

# Barwon South Western Cancer Service Directory

## Breast Cancer – Managing Side Effects

Treatment for brain tumours may cause side effects. The severity and duration of side effects varies from person to person.

Fortunately, there are many ways to reduce or manage side effects. In the first instance, it is important to discuss side effects with your treating team who will be able to provide the best advice on management.

Click on the titles below for services that can assist you with managing side effects.

- [Bra & Prosthesis](#)
- [Lymphoedema Services](#)
- [Exercise Programs](#)
- [Nutrition & Dietetics](#)
- [Cancer Nurses](#)

## Bra & Prosthesis

A breast prosthesis is a synthetic breast or part of breast worn in a bra or under clothing to replace all or part of the breast.

### Region Wide

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Knitted Knockers Australia		03 9808 6292	<a href="#">Knitted Knockers Australia</a>	You do not need a referral to access this service.	Free knitted cotton prosthesis for breast cancer survivors who have had a mastectomy.	
Breast Cancer Network Australia		1800 500 258	<a href="#">Breast Cancer Network Australia</a>	Providers may require a referral from a medical practitioner to access their service.	Out-of-pocket expenses may apply.	The BCNA website has a directory for people to find services and support in their area. <a href="#">Click here</a> to access the physical appearance support section of the BCNA directory.
Breast Care Victoria - Professional Services	10 Hobsons Bay Parade, Port Melbourne VIC 3207	0427 889 038	<a href="#">Breast Care Victoria</a>	You do not need a referral to access this service.	This is a private service. Some out-of-pocket costs may apply.  Medicare provides rebate of \$400 per breast every 2 years if, as a result of breast cancer, a person has had a full mastectomy, partial mastectomy or lumpectomy. Visit the <a href="#">Services Australia website</a> for further information.	Does visit in Geelong. Consultations can be undertaken via Skype or Facetime.

## Warrnambool

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
South West Healthcare - Warrnambool Community Health	Koroit Street, Warrnambool VIC 3280	0407 627 752	<a href="#">South West Healthcare - Bra &amp; Prosthesis Fitter</a>	A referral from a medical practitioner is accepted. You can also self-refer.	This is a public service with no consulting/fitting fee.  There will be out-of-pocket expenses for prosthesis. Medicare provides rebate of \$400 per breast every 2 years if, as a result of breast cancer, a person has had a full mastectomy, partial mastectomy or lumpectomy. Visit the <a href="#">Services Australia website</a> for further information.	

## Lymphoedema Services

Lymphoedema practitioners (may be a doctor, occupational therapist, physiotherapist or nurse with specialist training in lymphoedema management) assess people with lymphoedema, develop treatment plans and provide ongoing care.

### Geelong

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Barwon Health - Lymphoedema Clinic	Andrew Love Cancer Centre, 70 Swanston Street, Geelong VIC 3220	03 4215 2790	<a href="#">Barwon Health - Lymphoedema Clinic</a>	You will require a referral from a medical practitioner to access this service	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the health service when making your enquiry.	

### Hamilton

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Western District Health Service - Physiotherapy Department - Lymphoedema	Hamilton House Allied Health Centre, Tyers Street, Hamilton VIC 3300	03 5551 8222	<a href="#">Western District Health Service</a>	You do not need a referral to access this service	This is a public service. Some out-of-pocket costs may apply	SOZO machine available for Lymphoedema monitoring post cancer treatment

### Portland

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Portland District Health - Lymphoedema Service	141-151 Bentick Street, Portland VIC 3305	03 5521 0333	<a href="#">Portland District Health - Lymphoedema Service</a>	Referral from a medical practitioner preferred to access this service.	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the health service when making your enquiry.	This service operates on a Monday.

## Warrnambool

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
St. John of God Warrnambool Hospital - Specialist Lymphoedema Physiotherapists	136 Botanic Road, Warrnambool VIC 3280	03 5563 4555	<a href="#">SJOG Warrnambool Hospital - Allied Health</a>	Referral from a medical practitioner preferred to access this service.	This is a private service. Some out-of-pocket costs may apply	

## Region Wide

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Australasian Lymphology Association		1300 935 332	<a href="#">Australian Lymphology Association</a>	Providers may require a referral from a medical practitioner to access their service.	Out-of-pocket costs may apply for private service providers.	The National Lymphoedema Practitioners Registrar is the only recognised register of Lymphoedema practitioners in Australia and New Zealand. Visit their <a href="#">Australian Lymphology Association website</a> to find an accredited lymphoedema practitioner via the National Lymphoedema Practitioners Register.

## Cancer Nurse Coordinators

A cancer nurse is an experienced registered nurse who has received additional training to make them an expert nurse in cancer care. Health services name the positions for cancer nurses with different titles. These titles include Cancer Nurse Coordinators, Cancer Clinical Nurse Consultants, Cancer Link Nurses, Cancer Support Nurses, Palliative Care Clinical Nurse Specialists or Cancer/Palliative Care Nurse Practitioners.

