel. (02) 6768 3284

Services offered: Chemotherapy

Frequency: 2nd and 5th Tuesday of month

Grafton Base Hospital

Cancer Care Centre

Arthur St, Grafton NSW 2460

Tel. (02) 6640 2490

Services offered: Radiotherapy consultation only

Frequency: 2nd Tuesday of month

Orange Base Hospital

Anson Cottage

302 Anson St, Orange NSW 2800

Tel. (02) 6393 3380

Services offered: Clinical consultation / Radiotherapy follow-up / Chemotherapy

Frequency: every 2nd week

Bathurst Base Hospital

Daffodil Cottage

Howick St, Bathurst NSW 2795

Tel. (02) 6339 5347 or 6339 5311

Services offered: Clinical consultation / Radiotherapy follow up / Chemotherapy

Frequency: 1st and 3rd week of month

Additional information

- The Gynaecological Oncology Centre at the Royal Hospital for Women offers inpatient beds, an outpatient clinic and a chemotherapy centre which operate within the same location.
- Wollongong Cancer Care Centre provides chemotherapy and radiotherapy daily. The clinics mentioned are additional to these core services.
- All palliative care services in the Illawarra region have been relocated to Port Kembla Hospital, Tel. (02) 4223 8380.
- The Canberra Hospital provides a comprehensive range of services for cancer patients that include surgery, medical oncology, radiation oncology, palliative care services and psychosocial services.
- The specialist medical and radiation oncologists attached to the oncology services at The Canberra Hospital also provide outreach services to Bega, Moruya and are in the process of planning a clinic in Goulburn.
- The Canberra Hospital offers a palliative care consultancy service and is closely linked to community palliative care services and the hospice, Clare Holland House.
- Accommodation for country patients is provided at:
 - Royal Hospital for Women Foundation Cottage (Tel. 0415 381 671 or 9382 6720) for RHW
 - Coulter House (Tel. 9382 6975) for Prince of Wales Hospital
 - Bezzina House Cancer Care Lodge (Tel. 9350 2555) for St George Hospital
 - Alkira Lodge (Tel. 4222 5484) for Wollongong Hospital
 - The Canberra Hospital Residences (Tel. 6244 2358) for Canberra.

Hunter and Central Coast Network

The specialist centres that operate within the network:

- John Hunter Hospital
- Gosford Hospital

Rural and other clinics linked to this network:

- Newcastle Mater Misericordiae Hospital, Waratah (chemotherapy and radiotherapy)
- Lingard Private Hospital (chemotherapy)
- Manning Base Hospital, Taree (chemotherapy, follow-up, clinical consultations)
- Muswellbrook District Hospital (chemotherapy)

Contact details of specialist units

John Hunter Hospital

Hunter Centre For Gynaecological Cancer
Lookout Rd, Rankin Park, Newcastle NSW 2300
Tel. (02) 4985 5480
Gosford District Hospital
Cancer Care Centre
Cnr Holden and Beane Sts, Gosford NSW 2250
Tel. (02) 4320 3389

Linked clinics

Newcastle Mater Misericordiae Hospital

Oncology Treatment Centre
Cnr Platt and Edith Sts
Waratah NSW 2298
Tel. (02) 4921 1211

