

## Information about Cancer

Becoming informed about a cancer diagnosis can reduce stress through understanding. Information from your doctor can be supplemented by the sources listed below.

Cancer Council ACT has information booklets on various types of cancer and cancer treatments designed for people with cancer and their families.

### Telephone Information

#### **Cancer Council Helpline**

Cancer Council ACT  
5 Richmond Ave  
FAIRBAIRN ACT 2609  
www.actcancer.org  
chl@actcancer.org  
13 11 20  
Weekdays 9:00am–5:00pm

The Cancer Council Helpline is a free, confidential telephone information and support service. Specially trained staff can answer questions about all aspects of cancer, including prevention, early detection, and treatment. They can also assist with practical and emotional support and advise callers about specific services appropriate to their needs and location.

#### **Health Direct**

www.healthdirect.org.au  
1800 022 222

A 24 hour telephone health advice line staffed by registered nurses to provide expert health advice.

#### **Quit – Smoking Cessation Service**

Cancer Council ACT  
5 Richmond Ave  
FAIRBAIRN ACT 2609  
www.actcancer.org  
quit@actcancer.org  
13 7848 (13 QUIT)

Provides advice and assistance to support individuals who are trying to stop smoking. Information is also available for the general public and health professionals on all aspects of smoking and smoking control. To support smoking cessation Quit seminars can be conducted in workplaces, schools and community settings.

### Interpreting Services

#### **Culturally and Linguistically Diverse**

People who would like to speak to the Cancer Council Helpline or the Quitline through an interpreter can telephone the Translating and Interpreting Service on 13 14 50.

#### **Hearing Impaired**

Deaf or hearing impaired people can contact the Cancer Council Helpline or the Quitline via the Australian Communication Exchange National Relay Service (NRS) on 133 677.

#### **Migrant Health Interpreting Services**

02 6205 3333

This service facilitates health care interpreting services between clinicians and clients.

### Cancer Education and Resources

#### **ACT Specialist Breast Care Nurses**

Calvary Hospital  
Haydon Drive  
BRUCE ACT 2617  
02 6201 6943  
02 6201 6672

Provide information, support and referral to women and men with breast cancer, their partners, family and carers through all public and private hospitals across the ACT and Queanbeyan.

#### **Cancer Resource Centre**

Building 3  
The Canberra Hospital  
GARRAN ACT 2605

Contains an extensive collection of educational materials on cancer including books, pamphlets, videos, CDs and tapes for patients of The Canberra Hospital and their carers.

#### **Community Education: SunSmart**

Cancer Council ACT  
5 Richmond Ave  
FAIRBAIRN ACT 2609  
www.actcancer.org  
02 6257 9999

Works to raise awareness of skin cancer and promote positive sun protection behaviour. Offers local indoor and outdoor workplaces, organisations, government departments and community groups the opportunity to learn more about skin cancer prevention and awareness including the importance of early detection by providing onsite seminars.

**Cancer Council ACT Library**

5 Richmond Ave  
FAIRBAIRN ACT 2609  
www.actcancer.org  
02 6257 9999

Provides books, videos, DVDs, teaching materials and CDs to the public on all aspects of cancer, its prevention and treatment.

**Nurse Care Coordinators**

Building 3  
The Canberra Hospital  
GARRAN ACT 2605

Nurse Care Coordinator, Advanced Breast Cancer  
02 6244 3896

Nurse Care Coordinator, Gastrointestinal Cancer  
02 6174 5269

Nurse Care Coordinator, Head and Neck Cancer  
02 6244 3446

Nurse Care Coordinator, Malignant Haematology  
02 6244 3447

Nurse Care Coordinator, Lung Cancer & Mesothelioma  
02 6244 3895

Nurse Care Coordinator, Prostate & Urological Cancers  
02 6244 3897

Specialised nurses who help people diagnosed with cancer navigate their way through the health care system. They can provide information, education and be a contact when you are not sure who to turn to for assistance. There are five nurse care coordinators based at The Canberra Hospital.

**Websites**

Many look to the Internet for information on cancer. Although there are many reputable sites, unfortunately there are also many that provide inaccurate and misleading information. The following is a brief listing of websites that are known to provide reliable and authoritative information. If you have any questions about the reliability of a website, contact the Cancer Council Helpline on 13 11 20 for assistance.

Cancer Council Australia  
www.cancer.org.au

American Cancer Society  
www.cancer.org

Cancerbackup (UK)  
www.cancerbackup.org.uk

Canteen (AUS)  
www.canteen.org.au

Lions Australian Prostate Cancer Website  
www.prostatehealth.org.au

My Parents Cancer (AUS)  
www.myparentscancer.com.au

National Breast and Ovarian Cancer Centre (AUS)  
www.nbocc.org.au

National Cancer Institute (US)  
www.cancer.gov

Oncolink (US)  
www.oncolink.upenn.edu

Virtual Cancer Centre (AUS)  
www.virtualcancercentre.com