All these roles can provide support to people with cancer, their families and carers at any stage during their experience from the time of diagnosis, during treatment and into the post treatment phase. Cancer Nurses can also help coordinate patients' treatment and help them access support services.

For breast cancer, additional titles for the specialist nurses may be McGrath Breast Care Nurses (because they are funded by the McGrath Foundation) or Breast Care Nurses.

### Colac

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Colac Area Health - McGrath Breast Care Nurse	Colac Area Health 2-28 Connor Street Colac, VIC 3250	03 5232 5100	<a href="#">Colac Area Health - Frank Minchinton Centre</a>	You do not require a referral to access this service.	This is a public service. There are no out-of-pocket costs associated with this service	

### Geelong

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Barwon Health - McGrath Breast Care Nurses	Andrew Love Cancer Centre 70 Swanston St Geelong, 3220	03 4215 2627	<a href="#">Barwon Health - Cancer Care Coordinators</a>	If you are a patient at Barwon Health, you will not require a referral to access this service.	This is a public service. There are no out-of-pocket costs associated with this service	
St. John of God Geelong Hospital - Breast Care Nurse	St. John of God Geelong Hospital, 80 Myers Street, Geelong VIC 3220	03 5226 8888	<a href="#">SJOG Geelong Hospital - Cancer Care</a>	If you are a patient of St. John of God Geelong Hospital you will not require a referral to access this service.	This is a private service. Some out-of-pocket costs may apply.	

## Hamilton

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Western District Health Service - Breast Cancer Case Manager	20 Foster St Hamilton VIC 3300	03 5551 8222	<a href="#">Western District Health Service - Cancer &amp; Dialysis Centre</a>	If you are a patient at Western District Health Service, you will not require a referral to access this service.	This is a public service. There are no out-of-pocket costs associated with this service	

## Warrnambool

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
South West Healthcare - McGrath Breast Care Nurse	28 - 30 Ryot Street, Warrnambool VIC 3280	03 5564 4347	<a href="#">South West Healthcare - Breast Cancer Support</a>	If you are a patient at South West Healthcare, you will not require a referral to access this service.	This is a public service. There are no out-of-pocket costs associated with this service	

## Phone Support

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Cancer Council Victoria – Contact a Cancer Nurse	N/A	13 11 20	<a href="#">Cancer Council Victoria - Contact a Cancer Nurse</a>	You do not need a referral to access this service.	There are no out-of-pocket costs associated with this service.	

## Exercise Programs

Exercise programs provide exercise plans for people with cancer prior to, during and post treatment. They provide an individualised approach to exercise treatment to promote health and wellbeing during the cancer experience. Practitioners working in exercise programs may be exercise physiologists or physiotherapists. They can assist people with cancer to exercise and improve their overall health, fitness, strength, and energy levels.

### Colac

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Colac Area Health – Rehabilitation Services	2-28 Connor Street Colac VIC 3250	03 5232 5100	<a href="#">Colac Area Health - Rehabilitation Services</a>	You may require a request form from a medical practitioner to access this service.	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the health service when making your enquiry.	

### Geelong

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Barwon Health - Cachexia Clinic	Andrew Love Cancer Centre 70 Swanston St Geelong, 3220	03 4215 5700	<a href="#">Barwon Health - Cachexia Clinic</a>	You will require a referral from a medical practitioner to access this service	This is a public service with a no cost/low cost fees policy. Please check potential costs with the health service when making your enquiry.	
St John of God Hospital Geelong Oncology Rehabilitation Program	80 Myers Street Geelong VIC 3220	03 5226 8888	<a href="#">SJOG Hospital Geelong - Oncology Rehabilitation</a>	You will require a referral from a medical practitioner to access this service	This is a private service. Some out-of-pocket costs may apply	

## Geelong continued...

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Barwon Health - Oncology Rehabilitation Program	Sunrise Centre - GMHBA Stadium, Kardinia Park, Kilgour Street, Geelong VIC 3220	03 4215 3830	<a href="#">Barwon Health - Oncology Rehabilitation</a>	You will require a referral from a medical practitioner to access this service	This is a public service with a no cost/low cost fees policy. There are no out of pocket costs associated with this service.	
Epworth Geelong - Oncology Rehabilitation Program	1 Epworth Place Waurm Ponds VIC 3216	03 5271 7055	<a href="#">Epworth Geelong - Rehabilitation</a>	You will require a referral from a medical practitioner to access this service	This is a private service. Some out-of-pocket costs may apply	

## Hamilton

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Western District Health Service - Cancer Wellness Program	Hamilton House Allied Health Centre Tyers Street Hamilton Vic 3300	03 5551 8222	<a href="#">Western District Health Service - Physiotherapy</a>	You will require a referral from a medical practitioner to access this service	This is a public service with a no cost/low-cost fees policy. There are no out of pocket costs associated with this service.	

## Portland

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Portland District Health - Oncology Rehabilitation Group	Henry Mailing House Health Services Centre (H.S.C.) 141 - 151 Bentinck Street, Portland VIC 3305	03 5521 0333	<a href="#">Portland District Health - Cancer Support Nurse</a>	A referral from a medical practitioner is accepted. You can also self-refer.	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the health service when making your enquiry.	