Lingard Private Hospital

23 Merewether St
Merewether NSW 2291
Tel. (02) 4929 8750

Manning Base Hospital

Oncology Department
26 York St
Taree NSW 2430
Tel. (02) 6592 9306

Muswellbrook District Hospital

Oncology Clinic

Brentwood St

Muswellbrook NSW 2333

Tel. (02) 6542 2047

Medical practitioners for referral purposes

John Hunter Hospital

Dr Anthony Proietto, Gynaecological Oncologist

Dr Geoffrey Otton, Gynaecological Oncologist

Dr Tony Bonaventura, Medical Oncologist

Dr John Stewart, Medical Oncologist

Dr Jim Denham, Radiation Oncologist

Gosford District Hospital

Dr Anthony Proietto, Gynaecological Oncologist

Dr Rod Aroney, Medical Oncologist

Dr Ken Marr, Palliative Care Specialist

Additional information

- The Hunter Centre for Gynaecological Cancer is based at the John Hunter Hospital but includes inpatient and outpatient services offered at other locations.
- Close liaison and cross referral occurs between John Hunter Hospital, the Mater Hospital (Newcastle) and the other private hospitals that include NIB, Lingard and Christo Road private hospitals.
- Palliative care is based at Merci Hospice, Mater Hospital, Newcastle.
- Accommodation for country patients is available at the Kookaburra Cottages (Tel. 4921 3650) on the John Hunter Campus and at the Mater Villas (Tel. 4921 1405) attached to the Mater Hospital, Newcastle.
- Staff from John Hunter Hospital travel to Gosford District Hospital to provide Gynaecological Oncology services including an outpatient clinic and surgery once a month.
- Palliative Care services for women living in the Gosford area are offered out of Long Jetty Hospital (Tel. 4336 7700).
- Patients may also be seen in the private consulting rooms of the gynaecological oncologists. Details can be obtained through John Hunter Hospital.

There is no 'right' way to cope with cancer — everyone needs to find what works for them, and that may change from day to day.

At times I wanted to find out everything I could about it; at other times, I wanted to live as 'normal' a life as possible and never wanted to see or hear the word again.

Now, 7 years post-treatment, I am convinced that what got me through was being able to accept the incredible healing power of the love and support offered by friends.

Sharon (51 years young) — diagnosed with ovarian cancer with metastases in the liver

Gynaecological oncology psychosocial support services

What are psychosocial support services?

How do you access these services?

Types of support and information available

Specialist gynaecological oncology treatment units

Regional offices, Cancer Council NSW

Support groups

Cancer is not only a physical illness but also an emotional journey that requires medical intervention and psychosocial support at all stages, including diagnosis, treatment, after care and palliative care (if required).

The diagnosis and treatment of a gynaecological cancer can affect a woman on a deeply intimate level impacting on self-identity, confidence and relationships with others. This is a time when it is important to acknowledge and address these issues, and access support and assistance to deal with these concerns. Some of the issues a woman can struggle with are:

- Changes in body image
- Sexuality issues
- Survivorship issues
- Anxiety and depression
- Grief
- Fertility issues
- Premature menopause
- Relationship issues
- Financial and vocational issues
- Lymphoedema.

What are psychosocial support services?

Psychosocial support services encompass the diversified range of organisations and individuals that offer psychological support and practical assistance to women with cancer, their carers, friends and families, enabling them to deal with the diagnosis and feel supported throughout the cancer journey.

How do you access these services?

As the majority of psychosocial support services are reliant on the availability of individuals with knowledge and expertise in caring for people dealing with the experience of cancer, the delivery of such services is variable.

Therefore, the most reliable avenues to access the services you require are through:

1. The Social Worker, Psychologist or Specialist Nurse attached to one of the specialist gynaecological oncology treatment units
2. The Cancer Council's Helpline on 13 11 20 for the cost of a local call.
This is a free and confidential service
3. The Gynaecological Oncology Psychosocial Support Project
website www.gynaecancersupport.org.au
4. The Regional Offices of the Cancer Council NSW.

Types of support and information available

- Specific gynaecological oncology information, counselling and support services
- General cancer support groups (some hold groups for carers)
- Counselling services are available at:
 1. Women's Health Centres
 2. Community Health Centres
 3. Social Work Department at local hospital
 4. Private practitioners (cost involved)
- Genetic Counselling
- Lymphoedema services
- Accommodation for cancer patients and carers
- Community nursing services
- Practical and financial assistance, including Centrelink benefits and allowances
- Transport and ambulatory assistance
- Wigs and other personal enhancement aids
- Palliative care services
- Bereavement counselling.

Specialist gynaecological oncology treatment units

The Social Worker, Psychologist or Specialist Nurse attached to the multidisciplinary team at the specialist unit where you have undergone treatment is the best person to seek out regarding accessing ongoing support. They are familiar with the issues that can be of concern and can advise on how best to access the most appropriate resources required at any time during the cancer experience.

