

## Clinic Hours

Our clinic is open for appointments:

Monday – Friday 8am–4pm.

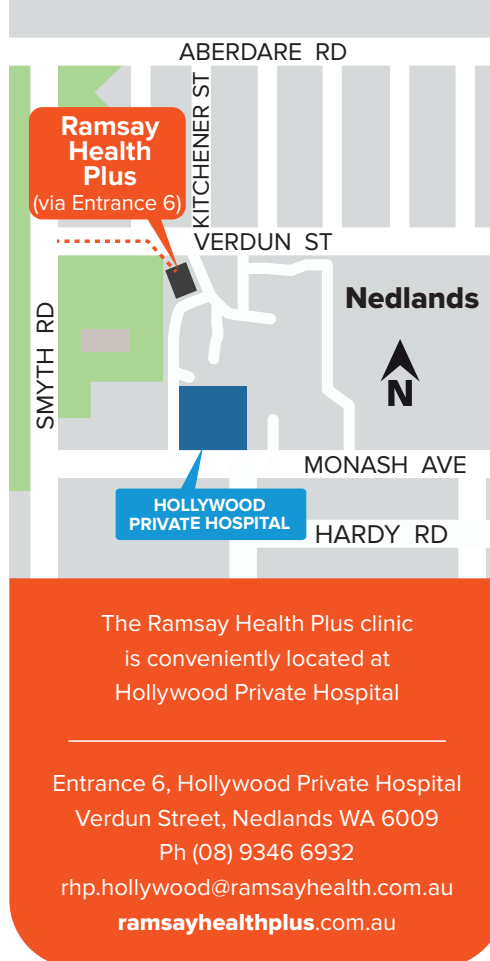
Our exercise class sessions are timetabled regularly throughout the week and in a spacious well equipped gym or hydrotherapy pool.

## What to bring for your initial assessment

It is helpful to bring a summary of your medical history and current medications along with your cancer treatment plan. A referral from your GP or Oncology Specialist is beneficial but not essential. Comfortable exercise clothing and footwear are recommended for the assessment.

## What to bring for the CancerCare Plus Prostate Exercise class

Comfortable exercise clothes, shoes, towel and a drink bottle.



The Ramsay Health Plus clinic is conveniently located at Hollywood Private Hospital

Entrance 6, Hollywood Private Hospital  
Verdun Street, Nedlands WA 6009  
Ph (08) 9346 6932  
[rhp.hollywood@ramsayhealth.com.au](mailto:rhp.hollywood@ramsayhealth.com.au)  
[ramsayhealthplus.com.au](http://ramsayhealthplus.com.au)

### Location

Ramsay Health Plus is located behind the main complex of Hollywood Private Hospital. Car access is via Entrance 6 off Verdun Street.

Paid Parking is available onsite.

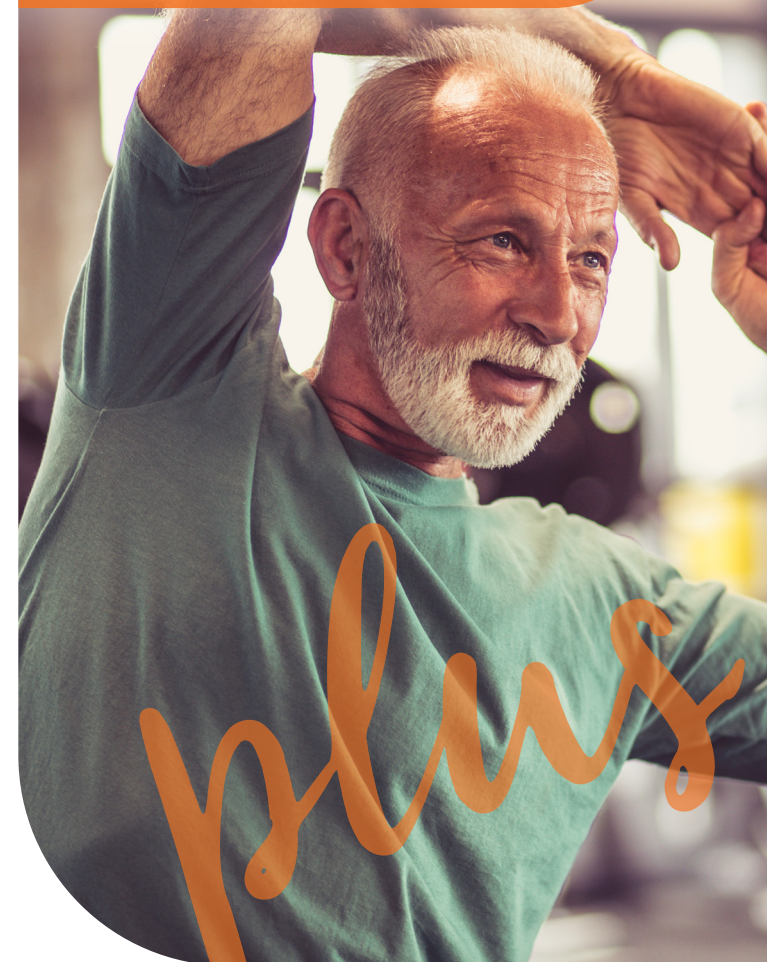
This program is being provided through support from AbbVie and AstraZeneca.

