

# BREAST CANCER SUPPORT IN WA

by : Tammi Ireland

## BreastCare WA

BreastCare WA is committed to maintaining a woman's confidence after breast surgery by providing a large range of information and support. While offering a free (by appointment only) home and hospital fitting service to all clients within the metropolitan area, BreastCare WA also has a private suite in Como for those clients wanting to come to them. Country clients don't miss out on the spectacular service either, with BreastCare WA successfully providing remote fittings through correspondence.

Working closely with other breast cancer agencies, BreastCare WA also provides services to ensure women are kept up to date on what is available to them during, and after, breast cancer. For example, Veteran's Affairs Gold Card holders are entitled to prostheses every two years, and four bras each year. Here, BreastCare WA's Angela Staunton provides Flourish readers with some more information on where women can go for breast cancer support in WA. For further assistance, contact BreastCare WA on Freecall 1300 791 137, or by emailing [info@breastcarewa.com.au](mailto:info@breastcarewa.com.au).

## Jekara Threads

Australian-based company, Jekara Threads, search the globe for manufacturers of quality medical apparel that cater for the unfortunate number of people suffering from a variety of illnesses. Stock includes the stylish range of specially designed hospital tops and pants by Spirited-Sisters Inc and a wide range of quality turbans for women suffering hair loss due to chemotherapy. Visit [www.jekara.com.au](http://www.jekara.com.au) or call 0419 918 348 for more information.

## Solaris Care

Emotional and supportive care for the individuals and relatives of people dealing with cancer is often overlooked. Due to this understanding, the SolarisCare Cancer Support Centres were created as drop in centres in major hospitals where cancer patients can receive free support, information, advice and access to safe and supervised complementary therapies that support their mainstream treatment. There is currently a SolarisCare Cancer Support Centre at Sir Charles Gairdner Hospital and at St John of God Hospital, Subiaco. Visit [www.solariscare.com.au](http://www.solariscare.com.au) or call 08 9346 7630 (SCGH) / 08 9388 9788 (SJGH) for more information.

## YWCA Encore Gentle Exercise

A free exercise program designed specifically for women who have experienced mastectomy, lumpectomy or breast reconstruction at any time in their lives, YWCA Encore understands that after surgery, many women can experience numbness, pins and needles, loss of mobility and discomfort in the upper bodies. Floor and pool exercises and relaxation techniques help relieve these problems through gentle stretching exercises that are fun, safe and therapeutic. Visit [www.ywcaencore.org.au](http://www.ywcaencore.org.au) or call 1800 305 150 for more information.

## Look Good, Feel Better Program

A free community service program dedicated to helping women undergoing treatment for cancer, Look Good...Feel Better is designed to help women manage the appearance-related side effects of chemotherapy and radiotherapy, thereby helping to restore their appearance, self-image and self-confidence. Look Good...Feel Better has helped over 70,000 patients since the programme commenced in 1990. Visit [www.lgfb.org.au](http://www.lgfb.org.au) or call 08 9408 0595 for more information.

## Cancer Council WA Wig Service

An extensive range of wigs, turbans and scarves in the latest styles and colours are available through the Cancer Council's Wig Service. Fully trained volunteers are available to assist with the selection, fitting and management of your wig, which may be borrowed at no cost for as long as you require. Metropolitan clients can personally visit the service in Nedlands, while a postal selection service is available for country clients. Visit [www.cancerwa.asn.au/patients/wig/](http://www.cancerwa.asn.au/patients/wig/) or call 13 11 20 for more information.

## Prostheses Medicare Reimbursement Program

All women who are permanent residents of Australia, have a current Medicare entitlement and have had lumpectomies or mastectomies can now be reassured, knowing that every two years, up to \$400 can be paid for each prosthesis. Where a woman has had bilateral mastectomies (even if one was elective) and depending on the cost of the prosthesis, they are able to purchase two prostheses thanks to this new Australian Government initiative. Visit [www.medicareaustralia.gov.au](http://www.medicareaustralia.gov.au) or call 132 011 for more information.