The specialist units are committed to supporting women throughout their cancer journey and the psychosocial support staff in particular are there to offer emotional support and practical assistance to outpatients as well as to inpatients.

Specific gynaecological cancer support groups may be attached to the specialist units. However, due to the variations in types of cancer support groups, check with the Social Worker or Psychologist to find out the details of where and when they meet.

Regional offices – Cancer Council NSW

The regional offices of the Cancer Council NSW are committed to developing and updating on a regular basis a 'supportive care directory' of local organisations and individuals caring for people dealing with the experience of cancer.

Head office

- **The Cancer Council New South Wales**
153 Dowling St
Woolloomooloo NSW 2011
PO Box 572, Kings Cross NSW 1340
Tel. (02) 9334 1900
Fax. (02) 9326 9408
Email. feedback@nswcc.org.au

Regional offices

- **Woolloomooloo (Sydney Metro Programs Team)**
153 Dowling St
Woolloomooloo NSW 2011
Tel. (02) 9334 1754
Fax. (02) 9334 1739
Email. info.metro@nswcc.org.au
- **Parramatta (Western Sydney Team)**
Rotary House, 43 Hunter St
Parramatta NSW 2150
Tel. (02) 9687 1399
Fax. (02) 9687 1118
Email. info.westernsydney@nswcc.org.au
- **Southern Office (Wollongong)**
1 Lowden Square
Wollongong NSW 2500
Tel. (02) 4225 3660
Fax. (02) 4225 1700
Email. info.southern@nswcc.org.au
- **Hunter and Central Coast Region**
Hunter Office (Newcastle)
22 Lambton Rd
Broadmeadow NSW 2292
Tel. (02) 4961 0988
Fax. (02) 4961 0955
Email. info.hunter@nswcc.org.au

- **Central Coast Office (Narara)**
127 Erina St
Gosford NSW 2250
(PO Box 454, Gosford 2250)
Tel. (02) 4325 5444
Fax. (02) 4325 5688
Email. mariem@nswcc.org.au
- **North West Office (Tamworth)**
Shop 2, 218 Peel St (PO Box 1616)
Tamworth NSW 2340
Tel. (02) 6766 1164
Fax. (02) 6766 7053
Email. info.northwest@nswcc.org.au
- **Far North Coast Office (Ballina)**
120 Tamar St (PO Box 35)
Ballina NSW 2478
Tel. (02) 6681 1933
Fax. (02) 6681 1936
Email. info.farnorthcoast@nswcc.org.au
- **Mid North Coast Office (Coffs Harbour)**
121 High St
Coffs Harbour NSW 2450
Tel. (02) 6651 5732
Fax. (02) 6652 1530
Email. info.midnorthcoast@nswcc.org.au
- **South West Office (Wagga Wagga)**
40 Morrow St (PO Box 1164)
Wagga Wagga NSW 2650
Tel. (02) 6921 7760
Fax. (02) 6921 3680
Email. info.southwest@nswcc.org.au
- **Western Office (Orange)**
84 Byng St (PO Box 1977)
Orange NSW 2800
Tel. (02) 6361 1333
Fax. (02) 6361 1863
Email. info.western@nswcc.org.au

Support groups

Dedicated gynaecological support groups

Newcastle

Gynaecological Cancer Support Group
Hunter Centre for Gynaecological Cancer
Office Cancer Council Hunter
22 Lambton Rd
Broadmeadow NSW 2292
Tel. (02) 4985 5480 or (02) 4921 3718

Wahroonga

SAH — Gynaecological Cancer Support Group
Cancer Support Centre, Sydney Adventist Hospital
185 Fox Valley Rd
Wahroonga NSW 2076
Tel. (02) 9487 9061

Westmead

Gynaecological Cancer Support Group
Westmead Centre for Gynaecological Cancer
Westmead Hospital, Westmead NSW 2145
Tel. (02) 9845 6712

General cancer support groups (sorted by suburb/town)

