

# YWCA Encore Program

## Acknowledgment of Country

I would like to open this meeting by acknowledging the Traditional Custodians of the lands in which we meet the today. We pay our respects to Elders past, present and future



# Common Side-effects of breast cancer treatment

- Loss of fitness, strength and range of movement
- Lymphoedema, numbness, tingling/pins and needles, stiffness
- Fatigue, tiredness and weakness
- Depression, anxiety, fear
- Poor sleep
- Weight gain
- Reduced self-esteem, confidence and body image
- Reduced immune function
- Changes in cognitive function (“chemo brain”)
- Joint and muscle pain
- Peripheral neuropathy
- Reduced coordination and balance



# Decreasing Risk

While you can't change some breast cancer risk factors—family history and aging, for example—there are some risk factors that you can control.

Maintain ideal body weight

Exercise

Reduce alcohol

Cease smoking

Breast feeding

For a few medication to decrease risk



# Exercise and Breast Cancer

## Why is it important?

- Exercise boosts immune system and increased energy levels.
- Upper body and arm stretches will help reduce arm or shoulder stiffness.
- Gentle exercise can help prevent and manage lymphoedema.
- Recent studies suggest that actively participating in moderate exercise 5 times a week can reduce the risk of recurrence from breast cancer.



Cancer Australia, 2022

# YWCA Encore

## What is Encore?

- YWCA Encore is an **award-winning** exercise and wellness program for women who have had breast cancer or preventative surgery.
- It comprises an 8-week prescriptive course of land and pool-based exercises, healthy lifestyle information, relaxation, and peer support.
- The exercises are regularly reviewed and in line with current research.
- The program is overseen by an advisory committee of breast cancer specific health professionals.



## Encore Advisory Committee



**Prof Neil Piller**  
(Lymphologist)



**Prof Sandi Hayes**  
(Exercise Oncology  
Scientist/Epidemiologist)



**Hildegard Reul-Hirche**  
(Lymphoedema Specialist)



**Dr. Claire Treadgold**  
(National Manager of  
Research and  
Evaluation)



**Dr. Louise Koelmeyer, PHD**  
(Lymphoedema Practitioner)



**Andrea Mangion**  
(Titled Cancer and  
Lymphoedema Physiotherapist)



## Who pays our way?



**Health**

South Eastern Sydney  
Local Health District



Government of **Western Australia**  
Department of **Health**



**Australian Government**







## Aims of Encore

- Improve health and quality of life
- Improve fitness, mobility, and strength
- Manage or reduce the risk of breast cancer treatment-related side effects
- Help relieve stress and tension
- Improve body image and self-esteem
- Help restore a sense of control
- Provide information on breast cancer resources, healthy living choices, and links to local service providers
- Improve understanding of the benefits of exercise and physical activity
- Provide an opportunity to share experiences with women who have been through a similar experience
- Encourage laughter, relaxation, and fun

## Who can participate?

- Any woman who has had breast cancer or breast cancer related surgery
- Must be 8 weeks post-surgery
- All participants must have medical clearance
- Women with a disability are encouraged to attend with their
- Encore is a program funded for women
- Women with health issues may participate provided they have medical consent.

# How do I enrol?

[www.ywcaencore.org.au](http://www.ywcaencore.org.au)

Email: [encore@ywca.org.au](mailto:encore@ywca.org.au)

Phone: 0449 904 011

