



St George Hospital and Community Health Services

29 March, 2017

St George joins forces to bust myths about cancer



A 'Busting Cancer Myths' workshop for patients was held this month, open to anyone living with or supporting someone with cancer (pictured).

The workshop was a joint initiative designed by the St George Cancer Centre and the Prostate and Breast Cancer Foundation, held at Jubilee Oval in Mortdale.

Associate Professor **Winston Liauw**, Acting Director Cancer Services, SESLHD, said: "The workshop was a great success and the feedback we received from attendees was very positive.

"They found the information on diet and exercise particularly useful and participants were left with a better understanding of their needs and the services available to support them."

The event also provided support through health literacy, fostering a better understanding of the health care system, and assisting patients to develop skills to better manage their condition.



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Guest speakers from St George Cancer Centre included A/Prof Liauw, **Liane O'Brien** (Senior Lymphedema Physiotherapist, St George Hospital), **Nina Bonner** (Oncology Dietician, St George Hospital) and **Emma Hair** (Oncology Social Worker, St George Hospital).

Suzanne Baker, CanCare Program Manager, said all participants at the workshop commented on how much the day supported them to make better health choices.