Albury

Albury Wodonga Border Cancer Support Group Inc
Unit 25, 39, Hague St, Lavington NSW 2641
Tel. (02) 6021 5122

Annandale

Life Force Cancer Foundation — Inner West
Carer's Support Group
PO Box 1663, Bondi Junction NSW 1355
Tel. (02) 9389 3834

Ballina

Ballina Angel Network Cancer Support Group (Ballina, Lennox Head)
PO Box 319, Ballina NSW 2478
Tel. (02) 6681 1866

Bankstown

Bankstown Women's Cancer Support Group
PO Box 20, Bankstown NSW 2200
Tel. (02) 9780 2841

Bingara

Bingara and District Cancer Action Group
14 Frazer St, Bingara NSW 2404
Tel. (02) 6724 1393

Casino

Casino Compassionate Carers (Volunteers)
PO Box 268, Casino NSW 2470
Tel. (02) 6662 6831

Casino Cancer Support Group
PO Box 268, Casino NSW 2470
Tel. (02) 6662 4444

Cessnock

Coalfields Cancer Support Group
22 Shedden St, Cessnock NSW 2325
Tel. (02) 4990 3722

Charlestown

Make Today Count Inc
22 Smith St, Charlestown NSW 2290
Tel. (02) 4943 8462

Coonamble

Coonamble Cancer Action Group
32 Reid St, Coonamble NSW 2829
Tel. (02) 6822 1410

Crows Nest

Quest for Life Support Group
Quest for Life Foundation, Ellsmore Rd, Bundanoon NSW 2578
Tel. 0438 648 380

Culcairn

Billabong Palliative Care Group
Culcairn Community Health, Balfour St, Culcairn NSW 2660
Tel. (02) 6029 8917

Dubbo

Dubbo Cancer Support Group
Lourdes Hospital, PO Box 974, Dubbo NSW 2830
Tel. (02) 6884 5855

Eden

Eden-Pambula Cancer Support Group
PO Box 444, Eden NSW 2551
Tel. (02) 6496 1466

Edgecliff

Life Force Cancer Foundation — Eastern Suburbs
PO Box 1663, Bondi Junction NSW 1355
Tel. (02) 9389 3834

Foster-Tuncurry

Reach for Recovery
67 Amaroo Dr, Smiths Lake NSW 2428
Tel. (02) 6554 4269

Gilgandra

Gilgandra Cancer Support Group
13 Farrar St, Gilgandra NSW 2827
Tel. (02) 6847 2886

Glen Innes

Glenn Innes Cancer Support Group
Craigieburn Caravan Park, New England Highway, Glenn Innes NSW 2370
Tel. (02) 6734 7266 / (02) 6732 1558

Gosford

Gosford Cancer Support Group
PO Box 361, Gosford NSW 2250
Tel. (02) 4320 2587

Gunnedah

Gunnedah Cancer Support Inc
Gunnedah Hospital
PO Box 736, Gunnedah NSW 2380
Tel. (02) 6742 0516

Guyra

Guyra Cancer Support Group
44 Ryanda St, Guyra NSW 2365
Tel. (02) 6779 1271

Hamilton

Cancer Information and Support Society
150 Beaumont St, Hamilton NSW 2303
Tel. (02) 4973 3818 or (02) 4969 5566

Kanwal

Wyong Can-Dles Cancer Support Group
5 Kingston Rd, Kanwal NSW 2259
Tel. (02) 4393 5047

Kogarah

St George Cancer Support Group
St George Bank Community Centre
Premier St, Kogarah NSW 2217
Tel. (02) 9531 4431

Lake Cargelligo

Lake Cargelligo Cancer Support Group Inc.
7 Bokhara St, Lake Cargelligo NSW 2672
Tel. (02) 6898 1174

Lithgow

Lithgow Cancer Support Group
PO Box 644, Lithgow NSW 2790
Tel. (02) 6352 2638

Liverpool

Dealing with Cancer
c/- Cancer Therapy Centre
Liverpool Hospital, Liverpool NSW 2170
Tel. (02) 9828 5180

