

Barwon South Western Cancer Service Directory

Prostate Cancer – Managing Side Effects

Treatment for prostate cancer 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 for management.

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

- [Continenence Support](#)
- [Exercise Programs](#)
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- [Nutrition & Dietetics](#)
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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.

Colac

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Colac Area Health – Clinical Nurse Consultant	Colac Area Health 2-28 Connor Street Colac, VIC 3250	03 5232 5100	Colac Area Health - Frank Minchinton Centre	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 - Cancer Nurse Care Coordinators - Prostate Cancer	Andrew Love Cancer Centre 70 Swanston St Geelong, 3220	03 4215 2788	Barwon Health - Cancer Nurse Coordinators	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 - Oncology Case Coordinators	80 Myers Street, Geelong VIC 3220	03 5226 8888	SJOG Geelong Hospital - Cancer Care	If you are a patient of St. John of God Geelong Hospital you will not require a referral.	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 - Clinical Nurse Consultant	20 Foster St Hamilton VIC 3300	03 5551 8222	Western District Health Service	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	
Western District Health Service - Men's Health Nurse Practitioner	Western District Health Service 2 Roberts Street Hamilton 3300	03 5551 8222	Western District Health Service - Men's Health	You do not need a referral to access this service	This is a public service. There are no out-of-pocket costs associated with this service	

Portland

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	Portland District Health - Cancer Support Nurse	If you are a patient at Portland District Health, you will not require a referral to access your 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
SouthWest Healthcare - Cancer Link Nurse	Ryot Street, Warrnambool VIC 3280	03 5564 4186	Cancer Link Nurse	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	
Prostate Cancer Specialist Nurse	South West Regional Cancer Centre, 28-30 Ryot Street, Warrnambool VIC 3280	03 5564 4252	South West Healthcare - Prostate Cancer Support	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	Cancer Council Victoria - Contact a Cancer Nurse	You do not need a referral to access this service.	There are no out-of-pocket costs associated with this service.	

Continence Support

Continence physiotherapists, nurses and advisors specialise in helping you manage continence (urinary and bowel) issues by providing clinical advice, and information, including exercises to help rehabilitate your pelvic floor muscles.

Colac

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Colac Are Health – Community Nursing	2-28 Connor Street Colac VIC 3250	03 5232 5100	Colac Area Health - Home Nursing	A referral from a medical practitioner is accepted. You can also self-refer.	This is a public service with a no cost/low-cost fee policy. Please check potential cost with the health service when making your enquiry.	

Geelong

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Barwon Health - Continence Support	McKellar Centre 49-95 Ballarat Road Geelong VIC 3215	03 4215 5292	Barwon Health - Continence Service	You will require a referral from a medical practitioner to access this service.	This is a public service with a no cost/low-cost fee policy. Please check potential cost with the health service when making your enquiry.	

Geelong – Bellarine Peninsula

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Bellarine Community Health – Continence Support	Nelson Road Point Lonsdale VIC 3225	1800 007 224	Bellarine Community Health - Continence Support	A referral from a medical practitioner is accepted. You can also self-refer.	This is a public service with a no cost/low-cost fee policy. Please check potential cost with the health service when making your enquiry.	

Hamilton, Casterton, Portland

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Western District Health – Continence Service	Hamilton House Allied Health Centre Tyers Street Hamilton Vic 3300	03 5551 8351	Western District Health Service - Continence	A referral from a medical practitioner is accepted. You can also self-refer.	This is a public service with a no cost/low-cost fee policy. Please check potential cost with the health service when making your enquiry.	The continence service is available to people in the Shire of Southern Grampians, Casterton, and Portland as inpatients or on an outpatient basis.

Portland

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Portland District Health – Continence Support	141 - 151 Bentinck Street Portland VIC 3305	03 5521 0653	Portland District Health - Continence Services	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.	

Warrnambool

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
South West Healthcare – Continence Urology Service	Warrnambool Community Health Koroit Street Warrnambool VIC 3280	03 5563 4000	South West Healthcare - Continence Urology	You do not need a referral 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.	Service offered at: Warrnambool Community Health Camperdown Community Health

Region Wide

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Continence Foundation of Australia		1300 330 066	Continence Foundation of Australia	Providers may require a referral from a medical practitioner to access their service.	Out-of-pocket costs may apply for private service providers.	The Continence Foundation of Australia is the national peak body promoting bowel and bladder health. Visit the website to search for providers of continence services.

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	Colac Area Health - Rehabilitation Services	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	Barwon Health - Cachexia Clinic	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	SJOG Hospital Geelong - Oncology Rehabilitation	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	Barwon Health - Oncology Rehabilitation	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	Epworth Geelong - Rehabilitation	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	Western District Health Service - Physiotherapy	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	Portland District Health - Cancer Support Nurse	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	Portland District Health - Cancer Support Nurse	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	SJOG Hospital Warrnambool - Oncology Rehabilitation	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	Exercise & Sports Science Australia	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

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	Barwon Health - Lymphoedema Clinic	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	Western District Health Service	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	Portland District Health - Lymphoedema Service	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	SJOG Warrnambool Hospital - Allied Health	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	Australian Lymphology Association	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 Australian Lymphology Association website to find an accredited lymphoedema practitioner via the National Lymphoedema Practitioners Register.

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	Colac Area Health - Nutrition	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	Barwon Health - Cachexia Clinic	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	Barwon Health - Nutrition & Dietetics	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	SJOG Hospital Geelong - Nutrition & Dietetics	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	Western District Health Service - Nutrition & Dietetics	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	Portland District Health - Dietetics	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	South West Healthcare - Nutrition & Dietetics	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	SJOG Warrnambool Hospital - Nutrition & Dietetics	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	Dietitians Australia	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.

Sexual Function Support

In addition to your Urologist, specialist nurses can provide practical advice to help manage erectile dysfunction and changes in sexuality following treatment for prostate cancer.

Geelong

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Barwon Health - Cancer Nurse Care Coordinator - Prostate Cancer	Andrew Love Cancer Centre 70 Swanston St Geelong, 3220	03 4215 2772	Barwon Health - Cancer Nurse Care Coordinators	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	

Hamilton

Service Name	Address	Phone	Website	Referral	Cost	Additional Information
Western District Health Service - Men's Health Nurse practitioner	Western District Health Service 2 Roberts Street Hamilton 3300	03 5551 8222	Western District Health Service - Men's Health	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 - Prostate Cancer Specialist Nurse	28-30 Ryot Street, Warrnambool VIC 3280	03 5564 4252	South West Healthcare - Prostate Cancer Support	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.	