



life

Medical Centre

**CANCER CARE PROGRAM**



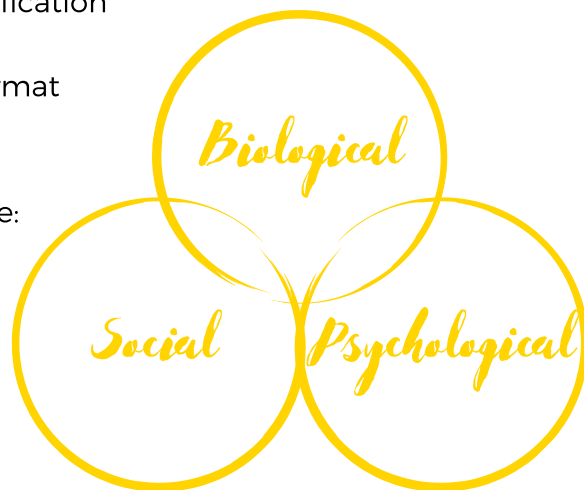
# PROGRAM DESCRIPTION

The Life Medical Cancer Care Program is an intensive, group-based 8 week program assisting patients with a cancer diagnosis to achieve improved physical, mental & social wellbeing.

Our program is evidence based to support lifestyle modification and reduce the inflammatory impact of cancer and its treatments. Life Medical Centre and the group-based format allows for a safe, confidential & supportive environment.

Our interdisciplinary team of health professionals include:

- Lifestyle Medicine trained GP's
- Clinical Psychologist
- Occupational & Lymphoedema Therapist
- Accredited Dietitian
- Exercise Scientist



## HOW WILL YOU BENEFIT FROM THE LIFE MEDICAL CANCER CARE PROGRAM?

Life Medical Centre recognises that there is more to health than just the biological. That's why our team looks after the "whole" of you, both inside and out, with our patient-centred model of care.

Our goal is to assist you in achieving an improved sense of wellbeing and vitality throughout your post-diagnosis journey with the latest in evidence-based Lifestyle Medicine.

You will receive support from a complete team of health professionals with the highest level of international Lifestyle Medicine credentials.

We will be with you each step of the way, supporting you both medically, socially & psychologically, in a safe environment for positive social connectedness and improved quality of living.



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# PROGRAM INCLUSIONS

The LMCC program is a comprehensive 8-week program that has been clinically designed to assist those who have received a Cancer Diagnosis to improve their quality of living and assist their sense of wellbeing and vitality.

Life Medical Cancer Care modules are supported by science and built on best practice, evidence-based medical research, ensuring you're getting the best in modern medicine.

The LMCC program includes:

- A unique concept designed around the new and highly regarded medical sub-speciality of **Lifestyle Medicine**
- Each module is designed to assist with **post-cancer diagnosis** self-care.
- Clinically designed to prevent or reverse lifestyle induced conditions with support for:
  - **Gut-health, Energy & Vitality**
  - **Overweight & Obesity**
  - **Pre-Diabetes & Type 2 Diabetes**
  - **Fatigue, Stress & Anxiety**
  - **Heart Disease**
  - and other lifestyle induced **Chronic Disease**
- Helping you to define the "**why**" and "**how**", to feeling good about yourself from the inside.
- Integrating components of "whole-person" health and wellness through the proven '**Bio-Psycho-Social**' model of care.
- An **evidence-based** program designed and delivered by a team of Health Professionals.

## As an LMCC Member, you will receive:

- ✓ Education through 8-week group-based Shared Medical Appointments program.
- ✓ Resources and handouts for all intensive modules
- ✓ Fun, friendship & professional support
- ✓ Module delivery from our interdisciplinary team of Health & Medical Professionals
- ✓ Bulk Billed consultations for 8 weeks
- ✓ Weekly weigh-ins on bio-impedance scale with Chronic Disease Nurse or Clinical Pharmacist
- ✓ Discounted DEXA Body Composition Scans
- ✓ Early access at discounted rates to additional workshops, classes & events
- ✓ Private Facebook Community with current & former program members

# PROGRAM TIMELINE

Over the course of 8 weeks, our team of Health Professionals will deliver 8 modules, each designed to address a specific topic.

MODULE		
1	<b>PROGRAM INTRODUCTION &amp; OVERVIEW</b>	THE "BIO-PSYCHO-SOCIAL" MODEL.
2	<b>CHRONIC INFLAMMATION</b>	THE CAUSES AND REVERSAL
3	<b>LIVING A FULL LIFE AFTER A CANCER DIAGNOSIS - PART 1</b>	COPING WITH UNCERTAINTY
4	<b>LIVING A FULL LIFE AFTER A CANCER DIAGNOSIS - PART 2</b>	APPROACHING LIFE AFTER A CANCER DIAGNOSIS
5	<b>FOOD EDUCATION</b>	FOOD CHOICES, GUT HEALTH, ENERGY INTAKE AND GUT-BRAIN CONNECTION.
6	<b>FOOD PRACTICAL</b>	BUYING, PREPPING & STORING WHOLEFOODS
7	<b>MOVEMENT AS A PREDICTOR OF HEALTH</b>	EXERCISE VS. BEING SEDENTARY
8	<b>MOVING FORWARD</b>	PRACTICAL OPTIONS, SUPPORT AND SUSTAINABLE CHANGE.