Macksville

Nambucca Valley Cancer Support Group
Macksville Hospital, PO Box 137, Macksville NSW 2447
Tel. (02) 6568 2677

Manilla

Carer's Support Group
PO Box 74, Manilla NSW 2346
Tel. (02) 6785 1490

Manly

The Manly Hospital Cancer Meditation and Support Group
c/- Health Promotion Unit, Manly Hospital
Darley Rd, Manly NSW 2095
Tel. (02) 9976 9531

McLean

Lower Clarence Cancer Support Group
13 Kookaburra, Yamba NSW 2464
Tel. (02) 6646 3797

Merimbula

Merimbula Pambula Cancer and Other Serious Illnesses Support Group
PO Box 69, Merimbula NSW 2548
Tel. (02) 6495 9250

Miranda

Sutherland Shire Cancer Support Group
1 Bell Place, Burraneer Bay NSW 2230
Tel. (02) 9523 5200

Mona Vale

Northern Beaches Palliative Care Patient Group / Day Centre
PO Box 81, Mona Vale NSW 2103
Tel. (02) 9997 3555

Moree

Moree Cancer Support Group
PO Box 138, Moree NSW 2400
Tel. (02) 6757 3643

Mosman

Life Force Cancer Foundation
PO Box 1663, Bondi Junction NSW 1355
Tel. (02) 9389 3834

Mullimbimby

Brunswick Valley Cancer Action Group
112 Main Arm Rd, Mullimbimby NSW 2482
Tel. (02) 6684 2906

Muswellbrook

Carelink Incorporated Muswellbrook
PO Box 120, Muswellbrook NSW 2333
Tel. (02) 6542 2041

Narrabri

Narrabri and District Cancer Support Group
PO Box 642, Narrabri NSW 2390
Tel. (02) 6792 1991

Narrandera

Narrandera Cancer Support Group
PO Box 357, Narrandera NSW 2700
Tel. (02) 6959 1096

Nelson Bay

Port Stephens Cancer Support Group
PO Box 572, Nelson Bay NSW 2315
Tel. (02) 4981 2722

Newcastle

WHO — We Help Ourselves
Cancer Council, 22 Lambton Rd, Broadmeadow NSW 2292
Tel. (02) 4952 6783

Quality of Life
PO Box 5098, Dora Creek NSW 2264
Tel. (02) 4970 5826

Orange

Orange Area Cancer Support Group
Anson Cottage, 302 Anson St, Orange NSW 2800
Tel. (02) 6362 8041

Parkes

Companions Through Cancer
33 Orange St, Parkes NSW 2870
Tel. (02) 6862 3800

Quirindi

Quirindi Cancer Support Group
PO Box 120, Quirindi NSW 2343
Tel. (02) 6746 0215

Ryde College for TAFE

Life Skills for Cancer Survivors
c/- Life Force Cancer Foundation
Tel. (02) 9389 3834

Scone

Scone District Cancer Support Group Inc
Lot 20 Moobi Rd, Scone NSW 2337
Tel. (02) 6546 2779

St Leonards

Relaxation Meditation Group
Cansupport, c/- Clinical Oncology
Level 1, Block 4, RNSH Pacific Highway, St Leonards NSW 2065
Tel. (02) 9926 7246

Sydney

Canhelp
c/- 15 Taylor Ave, Turramurra NSW 2076
Tel. (02) 9872 5488 / (02) 9264 4106

Tamworth

Tamworth Cancer Support Group
Community Health Centre Johnston St
Tamworth Hospital NSW 2340
Tel. (02) 6768 3222

Tenterfield

Tenterfield Cancer Support Group
Community Health Centre Naas St, Tenterfield NSW 2372
Tel. (02) 6737 5210

Trangie

Trangie Cancer Support Group
Trangie Multipurpose Service
28 Harris St, Trangie NSW 2823
Tel. (02) 6888 7228

Tumut

Tumut Cancer Support Groups
PO Box 394, Tumut NSW 2720
Tel. (02) 6947 1207

Uralla

Cancer Patients' Assistance Society NSW Uralla Branch
20 McCrossin St, Uralla NSW 2358
Tel. (02) 6778 4196

