



PHYSIO FOR CANCER
AND LYMPHOEDEMA
MANAGEMENT

News

May 2024

Seaford 3198



Update from Sophie Mulcahy: Physiotherapist

I have had a busy 2 months running Calm Physio's first **Cancer Council Wellness Program**. This program was delivered over 8 weeks and covered topics such as Fatigue Management, Sexuality and Intimacy, Exercise and Healthy Eating. We had some knowledgeable guest speakers present to the group.

Planning is underway for the next program. To register interest, please visit

www.calm.physio, or scan the QR here:



Cancer Rehab News

We are gearing up to **Dry July**, where PINC & STEEL Foundation Australia are a beneficiary. The PINC & STEEL foundation can provide funding for women with cancer to access **Calm Physio's 6- week Cancer Rehab Targeted classes**.

Women who access Calm Physio's 6- week program get to experience increased strength and stability, knowledge and enjoyment no matter if they are at the beginning, middle or end of their cancer treatment.



Lymphoedema News

I am proud of being able to offer a comprehensive service for anyone suffering chronic oedema of any cause, as well as **prevention** for those who are at risk of developing Cancer-Related Lymphoedema.

Lymphoedema Prevention involves regular monitoring using a specialised technology called Bioimpedance Spectroscopy. This technology is highly sensitive to changes in fluid levels, and, together with other skilled assessment techniques, can identify the onset of 'subclinical lymphoedema', which is lymphoedema that is not yet visible.

Contact me for further service details.

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