**abbvie** **AstraZeneca**

Supporting men undergoing hormone therapy for prostate cancer.

**Ramsay health plus**

# Cancer Care Plus Prostate Exercise Program



**Ramsay health plus**

[ramsayhealthplus.com.au](http://ramsayhealthplus.com.au)



## What is the CancerCare Plus Prostate Exercise program?

Exercise is considered a very valuable tool in optimising your quality of life throughout your prostate cancer journey. The program will help you to recover and rebuild your physical function, psychological wellbeing and self-confidence. The CancerCare Plus Prostate Exercise program creates a social and supportive exercise environment with other prostate cancer patients.

## Who is the Program for?

Those who have had or are currently receiving treatment or experiencing side effects of any prostate cancer treatment including:

- Prostate removal surgery or orchiectomy
- Radiation therapy to the prostate area including external beam radiation and brachytherapy
- Hormone therapy including androgen deprivation therapy (ADT) and castrate resistant therapy
- Chemotherapy
- Immunotherapy

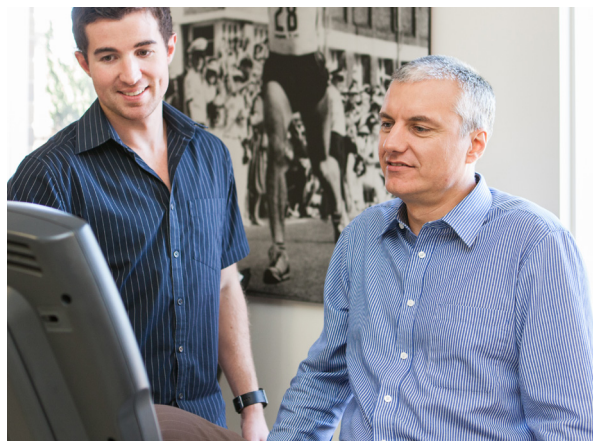
## Benefits of the CancerCare Plus Prostate Exercise Program:

- Optimise body composition to promote lean muscle mass and decrease fat mass
- Improve energy and stamina levels and decrease prostate cancer related fatigue
- Optimise continence, sexual function and libido
- Enhance muscular strength and endurance, flexibility and balance
- Optimise bone health
- Enhance prostate cancer survivorship and prevent cancer recurrence
- Optimise psychological wellness, confidence and self-efficacy
- Help to manage and prevent other health conditions
- Optimise cardiorespiratory health status

## Structure of the program:

### Initial Assessment

Your initial appointment will involve a 60 minute assessment with one of our Pelvic Health Physiotherapists. With your input, an individual exercise program is designed and implemented to address your concerns, help you achieve your goals and optimise your health and wellness.



## Exercise Classes

An individual exercise program is prescribed for you in a social and supportive group exercise environment. Exercises may focus on strength, cardiovascular fitness, flexibility, balance, functional exercises and stretches to help you achieve your goals. Exercise programs are reviewed and updated regularly to reflect where you are at in your prostate cancer journey.

### Additional Services

You may also benefit from additional sessions with a Lymphoedema Physiotherapist, Accredited Exercise Physiologist, Dietitian, Social Worker or Occupational therapist to address any underlying concerns. This can be discussed at any point throughout your prostate cancer journey and can be booked at your request.

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