Wagga Wagga

The Tuesday Group
15 Jacaranda Dr, Wagga Wagga NSW 2650
Tel. (02) 6926 5803 / (02) 6921 7760

Wahroonga

SAH — Gynaecological Cancer Support Group
Cancer Support Centre, Sydney Adventist Hospital
185 Fox Valley Rd, Wahroonga NSW 2076
Tel. (02) 9487 9061

SAH — General Cancer Support Group 1
Cancer Support Centre, Sydney Adventist Hospital
185 Fox Valley Rd, Wahroonga NSW 2076
Tel. (02) 9487 9061

SAH — General Cancer Support Group 2
Cancer Support Centre, Sydney Adventist Hospital
185 Fox Valley Rd, Wahroonga NSW 2076
Tel. (02) 9487 9061

Meditation/Relaxation Group
Cancer Support Centre, Sydney Adventist Hospital
185 Fox Valley Rd, Wahroonga NSW 2076
Tel. (02) 9487 9061

Carer's Support Group

Cancer Support Centre, Sydney Adventist Hospital
185 Fox Valley Rd, Wahroonga NSW 2076
Tel. (02) 9487 9061

Walcha

Walcha Support Group
New England Health Hill St, Walcha NSW 2354
Tel. (02) 6777 2572 / (02) 6777 6566

Waratah

Secondary Cancer Support Network
Mater Institute, Edith St, Waratah NSW 2298
Tel. (02) 4985 0232 or 4961 0988

Waratah

Mater Cancer Support Group
Social Work Dept
Mater Hospital Locked Bag 7
Hunter Region Mail Centre, NSW 2310
Tel. (02) 4921 1298

Meditation Relaxation Group
c/- Occupational Therapy
Mater Hospital, Edith St, Waratah NSW 2298
Tel. (02) 4921 1250

Wellington

Wellington Cancer Support Group
33 Jean St, Wellington NSW 2820
Tel. (02) 6845 1320

Westmead

Gynaecological Cancer Support Group
Westmead Centre for Gynaecological Cancer
Westmead Hospital, Westmead NSW 2145
Tel. (02) 9845 6712

Wollongong

General Cancer Patients' Support Group — Illawarra
Cancer Care Centre, Wollongong Hospital
Wollongong NSW 2500
Tel. (02) 4253 0340

Relaxation Group
Community Health Centre, 341 Crown St
Wollongong NSW 2500
Tel. (02) 4253 0340

Cancer Patient Painting Therapy Group
Community Health Centre, 341 Crown St
Wollongong NSW 2500
Tel. (02) 4253 0340 / (02) 4229 2755

Groups for people of particular cultural or language groups

East Lakes

Lucha Contra El Cancer (Fighting against Cancer) (Spanish language)
South-East Neighbourhood Centre, PO Box 3007, Eastlakes NSW 2018
Tel. (02) 8338 8506

Haymarket

CanRevive (Chinese language)
PO Box K868, Haymarket NSW 1240
Tel. (02) 9212 7789

Newtown

Cancer Support Group for Greek Women
378A King St, Newtown NSW 2042
Tel. (02) 9516 2188

Westmead

Westmead Hospital Aboriginal Cancer Support Group
Social Work Department, Westmead Hospital, Westmead NSW 2145
Tel. (02) 9845 6699

Multicultural Cancer Information Service (MCIS)

Cancer Council NSW (Arabic, Cantonese, Mandarin, Italian and Greek languages)
Tel. (02) 9334 1900

Translating and Interpreter Service (TIS)

Victoria Tel. 1300 654 151

Gynaecological oncology information services

Where to go for information on gynaecological cancer

Peak cancer organisations

Helpful websites

Publications

Where to go for information on gynaecological cancer

Peak cancer organisations

Most women diagnosed with a gynaecological cancer will seek out treatment options and information resources available here in NSW. However, due to their closer proximity, some women will undergo treatment in Canberra, Brisbane, Melbourne and Adelaide. Therefore the Directory has included the contact details for the peak cancer care body in those states to facilitate easy access to information.

