

# Support for your cancer journey

Conveniently located at  
Hollywood Private Hospital



Ramsay Health Plus can provide support for your cancer journey during and following treatment. Our qualified health professionals are available to assist you with additional support that you may need.

Depending on your cancer diagnosis and treatment, some people may need:

- Nutritional assessment and advice from a Dietitian
- Assistance with pain, strength and movement from our Physiotherapists
- Developing an exercise routine supported by Exercise Physiologists
- Assistance with language and swallowing problems from Speech Pathologists
- Assistance with persistent swelling by our trained Lymphoedema Therapists
- Guidance and provision of equipment aids to carry out activities of daily living from an Occupational Therapist

**Please ask your treating doctor or nurse to write a referral or call 9346 6932 to make an appointment.**

# Cancer Care Plus Exercise

There is evidence that exercise improves cancer-related health outcomes. Exercise has been shown to reduce fatigue, anxiety and depression and to improve quality of life and physical function in people undergoing treatment for cancer.

Ramsay Health Plus offers individualised exercise programs to assist you with your cancer recovery. The program is for all fitness levels and is delivered by experienced exercise physiologists or physiotherapists. Our team will take into consideration any side effects or symptoms associated with your cancer diagnosis and treatment.

The exercise program includes:

- 45 minute individual initial assessment (Goal setting, assessment, written exercise program, education)
- 10 group exercise sessions (45 minutes) supervised by a qualified exercise physiologist or physiotherapist
- 30 minute follow up assessment and goal review after ten sessions
- Written report to your referring doctor
- Additional group exercise packages can be purchased (\$200 for 10 sessions)

Private Health insurance cover for ambulatory allied health treatment may be utilised to subsidise these services, depending on your level of cover.

## Hollywood Private Hospital

Ramsay Health Plus

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