

Support for your cancer journey

Conveniently located at
Greenslopes 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. Dependent on your cancer diagnosis and treatment some people during and following cancer may need:

- Nutritional assessment and advice from a dietitian
- Assistance with pain, injury and exercise from our physiotherapists
- Developing an exercise routine supported by exercise physiologists
- Emotional and psychosocial support from our psychiatrists
- Assistance with language and swallowing problems from Speech Pathologists
- Assistance with unwanted swelling by our trained Lymphoedema therapists

Please ask your treating doctor or nurse to write a referral or call 1300 211 245 to make an appointment.

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 individualized exercise programs to assist you with your cancer recovery. The program is delivered onsite at Greenslopes Private Hospital and all sessions are supervised by qualified exercise physiologists or physiotherapists. The program is for people of all fitness levels. Our professionals will take into consideration the side effects and symptoms associated with your cancer diagnosis and treatment. We will also communicate with your doctors and oncology nurses to ensure your exercise program complements your treatment.

The cost of the program is \$465.00*. This includes:

- 45 minute individual initial assessment (Goal setting, assessment, written exercise program, education)
- Ten 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 (\$250 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.

Greenslopes Private Hospital

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