Each of the following Cancer Councils provides a broad range of services to people affected by cancer, including:

- Cancer Helpline — a telephone information and support service
- Telegroup counselling
- List of support groups and services
- Provision of cancer related booklets and fact sheets on understanding the various cancers, treatment options, understanding the emotional aspects of cancer, strategies on how to talk to your children, issues surrounding sexuality, relationships, diet, etc.
- Consumer resource library
- Retail outlets
- Multilingual cancer information.

Many of the publications have drawn on the same information source therefore a commonality exists between the range and content on offer. It is not necessary to shop around beyond finding the publication that addresses your needs at the time.

Cancer Council NSW

PO Box 572
Kings Cross NSW 1340
Tel. (02) 9334 1900
Email. feedback@nsw.cc.org.au
Website. www.cancerCouncil.com.au

Cancer Council Victoria

1 Rathdowne Street,
Carlton VIC 3053
Tel. (03) 9635 50000
Fax. (03) 9635 5270
Email. enquires@cancervic.org.au
Website. www.cancervic.org.au

Queensland Cancer Fund

553 Gregory Terrace
Fortitude Valley QLD 4006
PO Box 201
Spring Hill, QLD 4004
Tel. (07) 3258 2200
Fax. (07) 3257 1306
Toll Free. 1300 361 366
Email. qldcf@qldcancer.com.au
Website. www.qldcancer.com.au

Cancer Council South Australia

202 Greenhill Rd
Eastwood SA 5063
PO Box 929
Unley SA 5061
Tel. (08) 8291 4111
Fax. (08) 8291 4122
Email. tcc@cancersa.org.au
Website. www.cancersa.org.au

ACT Cancer Society

159 Maribyrnong Avenue
Kaleen ACT 2617
Tel. (02) 6262 2222
Email. chl@actcancer.org
Website. www.act.cancer.org

Cancer helpline

The Cancer Helpline is a telephone service available nationally that offers information and support to those affected by cancer. Confidentiality is observed when speaking to any of the professionally trained staff who can send you printed information or put you in touch with appropriate services.

Hours of operation, Monday–Friday 9am to 5pm, Tel. 13 11 20.

Helpful websites

There is a plethora of information available to those affected by cancer, however, for practical purposes this Directory has included only a limited list of helpful websites. (Please note the website addresses of the Australian peak cancer organisations have already been mentioned above.)

General oncology websites

USA web-based sites

- <http://cancer.gov/>
National Cancer Institute, Washington D.C
- <http://www.oncolink.com/>
University of Pennsylvania
- <http://www.mskcc.org/mskcc/html/44.cfm>
Memorial Sloan Kettering Cancer Centre, New York
- www.cancer.org
American Cancer Society
- <http://www.sgo.org/>
Society of Gynaecologic Oncologists

UK web-based sites

- www.cancerbacup.org.uk
Cancer BACUP
- www.royalmarsden.org/patientinfo/booklets/index.asp
Royal Marsden Hospital, London

Canada web-based site

- www.cancer.ca
Canadian Cancer Society

Additional information resources on specific diagnosis

Ovarian

- Bacup — Ovarian
<http://www.cancerbacup.org.uk/info/ovary/ovary-2.htm>
- ONCOLINK — Ovarian
<http://www.oncolink.com/types/article.cfm?c=6&s=19&ss=766&id=8589>
- American Cancer Society — Ovarian
http://www.cancer.org/docroot/CRI/CRI_2x.asp?sitearea=&dt=33

Specific types of ovarian cancer

- Ovarian Epithelial Cancer
<http://www.cancer.gov/cancerinfo/pdq/treatment/ovarianepithelial/patient/>
- Ovarian Germ Cell Tumors
<http://www.cancer.gov/cancerinfo/pdq/treatment/ovarian-germ-cell/patient/>
- Ovarian Low Malignant Potential Tumors
<http://www.cancer.gov/cancerinfo/pdq/treatment/ovarian-low-malignant-potential/patient/>

