

## 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 Avenue  
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 service staffed by registered nurses to provide expert health advice about any health issue and what to do next.

#### Quitline

13 7848 (13 QUIT)

Provides advice and assistance to support individuals who are trying to stop smoking.

### Interpreting Services

#### Culturally and Linguistically Diverse

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

#### 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

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 Council ACT Education Programs

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

Cancer Council ACT runs free education programs and forums for people with cancer, and their family and friends. They cover a range of topics including cancer and its treatments, living with cancer, survival skills and how to cope.

#### Cancer Council ACT Library

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

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

#### Cancer Resource Centre

Building 3  
The Canberra Hospital  
Yamba Drive  
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: Smoking Cessation**

Cancer Council ACT  
5 Richmond Avenue  
FAIRBAIRN ACT 2609  
[www.actcancer.org](http://www.actcancer.org)

Provides quit smoking courses, workplace and community quit smoking seminars, brief interventions and training for health professionals and workers within special settings to increase their capacity to help their clients stop smoking.

### **Community Education: SunSmart**

Cancer Council ACT  
5 Richmond Avenue  
FAIRBAIRN ACT 2609  
[www.actcancer.org](http://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.

### **Nurse Care Coordinators**

Building 3  
The Canberra Hospital  
Yamba Drive  
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.

### **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](http://www.cancer.org.au)

American Cancer Society  
[www.cancer.org](http://www.cancer.org)

Cancerconnections(AUS)  
[www.cancerconnections.com.au](http://www.cancerconnections.com.au)

Canteen (AUS)  
[www.canteen.org.au](http://www.canteen.org.au)

Lions Australian Prostate Cancer Website  
[www.prostatehealth.org.au](http://www.prostatehealth.org.au)

Macmillan Cancer Support (UK)  
[www.macmillan.org.uk](http://www.macmillan.org.uk)

My Parents Cancer (AUS)  
[www.myparentscancer.com.au](http://www.myparentscancer.com.au)

National Breast and Ovarian Cancer Centre (AUS)  
[www.nbocc.org.au](http://www.nbocc.org.au)

National Cancer Institute (US)  
[www.cancer.gov](http://www.cancer.gov)

Now What (Canteen) - a website for young people dealing with cancer (AUS)  
[www.nowwhat.org.au](http://www.nowwhat.org.au)

Oncolink (US)  
[www.oncolink.upenn.edu](http://www.oncolink.upenn.edu)