### Portland continued...

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Portland District Health - Cancer Support Nurse	141 - 151 Bentinck Street, Portland VIC 3305	03 5521 0333	<a href="#">Portland District Health - Cancer Support Nurse</a>	You do not require a referral from a medical practitioner to access this service	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the health service when making your enquiry.	Contact the Cancer Support Nurse to discuss local exercise programs.

### Warrnambool

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
South West Healthcare - Cancer Rehabilitation Program	33 Ryot St Warrnambool VIC 3280	03 5563 4000		You will require a referral from a medical practitioner to access this service.	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the health service when making your enquiry.	
St John of God Warrnambool Hospital - Oncology Rehabilitation Program	136 Botanic Rd Warrnambool, VIC 3280	03 5564 0600	<a href="#">SJOG Hospital Warrnambool - Oncology Rehabilitation</a>	You may require a referral from a medical practitioner to access this service	This is a private service. Some out-of-pocket costs may apply	

## Region Wide

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Exercise & Sports Science Australia		07 3171 3335	<a href="#">Exercise &amp; Sports Science Australia</a>	Providers may require a referral from a medical practitioner to access their service.	Out-of-pocket costs may apply for private service providers.	Exercise & Sports Science Australia is a professional organisation which is committed to establishing, promoting, and defending the career paths of tertiary trained exercise and sports science practitioners. Use the website link to search for exercise professionals

## Nutrition & Dietetics

Dietitians can assist people with cancer with eating and nutritional issues e.g. food intolerance, swallowing. They can recommend ways to ensure you meet your nutritional needs while you are receiving treatment and in the post treatment phase.

### Colac

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Colac Area Health - Nutrition Department	2-28 Connor Street Colac, VIC 3250	03 5232 5100	<a href="#">Colac Area Health - Nutrition</a>	A referral from a medical practitioner is accepted. You can also self-refer.	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the health service when making your enquiry.	

### Geelong

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Barwon Health - Cachexia Clinic	Andrew Love Cancer Centre 70 Swanston St Geelong, 3220	03 4215 5700	<a href="#">Barwon Health - Cachexia Clinic</a>	You will require a referral from a medical practitioner to access this service	This is a public service with a no cost/low cost fees policy. Please check potential costs with the health service when making your enquiry.	
Barwon Health - Nutrition & Dietetics Department	Allied Health, Level 2, Bellerine St, Geelong 3220	03 4215 0700	<a href="#">Barwon Health - Nutrition &amp; Dietetics</a>	You will require a referral from a medical practitioner to access this service	This is a public service with a no cost/low cost fees policy. Please check potential costs with the health service when making your enquiry.	

## Geelong continued...

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
St. John of God Geelong Hospital - Nutrition & Dietetics Service	80 Myers Street, Geelong VIC 3220	03 5226 8888	<a href="#">SJOG Hospital Geelong - Nutrition &amp; Dietetics</a>	You may require a referral from a medical practitioner to access this service	This is a private service. Some out-of-pocket costs may apply.	

## Hamilton

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Western District Health Service - Nutrition and Dietetics Service	Hamilton House - Allied Health Centre Tyers Street Hamilton Vic 3300	03 5551 8222	<a href="#">Western District Health Service - Nutrition &amp; Dietetics</a>	A referral from a medical practitioner is accepted. You can also self-refer.	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the health service when making your enquiry.	Service also available at Coleraine, Penshurst, and Casterton.

## Portland

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Portland District Health - Dietetics Department	141 - 151 Bentinck Street Portland VIC 3305	03 5521 0653	<a href="#">Portland District Health - Dietetics</a>	You may require a referral from a medical practitioner to access this service.	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the health service when making your enquiry.	

## Warrnambool

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
South West Healthcare - Nutrition and Dietetics	Warrnambool Community Health Koroit St, Warrnambool VIC 3280	03 5563 4000	<a href="#">South West Healthcare - Nutrition &amp; Dietetics</a>	A referral from a medical practitioner is accepted. You can also self-refer.	This is a public service with a no cost/low-cost fees policy. Please check potential costs with the health service when making your enquiry.	Service also offered at: Warrnambool Hospital, Camperdown Hospital, Lismore Community Health, Macarthur Community Health
St John of God Warrnambool Hospital - Nutrition and Dietetics Service	136 Botanic Rd Warrnambool, VIC 3280	03 5564 0600	<a href="#">SJOG Warrnambool Hospital - Nutrition &amp; Dietetics</a>	You may require a referral from a medical practitioner to access this service	This is a private service. Some out-of-pocket costs may apply	

## Region Wide

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Dietitians Australia		1800 812 942	<a href="#">Dietitians Australia</a>	Providers may require a referral from a medical practitioner to access their service.	Out-of-pocket costs may apply for private service providers.	With over 8,000 members, Dietitians Australia is the leading voice in nutrition and dietetics in Australia. Use the website link to search for an accredited practising dietitian via the DAA website.