Cervix

- Cancer Council NSW — Cervix
<http://www.cancerCouncil.com.au/editorial.asp?pageid=471>
- Bacup-Cervix
<http://www.cancerbacup.org.uk/info/cervix/cervix-2.htm>
- American Cancer Society
http://www.cancer.org/docroot/CRI/CRI_2x.asp?sitearea=&dt=8
- Oncolink — Cervix
<http://www.oncolink.com/types/article.cfm?c=6&s=17&ss=129&id=8226>

Uterine and endometrial cancers

- Oncolink — Uterine and Endometrial
<http://www.oncolink.com/types/article.cfm?c=6&s=18&ss=137&id=8227>
- American Cancer Society — Uterine Sarcoma
http://www.cancer.org/docroot/CRI/CRI_2_3x.asp?dt=63
- American Cancer Society — Endometrial Cancer
http://www.cancer.org/docroot/CRI/CRI_2x.asp?sitearea=&dt=11

Vaginal cancer

- Oncolink — Vaginal
<http://www.oncolink.com/types/subsection.cfm?c=6&s=20&ss=160>
- American Cancer Society — Vaginal
http://www.cancer.org/docroot/CRI/CRI_2_3x.asp?dt=55
- American Society of Clinical Oncology (ASCO) Overview of the diagnosis and treatment of Vaginal Cancer
http://www.peoplelivingwithcancer.org/plwc/MainConstructor/1,1744,_21-008-00_12-001042-00_17-001029-00_04-0057,00.html

Vulval cancer

- American Cancer Society — Vulval
http://www.cancer.org/docroot/CRI/CRI_2x.asp?sitearea=&dt=55
- Oncolink — Vulval
<http://www.oncolink.com/types/subsection.cfm?c=6&s=21&ss=168>

Gestational trophoblastic tumors

- Gestational Trophoblastic Tumors
<http://www.oncolink.com/types/subsection.cfm?c=6&s=22&ss=176>
- American Cancer Society — Gestational Trophoblastic Tumors
http://www.cancer.org/docroot/CRI/CRI_2_3x.asp?dt=49

Publications

There are a number of books published dealing with the impact of cancer, sexuality issues, menopause, survivorship, meditation, guided visualisations, diet, exercise, strategies on how to talk to children and partners about cancer, etc. Some you may find helpful and others not right for where you are at the time.

How to access what is available

- Speak with the Social Worker, Psychologist or Specialist Nurse at the specialist units who may be able to recommend books to address the specific issue(s) of concern.
- Some of the Cancer Treatment Centres have a patient resource library.
- Contact your local library. Some libraries are willing to source books on particular topics if they haven't got them already.
- The Cancer Council consumer library operates between 9am–5pm, 153 Dowling Street, Woolloomooloo. The library carries a range of journals, reference books, information brochures, videos and audiotapes available to borrow or use onsite in the reading room. Many booklets are also offered in languages other than English. Publications can also be ordered through the Cancer Helpline on 13 11 20.

Pursue all avenues until you source the information that you need at this time.

Informed choices = Better outcome

Life Force Cancer Foundation

Life Force Cancer Foundation has been responsible for delivering psychosocial care to cancer patients, their families, friends and carers, in the Sydney metropolitan area since its establishment in 1993.

The Life Force program encompasses: weekly support groups to assist cancer patients, their families and carers, to reduce and manage anxiety and distress; country retreats; telephone and individual counselling by qualified professionals; home and hospital visits; workshops for people affected by cancer; and training programs for health care professionals.

Life Force is a community-based organisation for people affected by cancer, founded and staffed by a committed team of trained counsellors and therapists, all of whom have had a personal experience with cancer. Life Force has developed strong professional links with various hospitals and other community organisations involved in the delivery of cancer care, as well as regularly consulting with a body of clinical advisors.

Life Force Cancer Foundation

PO Box 1663, Bondi Junction NSW 1355

Tel. (02) 9389 3834

Email. lforce@netspace.net.au

Website. <http://lforce.customer.netspace.net.au>

